



ROCK

TOOL BOX



GRIS
ROCK
DSM



Search the front
and back covers for:
10 instruments
an insect
2 reptiles
3 fruits
Des Moines spots



We Love the Sound



the sound is what found us



Cat Rocketship

© boomami

THANK YOU!

Since 2013, Girls Rock! Des Moines has been empowering cis-girls & women, non-binary, and trans youth & adults through self-expression, creative agency, and mentoring in music & arts-based education, collaboration, performance, and production.

Welcome to the Girls Rock Toolbox, a comprehensive collection of resources for creatives like you on your never-ending artistic journey. GR ⚡ DSM is dedicated to supporting emerging artists, motivating future leaders, activating innovators, and encouraging late bloomers. By sharing knowledge and information within our arts, culture, and music communities, we help these ecosystems flourish. The more we share, the more we know, the more we grow.

We'd like to take a moment on the mic to say a real loud "THANK YOU!" to the individuals and organizations who made the Girls Rock Tool Box project possible and *awesome*. Like forming a band or cutting an album, it's the talents & contributions of many who make the finished product really rock.

Gratitude to the Iowa Arts Council for extending the grant to fund this project. Thank you Meg Eastwood for your expert project management and dedicated volunteerism even from afar. Thank you to each of our additional contributing artists and collaborators: Meghan Baltas, Mia Buch, Rachel Buse, Kat Darling, Torina Gedler, Jazmine Johnson, Indigo Moore, Goizane Mullin, Lisette Murphy, Amy Putney Koenig, Cat Rocketship, Annie Sarcone, Jill Wells & Taylor Whipple. Your talents, time, insights, energy & art have made the Tool Box the stellar resource that it is! Thank you as well to the Iowa Department for the Blind for providing the braille included in the Tool Box. And much thanks to the Project 7 Design team for extending your expert skills to the project.

Thank all of you for being instrumental to our synergy at Girls Rock Des Moines & putting a stellar resource into the hands of our community! You ROCK!

Warmly,



Rachel Gulick
Executive Director



DEDICATION

Our Humanities Collaboration project is dedicated to the legacy of Jean Classon. Jean was a founding board member for GRDSM and served as the Treasurer and Accountant for our organization until her passing on May 26th, 2023.

As a youth, Jean played trombone throughout her middle and high school years. Sitting in this first chair, principal position, was the first time Jean got a sense of what liberation felt like. As a trombonist, she had no one in front of her, and music was a key to realizing her potential, and she got to work.

Jean's activism began at the age of 16 in Alden, IA, after reading Betty Friedan's book, "The Feminine Mystique." Friedan's book articulated Jean's experiences with the inequalities of being a girl in such a way that she felt compelled to get involved in the Women's movement. At 21 years old, Jean founded both the Des Moines AND Iowa chapters of NOW, the National Organization For Women — the second oldest in the nation, next to Chicago, where the organization began.

She recognized the need for cis-women to take up leadership positions, especially in the board room, and forged a path for countless, emerging organizations to come. Accounting has always been Jean's passion, and she has always felt driven to provide leadership within non-profits serving women & girls, through a skill set not commonly held by Women, in the early 1970s. She was doing the work, and protesting in Washington D.C. when Roe v. Wade passed. Protest has always been a major form of activism for Jean, and her advice to folx protesting today is "Don't give up, [it's] back to basics."

Fun facts about Jean and her legendary "Classon Accounting" business: she was the accountant for the Val Air Ballroom for about 20 years; she once paid Snoop Dogg in cash for a show at the Val Air. Jean also met her favorite musical artist, Rick Springfield, through working at the Val Air; "Don't Talk To Strangers" was her favorite Springfield tune.

We're celebrating Jean because she has always been a mentor and Mother to our organization. Mentors include those of us who spark ideas, feed others with inspiration, ignite fires from within, and lead exquisitely, exemplary lives, often without much awareness or fanfare of the ways in which they've manifested change for countless generations. Interpersonally connected to her or not, through something as gloriously geeky as numbers, taxes, and accounting, she brought about a tidal wave of liberation for us all.

We see you Jean Classon, and we love and appreciate you ever so deeply. ***Rest In Power, Mother of the Women's Movement.***



Second from the Left - Age 28



Jean & Myrtle

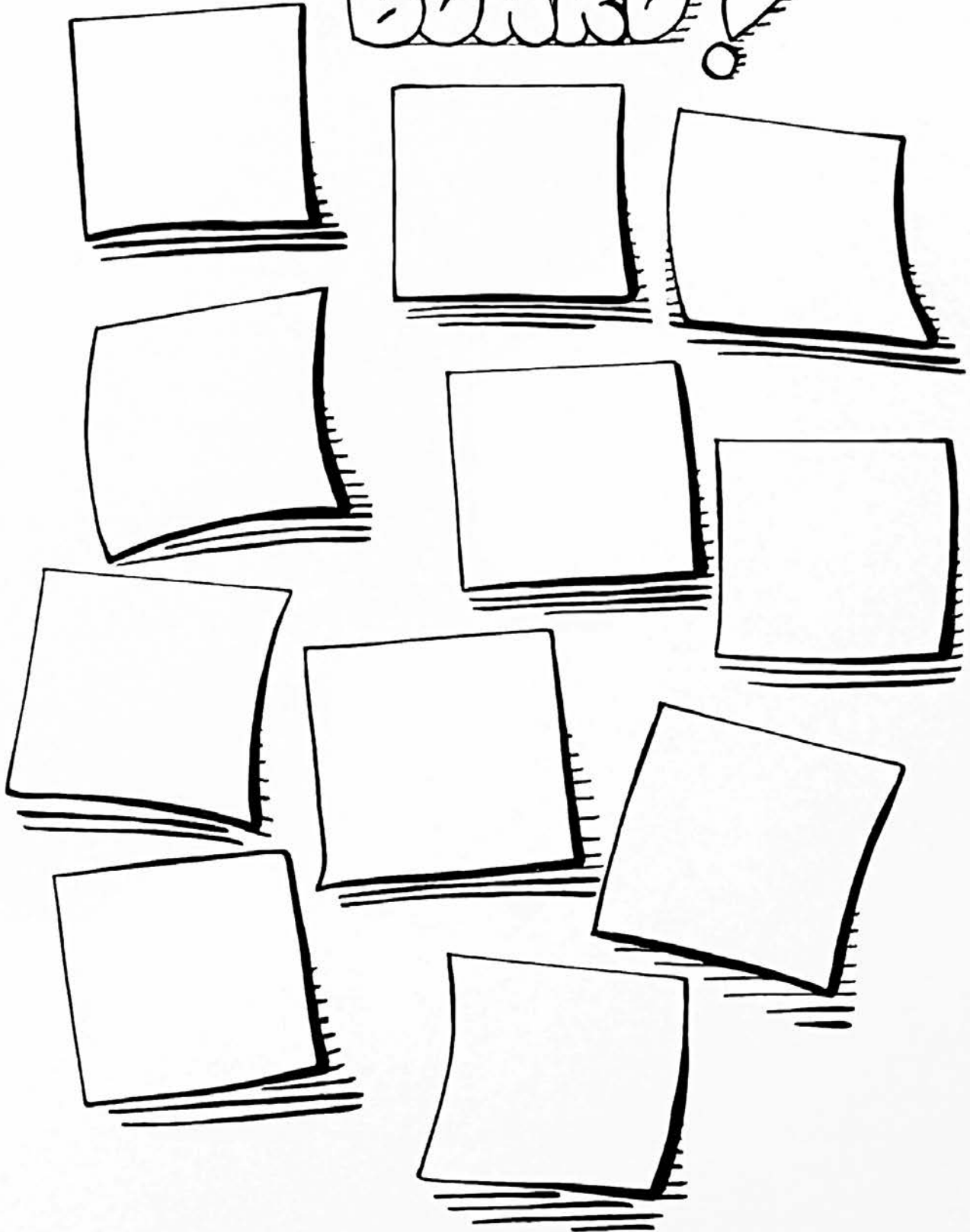
SOCIAL JUSTICE GLOSSARY

GR!DSM VOCABULARY

* MATCH THE WORD WITH THE DEFINITION *



SHOUT OUT BOARD!





RESOURCE GUIDE

→ COMMUNITY

- ▶ One Iowa: oneiowa.org
- ▶ Iowa Safe Schools: iowasafeschools.org
- ▶ Iowa QSA: @iowaqsa (socials)
- ▶ Iowa WTF: @iowawtf (socials)
- ▶ Central Iowa Rainbow Families (Facebook)
- ▶ Say Poetry: @saypoetrydsm
- ▶ Des Moines Pride Center
- ▶ Patty Link Tutoring: 515-979-1697
-K-8th Math & K-12 Reading



Artwork by: Marlee Sharpe-Bingham

→ Health & Medical

- ▶ Primary Health Care: 515-248-1600
- ▶ Planned Parenthood: 1-800-230-7526
- ▶ Unity Point LGBTQ+ Clinics
- ▶ UCS Healthcare: 515-280-3860
- ▶ Downtown Dental: 515-207-3860
- ▶ Hillcrest Family Services: 563-513-6123

→ Mental Health

- ▶ Douglas Aupperle, Ph.D: 515-274-4006
- ▶ Rick Terranova: Broadlawns, 515-282-5695
- ▶ Ramona Wink: ramona@515therapy.com
- ▶ Samantha Tracheal LISW: 515-205-6176
- ▶ Madi Musson:
creativelythrivingllc@gmail.com
- ▶ Samantha Kemp Carlin, LMHC: 515-883-2379 ext. 8625
- ▶ Megan Runchey, LMSW: 515-401-8668

Pride Word Search



Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

DRAG PERFORMER
HARVEY MILK
LIBERATED
LOVE IS LOVE

MARSHA P. JOHNSON
PEACE
PRIDE
QUEER

RAINBOW
SYLVIA RIVERA
TRANS RIGHTS

practicing **positive self-talk**

When things get tough or we're having a bad day,
it can be easy to be mean to ourselves.

But it's important to show ourselves kindness, grace, and respect,
especially when things go wrong!

be your own best friend

We tend to be our own worst critics, telling ourself
things we'd never say to someone else.

If it would hurt a friend's feelings,
it's not helpful to say it to yourself, either.

*Ask yourself, "Is this something that I'd say
to someone I love?"*

...yet!

Sometimes when we try something new,
we don't get it right the first time
(or the second, or the third!).

It's important to be patient and positive!
*Re-frame negative self-talk by reminding
yourself that you might not be able
to do it now, but you will!*

"i rock!"

At Girls Rock, we like to practice
positive self-talk by correcting
negative self-talk (or unnecessary apologies)
with a quick affirmation: **I ROCK!**

*When you catch yourself being mean to yourself,
try and remind your brain that you rock, and
you're allowed to make mistakes.*

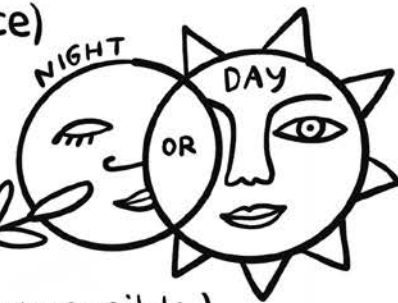
YOU ; MATTER

YOU ; MATTER

MAYBE try MEDITATION



(sitting quietly in a comfortable space) is a great practice to help tune-in to watch your busy mind without having to react or believe All your thoughts.



(it's not about having an empty mind, that's impossible)

A mind is a busy place, constantly thinking, remembering, planning, story-telling, comparing, judging.... blah, blah...



Give yourself time to.

slow down.
slow down.
slow down.



breathe easy & naturally
feel the earth
support & acknowledge
your unique & precious presence.



in a chair or on a cushion on the floor

* Choose a word to come back to when you get distracted, any word you like. Calmly & effortlessly repeat that word in your mind as needed to stay present.

MENTAL FITNESS

Be kind & compassionate with yourself. Start with 3 minutes & increase time as you like. It does not have to be GOOD or BAD- it is what it is that day. If you try for several days & it's not your thing, no biggie!♥ Find another way to slow down & notice where you can soften a busy mind so your brilliant creativity can flow.



EYES CLOSED

• MAKE it YOUR OWN PRACTICE •

Try a GUIDED MEDITATION APP or CALM MUSIC. WALKING MEDITATION in nature is LOVELY.

USE it as a TOOL

to create INNER CALM

When life is hectic or stressful- you

can 'check in' & take control. OR EYES OPEN





It's a Beautiful life to
grow through to
become WHO you are.

It's also

TEMPORARY

We are all touched by
DEATH at some point.

Pets, friends,
& loved ones
will die.

Grief is another form
of LOVE.

We heal together in
love & remembering.



BREATHWORK

Breathwork can help the mind and body in many ways. We can reduce stress, anxiety, improve focus, boost immunity, release emotional blockages and more.

Most of us are shallow breathers, meaning we're not taking in the proper amount of oxygen our body needs. The air we breath contains 21% oxygen, but our bodies only use 5%, the rest is exhaled.

Our lungs are meant to expel 70% of toxins from the body. It's important to remember to breath deeply so the body is able to eliminate these toxins. Otherwise your other systems will over compensate and the toxins will be stored in the lymph.

There are over 100 breathing techniques but here are a few you can try daily. Keep in mind, slow breathing is calming and fast breathing is energizing. Remember to deep breathe in through your nose using your stomach and not your chest/shoulders.

