

APANO'S AMP PRESENTS

*car*ing
package

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ORIGAMI CRITTERS BY ALLIE YEE FOR KARMEN CHAVEZ-SAM

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LETTER OF CARING

We, APANO's Art & Media Project (AMP), are offering:

You who have been shut in since the pandemic began;
You who may be hitting your breaking point and still at the frontlines;
You who cannot find a way to engage;
You who are still processing and need space to process;
You who need to feel back in your body.

We want you to know that you are not alone.

AMP finds guidance and support through our creative innermost and collective creations. We have been searching for ways to expand, practice, bend, and embody care – care for ourselves, our loved ones, and our communities. We imagine care in the form of educating our loved ones. Caring as a deep and daily breath. Caring as a process of unlearning and learning. Caring as a long and open stretch. We offer our collection of our imaginings and practices to prioritize the acts of care we all need in our lives.

AMP CORE VALUES & PRINCIPLES OF ACTION

Arts and Media Project (AMP) of APANO is a collective of Asian, Asian American, and Pacific Islander cultural workers – artists and creatives – that organize at the intersection of creative expression and community engagement.

VALUES: WE BELIEVE IN...

ACTIONS: WE ARE COMMITTED TO...

1

Dismantling systems of oppression, such as white supremacy and settler colonialism



Naming systems of oppression in which we are complicit; in service of dismantling them and investigating hidden systems of oppression within BI&POC communities

2

Lifelong learning



Creating space for compassionate and political education

3

Relationships – respecting, building, & repairing previous harm in our collective past



Practicing timely, responsive, & transparent accountability

4

Cultural work is work



Advocating for funding for cultural work(ers)

5

Cultural Work as an effective social & political tool for deep, sustainable change



Elevating the narratives of the oppressed while cultivating space for our own voices

6

Expansive imagination & expansive love



Demonstrating self-reflexivity, empathy, & openness

7

History as a cornerstone for reform



Asking questions from a place of curiosity & creating spaces to be our authentic selves with our multiple identities

8

Accessibility in all forms



Assessing accessibility & outreach with underrepresented API communities & showing up, supporting, collaborating, & partnering with other cultural groups

9

Environmental sustainability & stewardship



Committing to environmental education through an AAPI and BI&POC lens





care for ourselves

JAIRAJ SINGH & LAMB

Join Room to Write!



MARILOU CARRERA (they /she) is a cultural worker exploring their role within the intersection of equity, community health, art, and social practice. Their experiences immigrating to the U.S. as a child, as well as their time practicing as a registered nurse, advocating for communities of color, and promoting public health and reproductive justice have long persuaded them of the importance and imperative of sharing stories to affect change. Current projects include **Elemental Eating** (exploring the healing relationships to food within BIPOC communities and particularly Japanese descendants living in the Pacific Northwest) and **We Carry Oceans** (explores access/inaccess to reproductive justice by Asian / Pacific Islander queer, trans, women). She currently sits on the boards of **Rejoice! Diaspora Dance Theatre** and **Risk / Reward**.

IG: @[elementaleatingpdx](#) | @[xowecarryoceans](#)

ROOM TO WRITE is a virtual writing space for BIPOC writers / non-writers in need of a quiet space where they can work on any kind of writing practice that needs tending. It is a 30 minute session that emphasizes writing rather than sharing and is available everyday, including weekends. Each day Monday through Friday will have a prompt made available to participants who may choose to spend the time responding or working on other writing projects as they need. These prompts change every day. Saturday and Sunday will not have prompts but are times that folks can return to pieces started earlier in the week or to start something new that's been swirling and needs a place to land. This is a drop-in model so folks may join when they are able. Participants are welcome to volunteer to facilitate on any day they are available and offer a prompt to the group. Anyone who is interested in participating may contact Marilou Carrera at emencee13@gmail.com and they will respond with info to join the writing space.

