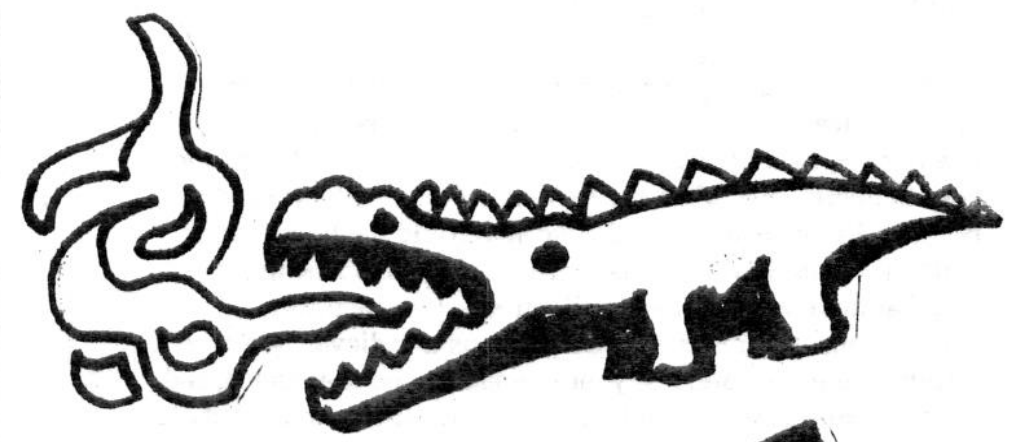


SHARE
the
Love
♥



PHOTOCOPY,
PASS ON,
RECYCLE



AND NOW

FOR SOMETHING

COM-pletely

DIF-FERENT



Reasons to Ride a Bicycle

- 1 It's all about putting the fun between your legs
- 2 You won't need to buy gas
- 3 It is easier to find cool shit on the side of the road
- 4 You can learn to do your own repairs
- 5 You'll get a cute bike ass
- 6 It is fun to laugh at traffic jams while you ride past
- 7 Drive less, live more
- 8 It's fun to ride around with your friends in little bike packs.
- 9 If you count the hours you spend working to pay for your car and maintenance, biking many take less time than driving.



CRITICAL MASS

Riding a bike is fun. Driving a 2000 pound machine powered by explosions at unearthly speeds emitting toxic fumes that are killing the planet is stupid. But, let's not dwell on sad topics. People who ride bikes will tell you that the world just looks different traveling outside of a car. You'll notice all kinds of interesting little things from people watching to plants growing through the pavement to graffiti art.

Bike Shops

- Venture Gear**
2000 Spall Rd.
(250) 979-4327
- Kelowna Cycle**
103, 2949 Pandosy
(250) 762-2453

Resistance is fertile!