Help reduce stress and anxiety

Inhale for four



Hold for four

Exhale for four



Hold for four

Repeat

Help energize the body

Inhale for six



Hold for one

Exhale for six



Hold for one

Repeat

Promote better sleep

Inhale for four



Hold for seven

Exhale for eight



Repeat



Breath is never in the past or future, it's always in the present. So stay present my friend.



BRAND YOUR BAND!



You've got the talent.
You've got the sound.

Now it's time to give your music and art an identity so you can reach audiences far and wide. Follow these steps to make your own unique & authentic name, logo, and overall identity.

Grab some extra paper and follow these steps to build your band brand!

#1 CREATE YOUR NAME

Write down different 10 name ideas

TIP 1 List nouns, adjectives, or verbs that represent your band and your sound. This could be animals, names, colors, or even emotions that remind you of your music.

TIP 2 Rearrange, combine, or even translate words to create a name that will stand out and represent your art. Using an online thesaurus is a great tool to find unconventional words!

TIP 3 Try creating phrases with multiple words and/or numbers.

#2 MAKE YOUR MARK

Sketch out 5 different potential logo marks

TIP 1 Pick symbols or images that represent you and your band. This can be something very literal, or even an abstract mark that represents something you can't see or feel.

TIP 2 Combine, overlap, or break up shapes to create a unique symbol. You can even try to play with the letters and numbers in your band name to connect back to your identity!

TIP 3 Try incorporating your band name with the mark to make one cohesive emblem.

Mid-Design TIP

Use search engines to confirm that your name, or symbol, haven't already been used by someone else!

#3 PICK YOUR COLORS

Create your own unique color palette

TIP 1 Different colors convey different moods, emotions, and expectations for your audience. Think about your colors as enhancing the name and mark that you've already created!

TIP 2 Think about the words you would use to describe your music, and choose colors that you think help convey that. For example, if your music feels bold, you may choose a bright red.

TIP 3 Try to choose 2-3 primary colors in your brand that will stay consistent in all of your uses. You can then choose 3-5 accent colors that can be used sparingly to create interest or fun, unexpected, visuals!

#4 PUT IT ALL TOGETHER!

Watch your brand come to life

1 Choose a font for your band name. Or, if you're feeling creative, hand draw your own typeface!
Extra tip: Google Fonts offers a large selection of free-use fonts to download!

2 Combine your mark with your font. It can sit beside it, on top of it, or even become one combined piece. Experiment on how they work together!

3 Add your color.

4 Voila! You have a band logo!

Once you have this foundational piece of your brand, keep expanding! Keep editing! Keep figuring out your identity as an artist and **never stop creating.**

* BAND NAME GAME *

* WHAT'S YOUR BAND NAME? (1+2+3)

- ① MONTH YOU WERE BORN ② FIRST LETTER OF YOUR LAST NAME ③ FIRST LETTER OF YOUR FIRST NAME

* THE OR NOTHE? UP2 U! *

- JAN - FUNKY
- FEB - BLACK
- MAR - STARRY
- APR - GIGANTIC
- MAY - REALLY
- JUN - ALIEN
- JULY - NEON
- AUG - FOREST
- SEPT - SAPHIRE
- OCT - BLOODY
- NOV - HEAVY
- DEC - ROTTEN

- A - WISTFUL
- B - SURPRISE
- C - PAPER
- D - LABYRINTH
- E - TIRED
- F - JUNIPER
- G - BENEVOLENT
- H - ASPRIN
- I - GREEN
- J - OCTOPUS
- K - NEVER
- L - KARATE
- M - LUCID
- N - HERMIT
- O - IDYLLIC
- P - ROCKET
- Q - PAINTED
- R - UMBRELLA
- S - GRAVY
- T - LATTYWAMPUS
- U - SHORTLAKE
- V - SUITCASE
- W - TRASH
- X - HAUNTED
- Y - SHY
- Z - GLASS

- A - COAT
- B - PROM
- C - ARMS
- D - ZOO
- E - UNICORNS
- F - DENTIST
- G - SOUP
- H - ELIXIR
- I - RIOT
- J - SHOES
- K - CHERUBS
- L - PILLOWS
- M - LIME
- N - EMPATHY
- O - GRENADES
- P - AURA
- Q - OBLIVION
- R - MOON
- S - HEARTS
- T - GHOSTS
- U - MOUNTAIN
- V - EUPHORIA
- W - GREMLINS
- X - INKLING
- Y - CATERPILLARS
- Z - HYPNOSIS

* FEEL FREE TO DROP OR ADD AN S *

WHAT IS YOUR DREAM BAND NAME?

WHY?

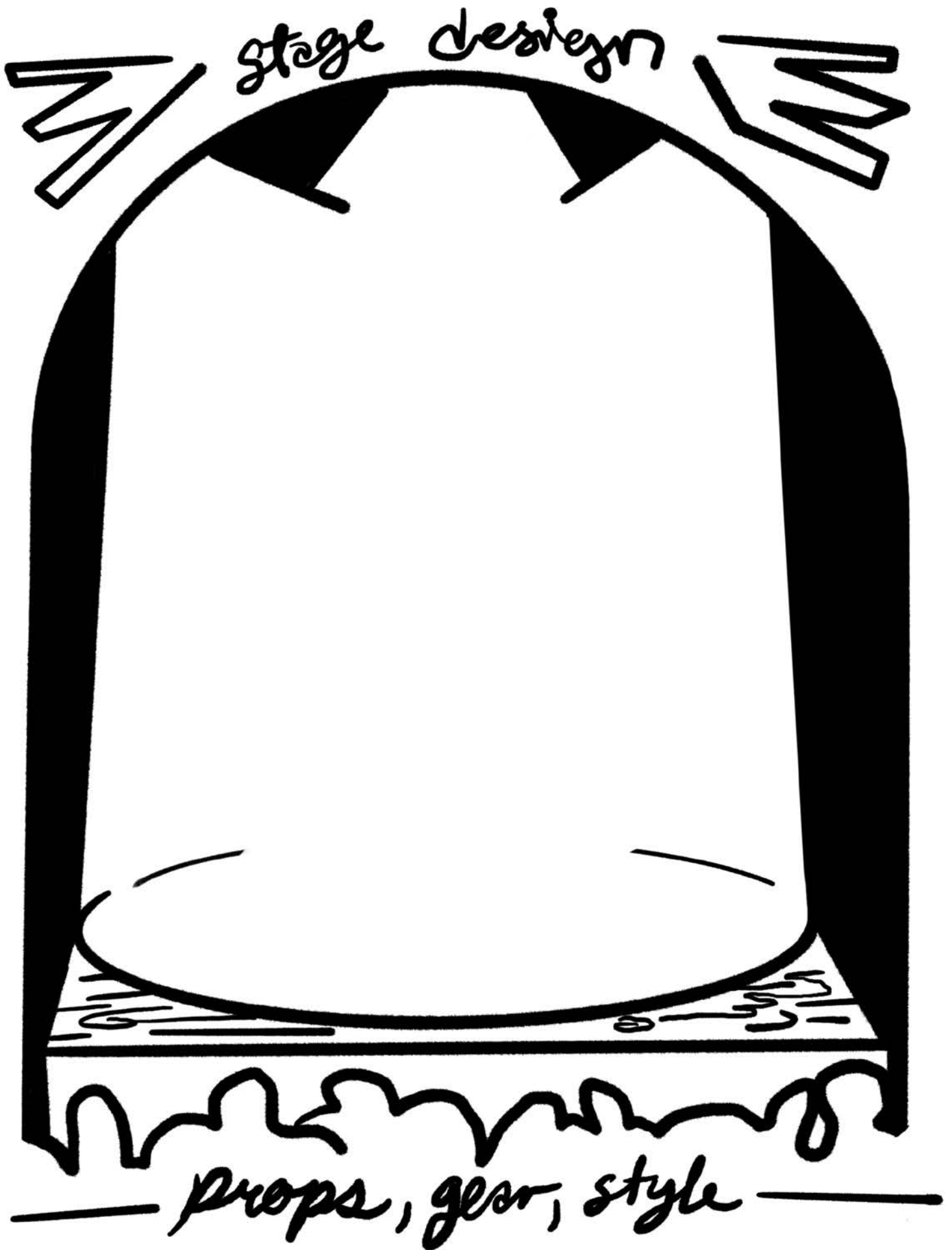
BEHIND the NAMES

BIKINI KILL
named after a
Lois Maffeo
Cabaret song

KITTIE
because the name //
"seemed contradictory"
to the band's sound

THE DONNAS
made up their
name by combining
the first letter of
each member's last name





stage design

props, gear, style

GIG LIFE

Your LIVE SHOW!

GET THE GIG!

- WRITE AND PRACTICE YOUR SONGS
- BUILD YOUR BIZ (BRAND, EMAIL, WEBSITE, SOCIAL MEDIA)
- CHOOSE WHERE TO PLAY (CONTACT WITH PRO. E-MAIL)
- TIME TO COMMUNICATE

MAKE IT EASY!

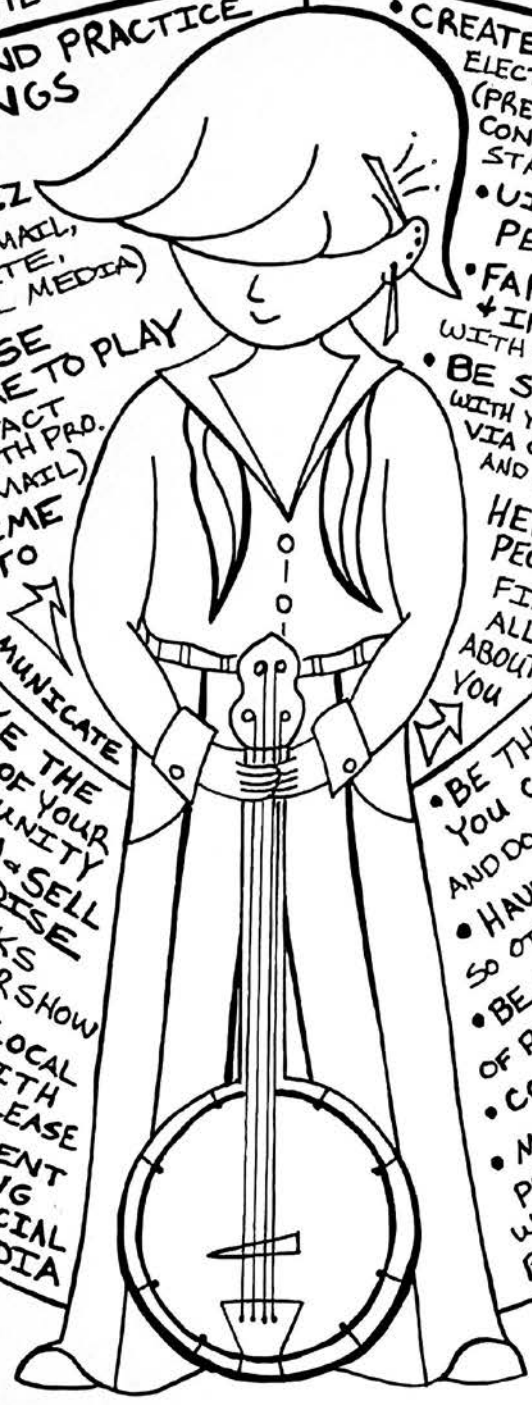
- CREATE YOUR E.P.K. (PRESS PHOTO, BIO CONTACT INFO, LINKS STAGE PLOT + MORE)
- VIDEOS OF LIVE PERFORMANCE
- FAN BUILDING + INTERACTION WITH SOCIAL MEDIA
- BE SPECIFIC WITH YOUR NEEDS VIA CONTRACT AND RIDER

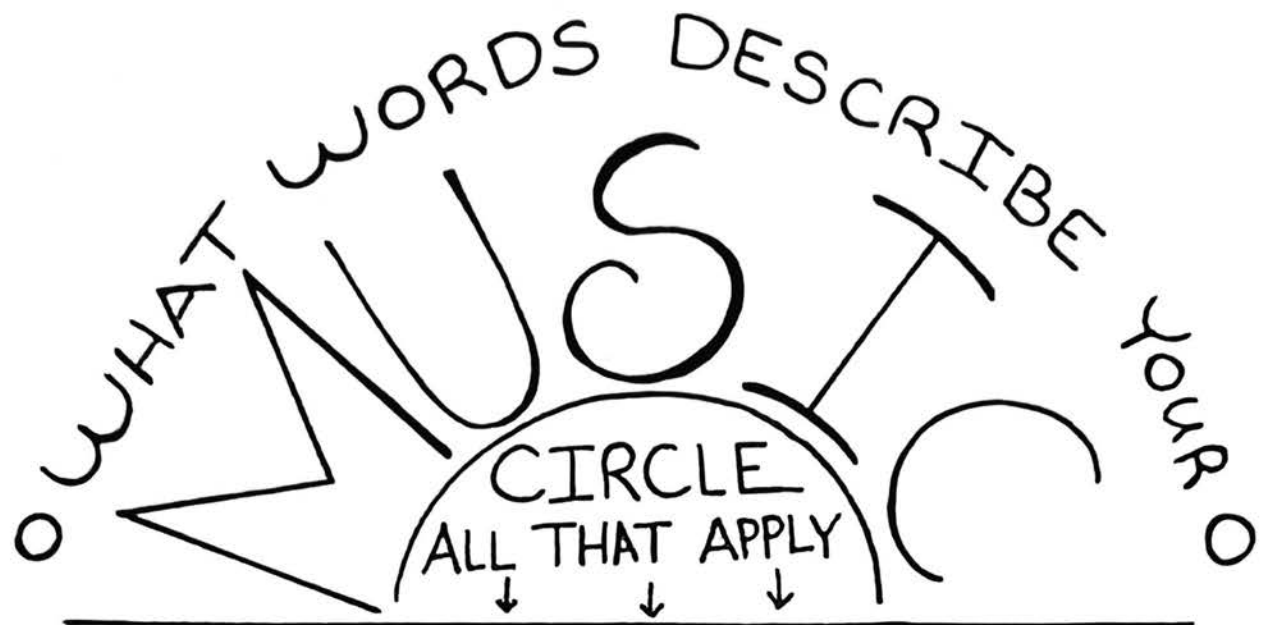
PROMOTE IT!

