

Speaker C

Artists: Theatre Replacement and Vanessa Kwan
Event Date: October 2021

Installation description: Speaker A is situated in a public pedestrian breezeway at the busy corner of 2nd Avenue and Main Street in Vancouver, British Columbia, Canada. Three speakers are installed in the ceiling panels approximately 16 feet above the ground. Inset into the concrete below is a small brass letter, A, B or C, making the exact spot that the listener should stand to hear the voices and accompanying music.

The stories fall into three 'streams', each broadcasting from a distinct speaker: A: Restless Futures, B: Speculative Pasts, and C: Instructions for Care. In each, the narratives explore diverse perspectives on what it means to imagine the future, to mourn a loss from the past, and to describe, here in the present, how to care for something you cherish. Texts were written by 14 different writers and performed by 14 distinct voices, and have been programmed to play in randomized orders along with an audio soundtrack by sound designer Antoine Bédard – each time you experience them, the accumulated narrative will be unique. This transcript represents one pre-recorded 44-minute segment of Speaker C.

More information can be found here: speakerA.ca

Transcription by Arthi Chandra & Jamie Loh

[Maiko:] (clear, firm voice) The eagle wing fan is a very special and sacred tool. Do not ever wash it with soapy water –

[irregular drum beats kick in]

as the feathers contain oils that help it to stay intact. It is okay to dip it in saltwater to kill off bacteria that might attach itself to the feathers. You can go to the ocean and do this by the shoreline.

If you have any questions about the work on this transcript, please contact speakerAvancouver@gmail.com

[drum beats continue]

Carefully allow the feathers to be immersed into the water and then lift the fan and give it a strong, yet careful, whipping motion. Do this repeatedly. You can then take it to moving water such as a creek or a river and repeat the same.

Carefully wrap the eagle wing fan in a thick towel to absorb the excess water. Then bring it home and place it in a cool, dry and well ventilated area to allow the feathers to dry fully.

[drum beats continue softly and gradually fade]

[Fumiko:] (child's voice) Any old stone is not an otsukemono stone. Just because the stone is heavy and has a flat side –

[silence]

does not mean they have a suitable disposition. Sandstone is not good—it crumbles much too quickly over time.

[irregular beats fade in again, a medley of percussion instruments]

The otsukemono stone will be washed and soaked in salt water. Washed in water. Nestled with salt. Again and again. A stone found by sea understands a life of salt and water. This is the best place to find your stone. Caring for an otsukemono stone involves choosing the right one. Is an otsukemono stone made or found? There are different schools of thought on this. I believe both to be true. When you first pick the stone from the rocky shore, introduce yourself. Ask the stone if they would like to take a position in your household. The stone will let you know if they wish to go with you.

[drum cymbals ring out for 3 breaths]

[Vanessa:] (deep, mellow voice) Fill the sink with tepid water.

[fade to silence]

Squeeze one tablespoon of shampoo into the water and agitate until bubbles appear. Lower the garment into the sink and knead like bread. Drain the water. Run cold water over the garment while dragging your hands along the length of the fabric in one direction until the water runs clear.

[electronic beats fade in]

Lay the garment on a towel and place another towel over the garment. Pace back and forth over the towel garment sandwich until your feet are wet. Hang the garment on a wooden hanger and aggressively run your fingers along every seam. Leave to air dry.

[beats continue]

[Aryo:] (deep, strong voice with a slight Persian accent) Place it on a clean surface.

Smooth the creases front face down.

[beats stop on a descending note]

Now fold the bottom part over the main body.

Make it flush with the top edge.

Smooth the creases softly.

Fold in either side of it and form a nice rectangle.

Make sure it is folded the same size as others

[tapping sounds begin]

Stack them face up in your drawer.

[tapping continues for 2 breaths]

[Whess:] (deep, clear voice) The first thing to do in selecting a reusable travel mug is to buy designed for durability over aesthetic. Once you found one, usually a brand that couldn't ever be arsed to make an ad campaign for itself. Expect to have it for quite a while. The care for this travel mug is quite easy. Mostly, don't forget the lid. If you take milk or it's non-dairy equivalents, rinse it with hot water. Try to avoid using it as an emergency uninal.