Outbound Cycle
203 Rutland Road
(250) 765-1146

Cyclepath
2169 Springfield Rd.
(250) 868-0122

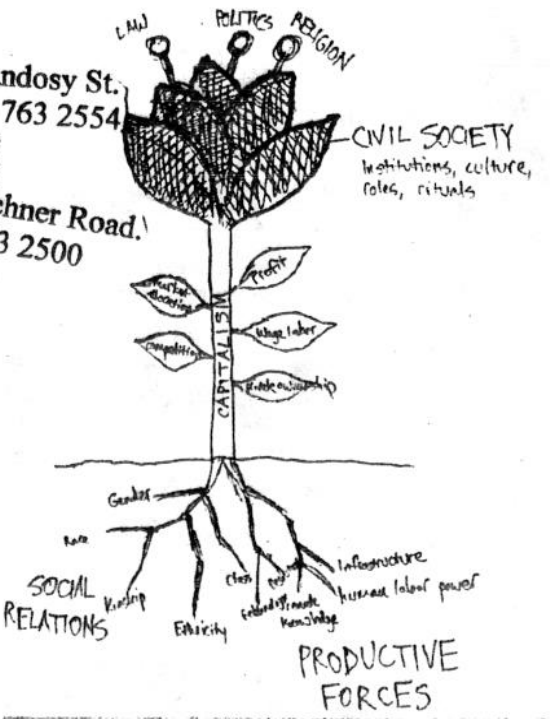
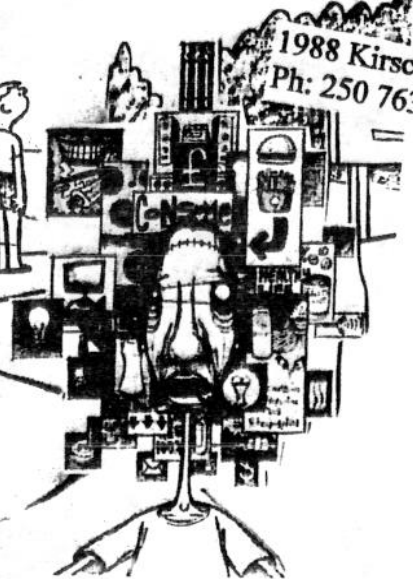
- Free Stuff**
- Food Exchange:**
At UBCO: located by the used bookstore in the student service building
 - Food Bank**
Located at 1265 Ellis St. Open to Singles and couples Monday through Thursday between 11:30am and 1:00pm.
 - Libraries**
Libraries are a great resource. Free internet. Free movies. Free books. Free Newspapers. Free Magazines. And in the hottest months of the year as nasty as it is - free space with cool air.
 - Condoms**
Can be found at women's centre as well as the health centre at UBCO.

BURN YOUR MONEY

Free Water
Water is a right not a commodity. Drink from the tap or a filter please! Fill up a water bottle at the UBCO used book store.

Recycle Bottle Depots (Open Daily 8am-5pm):

- 680 Dease Road
Ph: 250 765 9115
- 2914 Pandosy St.
Ph: 250 763 2554
- 1988 Kirschner Road.
Ph: 250 763 2500



Sexual Health

Place for sex health advice:

<http://www.goaskalice.columbia.edu>

Some of the things on this website are just plain funny but nevertheless has some great advice on sex health

www.optionsforsexualhealth.org

Lots of great info on STIs, birth control and other sex health stuff.

Where to get tested for STIs/STDs (Sexually Transmitted Infections/Diseases):

Health & Wellness Rm SSC006
PHONE: (250) 807-9270

THESE NUMBERS ARE LIKE A GOLDEN BAR OF HEALTH:

SEX SENSE Line at 1-800-739-7367 – ask any sexual health questions you may have.

BC NURSES HOTLINE 1-866-215-4700 - 24 hour hotline of nurses that will answer any questions. May save you a trip to the emergency room!

www.wontgetweird.com

Non-judgmental sexual health services in BC

"I'm Not a Feminist, But..."

Have you ever said this or heard someone say this? If so, put the stereotypes aside and ask yourself why not. There's nothing ugly, irrational, or wrong about wanting to live in a world absent of gender-based oppression.

Books that transformed our lives for the better

Deschooling Society – Ivan Illich

This book exposes the institutionalized schooling for what it is: a failing system whose methods are ineffective, oppressive and made to reinforce the domination of society by the ruling classes.

Cunt: A Declaration of Independence – Inga Muscio

A feminist exploration of the experience of woman, reshaping and reclaiming perspectives on menstruation, birth control and the body.

As the World Burns: 50 Simple Things You Can Do to Stay In

Denial – Derrick Jensen and Stephanie McMillan

A hilarious graphic novel exploring denial in the context of environmental destruction.

Even Cowgirls Get the Blues – Tom Robbins

The life story of a woman born with giant thumbs who spends her youth hitch-hiking the United States, who as an adult finds herself on an all female cowgirl Ranch.

The Ethical Slut – Dossie Easton, Catherine A. Liszt

This is a basic guide for people who are interested in being honest within nonmonogamous relationships.

Days of War, Nights of Love – Crimeth Inc. Ex-worker's Collective

Outlines the ideological perspectives of an ex-workers collective. Critiquing society and consumer culture for destroying people's imaginations.

The Wretched of the Earth – Franz Fanon

Written in anger, this book fluidly and logically dismantles the assumptions and the sadistic delusions of the colonial mentality and the colonial project.

