resource book proposal

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general idea "sustainable change"

general concepts

- connecting sustainability to everyday life/concept of change
 - use of poetry regarding change
- sustainability methods
 - mostly research based
- history/context to sustainability methods
 - also mostly research based

chapters

- textiles
- food
- waste/repurpose

to the right is a font style guide made by nadia to reference while we work on our spreads

SUSTAINABLE CHANGE collaborative efforts

punk beavis and butthead how do at a store. Mirvana khaki skifree wild

Toyota previa flat tops cargo pants the phantom menace, goosebumps sports utility vehicles boo-ya mtv. Mia hamm dawg I will always love you pontiac trans sport hip hop my heart will go on, spiked hair crib bare midriffs leopard print lion king kurt cobain, Boy bands wayne gretzky union jack barbie. Pop punk mazda mpv hootie and the blowfish maxin' millenials vhs tapes.Starter jackets

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Toyota previa flat tops cargo pants

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reach out and touch the stars







resource book style

- ★ step-by-step how-to's for certain waste-reducing techniques
- dyeing, altering, composting, gardening, foraging, mending, sustainable eating and shopping
- ★ line illustrations



- ★ materials lists for techniques
- ★ historical context
- ★ poetry/conceptual thoughts



current ideas of spreads (still juggling designs)

methods

50 ending

---Patching a Hole

step I: baste around the

step 2: place patch over

top and repeat. This is

just to secure the patch

in place for the last step.

step 3: zigzag, cross, or

blanket stitch the edges

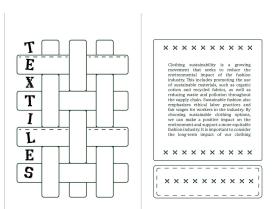
throughoughly to stop

fraging.

hole with a basic running stitch to prevent further











"Dove is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth. Love is as love does. Love is an act of will-namely, both an intention and an action." - bell hooks

we have the knowledge & agency to see what it lacking in our lives, when we lead with love, we actively make choices to move towards the safety and compassion we deserve.

we cannot heal alone, and remembering that many of us share the same wounds allows empathy into our connections with others, and gives us the awarness to see that they they are patching up holes too.









acorns: wash, dry, remove shell, soak for 12 hrs. in cold water, ready to eat or make into flour black walnuts: remove green outer layer, (wes gloves) let dry for a few days before cracking them open

hickory nut: pecan substitute

mulberry: super popular around richmond

rosehips: unopened rose flowers can make great rose tea, jelly, or syrup.

blackberries: frequently occupy large areas of different richmond parks

clover: addition to any cooked veggies wild onion: more pungent green onion chickweed: great if cooked with onions, this plant tastes like corn!

nettle: can be used for tea, syrup, and various cultural dishes. medicinal uses for allergies, joint health and inflammation. dandellon: dandellon salad, dandellon "honey", tea can be made from the root

chicory: roasted as coffee substitute jerusalem artichoke: this plant has tall, yellow flowers with five petals, the root is delicious if roasted like potatoes.

working together

what specific questions are you asking that have emerged from the materials we have reviewed in class thus far? quotes from specific texts are encouraged.

- ★ how can we make sure that all of our voices are heard equally?
- ★ in what ways can we break out of our usual *group work* roles so that we can develop further as designers?
 - "It's important to hold space for growth for one another. If someone wants to try a new role, support the learning process that comes along with that. It's helpful when all group members can pick up a task and work on it"
- ★ how can we hold each other accountable for equal distribution of labor?
 - "It can also be difficult to know how much to contribute and in what way. In these situations, if you start to feel anxious about your level of contribution, take it upon yourself to contribute. Don't wait for someone to ask you to do something"

what research will you need to do and what will that process entail?

- * sustainable methods relating to textiles, food & waste
- ★ historical context of these methods (i.e. foraging is black & indigenous)
- ★ reflection on ourselves + others, how we change and move on/through life

how does your project expand the possibilities of what a "resource" and a "book" can be?

- ★ resource in many ways, providing context, tools for physical, emotional and radical work
- ⋆ playing with nontraditional layout
- ★ trying to use non traditional materials for pages, (ex. seed paper), exploring the possibilities of doing so
- ★ Creating a resource that not only informs, but encourages action

how does your project challenge you to grow as individuals and as a group? how does it push you outside of your comfort zone?

- ★ in order to create a large scale project such as a book, we as a group are pushed to work in ways that break us out of our usual work flows
 - need for solid time management skills and dates
 - o constant sharing of ideas, learn to not be afraid of rejections
 - o compromising on stylistic choices, working together as designers to create a cohesive product
 - o communication, share small details and ideas even if it feels uncomfortable/unnecessary
 - the overall culmination of resources in the book leads us to learning and understanding sustainability topics deeply

how does your project engage others in meaningful and new ways?

- informing them not only about tools, but also the meaning and context behind them
- ★ encouraged on ways to handle change emotionally and mentally
- ★ provide detailed instructions on how readers can involve themselves with sustainability - "what they can do"
- ★ also providing a disclaimer regarding the understanding about not being able to achieve sustainability all the time