- MAKE THE MOST OF YOUR OPPORTUNITY
- DESIGN + SELL MERCHANDISE
- TELL FOLKS ABOUT YOUR SHOW
- CONTACT LOCAL MEDIA WITH PRESS RELEASE
- CONSISTENT POSTING ON SOCIAL MEDIA

ROCK YOUR SHOW!

- HELP PEOPLE FIND ALL ABOUT YOU
- BE THE BEST YOU CAN BE AND DO WHAT YOU DO
- HAVE FUN SO OTHERS WILL TOO
- BE RESPECTFUL OF PEOPLE + TIME
- COLLECT EMAILS
- MAKE SURE PEOPLE KNOW WHERE YOU'LL BE NEXT





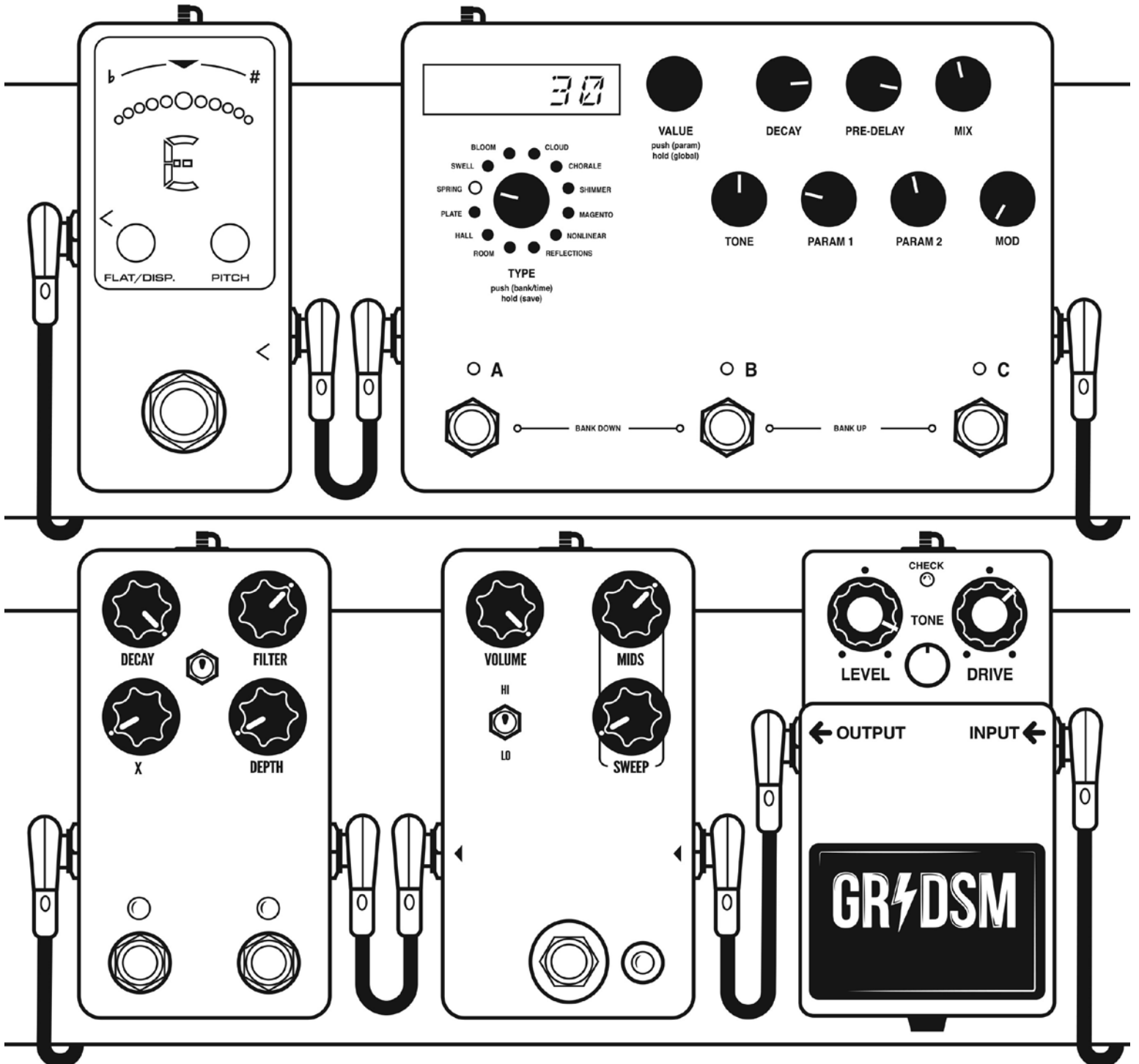
Acoustic EMPOWERING classic
 MOODY COOL FRESH WOND magical mythical INSPIRING
 HARDCORE DYNAMIC HIP HOP DRAMATIC
 GRITTY DYNAMIC magical PLAYFUL poetic
 BRIGHT EXCITING FUNKY
 FUNKY Lyrical
 Harmony DEEP low Heartfelt NATURAL light
 Radical sad rapid good feel METAL COMPLEX
 FLUID CLEAN JAZZ BIG
 GROOVY CATCHY PUNK HEALING
 ENERGETIC emotional
 MOTIVATIONAL WARPY mellow
 BEAUTIFUL COUNTRY REJUVENATING ADD MORE WORDS

COLOR YOUR GUITAR PEDALS!

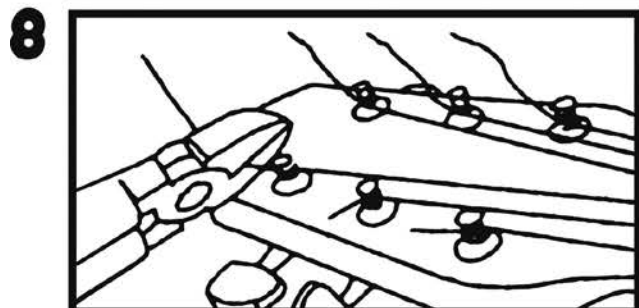
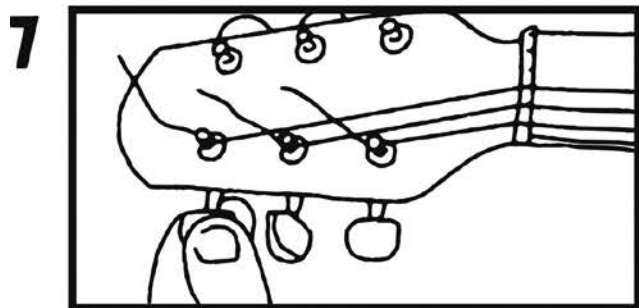
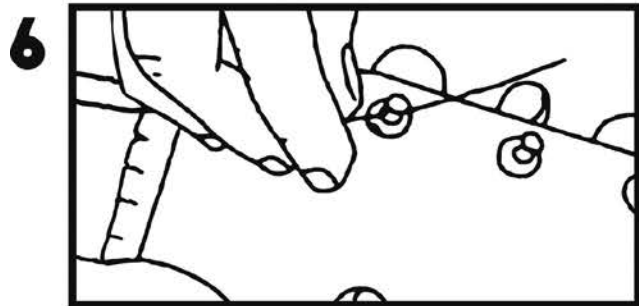
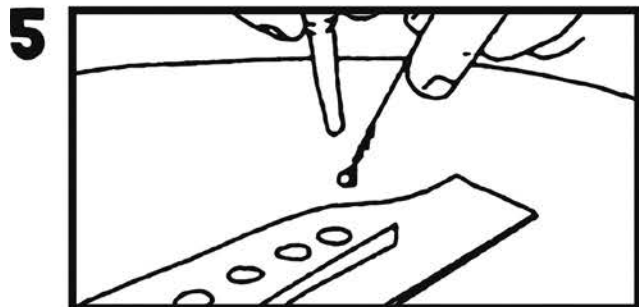
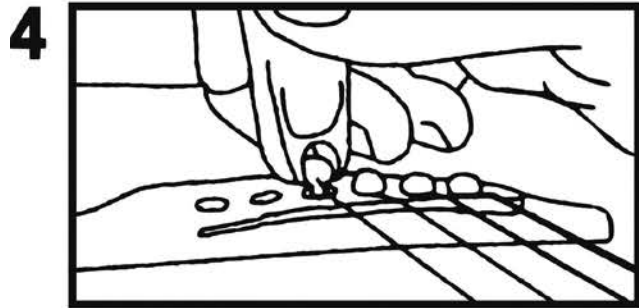
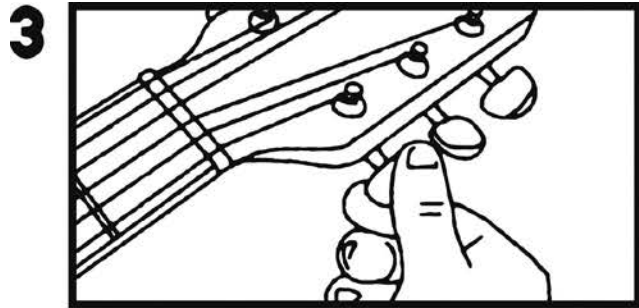
GUITAR PEDALS ARE FOOT-PEDAL BOXES THAT PROVIDE SOUND EFFECTS FOR YOUR GUITAR. YOU CAN USE THEM WHILE YOU RECORD MUSIC OR YOU CAN BRING THEM ALONG WHILE PLAYING LIVE SHOWS.

CHOOSE FROM DISTORTION, REVERB, DELAY, CHORUS, TREMOLO AND MUCH MORE. THERE ARE A LOT OF COMPANIES THAT MAKE GUITAR PEDALS OR YOU CAN BUY A DIY PEDAL KIT AND MAKE YOUR OWN!

GO EXPLORE!



RESTRING YOUR ACOUSTIC GUITAR



1. LAY YOUR GUITAR ON A CLEAN, FLAT SURFACE.

TIP: USE A TOWEL SO YOU DON'T SCRATCH THE BACK OF YOUR GUITAR AND BALANCE THE NECK ON A STACK OF BOOKS TO KEEP THE GUITAR STEADY.

2. GRAB YOUR NEW STRINGS, WIRE CUTTERS, AND A STRING WINDER.

3. TURN THE TUNING KNOBS TO UNWIND EACH STRING. START WITH THE THINNEST STRING.

USE THE STRING WINDER OR JUST USE YOUR FINGERS.

4. REMOVE THE STRINGS FROM THE BRIDGE OF THE ACOUSTIC GUITAR.

USE THE SLOT IN YOUR STRING WINDER OR SOME PLIERS TO POP THE PINS OUT. PULL THE STRING OUT AND AWAY FROM THE GUITAR.

TIP: CLEAN YOUR GUITAR WHEN THE STRINGS ARE OFF!

5. INSERT EACH NEW STRING INTO THE BRIDGE AND SECURE THE BRIDGE PINS.

START WITH THE THICKEST STRING. BEND THE STRING AT A 90-DEGREE ANGLE JUST ABOVE THE BALL-END SO IT'LL CATCH. NOW, PUSH THE PIN BACK IN WITH YOUR THUMB.

6. PULL EACH STRING UP TOWARD THE HEADSTOCK AND THROUGH ITS TUNING POST

START WITH THE THICKEST STRING. PULL IT THROUGH THE HOLE UNTIL YOU'VE GOT ABOUT 2 TO 3 INCHES OF EXCESS STRING.

7. WIND EACH STRING TOWARD THE CENTER OF THE HEADSTOCK

START WITH THE THICKEST STRING. TURN THE TUNING KNOB SO THE STRING GETS TIGHTER.

8. TRIM THE EXCESS STRING.

SINCE YOU'VE LOCKED THE STRING, YOU CAN USE THE WIRE CUTTERS TO CUT AS CLOSE AS 0.5 INCHES.

9. TUNE YOUR GUITAR.

TIP: AS YOU TUNE, STRETCH YOUR STRINGS A BIT—THEY'LL HOLD THEIR PITCH BETTER SO YOU DON'T HAVE TO RETUNE AS OFTEN.

You branded your band. What's next?