Take Care

By Bryna Cortes

I ask you to take care
I don't know what I would do without you

I ask you to take care
nourishing yourself with time to smile, to laugh

I ask you to take care
breathing deeply, we cannot continue tired

I ask you to take care
you are brilliant, and human

I ask you to take care
mindful of your being, your loveliness

I ask you to take care
quenched in this world, refreshed under the sun, lush
and green

I ask you to take care
fluid movements, energy through veins

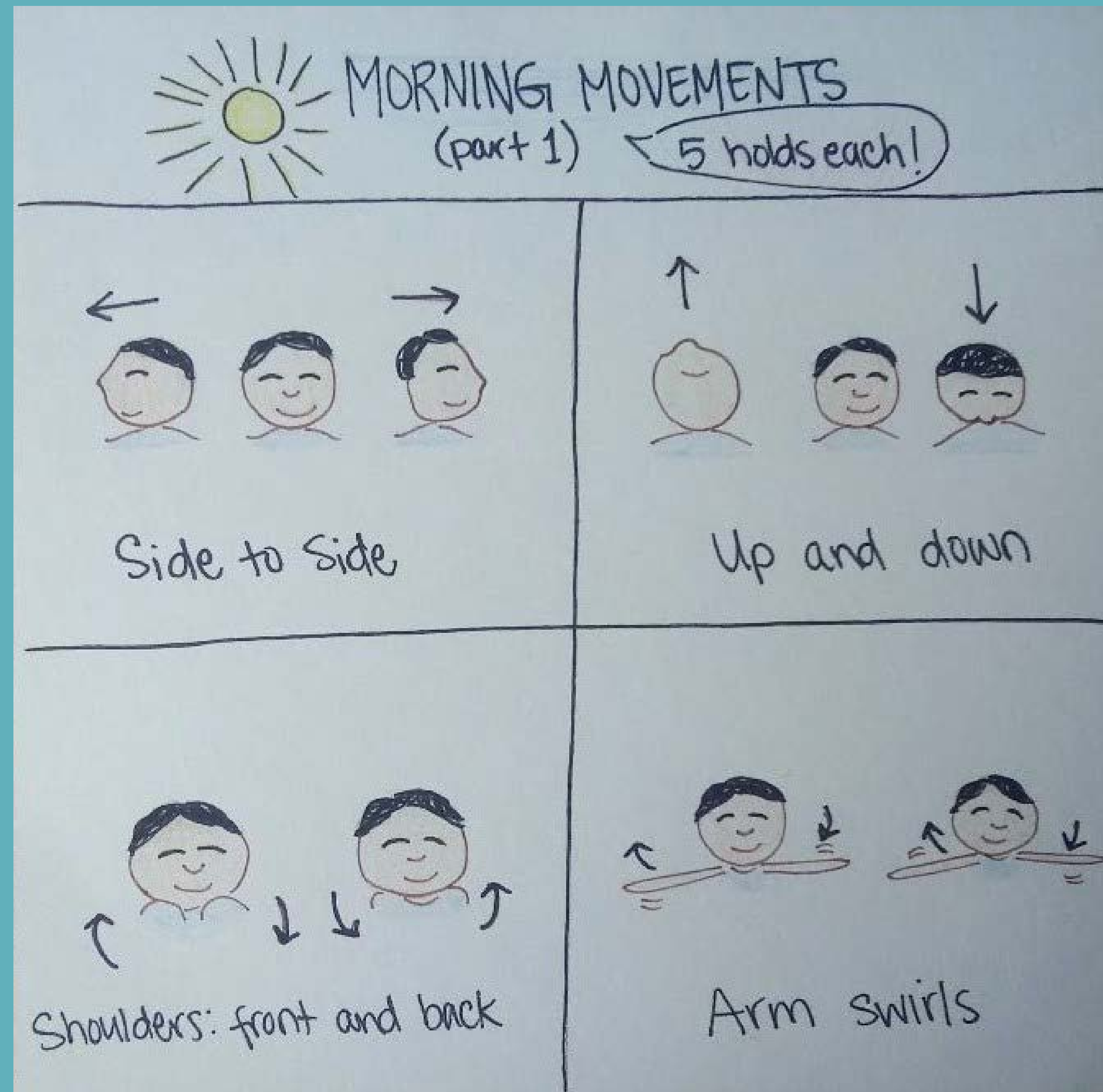
I ask you to care
I only know you as deeply as you allow

