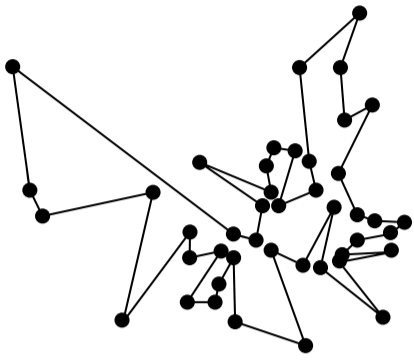


AA



Amsterdam Alternative
Issue #056 (Sept-Oct 2024)

www.amsterdamalternative.nl

Originating with the city's counterculture and free spaces, Amsterdam Alternative stands for collective action and radical political debate for the sake of a desirable future for the many, not the few.

Amsterdam Alternative, ontstaan in de tegencultuur en de vrijeplaatsen van de stad, propageert en steunt collectieve actie, radicale politieke debatten en een wenselijke toekomst voor iedereen.

FREE

AMSTERDAM ALTERNATIVE

Participating venues:

ADM Noord/Slibvelden, AstaroTheatro, Badhuis theater, Bajesdorp, Buurtwerkplaats Noorderhof, Cavia, Cinetol, De Appel, De Bermtoerist, De Ceuvei, De Fabriek, De Nieuwe Anita, De Ruimte, Fort van Sjakoo, Frammer Framed, Helicopter, Kaskantine, Kostgewonnen, LIMA, NieuwLand, OCCII, OT301, Pakhuis Wilhelmina, Parknest, Plantage Dok, Plein Theater, Ruigoord, Ru Paré, Salon de IJzerstaven, 'Skek, Teatro Munganga, Treehouse NDSM, Volta, Vondelbunker, Vrijpaleis, WG, Workshop op de Ceuvei, Zaat100, ZID Theater, Zone2Source



MUSIC TIP TOP 6

Picked with care but you have to do the judging yourself. Tips and links to new releases are always welcome, please mail tips to: music@amsterdamalternative.nl.

Amsterdam Alternative has a playlist on Spotify that is updated on a regular basis and a Soundcloud + dedicated page on our website with DJ mixes, Podcasts and Audio recordings of discussion nights. Find the links at the top right of our website.



Malvae
Chrysalis

Label: Self released
Release date: July 2024
Genre:
Format: Digital



Noémi Büchi
Does it still matter

Label: -OUS
Release date: July 2024
Genre:
Format: Digital



Hassan Abou Alam
Mesh Mathoom

Label: Nerve collect
Release date: August 2024
Genre: Bass, futuristic Club
Format: Digital, Vinyl



QZB
Artificial (VISLA Remix) / Streetwise

Label: Unknown
Release date: June 2024
Genre: Drum and Bass
Format: Digital



Batu
Zeal / Sunday

Label: A long strange dream
Release date: June 2024
Genre: Electronic, club
Format: Digital



Laksa
Voices

Label: Lian Tape
Release date: April 2024
Genre: Electronic, club
Format: Digital, vinyl

Join the movement: Build an apartheid free zone

Across our shared spaces – where creativity, resistance, and solidarity intersect – a new call to action echoes the struggles we have always supported. The unfolding genocide in Gaza is just the latest terrible chapter in a century of injustices, crimes, and violations of international law. The perpetrators, along with the dense network of interests and agents that support and enable them, must be stopped. It is time for concrete actions, and if those cannot be expected from the ones in power – though they are already overdue – individuals and organisations of conscience must organise to increase the pressure on the occupation and its accomplices.



This campaign is especially urgent now. As the situation in Gaza becomes increasingly dire under the weight of a relentless siege, our solidarity with the Palestinian people must translate into concrete actions. Being part of an AFZ means we're not just spectators, we're active participants in the struggle against injustice.

How to Join the Movement

To make your space an Apartheid Free Zone, you'll need to commit to the principles laid out in the AFZ manifesto that will soon be published on BDS NL platforms. This document will provide all the information regarding the campaign and list all the minimum criteria required to be onboarded as Apartheid Free Zone under BDS's framework, and some practical instructions. It's a straightforward process that will connect you to a community of spaces and individuals committed to make a positive and intersectional change.

This is why BDS Netherlands is launching a campaign to create Apartheid Free Zones (AFZ) across the country. This initiative wants to be more than just a response to global injustices, it is about reinforcing the very principles that bind our communities together.

What is BDS?

Boycott, Divestment, and Sanctions (BDS) is a global movement rooted in the same spirit that once helped dismantle apartheid in South Africa. Since 2005, it's been a rallying point for those who refuse to stand by while Israel continues its occupation, colonisation, and apartheid against Palestinians. BDS is not just a tactic, it's a commitment to global justice, echoing the calls of over 170 Palestinian organisations who asked the world to act.

The AFZ campaign is about more than making a statement – it's about making sure our spaces don't get co-opted into supporting oppression

Why the Apartheid Free Zone Campaign Matters

The AFZ campaign is about more than making a statement – it's about making sure our spaces don't get co-opted into supporting oppression. It's about creating environments where freedom, justice, and equality aren't just buzzwords, but lived realities. By declaring our spaces as Apartheid Free Zones, we commit to resisting any ties to the systems that perpetuate apartheid, ethnic cleansing, and genocide.

Why This Matters to Us

Our scene has always been about more than just art, music, or politics – it's about building a world that reflects our values. By becoming an Apartheid Free Zone, we're not only resisting the status quo, but we're also contributing to a global movement for justice. This is a way for us to take what we stand for and put it into practice. If you are reading this, and you are part of a cultural space like a cinema, a squat, a bookstore, a theatre, an art gallery, a community centre, a music venue, or similar, contact us at ard.ccn@doocp.nl. We will give you further details and inform you about all the necessary steps to join as a new Apartheid Free Zone.

If you are an artist, a member of a collective, a writer, a musician, a filmmaker, a performer, a teacher, a student and you are just interested to know more about the project and be part of the community, we invite you to contact us too. We need people like you to expand the community and provide an audience to all the Apartheid Free Zones that will join. Your contribution is equally important.

Let's be the change we want to see in the world. Free Palestine!

