# The SKIE ROWS ARTS, CULTURE & COMMUNITY

YOUR SKID ROW ARTS "TV GUIDE" IS YOUR WAY TO CONNECT TO

MULTIPLE PHYSICAL AND ONLINE OFFERINGS OF

DIFFERENT SKID ROW-BASED ARTS ORGANIZATIONS.

THE INTENTION IS TO PROMOTE NEIGHBORHOOD CONNECTIVITY BEST AS POSSIBLE IN

THE FACE OF COVID-19 AND THE HARDSHIPS OF SOCIAL DISTANCING.

### WHAT'S THE WORD

WHAT'S THE WORD FROM A SKID ROW ARTIST. WHO'S GOT THE NEXT WORD? P. 4

### RHYTHM & MANTRA

LEARN TO COMPOSE YOUR OWN MUSIC WITH INTENTION, P. 7

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WORD FROM A SKID ROW ARTIST



URBAN VOICES PROJECT



PIECE BY PIECE



**CREATIVE I** 



**STUDIO 526** 



STREET SYMPHONY



L.A. POVERTY DEPARTMENT



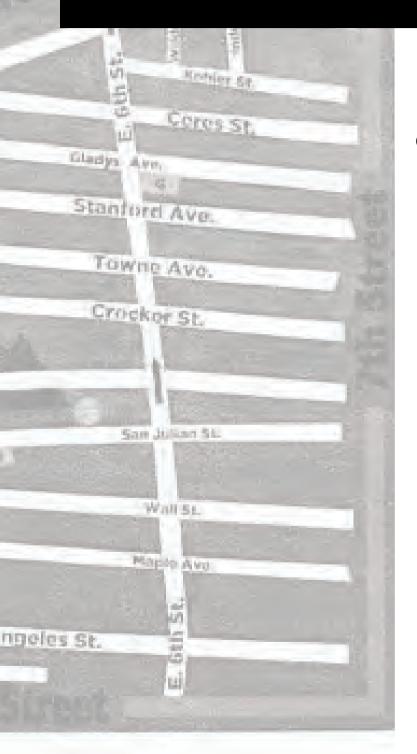
LA COMMUNITY ACTION NETWORK



Los Anc

**UCEPP** 

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... TO YOUR SKID ROW ARTS "TV GUIDE", YOUR WAY TO CONNECT TO MULTIPLE PHYSICAL AND ONLINE OFFERINGS OF DIFFERENT SKID ROW BASED ARTSS ORGANIZATIONS, THE INTENTION IS TO PROMOTE NEIGHBORHOOD BASED CONNECTIVITY BEST AS POSSIBLE IN THE FACE OF COVID-19 AND THE HARDSHIPS OF SOCIAL DISTANCING. ALL PROGRAMS ACCESSIBLE BY EITHER FACEBOOK LIVE, ZOOM AND YOUTUBE."VISIT: ARTSTVGUIDE.COM FOR LINKS TO ALL OF OUR ONLINE **PROGRAMS** 

**BROUGHT TO YOU BY:** URBAN VOICES, PIECE BY PIECE, CREATIVE I. STUDIO 526. STREET SYMPHONY. LOS ANGELES POVERTY DEPT. LA CAN, & UCEPP

















### WORD FROM A SKID ROW ARTIST



INTERNATIONAL VINYL DI SKID ROW RESIDENT DI

> WEBSITE: TINY.CC/11D5 FACEBOOK.COM/SIROLIVERMUSIC

REGGAE MUSIC - SKID ROW COMMUINITY MUSIC AND WELLNESS EVENTS

Born in Kingston, Jamaica, Sir Oliver is a selector and event producer who mixes reggae from Jamaica and beyond, Latin salsa, and modern hip-hop - all on his impressive vinyl collection. He has been actively involved in LA's Skid Row community for 4 years and organized the first Bob Marley Day and Jamaican Independence Day festival in Skid Row in 2016. In 2017, thanks to Sir Oliver's efforts, Mayor Eric Garcetti officially recognized Feb 6th in the City of Los Angeles as Bob Marley Day. Sir Oliver holds multiple community events and festivals each year that integrate art, live performance, DJ sets, special guests, spoken word, wellness, delicious free food and more. His work brings Los Angeles together and celebrates the power of community through music.

#### ANNUAL EVENTS

Jamaican Independence Day (AUGUST)

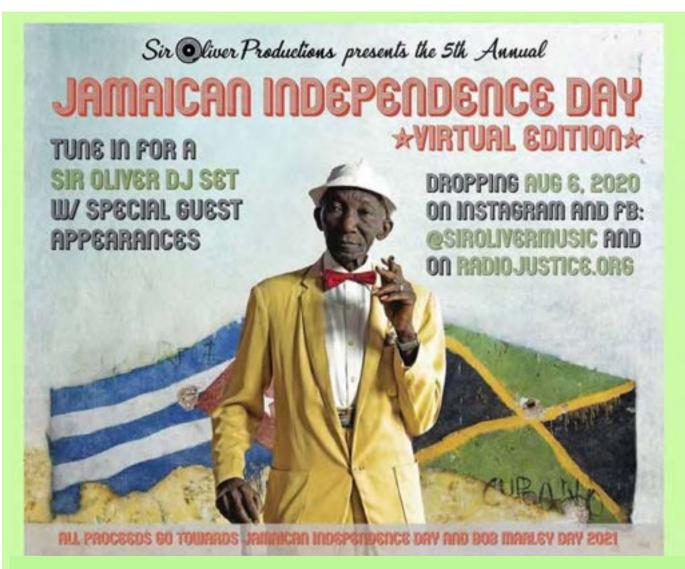
Annual celebration of Jamaican Independence Day ~ in honor of EMANCIPATION, FREEDOM, AND RESISTANCE

#### Bob Marley Day (FEB)

A community celebration where the timeless words of the music legend can be heard and their message received.