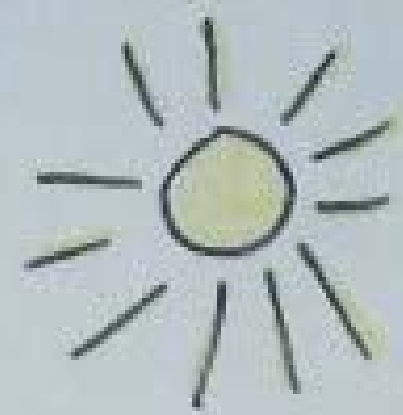


MORNING MOVEMENTS

By Bryna Cortes

BRYNA CORTES' FAMILY





MORNING MOVEMENTS (part 2)

5 holds each!



Arms: front and back



Hip swings



Down and back



Knee rotations



BRYNA CORTES' COMFORT FOOD

BRYNA CORTES is a creative who shares poetry in words, and visual art, with intentions to connect and heal.

Website: brynaantonia.wordpress.com

resentments is a zine i made about my anger and the ways my anger has been repressed and suppressed. i think healthy expression of anger is very important, especially when we experience injustice, whether on a personal or "political" level. it's okay to be angry when you've been wronged. it's okay to express it, name it, be aware of it and hold it. [Click here to visit the full zine](https://tinyurl.com/resentments-hannahkim) or go to tinyurl.com/resentments-hannahkim.



How to respond to someone who's angry:

- _I hear you
- _That's hard
- _Your feelings are valid
- _I'm here to hold space for you
- _I'm sorry
- _It's okay to be angry
- _Anger is a normal response to injustice
- _You aren't too much
- _I understand why you feel that way



resentments

What is anger?

for me,

anger is an expression of pain, of sadness,
the hurt of having to bear disrespect and
injustice!

anger is a volcanic layer that conceals the
tears that are just under the surface.

anger is the outward expression of my
helplessness and sense of futility.

anger is my sadness sharpened to a point.



HANNAH KIM is a writer + comedian + gemini +
tarot reader in portland, oregon.

IG: [@ur_best_american_girl](https://www.instagram.com/ur_best_american_girl)

