the sound is what found us

we love the sound

search the front

and back covers for reptiles

we love the sound

and reptiles

of mirth and spirit
THANK YOU!

Since 2013, Girls Rock! Des Moines has been empowering cis-girls & women, non-binary, and trans youth & adults through self-expression, creative agency, and mentoring in music & arts-based education, collaboration, performance, and production.

Welcome to the Girls Rock Toolbox, a comprehensive collection of resources for creatives like you on your never-ending artistic journey. GR DSM is dedicated to supporting emerging artists, motivating future leaders, activating innovators, and encouraging late bloomers. By sharing knowledge and information within our arts, culture, and music communities, we help these ecosystems flourish. The more we share, the more we know, the more we grow.

We'd like to take a moment on the mic to say a real loud “THANK YOU!!” to the individuals and organizations who made the Girls Rock Tool Box project possible and awesome. Like forming a band or cutting an album, it's the talents & contributions of many who make the finished product really rock.

Gratitude to the Iowa Arts Council for extending the grant to fund this project. Thank you Meg Eastwood for your expert project management and dedicated volunteerism even from afar. Thank you to each of our additional contributing artists and collaborators: Meghan Baltas, Mia Buch, Rachel Buse, Kat Darling, Torina Gedler, Jazmine Johnson, Indigo Moore, Goizane Mullin, Lisette Murphy, Amy Putney Koenig, Cat Rocketship, Annie Sarcone, Jill Wells & Taylor Whipple. Your talents, time, insights, energy & art have made the Tool Box the stellar resource that it is! Thank you as well to the Iowa Department for the Blind for providing the braille included in the Tool Box. And much thanks to the Project 7 Design team for extending your expert skills to the project.

Thank all of you for being instrumental to our synergy at Girls Rock Des Moines & putting a stellar resource into the hands of our community! You ROCK!

Warmly,

Rachel Gulick
Executive Director
Our Humanities Collaboration project is dedicated to the legacy of Jean Classon. Jean was a founding board member for GRDSM and served as the Treasurer and Accountant for our organization until her passing on May 26th, 2023.

As a youth, Jean played trombone throughout her middle and high school years. Sitting in this first chair, principal position, was the first time Jean got a sense of what liberation felt like. As a trombonist, she had no one in front of her, and music was a key to realizing her potential, and she got to work.

Jean's activism began at the age of 16 in Alden, IA, after reading Betty Friedan's book, “The Feminine Mystique.” Friedan's book articulated Jean's experiences with the inequalities of being a girl in such a way that she felt compelled to get involved in the Women's movement. At 21 years old, Jean founded both the Des Moines AND Iowa chapters of NOW, the National Organization For Women — the second oldest in the nation, next to Chicago, where the organization began.

She recognized the need for cis-women to take up leadership positions, especially in the board room, and forged a path for countless, emerging organizations to come. Accounting has always been Jean's passion, and she has always felt driven to provide leadership within non-profits serving women & girls, through a skill set not commonly held by Women, in the early 1970s. She was doing the work, and protesting in Washington D.C. when Roe v. Wade passed. Protest has always been a major form of activism for Jean, and her advice to folx protesting today is “Don't give up, [it's] back to basics.”

Fun facts about Jean and her legendary “Classon Accounting” business: she was the accountant for the Val Air Ballroom for about 20 years; she once paid Snoop Dogg in cash for a show at the Val Air. Jean also met her favorite musical artist, Rick Springfield, through working at the Val Air; “Don't Talk To Strangers” was her favorite Springfield tune.

We're celebrating Jean because she has always been a mentor and Mother to our organization. Mentors include those of us who spark ideas, feed others with inspiration, ignite fires from within, and lead exquisitely, exemplary lives, often without much awareness or fanfare of the ways in which they've manifested change for countless generations. Interpersonally connected to her or not, through something as gloriously geeky as numbers, taxes, and accounting, she brought about a tidal wave of liberation for us all.