ONE LOVE



This year's Jamaican Independence Day Festival would have been on August 6th.

While we can't gather this year, check out the video we put together with a DJ set and guest performances you can watch online!

facebook.com/sirolivermusic

dompen brought to by dompen

Have something to say?
Submit your "Word from a Skid Row Artist" and have the chance to have a full article be published in the next zine!
We're looking for Arts, Culture and Community offerings from YOU sraa.tvguide@gmail.com

# YOU CAN'T USE UP CREATIVITY THE MORE YOU USE, THE MORE YOU HAVE.

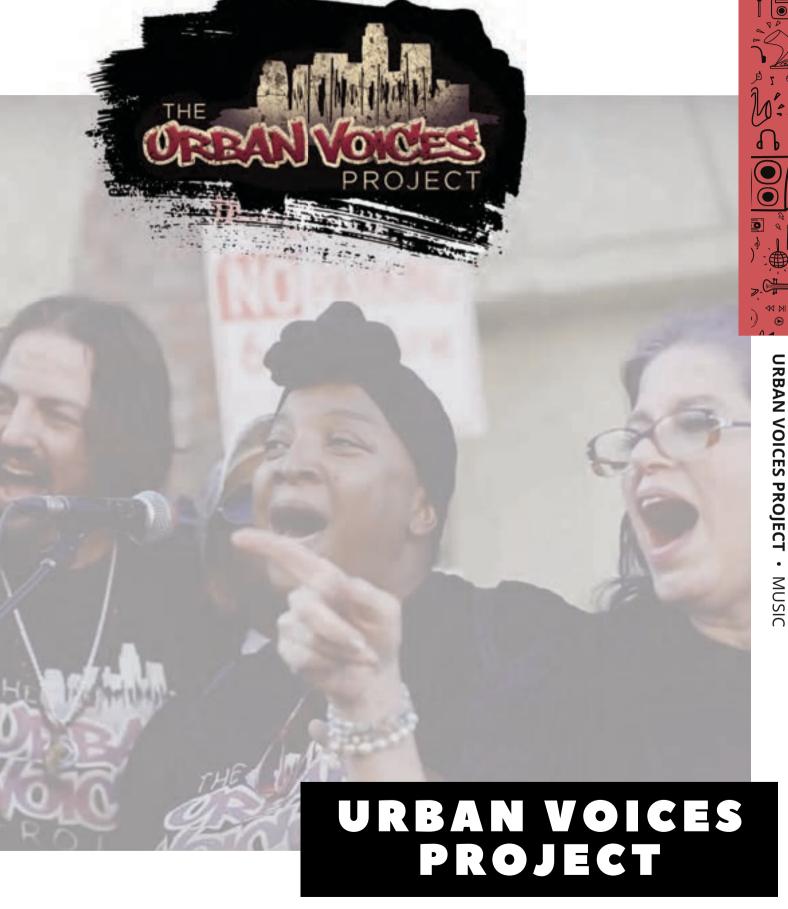
MAYA ANGELOU

#### Have a favorite quote about creativity?

Get it published in the next zine by submitting your quote to sraa.tvguide@gmail.com

Be sure to credit the author with first and last name, as well as your own name for us to share!





## CREATE YOUR OWN RHYTHM & MANTRA

For millennia, the action of repetitive rhythm beats have been used to induce trance, to anchor healing rituals, to unite communities, and to accompany ceremony and prayer...

And now, modern research studies are showing that drumming can produce physical and emotional benefits, ranging from stress reduction to release of negative feelings to improved immunity...In times of COVID, it helps to connect us to the space between beats, thoughts, or feelings. Through finding our own unique inner rhythm, perhaps we can connect to the space between each other in times of shelter in place.

### You need three ingredients to your mantra. Meaning | Sound | Rhythm

Find your space.

Find a quiet space to connect to your inner voice and think freely.

Write down the positives

Write down what drives, what has supported you, and even the names of people who have guided you.

Write down the troubles
Write down what pains you,

what are your obstacles.



Words also help us shape sound and vibration that connects to our meaning. So let's select the 5-7 words and names that mean the most to your writings.

### Words have their own rhythms. Let's find them.

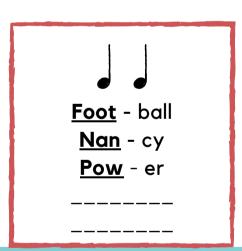
Quarter notes are often equal to one beat each. So in a case like this, they match the pulse of your mantra. They also notate when there is more weight on a note or syllable.



Eighth notes are smaller, and they notate syllables that move faster. These are also best used for syllables that are lighter and carry less weight.

### Match em up!

Under the examples, try to write in your own words to match syllables & accents to the rhythms. Notice the patterns of the notes and how they connect









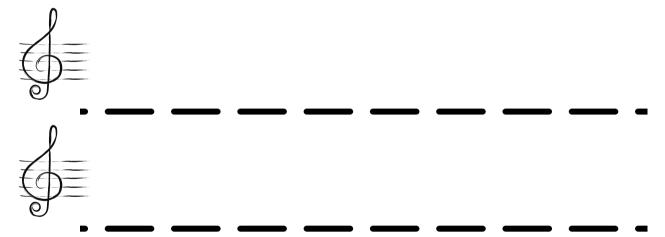


### **PUT IT ALTOGETHER**

Now we want to take the words and put them together. This will create our final rhythm. You can choose whichever rhythms feel best for all your one syllable words. Here is an example:



YOUR TURN! Feel free to use a pencil, because erasers were made for you to change your ideas. There is no wrong answer. Have fun!



