

News

Not

Bombs



Vol 12



WHO WE ARE

News Not Bombs is edited and produced by members of Canton Food Not Bombs. Canton FNB is a Pan-Left group that believes food is a right, not a privilege. We are a horizontally operated working-class collective that believes: direct action gets the goods, solidarity over charity, we keep us safe, and a meal tastes best when shared with your community.

We do not require proof of work, status, sobriety, or religious affiliation to eat with us; only that you are hungry. You will find the following at our serves:

- Vegetarian meals
- Cold or hot beverages
- Toiletries
- Basic OTC medications
- Harm reduction supplies
- Community



Every Cook Can Govern.

UNTITLED

By Deanna

Bury me in the briar
at the river's edge
near the low hanging bird nests
small and perfectly round, palm
sized
grant me some rest
near the quiet lapping of the water,
ducks silently tucking
their beaks below
the grey
I would stay
bundled in my wrappings, quiet
watching the seed pods flutter
on the stems of grass,
allowing the ground to settle in
around me
observing, quiet but
for my small
nighttime
rustlings.

INTERRUPTION

by Lena

The second one of the morning came to me as I sat at a shaded table at the center of town. He was wearing a slate blue pair of pants that resembled scrubs. On top of that, he had a dark blue jacket, the top half of a leisure suit. The sleeves were a lighter but complementary blue. His hair was in tiny dreads and reached below his shoulders. One of his eyes was obviously bigger than the other.

He walked up to me and said, “Hey, you look like one of those, like, uh... like, uh... you look like one of those news reporter ladies.”

I told him that I was not. I smiled at him, and he took that as an invitation to sit at the seat across from me. He never fully faced me. He sat at a 45-degree angle. There were rings on every finger and a gold-like bracelet of large blue stones.

He talked about boxing, the mob, and about going to Cleveland without his Monte Carlo or his GTOs. He told me people often ask him, “Desi, how do you get around without your car?”

Desi told me that he has family around the world, of all skin colors and all kinds of names. He told me that he had a relative with a name similar to mine. He told me I looked smooth and flowing, and then later described himself as smooth.

I asked him, “Do you see something of yourself in me?”

He said, “Oh yeah, I do. My grandmother and all them, they lived to be 115 years old.”

I had come here thinking I would have a bit of solitude, maybe some soft entries of greetings with people as they passed. Instead, the first interruption came.

It was a comfortably dressed older woman with short silver hair, pulling a cart with a cooler attached. She approached and asked me if I wanted a bottle of water. I thanked her and held up the Diet Coke planted firmly on the table before me.

Then she began telling me that she was from St. Paul's Lutheran Church just around the corner, and that they were having a free hot lunch today from 11 until 12:30.

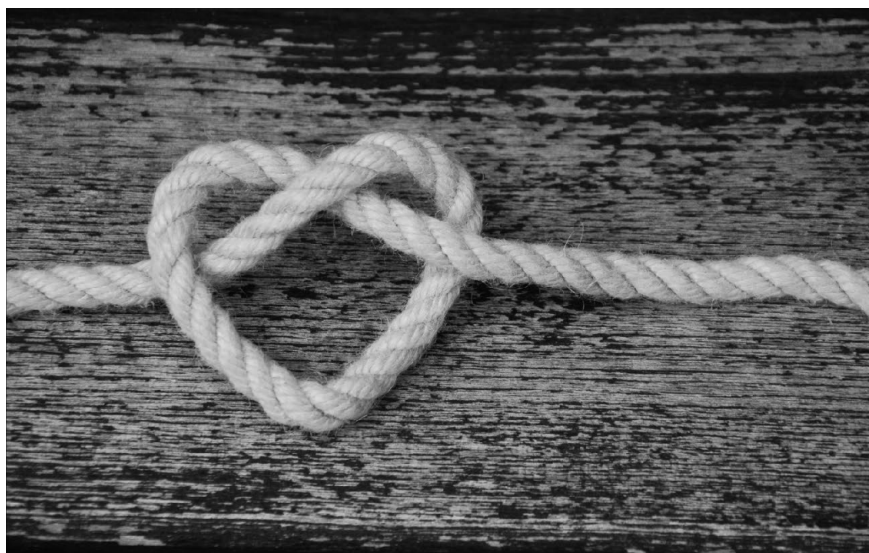
"All are welcome," she told me. And she said that she was sorry. It wasn't really a hot lunch today. It was more picnic food: watermelon, corn on the cob, sandwiches, ice cream, and plenty of pies and cake.

