

Body Tuning Transcription/Score

Alex Mah: The track you're about to hear is part of Earth Witnessing an audio project for Vines Art Festival that invites you to connect to this park through this audio track, using each of your senses to connect to the earth. First a word about the land this park is on.

Christie Lee Charles: [Speaks in həŋqəmiŋəm]
Good day, good day, good day my honoured and respected friends. My name is [Indigenous Name] and I come from this place called [Indigenous Place Name]. [Indigenous Place Name] is also known as Kitsilano Beach. This is the həŋqəmiŋəm name from our [Indigenous Group Name]—from the Downriver People. We have used this beach since time immemorial for various reasons. For gathering fresh seafood such as butter clams, ooligans, herring, crab, and all the different salmon that used to flow through all the different salmon streams that unfortunately are now covered through the city of Vancouver. But we're still working on restoring and bringing [Indigenous Name] back to the great abundance that will sustain our people for future generations.

Matthew Ariaratnam:

Welcome to Body Tuning at Hadden Park for Vines Art Festival 2021. My name is Matthew Ariaratnam and I am a musician and sound artist and I live on the unceded traditional territories of the Musqueam, Squamish, and Tsleil-waututh first nations. This is a sensory score that has prompts to engage in a certain way in the park. There are 8 prompts and each prompt has a certain amount of silence after it so you can try the task and be more in tune with the sounds of your environment. You can do this piece alone or with friends. The main task of this score is to be curious about what is around you. I hope you enjoy your time at Hadden Park.

[*Accessibility Note – this score asks the performer/ listener to move on grass, sand, and in water.]



Body Tuning Map
Vines Art Festival
2021
Matthew Ariaratnam

I

Start by the fieldhouse

Find a tree and lean a part of your body against it

Spend some time to allow yourself to feel its support

II

Feel the tree bark

Listen to the sound it makes when you move against
it

Feel the texture of the tree

Try this on another tree

And another tree

III

Move towards the beach

Once there

Run a part of your body along the sand slowly

Play with the depth of the sand

Try another part of your body

Try multiple parts of your body simultaneously

IV

Move towards the water

Place a part of your body in the water

Feel the temperature

Feel the spacing of the waves

How much space is there between each wave? Is there any?

V

Collect shells and clean them in the water

Move the shells in between your hands or feet

And bring your ear closer to hear the sounds they
make

Drop them in the water

Repeat

VI

Pick up several driftwood sticks that are dried out by the sun

Move them against each other

Find the sounds they make

Mix with shells

VII

Look at the ocean

Keep your gaze wide

Keep your ears wide

What do you hear?

Be still

VIII

Your walk concludes when you leave the beach

Alex Mah: Thank you for listening to Earth Witnessing presented by Vines Art Festival. This is part of a series of six audio works related to parks in Vancouver. I hope this gave you a chance to deepen your connection to this place.