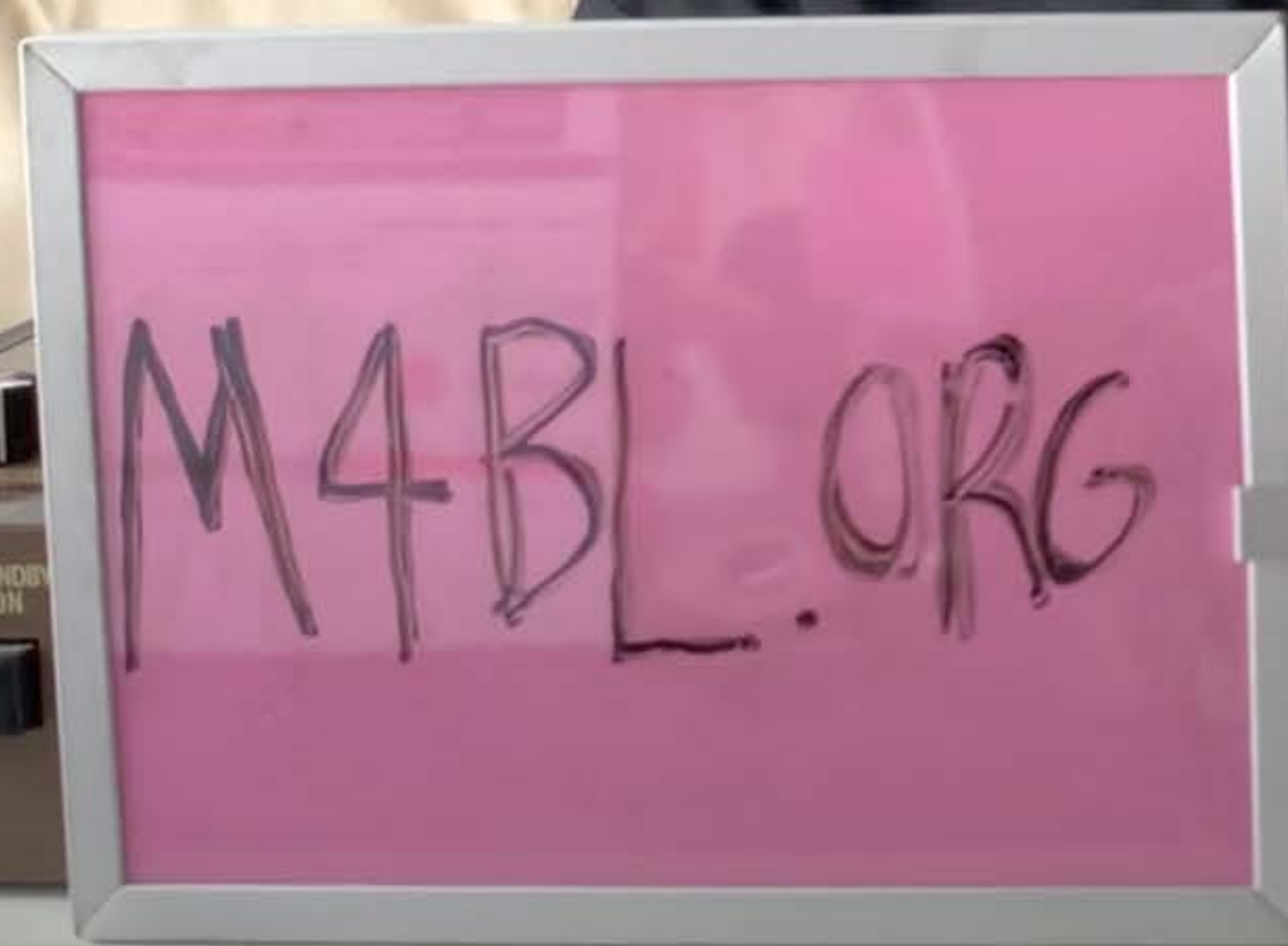
ALLIE YEE & MOM



care for our communities

8'46" Demo

[Click here to watch the full video](https://tinyurl.com/846-joexjiang) or
go to tinyurl.com/846-joexjiang



▶ ⏮ 🔊 4:03 / 9:35

Scroll for details
▼

Using John Cage's experimental performance piece 4'33" as an inspiration, I propose musicians create a silent composition titled 8'46" that can be performed and shared to their platforms. If they have the ability to monetize the video/music/stream, please donate that to a cause supporting meaningful change. Those who write sheet music can even create a piece of visual art. John Cage, influenced by Zen Buddhism, composed a piece of rests and silence that can be performed in numerous ways. Often, as the performer reads the sheet music and performs in silence, the audience can hear the sounds of the paper, the squeaks of chairs and breathing. In 8'46, we can take that time to reflect and process what brought us to this point in history, and what we can do to make things better. Or we can just sit in silence, knowing that we are lucky enough to be able to do so.

JOE X. JIANG (He/Him/His) is a Portland based filmmaker, musician and quarantine inspired podcaster. Pre-pandemic days, he directed, shot and edited narrative and documentary films, as well as music videos and commercials. On the music end, he produced, wrote and toured in The Slants and also played in the PNW bands FRGD and Jessica Dennison + Jones. Now he just stays home and makes podcasts. Stay safe everyone!