REMEMBER: You need three ingredients to your mantra. Meaning | Sound | Rhythm

### Feel like sharing your rhythmic mantra?

Get it published in the next zine by submitting your rhythmic mantra to sraa.tvguide@gmail.com

You can just write the words or take a picture and email it in. Feel free to share your name or if you'd prefer to share anonymously, please let us know!

### Don't forget!

We have online music workshops every week, Wednesdays at 4:00pm. Visit www.urbanvoicesproject.org/programs to register for free classes!

Here's a glimpse of the magic happening!

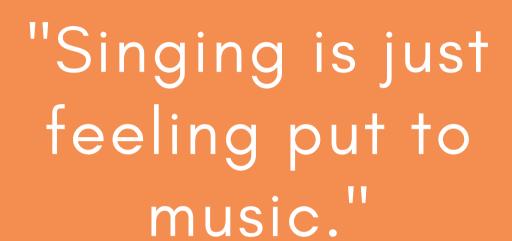




www.urbanvoicesproject.org
Follow us!
@urbanvoicesproject
info@urbanvoicesproject.org







CARRIE UNDERWOOD

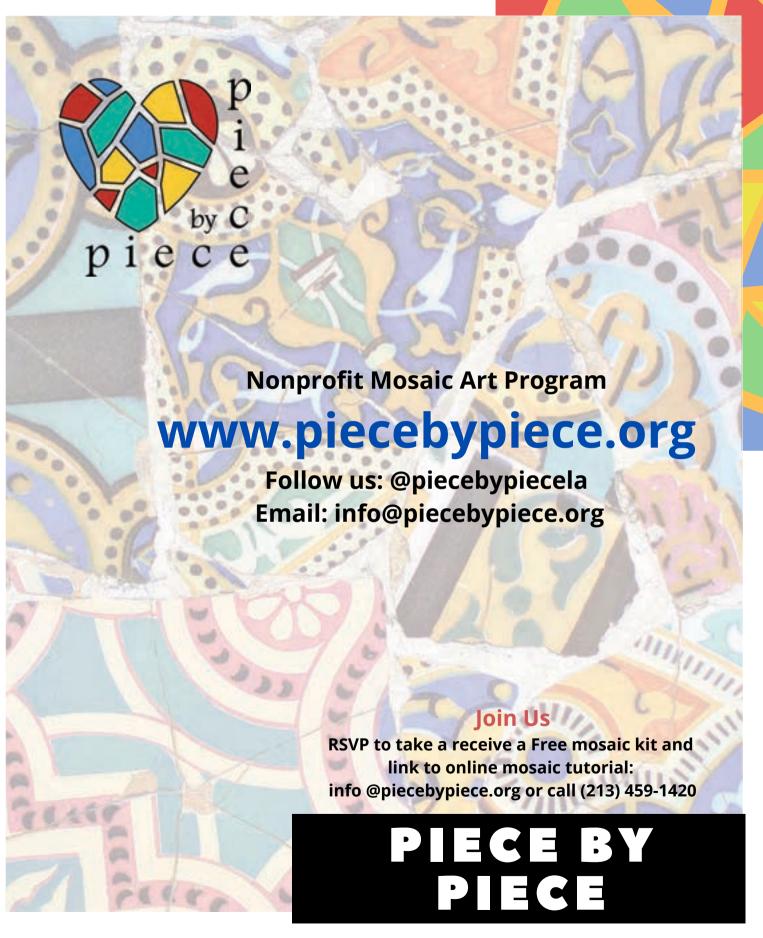
American Singer-Songwriter



### Have a favorite quote about the arts and inspiration?

Get it published in the next zine by submitting your quote to sraa.tvguide@gmail.com

Be sure to credit the author with first and last name, as well as your own name for us to share!





### **Brighten Your Day**

#### Faux Stained Glass Window

#### Directions:

- Carefully remove the backing from one contact paper square and use masking tape to tape the sheet sticky side up to your table.
- Cut the cellophane pieces into shapes.
- Stick the cellophane pieces onto the contact paper.
- 4. Remove a portion of the backing from another sheet of contact paper. Then, slowly stick the second sheet of contact paper on top of the first (sticky side down), smoothing it, and removing the rest of the backing as you go. (This was the toughest part. If you get bumps or bubbles, just lift top sheet of contact paper and try again.)

#### TIPS:

- Use a piece of cardboard or a paperplate as a frame.
- Use a black marker to outline shapes for added interest.

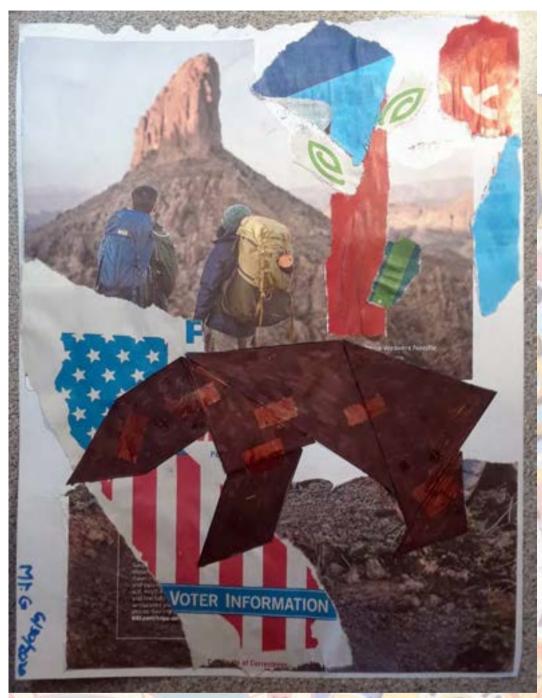












**Featured Artwork** 

Collage art with Tangram from previous Zine by artist James.

