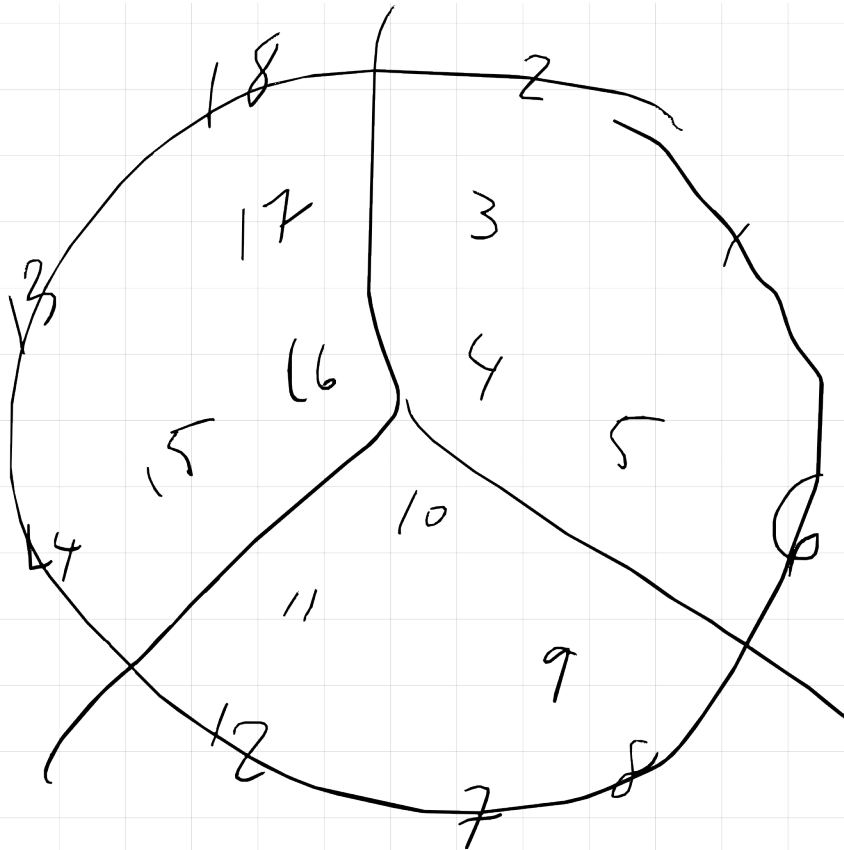




LATHA·S PRATTLES

KAT·S ZINE CLUB

an experimental notebook

PREFACE

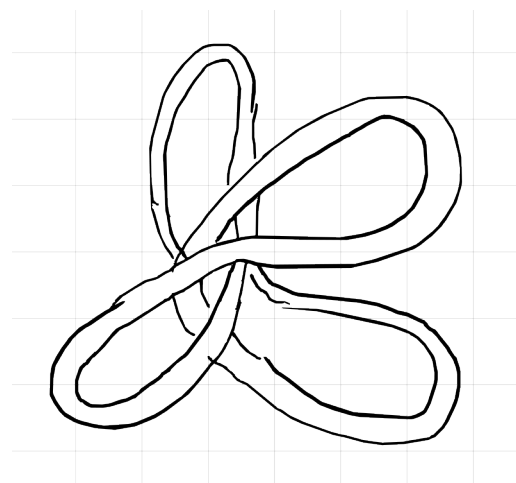
Latha's Prattles is an experimental notebook about making a life and an art practice at the same time. It gathers lore, characters, rituals, dream maps, performance scores, questions, plans, food, cats, and the small observations that keep a larger project moving. Some pages are instructions; some are fragments; some are attempts to name a feeling before it disappears.

The figure of Latha gives these materials a little room to breathe. She can be a witch, chef, seer, researcher, procrastinator, performer, or simply a person trying to pay attention. Her three colors—pink, green, and yellow—become a loose system for romance and poetry, projects and craft, and receptivity and listening.

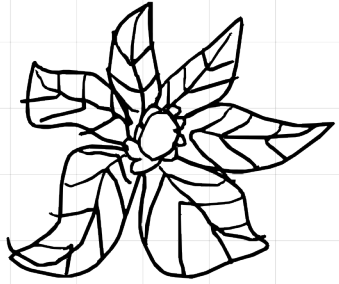
This book does not ask the fragments to become perfectly resolved. It treats the notebook itself as part of the practice: a place where a research question can become a ritual, a ritual can become a score, and a score can become a page. Read it as a map in progress.

