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TABLE OF CONTENTS

Light the Fire - Salty

Community Momentum - Randolfo Raccoon

Where is God - Philip Phillips

Idols - emptychildart

Fall Gardening Tips & Winter Pet Tips - LadyPlants

Thank you for gracing us with your eyeholes if but for a minute. Wherever you've found this I hope you gain something from our thoughts Thanks for reading. - *Salty*

Trashbird Distro is a decentralized art and mutual aid network based out of Orem and Provo. If you want to get involved or want more information contact us on Instagram.

No Gods. No Masters. Only Trash.

Hork.







"Every storm begins with a single raindrop. You must be that raindrop"

-Tekoşer Piling, Martyr

Together we are stronger than those that hold our necks, the state monopoly on violence is a critical threat to our communities.

> LIGHT THE FIRE TOGETHER

United States means united communities. Not a system of social control through news networks. Trump lies to you. Biden lies to you.

LOCELHEK FICHL LHE EIKE "Do you feel better having someone lower than you?

Whose neck shall I stand on to make me feel superior, and what will I have out of it?

I don't want anything lower than I am. I am low enough already.

I want to rise, and to push everything up with me as I go."

-Rosuara Revueltas as Esperanza Quintero "Salt of the Earth" (1954) You don't have to look very far to see that the powers and institutions that we are expected to entrust with our wellbeing are failing us. We work for stagnant wages while billionaires rob us of our time and energy, taking the value of the products we create and the services we provide to hoard for themselves. They buy our politicians and influence the legislation that shapes our lives. We are kept too busy and drained of energy to put up a fight, placated by the never ending deluge of frivolous products and formulaic media that tells us "this is the only way".

They have convinced us to center every aspect of our lives around consumption. This sickness has replaced our community festivals with pop-up tent strip malls. Our parades are four hour long commercials. We celebrate weddings by checking off the boxes on a shopping list. When loved ones die the first thing a grieving family has to worry about is "How will we pay for this"?

Our children will remember every Christmas and every birthday by the products that were purchased for them that year. The majority of our culture and public discourse is dictated by whatever series and movies the endless subscription services and media monopolies decide to release. How many of us try to slow the ever darkening void in our souls by constantly checking the shipment status of our packages?

This disease enriches a tiny percentage of the population at the expense of our lives, our relationships, our communities, our planet, and every organism that lives on the face of it. This disease enriches a tiny percentage of the population at the expense of our lives, our relationships, our communities, our planet, and every organism that lives on the face of it. The grim reality of the situation is - those in power have no interest in finding a cure.

On the contrary, it is in their best interest to keep us as sick as possible, indefinitely. Buying more stuff is never going to fill the void inside. Climbing the corporate ladder will not replace true friendships and relationships. Voting will not help us escape. It can temporarily mitigate some of the damage, but the interests of the many will never align with the interests of the powerful few.

The politicians will not save us, the billionaires will not save us, the militaries will not save us, the police will not save us, the corporations will not save us.

We are going to save ourselves.

This realization should fill you with hope, not despair. We have the authority to grant ourselves permission to stop waiting and act. The chains that bind us are phantoms, incorporeal projections made real by our fear. But changing a society takes a society, this is no war for heroes. It is a war that will be won by the sum total of millions of tiny acts of courage. Each one of us is a single muscle fiber, we do our part and trust those around us to do the same. With every tiny twitch in every individual cell, the mass becomes faster, stronger, better coordinated.

It will take time and consistent effort, but we can stop using our collective power to benefit the elite and start using it to benefit ourselves.

We can improve our conditions, live healthier lives, stop stepping on each other to get ahead and start pulling each other up.

The first step is killing the rugged individualist in your head. We have to accept that we will never be able to meet 100% of our own needs 100% of the time. Each one of us is infinitely complex, forever in flux, and our strengths and capabilities will always reflect that. We need to know when to ask for help, when to coordinate efforts, and when to share resources.

If you were magically granted an extra 5 hours a week, with the only stipulation being you must spend that time doing something you are passionate about, what would you do? Would you visit friends you haven't seen in a while? Start a garden? Learn an instrument? Finish a book? Help an elderly neighbor care for their yard? Would you take on more responsibilities at church? Improve your fitness? Cook healthier meals? Host parties? Deep clean your house? Go to a museum?

Perhaps after a month or so of doing this you would start to feel happier than you've been in a while. Maybe you would see the people you care about struggling and want them to have what you have. What would you be willing to do to make that happen for them? This desire inside of us to improve each other's lives is the seed that community momentum will sprout from. There is a strong possibility you are already organizing in this way and you don't realize it. Do you have a group chat with friends who you see on a somewhat regular basis? Do you check in on each other? Offer to help if they're struggling? If not, start. If you already do, level it up. Make it intentional.

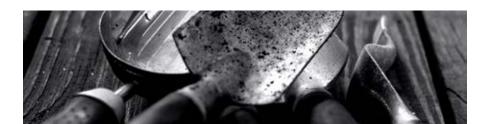
Something as simple as a group chat where the sole purpose is mutual aid and sharing critical information. Encourage the people in that chat to do a similar chat. Keep it small, no more than 6 people. Perhaps have two, one where you're more proactive and checking in on people, another where someone else is checking in on you. If everyone in those chats follows a similar pattern, we've created a scalable, decentralized mesh network of mutual aid. Here are just a few possibilities of ways this model could work:

1. Someone asks for help in Chat A , they're falling behind on chores this week and needs help with their yard.

2. The four people who are in Chat A check amongst themselves and find that they'll all be out of town on the day they need help, but promise to pass it along to their other organizing chats.