The Alchemist – Paulo Coelho

The magical story of young shepard traveling

and following his dreams

FREE THE HUMANS

STOP THE ABUSE!

Easy access to tools to make your own media:

<http://www.alternatorgallery.com/>

For \$15 for students and \$25 for non student you can become a member of the **alternator gallery** which has a media centre that has many tools for creating films and editing them. Professional editing tools at your finger tips.

Art in Kelowna

Art Crawl – First Thursday of every month

Rotary Center for the Arts (RCA)
Giant art building.
421 Cawston Avenue

Turtle Island Native Art Gallery
A private gallery with native art.
115-1295 Cannery Lane

The Art Ark
The largest commercial gallery the Okanagan.
1295 Cannery Lane

Alternator Gallery
Commercial gallery featuring contemporary art.
Located in the RCA (250) 868-2298

KAG – Kelowna Art Gallery
Use your student card to get in for free.
1315 Water Street

Hambleton Galleries
A private gallery with over 40s of history.
1290 Ellis Street

Woodside Design Gallery
A small private gallery.
1561 Pandosy St.

UBCO Fine Arts Building
Weekly student exhibits

Myths and Truths about Feminism

Myth: Feminism liberates women at the expense of men.

Truth: Feminism doesn't just liberate women; it liberates people of all genders by breaking down oppressive social norms, enabling people to express their gender and sexuality in the ways that they see fit.

Myth: Feminism has made women equal now, and there is no need for feminists or the current women's movement.

Truth: People of all genders still find themselves oppressed in many different ways because of how they express their gender and sexuality. Feminism is the continual movement towards the eliminating of gender-based oppression.

Myth: Women can't be feminine and be a feminist at the same time.

Truth: Feminism works towards giving people more free to express themselves, not finding new ways to limit their self-expression; provided that women recognize that the choice to act in a traditionally feminine manner is just that - a choice!

Words to Know, Thinking on, Learn About and Re-Define

Anarchism: An ideology that challenges the most basic and hidden assumptions of society. From this position comes a critic of capitalism, oppression, exploitation, power dynamics, competition, social control, consumption, colonialism, and domestication.

Autonomy: To be autonomous is to be able to determine one's own existence without forces of coercion or oppression.

Colonial Mentality: An ideological perspective that allows a colonizer to feel superior to colonized people, justified in committing genocidal practices against a colonized people and justified in continuing the systematic oppression of colonized peoples after colonization has been fully established.

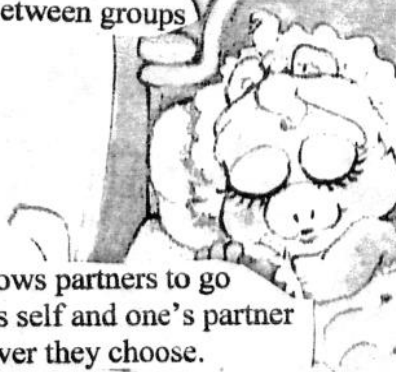
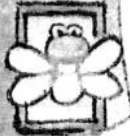
Domestication: A process where a living being is separated from the natural world and placed in an artificial environment.

Systemic Violence: Violence caused by systems, structures and the worldview that they use to function.

Direct Action: A method in which individuals and groups take the initiative to solve problems that they identify.

Globalization: The creation of an unimpeded international free market which has expanded the wealth and influence of multinational corporations in the western world at the expense of environmental devastation, increasing poverty, inequality, injustice, and the erosion of traditional cultures and customs.

Mutual Aid: An economic model based on the voluntary reciprocal exchange of resources and services between groups and individuals without the use of currency.



Polyamory: A relationship model that allows partners to go beyond co-dependence and allowing one's self and one's partner to be in loving relationships with whom ever they choose.

Perma-culture: A method and ideology of developing sustainable agriculture based on creating ecosystems that have multiple layered complimenting pieces.

Neo-liberalism: A political ideology that promotes corporate expansion and the free flow of capital (but not people) without restrictions across borders by eliminating taxes and tariffs, gutting public services, and crushing labour power to intensify capitalist inequality.

Internalization: The process by which a person takes a received message and accepts that message as the "truth", making it their own. It is a product of socialization.

