

Trash Hell

Volume 1. No 4

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The Swimsuit Edition

Headlines

- ☆ Nathaniel arrested for shoplifting
- ☆ Work study welfare fraud
- ☆ SEAC Office worships Reagan
- ☆ Nathaniel and the Communists: playing hard to get???
- ☆ Josh and Jason and Suzanne explain the "SEAC No Carb Diet":
How to Lose Weight by Not Eating
- ☆ Jim Hardy becomes Area Coordinator for his room; plans to clean it and get a mattress
- ☆ Jason learns how to copy a file from one directory to another

The SEAC National Campaign for SEX JUSTICE

I work until I'm so exhausted I can't think about sex. (OC member)

In recognition of the SEAC's mission of transcending the traditional boundaries of the environmental movement and to promote environmental justice, SEAC Philly is calling upon the rest of SEAC members and members groups to join us in a national campaign for sex justice.

Simply put: some people are getting more sex than others. A recent Geographical Information Systems map of the national office proved what many had suspected. Namely that there were areas of intense sexual activity, whereas other areas were barren. These areas could be matched with specific individuals who felt the ultimate burden of this discrimination.

The Sex Justice campaigns calls for justice for all. We believe that everyone deserves sex justice - regardless of your age, race, gender, class, sexuality, how you look, the size of your nose, your failure to shower or change clothes more than once a season, your twenty-seven personality flaws, or your endless series of emotional crises.

We believe that sex is obviously biological and thus clearly an environmental issue that affects us all.

Our campaign is dedicated to promoting queer/trans sex and other alternative practices like polyamory.

To get our campaign moving, we have taken the following actions:

- ☺ Moved the national office to a space with private rooms to allow for more privacy, small group gossip (did you know that X wants to hook-up with Y?), and making out.
- ☺ Started an email list – seac-booty@seac.org. You can subscribe by visiting: http://seac.org/mailman/subscribe/seac-booty_seac.org
- ☺ Engaged in gossip.
- ☺ Created special “skills” trainings for SEAC regional conferences and the next Activist Training Camp.
- ☺ Printed a thousand copies of the SOG (Sex Organizing Guide). Learn how you fit into the SEAC Booty Chart.

Guide to Writing a Controversial NC Proposal

(Written by the SEAC No Fun Caucus)

Perhaps you haven't been keeping up with the SEAC sex justice campaign, nor are you much of a drinker or socialite. In this case you need to focus your efforts to achieve personal glory by writing a knock-them-cold NC proposal. While the more ambitious SEACer will go for multiple proposals, trust me on this, you really only need one.



Your goal is nothing less than to go down in SEAC history as causing the daily meetings to last until 3am.

To start off you need a good idea. You should be addressing an important aspect of SEAC's work where the organization is failing to meet its potential. Anti-oppression is a good area for reasons that you'll likely have realized at this meeting. Moving or closing the national office is another good topic. Fill the proposal with meaningless or undefined buzz words like "networking", "grassroots", "democracy", "youth" and others. Now the classic mistake is to come up with a proposal that would fix the problem. That is where most people fail to achieve NC Meeting Glory. Instead, you need to suggest an imperfect and incomplete solution. From the get-go your proposal should generate strong support from about a quarter of the attendees, strong opposition from another quarter, and the rest of people should be left totally confused.

For the SEAC proposal process, we generally first have clarification and then debate. The first sign that your proposal is "good as gold" is to cause trouble in the clarifying questions section so that it must be repeatedly extended. Ultimately, you are at an advantage if you don't actually understand your proposal or the issue that you are trying to

address because then you can turn the “clarifying” questions to your advantage and use them to make things LESS clear.

Next you’ve got debate. If your proposal is good, then you should have an endless combination of people proposing amendments, amendments to amendments, calls to allow new competing proposals, and intense factionalization. So long as the issue is important enough for SEAC, you can maintain high levels of factionalization and extend debate for hours and hours. In fact the longer the debate is extended, passing a proposal on this topic (any proposal) becomes increasingly important because it will seem like “good process” and make people feel productive and happy.



So debate gets extended, people become tired/grumpy, and factionalization increases (as both sides get more vocal/argumentative). Ultimately this debate should provoke someone to call a caucus because they were offended/oppressed by the debate. Alternatively, the debate could cause two or more people to launch personal attacks against each other and need to meet outside the room with a mediator. If you get people to permanently leave the meeting (or quit SEAC), or cause debate to go eight hours then you will have done your duty for poor process. For increased irony, you can create a proposal that won’t achieve anything if it gets passed because implementation would be too hard.