### SKID ROW

### "IF YOUR HEART IS BROKEN, MAKE ART WITH THE PIECES."

- SHANE KOYCZAN CANADIAN POET

#### Have a favorite quote about resliience?

Get it published in the next zine by submitting your quote to sraa.tvguide@gmail.com

Be sure to credit the author with first and last name, as well as your own name for us to share!



CREATE

### CREATIVE

CREATIVE I COMMUNITY ARTS SPACE IS A GROUP OF ARTISTS IN SKID ROW DEDICATED TO CREATING MORE OPPORTUNITY FOR ART MAKING IN THE COMMUNITY.



FOR DETAILS EMAIL YOUNG MI: YMCHI3@GMAIL.COM

### **AFFIRMATIONS EXERCISE**

CHOOSE FROM THE FOLLOWING AFFIRMATIONS AND REWRITE IT IN A UNIQUE WAY, PLACE IT SOMEWHERE WHEN YOU CAN SEE IT EVERY DAY.

TODAY, I AM BRIMMING WITH ENERGY AND OVERFLOWING WITH JOY.

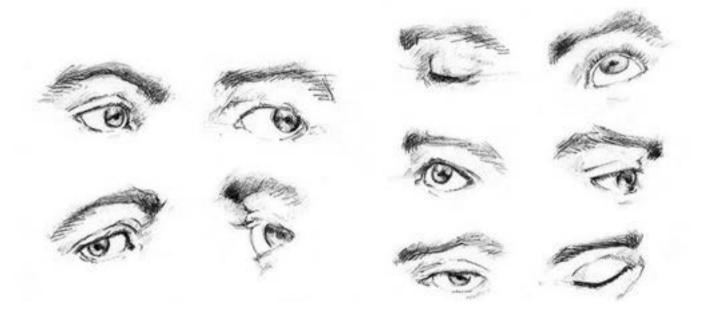
CREATIVE ENERGY SURGES THROUGH ME AND LEADS ME TO NEW AND BRILLIANT IDEAS.

I WAKE UP TODAY WITH STRENGTH IN MY HEART AND CLARITY IN MY MIND.

I DO NOT SEEK PERFECTION, BUT PROGRESS, AND VIEW MY MISTAKES AS A SIGN OF EXPLORATION AND GROWTH.

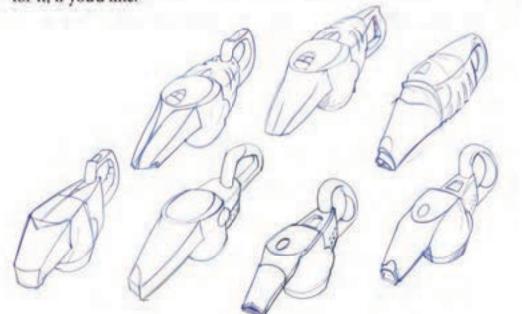
### Drawing exercises are a great way to improve your skills and stretch your imagination. Here are a few. Enjoy!

#1. Anatomy: Draw one feature of your face, hand or finger, foot, etc., from at least three different angles, different lighting, different positions. Pay attention to every detail. Create a full sheet of your observational sketches.



### Drawing exercise #2: Familiar Object

Take one familiar object and sketch it as realistically as possible. Look at it for a few minutes, noticing all the details. What does it remind you of? What if it came alive and started to grow and became more human or animal-like? Imagine what this object could transform into. Make quick sketches to develop into details—at least 10 different variations. Imagine a story/comic book/zine for it, if you'd like.



SHARE AND GET YOUR
PUBLISHED IN THE NEXT
ZINE BY SUBMITTING
YOUR DRAWING TO...

SRAA.TVGUIDE@GMAIL. COM

### STUDIO 526

STUDIO 526 is a creative studio platform in LA's Skid Row neighborhood, rooted in the conviction that equitable access to arts and cultural spaces is a fundamental human right, essential for everyone. If you are in need of art supplies, you can email requests or call Hayk.

Email: hmakhmuryan@thepeopleconcern.org

Call: Hayk at 424 610 1354





www.streetsymphony.org

Follow us: @streetsymph Email: info@streetsymphony.org



### TAKE WHAT YOU NEED LYRICS

Take What You Need is more than just a piece of music. It is a warm, safe, equitable space, where musicians and community can connect with one another and where stories can come forward.

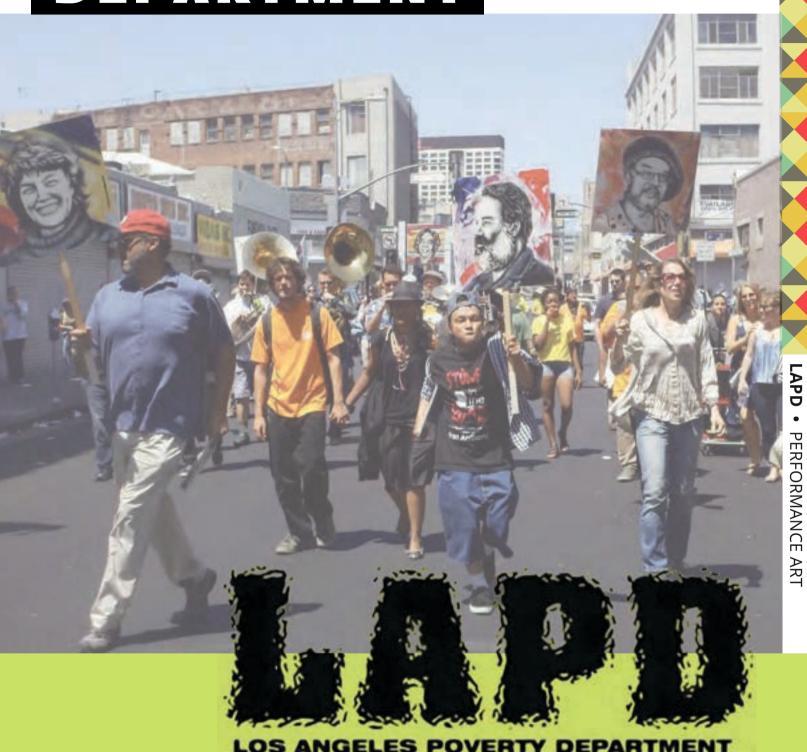
commissioned by Street Symphony for Urban Hoices Project