Website: <https://joexjiang.wixsite.com/portfolio>

A Letter From Your AZN Auntie

Lovingly firm wisdom
from your neighborhood
AZN Auntie

By Jenny M Chu

BRYNA CORTES' FAMILY



ROSHANI THAKORE'S FAMILY

Dear Niblet,

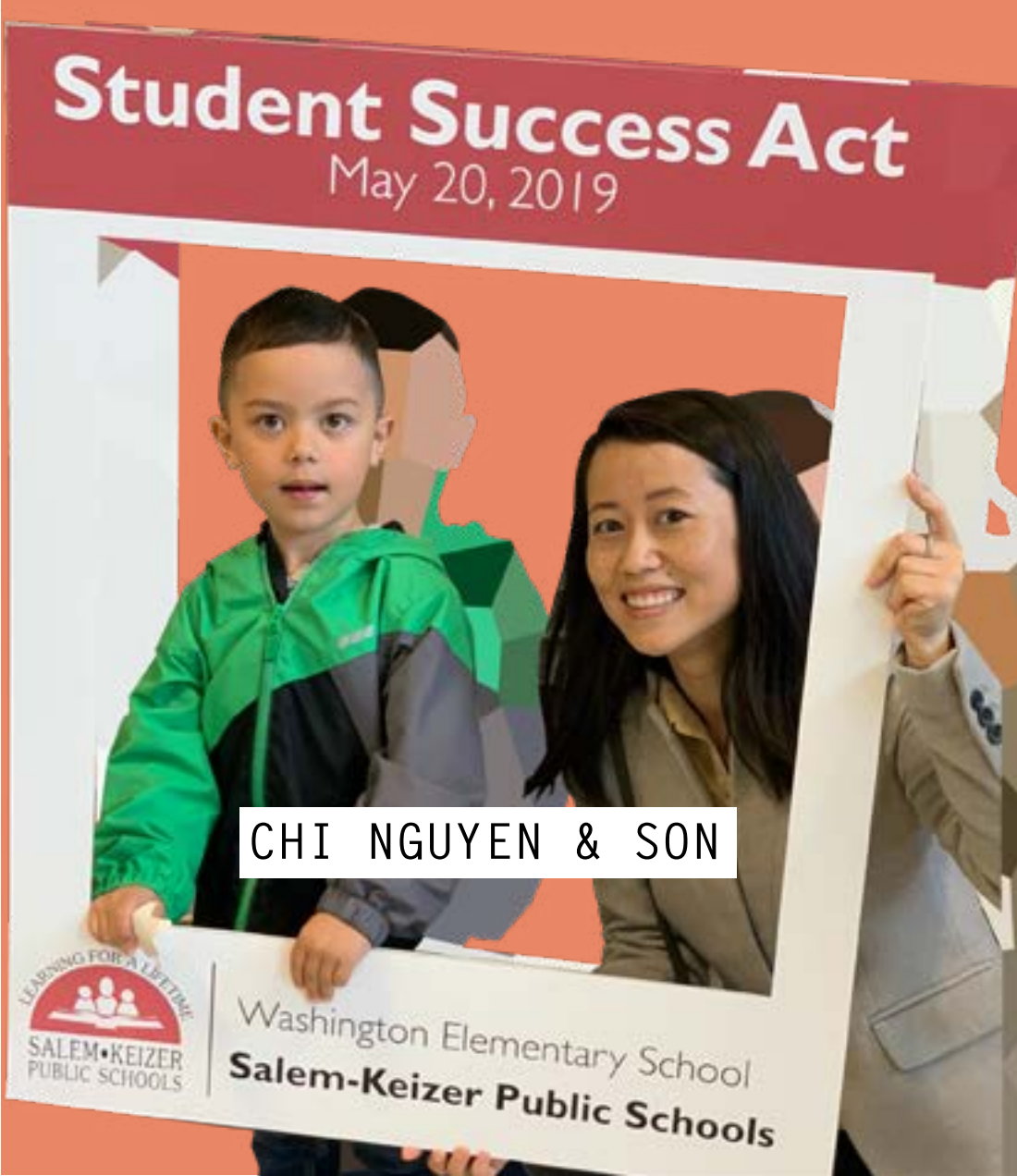
First, we want to thank adrienne maree brown, author of Emergent Strategy (go buy her book!) for introducing us to the gender-neutral term “niblet” for nephew/niece. Today, we’re writing to give you unsolicited advice and the pep talk that you didn’t even know you needed or wanted.