While this may seem needlessly cruel, years later people will fondly look back and say “Remember the good old days when...?”

Proposal:
For SEAC to “Do Something” at the NC meeting

Whereas: SEAC has a history of doing things at the NC meeting but also of not doing them.

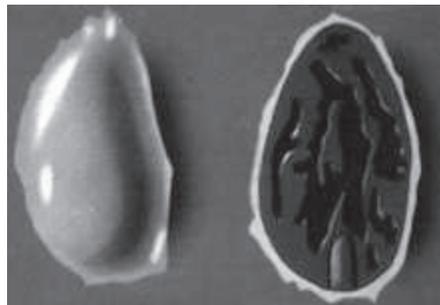


Whereas: there are many possible things we could do. You could probably even think of one or two of them right now - if only you didn't have a splitting headache from staying up lastnight drinking and working on the sex justice campaign.

Be it Resolved That:

SEAC should pass this proposal. Or feel to friendly amend to something like “turn on the lights” as the spirit moves you.

Implementation: Get someone to be the Do Coordinator to ensure that whatever it is to be done, gets done and if not that the Do Coordinator is made to feel *very* guilty about this fact. To promote guilt, someone should volunteer to supervise the Do Coordinator – a Do Do Coordinator. Then the Do Coordinator, working with the Dodo (or deep doo doo), can put out updates every five minutes and hold hourly conference calls (assuming enough people brought cell phones) until this proposal is passed.



You Must Eat More Vegan Chocolate

(An Official Trash Hell Editorial Position)

At this critical point in our campaign to stop Bush being elected, our editorial board has come to the unanimous conclusion that our Line must be one of eating more vegan chocolate. Now to guide you in fighting for this rebel cause, we will do into detail about the most ideologically correct forms of chocolate.

Unfortunately, almost all regular chocolate bars are not vegan (noted exception: Peanut Chews, found near Philadelphia but they lack significant amounts of chocolate). So if you want vegan chocolate, then you should be eating chocolate chips or fancy bars. This isn't so bad, as you will be eating better chocolate. Yum!



Cocoa is Good, Carob is for Class Traitors

In general the more cocoa the better. If chocolate doesn't say what percent cocoa it contains, then you can estimate this percent as it is close to the percent of calories in chocolate that come from fat (perhaps 5-10% lower). Your typical cheap chocolate chips (which can be bought for as low as \$1.50 for the sugary 365 chocolate chips at Whole Foods, or a bit more at Trader Joes) will have cocoa content in the 35-45% range. We recommend that the serious chocolate radical invest their dough in Ghirardelli Double Chocolate chips. At 50-55% cocoa content they are the best chips you'll ever eat. If you shop around you should be able to buy them for \$2.80/\$3 per 10.5 oz bag. Be careful not to buy the "semi-sweet" Ghirardelli chips – they lack

cocoa. The double chocolate chips are affordably priced. If you shop around you can get them for \$2.80-\$3.00 at most grocery stores, or 20% more if you go to a fancy hippie store like Whole Foods.

Chocolate might be loaded with fat, but fortunately much of it is good fat. Approximately 1/3 of the saturated fat is stearic acid which is the same stuff in olive oil that can actually lower your cholesterol. Another third of the saturated fat is only bad if you have too much other fat in your diet. So if you only eat chocolate and you'll be fine. Darker chocolate is better for you – less sugar and you end up eating less. On the other hand, it can pack a caffeine punch. Based on our personal experience, I do not recommend eating an entire bag of Ghirardelli Double Chocolate Chips in one day, however if you stretch it out over time our research shows that you can easily eat a bag or two a week and lively happily ever after..



70% Bars from Heaven

Your typical european chocolate bar will be 70% cocoa and weight 100 grams. They cost more than the chips, but are higher quality. Lindt makes a good 70% bar (and also a 85% and an 85% with chocolate nibs) which is affordable – perhaps \$2.20. If you are a chocolate fiend, you will die unfulfilled unless you have a nearby Trader Joes. They changed my life with their 4.5 pound dark chocolate bar (50-55%) that only cost \$9, that is until they stopped stocking it. They also have the cheapest 70% bar in the business, only \$4 for

their 500 gram “pound plus” bar. It lacks cocoa butter, so it isn’t smooth and tastes a bit dry/harsh/strong. But it is cheap!