A NOTE ON THE FORM

The roughness is intentional. The notebook is allowed to show its seams.



yeah, life has been good in many ways.
 Latha is very powerful as a grounding energy.
 I'm looking forward to finding more fantasy with her.
 What kinds of metaphor does she like?
 Arugula- today, I can study- Arugula, arugula was on my
 pizza. Yesterday, I like arugula a, it is bitter.
 I like arugula because it is accessible.
 It is available in most grocery stores.
 I have not been to an arugula farm.
 Curly.
 My meditation on arugula.



The name is melodic.

Aru

Gula

DEAR READER

Dear Reader,

Come in without needing to know what Latha means. You may recognize a cat before you recognize a theory, or a color before you recognize a character. You may skip a page, circle a phrase, disagree with a plan, or borrow an exercise. This is a zine, so it can be handled a little like a visiting room: enter, look around, and notice what catches.

These pages were made from notes that were still becoming themselves. The questions are sometimes more important than the answers. If something feels unfinished, consider that an invitation rather than a mistake. There is room here for the practical and the mystical, for strategic plans and arugula, for performance scores and dream logging, for the desire to make something beautiful and the need to figure out how to begin.

Take what is useful.

Leave what is not.

— KAT

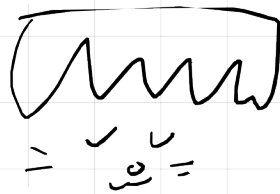
Aru the cat

I like space mountain.



Gula the cat

I like space.



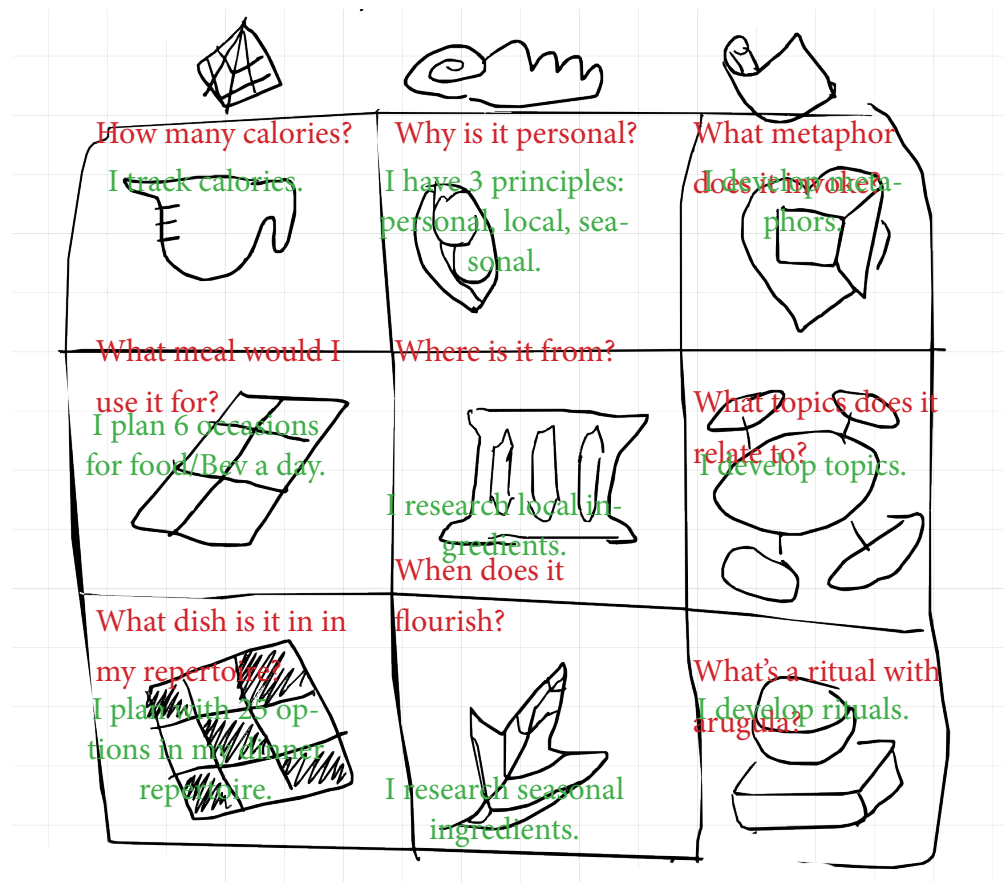
ABOUT THE AUTHOR

Katarina Countiss is a graphic designer by trade and experimental zine author of Kat's Zine Club. Her work has been mailed around the country and Australia. She studied graphic design and communication, and devoted personal time to the exploration of ideas and the crafting of image and text. She lives in Oakland, California with her partner and two cats.