We see you Jean Classon, and we love and appreciate you ever so deeply. Rest In Power, Mother of the Women’s Movement.
SOCIAL JUSTICE GLOSSARY

GRIDSM VOCABULARY
* MATCH THE WORD WITH THE DEFINITION *

- LGBT
- Queer
- POC
- Non-binary
- Folks who do not abide by norms of gender and sexuality
- Gender identity different from sex assigned at birth
- Gender matching biological sex at birth
- Gender identity not conforming to social expectations of the male/female binary
- People of color
- Community of folks who identify as lesbian, gay, bisexual, trans, 2-spirited, queer, intersex, asexual
- Gender identity that is not fixed and can change
- Gender fluid
SHOUT OUT BOARD!
RESOURCE GUIDE

COMMUNITY

- One Iowa: oneiowa.org
- Iowa Safe Schools: iowasafeschools.org
- Iowa QSA: @iowaqsa (socials)
- Iowa WTF: @iowawtf (socials)
- Central Iowa Rainbow Families (Facebook)
- Say Poetry: @saypoetrydsm
- Des Moines Pride Center
- Patty Link Tutoring: 515-979-1697 - K-6th Math & K-12 Reading

Health & Medical

- Primary Health Care: 515-248-1600
- Planned Parenthood: 1-800-230-7526
- Unity Point LGBTQ+ Clinics
- UCS Healthcare: 515-280-3860
- Downtown Dental: 515-207-3860
- Hillcrest Family Services: 563-513-6123

Mental Health

- Douglas Aupperle, Ph.D: 515-274-4006
- Rick Terranova: Broadlawns, 515-282-5695
- Ramona Wink: ramona@515therapy.com
- Samantha Trachael LISW: 515-205-6176
- Madi Musson: creativelythrivingllc@gmail.com
- Samantha Kemp Carlin, LMHC: 515-883-2379 ext. 8625
- Megan Runchey, LMSW: 515-401-8668

Artwork by: Marlee Sharpe-Bingham

Pride Word Search

Find the following words in the puzzle. Words are hidden → ↓ and ↓ .

DRAG PERFORMER   MARSHA P. JOHNSON   RAINBOW
HARVEY MILK       PEACE          SYLVIA RIVERA
LIBERATED         PRIDE          TRANS RIGHTS
LOVE IS LOVE      QUEER
practicing positive self-talk

When things get tough or we’re having a bad day, it can be easy to be mean to ourselves. But it’s important to show ourselves kindness, grace, and respect, especially when things go wrong!

be your own best friend

We tend to be our own worst critics, telling ourselves things we’d never say to someone else. If it would hurt a friend’s feelings, it’s not helpful to say it to yourself, either. Ask yourself, “Is this something that I’d say to someone I love?”

...yet!

Sometimes when we try something new, we don’t get it right the first time (or the second, or the third!). It’s important to be patient and positive! Re-frame negative self-talk by reminding yourself that you might not be able to do it now, but you will!

“i rock!”

At Girls Rock, we like to practice positive self-talk by correcting negative self-talk (or unnecessary apologies) with a quick affirmation: I ROCK! When you catch yourself being mean to yourself, try and remind your brain that you rock, and you’re allowed to make mistakes.
YOU MATTER

YOU MATTER
MAYBE try MEDITATION

(sitting quietly in a comfortable space)

...is a great practice to help tune in to watch your busy mind without having to react or believe all your thoughts.

(it's not about having an empty mind, that's impossible)
A mind is a busy place, constantly thinking, remembering, planning, story-telling, comparing, judging.... blah, blah....

Give yourself time to:
slow down.
slow down.
slow down.
breathe easy & naturally
feel the earth
support & acknowledge your unique & precious presence.

Choose a word to come back to when you get distracted, any word you like. Calmly & effortlessly repeat that word in your mind as needed to stay present.

Be kind & compassionate with yourself. Start with 3 minutes & increase time as you like. It does not have to be GOOD or BAD - it is what it is that day. If you try for several days & it's not your thing, no biggie! Find another way to slow down & notice where you can soften a busy mind so your brilliant creativity can flow.

MAKE it YOUR OWN PRACTICE.
Try a GUIDED MEDITATION APP or CALM MUSIC. WALKING MEDITATION in nature is LOVELY.

USE it as a tool to create INNER CALM when life is hectic or stressful - you can check in & take control.

AMy Putney Koenig
It's a Beautiful life to grow through to become WHO you are. It's also TEMPORARY. We are all touched by DEATH at some point. Pets, friends, & loved ones will die. Grief is another form of LOVE. We heal together in love & remembering.

