

BEAT MANIFESTO



TOUR NEWS

What a few months on the road it has been! There have been ups and downs, twists and turns, and as we hit our 10th month on tour things were looking shaky

for sometime as our motorhome gave us hell. The tour looked as good as done for, but we trundled across the country to our preferred garage who sorted the engine issue out and thankfully since then the motorhome seems to have a more youthful step about it.

Gigs have gathered pace in the east, south east and south west, and we've had a run of festivals including the Isle of Wight, First Light and Glastonbury. All were different experiences and creative fuel for the continued development of our ever evolving sound. This tour has been greatly inspiring to us and the more and more we play, the rhythmic elements of our music become magnified. We are now moving into a creative space we have sought for a while where powerful rhythms meet crafted songs, samples & synths. We will most definitely be releasing songs & videos across the year that encompass this new style. Stay tuned!



PATH OF RESISTANCE

Since we've been on tour a common thread of conversation we have found amongst people is the cost of rent and the housing market.

For many years the price of rents have been spiralling leaving a huge dent in the wallet before the month has even begun. The average rent across the UK now stands at £995 per month.

Going one step further we have found despair amongst younger people that even with a good 40 hour a week job it is incredibly difficult to get one foot on the property ladder. Amazingly home ownership is at the same level as it was in 1986, when Margaret Thatcher was just embarking on her supposed housing revolution.

If the price of food had increased at the same rate as house prices in the UK over the last forty years, then today a chicken would cost more than £50. Statistics surrounding inflation in UK housing are damning. They show it has increased by 166% since the 1970s and an eye-watering 513% in London. Once upon a time you could be single, have a fairly low salary in a major city and live in a studio or small apartment. Now at best, most on low to mid range incomes are looking at paying extortionate prices for renting a room in a shared house. For many, the idea of one day owning a house is a distant dream.



Why are the rents so high here in the UK? The 'Big Issue' reports that there is a shortage of affordable housing. There is a housing crisis in the UK because not enough homes have been built by successive governments in the last few decades. At the same time, social housing stock has been sold off to the private sector through 'Right to Buy' or demolished and not replaced. Meanwhile, areas like Cornwall where tourism has seen a surge in short-term lets through the rise of 'Airbnb' in recent years, faces even more pressures on demand. We ourselves living in Barcelona & Berlin and also on a smaller scale but no less destructive 'Tarifa' in Southern Spain, have seen how 'Airbnb' can quickly literally rip the soul out of a place and force residents out.

As places become more and more popular, property investors spy profits, go into the neighbourhoods and buy up huge amounts of property only to let them out short term, which can quickly dissipate communities. A study published last year in the 'Journal of Urban Economics' found that 'Airbnb' activity in Barcelona has increased rents by 7% and housing prices by 17% in the neighbourhoods that have the highest levels of activity on the platform.

Back in England, in places like Bristol, Manchester & London, a flood of global capital is the main driver for soaring prices. At the same time as property prices have risen dramatically, wages have failed to keep pace, even among those on high incomes, resulting in more than a third of households being locked out of the housing market.

In the renting sector campaigners say greater protection is needed - including caps on rent increases in line with median wage rises, or a three-year freeze on increases for existing tenants. 'Generation Rent' is also calling for the closure of a loophole that allows landlords to demand 6 or 12 months' rent upfront. Previous attempts at reforms have been thwarted. There are plans to ban no-fault evictions as part of the upcoming 'Renters' Reform Bill', but in 2018, proposals to give tenants a three-year minimum contract - that would allow them to walk away but prevent them being kicked out at short notice - were abandoned by the government after a backlash from landlords.

Berlin seemed to be in charge of showing the way forward in Europe, Berlin's rent cap meant that rents for 90% of its apartments were frozen for five years at their June 2019 level. Sadly this rent cap was eventually overturned in court as it was deemed unconstitutional.

With the cost of living crisis now exasperating the housing issue, collective solutions must be found quickly as the right to an affordable place to live is a human right.