3. Two people from these extended chats are available and willing to help, and are put in touch with the person who needed help.

4. They get the chore done in less than a third of the time it would have taken a single person. New friends are made, the community is strengthened.



1. You receive word that someone nearby is moving and wants to give most of their food to someone who could use it.

2. This message is passed through increasingly extended organization circles until it has all been distributed, easing grocery burdens on local families and decreasing food waste.

1. Someone's organizing an impromptu protest against a police action that happened that day.

2. Word of the meeting spot quickly permeates through hundreds of organization circles, untraceable in origin.

3. Hundreds who otherwise would not have known about this event mobilize and create a presence to be reckoned with.

This is just one idea, you probably have better ones and you should share them. You can enact change. There is a way out, we can find a path forward to organizing ourselves in new, radical, creative ways. We don't need to keep living with this emptiness inside of us, desperately trying to convince ourselves to just be content with our lot, that the system we were handed is the one we will hand our children. So with love, understanding, empathy, and the primal courage of an animal backed up against a wall, let's make some change.

"Do you want to be more limited than the limits?"

- Joseph Dejacque



by Philip Phillips This nation is broken

This nation has been broken from its conception

This nation has been broken since colonizers brutalized the indigenous people of this land

This nation has been broken since it displaced those people to the the most barren, sterile, unforgiving pockets of this land

This nation has been broken since it stripped them of their identity, their loved ones, their homes, their community

This nation has been broken since it demanded that these people be grateful for the scraps of life that they were left with, for they know how easily those too could be callously plucked away

This nation has been broken since the enslavement of Africans, relying on their bodies and lives to create an economy from which they saw no benefit

This country has been broken since the creation of borders, restricting the free movement of people like water through a braiding wild river, blood through our veins

These things have been promoted, defended and ultimately excused as the will of God

Manifest Destiny

One Nation Under God

In God We Trust

But where is God

Where is God if not in the mountains that have been stripped of trees

Where is God if not in the Earth that has been mined, drilled, and poisoned

Where is God if not in the waters that have been drained and filled with sewage and trash

Where is God if not in the sound of birds chirping, wolves howling, insects buzzing?

Where is God if not in the faces of family, friends, lovers, and strangers?

Where is God if not in the experience of sharing food, laughter, sorrow, and love?

Where is your God in the forbiddance of love between consenting adults

Where is your God in the regulation of bodily autonomy

Where is your God in the destruction and defilement of nature

Where is your God in the love and acceptance of fellow human beings conditional that they look, think, love, and act the way you do?

Where is your God in the hatred of what you do not understand?

Where is your God in the refusal to keep this planet habitable for your children and those yet to come?

Where is your God? Because I cannot see Him.

I see a country broken with cracks and fissures so deep that no glue can seal

I see a country that is rotten and festering that no medication can remedy

Like a malignant cancer, it must be ripped from the root. Attacked from all sides

There can be no mercy when the will to live is being ripped from us and those we love

We can change nothing within this system if we confine ourselves to the rules it puts forth

We must take its power, revoke it of its ability to govern and subject us to its will

We must violently defend those we love

We must live and work for each other, with each other, and love each other

We must pull the plug on this dying and failed system so we may flourish together

I refuse to obey a God I cannot see.

@emptychildart



by Lady Fingers Plant your garlic now!

Here in central Utah, we are in hardiness zones 7a and 7b. Some of the best garlic varieties for our area include the German Extra Hardy, Inchelium Red, Chesnok Red, Red Touch, Music, New York White Neck, Spanish Roja, and Idaho Silverskin. Pull the individual cloves apart and plant point side up. Plant them 1-2 inches deep and 4-6 inches apart. Cover with mulch up to 6 inches deep.

If you miss the window to plant this fall you can also refrigerate the bulbs for a couple of weeks in the fridge before planting them in Spring, although your bulbs will probably grow small than when they are planted in the fall.

It's also time to start winterizing your garden. Remember to check the proper care for each of your plants online and disconnect and drain any hoses you have left in the yard. Although you won't have to do much work for your native plant species.

WINTER ANIMAL CARE

The cold season is a great time to spend indoors with our furry friends. As we prepare our bodies for hibernation, we tend to share a lot of our food with our four-legged loved ones. While this is a great bonding experience it can lead to serious health problems for our pets. Too much fat, oils, and seasonings (i.e., onion, garlic, and salt), can cause serious GI distress. To avoid this, if you are going to share food with your pets make sure it isn't seasoned and given in moderation. Your dog will love getting 10 small pieces of chicken more than they will 1 large piece.

Watch out for in dogs:

If your dog has diarrhea for more than 3 days take them to the vet. If they are vomiting several times a day take them in sooner.

Watch out for in cats:

For cats, if they are not eating for more than a day they should go to the vet right away, fatty liver disease can set in in just 3 days if a cat doesn't eat. Vomiting can be normal for cats so watch for undigested food and if they eat later after vomiting. Excessive vomiting should be discussed with your vet. Like Underground or Local Music? Community Events? Want to meet us?

Check out our Internet Radio, Instagram or Discord.