A Life BELOVED

Death Doula + Artist ©Amy Putney Koenig
BREATHWORK

Breathwork can help the mind and body in many ways. We can reduce stress, anxiety, improve focus, boost immunity, release emotional blockages and more.

Most of us are shallow breathers, meaning we’re not taking in the proper amount of oxygen our body needs. The air we breath contains 21% oxygen, but our bodies only use 5%, the rest is exhaled.

Our lungs are meant to expel 70% of toxins from the body. It’s important to remember to breath deeply so the body is able to eliminate these toxins. Otherwise your other systems will over compensate and the toxins will be stored in the lymph.

There are over 100 breathing techniques but here are a few you can try daily.
Keep in mind, slow breathing is calming and fast breathing is energizing. Remember to deep breathe in through your nose using your stomach and not your chest/shoulders.

**Help reduce stress and anxiety**

Inhale for four

Hold for four

Exhale for four

Hold for four

Repeat

**Help energize the body**

Inhale for six

Hold for one

Exhale for six

Hold for one

Repeat

**Promote better sleep**

Inhale for four

Hold for seven

Exhale for eight

Repeat

Breath is never in the past or future, it’s always in the present. So stay present my friend.
BRAND YOUR BAND!

You’ve got the talent. You’ve got the sound.
Now it’s time to give your music and art an identity so you can reach audiences far and wide. Follow these steps to make your own unique & authentic name, logo, and overall identity.
Grab some extra paper and follow these steps to build your band brand!

#1 CREATE YOUR NAME
Write down different 10 name ideas

TIP 1
List nouns, adjectives, or verbs that represent your band and your sound. This could be animals, names, colors, or even emotions that remind you of your music.

TIP 2
Rearrange, combine, or even translate words to create a name that will stand out and represent your art. Using an online thesaurus is a great tool to find unconventional words!

TIP 3
Try creating phrases with multiple words and/or numbers.

TIP
Use search engines to confirm that your name, or symbol, haven’t already been used by someone else!

#2 MAKE YOUR MARK
Sketch out 5 different potential logo marks

TIP 1
Pick symbols or images that represent you and your band. This can be something very literal, or even an abstract mark that represents something you can’t see or feel.

TIP 2
Combine, overlap, or break up shapes to create a unique symbol. You can even try to play with the letters and numbers in your band name to connect back to your identity!

TIP 3
Try incorporating your band name with the mark to make one cohesive emblem.

#3 PICK YOUR COLORS
Create your own unique color palette

TIP 1
Different colors convey different moods, emotions, and expectations for your audience. Think about your colors as enhancing the name and mark that you’ve already created!

TIP 2
Think about the words you would use to describe your music, and choose colors that you think help convey that. For example, if your music feels bold, you may choose a bright red.

TIP 3
Try to choose 2-3 primary colors in your brand that will stay consistent in all of your uses. You can then choose 3-5 accent colors that can be used sparingly to create interest or fun, unexpected, visuals!

#4 PUT IT ALL TOGETHER!
Watch your brand come to life

1. Choose a font for your band name. Or, if you’re feeling creative, hand draw your own typeface! Extra tip: Google Fonts offers a large selection of free-use fonts to download!
2. Combine your mark with your font. It can sit beside it, on top of it, or even become one combined piece. Experiment on how they work together!
3. Add your color.
4. Voila! You have a band logo!

Once you have this foundational piece of your brand, keep expanding! Keep editing! Keep figuring out your identity as an artist and never stop creating.
BAND NAME GAME

WHAT'S YOUR BAND NAME? (1+2+3)

1. MONTH YOU WERE BORN
   - JAN - FUNKY
   - FEB - BLACK
   - MAR - STARRY
   - APR - GIGANTIC
   - MAY - REALLY
   - JUN - ALIEN
   - JULY - NEON
   - AUG - FOREST
   - SEP - SAPPHIRE
   - OCT - BLOODY
   - NOV - HEAVY
   - DEC - ROTTEN