THE PRACTICE

The work collected here moves between writing, visual composition, character-making, ritual, research, and performance. The zine is one of the places where those forms can meet without having to choose a single discipline.

For Kat's Zine Club, the notebook is both archive and laboratory.



Arugula is a friend you meet as an adult- it is easy to understand.

Where they come from energetically:

not trying to please anyone

and staying true to themselves.

Latha's magic
 t work gym dinner (lamb-shep-pie)
 y sprig calendar, bare knuckle pizza
 the simplicity of plants as decoration.
 Today, I was thinking about doodling/drawing with flow for a few pages to
 help prime the divination pump.
 A forecast idea for the zine.
 The sprig log is what sprig came into my life this week?
 I like that it can be as simple as cat grass
 Personal, Local, Seasonal
 How do plants come into your life?
 How do you share plants with other people?

coffee 5
 cold brew 5
 salmon avocado toast 250
 side salad 40
 chocolate log 180
 sushi (salmon 6 pc) 200
 pizza 1000
 nonalcoholic beer 85
 goal under 2043 total 1515

Virgo new moon is coming up and I enjoyed the sermon, the feeling of punc-
 tuation
 Yesterday I mapped out the fall trimester and I appreciated the feeling of seeing
 a season made sense to me- 18 weeks.
 My 9 practices.
 I have structure.
 I have a listening project.
 I have a romance.
 Ideal outcomes
 - have 52 sprigs by next year
 take photos of beautiful meals
 have menus

IN THIS ISSUE

The Lore of Latha

the three forms, colors, cats, and the question of what Latha is becoming

Katarina Countiss

Latha's backstory, innocen-trification, and the Great Map

Passion Brew

a ritual for naming and tending the passions

Yellow / Green / Red

a color language for energy, attention, and action

Passion Deck + Dream Map

games and tools for noticing desire and dreams

Red / Blue / White / Black

a ritual performance score

Latha the Chef / Witch / Seer

descriptors, magic, food, and practices

Arugula

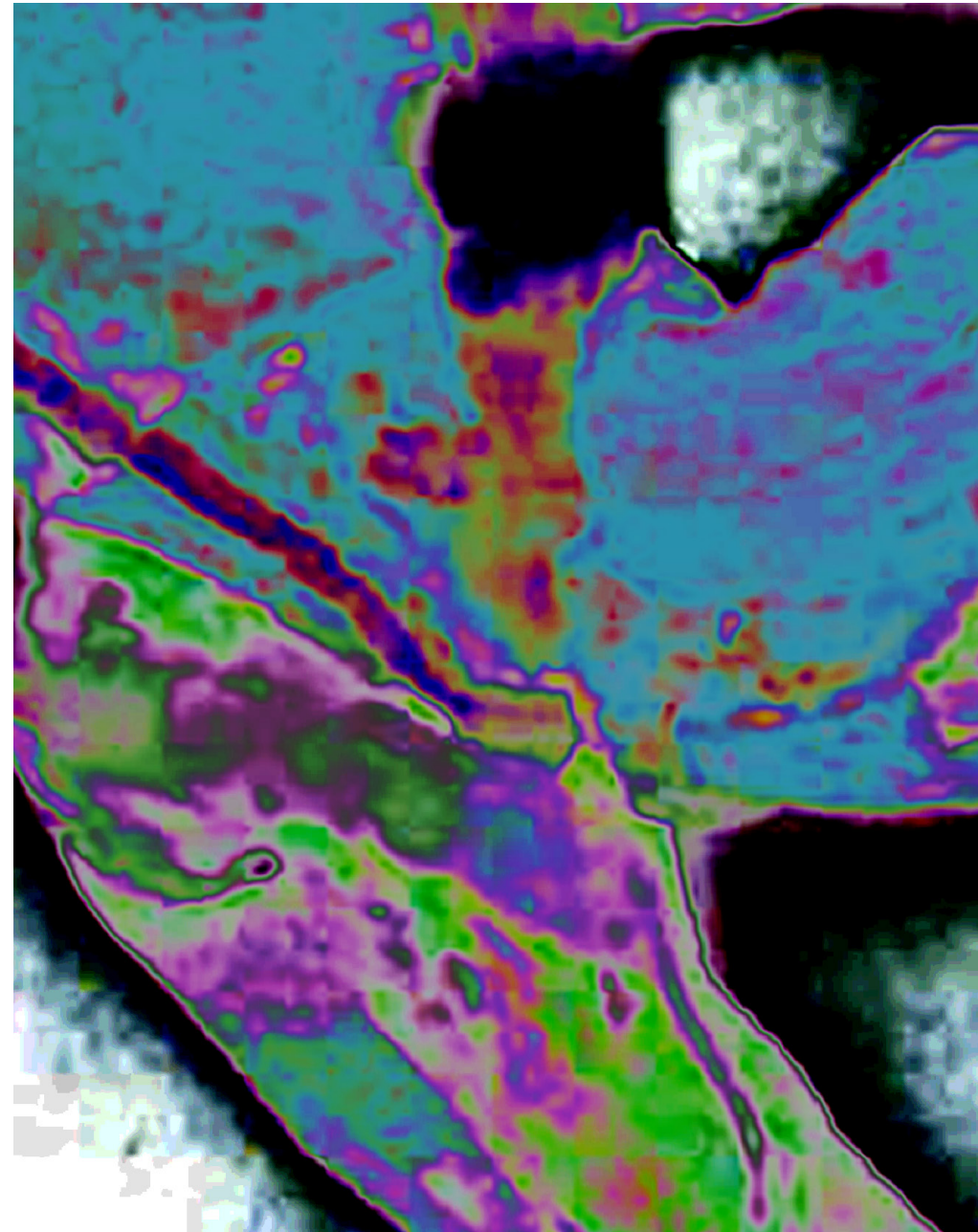
questions, friendship, meditation, and the ordinary world