Join the movement...
Text: AFZ - BDS Netherlands campaign team
Illustration: BDS Netherlands

Music Tip Top 6
Text: Peter Rutten
Artworks: Various artists/designers

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Huiswerk voor links
Text: Memno Grootveld
Collage: AA

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Huiswerk voor links

Twee weken geleden was George Galloway in Amsterdam. Even het geheugen opfrissen: George Galloway is een radicaal-linkse Britse politicus, die eind februari dit jaar bij tussentijdse verkiezingen in het district Rochdale opzien baarde door met veertig procent van de stemmen de parlementszetel in de wacht te slepen met een uiterst pro-Palestijns programma (inmiddels is hij die zetel overigens bij de verkiezingen van 4 juli alweer kwijtgeraakt). Een vriend van me kwam hem tegen op straat en raakte met hem in gesprek. Galloway uitte zijn verbazing over het feit dat in Amsterdam alles en iedereen er zo welvarend en tevreden uitzag, terwijl er zojuist een extreem-rechtse regering was aangetreden in Nederland na de verpletterende verkiezingsoverwinning van Geert Wilders in november vorig jaar. "Hoe kan dat nou?" vroeg hij.



Deze verbazing is een goed voorbeeld van een algemeen voorkomend misverstand in linkse kringen. Veel linkse mensen denken dat de kiezers van Wilders voor een groot deel bestaan uit ontevreden, rancuneuze sloebers die op deze manier blij hebben gegeven van hun afkeer van twaalf jaar neoliberal beleid onder de kabinetten-Rutte 1 t/m IV. Maar niets is minder waar. Volgens mij heeft Wilders vooral veel stemmen gekregen van mensen die het de afgelopen jaren juist voor de wind is gegaan en bang zijn om hun 'vervorvenheden' weer kwijt te raken. Voorheen stemden die mensen in groten getale op de VVD of het CDA, maar die partijen vinden ze nu niet behoudzuchtig genoeg meer. Ze willen graag alles bij het oude laten en zien alle pogingen tot verandering met lede ogen aan. Ze stemmen extreem-rechts OMDAT ze het zo goed hebben en niet willen dat anderen (lees: vluchtelingen, asielzoekers etc.) daar iets van afknabbelen.

In Nederland hebben we inmiddels een nieuwe regering, het kabinet-Schoof. Dit is de meest rechtse regering in ons land sinds mensenheugenis

In Nederland hebben we inmiddels een nieuwe regering, het kabinet-Schoof. Dit is de meest rechtse regering in ons land sinds mensenheugenis, bestaande uit een verzameling regelrechte racisten en

neonazi's (Faber, Klever, Agema), halve en hele criminelen (Madlener, Beljaarts) en omhooggevallen 'professor Akker-mans'-types (Bruins, Veldkamp), onder leiding van een extreem ijdele minister-president (Schoof). Waar veel mensen de bruine en zwarte horden bij wijze van spreken alweer door de straten zien marcheren, is mijns inziens enige nuance op zijn plaats: dit is eerder de veertig jaar na dato vleesgeworden natte droom van Jacobse en Van Es (de twee Haagse charlatans van de Tegenpartij van de cabaretiers Van Kooten en De Bie). De meeste mensen zullen in hun dagelijks leven waarschijnlijk weinig last hebben van het 'beleid' dat dit kabinet gaat voeren, op een paar niet al te prettige uitzonderingen na (zoals de verdere uitkleding van de cultuursector). Maar het milieu, en vooral de asielzoekers en migranten, hebben uiteraard het nakijken en zullen het nog zwaarder te verduren krijgen dan ze het nu al hebben.

ook in Frankrijk en Groot-Brittannië zijn recent verkiezingen gehouden, en daar heeft – wonder boven wonder – links de overwinning behaald. In Groot-Brittannië is nu Labour weer aan de macht, en in Frankrijk kwam tot ieders verrassing het Nouveau Front Populaire als winnaar uit de bus. Er zijn echter grote verschillen. Het Britse Labour heeft onder Keir Starmer (de nieuwe premier) een gedaantewisseling ondergaan en lijkt in vrijwel niets meer op de partij die onder de vorige leider, Jeremy Corbyn, de hoop van veel linkse progressieven belichaamde. Anderzijds is het linkse blok in Frankrijk écht behoorlijk links, maar wordt het geplaagd door interne tegenstellingen en is het nog maar de vraag of de verkiezingsoverwinning kan worden vertaald in regeringsmacht.

Op het moment dat dit stuk verschijnt, zijn er in Duitsland net nieuwe parlementsverkiezingen achter de rug. Volgens de jongste prognoses zal de extreem-rechtse AfD (Alternative für Deutschland) in diverse deelstaten, vooral in het oosten, de grootste partij worden en landelijk misschien wel als tweede partij uit de bus komen. En in de VS wordt in november een nieuwe president gekozen, waarbij Donald Trump een goede kans maakt om net als in 2016 met de overwinning te gaan strijken. Trump heeft de relatief jonge senator JD Vance als zijn 'running mate' aangewezen, en dat is pas echt zorgwekkend. Vance is een aanhanger van de Dark Enlightenment, een anti-egalitaire, reactionaire beweging, die de democratie wil afschaffen en vervangen door een nieuw soort absolute monarchie. Vance is bovendien zeer goed bevriend met Peter Thiel, een van de rijkste en meest invloedrijke mensen uit Silicon Valley, die als durfkapitalist aan de wieg heeft gestaan van onder meer PayPal, Facebook en Twitter. Inmiddels heeft ook Elon Musk zich achter Trump geschaard, waardoor zich een onzalige coalitie aftekent van ultrarijke tech-magnaten, neo-fascistische groeperingen en xenofobe racisten.

De grote vraag is nu welk antwoord progressief links op al deze ontwikkelingen heeft en hoe een strategie voor electoraal succes kan worden gesmeed.

De grote vraag is nu welk antwoord progressief links op al deze ontwikkelingen heeft en hoe een strategie voor electoraal succes kan worden gesmeed. In dit verband is het interessant om met mensen te spreken uit het voormalige Europese Oostblok. Heel vaak hoor je ze zeggen dat het vroeger, vóór de val van de Berlijnse Muur, onder het 'reëel bestaande socialisme' allemaal veel beter was: gratis onderwijs, gratis gezondheidszorg en gratis openbaar vervoer, om maar een paar dingen te noemen. Ja, er was beslist minder 'vrijheid' (van meningsuiting), maar wat is die vrijheid waard als je vrijwel niets te schaffen hebt en altijd maar moet ploeteren om de eindjes aan elkaar te knopen? Vooral het onafhankelijke en betrekkelijk liberale Joegoslavië van de jaren zeventig en tachtig wordt als ideaalbeeld genoemd: de meeste mensen waren daar destijds redelijk welvarend, ze hadden (via het 'arbeiderszelfbestuur') wel degelijk inspraak, en er was weinig repressie. Dit sentiment is een van de redenen waarom extreem-rechtse partijen het in Oost-Europa zo goed doen: zij appelleren aan de nostalgie naar 'vroeger', wijzen het harde, ongebreidelde kapitalisme af en maken zich sterk voor sociale voorzieningen waar de mensen iets aan hebben.