2. FIRST LETTER OF YOUR LAST NAME
   - A - WISTFUL
   - B - SURPRISE
   - C - PAPER
   - D - LABYRINTH
   - E - TIRED
   - F - JUNIPER
   - G - BENEVOLENT
   - H - ASPRIN
   - I - GREEN
   - J - OCTOPUS
   - K - NEVER
   - L - KARATE
   - M - LUCID
   - N - HERMIT
   - O - IDYLLIC
   - P - ROCKET
   - Q - PAINTED
   - R - UMBRELLA
   - S - GRAVY
   - T - CATTYWAMPUS
   - U - SHORTCAKE
   - V - SUITCASE
   - W - TRASH
   - X - HAUNTED
   - Y - SHY
   - Z - GLASS

3. FIRST LETTER OF YOUR FIRST NAME
   - A - COAT
   - B - PROM
   - C - ARMS
   - D - ZOO
   - E - UNICORNS
   - F - DENTIST
   - G - SOUP
   - H - ELIXIR
   - I - RIOT
   - J - SHOES
   - K - CHERUBS
   - L - PILLOWS
   - M - LINE
   - N - EMPATHY
   - O - GRENADES
   - P - AURA
   - Q - OBLIVION
   - R - MOON
   - S - HEARTS
   - T - GHOSTS
   - U - MOUNTAIN
   - V - EUPHORIA
   - W - GREMLINS
   - X - INKLING
   - Y - CATERPILLARS
   - Z - HYPNOSIS

WHAT IS YOUR DREAM BAND NAME?

WHY?

BEHIND THE NAMES

BIKINI KILL named after a Lois Maffeo Cabaret song. KITTIE because the name seemed contradictory to the band's sound. THE DONNAS made up their name by combining the first letter of each member's last name.
GIG LIFE
Your LIVE SHOW!

GET THE GIG!
- Write and practice your songs
- Build your biz (brand, email, website, social media)
- Choose where to play (contact with promo, email)
- Time to communicate

MAKE IT EASY!
- Create your E.P.K. (press photo, video, contact info, links, stage plot, more)
- Videos of live performance
- Fan building
- Interaction with social media
- Be specific with your needs (via contract and rider)
- Help people find all about you

PROMOTE IT!
- Make the most of your opportunity
- Design and sell merchandise
- Tell folks about your show
- Contact local media with press release
- Consistent posting on social media

ROCK YOUR SHOW!
- Be the best you can be and do what you do
- Have fun
- Be respectful of people and time
- Collect emails
- Make sure people know where you’ll be next
WHAT WORDS DESCRIBE YOUR MUSIC

CIRCLE ALL THAT APPLY

Acoustic
EMPRESSING
cool
Dramatic
latest
moody
Hardcore
Magical
Gritty
DYNAMIC
magical
Dramatic
Bright
Exciting
Playful
Funky
Raw
Electric
Deep
Harmony
Lyrical
Fluid
Rapid
Heartfelt
Natural Light
Radical
Sad
Clean
Groovy
Jazz
Catchy
Punk
Healing
Energetic
Motivational
Happy
Emotional
Mellow
Beautiful
Country
Rejuvenating

ADD MORE WORDS
GUITAR PEDALS ARE FOOT-PEDAL BOXES THAT PROVIDE SOUND EFFECTS FOR YOUR GUITAR. YOU CAN USE THEM WHILE YOU RECORD MUSIC OR YOU CAN BRING THEM ALONG WHILE PLAYING LIVE SHOWS.

CHOOSE FROM DISTORTION, REVERB, DELAY, CHORUS, TREMOLO AND MUCH MORE. THERE ARE A LOT OF COMPANIES THAT MAKE GUITAR PEDALS OR YOU CAN BUY A DIY PEDAL KIT AND MAKE YOUR OWN!

GO EXPLORE!
RESTRING YOUR ACOUSTIC GUITAR

1. LAY YOUR GUITAR ON A CLEAN, FLAT SURFACE.
   TIP: USE A TOWEL SO YOU DON'T SCRATCH THE BACK OF YOUR GUITAR AND BALANCE THE NECK ON A STACK OF BOOKS TO KEEP THE GUITAR STEADY.

2. GRAB YOUR NEW STRINGS, WIRE CUTTERS, AND A STRING WINDER.

3. TURN THE TUNING KNOBS TO UNWIND EACH STRING. START WITH THE THINNEST STRING. USE THE STRING WINDER OR JUST USE YOUR FINGERS.

