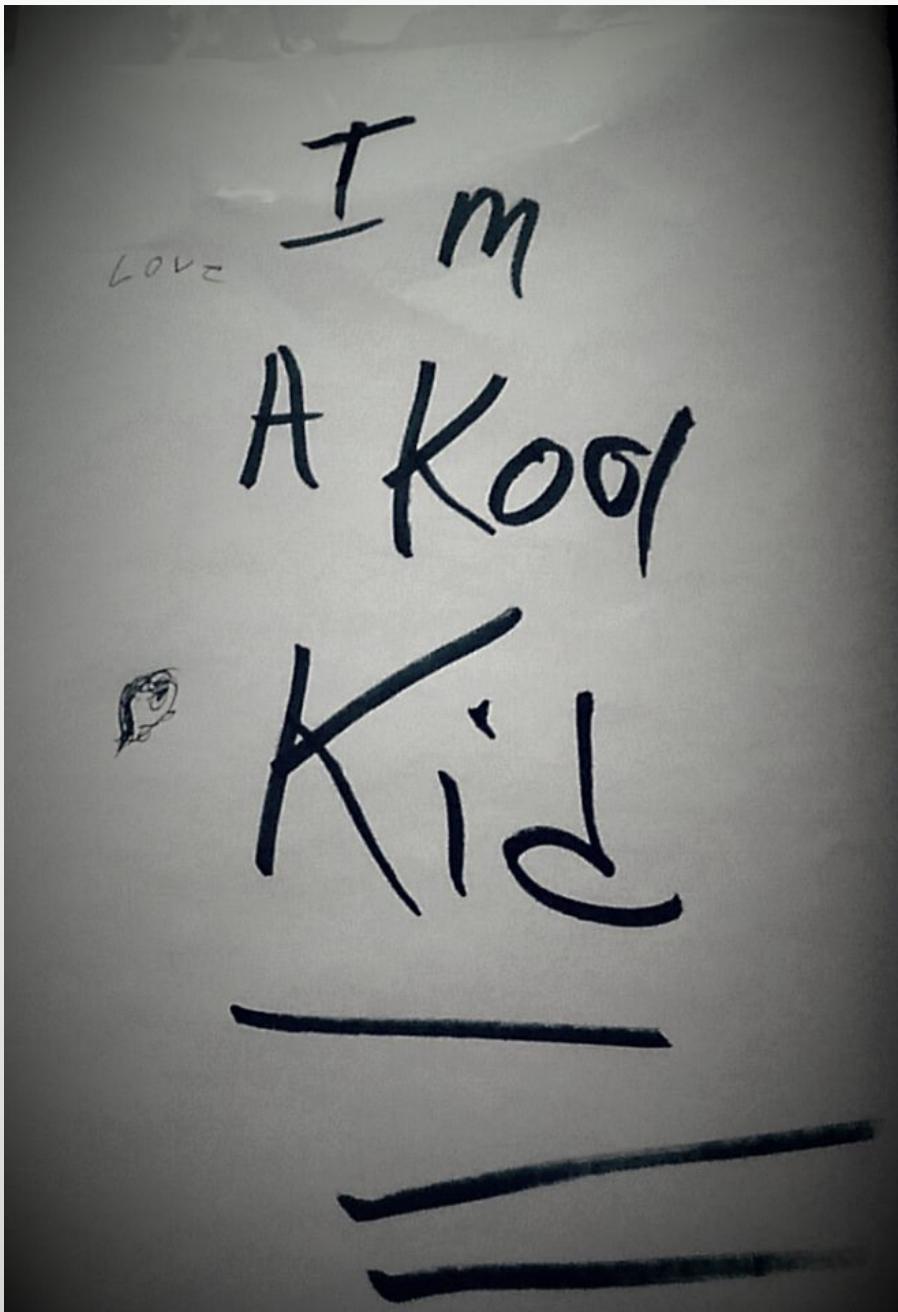


I · am · bic



September 2017

Volume 1 Issue 6

I.am.bic
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P.O.Box 245316
Sacramento, CA 95824
IambicZine@gmail.com
[ResWonderland.com/
Iambic](http://ResWonderland.com/Iambic)

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CharRon Smith, Editor
Rebecca Blanton,
Production
Marvin Xia, Contributor

To submit work for
consideration, please
email
[IambicZine@gmail.
com](mailto:IambicZine@gmail.com)

Editor's Corner



Hello there and welcome to the sixth issue of *Iambic*.

Iambic Six Month Anniversary

I am proud that *Iambic* has been circulation for six months and has found readers to guide them around Sacramento poetry community. I would like to thank my production coordinator, Rebecca Blanton, for her dilligence on being the backbone to this zine. It would not have got this far without her. To the past contributors Jenny, Jack, Nixy, Izzy, NSAA, Grace, Wendy, Grafitti, Shamarr, and SeneStar: thank you for sharing your work to this zine. It is humbling to know that I am not doing this alone. To the open mic hosts that I have interviewed (**Grace, NSAA, Grafitti, Wendy**): thank you for being open to talk about your journey and service to the Sacramento poetry community.