Links om verder te lezen:

www.wikipedia.org/wiki/Dark_Enlightenment

www.thenation.com/article/politics/whats-left-after-wokeness/

www.theintercept.com/2024/08/10/republicans-trump-vance-racism-white-nationalism/

doorgesloten. Als dit de voornaamste onderdelen van het programma van links zijn, is het makkelijk prijssschieten voor (extreem-)rechts. Progressief links zal dus in de spiegel moeten kijken en te rade moeten gaan bij (succesvolle) strategieën uit het verleden. In Nederland zou dat het programma van het kabinet-Den Uyl en de PvdA uit de jaren zeventig kunnen zijn. Het motto van het kabinet-Den Uyl was 'spreiding van kennis, macht en inkomen.'

Het motto van het kabinet-Den Uyl was 'spreiding van kennis, macht en inkomen.'

Het kabinet kwam vervolgens met vier hervormingsvoorstellen op sociaal-economisch gebied: 1) de 'vermogensaandeling' (werknemers zouden voortaan meeprofiteren van bedrijfswinsten); 2) de Wet op de Ondernemingsraden (meer inspraak en medezeggenschap voor werknemers); 3) de Wet op de Investeringsrekening (meer investeringen in maatschappelijk gewenste zaken, zoals het milieu en de werkgelegenheid); en 4) de grondpolitiek (geen speculatie met grond). Dit laatste voorstel, dat (zij het nog uiterst voorzichtig) de bij wilde zetten in een van de pijlers van het kapitalisme (het grondbezit) werd het kabinet uiteindelijk fataal. Maar dat dit programma populair was onder de kiezers, bleek wel uit het feit dat de PvdA in 1977 een historische verkiezingsoverwinning behaalde (53 zetels in de Tweede Kamer).

Kan progressief links dit huzarenstukje herhalen? Absoluut, maar dan moet wel afgescheid worden genomen van het pragmatisme en van de eenzijdige focus op culturele emancipatie en gelijkberechtiging, hoe belangrijk ook. De nadruk moet komen te liggen op voorstellen en beleidspunten waar de meeste mensen écht iets aan hebben, en die een nieuwe vorm van collectiviteit beogen en mensen niet verdelen in groepen die elkaar het licht in de ogen niet gunnen.

Demonstreeer Je Recht,
Dans Voor Het Demonstratierrecht

ADEV

Amsterdam Danst Ergens Voor



19 OKTOBER

Dev.nu ADev.nu ADev.nu ADev.nu ADev.nu ADev.n

ADEV poster
Design: Layla Gijzen

Amsterdam Alternative Dance Event (AADE) From Wednesday 16 till Sunday 20 October in the OT301 and Cinetol

With: Wilco Prinsen, Teqmun, French II, Lenxi, Alberta Balsam & Cosmic Force, audt98, mul/ANNA, Null Wave & Mistaeks, VOLPEVOLPE, Polevaulter, Oh Boland, PleasureInc., Eigen Risico, Snackbar, Egnostic Shellshock, Another Taste, Jéroboam, Collettivo Immaginario

Amsterdam Alternative organizes the 6th edition of the Amsterdam Alternative Dance Event. It's not an anti ADE initiative but a small scale, affordable, exciting, eclectic alternative for those who want something else then the predictable big names that we see each year on the banners and promo of ADE.

Wednesday 16 October

Kino for your Ears
Experimental electronic
Line up: tba
Entrance: €7,50 (Presale online)
19:30-23:00 hrs

Expect experimental electronic sets while seated in a dark cinema space. More info to be announced soon

Location: **Ventilator Cinema // OT301**
Overtoom 301, Amsterdam

Thursday 17 October

Schorem
Live punk bands
Line up: **Polevaulter (UK), Oh Boland (IE), PleasureInc. (UK), Snackbar, Eigen Risico, Egnostic Shellshock**
Entrance: €15,50 | €13,50 met Schorem button (Presale online)
19:00-00:30 hrs

Liefhebbers van livemuziek kunnen op 17 oktober tijdens ADE in Cinetol terecht, want dan is het weer tijd voor SCHOREM Minifest: de Alternative ADE editie. Zes bands uit binnen- en buitenland in twee zalen. Verschillende genres, maar altijd met een punk-attitude. Kom moshen, een nieuwe tattoo laten zetten of gewoon bier drinken en bandjes kijken.

Location: **Cinetol**
Tolstraat 182, Amsterdam

Friday 18 October

Cosmic Force Presents
Electro, breaks, beats
Line up: **Alberta Balsam & Cosmic Force hybrid, audt98, mul/ANNA, Null Wave & Mistaeks live, VOLPEVOLPE**
Entrance: €12,50 (Presale online)
21:00-03:00 hrs

Producer and live act Cosmic Force joins forces with OT301 during AADE. This night will be dedicated to the infamous West Coast sound filled with breaks, raw beats and electro.

Location: **OT301**
Overtoom 301, Amsterdam

Saturday 19 October

AADE x ADEV after
Electronic, techno, modular
Line up: **Wilco Prinsen (live), Teqmun, French II, Lenxi**
Entrance: €10,00 (Presale online)
20:00-03:00 hrs

Amsterdam Alternative will once again organize one of the official ADEV after parties. Like previous years we will start early but not slow or soft. This event is a benefit for AA and ADEV.

Location: **OT301**
Overtoom 301, Amsterdam

Sunday 20 October

Space Grapes Label Showcase
Disco, (jazz)funk and soul
Line up: **Another Taste, Jéroboam, Collettivo Immaginario, Surprise guest DJ's**
Entrance: €15,00 (Presale online)
18:00-01:00 hrs

The Space Grapes label presents a very special get together, presenting you all 3 bands responsible for their releases so far along with a heavy cast of support DJ's.