Wherever you are, it’s okay for you to change. It’s okay for you to be different today than you were yesterday.

It’s okay for you to be enraged at the injustices and suffering that you see and to dream of buildings burning down. It’s okay for you to sit in your despair and immobility for a week while you figure out what your role is in this revolution. So, you read Black and Indigenous authors and thinkers. You are learning. You are listening. You are shifting, and it’s still okay for you to not know what your role is right away because API representation in the revolution is not well known—so look up [Grace Lee Boggs](#), [Yuri Kochiyama](#), [Carlos Bulosan](#)...look up “Asian American activists,” and then contact your closest and most respected AZN Auntie so you can share with us what you’ve learned, because we’re always learning too.

It’s okay to be depressed at the state of the world, and it’s okay to take your time—but you must find a way through—because eventually we’ll come over uninvited, risking Covid-19, and ask you point blank with visor and N95 mask on, “What do you think you’re doing?”

**IT TAKES TIME
TO FIGURE
THIS OUT.
TAKE THE
TIME. TAKE
THE TIME TO
INVESTIGATE
YOURSELF
AND YOUR
ALLEGIANCES.**



Some of you will march for Black lives and you will chant: “All lives won’t matter, until ALL Black Lives Matter!!!” because you know that you’re not free, until everyone is free. Until state violence stops against Black and Brown people, until everyone gets access to the same opportunities. It’s okay to feel disillusioned at the fact that this world is abundant, and yet so many have so little and suffer so much. You may scream loud and hard: “No Justice, No Peace!” And it will be okay for you to lose your voice and crash out the next day. To hide for a few days until you get your bearings again. Resisting the state apparatus is not easy. It’s okay for you to not always be out on the frontlines. It’s even okay for you to not be out there at all—not all of us can be. It’s okay to rest, to reevaluate, to think on what it all means. To come back another day. It’s even okay for you to feel guilty for not doing enough—but you cannot stay there—self-pity is not becoming, and we collectively raised you to be better.

The road to revolution is long. The road to post-revolution is even longer.

You don’t have to be on the frontlines to be a part of the revolution. Determine what your frontline is. There are many frontlines to be had. Figure out the line where you risk something of yourself for someone else, without losing your footing. Do not lose your footing.

Self-sacrifice is rarely sustainable in social change movements. Saviorism in the end only serves the savior.

Don’t be a victim. Don’t be a martyr. Don’t be a savior.

Figure out the skills you have that can be in service of the revolution. We need you: artists, astrologers, bikers, caretakers, dancers, drivers, filmmakers, lovers, movers, poets, producers, shakers, singers, musicians, writers, woodworkers, thinkers... Again, figure out the gifts you have that can be in service toward our greater collective liberation. Don’t forget that collective liberation includes your own.

And it’s okay for you to feel like you’re swirling in all the words. It’s okay to remain critical of the rhetoric, especially if at the core you believe in it. It’s okay to be suspicious. To be confused.

It’s okay for you to both agree with the directive “follow Black leadership,” or “follow Indigenous leadership” while finding it too simplistic, myopic, and lacking nuance.

It’s important to recognize that we need and want Black and Indigenous leadership because it has been lacking and in most places is still non-existent in academia, cultural institutions, big tech, corporate board rooms, foundations, health care, policy, policing... but we must also remember how a leader leads is as important as who the leader is at the end of the day. How one moves through the world will show you who they are. Remember, actions speak louder than all the revolutionary words in the world.

It’s more than okay to question the blind purity of phrases that start with the word “follow.”

You’ve been reading, so you know the insidiousness of white supremacy and the ways capitalism and colonialism entangle themselves within



FIGURE OUT THE LINE WHERE YOU RISK SOMETHING OF YOURSELF FOR SOMEONE ELSE, WITHOUT LOSING YOUR FOOTING.

our own communities, within our Black, Indigenous, Latinx, and Asian bodies. You know because the label “Asian American” is a product of it. Remember no one is entirely decolonized until capitalism is dead.

