

# I · am · bic



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Volume 1 Issue 8

**I.am·bic**  
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## Table of Contents

|  |   |
|--|---|
| Editors Corner   | 2 |
| Venue Profile  | 3 |
| Meet the Host  | 4 |
| Youth Voices   | 5 |
| Poetry This Month  | 6 |
| Sac Slam   | 7 |
| Poetry Calendar  | 8 |
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# Editor's Corner



Hello There and Happy Holidays from *Iambic*. My name is CharRon and I will be your participat-observant in the Sacramento poetry community. So relax as you browse the content in this zine.

The month of November is National Novel Writing Month (NaNoWriMo). Since poets are writers, you should definitely participate. This is also a great time to go nuts. Try your hand at prose, haibun, journals, long poems, stories, and experimental writing. Do you need some support? Do you dislike working alone? Join a local writers' group. Here, let me get you started: check out Shut up and Write! on Facebook. They are a writers group that meets in several locations. It is operated by Nolan Nerkirk, the host of Naked Narrative.

Register at [www.Nanowrimo.com](http://www.Nanowrimo.com) to participate.

Inside this issue, we will spotlight the poetic couple, Jennylynn and Sho' nuff in MEET THE HOST. We spotlight Keynote poets in Venue Profile.

Also, go thank some veterans or soldiers for their service on Veteran Day. Maybe, invite them for Thanksgiving. They could teach some non-lethal moves for Black Friday. See, it is valuable to know a veteran.

# *Venue Profile*



Plugged  
Hosted at Stellar Studios  
202 23rd Street  
Sacramento, CA  
Friday's 7:30 - 9:30 PM

## **Keynote Poets**

Keynote Poet of Sacramento is an open mic show located at Stellar Studio. Founded in 2014 and hosted by Michael Ellis with his co-host and protégé, Jabrie Iso Anderson. In previous years, the show resided at Time Tested and Sacramento Poetry Center. Feature Poets perform during each season series. As a chapter of Keynote Poets worldwide with several chapters around the world, Keynotes Poets prepares poets to speak at auditoriums, groups, and lecture halls. Like Keynote speakers, Keynote Poets are train to be able poetry to any type of audience. Their largest chapter is in Botswana, Africa.

# *Meet the Hosts*

Jennlynn and Sho' Nuff are Sacramento's reigning poetry king and queen. They host Joe Montoya's Poetry Unplugged and Sacramento Poetry Slam (Sac Slam). They have hosted and performed at several present and past venues including Luna's, Sac City College, and Butch and Nellies (now defunct).

Their creativity stretches beyond poetry and spoken word performances. Sho' Nuff is the lead vocalist for Blaquelisted, the Sammies Award-winning rock-rap group. Jenny is a visual artist who several murals and displayed around Sacramento. Most recently, she was commissioned by the Crocker to include a piece in a Sactown mural now displayed in south Sac.

As the next generation to host the long-running poetry mic, Joe Montoya's Poetry Unplugged, they bridged spoken word poets and book published poets together on stage by hosting every first Thursday of month. They founded a certified national poetry slam in Sacramento. The Slam now offers cash prizes for the winning poet. Jennylynn and Sho'nuff also assemble a Slam team of powerful spoken word poets to compete in the National Poetry Slam.

To read the "Meet Your Host" interview, Check out:  
[www.reswonderland.com/iambic](http://www.reswonderland.com/iambic)

**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 iambic help you! Send submissions and inquiries to iambicZine@gmail.com.**



# Youth Voices

## The Adventures in Cellularvilla

(PART 5)

Sene Star

As CharRon gazed across the open field, he spotted his worst nightmare, The Computer Virus, pulverizing everything in its way.

“ Hey, Jim, what should... Jim, Jim?” CharRon whispered. Looking around for his friend, he saw a fleeing figure in the distance, but this figure wasn’t running away from him, the zombie, was running straight towards him. As it abscond away from the scene, he noticed another figure fleeing towards the wifi tree in the distance.

“Jim, is that you?” CharRon yelled. When the figure turned around, the monster did as well. The monster made a flying leap towards Jim, and before he could run for his life, the was concealed in the hand of the monster. As the monster turned towards CharRon, he fled, hoping that he could outrun the monster and save his friend. When he finally was far enough from the monster, he started planning his friends rescue.

Meanwhile, in the monster’s hand, Jim was also planning his escape.

“ How did I get into this mess? Well, Jim, first you decided to sneak away from CharRon, and then you didn’t hide and got caught,” Jim said, as he lectured himself. All of sudden, he was released from the hand, and placed in a small wooden cage.