Location: **OT301**
Overtoom 301, Amsterdam

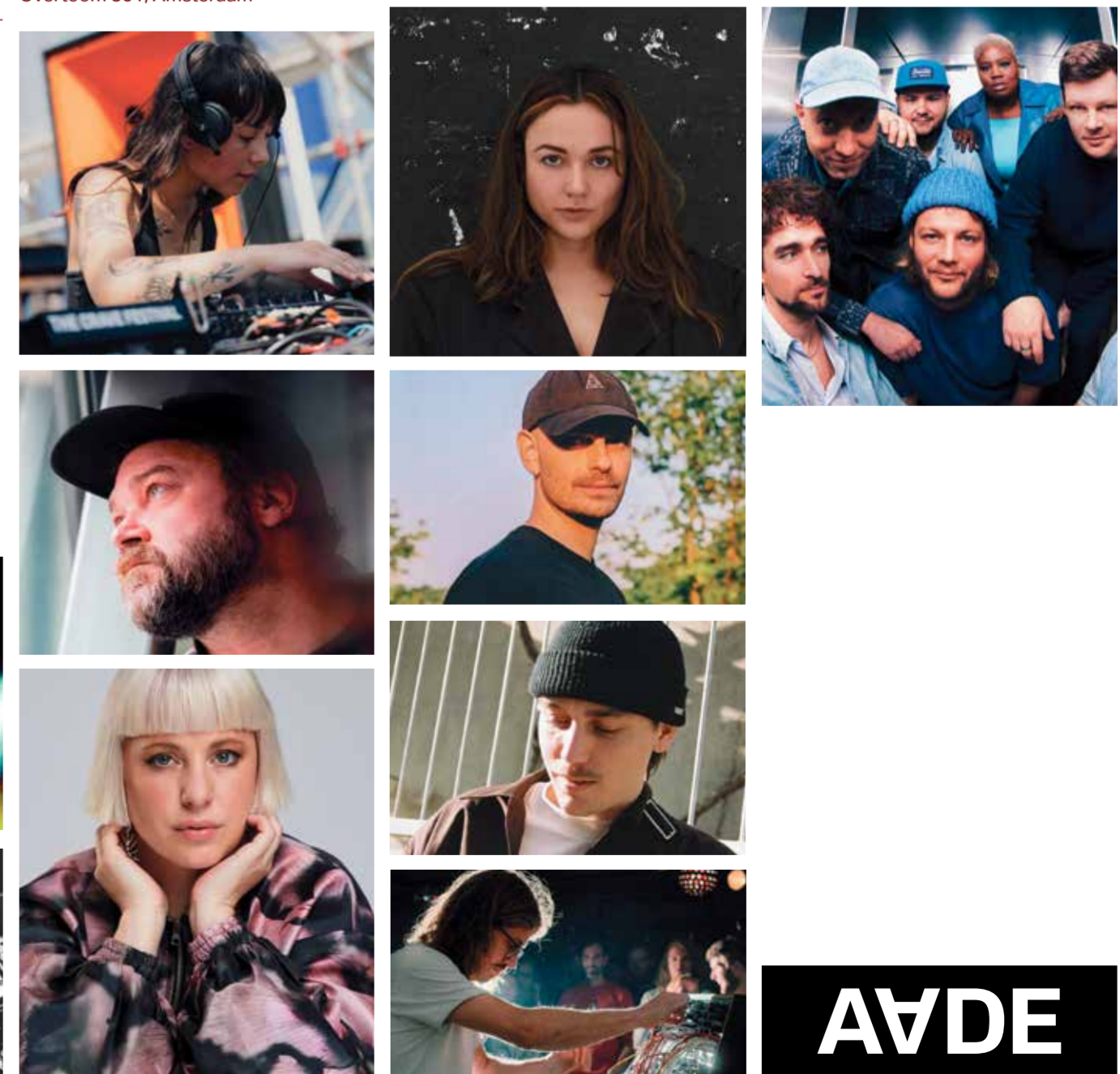
Amsterdam Alternative Dance Event
Text: AA
Photos: Various photographers

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AADE

A new space to learn music, art and crafts, cooking and more in Amsterdam NDSM

Earlier this year, the colourful artist village Treehouse NDSM introduced its brand new Creative School, a platform where you can find workshops, courses and lessons organised and taught by their professional resident artists. With offers for both kids and adults, everyone will find something that sparks their creative mind, regardless of prior experience.



Located in Amsterdam's creative heart, Treehouse NDSM was born in 2019 as an affordable alternative for artists searching for a studio to rent. The organisation's primary goal is to be "a playground for serious artists", a space where creatives from diverse disciplines can focus on experimenting and making works but also a fertile ground for artistic collaborations to flourish within the community. It soon became clear that just as important was to provide the opportunity for residents to show their work and connect to the public.

The vision from Adriaan Kole and Marc Koolen, the two founders of this village, did not necessarily involve an events programme developed by the organisation itself. But, after the pandemic and its grave effect on the sector, it became evident that attracting Amsterdammers into Treehouse NDSM was the perfect way to support the artists and keep the organisation going. Today, they offer a diverse cultural programme, which includes the monthly concert series "Live at Our Place" and four exhibitions a year organised by Treehouse, plus jam sessions, art shows, theatre plays, performances, open mics and other activities that the residents come up with and produce themselves. Workshops, courses and lessons have also been part of the programme since the beginning, a trend that only grew more and more. That's how the concept of Treehouse Creative School came into being.

Among Treehouse NDSM's residents, approximately half are musicians and half are visual artists. There are also a few creatives outside of these categories, such as tattoo artists, fashion designers, chefs, and hair stylists. This variety directly translates into the diverse options seen on the Treehouse Creative School's page: "Learn how to make vegan cheese", "Crochet for Beginners" and "Disco Dream Craft" are offered together with the more conventional piano lessons, watercolour courses and clay workshops.

For Treehouse NDSM, the exchange between the public and the artists/residents is one of the key aspects of the Creative School and their overall cultural programme. Artist Helga Van Stralen, who gives 3D collage and clay courses and workshops, says the best thing about it is to see how the participants forget about the rest of the world upon entering, and are often gladly surprised about making something they never thought they could. "They connect with the most honest way of communication: their own creativity", she adds. The laid back atmosphere of Treehouse only adds to the experience of learning something new, which can be vulnerable at times. Offering painting courses for people recovering from substance abuse, Ossa Kierkegaard says it's important that the space feels safe and there is room for them to develop self-confidence. "It's really nice to discover your talents whilst having a chill get-together with other people in recovery", one of her participants said. Giving the neighbours from Amsterdam Noord and the rest of the city the possibility to participate in these activities is one of Treehouse NDSM's main focuses. That is why they made workshops, courses and live music concerts available with discounted prices for Stadpas holders.