### Take What You Need



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### L.A. POVERTY DEPARTMENT



23



Since 1985 Los Angeles Poverty Department (LAPD), a non-profit arts organization made up principally of houseless people, has made performances, exhibitions and works that express the realities, hopes, dreams and rights of people who live and work in L.A.'s Skid Row.

LOS ANGELES POVERTY DEPARTMENT

213-413.1077 Email: info@lapovertydept.org

Leave us a message and we'll call you back!

Website: www.lapovertydept.org
FB: www.facebook.com/lapovertydepartment
And: www.facebook.com/skidrowhistorymuseum

Interested in theatre and performance?

### JOIN OUR WEEKLY ZOOM REHEARSALS



Because COVID\_19 prevents us to get together in person, our rehearsals are now virtually on Zoom on Tuesdays and Thursdays from 7-9pm. We're working on our next performance, so join us and be a part of it!

Download ZOOM

here: https://zoom.us/download

No video device? No problem! Use the
mobile number to call in.

Every week on Tue, Thu: 07:00 – 9:00 PM Pacific Time Join Zoom Meeting: https://us02web.zoom.us/j/89826307438 Meeting ID: 898 2630 7438 One tap mobile: +16699006833,,89826307438# Dial by your location: +1 669 900 6833

We are creating a new performance: Compassion and Self-Deception.

In the rehearsals we are making it up through improvisations and writing. We're putting it together one step at a time -collectively, riffing off of one another's creativity as we create the performance. You can join in the process and be part of the group creation. Just by showing up. Zoom rehearsals are Tuesday and Thursday evenings from 7pm to 9pm.

Compassion means "to suffer together". Self-deception is a process of denying the significance of feelings, evidence and logic in order to convince oneself of a falsehood.

In our creative process we're digging in to get a deeper understanding of compassion –and the lack of it.

When finished, the performance will use this understanding to look at conflicted responses to homelessness in the city of LA, right now. How can everyone recognize the big extent of suffering- with so many people living unhoused — and at the same time not be willing to do enough about it to solve the situation and end the suffering. City officials and neighborhoods continue to resist doing anywhere near enough.

Why? As said above: Self-deception is a process of denying the significance of feelings, evidence and logic in order to convince oneself of a falsehood.

Turn the page for an excerpt of a scene we're working on: A group conversation with a facilitator about the New Compassionate Downtown:



### Part 1.

- T: They got this place called the Weingart on 6th & San Pedro. It's ten dollars a night.
- Shit they got the down up in there, we can go to there and watch out for each other.
- We can all the way until next week and then we can sign up at the Chrysallis and try to get us a job on Monday.
- I heard they throw people out the window at the Weingart.
- T: That's OK. That's got nothin to do with us. Shit. We need a place to stay. We got nothing to do with that shit.
- J: OK you got your head screwed on straight. Let's do it.
- T: Ya man. We gonna do that.
- S: Yes, come on to the Weingart. We got plenty of room.
- T: See that girl there.
- S: The homeless shelter. We have it on the 4th floor. We have to take your money and we have to put it in a safe deposit box and give you a receipt. So come on in. You have to come in at 6 o'clock. And then you have to leave at 6. No one stays after 6 o'clock at the Weingart.
- J: What the hell am I going to do at 6 o'clock in the morning?
- S: Excuse me. Talk to me. What?
- J: What am I going to do at 6 in the morning. I can't go
- S: I don't know what you're going to do, Sir. But you can't stay at the Weingart after 6 o'clock. That is the rules and the regulations. I work here OK.
- J: What am I going to do —go lay an egg— you know what I mean.
- S: Excuse me? I can go do what? We don't accept that kind of rudeness, OK. Now do you want a room at the Weingart on the 4th floor? Or do you want to stay outside in the shiver and cold? OK?
- j: I guess you talked me into it. You're quite right.

#### Part 2.

- S: So that means all the money and all the change that you have. You have to leave it at the front desk. And you're sharing rooms. Sign in and you're sharing rooms. There is no single room occupancy. You need to know that right now. OK. You have to share rooms. Anybody sriores, put some toilet paper in your ears, so you won't have to hear them.
- J: Put some in their nose so they won't snore anymore?
- S: That too. That will work also. Whichever way you want to do it. But there's no intercourse. There's no talking after 10 o'clock. Everyone has to be sleeping OK?
- ): No intercourse after 10 o'clock. Is that what you said?
- No intercourse at all OK. I said there is no intercourse at all. And you have to be sleeping at 10. OK? If you have to use the toilet or anything, you have to go before 10 o'clock. If not, we'll have to put you out.
- ): What if you have to go in the middle of the night, Mam?
- S: Excuse me.
- J: What if you have to use the bathroom in the middle of the night.
- Let the security guard or one of them on the floor walk you around. Let them know.