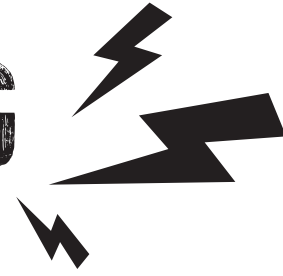
DESIGN YOUR MERCH



**SKETCH OUT YOUR IDEAS! COME UP WITH
A DESIGN THAT REPRESENTS YOUR MUSIC STYLE.
TRY TO USE FOUR COLORS OR LESS.**

**DONE WITH YOUR IDEA? WORK WITH LOCAL
SCREEN PRINTERS, LIKE THE SIDE GARAGE, TO
MAKE YOUR DESIGN COME TO LIFE!**

HOW TO BOOK A GIG IN 5 STEPS



1

REACH OUT

Contact the venue you want to play at via email and follow up with a phone call.

2

PICK A DATE

Have a date already chosen, when you email the venue, but be willing to be flexible.

3

SEND A SONG

Send one or two of your songs for reference. Your recording doesn't need to be a studio recording but should be as high of quality as possible. I.e. use a phone and record a voice memo of your song or band.

4

HAVE A BILL

With a couple of other artists or a fully formed lineup already assembled, you'll be more likely to get the gig. Make sure to include the other musicians' songs too.

5

FOLLOW UP. FOLLOW UP. FOLLOW UP.

Stay persistent, but not annoyingly so; think once or twice a month here. There are usually many people trying to line up shows, all the time. Do not get discouraged if it takes a while, by emailing regularly, you'll keep popping up on their radar. Keep practicing, and it will happen.

To get you started, here are some Des Moines music scene venue contacts for booking shows.

xBk Live

1159 24th St. Des Moines, IA 50311

<https://xbklive.com/contact/>

Lefty's Live Music

2307 University Ave. Des Moines, IA 50311

https://leftyslivemusic.com/?page_id=412

bookingforleftys@gmail.com

PERFORMANCE CONTRACT

_____ (the "Purchaser") has entered into this Performance Contract ("Agreement")
_____ ("Artist"). The parties may be referred to individually as "Party" or collectively
as "Parties".

- EVENT NAME:
- DATE:
- LOCATION:
- TIME:
- LOAD-IN:
- SET LENGTH:
- FULL BAND/SETUP:
- COMPENSATION: \$ _____
- HOSPITALITY: See attachment
- DEPOSIT:
- PAYMENT: Remainder shall be paid by check immediately following Artist performance
- CANCELLATION: In the event of cancellation:
 - if the Purchaser shall cancel Artist's engagement fourteen (14) or fewer days prior to the event, the full Compensation amount shall be due within ten (10) days of the date of notice of cancellation;
 - if the Artist shall cancel for any reason, notwithstanding an Act of God or personal injury, the Deposit amount shall be refunded, and no additional Compensation shall be due; and/or
 - due to weather or for any other reason in which the Artist is present, ready, willing, and able to perform but is otherwise instructed not to by the Purchaser or a representative of Purchaser or Purchaser's organization, the full amount of Compensation shall be due.
- PRODUCTION:
 - Purchaser shall provide all production, lighting, sound, staging and any and all other infrastructure as well as all necessary staff and security at no cost to Artist; and
 - Purchaser shall have no less than one (1) individual on hand to assist with load-in and load-out.
- REPRESENTATIONS AND WARRANTIES. Each of the Parties hereby make the following representations, warranties and covenants to all of the other Parties which shall survive execution indefinitely:
 - Performance by Artist in no way implies a partnership, joint endeavor, or other business interest
 - No license to reproduce, broadcast, or otherwise monetize Artist's Performance shall be construed from this Agreement;
 - Parties agree to indemnify and hold one another harmless;
 - Parties maintain necessary and industry standard insurance coverage for the Event;
 - The Parties have read this document; they acknowledge, understand and consent to its contents and ramifications;
 - Prior to signature hereof, the Parties have sought such independent counsel and advice as they deem necessary;
 - The Parties have signed this document as their voluntary act and deed;
 - That the signatory is fully authorized to sign this document; and
 - That all requisite consents have been obtained prior to execution hereof, and that the execution and compliance herewith does not violate any statute, ordinance rule or contract which is binding upon such signatory.

IN WITNESS WHEREOF, the Parties have signed this Performance Contract which shall be dated for reference this _____ day of _____, 20__.

ARTIST:

PURCHASER:

[NAME]
[TITLE], [COMPANY]
[EMAIL]
[PHONE]

[NAME]
[TITLE], [COMPANY]
[EMAIL]
[PHONE]

xBk | TECHNICAL RIDER

AUDIO CONSOLE

Midas PRO2C connected to 48 channel DL251 stagebox via AES50

MAIN PA

Two (2) L'Acoustics ARCS WIDE
Two (2) L'Acoustics ARCS FOCUS

SUBWOOFERS

Four (4) L'Acoustics SB18m

MEZZANINE FILLS

Three (3) Tannoy AMS 6DC

STAGE MONITORS

Five (5) EV ETX 12P 2000W

- individual mixes

AMPLIFIERS

Two (2) L'Acoustics LA4X
One (1) Lab Gruppen Lucia 240/2

MICROPHONES

SM58
SM57
D112
Sennheiser 604
SM81
ULXD2/B58

DI

One (1) Whirlwind Direct2 Stereo DI
Four (4) Whirlwind HotBox Active Reference

RECORDING

2 channel stereo via Focusrite Scarlett 18i20

- \$50 mixed stereo output

24 channels via Klark Teknik DN9630 AES50 to USB Converter

- \$10 per channel
- inquire about post-production services

VIDEO

"Big Room" artificial-intelligence video switching subject detection camera system
Three (3) AIDA UHD6G-X12L 4K POV cameras
One (1) Blackmagic DeckLink Quad HDMI Recorder

- \$200 for video recorded show

STAGE LIGHTING CONSOLE

High End Systems Hoglet 4 controlling Hog 4 PC software

FIXTURES

Four (4) Chauvet Intimidator Spot 260 LED
Six (6) ADJ Ultra Hex Bar 12 LED
Four (4) Blizzard Stiletto Z6 LED
Four (4) ETC Source 4

FAZER

Antari Z-350 Fazer

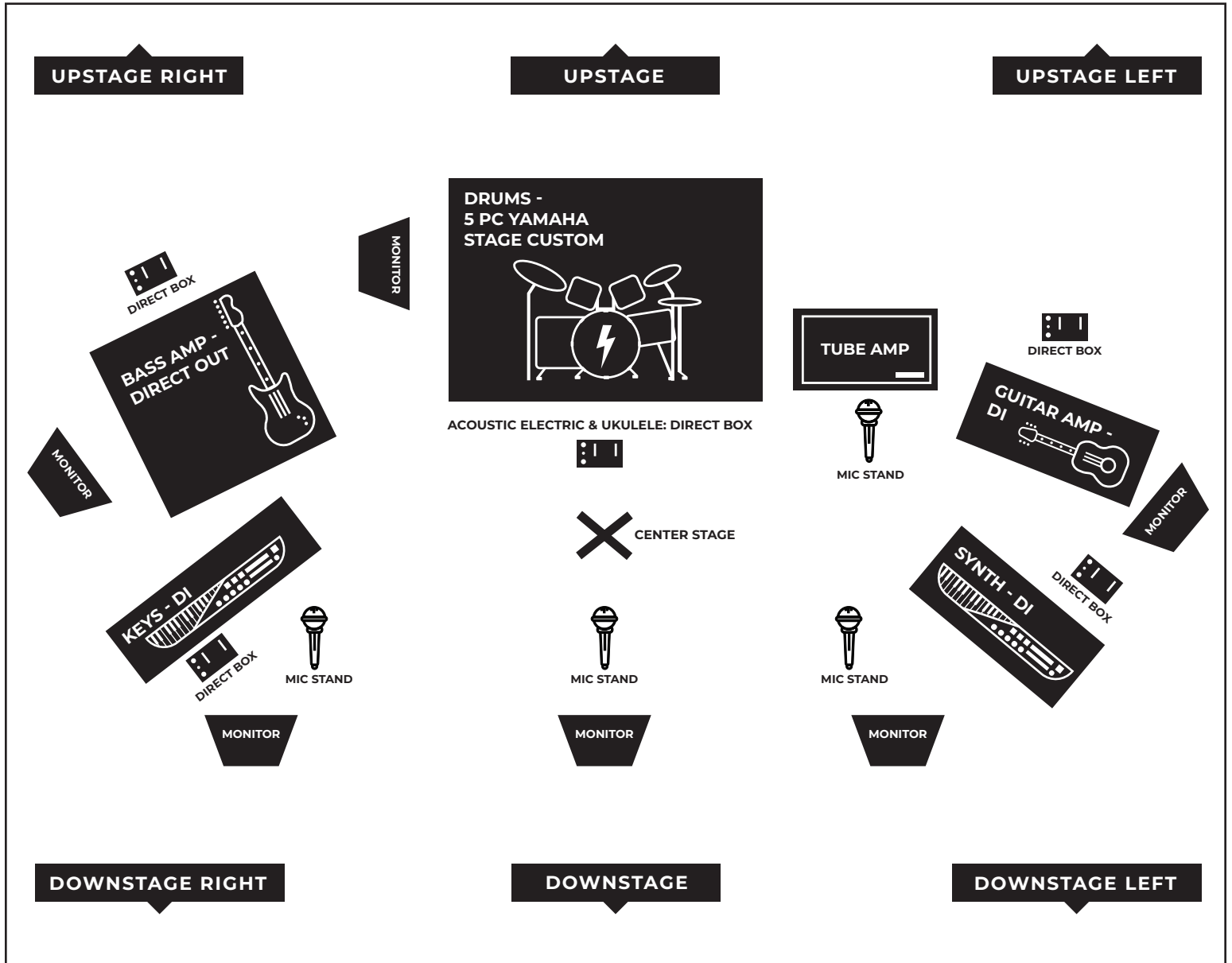
PROJECTOR

Eiki LC-X85 3LCD+One 7000 ANSI Lumens

- accepts VGA (HDMI adapter available), DVI, BNC, RCA, and S-Video

WHAT IS A STAGE PLOT?

Here is an example of GR!DSM's stage plot for our rock camp showcases.



AUDIENCE

Congratulations! You got the gig, now send your **stage plot** to the audio engineer at the venue!

A band stage plot can be referred to as a **stage plan**, or **band stage diagram**. A band or soloist creates a stage plot to show how their equipment will be set up on stage. This helps sound engineers adjust the sound for your performance.

Now create your own stage plot, so you're ready for that next gig. You can use any shape to communicate what goes where, just be consistent and label everything.

QUICK & DIRTY

Pick a thing:



Make-o'-pattern! garbage bag



Cut it out



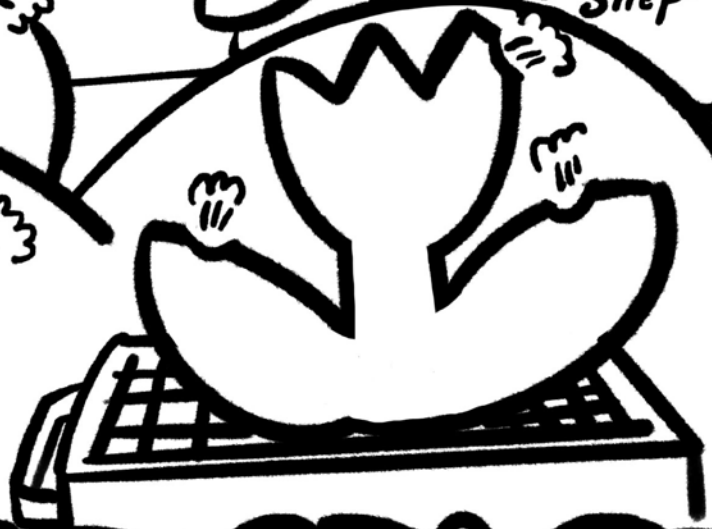
Makes two of each shape!