When you encounter power-hungry leadership no matter the racial container, feel the uneasiness in your bowels. But even so, especially with Black and Indigenous leadership you must sit in this feeling of uneasiness longer so you can discern the difference. You must sit with yourself to tease out the difference between your own internalized anti-Black/Indigeneity racism—which is a you problem—from them consolidating power for their own individual gains over the community—which is a them problem. It takes time to figure this out. Take the time. Take the time to investigate yourself and your allegiances. Remember, individuals in the movement have used identity politics to avoid community accountability. Individuals have weaponized identity politics to silence others and all of this has made it harder to confront oppressors and abusers directly.

It’s okay to remain critical. To ask a lot of questions. To think a lot before you speak. It’s okay to call truth to power, no matter who is on the other side. It’s okay to feel scared to do so. It’s even okay to misspeak, to learn from your missteps, to be quiet for a while, and to rise to speak again.

It’s okay to talk about the characteristics of a person instead of identity. If a leader doesn’t listen to criticism, or lacks humility, or gets defensive at dissent, or squashes dissent through lies, obfuscation or outright



suppression, then we don't care whether you're white, Black, Indigenous, Latinx or Asian—we don't want leaders who center themselves over the collective.

An oppressor is an oppressor is an oppressor.

And of course, investigate your own internalized oppressor. What does it mean for you to be Asian in this revolution? What does Asian mean in the racial hierarchy and the construct of this experiment called the United States of America? What ways have [our identities](#) been weaponized and co-opted? In what ways has “Asian” and the [model minority myth](#) been used against Black people or other communities of color? How has the model minority myth trapped us in a cycle of obedient behavior? [Trapped us in our own perfectionism](#), anxiety, apathy, and ambivalence? Could it be that America needed a passive, more malleable and submissive “model minority” as a scapegoat to reason racism's existence? Look up “model minority myth.” How has anti-Blackness been fueled by our own complicity in this myth?

Until we stop oppressing each other and ourselves, there will be no collective liberation.

It's also okay for you to be wrong. For you to be right. For you to be in the liminal superposition of not knowing either way.

But what you cannot remain is the same.

Love,

Man Yi

Man Yi, your community AZN Auntie



JENNY M CHU was inspired by her Chinese name, Chu Man Yi. She was born and raised in Oregon by immigrant parents from Hong Kong and Saigon. She has been eating and shopping in the Jade District before it was the Jade District. She is a creator and a thinker, and she is always wishing for the horizon on a clockless day.

IG: [AZN_Auntie](#)

AMP lified Podcast

Voices of Artists and Activists

In collaboration with APANO's Arts and Media Project, the AMPlified Podcast features discussions with artists and activists from North America, with aspirations of guests from around the world. Part interview series, part arts and culture group chats, the show strives to listen and learn from underrepresented voices in art and activism.

Hosted by Joe X. Jiang

[click here to listen](https://tinyurl.com/amplifiedpodcast) or go to
tinyurl.com/amplifiedpodcast



JOE X. JIANG & YARROW

EPISODES

Preface and Introduction to Radical Dharma

A collective of Asian American artists and activists from APANO's Arts and Media Project discuss the Preface and Introduction to Radical Dharma: Talking Race, Love, and Liberation.

Healing and Repairing: Tanya Palit Husain

Musician, composer and organizer Tanya Palit Husain talks healing, repairing, productivity and creative outlets in the time of a global pandemic.



care for our loved ones

Sisters
with
raised
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on the
behind
like the
past
close
enough
to make
US —

by
ees
ooed
back of the neck



last

VIET AMERICA



CHANH



LILLYANNE PHAM & MOM

mother taught me the thumb rule
fill about a thumb above the rice
moist each grain
marvel the murky water
measuring cups
and sleazy men
spoil meals
spit the salt
from speaking in your homeland
never take anything more than
a pinch from a man's hand
– cooking after sunday mass

LILLYANNE PHAM grew up in Columbus, Indiana.
Since leaving, she has imagined and practiced
the various manifestations of community
building.

Website: lillyannepham.com