And they will escort you there. But you should have to go to the bathroom before 10 o'clock. Urinate as much as you possibly can. Do not drink water after 7 o'clock and you might not have a problem.

- T: We'll take it.
- J: Ya Ok we'll take it.
- S: OK darling.

Facilitator: So that was a look at the Weingart. But you know what the Weingart is-it's people. It's the story of people. So, you saw a Woman-an unsung hero of the New Compassionate Downtown. One of the people who laid the foundation for people to build their lives upon, in a new way, a fresh way. That's the sort of person you might not see as a hero. But that's what the NCD, it's lifting up the people that you ignore. It's not paying attention to the trendy person of the moment. It's paying attention to the person that shows up at the Weingart 6 days a week and just is there. Working with people minute by minute hour after hour. Helping people get back together, get on their feet, move forward in life. That's the new heroes of downtown. I'm glad you got to meet one of them. You'll be meeting more. Because if you're going to be part of the New Compassionate Downtown, these are the people that you're going to learn from. These are the people that you're going to look up to. Ok it's not the way it used to be. This is the New Compassionate Downtown.

### ANNOUNCEMENT!!!!!

Our WALK the TALK Archive is now available on-line, celebrating SKID ROW VISIONARIES with interviews, performances, scripts, portraits, and commentary.



The website highlights initiatives by 68 people living and working in Skid Row, whose works from 1970 until today, have contributed to building the Skid Row neighborhood through active civic engagement and profound, visionary initiatives. These initiatives, and the many community members who've worked on them, have ensured the survival of Skid Row, Los Angeles a low-income residential neighborhood, the site of many indispensable social services and the place where recovery happens. Without their efforts Skid Row would have been bulldozed long ago and all its residents displaced with nowhere to go, and the services dismantled.



OFFICIAL 2020 LAUNCH

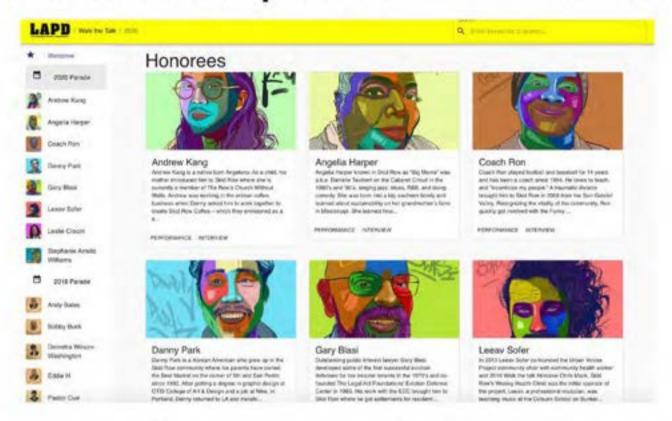
### Walk the Talk Online Archive

a people's history of Skid Row, Los Angeles.

Designed by Robert Ochshorn + hosted by REDUCT Video.



### Check it out! : https://rts.rocks/walkthetalk



The website is created by artist / technologist Robert Ochshorn, and hosted on his company, Reduct Video's platform, with all content from Walk the Talk. The site allows simultaneous video viewing and transcript reading of all interviews. The site is searchable so that you can aggregate the thoughts of all honorees on any theme from 'housing' to 'policing' to 'compassion'. And the archive includes scripts of all performances created from the interviews.



For the next year we are inviting one scholar, community activist, or artist to engage with the site and generate a 5-minute response, that will be added to the site – as well as widely distributed via social media. The first response from ACLS-Mellon Society & Scholars Fellow and UCR history professor, Cathy Gudis is now available.

Check out a version of her response on the following pages!

### "A Dollar Outta 15 Cents"

A Response to the Online Archive - by Cathy Gudis



LA Poverty Department's 2011 performance, State of Incarceration explores the consequence of incarceration on people, families and communities. LAPD, a theater company of people living and working in Skid Row Los Angeles, is in a strategic place for undertaking this exploration. Many of the creators / performers in State of Incarceration have been incarcerated.

KevinMichael Key is a well-known presence in Skid Row. His penetrating voice is louder than any siren police or fire. He walks the streets checking the wellbeing of community members. "You doin alright? You doin good?" Wearing a variety of hats he works for the community non- stop. As a community organizer for United Coalition East Prevention Project, he's worked on many campaigns to keep drug dealers and alcohol outlets from overwhelming the community. He was a leader in the fight to keep Skid Row Housing Trust from selling alcohol in their New Genesis Hotel. He's an active member of the Skid Row recovery community, and through his work with Los Angeles Poverty Department has done much to get Skid Row recognized as the Biggest Recovery Community Anywhere. He's long worked with Critical Resistance to ground their prison abolition movement in Skid Row. He's a facilitator for the JWCH Clinic peer-to-peer diabetes program. July 19, 2017 is the anniversary of KMKs passing.