Night-night.

Zine (pronounced zeen similar to magazine): An independently produced mini-magazine created to stimulate thought, art and discussion by sharing ideas and art without corporate or government involvement. It is a form of direct action.

www.friendsofgrassynarrows.com

The website of a Winnipeg Solidarity group supporting the Grassy Narrows First Nation's on-going resistance to the colonial aggression of the Canadian/Ontarian governments.

www.mostlywater.org

A Canadian-based alternative and independent news source.

www.democracynow.org/

Radio/TV news programs that features in-depth journalism covering issues and stories that most media won't touch.

www.ciro.ca/

Ciro is Kelowna's independent campus/community radio station. It doesn't have a frequency yet, so check out the website to listen to program online or find out the listings for live music. Listen to programs online, check out the links to see where there is live music playing, or contact CIRO to create your own radio show.

www.bitchmagazine.org

Bitch is a great feminist blog and magazine.

kelownabikes.wordpress.com/

Kelowna's cycling community blog



Food

www.wwoof.org/

WWOOF stands for Willing Workers on Organic Farmers. It's a great option while traveling. Work for your food and shelter on someone's organic farm for a while.

Kelowna Farmers & Crafters Market:

Location: Corner of Dilworth & Springfield

Dates & Times: April to October - Wednesdays & Saturdays - 8 AM to 1 PM

www.kelownafarmersandcraftersmarket.com

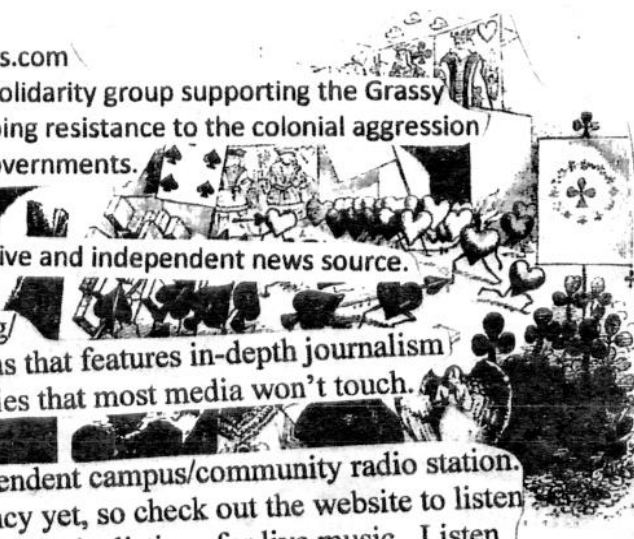
Urban Harvest Organic Delivery

Fresh local organic veggies and fruits straight to your door.

Open for public sales on Saturdays from 9am-1pm.

Warehouse location: 806-A Crowley Ave

http://www.urbanharvest.ca/ Ph 868-2704



Indy Media)

Indy Media is a grassroots movement driven by people motivated to create media outside of corporate and government interests.

Most of these sites have awesome links, so you should check those out too!

Don't believe the media, become the media.

www.indymedia.org

One of the largest international independent media sites with great links to sites from around the world.

www.feministing.com

An online community for Feminists and their allies. Written by women for everyone!

www.no2010.com

A great website to learn more about the anti-(Vancouver) Olympics movement.

www.zinelibrary.info

A database of over 700 zines, and an archive of posters, books and flyers all independently produced and ready to print.

www.submedia.tv

A WebTV site with satirical shows about political issues.

www.ted.com

TED is a huge database of interesting talks by interesting people.

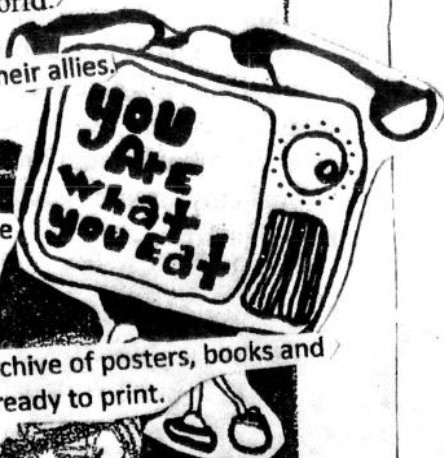
www.therealnews.com

An online news network that is run by donations, without advertizing and without government or corporate funding



"One of the great liabilities of life is that all too many people find themselves living amid a great period of social change, and yet they fail to develop the new attitudes, the new mental responses, that the new situation demands. They end up sleeping through a revolution."

