

Sound Mark #2 - Waterfall at Birdrock Ave. and La Jolla Blvd

- Water sounds are often used in urban planning to mask unpleasant sounds. How does standing in front of or behind the fountain change the effect of the street noise?
- How does turning your head left and right toward and away the fountain affect its sound? Try closing your eyes
- Imagine all the people who may have walked by this spot today. What could they have been doing/saying? Imagine you are an insect sitting on the edge of the fountain, feeling the vibration of the water hit the bottom and the way it shakes your tiny insect feet, what would it all sound like? Imagine the details, looking for the highest and lowest of frequencies.

Sound mark #1 - Kalabash Front Patio

- There are two walls dividing sound. Walk the patio. Notice the soundscape as it changes. Stand with a view of the mural by Aaron Clason.
- Imagine the mural coming to life and the sounds it might make. How does the music sound? The flip of the page in the book, the drawing pencil as it glides on the paper, the wind instrument and the sound of glass breaking as the flower grows through the screen.
- Remember the last playful time you had with good friends. What do they mean to you?

Sound Mark #3 - Walk to Coast down Birdrock Ave.

- As you get further from the main road, the soundscape usually shifts from more traffic noise less ocean to more ocean less traffic. Imagine, the more the traffic noise lessens, the further back in time we are going.
- As we approach the water, consider your ancestors. Did they travel by water to bring you here? What did it sound like when they arrived? If they were speaking a different language, what did they sound like? If you don't know too much, just imagine something.

- Sound Mark #8 - Walk Southbound Alley behind Kalabash**
- Think about your trash, your garage, and what you keep "behind the scenes."
 - Alleys often have interesting acoustics, giving sound opportunities to bounce around, wrapping itself corners and objects, and eventually dispersing.
 - Pick a thought to focus on relating to your life "behind the scenes." Carry the thought at the front of your head and feel its weight pull you forward. Pick an initial, diagonal trajectory toward Kalabash garden and, like a game of pool, follow the path of reflectivity through the alley.

Sound Mark #4 - The Coast

- Listen to the sound of the waves hitting the rocks.
- Match your breathing with the sound and image of the waves hitting the rocks. For every strike, breathe in deeply, returning the present moment. Exhale as the waves recede back to the ocean.
- Try closing your eyes to simply listen. Once you feel ready, seal it off with a breath to hit your heart like the waves on the rock, and a breath out to ground the power of the strike.

Sound mark #7 - La Jolla Bike Path

- Make sounds with your feet and sticks while moving across the path in celebration of your life. Every sound you make lasts for a short but sweet moment and, like the sounds you make, we too are just vibrations, here then dispersed and gone.
- Pick a color you see on the path to be your life force color.
- When you see this color, you can't help but put more "umph" into it

Sound Mark #5 - Walk to La Jolla Hermosa Park

- There are a ton of great plants well kept alive and thriving under the care of great gardeners. Pick a plant you like on the way over and decide what the plant would sound like if it had a sound. You can describe its personality and/or give it a sound/quote/accent.

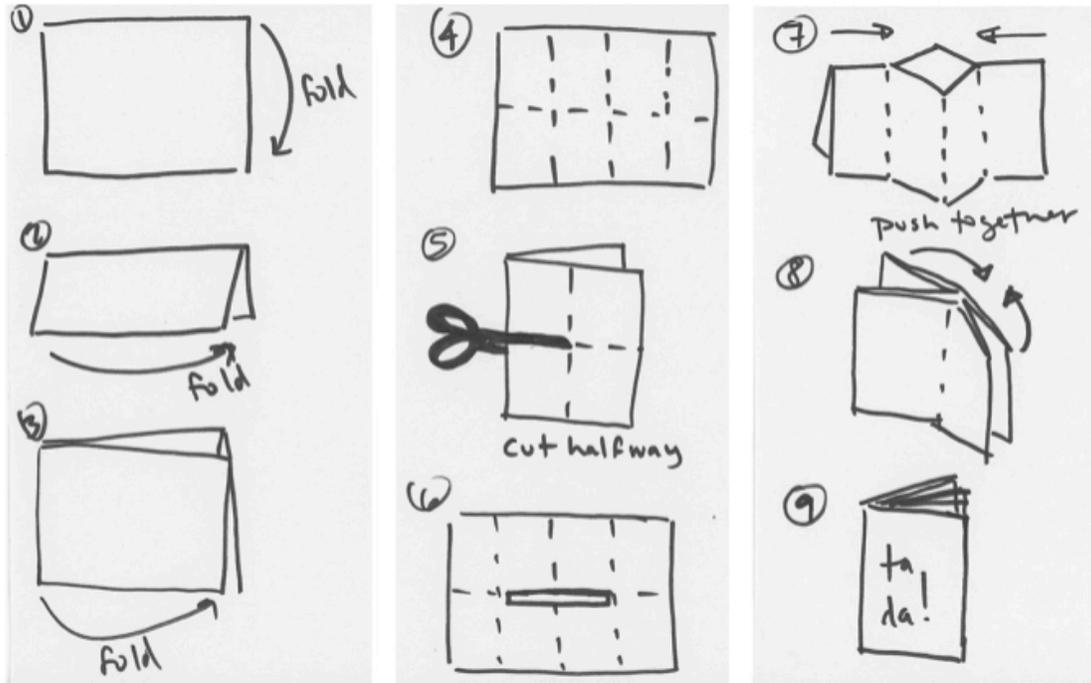
Sound Mark #6 - the coastal park

- In a coastal community, the immense vastness of the ocean meets the anthropological homeland. In our lives, we are sometimes face to face with the enormity of time, and as a result, our own mortality. Imagine the white fence is the point of separation between life and death. Listen to the sound of the wind on your ears and the way wind defies this boundary. Listen for the sound of wind on the plants and anywhere else you hear it. how wind is not partial to anyone or anything and will blow right through the fence.