#### "I'm a Prison Industrial Complex abolitionist. I don't believe in prisons and jails."

"That's sort of a utopian viewpoint to many but if you really think about it, what do they use to paint us with such a broad brush? How did they justify the killings of Trayvon Martin, Eric Garner, and Michael Brown, and brother Africa, right? They use "He was engaged in criminal activity. But if you really think about the genesis ... of all those police killings, it's the fact that they have already targeted and stereotyped us as being dangerous and suitable for nothing but a cage." - KevinMichael Key



What's a low-income neighborhood of color to do, targeted by the police, with lethal outcomes? What to do beyond despair, beyond protest? A neighborhood de-colonizes public safety. Puts their heads and hearts together and evolves practices that create public safety through joyous comings together, joyous activity and collective problem solving. Over many years Skid Row has emerged as a neighborhood with a number of profound and important values: empathy, looking out for each other, sharing, second chances, recovery, inclusion, tolerance, and embracing difference. And Skid Row has found ways to articulate these values in numerous community practices. These values and practices are celebrated, analyzed, mused upon, and sung and danced on in Los Angeles Poverty Department's new performance: "I fly I: or How to Keep the Devil Down in the Hole"



"Shots rang out as the sun went down.
Cries in the night from an angry crowd.
Sidewalk covered with the blood of injustice,
side against the one, they killed Africa.
On the cold, cold concrete there he laid,
body bleeding wrapped in pain.
As his life slipped away, softly he sighed.
Listen - You've got hear us this time. Africa.
Africa.."

Christina Sings a song by Ronald Collins during the "I FLY!" 2019 Performance.



"Over and over and over again. But if you look at it, over and over and over again, the people have prevailed."-



"But, over and over and over again, the people have prevailed, 'cuz people do care about each other around these streets. We have to 'cuz tomorrow night, it might be you. I am my brothers and my sisters keeper because he or she is gonna keep me.

Getting involved in the community in Skid Row has literally saved my life. If I hadn't already made it clear, I'm a recovering addict. Being involved, walking out on the streets, and then people were starting to say, "KevinMichael! Are you'all having a meeting today?" I got some dip in my hips, some glide in my stride, some glut in my strut. I'm starting to really feel a part of and most addicts will tell you - a lot of, most people I think want to be a part of something - a part of something greater than yourself, a part of a solution rather than the problem.

i'm starting to really feel a part of. Addicts will tell you they want to - and most people everywhere want to - be a part of something, a part of something greater than yourself. A part of a solution rather than the problem.

Working together we have done some really cool things to change the narrative about Skid Row. Asking the people who are most impacted, what makes you feel safe? What makes you feel unsafe? What would you do to have more safety. Then we all come to some agreement because it's the community standards." - KMK



"Often we talk about public safety from the perspective of the colonizer. We need to educate our people. First of all, de-colonize from that colonized mindset where the police is the only way. Naw, the police is not the only way." "I FLY!" 2019 Performance



Is it the Skid Row that they see and say or is it the Skid Row that we want? That's the fight. Poor people and people of color in particular are fighters. When you spend all your life trying to make a dollar outta fifteen cents, nobody better try taking those fifteen cents away 'cuz they're gonna catch hell for my fifteen cents. That's my story, and I'm sticking to it! - KMK

My name is Cathy Gudis. I'm a history professor at UC Riverside and have been a scholar-in-residence over the last year at the Skid Row History Museum and Archive. I wanted to just share a couple thoughts about the clips that I put together. I really wanted them to stand on their own in the words of the people whose experiences are represented, which is the goal of the Walk the Talk archive and much of the larger Skid Row History Museum and Archive.

But I also wanted to call out the fact that I am really trying to pay tribute to both KevinMichael Key, who was a long time LA Poverty Department artist and an activist and abolitionist, and to also pay tribute to the longstanding work that LA Poverty Department has done to highlight the voices of people and the experiences of those in Skid Row with policing, the mass criminalization of poverty and addiction, and also the activist work around that in order to come up with human-centered, community-generated alternatives to caging.

Since its start LA Poverty Department has documented and amplified the voices of people with experiences, um, that pertain to police actions, whether it ranges from, uh, sweeps in 1984 or the removal and razings of tent encampments in the 1980s, uh, the removal of Tent City, Justiceville, Love Camp. Safer Cities Initiatives. All of these are recorded in the Walk the Talk archive for you to look at. Um, Memorializing these words and deeds and ideas, um, is especially fitting in our current moment of transnational uprisings and toppling of monuments.



Walk the Talk actually started as a counter monument when the city refused to install plaques to Skid Row heroes. Um, and Though this is a digital archive, I feel that it's actually quite concrete in the alternative memorialization that it is offering by putting real people into view, really putting the real heroes of skid row onto a pedestal. Um, and that, that emerges as incredibly important, especially when we think about the broader history of the persistent displacement, containment, physical removal of poor people from neighborhoods not only around the city, but in particular in Skid Row. And This kind of archiving is important because it's reclaiming historical space, but also because that reclaiming of historical space is a way of embodying the real people back into, um, the historical record into the documentary record. It's also a way to refuse the symbolic annihilation that comes from being vilified. in press or in other, in other ways.

So this is a way to put back into collective memory, um, poor and unhoused people, but It also solidifies the rights of those people, these people to physical space, to, um, rights to the city, to a neighborhood in LA, Skid Row, that for over 170 years has been home to multiracial working-class people, and especially housed and unhoused people who live in deep poverty. The experiences represented in the archive, then, are a diagnosis of our crisis and it's a diagnosis and a prognostication, as some would put it, for an alternative. And we see it over and again, in the record creating an evidentiary trail that resonates. Collectively, the voices in the archive and in the clips I tried to share resonate also as in the songs of people rising up in solidarity with brother Africa, to shout, "Hear us this time!"



STOP LAPD SPYING COALITION: THIS POWERFUL HUMAN RIGHTS GROUP IS BRINGING ARTS INTO THEIR WORK, FRONT AND CENTER.

CHECK OUT THEIR WEEKLY ZOOM WEBINARS FORM THEIR MAIN PAGE, AND DEFINITELY CHECK OUT THEIR "NOT A MOMENT IN TIME..." ZINE PROJECT, AND CONSIDER GETTING INVOLVED!