Tape seams

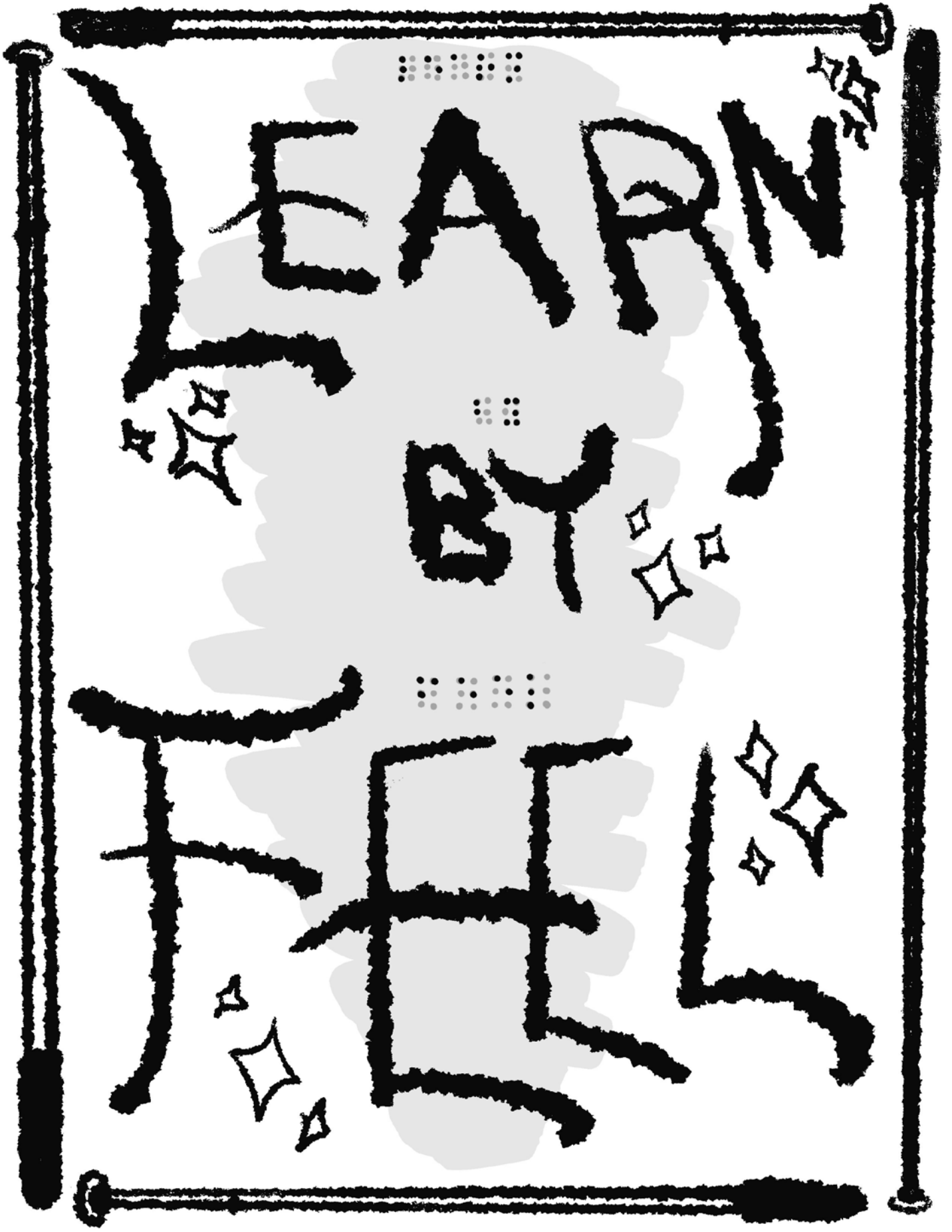


top view side view

attach to fan and inflate!



INFLATABLES



LEARN

BY

THE WAY

A B C D E

F G H I J

K L M N O

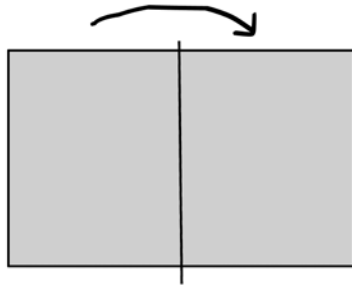
P Q R S T U

V W X Y Z

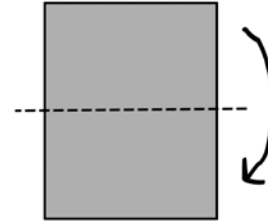
ZINES ARE FOR YOU!

HOW TO MAKE A ONE-SHEET ZINE

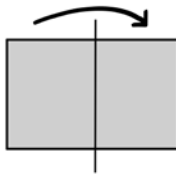
this may take a few tries until you get it just right.
don't give up, you'll get the hang of it!



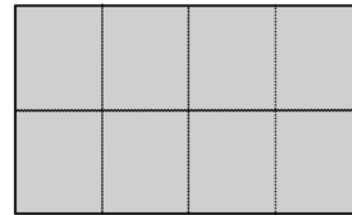
1. make a hamburger fold



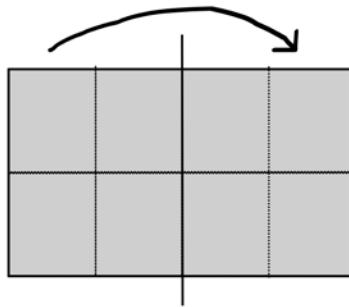
2. make another hamburger fold



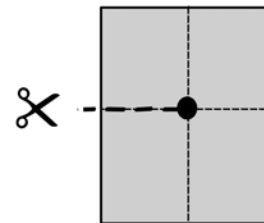
3. make one more hamburger fold



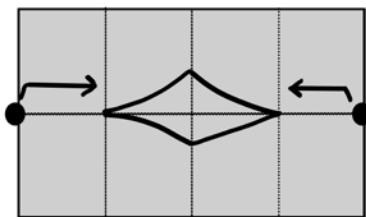
4. okay, now unfold and make sure your creases look like this



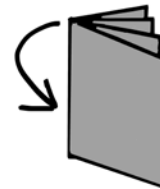
5. make another hamburger fold
(i promise this is the last one!)



6. use scissors to cut a line from the folded edge to the center



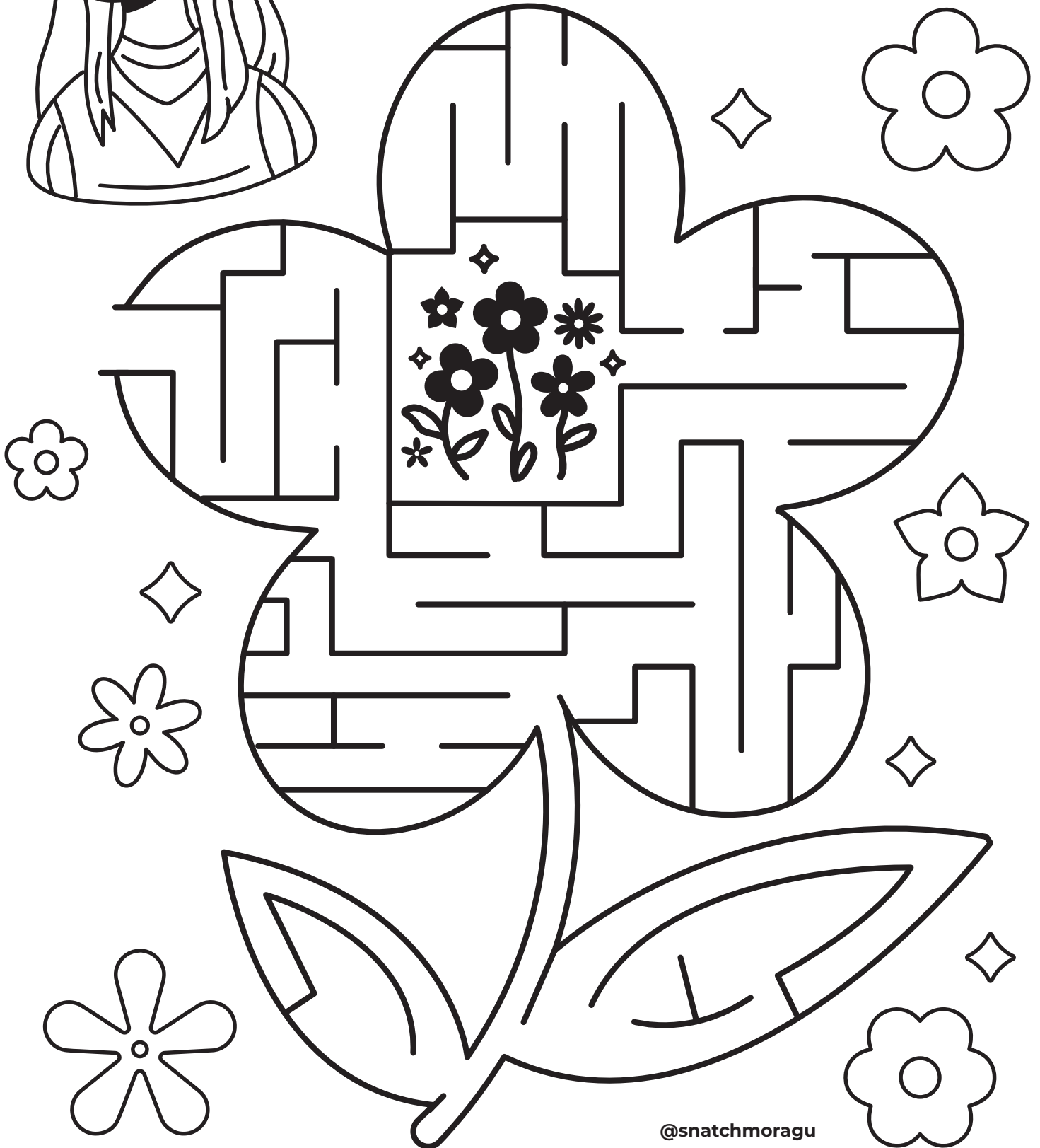
7. while pinching the edges of the center fold, push them together. (the cut should look like a diamond, then an X shape.)



8. push together the X shape until you can flatten it in half. then, fold over into a book. you should have an 8-page zine ready to fill with goodness!



**Help Joni Mitchell
get back to the garden!**



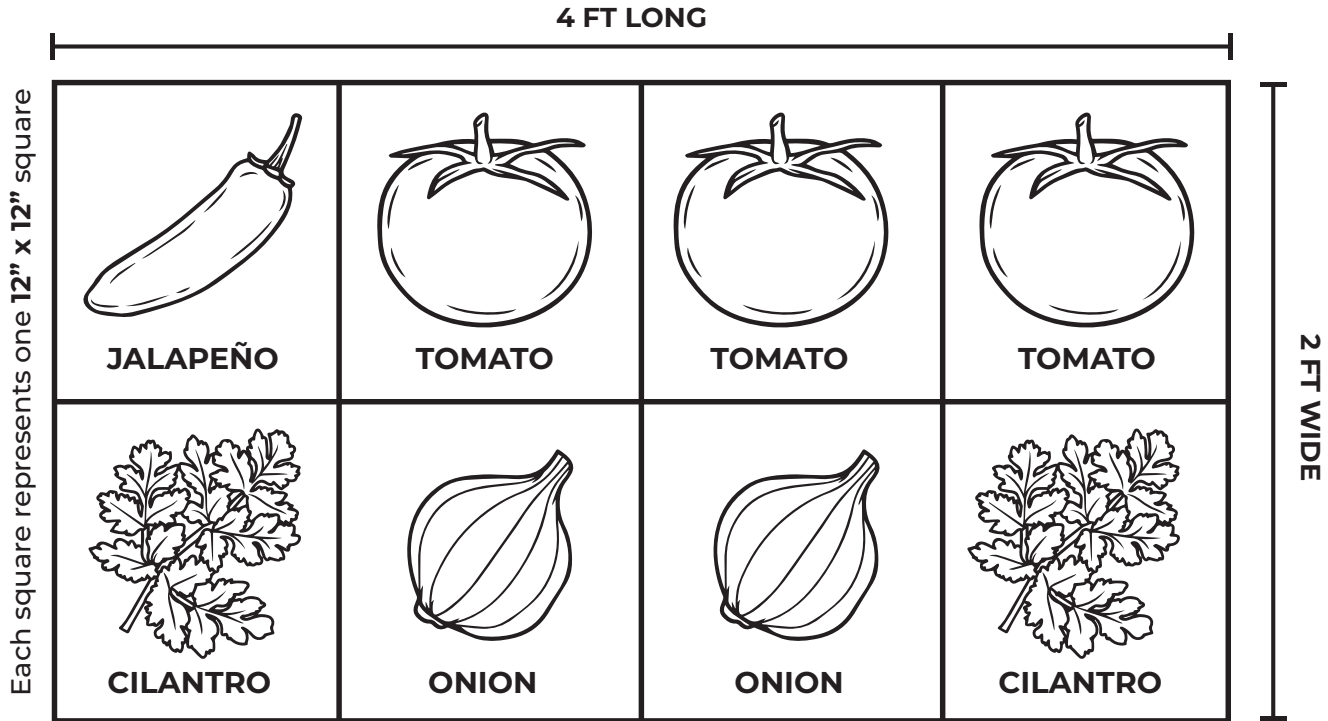
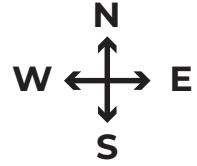
LITTLE SALSA ON THE PRAIRIE

HOW TO GROW YOUR OWN SALSA GARDEN

A Little Salsa on the Prairie - The Changing Character of Perry, Iowa

“a documentary that chronicles the rapid ethnic diversification of the community.”

As people move and immigrate, they bring their favorite plants and animals with them. Let's celebrate the wonderful tapestry of ethnicities in our communities, while learning a bit more about how to plant food with a salsa garden!



Always plant your **tallest plants on the Northwest side** of your garden, so they don't block the sun for other plants... unless you're doing that on purpose. Some plants don't like as much sun.