- Dr. Martin Luther King, Jr.



Gender-Based Oppression: Includes: sexism, homophobia, heterosexism, heteronormativity, transphobia, the gender binary, fatphobia, sexual violence, and the externalization of body image judgement and subjugation.

Privilege: The historical accumulation of power, influence, and benefits to a particular group based on race, class, gender, sexuality, and other factors which allow certain people to move into position of power more easily.

Hegemony: A concept that explains the existence of complex systems of domination, where individuals and groups are able to maintain their power by persuading subordinate groups to accept, adopt, and internalize the values, beliefs and norms of the dominate group or individual.

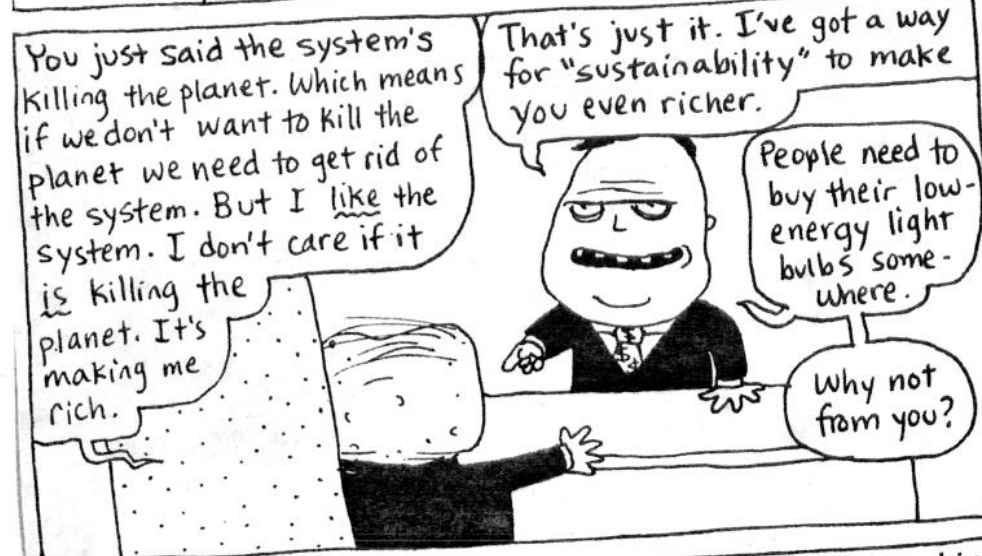
Distro: A distribution.

Vegetarianism: To be a vegetarian means to abstain from eating meat. Many variations of vegetarians exist from lacto- Ovo (eat eggs/cheese) to vegan who do not consume nor wear any animal products. People don't eat meat for many reasons such as animal rights, health concerns and environmental destruction cause by the meat industry.

This is a call to action for the end of apathy and we want to hear your voice!

And now for something completely different is a DIY call to action, a guide book for breaking past the cloned and sterile Kelowna culture, a resource to aide you in creating a culture that means something to you and a call for the reclamation of our mental, physical, emotional and social space!

This is the first zine produced by the Purple Daisy Distro. We are a group of young people sick of corporate consumer culture, exploring and creating alternatives to it. Send feedback, love letters, hate mail, submissions, comments and questions to purpledaisydistro@gmail.com



yourself. Today, within consumer culture, we give up our ability to meet our needs ourselves. Rather than growing our own food, we have it shipped from all over the world. Rather than making our own entertainment, we pay large corporations to tell us stories on big impersonal screens that are more reminiscent of European cathedrals than places where we live, play and feel at home. Rather than make our own clothes, we pay large corporations to enslave poor workers on the other side of the world to do it for us. Rather than building our own roofs, we rent boxes from landowners. By contracting out all of the responsibilities we have to ourselves, our culture has found itself in the most impersonal state it has ever been. By getting involved in DIY culture, we re-personalize our lives, contribute to our local communities and break free of our over-dependence on impersonal corporations and institutions that don't always have our best interests at heart.