A NOTE

The page numbers follow the finished booklet, not the original loose pages.

Crystal Mountain

1. **Allison Knowles**
a playwright, early thirties
2. **Edward Gorey**
a theatrical benefactor, early thirties
3. **Cher**
a spiritual leader, late forties
4. **Marina Abramovic**
a research and program coordinator, forties
5. **Laurie Anderson**
a graphic designer, late forties
6. **John O' Donahue**
a jack of all trades, forties
7. **Lucy Whitmore**
a painter, early thirties
8. **Annie Dillard**
a naturalist, early twenties
9. **Peter Crone**
a clinician, late forties



Latha the

chef	artist	dreamer
witch	queen	visionary
seer	observer	autist
fantasticker	sweetheart	researcher
abundant	botanatrix	manifester
timely-carer	basket weaver	seed collector
wet-mouth	poet	gatherer
luscious	time weaver	bringer
juicer	conjurer	pincher
sprig-saver	curator	surfer
sprig-slinger	sharer	gardener
shamaness	writer	guide
hostess	craftsperson	keeper
priestess	assembler	mantra maker



Aurora Manor

1. **Princess-Pillows**
a Cat

2. **Cat-Daddy**
a theatrical benefactor, early thirties

3. **St.Booksy**
a Cat

4. **Mister-Programs**
a Cat

5. **Print-O'Rama**
a Cat

6. **Miskers**
a Cat

7. **Whimsy**
a Cat

8. **Miss-Notesy**
a Cat

9. **Dr. Healthkick**
a Cat

Pretty Grove

1. **Heart Thaw**
a cryptid
2. **Bud2Bloom**
a cryptid
3. **Lei Day**
a cryptid
4. **Sunshine**
a cryptid
5. **Treetrunk**
a cryptid
6. **Soustice**
a cryptid
7. **Busy Bee**
a cryptid
8. **Stormborn**
a cryptid
9. **The Dreaming**
a cryptid



