

# Nourishing Power

## Related Tactics x Visibility Project

featuring contributions from: **Joey Enríquez, Heather Hart, Elokin Orton-Cheung, Sun Park, Tina Villadolid, Kit Yan, & victor yañez-lazcano**

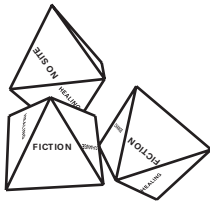
### Joey Enríquez *Potluck for reaching out*

Living with illness or disability limits the amount of energy you have. Let's say you have 9 tasks to complete today but only 5 spoons to allocate towards them. Where should you best allocate your spoons? As we survive within and beneath the pressures of racial capitalism, there is no correct answer to this question—we shouldn't be coerced into having to choose in the first place. Why might others have more spoons than you? Is there a spoon to use to ask for help? How might you ask for help with a spoon for reaching out?



### Heather Hart *Earthseed: A potluck for surviving together*

Heather Hart invites you to "Earthseed: A potluck for surviving together," a game to play with new friends or old to explore themes in Octavia Butler's book, *Parable of the Sower*, as they pertain to our own practices and the world we live in. Grow collaborative muscles, intimacy and imagination. Stretch your understanding around your work, methods, context, and further flex the muscles between your ideation and creation. Fold and glue the pyramidal dice and discuss the prompt that you roll.



### Elokin Orton-Cheung *Potluck for nourishing visions*

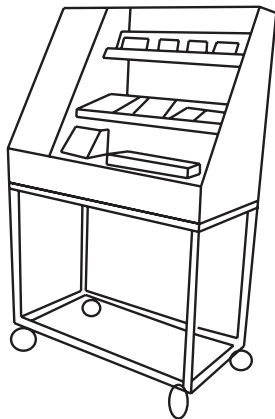
Elokin Orton-Cheung offers you chrysanthemum and goji berry – herbs we drink in Chinese medicine practices to brighten the eyes and promote vision. These plants invite you to this potluck to deepen what vision means to you – led by the heart, nurturing visionary dreaming into action. As you drink them, we ask you to imagine:



What are our collective visions for liberation from oppressive systems of occupation and imperialism?

How do we move towards practices of decolonization and rematriate land back?

How can our visions weave together to support movements that are happening now, have been ongoing for generations, and deepen the possibilities for what our collective futures can become?



### Sun Park *Screaming as a communal ritual: this is a potluck for expressing anger*

Referencing tarot cards, visualization practices, and a protest poster created during the Student Strikes (and thinking about recent student protests in solidarity with Palestine) these open-ended spiritual practices can support channeling anger in response to both political and personal circumstances.



### Tina Villadolid *Potluck for rice memory*

How can shared cultural connections to rice act as seeds for solidarity? Gather together in community to cook and eat rice, to share your rice memories, and to discuss the meaning these memories hold not only for our past but for our collective present and future.

### Kit Yan *Potluck to bring yourself*

Kit Yan offers Rice Krispy Banana, a story with an accessible recipe anchored in a sense of home.



### victor yañez-lazcano *a potluck for a feeling...*

victor yañez-lazcano offers you a napkin with an embedded QR code linked to a youtube soundtrack inspired by and for the quality of sounds that typically fill the air at a potluck gathering—laughter; light-hearted and/or deep conversations; pauses for gratitude; pauses for grief; pauses for gathering oneself to continue; pauses for Joy; and in between all of those sounds, a carefully shaped collection of music for a potluck. For a feeling. The playlist description will also lead to a secondary potluck playlist that invites visitors to make individual song contributions for a collective potluck playlist.



### Visibility Project *Potluck for Queer Asian American organizers*

Visibility Project offers you a felted fortune cookie in eleven colors representative of the Progress Pride flag. Each prompt in each cookie is a question that Visibility Project participants have been asked. The prompts center and celebrate the multiple identities we each hold to inspire storytelling around our personal narratives. The prompts also inquire how you actively include or exclude communities you may not be a part of. Take a cookie with the intention of sharing a delicious meal, create safe spaces for intentional conversation, or to simply listen.

### Related Tactics *Potluck for solidarity*

Related Tactics invites you to a Potluck for Solidarity. Each card includes a prompt for additional potluck ideas with the hope that you will take the cards home and enact your own gatherings beyond this exhibition with your community—or the community you hope to build. Offer to one another, share knowledge, and come together in solidarity and future imagining.



Drawing inspiration from the role potlucks have played within Queer Asian American social justice groups, **Nourishing Power** offers an array of takeaway tools for gathering (prompts, objects, recipes for action, questions) that audiences can carry into the world and enact. We are interested in potlucks as a strategy for communal gathering and creating a space for mutual support. For us, the tradition of coming together does not have to be about food, it offers expansive opportunities to share resources, plans for future transformation, creativity, and new connections. A potluck asks us to both give and receive; to take part in making room for one another, in the room and beyond.

Like a potluck, these tools will encourage people to bring something to share with their gatherings to sustain and nourish interconnectivity and empathy. The project features contributions from Joey Enríquez, Heather Hart, Elokin Orton-Cheung, Sun Park, Tina Villadolid, Kit Yan, and victor yañez-lazcano, alongside Related Tactics and Visibility Project.

Originally a graphic designer from Southern California, **Joey Enríquez** transitioned from design to art in 2017 to explore a more interdisciplinary creative practice. Enríquez was a 2020-2022 Hamiltonian Artist Fellow and they were awarded a residency through The Studios at MASS MocA in 2021. Enríquez is currently an adjunct professor at George Washington University, George Mason University, and Carroll Community College.

**Heather Hart** makes artwork that is expanded through collaboration with performers and publics. She is a co-founder of Black Lunch Table. You can find her work mostly outdoors at museums in the US. Hart is an Assistant Professor at Rutgers University.

Shooting Star Botanicals is a holistic medicine and herbal education project created by **Elokin Orton-Cheung**, with the dream to support all of us to reconnect with plants as a way to heal ourselves, our communities, and the world we are part of.

**Sun Park** is an interdisciplinary visual artist and writer living in San Francisco. Park holds an MFA from SFSU, has presented work at /room/ (slash gallery), Kearny Street Workshop, Southern Exposure, and San Francisco Arts Commission Main Gallery, among others.

**Tina Villadolid's** creative practice is a reclamation of her complex inheritances as a Filipina American. She embodies resilience to generational trauma caused by American colonialism through temporal installation and action-based work at historical sites where Philippine stories are diminished or erased. Playing with scale, illumination, and organic materiality, Tina's work physicalizes a power shift.

**Kit Yan** is a NYC-based writer from Hawaii. Kit is a recipient of the 2023 Helen Merrill Award, 2022 ASCAP Harold Adamson Lyric Award, 2021 Jonathan Larson, Kleban Prize, and the 2019 Vivace Award. Fellowships/residencies -Sundance, MacDowell, Hermitage, Dramatists Guild Foundation, and Lincoln Center among many others.

Since 2009, **victor yañez-lazcano** has shaped an interdisciplinary body of work that explores myriad factors associated with assimilation narratives—particularly related to language, labor, and notions of visibility. He received his MFA from Stanford University and is currently an assistant professor of photography at the University of Washington–Seattle.

**Mia Nakano**, Director of the **Visibility Project**, is a queer, Japanese American, community archivist and visual artist. She is a seasoned self-taught artist, educator, and lecturer who advocates for the strategic use of visual arts to create social change.

**Related Tactics** is an artist collective that creates projects at the intersection of race and culture, exploring the connections between art, movements for social justice, and the public through trans-disciplinary exchanges, collective making, and dialog.