[irregular tapping continues]

[Amber:] (bright, clear voice) Dab the back of your hand with coconut oil.

[silence]

Rub in with circular strokes, coating your palms, fingers and thumbs. Don't touch your laptop or phone until the oil has completely absorbed.

[silence for 2 breaths]

[James:] (low voice) Reading glasses. After a certain age –

[slow tapping]

have reading glasses in the car, the bathroom, and by the bed.

[tapping grows in intensity]

[Vanessa:] Using an electric toothbrush and charcoal toothpaste, slowly slide the bristles along the front surface work incrementally from right to left. Repeat on the backside of the surface from left to right.

[tapping fades]

Hold the toothbrush vertically and nudge small groupings of bristles into all and any gaps sliding them along the sagittal plane from front to back removing any debris trapped in the gaps. Rinse thoroughly.

Fill an open ended syringe, one without a needle, with warm salt water and repeatedly spray water along the top surface paying special attention to the gaps.

[rhythmic beats kick in]

Repeat two to three times a day.

[Gina:] (calm, stable voice with a strong British accent) The best way to keep scissors sharp is to use them to cut sandpaper. Be sure to make several cuts with the sand side up and the sand side down for even sharpening.

[beats continue]

[Su-Feh:] (high voice with a slight Malaysian accent) It occurs to you that his nosebleeds have increased during this time.

You look up whether or not nosebleeds are a symptom of the virus. They are not.

[beats continue for 4 breaths]

[Vanessa:] Before you get into bed, place it on the dresser –

[beats fade out]

so that you can see it when you lie down.

Get into bed and look into its eyes.

Telepathically speak to it about the triumphs of your day until you fall asleep.

[Quelemia:] (gentle, hoarse voice) Dust it first, place it on an acid-free board or paper. Then lay it on a flat surface.

Cover it –

[down beat]

in cloth to keep dust from collecting.

[high beat]

If you have a large folder,

[quiet beat]

place it –

[electronic zap]

in there as an added layer of protection.

[electronic beats continue in a rhythm for 2 breaths]

[Conor:] (deep voice) Look up.

See any jet trails?

[electronic sounds cut in irregularly]

When was the last time you flew?

Do you want to get away?

Do you want to be home?

[silence for a beat]

[James:]

[electronic sounds cut in irregularly]

These are my tools.

They've been gathered over many years.

Some of them belonged to relatives, others to friends, some of whom have died. So, when you take them off this board that I spent way too long organizing, please, please do your best not to splatter them in paint or cover them in dirt or just break them.

We all know you can offer money for a new one to replace it. But that's not what I'm chasing here. I'm just looking for some care.

[Lili:] (low, slightly hoarse voice) Find the other one and don't lose it again.

[Amber:] There is no wrong way to fold your father's handkerchief.

[electronic soundscape continues, low clanging echoes join in]

[Donna:] (high, firm voice)

Gently clean the entire boot with mild soap and warm water. The entire boot, not just the scuffed toe and heel. Use small circular strokes. Let the leather dry completely. Then clean them again.

Get rid of salt stains with vinegar. Remove grease stains with talcum powder or cornstarch. Liquid hand sanitizer will remove the scuffs on patent leather. A rubber pencil eraser will minimize scuffs on suede. Don't rush any of these steps. Now the boot is ready to be polished.

[irregular beats continue to interject]

[Su-Feh:] With a paperclip, get into the deep grooves and cracks of the car stereo and carefully scrape away dirt and grit.

[beats fade to silence]

Be careful. You could also try a toothpick or an old toothbrush.

Now, take a Q tip and go over the area again.

A good idea is to put some water or window cleaner at the end of it. Wipe a soft rag over the surface of the stereo. This should remove any fingerprints, smudges –

[cymbal clang]

or remaining surface dirt. Then dry with a soft cloth.