With the latest news about the lack of funding for many cultural organisations in Amsterdam Noord (including Treehouse NDSM) and the devastating impact it has on the entire sector, bringing awareness to what this kind of alternative spaces offer is more important than ever. With this in mind, Treehouse usually joins forces with neighbouring organisations to work together on this common goal. An example of these collaborations are NDSM Get Lost, an event that occurs 4 Thursdays per year in which they, together with Nieuw Dakota, Beautiful Distress and NDSM Wharf, extend their opening hours until 21h so that the audience can enjoy their exhibitions and performances. They

Brand bij Buurtboerderij Ons Genoegen Westerpark



Tijdelijk gesloten

Op zondag (11 augustus) brak er brand uit bij de Buurtboerderij. Er is veel schade en het dak is helemaal verwoest. Het traject van opruimen, gedeeltelijke sloop, wederopbouw en herinrichting gaat minimaal een jaar duren en de verwachting is nu dat ze op z'n vroegst pas vanaf oktober 2025 weer gasten kunnen ontvangen.

Ze zijn druk bezig om te kijken of we in de tussentijd een andere, tijdelijke locatie kunnen betrekken.

Updates via: www.buurtboerderij.nl

also give a guided tour through all the venues. Another example of this collaborative approach is the first edition of an "Open Music Day". On September 14th, Treehouse NDSM is partnering with 3 music schools in Noord (Music School Amsterdam North, Muziekstraat and ADAM Music School) to give all music enthusiasts a taste of what they could learn there.

As with many other ventures in the NDSM area, Treehouse was always meant to be a temporary project, but they believe these sorts of spaces are incredibly valuable for the city and must be protected. Whoever is curious about what this artist village is all about should drop by their big

5-year anniversary party on November 2nd. They will welcome families, friends and everything in between for a special programme of concerts, performances, workshops, DJ sets, games, a cocktail bar and delicious vegan food.

Brand bij Buurtboerderij...
Text: NDSM Treehouse
Photos: Kevin Priolo

A new space to learn music...
Text: NDSM Treehouse
Photo: Courtesy from Helga van Stralen

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Sublime Escapades
Photos: Kevin Priolo



Sublime Escapades

Performances at Ventilator cinema OT301
Photo report by Kevin Priolo



Genetic Testing: My personal journey to understanding my DNA

What if a simple test at home could reveal which processes in our bodies are malfunctioning? What if we could understand exactly how our body functions, and what it can and cannot do? It may sound like science fiction, but through genetic testing we can learn how our unique genetic profile affects our body's reaction to nutrients, toxins, stress, workouts, and more.



My name is Nima, and I'm the founder of Get Body Data. I'm Harvard-educated in genetics, immunology, and biochemistry, but my passion for health optimization stems from my own personal experience with Crohn's disease. When I was 30 years old, I was diagnosed with this debilitating condition. For two years, I suffered from excruciating pain and watched my weight drop to a mere 56.7 kilos despite my 182-centimeter frame. I felt as though I was on the brink of death, desperately searching for a quick fix, a magic pill, or a miraculous treatment that could restore my health.

could be linked to specific health conditions; it's like reading the instruction manual for your body. This test can reveal how your body processes nutrients, manages toxins, and responds to various environmental factors.

I discovered some fascinating insights about my body when I did my genetic test. For instance, my genes responsible for processing gluten and lactose weren't functioning optimally. This explained why I had always felt uncomfortable after eating certain foods, even before my Crohn's diagnosis.

Perhaps the most significant discovery was that I had a variation in my G6PD gene. This gene produces an enzyme that helps red blood cells function properly and protects them from harmful substances. My variation affects how my body handles oxidative stress and has serious dietary implications.

These discoveries were eye-opening. They allowed me to make targeted changes to my diet and lifestyle that significantly improved my health. For example, I cut out gluten and dairy from my diet, which helped alleviate some of my digestive issues. However, the G6PD variation required even more careful consideration. This condition, known as G6PD deficiency, is an inherited disorder that affects

red blood cells. People with this condition need to be very careful about what they eat and what medications they take.

The most crucial dietary information I got was to eliminate fava beans (also known as broad beans) from my diet. For people with G6PD deficiency, eating these beans can trigger a severe reaction, potentially leading to hemolytic anemia – a condition where red blood cells break down faster than they can be replaced.

The Process of Genetic Testing
Getting a genetic test done is surprisingly simple. Here's how it typically works:
1. Order a test kit online.
2. Receive the kit at home with instructions for collecting a saliva sample.
3. Send the sample back to the laboratory.
4. Wait for 2-4 weeks while your DNA is analyzed.
5. Receive a comprehensive report explaining your genetic variations. I think everyone should do a genetic test. You only need to do it once, and you will have important information about your body forever. BUT, I do think just buying the test and getting the report isn't enough. You need someone who thoroughly reviews the report with you. That's why I studied Genetics and started my own company, Get Body Data.

What Genetic Testing Can Tell You
Genetic testing can provide insights into various aspects of your health:
1. **Disease Predispositions:** It can reveal if you're at higher risk for certain conditions like heart disease, certain cancers, or autoimmune disorders.
2. **Nutrient Processing:** Your genes influence how your body processes different nutrients. For example, I learned that my body struggles to convert folic acid into its active form, methylfolate, due to a variation in my MTHFR gene.
3. **Detoxification Ability:** Some genetic variations affect how efficiently your body removes toxins. This information can guide decisions about diet, supplement use, and even which medications might work best for you.
4. **Response to Exercise:** Certain genes influence how your body responds to different types of exercise, which can help in tailoring your fitness routine.
5. **Sleep Patterns:** Genetic variations can affect your circadian rhythm and sleep quality, providing insights into how to optimize your sleep habits.

My Personal Insights
In my case, the genetic test revealed several key insights:

- Gluten and Lactose Intolerance:** As mentioned earlier, I discovered genetic variations that explained my difficulty in processing gluten and lactose. Removing these from my diet made a significant difference in my digestive health.
- G6PD Variation:** This variation affects how my body handles oxidative stress and requires careful dietary management. Avoiding fava beans and being cautious with other legumes, certain medications, and even some common foods became crucial for my health.
- MTHFR Mutation:** I found out I had a mutation in the MTHFR gene, which affects folate metabolism. This led me to switch to methylated B vitamins to support my body's needs better. New studies have shown that around 40% of the population carries this variation.
- Detoxification Pathways:** I learned that some of my detoxification pathways were less efficient, prompting me to focus more on supporting my liver health and being mindful of my exposure to environmental toxins.

These insights were crucial in managing my Crohn's disease and optimizing my overall health. They allowed me to make targeted changes to my lifestyle that profoundly impacted my well-being.