**STOPLAPDSPYING.ORG** 

### LA COMMUNITY ACTION NETWORK



#### **PROGRAMS**

CULTURE HOUR THURSDAYS 5PM ON LACAN FACEBOOK PAGE MUST BE NOTED SEPARATELY, BECAUSE THIS WEEKLY EVENT IS A SKID ROW AND REGIONAL HOUSING, RACIAL, AND SOCIAL JUSTICE UPDATE, CALL TO ACTION, AND A POWERFUL MUSIC AND ARTS FIX ROLLED INTO ONE!



**CANGRESS.ORG** 

EMAIL: KAYOA@CANGRESS.ORG

PHONE: 213-228-0024

FACEBOOK.COM/LACANETWORK/

YOUTUBE.COM/CHANNEL/UCQ3J85CXUTZFMVLZJVBWN4A

### LACAN HANDWASHING CAMPAIGN

LA CAN IS BUILDING A BOTTOM-UP GRASSROOTS NETWORK FOR HANDWASHING. WE RELY ON OUR FRIENDS AND SUPPORTERS TO MAKE DIY HANDWASHING STATIONS. WE PLACE THESE HANDWASHING STATIONS WITH STREET COMMUNITY LEADERS. WE CALL ON THEIR HOUSED NEIGHBORS TO BACK THEM UP, LET THEM TAKE WATER TO REFILL THE STATIONS AND KEEP SUPPLIES LIKE LIQUID SOAP AND SANITIZER.



## UNITED COALITION EAST (UCEPP)

### PARTICIPATE IN YOUR NEIGHBORHOOD

UCEPP MONTHLY MEETING (3RD THURSDAY @2PM)
HTTPS://US02WEB.ZOOM.US/J/85374576061

SKID ROW PARKS MEETINGS (1ST THURSDAY@2PM)
HTTPS://US02WEB.ZOOM.US/I/87890708182

UCEPP/WAYFARER FOUNDATION COLLABORATION:

FRIDAY CARE-KIT DISTRIBUTION ACTIVITY 11:30AM-1:30PM

#### **DATES:**

GLADYS PARK 8/7/20, 8/21/20, 9/4/20 AN JULIAN PARK 8/14/20, 8/28/20, 9/11/20

UCEPP WITH MUSIC IN THE PARKS!
FRIDAYS AT NOON, LOOK FOR UCEPP AND
THEIR CREW, ONE WEEK IN SAN JULIAN PARK
AND THE FOLLOWING IN GLADYS PARK WITH
GOOD MUSIC, GOOD PEOPLE, GOOD FOOD.

CONTACT: CHARLESP@SOCIALMODEL.COM AND ZELENNEC@SOCIALMODEL.COM



UNITED COALITION EAST PREVENTION PROJECT

### ONE LAST THING...



ALWAYS FEEL FREE TO GET IN TOUCH AND SHARE YOUR FEEDBACK FOR YOUR NEXT ZINE!

### WE ARE WORKING HARD TO HELP GET YOU ONLINE TO JOIN THESE PROGRAMS.

If you are struggling with the following:

- you are without an internet-abled device
- have no access to an sufficient internet signal
- need general tech training or support to access our classes

PLEASE REACH OUT AND LET US KNOW IN DETAIL YOUR SITUATION AND WE MAY BE ABLE TO HELP YOU GET SETUP FOR ONLINE ACCESS!

INTERESTED IN AN ART WELLNESS CARE PACKAGE? ASK US FOR MORE INFO!

REACH US AT SRAA.TVGUIDE@GMAIL.COM OR (323) 412-9770



### OUR ONLINE CALENDAR

#### **AUGUST/SEPTEMBER EVENTS**

Urban Voices Project's Virtual Concert

August 20th @ 6pm Facebook.com/urbanvoicesproject

	SUN	MON	TUE	WED	THU	FRI	SAT
12:00 PM		1PM: MUSIC EDUCATION LAB Join Leeav from the Urban Voices Project, to use mind and body to build performance skills and techniques		12:30PM: Mosaic Wellness Join Betty at Piece	2PM: 1MAKE2GATHER Let's make art together and chase	1PM: MUSIC WELLNESS LAB Join Kate Richards Geller, the Music Wellness Director of Urban Voices Project, offering practical ways to use	
1:00 PM	EDUCATION LAB Join Leeav from the Urban Voices Project, to use mind and body to build performance skills and techniques whether you are an industry professional or a seasoned shower singer! (Resumes in September)  *ART SUPPLIES REQUEST* Looking for Art			by Piece for arts wellness, From creative journaling to mosaic inspirations and			
2:00 PM				techniques, all you need is some paper, pencil or, colored markers to tap into			
3:00 PM			that creative space we all have in our hearts and minds.	away the quarantine blues! We will do various arts activities using whatever supplies we have already, and in various arts disciplines. Centert Yuma Mi:	music to create change in the mind and body. (Resumes in September)		
4:00 PM			4PM: NEIGHBORHOOD SING Join Urban Voices Project directors & regular guest artists, for an interactive				
5:00 PM							
6:00 PM	Supplies? Reach out to Hayk from Studio 526 (Formerly Lamp Arts).			experience of conscious breathing, powerful singing and instruments jamming	Facebook Livel		
7:00 PM	EMAIL HERE: hmakhmuryan@thepeopleconcern.org CALL HERE: (424) 610-1354		7PM: OPEN REHEARSALS LA's Poverty Department is	to promote self-expression, wellness and connectivity.	7PM: OPEN REHEARSALS LA's Poverty Department is		
8:00 PM			working on our next performance, so join us and be a part of it!		working on our next performance, so join us and be a part of it!		