I've got two CDs in the glove box. One was a demo from a singer I'm afraid to listen to and the other is the soundtrack to the motion picture *The Mission*.

[silence for 2 breaths]

[Donna:]

[crack]

Hide an old pair of underwear in your favorite club,

[soft hollow beat]

your one and only nightclub on its last night of business. This haunt, this home away from home. This hub for beautiful weirdos. This hangout whose doors were supposed to be always open. The snug cubbyhole you thought would last forever.

And the city, this cruel landlord of a city. Can anything marvelous and cheap ever survive here? Can you survive here?

Rub your old underwear along the sticky underside of the bar. Remember being flirted with. Remember buying whiskey and sodas or having shots bought for you.

[rhythmic beats fade in]

Dance your last dance on the warped wooden floor with your underwear tucked in your back pocket. Pull someone close to you. Feel someone's sweat dappled skin. Remember the years of grind and roll. How your body grew up on this dance floor how your body learned to be both liquid and fire on this dance floor.

Before last call, find the basement or the cold room, or whichever moldy cement place beer kegs and liquor bottles are kept. Tuck your underwear among the empties. Your underwear, the most filthy and intimate thing you have to offer. Say your goodbyes.

[beats continue]

[Amber:] Eat strawberries very, very slowly.

Pop the smallest strawberry in your mouth and recite your first and last name three times in your mind as you chew.

[beats fade out]

Pop an average sized strawberry in your mouth and lift your arms in the air until your fingertips tingle as you chew.

[beats return with intensity]

Pop the largest strawberry in your mouth. And remember the first summer you knew love was real.

[Donna:] I'm going to stop speaking for three seconds.

[beats play for 3 seconds]

Now, for five.

[beats play for 5 seconds]

[Norman:] (deep, gravelly voice) This dish came with –

[paused beat]

grandma so and so on the Mayflower. Don't tell anyone.

[beats halt]

In fact, keep it in bubble wrap in the dark somewhere. Don't want anyone to get even a whiff of our Puritan lineage at this point in history.

[silence continues]

[Vanessa:] A thick elastic is a hard thing to master but you must try.

Tension is key. Make sure you have an elastic big enough for two or even three turns. Splay the elastic open with three fingers of one hand.

[irregular suspenseful sounds cut in]

Bunch the hair in a tight ropey strand with the other. Loop the elastic around the rope of hair, turning it over itself with a quick twist and flip the hair through again and again until the ponytail snaps together. Its girth should feel firm like the knuckle of your thumb. The creation of a ponytail is a study in finger dexterity, but like tying shoelaces, it becomes second nature, a complex choreography. A beauty of dramatic proportions if you think about it long enough.

[sounds quieten]

[Donna:] Don't pump the wand inside the tube. It makes the mascara clumpy.

[sounds continue softly]

[Quelemia:] Put your hand on your chest. Thumb in the divet of the clavicle. Fingers spread

along the flat plane of your sternum. Feel your hand rise and fall.

[sounds fade]

Spend a moment relaxing the muscles of your face. Shift your eyes to the objects and the people around you. Maintain just enough focus that you could still see the details of that person's shoes or read the sign on that shop window. Think of crossing a bridge in perfect balance.

[a beat kicks in]

Buoyed up by balloons or doves or a miraculous cloud. Make your way to the other side. One sure footed step at a time.

[beats continue for 2 breaths]

[Gina:] Loosen the laces and pull out the tongue. Remove orthopedic insoles. Spray gently with vinegar and dust with baking soda.

Place one sprig of rosemary or lavender inside each shoe.

Place the shoes and insoles outside in direct sunlight, preferably south facing so you can leave them for four to eight hours.

Return to the shoes, turn them over and beat on the soles to remove residual baking soda. If the rosemary or lavender sprig fell out, place it back into the shoe and place the insoles over it. Put the shoes back on your feet or on a shoe rack.

[beats continue in a steady rhythm]

[Whess:] Since teleporters hit the market *en masse* it's profoundly affected the real estate market. You can live anywhere and with the advent of mass receivers and most workplaces, there's less to worry about in daily commutes.