Benefits and Limitations of Genetic Testing

While genetic testing can provide valuable insights, it's important to understand its limitations:

- Benefits:**
- Personalized health insights
 - Early detection of potential health risks
 - Guidance for tailored lifestyle changes
 - Improved understanding of your body's unique needs
- Limitations:**
- Not all genetic variations have known health implications
 - Genetic predisposition doesn't guarantee you'll develop a condition
 - Environmental and lifestyle factors play a significant role in health outcomes
 - Some results may be anxiety-inducing without proper context

The Future of Genetic Testing
As technology advances, genetic testing is becoming more accessible and comprehensive. We're moving towards an era of truly personalized medicine, where treatments can be tailored to an individual's genetic makeup. In my work with Get Body Data, I've seen firsthand how genetic insights can transform lives. We're not just looking at disease risk; we're uncovering the unique instruction manual for each person's body. This allows us to create highly personalized health optimization plans considering an individual's genetic predispositions, lifestyle, and goals.

Conclusion: My Personal Take
Genetic testing has been a game-changer in my health journey. It gave me a roadmap to understand my body's unique needs and challenges. By addressing my specific genetic variations, I was able to manage my Crohn's disease more effectively and improve my overall health in ways I never thought possible.

The discovery of my G6PD deficiency was particularly impactful. It explained some health issues I'd experienced in the past and allowed me to take proactive steps to prevent potential health crises in the future. This is a perfect example of how genetic testing can provide practical, actionable information beyond disease risk predictions.

However, I always remind people that genetic testing is just one piece of the puzzle. It's a powerful tool, but it must be combined with other health data, lifestyle considerations, and professional guidance to optimize your health.

If you're considering genetic testing, I encourage you to approach it with an open mind and a willingness to make changes based on your learning. Work with healthcare professionals who understand how to interpret genetic data in the context of your overall health.

Remember, your genes are not your destiny. They're a blueprint that you can work with to build your best health. By understanding your genetic predispositions, you can make informed decisions about your diet, lifestyle, and healthcare that are truly personalized to you.

Genetic testing has been an invaluable ally in my journey from struggling with Crohn's disease to founding Get Body Data. I hope that by sharing my story and insights, I can help others harness the power of genetic testing to transform their own health and lives.

The Other Folks: Kubilay Mert Ural Art as a way to connect with the other layers of your mind and maintain mental health

People form cities, neighborhoods, societies and communities. We live together and we depend on each other. We know things about our friends, neighbors and family, but do we know what others think? What do they dream about? In short, who lives around us?



The other folks
Text: Stefano Martini
Photos: Unknown

Today, we interview Kubilay Mert Ural, an artist born in Istanbul and currently based in Amsterdam. This journey takes us from the eyes of a child curiously observing the outside world to those of a teenager witnessing political shifts, leading to the realization of an artist who moved to the Netherlands and embraced a life of music, sculpture and painting.

Stefano: Good morning, Kubilay. So, to start off, where are you from?

K: I'm from Turkey. I was born and raised in the suburbs of Istanbul. I grew up in a middle-class family; my father was involved in politics and ran a kebab restaurant.

S: A kebab shop? Were you also involved in the business?

K: [laughs] No, my father owned the place. I visited him a lot since our house was upstairs.

S: As a child, did you help out at the shop?

K: I mostly just sat and observed. I enjoyed spending time with my father and watching people. Like a typical kid, my mind was quite dreamy at that age.

S: Can you give us an example of what your dreaming mind captured at that moment?

K: Seeing a doner chef in white clothes sliding a giant horizontal meat roll with a sword-sized knife was a dreamy image back in the day. Also seeing people visiting the shop was kind of a stage play in how waiters and customers interact and communicate.

S: Do you remember other episodes from your childhood?

K: I think I was lucky to have limited toys and no access to screens, which led to its own kind of imagination. For example, just watching a balloon fly or smelling a candy-colored soap bar would evoke many images in my mind, leading to daydreaming and joy.

S: I'm curious to know, what was your educational path?

K: I went to the government school and then I studied Performing Arts in Istanbul.

S: Did your perspective change during your five years of studying Performing Arts?

K: The first four years were quite posi-

tive, but during the fifth year, something changed dramatically. You start seeing the current political atmosphere trying to take over so many things, including controlling the ideology of the universities by sending 'men in suits' to observe and monitor.

S: You mean agents and secret inspectors?

K: Yes, they were part of the government's surveillance. Everything was being closely monitored.

S: And your relationship with art also changed?

K: Actually, no, because I only need paper and pen to imagine and produce, which is hard to limit by any force.

S: Then, you graduated, right?

K: Yes, it was around 2010-2012. It was a stormy time with major riots. It symbolized a shift towards an authoritarian government and the polarization of society. Contrastingly, the economy was having its last high times, and the contemporary art scene was at its peak before it started to decline.

S: What happened after graduation?

K: Life started going downhill. My family went bankrupt, my father was paralyzed, and I had a severe illness that made me question life and death for a few years.

S: How did you manage these difficult moments in your early twenties?

K: I think I accepted whatever life brought. This realistic mentality has consolidated with artistic creation, which started with music and evolved into imagining colors and forms. In short, art became my way to articulate my thoughts and achieve healing energy on me.

S: Would you describe art as form of medicine?

K: I would put it differently. It's a way to connect with the other layers of your mind and maintain mental health.

S: Continue your story please...

K: Just before I came to the academy in Amsterdam, I was struggling a lot to finance my art practice and living expenses. My mom saw how challenging it was for me, so she hid her best and rented a humble, somewhat creepy house in the industrial zone. She said, "Please move

in here and focus on your creativity." The situation was like a mother giving her five-year-old child a coloring book.

S: Were you also working at that time?

K: Yes, I was working in a factory, which, for me, was also part of performing arts, like carrying and cleaning stuff, using trolleys, and so on. Then, one day, something happened... I was on a break, smoking outside alone. I checked my email and noticed one in particular. It was from the Rijksakademie van Beeldende Kunsten.

S: So, did they accept your application?

K: The first good thing I remember was the most spontaneous thing that came to mind... I let my body fall into the puddle, with my whole face in the water. I know, I did something crazy, but for me it was a release, just relaxation.

S: Your mother, she was...

K: She was so happy, that's for sure. She was the only person in my life who understood what I was trying to do, even though she didn't know much about art.

S: What is the first good thing you remember when you arrived in Amsterdam?

K: The first good thing I remember was arriving at the Academy. In my first email, they addressed me as "Dear Artist." It was such a pleasure and relief to step into a professional environment.

S: How long were you in the academy residency?

K: I spent two years there. During my time at the Academy, I started collaborating with Ellen de Bruijne Projects, and we are still in touch.

S: But living in the Netherlands is getting increasingly expensive. How do you handle that?