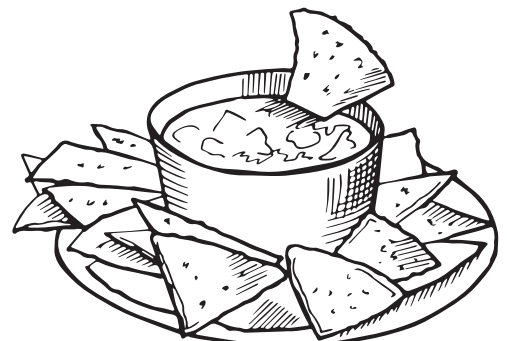
SALSA FUN FACTS:

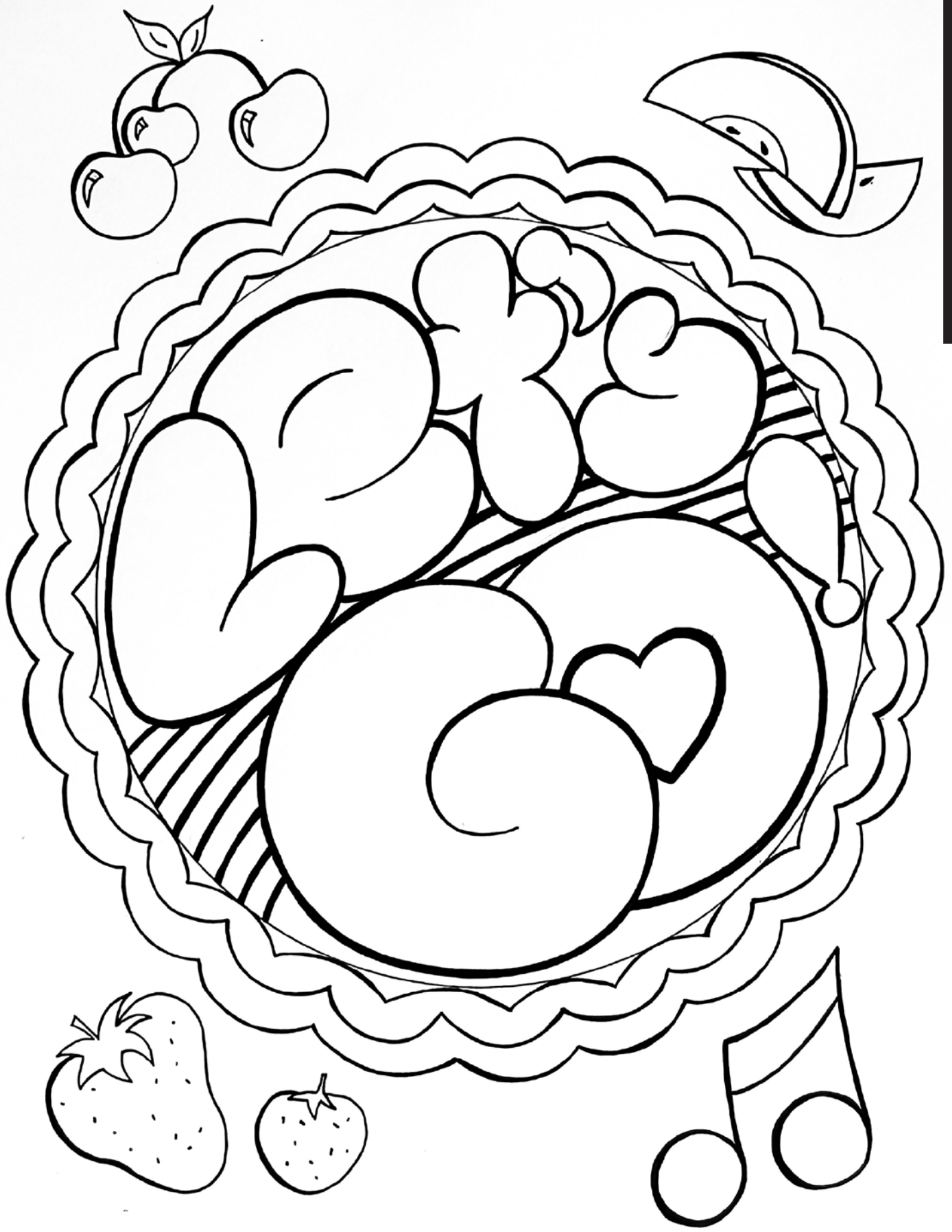
1: Salsa music is a style of Latin American music, combining elements of Cuban, Puerto Rican, and American influences. Because most of the basic musical components predate the labeling of salsa, there have been many controversies regarding its origin. Most songs considered salsa are primarily based on son montuno, with elements of mambo, Latin jazz, bomba, plena, and guaracha. All of these elements are adapted to fit the basic son montuno template when performed within the context of salsa.

2: Listen to **Celia Cruz, the "Queen Of Salsa"**, and her song "**La Vida Es Un Carnaval**" while you plant your salsa garden. Another legend in **Latin Pop is Gloria Estefan**; her music combines Salsa and Pop; go ahead and **queue** up "**Conga**" while you wait for your garden to grow. **Queue** in this sense means to line up the songs you want to play or hear next.

San Marzano Tomatoes work great for salsa!

Check out Seed Savers Exchange for heirloom varieties of plants that grow well in Iowa. **Heirlooms** are traditional varieties of plants or animals raised on small farms or community gardens, typically passed down from generation to generation.







ROCK 'N' ROLL

WORD FIND!



Z B J E O V M K W M C O O L A B J M E I
 V C S O N G W R I T I N G H A P P Y J I R M
 L Y N A R R A I N B O W Y E A G T E N M
 E O T I E E L D A N C E V B A S S I S T E
 K A H R C A D T E C K M O T Y P B O P I A
 Z I C S M R A U R I V O C A L S N A K R Q
 B O I B D C O T U N E R T H C I U Z A T
 A F E E N B V B A Q A M P L I F I E R I M
 I I R E G Y T G I V K H Y T O R T I O B
 G O S Z H E M N J H K O L R O U N D N R
 C E V R U V R A C P T N A L M P L A M E
 O N G U I T A R G G I E O H E L Y I A V
 N C M O W B Z L E A D S I N G E R K V E
 C E J H A P E Y U I C O W A L K I N G R
 R H Y T E M F E S T I V A L T U S H O E
 T I A T A M B O U R I N E R O C K O N A



MICROPHONE
 LEAD SINGER
 RECORDING
 AMPLIFIER
 CONFIDENCE
 RHYTHM
 TUNER

INSPIRATION
 BASSIST
 GNARLY
 GUITAR
 LYRICS
 STAGE

CONCERT
 SOLO
 VOCALS
 ENCORE
 REVERB
 DANCE

EMPOWERMENT
 SONGWRITING
 PERFORMANCE
 SYNTHESIZER
 TAMBOURINE
 SHREDDING



(YES, WORDS CAN BE DIAGONAL + BACKWARDS 😊)



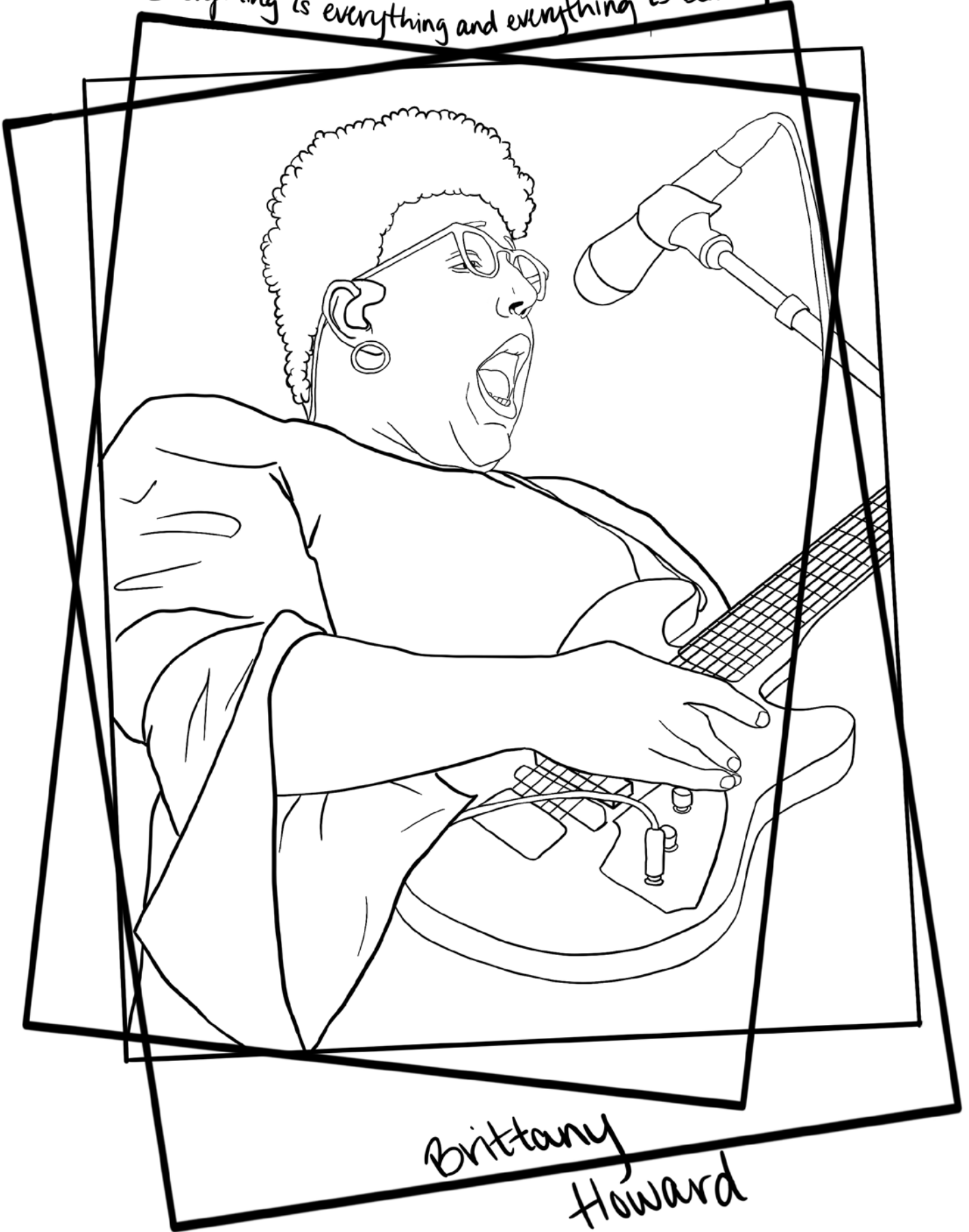


Betty Davis

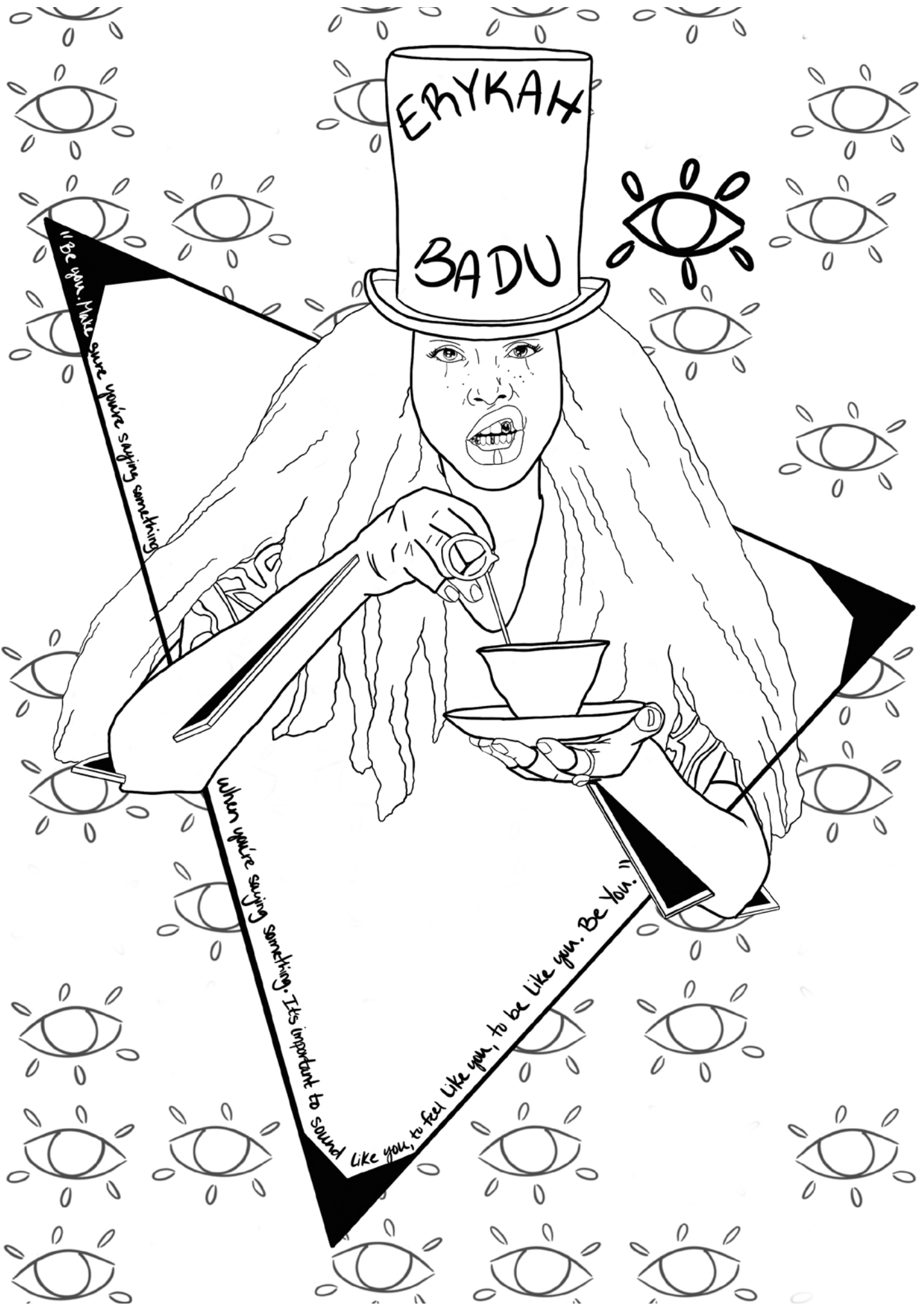


"They say I'm different 'cause I'm a piece of sugar cane"