She asked if she could give me a flyer for the lunch, and I said sure. She suggested that even if I didn't need it, perhaps I would see someone who did.

Desi took the flyer. He asked me to explain where it was.

I explained the directions from here to St. Paul's Lutheran Church twice and told him that I had work to do.

He shook my hand and wandered toward the lunch, flyer in hand.



LIVE LIKE THE WORLD IS TYING

A Series on Tying Knots, Hitches, and Bends

By Medik

BASIC KNOT TERMINOLOGY

- Working End: The part of the rope active in knot tying
- Standing End: The part of the rope not active in knot tying
- Turn: Rope that is “turned” around an object
- Jamming: Any knot that is very difficult to untie
- Eye: The correct term for what is often mislabeled as a loop
- Bight: A bight is a semicircle of rope bent into a U-shaped section
- Tail: The short end of a rope, the part that is being knotted

DIFFERENT TYPES OF KNOTS

KNOT

A knot is supposed to be a “stopper” that prevents a rope from slipping through a bolt eye or similar structure.

Hitches are used to tie rope to another object, typically another piece or a cylindrical object such as a tree or stake. They’re useful for strapping down anything you’re transporting or want to keep under control.

HITCH

Used to tie two different ropes together (like the hitch above). Bends are a very useful knot if you’ve got two different sizes of rope to tie together or are lengthening a cut piece.

BEND

SQUARE KNOT

The Square Knot is one of the first knots we learn to tie. It's a simple binding knot used to tie shoelaces, bandages, and secure parcels.

- It's used to tie shoelaces. It's also used to tie bows in shoes and packages.
- Tie bandages over the wounds.
- Secure the ends of plastic bags.
- In camping, you can secure a rolled-up tent.
- In macrame, it's used to make decorative arts.
- It's used as a symbol in scouting uniforms and is a part of various awards and badges in Boy and Girl Scouts.

HOW TO TIE THE SQUARE KNOT (REEF KNOT)



CROSS the YELLOW rope over the ORANGE rope (Right over Left).



TUCK it under the ORANGE rope to form a half knot.



CROSS the YELLOW rope over the ORANGE rope once again (Left over Right).



TUCK it under the ORANGE rope to form another half knot.



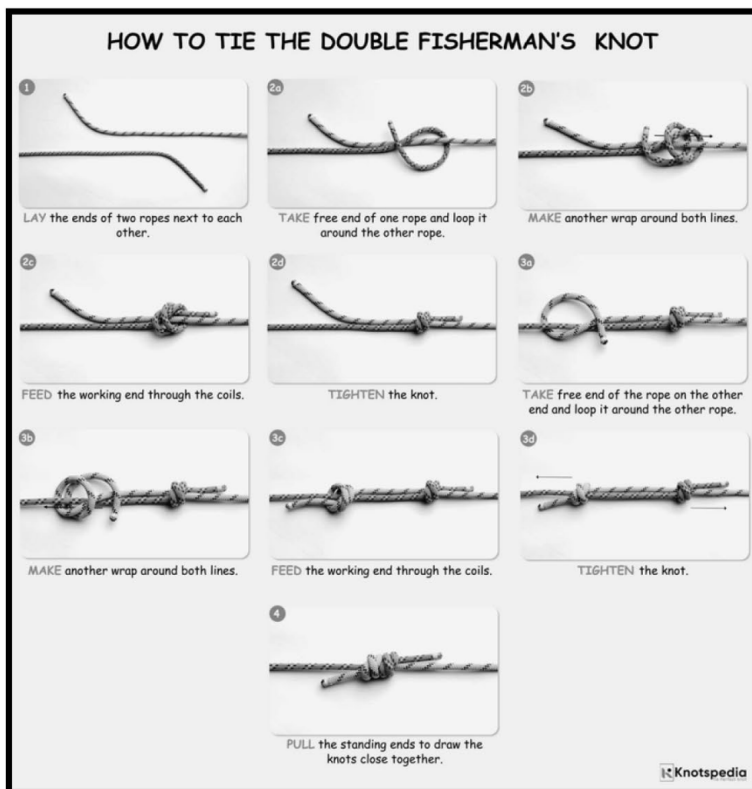
PULL all ends to tighten the knot.

