

#AMC2017

*Get  
Ready*



*Stay  
Ready*

Collective Protection  
Closing Ceremony



*"We offer the AMC as a space for our movements to converge and explore how we can use media-based organizing to dig up the roots of systemic hatred and violence. We offer the AMC as a space to create art that detoxifies the soil of this culture, so we can grow without its centuries of poison."*

— AMC Get Ready Stay Ready Statement

*The majority of the icons in this zine were sourced and adapted from the Vision Archive, a community owned library of images from social justice movements: [visionarchive.io](http://visionarchive.io)*



# Love & Protect

*"...We must love and protect each other, we have nothing to lose but our chains."*

— Assata Shakur

How do we love and protect each other in action? We are living in a state of emergency in which peace of mind is the greatest gift we can give each other.

This zine is a compilation of the different ways we can get ready and stay ready in order to cultivate that peace of mind.

We welcome support for Conscious Community Cooperative (C3)

by contacting them and donating to their ongoing emergency preparedness work

[}}facebook.com/ConsciousCommunityCooperative](https://facebook.com/ConsciousCommunityCooperative)

C3 initiated the Get Ready Stay Ready project with support from Complex Movements and Free Market of Detroit.

*Note: The resources presented in this zine are not an exhaustive list. Please keep developing and sharing your resources to get ready and stay ready.*



# Survival Pack

*A backpack for survival is vital as we chart the course to freedom.*

When you have to leave in a hurry and don't have time to gather your belongings, a backpack full of these items can be lifesaving. Keep one on deck for each person in your group.

- Flashlights
  - Whistle
  - Pocket knife, ideally as part of a multipurpose tool (leatherman/swiss army, etc)
  - Duct tape (something to bind)
  - Lighter/ waterproof matches
  - First aid kit w/ antiseptic
  - Protein bars, seeds, non-perishable energy rich food
  - Emergency contact list
  - Important documents
  - Solar powered/ crank radio
  - Survival handbook
  - Water filtration tablet/kit
  - Additional items based on specific needs
  - Pen and notepad
  - Change of clothes and microfiber towel
  - Walkie talkie
- >> [readyoradio.com/prepper-s-list](http://readyoradio.com/prepper-s-list)



# Emergency Plan

*"Tomorrow belongs to those who prepare for it today."*

– Malcolm X

Create an emergency preparedness plan with loved ones and family.

- *Decide meet-up locations in case you can't reach each other*
- *Practice your plan*
- *Store bulk items in agreed locations. This includes WATER, beans, rice, medical supplies, etc.*
- *Remember redundancy is your friend, keep multiples of everything. "One is none"*
- *Have a way to travel if gas runs out*
- *Have each other's back*

*Check out this resource for learning more: [}}preppers-survive.com/disaster-preparedness-plan](https://preppers-survive.com/disaster-preparedness-plan)*



# Plants for Liberation

VIA LOTTIE SPADY

## *Get Ready/Stay Ready with Weeds! Plant Based Liberation!*

The current medical industrial complex is designed to maintain our illness for a very long time. Natural plant-based alternatives support a return to wellness!

Check out Earthseed Detroit and learn about Weeds for Wellness

*>> [earthseeddetroit.blogspot.com](http://earthseeddetroit.blogspot.com)*

Monthly Seasonal Herb Series Class Schedule

*>> [www.facebook.com/EarthseedDetroit](http://www.facebook.com/EarthseedDetroit)*

And check out the Earthseed Detroit channel on Youtube!

The image at the top left is a plantain. Humble powerhouse. Good for internal and external tissue healing from the mouth to the south. Plantain is also known as “White Man’s Footprint” as it turns up in disturbed areas. So much we can learn just from what is underfoot.



## *Secure your movement, secure your tech by getting your community's digital self-defense up!*

Digital security is an ongoing process that requires an investment of time and resources. Be patient with yourself and begin by creating a learning community around digital self-defense literacy for yourself and your loved ones.

All digital self-defense starts with self-care and compassion. It's rational to have a deep fear of surveillance, because it is frightening. It's not just about the devices many of us now carry — surveillance was always part of state violence and the U.S. settler/colonial state. It just manifests differently with new technologies.

People's lives have been destroyed by police and government surveillance and harassment. Our best defense is actually caring for each other. Let's tap into the joy that will allow us to pass through this very hard period.

*>> [equalitylabs.org](http://equalitylabs.org)*

*Digital Self-Defense*

VIA THENMOZHI SOUNDARARAJAN



# Transform Harm

## *Transforming harm and conflict is a cornerstone of community*

Restorative and transformative justice practices shift our communities from criminalization and imprisonment towards accountability and healing.