"Everything is everything and everything is beautiful"



Brittany
Howard



ERYKAX

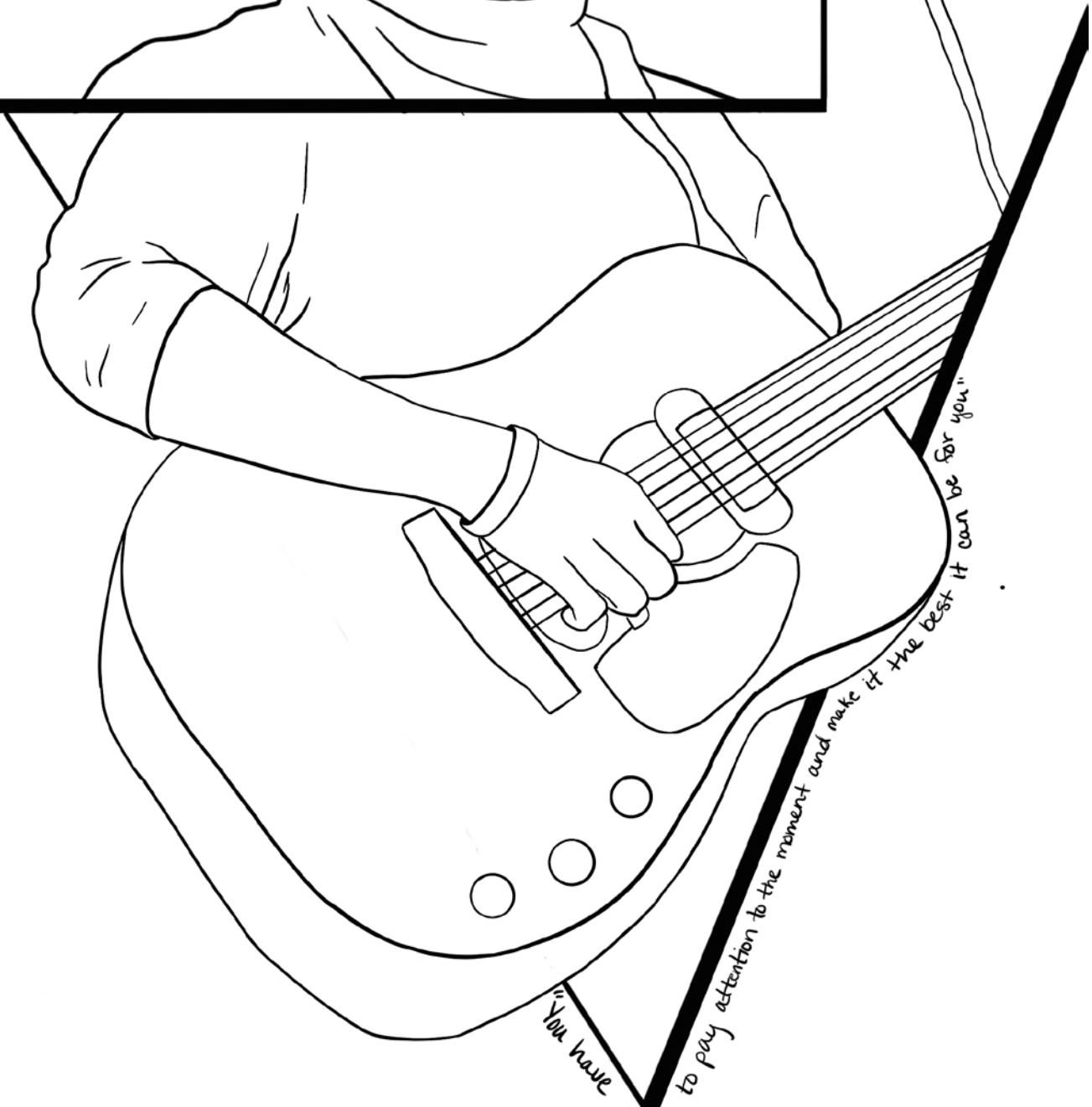
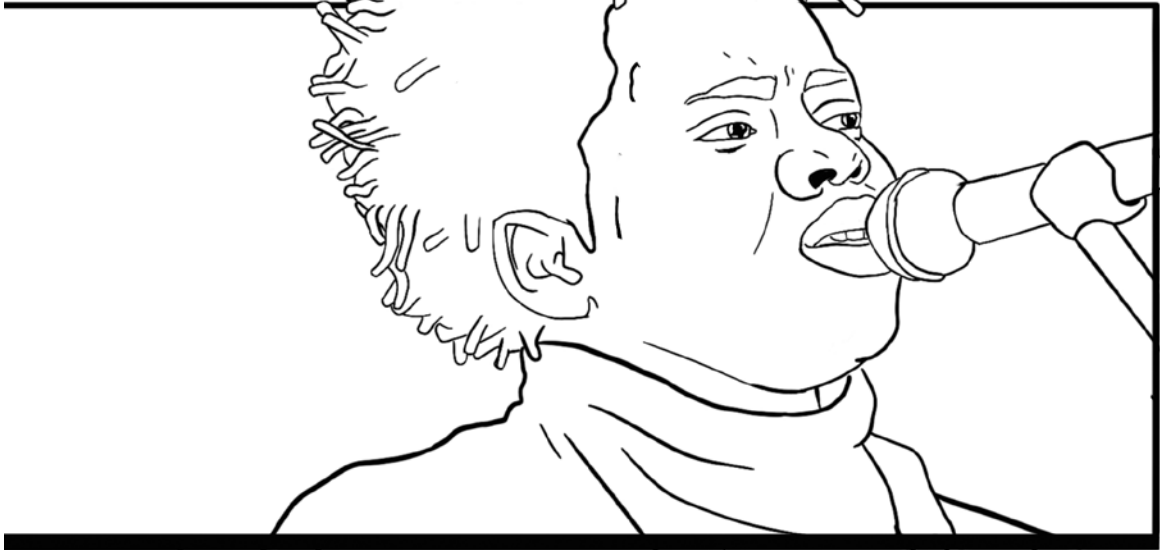
BADU

Be you. Make sure you're saying something.

When you're saying something. It's important to sound like you, to feel like you, to be like you. Be you.

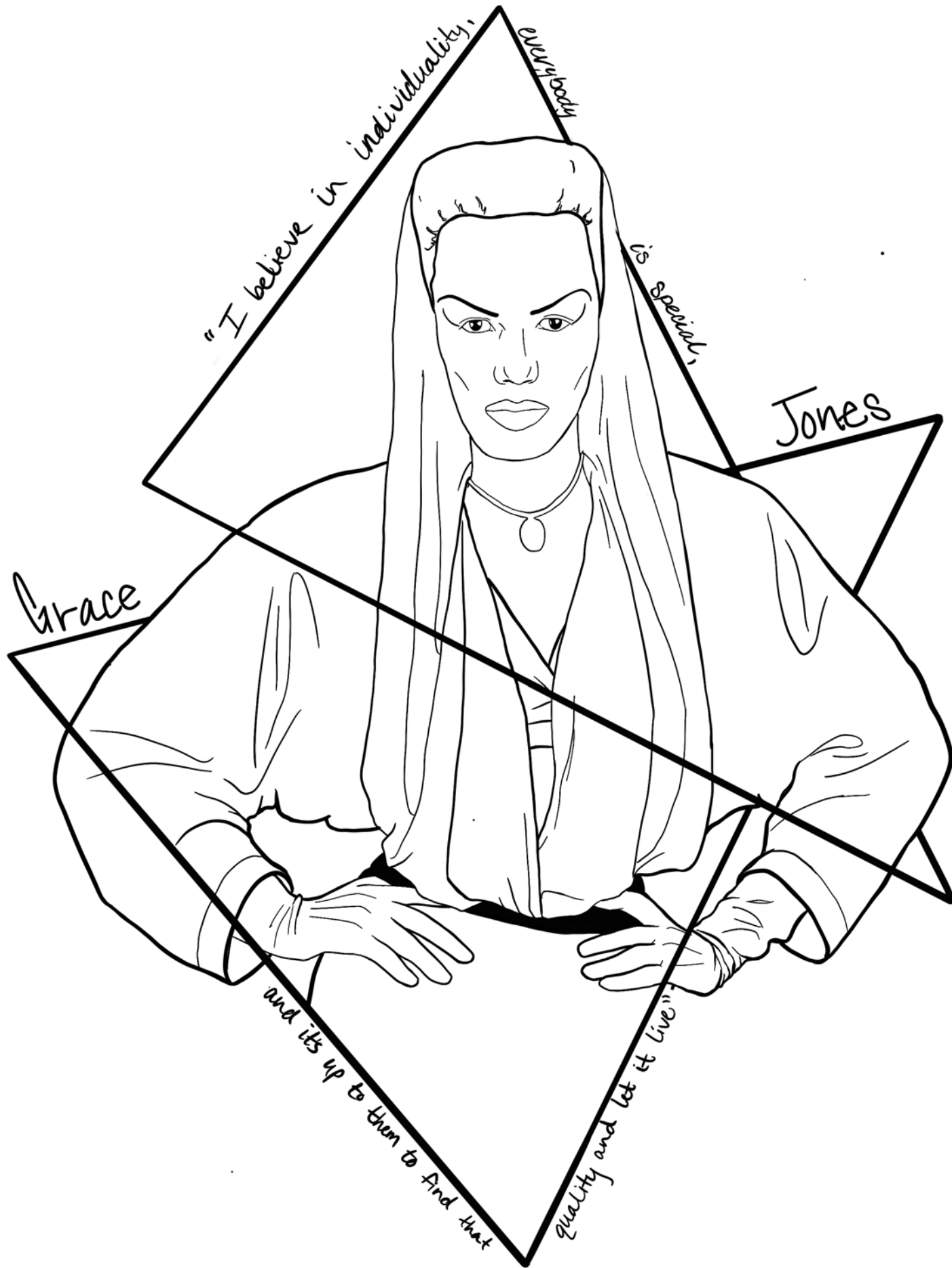
Tracy

Chapman



"You have

to pay attention to the moment and make it the best it can be for you."



"I believe in individuality,
everybody

is special,

Jones

Grace

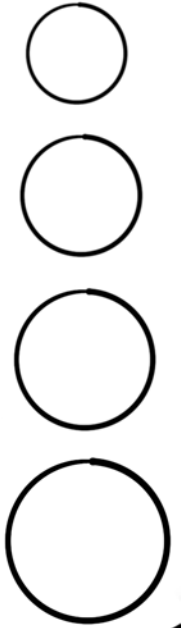
and it's up to them to find that

quality and let it live"

“Embrace what makes you unique, even if it makes others uncomfortable.”



Janelle Monae



"Life can feel like a divine collaboration"



Willow Smith



"Your real job in this world is to be YOU"

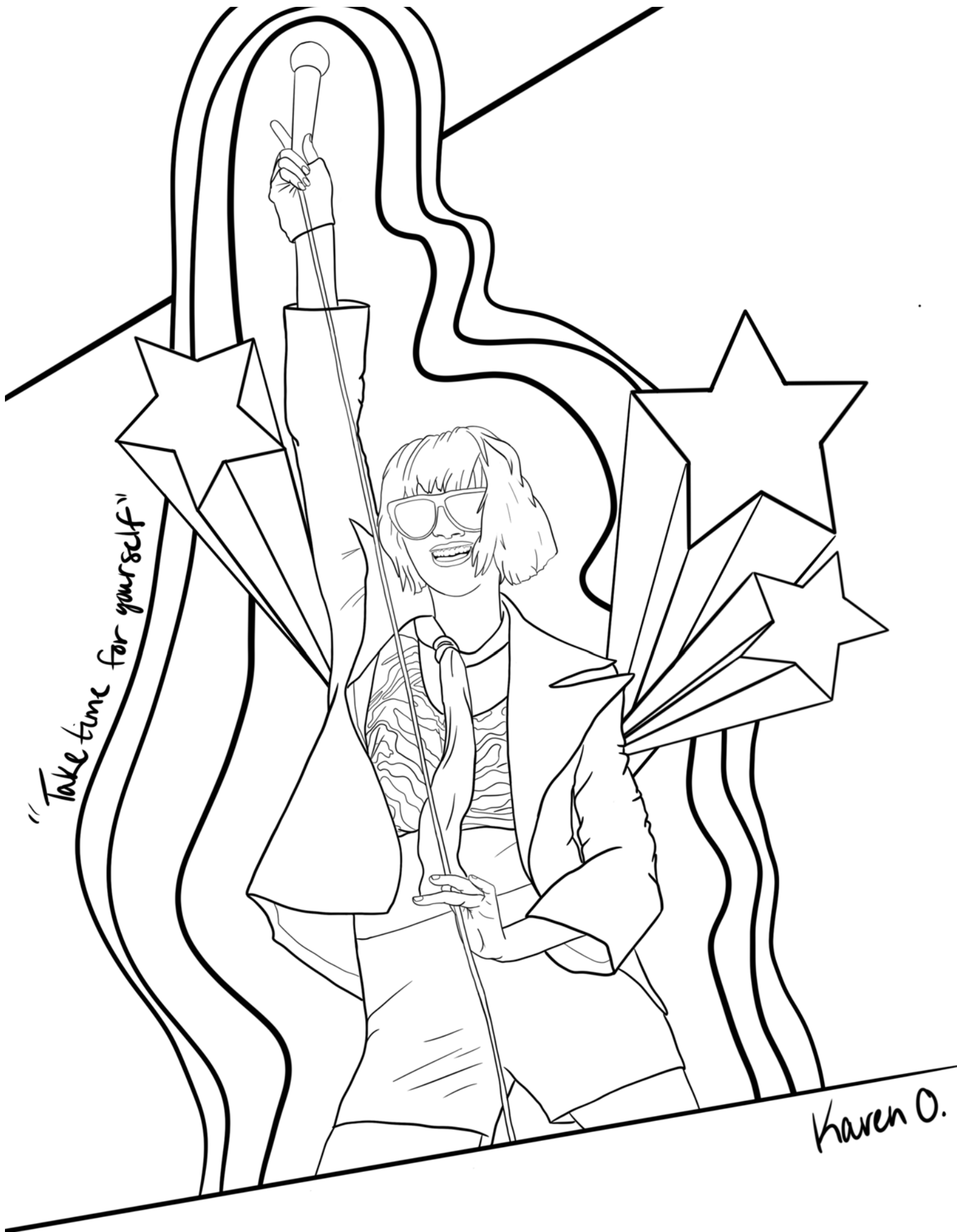
India Arie



"They is something magical."