4. REMOVE THE STRINGS FROM THE BRIDGE OF THE ACOUSTIC GUITAR.
   USE THE SLOT IN YOUR STRING WINDER OR SOME PLIERS TO POP THE PINS OUT. PULL THE STRING OUT AND AWAY FROM THE GUITAR.

   TIP: CLEAN YOUR GUITAR WHEN THE STRINGS ARE OFF!

5. INSERT EACH NEW STRING INTO THE BRIDGE AND SECURE THE BRIDGE PINS.
   START WITH THE THICKEST STRING. BEND THE STRING AT A 90-DEGREE ANGLE JUST ABOVE THE BALL-END SO IT'LL CATCH. NOW, PUSH THE PIN BACK IN WITH YOUR THUMB.

6. PULL EACH STRING UP TOWARD THE HEADSTOCK AND THROUGH ITS TUNING POST
   START WITH THE THICKEST STRING. PULL IT THROUGH THE HOLE UNTIL YOU'VE GOT ABOUT 2 TO 3 INCHES OF EXCESS STRING.

7. WIND EACH STRING TOWARD THE CENTER OF THE HEADSTOCK
   START WITH THE THICKEST STRING. TURN THE TUNING KNOB SO THE STRING GETS TIGHTER.

8. TRIM THE EXCESS STRING.
   SINCE YOU'VE LOCKED THE STRING, YOU CAN USE THE WIRE CUTTERS TO CUT AS CLOSE AS 0.5 INCHES.

9. TUNE YOUR GUITAR.
   TIP: AS YOU TUNE, STRETCH YOUR STRINGS A BIT—THEY'LL HOLD THEIR PITCH BETTER SO YOU DON'T HAVE TO RETUNE AS OFTEN.
You branded your band. What's next?

DESIGN YOUR MERCH

Sketch out your ideas! Come up with a design that represents your music style. Try to use four colors or less.

Done with your idea? Work with local screen printers, like the Side Garage, to make your design come to life!
How to Book a Gig

IN 5 STEPS

1 **REACH OUT**
Contact the venue you want to play at via email and follow up with a phone call.

2 **PICK A DATE**
Have a date already chosen, when you email the venue, but be willing to be flexible.

3 **SEND A SONG**
Send one or two of your songs for reference. Your recording doesn’t need to be a studio recording but should be as high of quality as possible. i.e. use a phone and record a voice memo of your song or band.

4 **HAVE A BILL**
With a couple of other artists or a fully formed lineup already assembled, you’ll be more likely to get the gig. Make sure to include the other musicians’ songs too.

5 **FOLLOW UP. FOLLOW UP. FOLLOW UP.**
Stay persistent, but not annoyingly so; think once or twice a month here. There are usually many people trying to line up shows, all the time. Do not get discouraged if it takes a while, by emailing regularly, you’ll keep popping up on their radar. Keep practicing, and it will happen.

To get you started, here are some Des Moines music scene venue contacts for booking shows.

- **xBk Live**
  1159 24th St. Des Moines, IA 50311
  [https://xbklive.com/contact/](https://xbklive.com/contact/)

- **Lefty’s Live Music**
  2307 University Ave. Des Moines, IA 50311
  [https://leftyslivemusic.com/?page_id=412](https://leftyslivemusic.com/?page_id=412)
  bookingforleftys@gmail.com
PERFORMANCE CONTRACT

____________________________________ (the “Purchaser”) has entered into this Performance Contract (“Agreement”) with ___________________________________________ ("Artist"). The parties may be referred to individually as “Party” or collectively as “Parties”.

- EVENT NAME:
- DATE:
- LOCATION:
- TIME:
- LOAD-IN:
- SET LENGTH:
- FULL BAND/SETUP:
- COMPENSATION: $___________
- HOSPITALITY: See attachment
- DEPOSIT:
- PAYMENT: Remainder shall be paid by check immediately following Artist performance
- CANCELLATION: In the event of cancellation:
  - if the Purchaser shall cancel Artist’s engagement fourteen (14) or fewer days prior to the event, the full Compensation amount shall be due within ten (10) days of the date of notice of cancellation;
  - if the Artist shall cancel for any reason, notwithstanding an Act of God or personal injury, the Deposit amount shall be refunded, and no additional Compensation shall be due; and/or
  - due to weather or for any other reason in which the Artist is present, ready, willing, and able to perform but is otherwise instructed not to by the Purchaser or a representative of Purchaser or Purchaser’s organization, the full amount of Compensation shall be due.