DOUBLE FISHERMAN'S KNOT

A secure way to join two ropes together or turn a cord into a loop.

Uses and Applications

- Join two ropes together or form a closed loop known as Prusik loop or Gordelette. It forms a fixed loop, which is used to connect the rope to the carabiner.
- In Arboriculture and Search & rescue situations where it holds strong even after being loaded heavily.
- Create the “grab handles” on kayaks or canoes.
- Make adjustable lanyards, bracelets, or even necklaces.

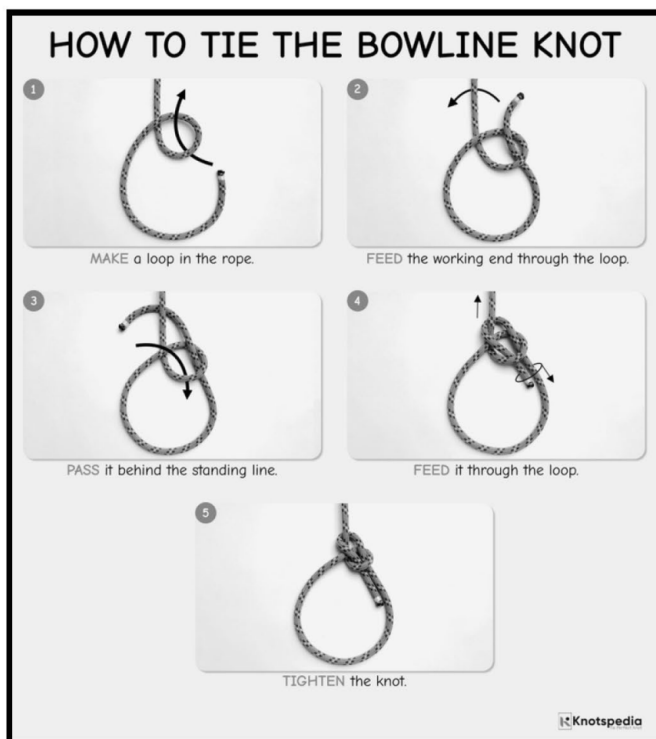


BOWLINE KNOT

forms a fixed loop at the end of the rope.

Uses and Applications

- General application: Make a secure loop around an object.
- Boating and Sailing: Tie a mooring line around a tree, post, or anchor. Tie a jib sheet to the clew of a jib or fasten a halyard to the head of a sail.
- Search and rescue: Throw a large loop bowline to the person in an emergency to pull them to safety.
- Bend Knot: Joining two ropes.
- Camping and outdoor activities: Secure tarps, set up shelters, hammocks, or hang camping gear.



Check out the next zine for more tying instructions in this series.



FREE MEALS EVERY SATURDAY

March – November: 4:00 – 5:30PM

November – March: 3:00 – 4:30PM

LOCATION

Green space on the corner of Walnut and 6th St NE

CONTACT US

Facebook: CantonFNB

Instagram: CantonFNB

Website: cantonfnb.com

Newsletter: cantonfnb.substack.com

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Send in your writing and artwork at cantonfnb.com/zine-submission
for a chance to be featured in the zine!

Enjoy Life's
Bounty!



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