“ Let me out! Free will, free will!” Jim screamed. As the monster left to destroy more of the town, he blocked the entry will a colossal boulder. Just as Jim started to tire, he was awoken by the strangest thing. *To be continued.....*

# *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 venue was packed, judges were picked, host was ready, DJ was plugged in, and participants have signed in and paid. We have 8 poets on the list that competed for \$40 grand prize. After a 2 hours of Spoken Word performances, judging, and music interludes; we have a new winner: J Rowe

Check out J Rowe on Social Media:  
Instagram: Ssimply\_smiles

Congratulation, J Rowe. You are October Sacramento Slam Champion. We hope you participate in November Sac Slam to defend your title.

But until then, keep writing and performing, Poet!

Honorable Mentions: Tara, Sho Nuff, and CharRon for being Calibration Poets for the slam.

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



# Poetry This Month

This month marks the start of the holiday season. Our regular contributor, Rebecca Blanton, has a cookbook coming out from ABV Network in the middle of November. Look for it in bookstores, co-ops, on Amazon and BN.com!

## Mulled Cranberry Sauce

Makes 4-6 side servings.

Time: 3 hours, Active time: 10 minutes

### *Ingredients*

1 lb fresh cranberries

2 c granulated sugar

2 c red wine (I generally use the “Two Buck Chuck” from Trader Joe’s. An Australian Shiraz also works well.)

1 orange

1 cinnamon stick

4 whole star anise

5 whole cloves

5 allspice berries

### *Preparation*

Place a small plate in the freezer.

Wash the berries and add them to a stock pot. Sort through and remove any wrinkly or squishy berries.

Was the orange. Using a vegetable peeler, peel three or four large zest strips into the pot with the berries.

Cut the orange in half and squeeze the juice into the pot. Use your hand or a juicer to catch any seeds.

Add the sugar to the pot.

Pour the wine into the pot.

Using an oversized tea ball or piece of cheese cloth, create a pouch containing the cinnamon, anise, cloves and allspice. Add the spice ball to the pot.

Simmer the berry mixture for approximately 15 minutes.

After fifteen minutes of cooking, take the plate out of the freezer. Drop about a teaspoon on the jam on the plate. Run your finger through it. If the mixture stays separated, it’s ready. If it oozes back together, it needs more cooking.

When cooked, remove from heat. Remove the spice ball and orange peels. Place in a glass or metal container. Let the mixture cool until it’s no longer steaming. Cover the container with a lid and chill for at least three hours.

Served chilled.

## Sacramento Poetry Calendar November 2017

| Sunday   | Monday                                  | Tuesday  | Wednesday  | Thursday   | Friday                           | Saturday |
|--|---|--|--|--|----------------------------------|----------|
|  |   | 1<br>8p Shout Out Sacramento<br>(2)                                | 2<br>7p Rhythm & Poetry (8)<br>\$10<br>8p Luna's Open Mic (1)      | 3<br>730p Keynote<br>Poets (8)                     | 4                                |          |
| 5<br>12-5P<br>#TOPCAOM (3)                             | 6<br>7:30P Sac<br>Poetry Center<br>(5)  | 7<br>10P Mahogany (4) \$5<br>8p Naked Narrative (2)                | 8<br>7p Rhythm & Poetry (8)<br>\$10<br>8 PM Luna's Open Mic<br>(1) | 9<br>730p Keynote<br>Poets (8)                     | 10<br>7p Poetry Cake<br>(9) \$15 |          |
| 15<br>12-5P<br>#TOPCAOM (3)<br>8P Plugged (7)          | 16<br>7:30P Sac<br>Poetry Center<br>(5) | 14<br>18<br>8p Shout Out Sacramento<br>(2)<br>10P Mahogany (4) \$5 | 19<br>7p Rhythm & Poetry (8)<br>\$10<br>8P Luna's Open Mic (1)     | 20<br>8P Sac Slam (1)<br>730p Keynote<br>Poets (8) | 21                               |          |
| 22<br>12-5P<br>#TOPCAOM (3)<br>5p Coffee & Poet<br>(9) | 23<br>7:30P Sac<br>Poetry Center<br>(5) | 21<br>25<br>8p Naked Narrative (2)<br>10P Mahogany (4) \$5         | 23<br>Thanksgiving   | 24   | 25                               |          |
| 26<br>12-5P<br>#TOPCAOM (3)                            | 27<br>7:30 Sac Poetry<br>Center (5)     | 28<br>29<br>10P Mahogany (4) \$5                                   | 30<br>7p Rhythm & Poetry (8)<br>\$10<br>8P Luna's Open Mic (1)     |  |                                  |          |

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