Life of a Circuit Poet

I did a radio interview, poetry features, slam participation, and several open mics shows. This month was busy for the life of a circuit poet in Sacramento. It was exciting to experience these events in one month. It kept my calendar looking full.

What's Inside

This month, Iambic's Venue Profile features **Rhythm and Poetry**, an open mic poetry reading show every Thursday. Then, we will meet an open mic host who founded two poetry show, **Plugged and The intersection**. This month's Meet the Host feature: **Andru Defeye**.

New poetry open mics have been added: The Intersection, Keynote Poetry, Naked Narrative, and Penny for your Thoughts. But, we have also lost a few places: The Spotlight at Blue Lamp and Poetry at the Park. As always, any events that is not on the calendar, please check ResWonderland website for further information.

I would like to give an honorable mention to **Khalypso** for winning August's Sacramento Slam. Read more about it in the Sac Slam Page on *Iambic*. If you have poems, proses, or visual arts that you would to share on *Iambic*, then email IambicZine@gmail.com for rules and guideline for submission.

Venue Profile

gbleu.com Presents:



Established in 2017

Rhythm and poetry is a poetry open mic show that is located at Stellar Studio on B Street and 22nd Street. Founded by Graffiti Bleu, it is a weekly open mic show every Thursday at 8:00pm. Doors open at 7:00 and there is a social hour prior to the mic. Their three show hosts rotate. Each host bring a local spoken word artists (and musicians) to be a feature. The fourth Thursday of every month will feature a spoken word artist and a musician or band. The open mic is open mainly for poets, spoken word artists, and musicians. There is a \$10 entry but you can get a discount if you purchase your ticket online. Free beverages and desserts are served at the show.

Rythmn & Poetry

1715 25th Street
Sacramento, CA
Open Mic Mondays at 8:00
Doors and Socializationat 7:00
\$10

The image consists of two parts. On the left is the book cover for "POET CITY" by Bob Stanley. The cover features a black and white photograph of a city street with construction cranes and a traffic light. The title "POET CITY" is at the top, with "Poetry, Visual Art, Photography" below it. At the bottom, it says "Published by Little M Press" and "Edited by Bob Stanley". On the right is a poster for the "Poet City Book Release Tour". The poster features a black and white photograph of a city street at night. The text on the poster reads: "Stop #2 Poet City Book Release Tour", "Wednesday Sept 13, 2017 9pm", "at Queen Sheba Mahogany Urban Poetry Series 1704 Broadway Street, Sacramento, CA", "Featuring NSAA", and "Hosted by Khiry Malik". There is also a small circular portrait of a man with a beard and a hat.

Meet the Hosts

Andru Defeye

Zero Forbidden Goals

Facebook: ZFG Promotions

Andru Defeye is an establish poet, writer, film editor, emcee, podcaster and journalist. He has performed everywhere from art museums to festival stages while also designing and developing a Hip Hop based curriculum that meets common core standards in classrooms. He has worked for the Sacramento New and Review and Submerge Magazine as an editor and writer.



He has written several books and articles, including his latest poetry book, *Illicit*. But, he is best known for being the front man and founder of the collective ZFG (Zero Forbidden Goals).

During National Poetry month, He runs a national campaign called Guerilla Poetry month. The goal is for Spoken word artists invaded stores, venues, government building, and bus stop with poems recited to the public. The performances are recorded and / or hosted by ZFG.

He hosts two poetry open mic shows: The Intersection and Plugged. Both shows have a different vibe on poetry performance by blending hip-hop and R&B music and the underground element of the streets to present to the public.

He is also the host of the podcast, Not So Underground Podcast, on Sol Media where he interviews several local artists in Sacramento.

Have a poem you want to published? Do you have something to say about the Sacramento poetry scene? Are you promoting a poetry-centric event? Let lambic help you! Send submissions and inquiries to lambicZine@gmail.com.

Why Iambic?

CharRon E. Smith

Downtown Sacramento has several art scenes. Second Saturday is just shows a glimpse of it: visual arts, music, comedy, burlesque, and plays. There is also large poetry community. I have been part of it for two years.

Over time, There were no centralized resources for people who want information about joining poetry and spoken word groups in the area. There was a site, Eskimo Pie, but it is now defunct. I decided to create a zine to provide people information about events, venues and poets in the area. *Iambic* was born.

1. Eskimo Pie is no longer in operation.

When I moved to Sacramento in October 2015, I was informed about Eskimo pie website (www.eskimopie.net). A website for Sacramento poets that housed a calendar for open mic venues and poetry events in the community. It was established by Rebecca Morrison, well known poet in the Sacramento poetry community. It was a great blueprint to model sections in *Iambic*.

2. Display unknown people's poetry, visual art and short stories.

Poets and writers are always looking for ways to promote and publish their work. So, I created a publication for new and interesting poets in Sacramento could have a voice. Plus, I did not want to penalize poets for placing a piece on their social media.

3. Be a guide to a large poetry community.

I was alone when I moved to Sacramento. I accidentally discovered the Sacramento poetry center. I went to an open mic and was interested with poetry again. I checked out all the open mic venues in the area and started participating. I notice that not all poets went to every open mic venue or workshop in town regularly. Poets started noticing and asking me about different venues.