- PRODUCTION:
  - Purchaser shall provide all production, lighting, sound, staging and any and all other infrastructure as well as all necessary staff and security at no cost to Artist; and
  - Purchaser shall have no less than one (1) individual on hand to assist with load-in and load-out.

- REPRESENTATIONS AND WARRANTIES. Each of the Parties hereby make the following representations, warranties and covenants to all of the other Parties which shall survive execution indefinitely:
  - Performance by Artist in no way implies a partnership, joint endeavor, or other business interest
  - No license to reproduce, broadcast, or otherwise monetize Artist’s Performance shall be construed from this Agreement;
  - Parties agree to indemnify and hold one another harmless;
  - Parties maintain necessary and industry standard insurance coverage for the Event;
  - The Parties have read this document; they acknowledge, understand and consent to its contents and ramifications;
  - Prior to signature hereof, the Parties have sought such independent counsel and advice as they deem necessary;
  - The Parties have signed this document as their voluntary act and deed;
  - That the signatory is fully authorized to sign this document; and
  - That all requisite consents have been obtained prior to execution hereof, and that the execution and compliance herewith does not violate any statute, ordinance rule or contract which is binding upon such signatory.

IN WITNESS WHEREOF, the Parties have signed this Performance Contract which shall be dated for reference this ___________ day of _________________, 20___

ARTIST: ____________________________

PURCHASER: ____________________________

[NAME]
[TITLE], [COMPANY]
[EMAIL]
[PHONE]

[NAME]
[TITLE], [COMPANY]
[EMAIL]
[PHONE]
xAk | TECHNICAL RIDER

AUDIO CONSOLE
Midas PRO2C connected to 48 channel DL251 stagebox via AES50

MAIN PA
Two (2) L’Acoustics ARCS WIDE
Two (2) L’Acoustics ARCS FOCUS

SUBWOOFERS
Four (4) L’Acoustics SB18m

MEZZANINE FILLS
Three (3) Tannoy AMS 6DC

STAGE MONITORS
Five (5) EV ETX 12P 2000W
  - individual mixes

AMPLIFIERS
Two (2) L’Acoustics LA4X
One (1) Lab Gruppen Lucia 240/2

MICROPHONES
SM58
SM57
D112
Sennheiser 604
SM81
ULXD2/B58

DI
One (1) Whirlwind Direct2 Stereo DI
Four (4) Whirlwind HotBox Active Reference

RECORDING
2 channel stereo via Focusrite Scarlett 18i20
  - $50 mixed stereo output
24 channels via Klark Teknik DN9630 AES50 to USB Converter
  - $10 per channel
  - inquire about post-production services

VIDEO
“Big Room” artificial-intelligence video switching subject detection camera system
Three (3) AIDA UHD6G-X12L 4K POV cameras
One (1) Blackmagic DeckLink Quad HDMI Recorder
  - $200 for video recorded show

STAGE LIGHTING CONSOLE
High End Systems Hoglet 4 controlling Hog 4 PC software

FIXTURES
Four (4) Chauvet Intimidator Spot 260 LED
Six (6) ADJ Ultra Hex Bar 12 LED
Four (4) Blizzard Stiletto Z6 LED
Four (4) ETC Source 4

FAZER
Antari Z-350 Fazer

PROJECTOR
Eiki LC-X85 3LCD+One 7000 ANSI Lumens
  - accepts VGA (HDMI adapter available), DVI, BNC, RCA, and S-Video
What Is A Stage Plot?

Here is an example of GR!DSM’s stage plot for our rock camp showcases.

Congratulations! You got the gig, now send your stage plot to the audio engineer at the venue!

A band stage plot can be referred to as a stage plan, or band stage diagram. A band or soloist creates a stage plot to show how their equipment will be set up on stage. This helps sound engineers adjust the sound for your performance.

Now create your own stage plot, so you’re ready for that next gig. You can use any shape to communicate what goes where, just be consistent and label everything.
QUICK & DIRTY

1. Pick a thing:
   - Moon
   - Rabbit
   - Skull
   - Fire
   - Flower

2. Make-o'-Pattern!
   - Garbage bag

3. Cut it out

4. Tape seams
   - Leave holes for airflow

5. Top view
6. Side view

7. Attach to fan and inflate!

INFLATEABLES
ZINES ARE FOR YOU!