If you want quality, I strongly recommend the 71% Valrhona Le Noir Amer which costs \$2.50 at Trader Joes – very smooth, and slightly “fruity”. Ok, I made that up. Fancy chocolate bars have funny descriptions about how you it has a subtle hint of blackberry, and you know they are totally making it up. They also have a good bar with a white label. Michel Cluizel single origin bars are meant to be good, but I paid \$5 for one and it wasn’t any better than Valrhona. Trader Joe has another dark chocolate bar (white wrapper) that is good too. I once had a 88% 1848 bar when I was in Quebec (Quebec City checkout the fancy european shops on... I think Rue St. Jean Baptiste) which at the time tasted like the best I’d had, but after reading the label I learnt that it had a wee bit of egg, so that’s a no-no.



To further strengthen your enjoyment of chocolate, I recommend using strong mints (CVS mints are vegan and do the job) to regularly clear the pallet. Otherwise when you are about half way through a bag of chocolate chips it just starts tasting like an ordinary vegetable.

The KICK-ASS AWESOME FABULOUS AMAZING SEAC Styl'in Guide!!!

- This style guide is SEAC's **GREATEST** resource!!!
- Use hype instead of actual facts
- Use *UNREADABLE FONTS*, especially for critical information like SEAC's address.
- Slang, eh!
- Different **sizes** of fonts (as near to each other as possible)
- Different fonts*
- Evil grammar and spelling
- Pictures that have nothing to do with the material and have been used in every other SEAC resource
- Repeat everything that appears in every other SEAC resource in this one in case people missed it
- Use fonts that SEAC doesn't have (or if you use a font that we have, be sure to delete it afterwards).
- More fonts is better
- Center everything

- Vary the spacing between paragraphs
- Put every single paragraph into its own text box
- Hyphens instead of bullets
- Use exclamations!!!!
- &
- Don't use columns
- Smudgy printer

Advertizing Rates

You (who me?), yes you, can advertise in the next issue of Trash Hell. And like the corporate media, our reporting reflects the bias of our advertisers. Ok to be super blunt: if you bribe us by taking out at least a quarter page ad, we won't print dirty gossip about you (hint hint: Kate). For a whole page ad, we'll also print completely unfounded dirty gossip about one SEACer of your choosing.

1/4 page ad - 2 bags of Ghirardelli Double Chocolate Chips

1/2 page ad - 3 bags

full page ad - 5 bags

A New Take on Email

Does talking about email bore you? Probably you don't realize what email really is about. For losers like you, Trash Hell will decode the true significance of email and a new world will open up before your eyes!

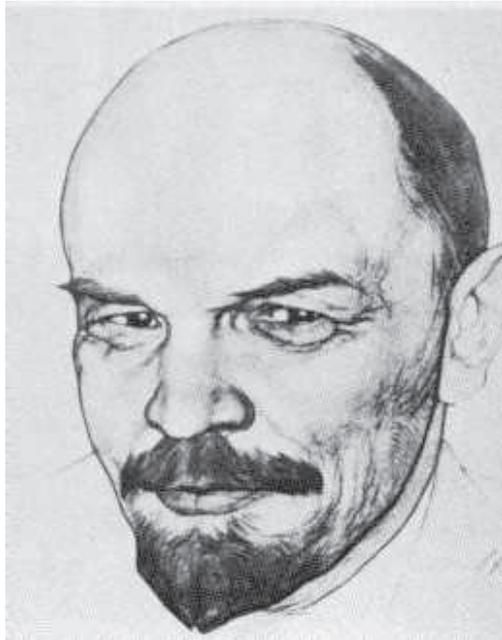
The key to understanding email is to realize that it is all about sex.

For instance, "Josh did you get my email?" takes on an entirely new connotation. Some people get too little email, whereas other get too much. Obviously spam is a big problem, sometimes you just don't want to get email from certain individuals.

Much like relationships, email can come with attachments. Of course if you are receiving attachments then you need to be careful to practice safe emailing otherwise you might get a virus! If you are receiving a lot of email from someone, perhaps if you are on their email list, then this is like a relationship.

Some SEAC email lists are more active than others. For instance, the office collective email list is VERY active. In some states only a couple SEACers write most of the emails, whereas in other areas there are many posters. Kate, Jason and Suzanne often send out emails to more than a thousand people on the SEAC-National list, need I say more?

Lenin Says: **Join SEAC or Die!**



Join Online: www.seac.org/involved/join.shtml