[beats fade out]

However, neglecting one's regular maintenance schedule and debugging routines can result in bizarre and excruciating injury and truly gruesome fatalities. If you do not feel appropriately equipped to run your diagnostics independently, please attend one of the

many regularly scheduled and fully funded classes and receive your maintenance license or hire the appropriate professionals. Maintenance fees can be waived when filing your taxes under the commuter efficiency credit.

[beats start in a slow, lingering rhythm]

[Gina:] Find a time to walk down the street with no fixed destination. Begin to notice the gait of someone ahead of you.

Allow yourself to fall in rhythm with that person, matching each footfall.

Feel your whole body recalibrate to this new gait.

Feel the swing of your arms, the gentle movements of your skull, and how having to speed up or slow down affects how you see.

Know that you are supporting someone else by meeting them in rhythm.

This is a duet.

[beats continue for 2 breaths]

[Su-Feh:] Put the box on your lap.

Start from the top left and make your way through every single one of the earrings.

Take them out one by one. Visualize where you bought it, or from whom you have received it.

Put it back in its place. Move on to the next one.

[silence for 2 breaths]

[Gina:] After unplugging, carefully remove the upper spool, the bobbin, presser foot, needle, and feed dog. Use the small brush to remove lint or debris from the lower carriage and the thread guides.

[soft rhythmic beat fades in]

Do not use propelled air or vacuum to clean the machine.

Once free of dust and lint, apply the oil provided at the points indicated.

[Vanessa:] Put your finger up in front of you and draw a line in any direction. Imagining it's a snail leaving sticky tracks on the grass. Go that slow.

[knocking sounds join in]

[Conor:] You've smoked 174,720 cigarettes in the past 40 years. Is the next one really going to be that special? Perhaps there's something else you can put between your fingers? Money? At an average of \$6 per pack you spent over \$50,000 on butts. Want more time on your hands? In those four decades, at two minutes per day, you spent around 84 hours desperately searching for a lighter or matches and you were stressed out every second. Just quit. Your anxiety will go up in smoke.

[beats continue for 2 breaths]

[Maiko:] Determine if your TV is a smart TV. Once you've figured out if your TV is smart, connected to your home network, open your apps, find and select the Netflix app. Log into your account. If you don't have one, start one up or use someone else's. Preferably a family member's or close friend's. Browse and select.

[soft beats continue]

[Quelemia:] It shouldn't be there.

That's not our way.

It should have been returned to the earth long ago.

[beats halt]

It's behind glass.

Treated like it's an object.

But you know better.

[irregular high-pitched knocking sounds]

Visit it.

Be with it.

Sing for it.

Share your spirit.

[Su-Feh:] Unscrew the top part of the case and remove it gently. Find the head.

Dip the Q-tip in alcohol and gently rub it on the sides, cleaning all the dust stuck to the head.

Use a new Q-tip if the first one turns gray. Give it a minute to dry. Do not blow on it. Put the case back on and screw it in place. The device is now clean.

[sounds continue]

[Lorna:] You can try surrounding the beds of Swiss chard, bok choy and spinach with tiny paths of crushed eggshells to jab their bellies. Coffee grounds, wood ash or pine needles are also said to rip up their undersides.

[sounds fade out]

You can try digging moats and lining them with shallow containers of enticing beer in which they might drown. Copper mesh barriers will electrocute them just slightly. If you have chickens or ducks or snakes, you could point them in their direction.

Traps can be made by mixing molasses, water, cornmeal and baking yeast and slathering it on sheets of cardboard which are laid bait-side down, in the vegetable bed.

[irregular beats fade in]

Early the next morning, lift the cardboard and scrape the pests into a container.

Place the container in the freezer until they're frozen stiff, then toss them in the compost.

Alternatively, you could bank the plant stems with blankets of human hair, which apparently is repulsive.

[James:] Lay the pants out flat, smooth out all folds or wrinkles.

Shake the can vigorously for at least a minute but if you have it in you, give it another 30 seconds. You don't want to clog the tip.