Transformative Justice:

- 1. Acknowledges the reality of state harm.*
- 2. Looks for alternative ways to address/interrupt harm, which do not rely on the state.*
- 3. Relies on organic, creative strategies that are community created and sustained.*
- 4. Transforms the root causes of violence, not only the individual experience.*

Definition via Shira Hassan

Learn more about these practices by going to:

[}}detroitrjcenter.wordpress.com](https://detroitrjcenter.wordpress.com)

[}}shirahassan.com/just-practice-collaborative](https://shirahassan.com/just-practice-collaborative)





## *Break isolation by mapping communities of care*

# Map Your Pod

VIA KEZIA CURTIS

Harm often puts us in spaces of isolation — shame of what has happened to us or what we have done.

Map out authentic, loving, and trusting relationships that can support you when you have been harmed and when you have harmed.

The size of your map is perfect!

There is also space to build new relationships that are authentic, loving, and trusting.

Learn more about pod mapping at:

[}}batjc.wordpress.com/pods-and-pod-mapping-work-sheet](https://batjc.wordpress.com/pods-and-pod-mapping-work-sheet)

# Know Your Rights!

VIA ACLU



*Know your rights for when police stop you, as we build a world without police.*

Your rights:

- *You have the right to remain silent. If you wish to exercise that right, say so out loud.*
- *You have the right to refuse to consent to a search of yourself, your car or your home.*
- *If you are not under arrest, you have the right to calmly leave.*
- *You have the right to a lawyer if you are arrested. Ask for one immediately.*
- *Regardless of your immigration or citizenship status, you have constitutional rights.*

Taken from:

[aclu.org/know-your-rights/what-do-if-youre-stopped-police-immigration-agents-or-fbi](https://aclu.org/know-your-rights/what-do-if-youre-stopped-police-immigration-agents-or-fbi)



## *¡Organiza una cajita de zapatos para la defensa ante la deportación!*

# *Tu cajita de zapatos*

Cada persona en riesgo de ser encarcelada o encarcelado debe guardar los siguientes documentos originales en una 'caja de zapatos' y tenerlo accesible a personas asignadas que lo puedan recuperar en caso de una detención. También debe uno cargar una carpeta en su carro, por ejemplo, comprobando estancia en el país por lo menos los últimos 2 años, para evitar ser considerada/o prioridad de deportación por haber vivido menos de 2 años en el país.

Esto puede ser un proyecto terapéutico familiar donde todos contribuyen a decorar la cajita de zapatos. La caja puede incluir los siguientes documentos:

- *Poderes notariales de niños menores de edad*
- *Identificación de uno*
- *Documentos de los niños.*
- *Actas de nacimiento de los niños;*
- *Registros escolares de los niños;*
- *Evidencia de aprobación de DACA de jóvenes;*
- *Archivos médicos y prueba si tienen condición médica;*
- *Muestra la duración de la estancia en los EE.UU.*
- *Declaración de impuestos;*
- *Facturas*
- *Declaraciones de cuentas bancarias;*
- *Archivos médicos;*
- *Pagos del carro;*
- *Contratos de residencia;*
- *Facturas de utilidades de luz, electricidad, agua, etc.*



# Water is life

## *Water is life.*

The body can go three days without water.

Know where safe sources of drinking water are near you. Set up water filtration systems for home and for travel. Keep at least one gallon per person/per day in storage in case of water shutoffs/poisoning/crisis.

Support organizing for clean and affordable water.

Links:

>> [wethepeopleofdetroit.com/](http://wethepeopleofdetroit.com/)

>> [peopleswaterboard.org/](http://peopleswaterboard.org/)



# Organize for Emergencies

*Organize in ways that incorporate emergency preparedness strategies and prioritize Black communities and other communities that are most impacted in times of crisis.*

For example when there was a water boil advisory in Detroit earlier this year, many people didn't find out for days because of lack of access to internet and other communications.

- *Identify what roles and skills people in your community can offer each other.*
- *Set up alternative communication strategies.*
- *Collaborate on getting bulk supplies at wholesale costs.*
- *Work to build community trust so you're ready when an emergency comes.*

*Thank you to our core contributors:*

Conscious Community Cooperative (C3)  
ReadyoRadio.com

Free Market of Detroit  
FreeMarketofDetroit.com

Keep Growing Detroit  
DetroitAgriculture.net — *thanks for the seeds!*

Emergence Media  
emergencemedia.org

Allied Media Projects  
alliedmedia.org

*Design:*

Una Lee | andalsotoo.net

*The seeds I intend to carry with me from  
#AMC2017 are:*

---

---

---

---

---

---

---

---

---

---