HOW TO MAKE A ONE-SHEET ZINE

this may take a few tries until you get it just right.
don’t give up, you’ll get the hang of it!

1. make a hamburger fold

2. make another hamburger fold

3. make one more hamburger fold

4. okay, now unfold and make sure your creases look like this

5. make another hamburger fold
   (i promise this is the last one!)

6. use scissors to cut a line from the folded edge to the center

7. while pinching the edges of the center fold, push them together.
   (the cut should look like a diamond, then an X shape.)

8. push together the X shape until you can flatten it in half.
   then, fold over into a book. you should have an 8-page zine ready to fill with goodness!
Help Joni Mitchell get back to the garden!
LITTLE SALSA ON THE PRAIRIE

HOW TO GROW YOUR OWN SALSA GARDEN

A Little Salsa on the Prairie - The Changing Character of Perry, Iowa
“a documentary that chronicles the rapid ethnic diversification of the community.”
As people move and immigrate, they bring their favorite plants and animals with them. Let’s celebrate the wonderful tapestry of ethnicities in our communities, while learning a bit more about how to plant food with a salsa garden!

4 FT LONG

2 FT WIDE

Each square represents one 12” x 12” square

JALAPEÑO  TOMATO  TOMATO  TOMATO

CILANTRO  ONION  ONION  CILANTRO

Always plant your tallest plants on the Northwest side of your garden, so they don’t block the sun for other plants... unless you’re doing that on purpose. Some plants don’t like as much sun.

SALSA FUN FACTS:

1: Salsa music is a style of Latin American music, combining elements of Cuban, Puerto Rican, and American influences. Because most of the basic musical components predate the labeling of salsa, there have been many controversies regarding its origin. Most songs considered salsa are primarily based on son montuno, with elements of mambo, Latin jazz, bomba, plena, and guaracha. All of these elements are adapted to fit the basic son montuno template when performed within the context of salsa.

San Marzano Tomatoes work great for salsa! Check out Seed Savers Exchange for heirloom varieties of plants that grow well in Iowa. Heirlooms are traditional varieties of plants or animals raised on small farms or community gardens, typically passed down from generation to generation.

2: Listen to Celia Cruz, the “Queen Of Salsa”, and her song “La Vida Es Un Carnaval” while you plant your salsa garden. Another legend in Latin Pop is Gloria Estefan; her music combines Salsa and Pop; go ahead and queue up “Conga” while you wait for your garden to grow. Queue in this sense means to line up the songs you want to play or hear next.

@snatchmoragu
Betty Davis

"They say I'm different 'cause I'm a piece of sugar cane"
“Everything is everything and everything is beautiful”

Brittany Howard
"I believe in individuality, everybody is special. And it's up to them to find that quality and let it live."

Grace Jones
“Embrace what makes you unique, even if it makes others uncomfortable.”
"Life can feel like a divine collaboration..."

Willow Smith
"Your real job in this world is to be you."

India Arie
"Thy is something myself. "
"They is me. I am they."

Iniko
WOMEN OF COLOR WHO ROCK
“CROSS YOU OUT”
By Greg Wheeler and the Poly Mall Cops

I call you my brother
But it's nothing to you
Just so sick about
always thinking
I revolve around you

I'll cross you out
Out, out, out, out
(repeat)
You're gone forever
You are gone

I cry on your shoulder
But it's just business to you
Can't stop thinking about
the time I've wasted
Wasted on you
“Laruelz” by Elly Hofmaier, aka - Penny Peach

VERSE

F#   A   C#   B
I have no cause to be mad about it when I can't suffice so sad about it

F#   A   C#   B
Some flowers look like a cry and a slinky dress

F#   A   C#   B
or brag for I got a benjamins head on my chest

rows upon rows of

2nd time slow down

BRIDGE

Half time feel

Eight notes, Fuzz Tone

PRE-CHORUS

Slow Down

Half time feel

CHORUS

repeat until end

Six pence says in 10 years you'll be dead
Dennies for me for a lifetime in my head
or you'll be...
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