When spraying, hold the can 14 inches from the fabric and flick your wrist side to side to avoid lumps.

Flip the pants and repeat on the back side, paying special attention to the inner thighs where the waterproofing is likely the weakest.

But don't beat yourself up.

The reality is this may work once or twice before you need a new pair. Still, it's worth the effort not to have to spend another 200 bucks on rain gear until you have to.

[beats kick in]

[Fumiko:] Let your fingers dangle – gently as leaves.

[rhythmic beats suddenly halt]

[Su-Feh:] The best thing to do is to keep the tape in as clean a place as possible. No food. No smoke.

[rhythmic beats fade in slowly]

Any little debris can interfere with playback and gum things up. And watch your fingerprints and dust. You want a clean connection between the tape surface and the playing head.

On this tape are all the sound cues from a 1984 high-school production of Krapp's Last Tape, which is appropriate for archiving for obvious reasons.

[beats continue for 3 breaths]

[Lorna:] Their enclosure must have enough height to allow them to hang upside down

while shedding their skin. This molting is called instars, leaving behind the too small skin as they grow.

[track fades]

Laying anywhere from 100 to 1300 eggs. Females do not need a male to produce offspring. However, these nymphs will all be females.

Mist the eggs with a fine sprayer every two, three days and watch for the tiny bodies to uncurl up to four times the size of their egg.

The hatchlings have yet to develop strong cutting mandibles. So feed them soft newly sprouted eucalyptus leaves.

[slow rhythmic beats start]

They will survive for a year to 18 months if you keep the enclosure hygienic using only water to clean.

When disturbed they will sway and flutter like the leaf blown by the wind and fall to the ground motionless. Blending in with the plant debris.

[beats linger for 2 breaths]

[Conor:] I can't get my mind off the gap. All this news of vacancy demanding to fill it. My memory now projecting onto plywood what once was the life on the other side of the glass. And the street's reflection in the window. The double life of the city.

[beats fade]

Smart chatter, the taste of the olives, wiping fingers with a black napkin, half glasses at once full and empty not either/or, and the busy smell of humans crushed alone in the crowd or desperate for solitude. On closer inspection, the plywood is all knots rippling in waves of grain. Surreal, reframing the void, applying an openness to the emptiness.

[silence for 3 breaths]

[Quelemia:] It's a little tarnished, but it's still beautiful. All it needs is a little clean.

There's a trick to it. Squeeze a small amount of toothpaste in your hand and rub it all over it.

[irregular knocking sounds fade in softly]

Don't use a toothbrush or a brush of any kind. It will ruin the fine lines in the design. The toothpaste will turn black.

Let cool water run from the tap and place it under the stream rinsing off the toothpaste, then dry, it'll shine like new.

[Lili:] Every so often, take an antibacterial wipe and rub it firmly across the screen. The crevices where the case meets the screen, across and around all the buttons and each of its other sides and surfaces. If necessary, use a paper towel to dry.

[beats continue]

[Maiko:] Look for dirt or soil. Imagine digging your fist into that soil and opening your hand.

[beats linger for 2 breaths]

[Quelemia:] Don't touch it too much or take it out too often. You want to keep it in good condition. It may turn yellow slightly, but keeping it in a dark cool place should help. Wrap it and delicate paper. Put it in a box and store it in the back of your closet.

Give it to her at the right time.

[Fumiko:] Every New Year's Day give your otsukemono stone a drink of sake.

[beats continue]

[Quelemia:] Think of the sweetest, simplest smell you can imagine.

[beats quieten]

Let a room or landscape build from that smell.

Let it expand like a letter unfolding.

If there is sound, let it in.

[two soft beats]

If there are people you want to join you let them arrive.

If there is a sky, let it rise upwards and a color that shifts –

[cymbal crash]

as your breath moves in and out.

Sit.

[2 soft beats]

When you're done, fold the letter carefully along the creases and put it away.

Move on with your day.

[silence for 2 breaths]

[Maiko:]

[crack]

Hand drums are made from animal skins and so they must be cared for and treated with respect. Keep the drum out of direct sunlight unless you need to heat it up or keep it in tune.