UNDER THE MICROSCOPE

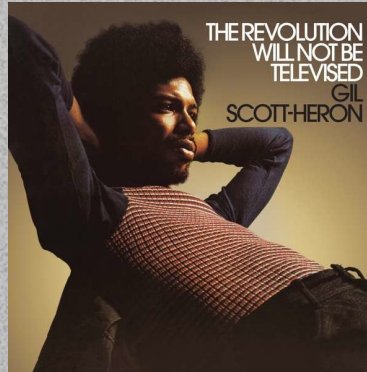
- THE REVOLUTION WILL NOT BE TELEvised

Back in the 1970's a little known poet by the name of 'Gil Scott Heron' took to the stages in the Bronx, New York. His rhythmic spoken word style taking on the social & cultural issues of the time would later see him posthumously crowned the godfather of rap. His debut album 'Small Talk at 125th and Lenox' recorded with just voice and percussion included an early version of the classic 'The Revolution will not be Televised'. The words cut with a lacerating edge and tongue in cheek look at the madness of the commercial world alongside a yearning for change. The song's brilliance was later captured in a production with drums, bass and flute which is more widely known today.

We wanted to cover this song for many years but never felt that it sat right. Then one day the realisation came that the song lyrics being so rooted in time and place were holding us back. So we took the central premise of the words and decided to bring them kicking and screaming into the 21st century and completely re-wrote them.

By keeping the original phrasing and melody the song took shape lyrically.

Over time we have had a couple of different versions including [this one](#) recorded during the sessions for our third album 'Gravitate'. Nowadays we prefer the simple spoken word/rap and percussion live version we play that brings the song back to where it all began in the '70's but with 21st century coat and lyrical code.



5 FROM THE ZINE!

BAND - GREENNESS

Electro-acoustic duo from Brighton



BOOK - BOOK OF DISQUIET BY FERNANDO PESSOA

One of the greatest - but also the strangest - modernist texts

FILM - BLADE RUNNER 2049

Sci-Fi that digs deep into the psyche

INDEPENDENT RADIO - SHAKEY SESSIONS CCR 104.4 (also online)

Supporting independent music since forever!

TOUR DISCOVERY - THE PIANO BAR AT GLASTONBURY

Like travelling back in time to a Shakespearean theatre where artists are fed to the wolves of a hungry late night festival crowd.

CHOMPER

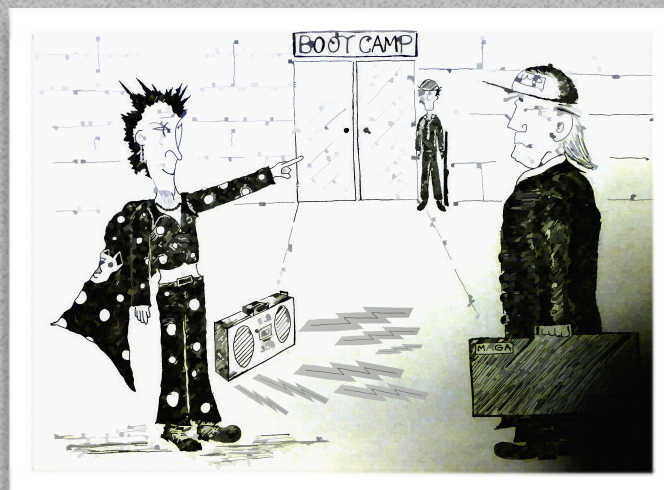
VEGAN BANANA BREAD

- 1 3/4 cups (210 g) spelt flour
- 1/3 cup (75 g) organic pure cane sugar
- 1 1/2 teaspoons baking powder
- pinch of mineral salt
- 1/3 cup (75 ml) coconut oil
- 1 teaspoon vanilla extract
- 4 small or 3 large overripe bananas, mashed
- 1/4 cup (56 ml) almond milk

Preheat oven to 180 degrees C. Grease your loaf pan.

In a medium/large size bowl, combine flour, sugar, baking powder, baking soda and salt, set aside. In a medium bowl, mash bananas. Add the oil, vanilla and bananas to the dry ingredients and mix until combined, do not overmix. If mixture seems too thick, add the almond milk (especially if using heavier flours such as whole wheat or whole spelt, you're more inclined to need it).

Pour batter into a greased loaf pan. Bake for about 50 min - 1 hour. Ovens vary, mine usually takes 50 minutes. You can also do the toothpick test in the center of the loaf, if it comes out clean it should be ready. Remove from oven and let cool for 10 min before slicing.



CAPED MUSIC

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