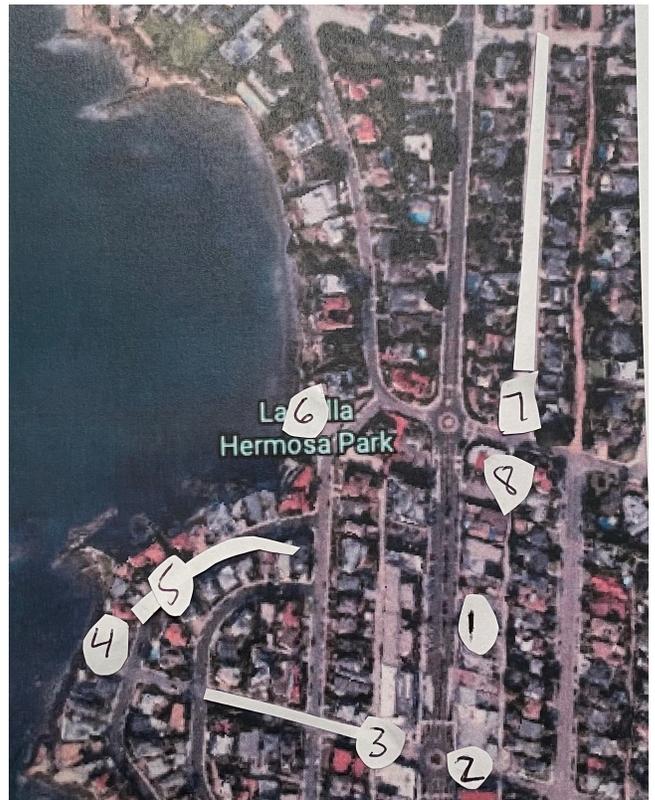
Instructions:

1. Print page 1 and fold as follows

Zine folding instructional image from AnnaBrones.com



2. Walk this sound scape route and follow the instructional prompts.



Sound Mark info

This walk was created in fall of 2020 by Lexi Pulido, a multi-media artist based in San Diego CA as part of her 8-week Sound Art Group Workshop series at Kalabash School of Music and the Arts. Pulido was inspired by the Elastic City walks of New York. Through the lens of its sound, participants are invited to combine imagination and self reflection with the living, sounding world around Birdrock, CA.

Notes on Soundscapes

Consider the potential makeup of the urban soundscape, a combination of geophony, biophony, anthrophony, and resonance of the landscape
Consider associations and expectations of the space, and how they affect our interpretation.

Consider the impact of the sound signature, a soundscape's cultural, personal, and social associations, as well as the mood or attitude.

Geophony - sound generated by natural physical groups

Biophony - sound generated by non-human organism

Anthrophony - Human activity sounds



Sound mark #1 - Front of Kalabash

There are two walls dividing sound. Walk the patio. Notice the soundscape as it changes. Stand with a view of the mural by Aaron Glasson.

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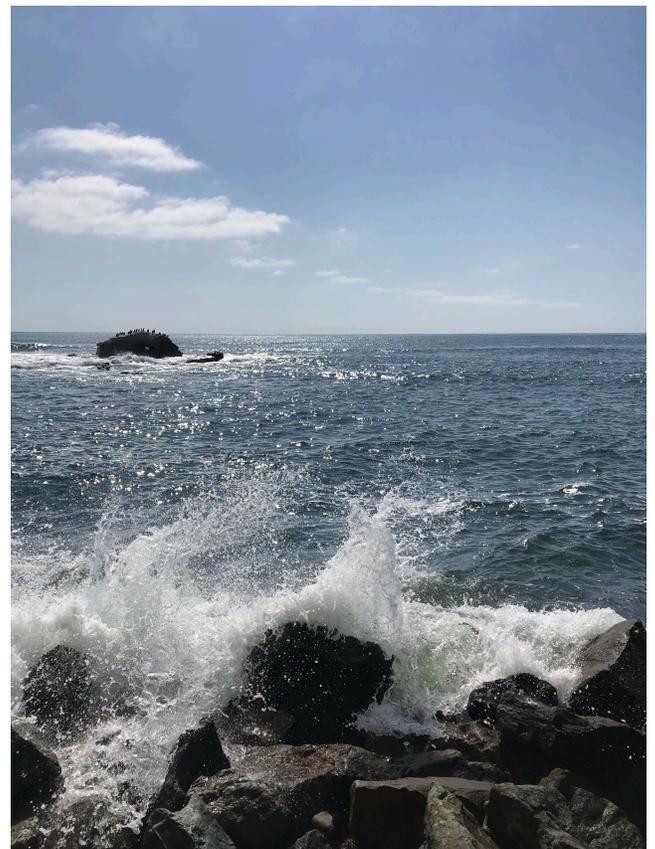
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