Due to the nature of the rawhide, it is helpful to glide the palm of your hand over the surface of the drum regularly to allow your natural body oils to absorb into the rawhide –

[2 soft beats]

and to continue to stretch it inwards and outwards every day. According to the weather.

[3 soft beats]

Keep your hand drum in a cool and dry place. Do not place it near heat sources. Unless you need to tighten the drum head to play.

[3 soft beats]

Use your rawhide drum often and hold it next to your stomach when it's cold out.

[beats continue for 2 breaths]

[James:] Peel all the tape off the blade and make sure there are no little tags left.

While none of us are superstars out there, even the smallest bump can make the puck unexpectedly change direction.

[beats stop]

When re-taping, start the tape run on the backhand side and then, in quick tugs, yank and wrap, yank and wrap. The overlap should be no more than half of what has already been laid down. Yank and wrap, yank and wrap.

[irregular sounds fade in]

The last tag of tape should also end up on the backhand side.

[Quelemia:] Share it, hang it by the front door so it's the first thing everyone sees when they come in. Its story lives on that way.

[beats continue for 2 breaths]

[Su-Feh:] He parts his hair to the left. Draw the bangs over to the side and secure the clip. Careful not to pinch his scalp or the skin of his forehead.

His hair is getting too long.

[beats continue]

[Vanessa:] There's that book by that famous Buddhist. Take it off the shelf. Recall the last time you needed this book; when you got a divorce and had to split up your cats.

Find the part about meditating, skim the instructions, opt out of keeping your eyes open. That seems advanced.

Dig tea out of the cupboard, the herbal kind. Let it steam gently as you try and remember the Tibetan word for suffering.

Suffer.

Move your legs.

Suffer.

Breathe.

Suffer.

Later, cut your hair with a sudden impulse.

Turn to face the bleak curve of your scalp in the mirror.

Suffer.

[irregular beats fade slowly]

[Su-Feh:] Put the plug in place and turn the dial on the tap three quarters.

Test the temperature of the water by running the fingers of your right hand under the stream for a few seconds.

When the bath is half full, sprinkle in a cup of Epsom salt.

Fill the tub the rest of the way.

Get undressed. Step carefully into the bath, right leg first and then left.

Allow your feet and ankles to get used to the water –

[irregular beats fade in]

and when you're ready, slowly lower the rest of your body into the bath.

Stay in a squat position for a minute or two, wrapping your arms around your knees, then lower yourself fully and extend your limbs.

Lie back.

Close your eyes.

Try not to fall asleep.

[beats linger for 2 breaths]

[Norman:] Wash your hands with soap in hot water for 20 seconds as if it's some kind of luxury. And then, touch every millimeter of your sweet face as if it's your only vacation.

[beats linger for 2 breaths]

[Aryo:] Milk and sugar are poured in together.

Blend slowly for some time. Now add some baking powder. Blend till it's soft and creamy but not runny.

Take a spoonful, and drop it into a pan of boiling oil.

When fried gold, remove from the pan and dress with sugar powder.

[beats continue in a slow, steady rhythm]

[Donna:] You should wash it every now and again. But not with a coarse cloth. Scratches don't impact the bike's performance, but it does hurt its look, and why not keep it sharp? And when I say every now and again, I mean every couple of months or, at minimum, every season. The dust it will pick up in the summer is much different than the rain soaked filth of the fall.

[Maiko:] Rabbit fur mukluks may be worn in the snow and rain as long as care is taken to properly dry them out. If your mukluks get wet, shake off excess water and pat the surface dry with a thick towel. Apply pressure with the cloth in areas where they got really wet. This includes both the leather and the fur surfaces.

Once you've dried as much as you can allow them to fully dry out before you wear them outdoors again. You can crumple up newspapers in your hand and place them inside if the moisture seeps through, and remove and replace these until the moisture is absorbed through this process.

Keep your mukluk stored in cool dry places.