K: At the Academy, the accommodation was really good. Later on, I lived in several places without heating or basic amenities. Now, I'm living in a community residence and have a personal studio to work in.

S: Did you ever consider moving back to Istanbul during that time, especially with no heating and financial difficulties?

K: No, because for me it's all part of the artist's life, the ups and downs. Nothing tragic, just sometimes very challenging experiences.

S: What do you think of Amsterdam now that you're living here?

K: Amsterdam is a city where you can interact with people from all walks of life, from shamans to expats. The city embraces a diverse range of lifestyles, creating a harmonious environment.

S: What improvements would you suggest for the city?

K: Amsterdam could benefit from more nonprofit spaces.

S: Can you give an example of a nonprofit space?

K: For example, an NGO gallery managed by people who are passionate about art rather than profit. These spaces could foster connections between artists and the community and help demystify art for the public.

S: What function would a nonprofit space have for you?

K: They bridge art and society, showing that art is accessible and not something to be intimidated by.

S: Kubilay, we have reached the end unfortunately. It was so emotional for me, listening to your story and learning about your journey as an artist. How was your feeling of this conversation?

K: We had a sincere talk. I enjoyed our conversation. It's nice to share some fragments of life. Thank you for the invitation and your great hospitality.

Kubilay Mert Ural website:
www.kubilaymertural.com

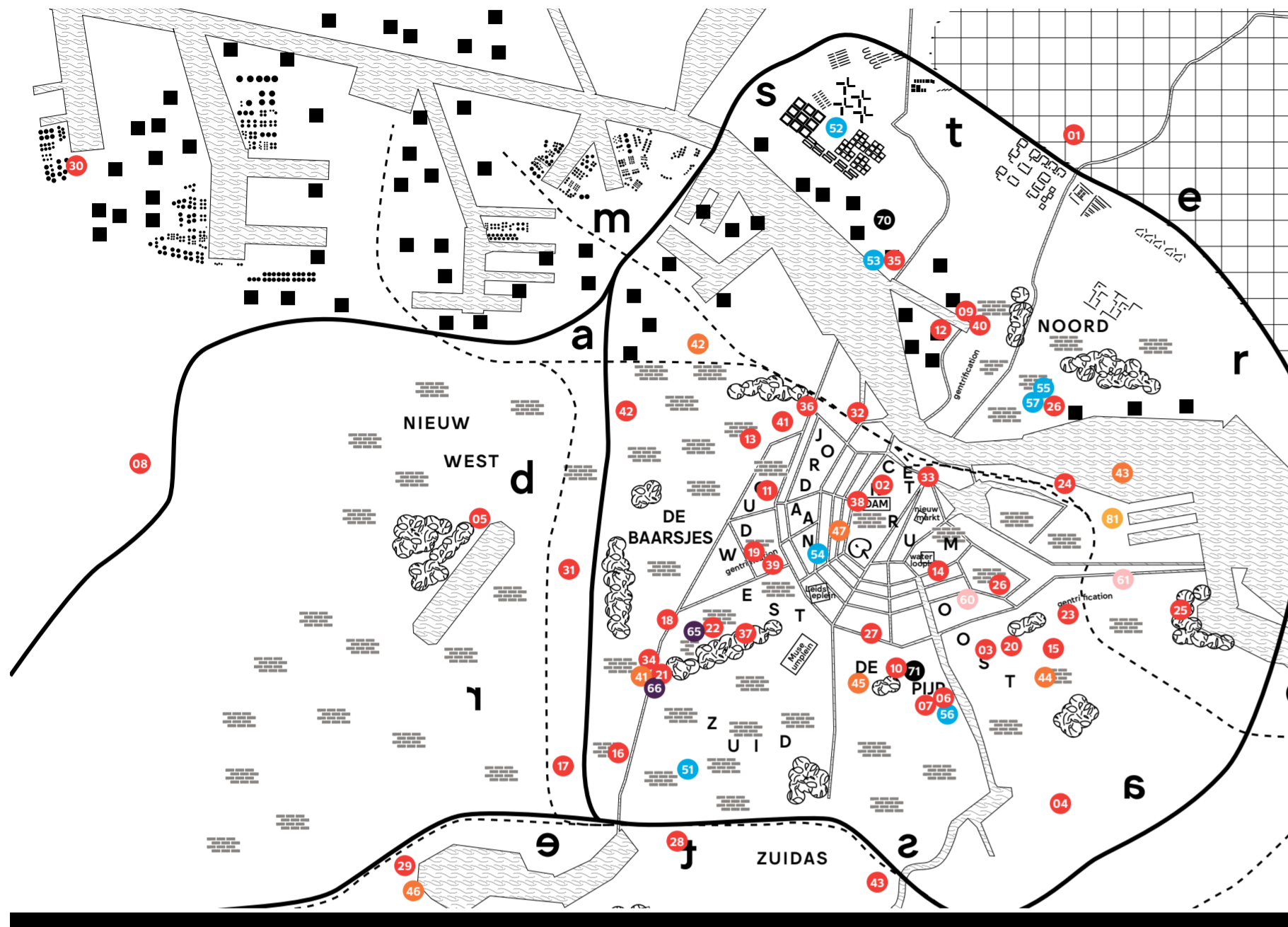
Combination (by Stefano)

Music • Danny Brow – Grow up [2012]
Painting • Jean Béraud – In the Studio (1880), oil on panel.
Book • Lev Tolstoy – What is art? (1897)

Combination is an attempt to depict a concept through different forms of art. All about an emotion, and although they are different, in some way they are also connected. This is the my combination, send yours to: ste.martini230@gmail.com.