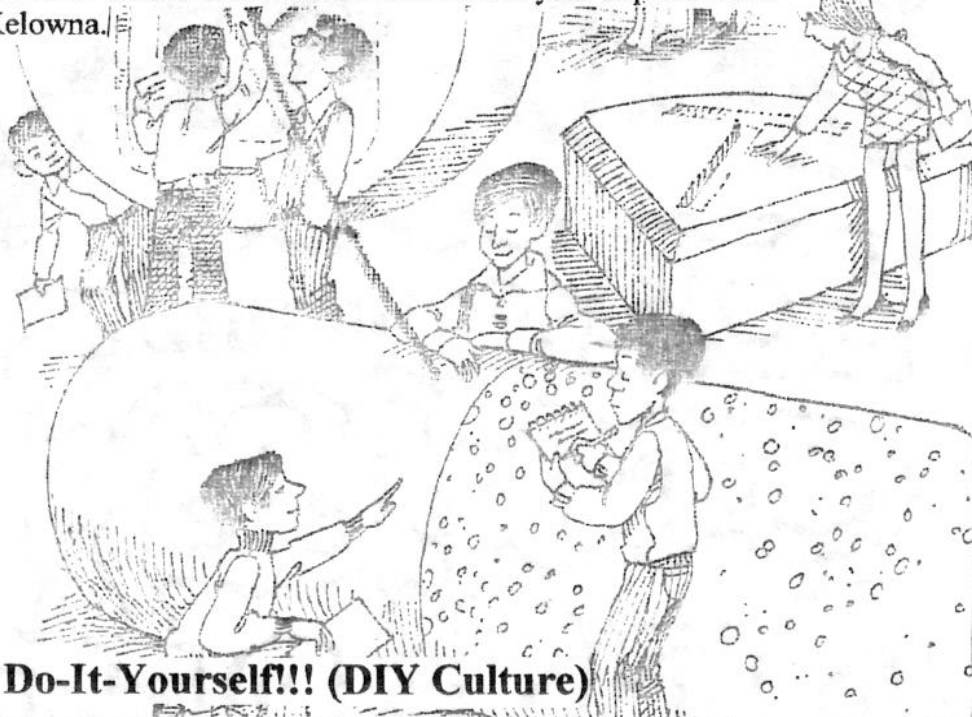


DIY IDEAS to share with friends:

- 1) Host community discussions/potlucks in your own home. Share in the culture of food and dialogue. Talk about things that matter to you and your micro-community. Let's start treating our friends like family!
- 2) Make your own clothes, grow your own food, bake your own bread, make music, make movies, play silly games, create games, make art, exchange clothing with your friends, make your own zine – and then share all of this with your friends and community!
- 3) Gorilla Gardening – Plant seeds through out public spaces within Kelowna and watch the landscape change and bloom.
- 4) Learn about and support local and international DIY projects./
- 5) Learn about and produce independent media!!!

Welcome To The Bubble

University is a great place to make friends, make discoveries, grow and learn. It can also be a great place to be in denial, live in a bubble, to cultivate cynicism and join the elite. It's all too easy to uncritically adopt the rhythms of university life and become disconnected from the world beyond the Ivory Tower. With this in mind we have decided to create this zine to remind you that there is a lot more to life in Kelowna than what corporations, parents and schools lead us to believe. We hope to inspire you to explore, test your boundaries, be challenged, and be involved – you may find that the world outside of the bubble is more exciting and less scary than you have been lead to believe. We've included in this guide It's now up to you to burst the bubble and make the most out of your experience in Kelowna.



Do-It-Yourself!!! (DIY Culture)

DIY culture is a movement in opposition to consumer culture. The principle is basic: you do it yourself (whatever it is). It doesn't matter if what you make is "good" or not. DIY has nothing to do with the product, it's all about having fun and entertaining yourself and your friends. By doing things yourself, you start breaking free of your dependency on having other people do things for you that could otherwise do yourself.