[beats fade out slowly]

[Norman:] Mom and Dad always shined up the patio furniture in the spring using teak oil, when in fact, it's better to use a teak sealant instead.

[beats pick up speed]

Reason is teak produces its own oil naturally. So what you want to do is to lightly scrub or sand the gray winter fade and moss off. Then get it out in the sun for a week or so. Assuming the sun appears in the Vancouver spring.

A little suntan will open up the grain and get that natural oil flowing. Then you apply the sealant. You should be good to go until next summer.

[beats linger for 2 breaths]

[Maiko:] Do not place other objects on your cedar hat. Keep it out of direct sunlight when not in use. Occasionally wash your cedar hat in river water or tap water if that's all you have access to. You can rub small amounts of coconut oil into the weave on both sides. The cedar will absorb the oil quickly.

[rhythmic beats slow down]

And when you've done this, place it in a cool dry place out of the sun.

[Fumiko:] I am not the best person to offer you instructions of care because I am a person who loses so many things. I have been called "distracted". I have been called "careless". Many precious objects have disappeared over the years; rings, necklaces, fountain pens, beloved books. When I was a small child, I lost my favourite stuffed toy. A white rabbit, who had turned grey with adoration... I have not lost this otsukemono stone. Because it is big. A good eight pounds or more. It is hard to lose an otsukemono stone.

[beats pause for 2 breaths]

[Gina:]

[beats continue]

Museum glass, while expensive, is the preferred glazing for photographs, drawings in graphite, pencil, oil, stick, charcoal, permanent marker, as well as silk screens, wood cuts, lino cuts, and other prints. Frame preparation includes acid-free backmats, window mats, and hinge tapes. Once all is in place, seal the back of the frame with a thin bead of white glue, adhering a neutral paper. Sand off the edges of the paper and apply silicone bumpers on each corner to protect walls.

[rhythmic beats fade slowly]

[Fumiko:] Sometimes offer the otsukemono stone a seat at the kitchen. Leave them there at least three days. To let them know they are an important member of the household.

[silent pause]

[Su-Feh:] Look over your shoulder.

Wait.

Return your gaze to the front.

Look over your shoulder again,

[beat]

quickly this time.

[beat]

What do you notice?

[irregular sounds continue]

[Conor:] I don't know how many times I go to someone's place and records are stacked in a disorganized pile beside the turntable. Drives me to distraction. It's akin to seeing a bunch of rusting cars up on blocks in our front yard. Not only is it challenging aesthetically, but the uneven pressure of vinyl in a horizontal stack can warp or distort the records. You might as well leave them in the sun in the backseat of a car. Take the time to file vinyl properly in alphabetical order. Be adult about it.

[irregular sounds linger then fade]

[Lili:] Place a few small stones or marbles in a shallow dish. Add half an inch of clean water. Place it in your garden or someone else's. The bumblebees will thank you.

[rhythmic beat kicks in]

[Whess:] There are a few models of CD cassette players that were immensely popular in high schools in the mid 2000s. These hardy models seem to require hardly any care short of avoiding dumping soda in them. It's probably best to avoid dropping them though this seems to cause more damage to the CD inside of them from falling loose and getting scratched. Dust occasionally and enjoy being prompted by silence to get up and flip the tape or change the disk.

[rhythmic beat continues]

[Vanessa:] The edge will sometimes unravel and it need not be mended right away.

Take the threads between your thumb and your index finger and feel the texture of the cloth. Hold it gently, running it along the pad of your finger. Try and count the stitches solely by touch. Think about the first time you used this item or the last. Or if you can't remember either, just run your finger along the broken bit and leave it be.

[Gina:] Clean your home as if you are an endurance runner.

[beats fade out]

[Norman:] You use a handy wipe.

I always carry handy wipes.

You need a handy wipe? Here I have handy wipes.

You'll need it for the video screen.

They say that's the most germ ridden part of an airplane.

[suspenseful, echoey track fades in]

Just take one.

Go on.

Have a handy wipe.