"They is me. I am they."

Iniko



"Take time for yourself"

Karen O.

"Live your life as if yours one"



Tegan & Sara

MINORITY MUSICIANS WORD SOUP

A Z X O Q I L F B X M Y K X Q Q T O I X H L C W O V V O W Z
 G T L C R U D T E T P A B L P U Y N R R L B H E O J G P H W
 C O I Y Z P U X I H N X Y I R S Y E F T C N Z Q T D R E S G
 K K V O H X C J J M A V Z Z Z V D X Q C O E A Q P U I G S D
 T R A C Y C H A P M A N C Z D V W V E R P C L I H X F Y V D
 R Q O T F M Y S P I J G H O M M H A K S O X I I A R F U E J
 Z K R Q W H V D E G A Q I M A R I A H C A R E Y Z H P L R C
 K N M Z G B Q Z U V A E M I S S Y E L L I O T W R C L Q Z Z
 O F I V S J X J E N N I F E R L O P E Z P E R A Z X R Z V I
 J A P A N E S E B R E A K F A S T K F M W O J Y C J D U C Y
 L F E A U S Q D T S V J B B Z W I U D O F S E M L B K Q Z R
 Y C L J J J Q E T Y S P R C G S H G L O R I A E S T E F A N
 H K E E P V Q J C G Y F Z D Q A G I A I J I G N H T I F A M
 S C P S I R V V Y O A Q J R D F R L T W V B H K E Q R I B Y
 H O Q F P C I O E F X I P D H S E E Y N C C A A K J A W M K
 A G E Z A E I Y X W M R L C Y W N Y T S E N R T N W A S R V
 K Q X W L Z R N A Z S S A P I O Q B H A Y Y Q N N U E A I
 I G A X I V R A D D L E D M N E O U G N A N H C M T A J X J
 R P D L C K V V N Y A F N T A N U M K J D F T O X X M W U Z
 A J D S I L O Z E Z B R N C P L D Z A B J P R I U A K V P I
 Y G F Z A B G Z B W A L S F F C A O O O X U Z A G S G S B A
 U M M Q K F L Q B C Z S A H D Z C O R C Y Z P U N O T E U I
 A F R X E Q R D P D I O P C I U K F Y S B Z K K X K L O Q J
 Y O L H Y H O N U T F Z J A K N I H J U E Q O T I V L D N D
 V R K E S R D Z C V C L H A L M I F U S O Y S I N J P I Q N
 R E O Y H A H Q G R E M H X E D A J J O T K U A D J B X N K
 A A L I Y A H O A O O W Y O K L I N Z L D P S D B Y V C U H
 Y I U J H M Z U Q B B K B S N D X N B E Y O N C E T W U F T
 I W M B Q C B C R D G X I Y A H S W G Y C E T T A J A M E S
 T Z S E L E N A M A R Y J B L I G E V Z E X I Y O G Y Q L N

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> RIHANA | <input type="checkbox"/> SANTI GOLD | <input type="checkbox"/> ALICIA KEYS | <input type="checkbox"/> MARIAH CAREY |
| <input type="checkbox"/> ARETHA FRANKLIN | <input type="checkbox"/> ESPERANZA SPALDING | <input type="checkbox"/> JAPANESE BREAKFAST | <input type="checkbox"/> SHAKIRA |
| <input type="checkbox"/> AALIYAH | <input type="checkbox"/> BEYONCE | <input type="checkbox"/> SELENA | <input type="checkbox"/> CINDY BLACKMAN |
| <input type="checkbox"/> PRIYA DARSHINI | <input type="checkbox"/> GAIL ANN DORSEY | <input type="checkbox"/> GLORIA ESTEFAN | <input type="checkbox"/> LIZZO |
| <input type="checkbox"/> MARY J. BLIGE | <input type="checkbox"/> JENNIFER LOPEZ | <input type="checkbox"/> MISSY ELLIOT | <input type="checkbox"/> GRIFF |
| <input type="checkbox"/> ETTA JAMES | <input type="checkbox"/> TRACY CHAPMAN | <input type="checkbox"/> CELIA CRUZ | <input type="checkbox"/> WHITNEY HOUSTON |

WOMEN OF COLOR WHO ROCK



DIVE IN through hands-on learning

|| *verb*: become suddenly and enthusiastically involved in something ||

"CROSS YOU OUT"

By Greg Wheeler and the Poly Mall Cops

Intro: 8 bar drum intro

2x (B G C# B G C#)

Verse 1: 2x (B G C# B G C#)

Chorus 1: 4x (B E D B E D)

Bridge: 2x (A A# B A A# B)

Solo: 4x (B A# A B A# A B A# A B A# A)

Interlude: 2x (B G C# B G C#)

Verse 2: 2x (B G C# B G C#)

Chorus 2: 4x (B E D B E D)

Outro: B A# A B A# A

I call you my brother

But it's nothing to you

Just so sick about
always thinking

I revolve around you

I'll cross you out
Out, out, out, out

(repeat)

You're gone forever
You are gone

I cry on your shoulder

But it's just business to you

Can't stop thinking about
the time I've wasted

Wasted on you

"Laruelz" by Elly Hofmaier, aka - Penny Peach
aka Penny Peach

VERSE

① F# A G# B

I have no I could be	laurels on mad about it	when I can I could be so	rest sad about it
4 4 4 4 4 2 2 2 2 2	7 7 7 7 5 5 5 5	6 6 6 6 4 4 4 4	9 9 9 9 7 7 7 7

⑤ F# A G# B

Some laurels But I think	look like a I know what's	cry and a best	stinky dress
-----------------------------	------------------------------	-------------------	--------------

⑨ F# A G# B

or big fat I got a	benjamins head on my	chest	YES
-----------------------	-------------------------	-------	-----

⑬ F# A G# B 2nd time slow down

rows upon I got a	rows of head on my	men chest	YES
----------------------	-----------------------	--------------	-----

Half time feel

BRIDGE

4 4 4 4	4 4 7 6 6 7 6	4 4 4 4	4 4 7 6 9
4 4 4 4	4 4 7 6 6 7 6	4 4 4 4	4 4 7 6 9
2 2 0 2 2 0	2 2 5 4 4 5 4 0	2 2 0 2 2 0	2 2 5 4 7

Eight notes, Fuzz tone

PRE-CHORUS

Slow Down

2 + 2 + 3 + 4 +

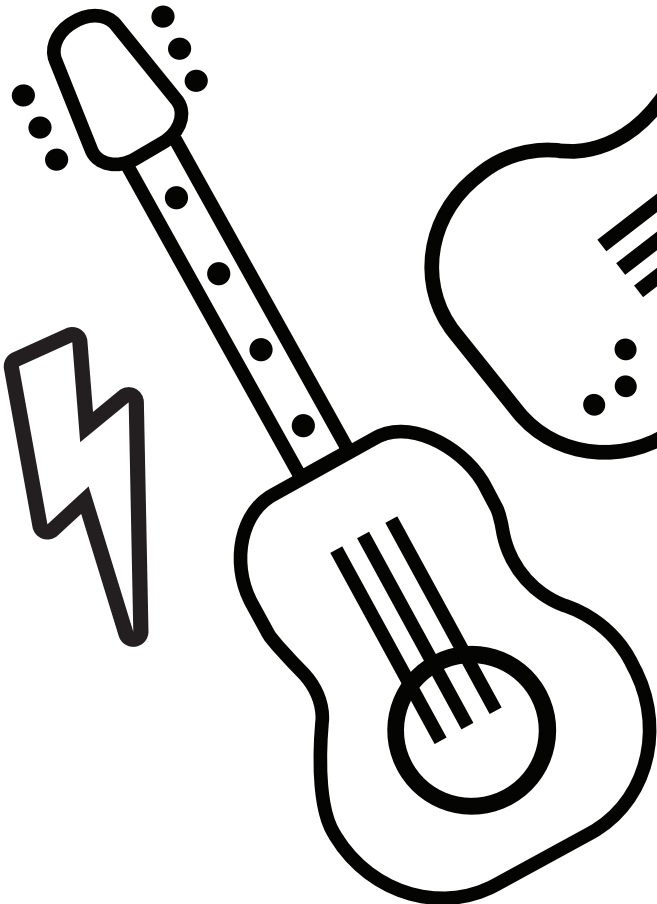
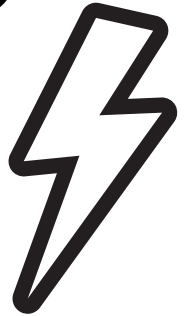
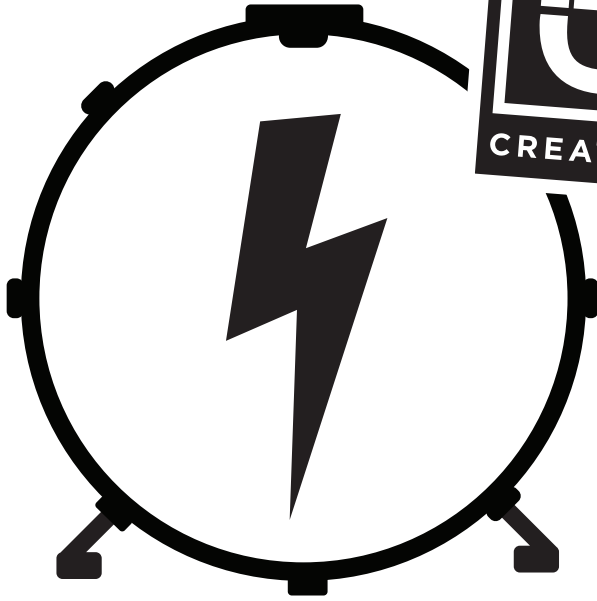
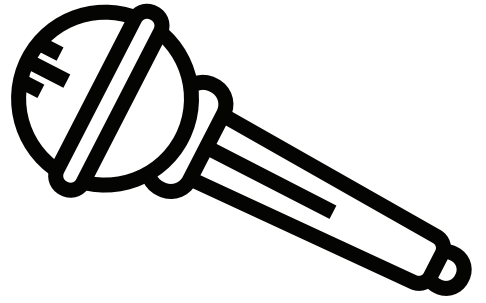
4 2	4 2	4 2	4 2
2 5 2 5 2	2 5 2 5 2	2 5 2 5 2	2 5 2 5 2
5	5	5	5

Half time feel

CHORUS
Repeat to end

Six Pence says in 10 years Jazz said free your mind	you'll be dead your thoughts expand	Pennies for me lifetimes God said free ur mind	in my head or you'll be ...
4 2	4 2	4 2	
2 5 2	2 5 2	2 5 2	2 5
5	5	5	5

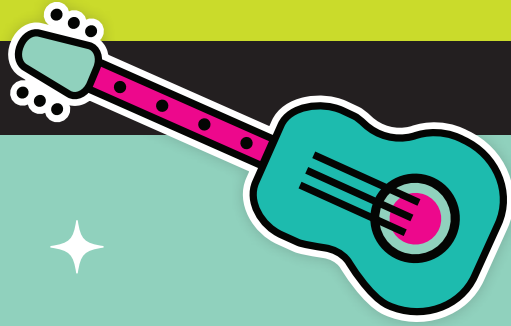
WE ROCK





THE SOUND IS THE BLOOD BETWEEN ME & YOU

LYRICS "ROMANCE" BY WILD
© 1998



GR⚡DSM10 YEARS
GIRLS ROCK! DES MOINES



COLLABORATORS



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MEG EASTWOOD
@macabre.meg

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@tgwhipp

MIA BUCH
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MEGHAN BALTAS

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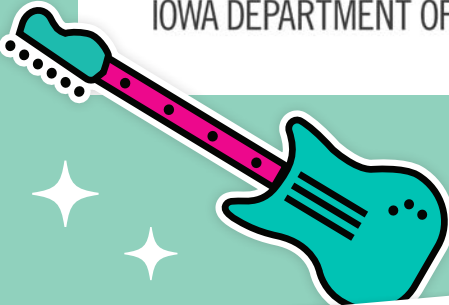
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THANKS TO THE AMAZING
SUPPORT FROM:



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WE ROCK



GR!LIVE