Amsterdam city map



Map of Amsterdam
Design: Paul Gangloff

More info on our website

www.amsterdamalternative.nl



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Participating venues

- 01** **ADM - Het Groene Veld**
Cultural free zone
Buikslotermeerdijk 95
hetgroeneveld.amsterdam
- 02** **Astarotheatro**
Theatre, arts...
Sint Jansstraat 37
astarotheatro.com
- 03** **Badhuis theater**
Community theatre
Boerhaaveplein 28
badhuis theater.nl
- 04** **Bajesdorp**
Under construction
Wenckebachweg 12-46
bajesdorp.nl
- 05** **Buurtwerkplaats Noorderhof**
Culturele werkplaats
President Allendelaan 3
buurtwerkplaatsnoorderhof.nl
- 06** **Cinetol**
Live-music, arts, bar
Tolstraat 182
cinetol.nl
- 07** **De Appel**
Evolving arts centre
Tolstraat 160
deappel.nl
- 08** **De Berntoerist**
Drinks, art, food...
Lijnderdijk 101, Zwanenburg
deberntoerist.nl
- 09** **De Ceuvel**
Cafe, workspaces
Korte Papaverweg 2- 6
deceuvel.nl
- 10** **De Fabriek**
Woon- werkpand
Van Ostadestraat 233
ostade233.nl
- 11** **De Nieuwe Anita**
Music, bar, culture...
Fred. Hendrikstraat 111
denieuweanita.nl
- 12** **De Ruimte**
Cultural space, bar...
Distelweg 83
cafederuimte.nl
- 13** **Filmhuis Cavia**
Counterculture cinema
Van Hallstraat 52-1
filmhuiscavia.nl
- 14** **Fort van Sjakoo**
Bookstore
Jodenbreestraat 24
sjakoo.nl
- 15** **Framer Framed**
Arts and culture
Oranje-Vrijstaatkade 61
framerframed.nl
- 16** **Helicopter**
Music rehearsal studios
Helicopterstraat 8
helicopteramsterdam.nl
- 17** **Kaskantine**
Bar, restaurant, farm...
Handbalstraat 1
kaskantine.nl
- 18** **Kostgewonnen**
Woon-werkpand
3e Kostverlorenkade 34
kostgewonnen.nl
- 19** **LIMA**
Platform for media art
Arie Biemondstraat 111
li-ma.nl

Participating venues

- 20** **Nieuwland**
Living, working, arts
P. Nieuwlandstr. 93-95
nieuwland.cc
- 21** **OCCII**
Music, bar, arts...
Amstelveenseweg 134
occii.org
- 22** **OT301**
Music, arts, food, film
Overtoom 301
ot301.nl
- 23** **Plein Theater**
Theatre, arts, music
Sajetplein 39
plein-theater.nl
- 24** **Pakhuis Wilhelmina**
Work- and public spaces
Veemkade 572
pakhuiswilhelmina.nl
- 25** **Parknest**
Community-initiative
Flevopark 15
www.parknest.nl
- 26** **Plantage Dok**
Mixed functions
Plantage Doklaan 8
plantagedok.nl
- 27** **Rialto De Pijp**
Cinema
Centuurbaan 338
rialtofilm.nl
- 28** **Rialto VU**
Cinema
De Boelelaan IIII
rialtofilm.nl
- 29** **Rijkshemelveerdienst**
Squat, arts, food
Oude Haagseweg 58
rijkshemelveerdienst.com
- 30** **Ruigoord**
Living, arts, festivals
Ruigoord 76
ruigoord.nl
- 31** **Ru Paré**
Podium voor debat...
Chris Lebeaustaart 4
rupare.nl
- 32** **Salon de IJzerstaven**
Podium voor muziek en theater
Bickersgracht 10
ijzerstaven.nl
- 33** **'Skek**
Cultureel eetcafé
Zeedijk 4-8
www.skekamsterdam.nl
- 34** **Theatro Munganga**
Cozy social theatre
Schinkelhavenstr. 27hs
munganga.nl
- 35** **Treehouse, NDSM**
Ateliers, gallery
T.T. Neveritaweg 55-57
treehousesdsm.com
- 36** **Volta**
Music
Houtmankade 336
voltaamsterdam.nl
- 37** **Vondelbunker**
Arts, activist space
Vondelpark 8
vondelbunker.nl
- 38** **Vrijpaleis**
Creative community
Paleisstraat 107
vrijpaleis.nl

Participating venues

- 39** **WG foundation**
Ateliers, gallery
WG Plein t/o nr 80
puntwg.nl
- 40** **Workshop op de Ceuvel**
Theater en studio
Korte Papaverweg 6c
workshop.nu
- 41** **Zaal100**
Working, living, arts
De Wittenstraat100
zaal100.nl
- 42** **ZID Theater**
Arts & performance centre
De Roos van Dekamaweg 1
zidtheater.nl
- 43** **Zone2Source**
Art, nature, technology
Amstelpark
zone2source.net
- 44** **Joe's Garage**
Autonomous centre
Pretoriusstraat 43
joesgarage.nl
- 45** **Molli**
Squatters bar
van Ostadestraat 55 hs
molli.squat.net
- 46** **Nieuw en Meer**
Arts, workspaces
Oude Haagseweg 51
nieuwenemeer.nl
- 47** **Vrankrijk**
Livin, working, events
Spuistraat 216
vrankrijk.org

Recommended

- 51** **Butchers Tears**
Taproom & terrace
Karperweg 45
butchers-tears.com
- 52** **Friekens Brouwerij**
Brewery
Meteorenweg 272
friekens.nl
- 53** **Plek**
Bar, food, music
T.T. Neveritaweg 59
plek.nl
- 54** **Saarein**
Lesbian bar
Elandsstraat 119-HS
saarein2.nl
- 55** **Skate cafe**
Skating, bar, food
Gedempt Hamerkanaal 42
skatecafe.nl
- 56** **Tolbar**
Nice selection of beers
Tolstraat 182
tolbar.nl
- 57** **Walhalla Craft beer**
Beer brewery, bar
Spijkerkade 10
walhallacraftbeer.nl
- 60** **Kriterion**
Cinema, bar
Roetersstraat 170
kriterion.nl
- 61** **Studio/k**
Cinema, bar, food
Timorplein 62
studio-k.nu
- 65** **Rasa**
South Asian culture kitchen
Overtoom 301
ot301.nl
- 66** **MKZ (Binnenpret)**
Vegan food
1e Schinkelstraat 16
radar.squat.net
- 70** **Workspace GWA - NDSM**
Print, bookbinding
NDSM-plein 27 // grafisch-
werkcentrumamsterdam.nl
- 71** **Smerig fietsenwerkplaats**
Bicycle workshop
Van Ostadestraat 233-E
ostade233.nl/smerig
- 81** **Boekhandel van Pampus**
Nice bookshop, coffee
C. van Eesterenlaan 17
boekhandelvanpampus.nl

Other

- 41** **Anarchistic library**
Library, books,
1e Schinkelstraat 14-16
agamsterdam.org
- 42** **Buurtboerderij**
Eat, drink, chill
Spaarndammerdijk 319
buurtboerderij.nl
- 43** **Einde van de wereld**
Restaurant, events
Javakade 61
eindevandewereld.nl

Kitchen

- 65** **Rasa**
South Asian culture kitchen
Overtoom 301
ot301.nl
- 66** **MKZ (Binnenpret)**
Vegan food
1e Schinkelstraat 16
radar.squat.net

Workspace

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Bookstore

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boekhandelvanpampus.nl

check

www.collectiefeigendom.nl