[Amber:] Muddle mint, snip rosemary, grate fresh ginger. Be daring with a few peppercorns. Add a pinch of herbs to each cube in your ice cube tray. Your next glass of ice water is going to be a party.

[silent pause]

[track continues]

[Maiko:] Because we've been taught to imagine ourselves in pieces, as if body, heart, mind are three different people inside of you. How many more have been sequestered.

The first motion is to reunite them with compassion and tenderness.

[track fades]

[Whess:] Since teleporters hit the market en masse, it's profoundly affected the real estate market. You can live anywhere and with the advent of mass receivers and most workplaces, there's less to worry about in daily commutes. However, neglecting one's regular maintenance schedule and debugging routines can result in bizarre and excruciating injury and truly gruesome fatalities. If you do not feel appropriately equipped to run your diagnostics independently,

[rhythmic beat start]

please attend one of the many regularly scheduled and fully funded classes and receive your maintenance license or hire the appropriate professionals. Maintenance fees can be waived when filing your taxes under the computer efficiency credit.

[beats continue]

[Lorna:] This is a time for the collections we've forgotten about, those groupings of stuff that were accumulated, like with like, and stashed. I don't know about you, but I rarely look at these things except when I'm moving house or compelled to do a major cleaning.

They're tiny origin stories. Some may evoke stronger memories than others, and connect in some way with ours.

It can be restful to go through things, a break from the urgent, although it's easy to get bogged down in indecision about whether to give them away or toss them out or what.

If the things themselves no longer hold interest, then at least we can distract ourselves with how they came to be there and how the categories and filing systems were decided upon.

Seriously, remember sitting on the fence about a long ago romantic interest but –

[beats grow in intensity]

ultimately being swayed in their favour because their record collection was stored alphabetically? These things matter. Is it size or colour? Chronological or by weight?

Collections are always about the past, about past decisions, about past decisions unmade.

Okay, enough self reflection, put it all back.

[beats continue]

[James:] It's an old burnt orange pick-up named Commando Ron from 1977. I had the CD player installed in the glove compartment to deter thieves. It's the last vehicle I had with a choke. Make sure the choke is pulled out all the way when you start it cold. It only has 4 speeds so sometimes on the highway you might want to throw it into fifth, but don't even try. It's not there.

[beats fade]

[Lorna:] Every once in a while, wash your birch bark and cedar root basket with water. River water is the best, however, tap water will suffice. Cool or tepid water is best. Hot water may warp your basket. Once you have given your basket a rinse,

[rhythmic beats return]

pat it dry, or shake off excess water. Allow it to naturally dry and then store it in a dry, cool and shady place.

[beats linger for 2 breaths]

[Aryo:] Lift your leg. Take a breather and kick with controlled force. Kick and kick till you cover the whole room.

[Vanessa:] Hold your breath, and see if you can feel your heartbeat.

[Maiko:] Roll over and carefully place your laptop on the concrete floor. Slide it gently under the bed, far enough so you won't step on it the next morning when you wake up.

[beats halt]

[Whess:] It's a key-chain; it's hand made but it wasn't meant to be something for your wall or treated in a way that assumes that its preservation is what's precious about it. Put your keys on it. Carry it in your pocket. Press your thumb into the beaded surface when you're nervous, tug on the leather when you're bored.

[rhythmic beats fade in softly]

The care is in keeping it close, along with the affection of the one who made it for you. When you're far away from home or when you're opening your door to come home, it's a quiet way of being with you either way.

[beats continue]

[Amber:] Never wake a sleeping cat. Especially not a Siamese. Ssssssssssss.

[beats linger for 2 breaths]

[Maiko:] Holding the handle of the brush firmly in your right hand, grasp the loose hairs caught in the bristles with your left hand. Repeat this action, until all, or most, of the hairs are collected.

[beats pause for a breath and then resume]

[Su-Feh:] It doesn't turn over, but it's on blocks in the backyard. I still run power to it every now and again to run the eight track. I thought it might be good for kids to play in, or maybe as some kind of planter. What if I set up a projector somehow and made a backyard drive-in movie experience?

[beats linger and fade out]