I created *Iambic* to serve my poetry community as a guide since, there are a variety of venues for patrons. But it was also to make outsiders aware that a poetry scene exist. I have been publishing *Iambic* for six months. Here is looking forward to the future!

Sac Slam Page

Sacramento Slam is a monthly poetry competition at Luna's Café, where poets compete for a cash prize.

The Officials:

The Slam founders: Jennlyn and MC Sho Nuff

The Slam show host: (2014 Sac Slam team member) Ike Torres of the Sacramento crew, ZFG.

Co-host and show DJ: (2016 Sac Slam team member) CharRon Smith aka Resolution.

Our Timer/Scorekeeper: Greg aka Sheets.

The Show:

The venue was packed, judges were picked, host was ready, DJ was plugged in, and participants have signed in and paid. We have 10 poets on the list (including last month's slam champion: Jenny Davison) competing for \$40 cash prize. After two hours of spoken word performances, judging, and music interludes; we have a new winner: Khalypso.

Congratulation, Khalypso. We hope she participates in September Sac Slam to defend her title but until then, keep writing and performing, poet!

The Sacramento Slam is performed at Luna's Café every third Friday of the month.

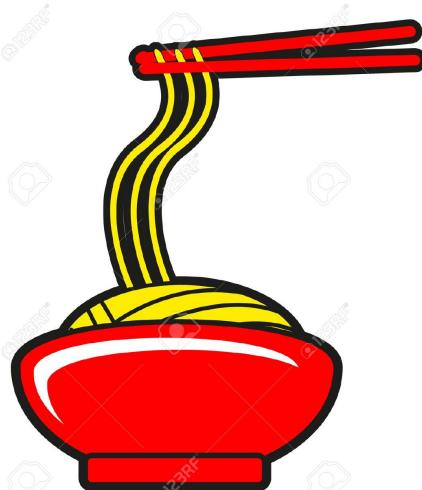


Poetry This Month

Instant Noodles

Marvin Xia

What we have is instantaneous
Instant ike noodles, quick and ready
No chemistry required, just passion and thermodynamics
No magic in the moment, just a little temperature
Just a little heat to soften the rough hard edges that is me
Thaw out the slow moving parts, get them moving
Show the frozen joints what it means to dance
Warm this stone heart, teach it to beat a thousand fold
Let me remember what it feels like to experience such intensity for
this one moment we share
Remind me that such raging ferocity is what keeps the blood in my
veins sing
And when that fleeting moment is gone, when the fire that stokes
the fire that keeps my own
heart beating dies down to mere embers
I'll have this moment to last a lifetime
But it won't be what keeps me alive
Instant noodles, like what we have, never provide much
sustenance anyways



Sacramento Poetry Calendar September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8p Keynotes Poetry (8)	2 7p Poetry Cake (9) \$15
3 12-5P OPOM (3) 8p Penny 4 Ur Thoughts (7)	4 7:30P Sac Poetry Center (5)	5 7P Intersection (12)	6 9P Mahogany (4) \$5 8p Shout Out Sacramento (2)	7 7P Rhythm & Poetry (8) \$10 8PM Luna's Open Mic (1)	8 8p Keynotes Poetry (8)	9 7p Poetry Cake (9) \$15
10 12-5P OPOM (3) 8P Plugged (7)	11 7:30P Sac Poetry Center (5)	12 7P Intersection (12)	13 9P Mahogany (4) \$5 7p Naked Narratives (2)	14 7P Rhythm & Poetry (8) \$10 8P Luna's Open Mic (1)	15 8P Sac Slam (1)	16 8P Keynotes Poetry (8)
17 12-5P OPOM (3) 6:30P Poetry Corner (9) 5P Coffee & Poet (10)	18 7:30P Sac Poetry Center (5)	19 7P Intersection (12)	20 9P Mahogany (4) \$5 8p Shout Out Sacramento (2)	21 7P Rhythm & Poetry (8) \$10 8P Luna's Open Mic (1)	22 8P Keynotes Poetry (8)	23 8P Keynotes Poetry (8)
24 12-5P OPOM (3)	25 7:30P Sac Poetry Center (5)	26 7P Intersection (12)	27 9P Mahogany (4) \$5 8p Naked Narratives (2)	28 7P Rhythm & Poetry (8) \$10 8P Luna's Open Mic (1)	29 8P Keynotes Poetry (8)	30 8P Keynotes Poetry (8)

1) **Luna's Café** 1414 16th St; 2) **Shine Café** 1400 E St; 3) **Oak Park Mic** @ 33rd St & Broadway outside; 4) **Queen of Sheba** 1714 Broadway; 5) **Sac City College** 2825 Freeport Blvd; 6) **Sac Poetry Ctr** 1719 25th St; 7) **Sol Collective**, 2574 21st St; 8) **Stellar Studios** 202 23rd St; 9) **Brickhouse Gal**, 2837 36th St; 10) **Blue Lamp** 1400 Alhambra; 11) **Naked Lounge** 1111 H St; 12) **Old Soul** 3434 Broadway

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