practices to
concretize



meditate on
these research
topics



branding



immersive



sovereignty



solidify



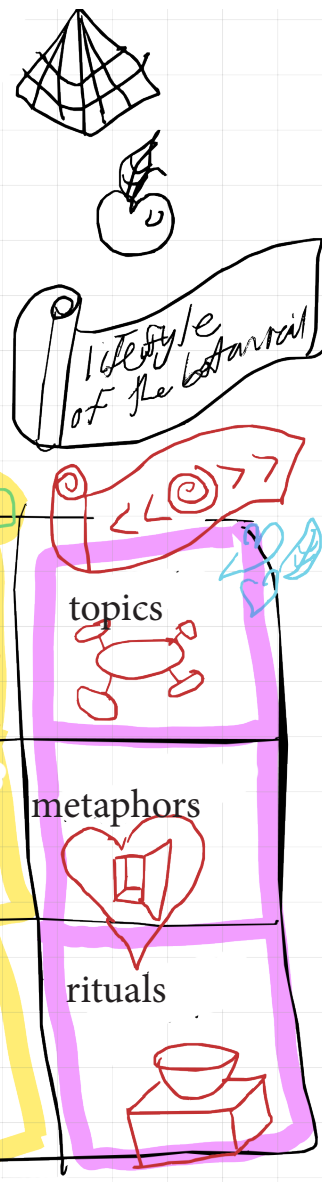
language

that sings

I have a strategic plan

I am a chef of the botanical

My mantras are repeated all over the world.



The Lore of Latha

Latha has big black messy hair and patterns on her forehead unchecks.

What do you need to know about Latha?

What is it that I want to know?

What is the tri-sigil for this?

Latha is distractible, but also unsure, and procrastinating.

She loves her cats and her undead lord she refers to as Cat Daddy.

She loves to journal and is on a quest for the most resonant research question.

Latha is kind of like the Morrigan in that she has 3 forms (four if you count "Voltron")- each form embodies the color and Voltron is the collection of all three.

The pink symbolizes romance, love, princess pillows, john o Donahue, poetry, fantasy, dream, optimism, positivity, utopian ideas, dramatic theatrical odes, praise, philanthropy.

In order, next comes green. The Green represents expansion, techniques, projects, mister programs, marina Abramovic, craft, intensives, storm born, bud2bloom, treetrunk, architecture.

And the yellow represents receptivity- becoming a vessel for the other, dream logging, toke taking, auscultation, attending to medical needs, Dr. Healthkick, whimsy, the dreaming, Lei Day, questions, miss notesy, nonjudgement, flow.

Latha for a long time was haunted by inner demons that whispered the opposite of romance and she fought them sometimes, or just cried a lot.

Now she empathizes with that person, she rechristened herself Latha after the great innocen-trification.

The great innocen-trification. She had a chance meeting with Peter Crone, a generous elf, and bestowed upon her a blessing that neutralized the lies and she awoken as Latha.

Latha has found it harder to make art since her innocen-trification because she used to do creative practices as a response to that darkness.

Latha has not created the Great Map that she will use to devise her task list.

Now, Latha's problemscape is mostly digging for treasure and perhaps it's a cartesian problem.

She believes with her abilities, she could uncover some knowledge, some ancient practice that might unlock new paradigms for herself and others, paradigms related to authenticity, an unmasking, the question of if you could do anything for your leisure program what would you do?

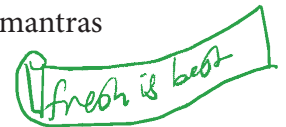
improve on camera
presence



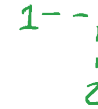
increase inspiration



mantras



create a guide to a
framework



visionary



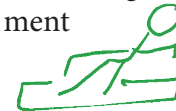
chef of botanical



increase structure



facilitating move-
ment



build capacity
add to my portfolio
of successful projects



improving leisure
time



hosting



find fitness friends



providing valuable
writing



aesthetics
who do I want to
look like



increase magnetism



Red Group — Offering Share

The Red group gathers in a circle.

Each participant:

- Brings an offering.
- Shares a story about their offering.

Blue Group — Authentic Movement

The Blue group begins with an authentic movement practice.

Participants move, observe, and respond to their internal experience without a predetermined outcome.

10 minutes.

Red Group — Project Share

The Red lieutenant shares a project.

The Red Leader asks questions about the project.

Blue Group — Visual Score

The Blue team leader shares a visual score with the witnesses, then proceeds to hand it off to the Blue team.

The Blue team develops a performance in 20 minutes.

Meanwhile:

- The Red Leader gives a speech making bold swings about the implications of, and making a support case for, the Red lieutenant's project.
 - The Red lieutenant talks to the Red team about what the Red Leader got right and what feels not right.
 - The Blue group shares their improvised presentation from their visual score.
- Everyone claps.

The end.



Passion Brew

Latha approached the tea tent at the festival.

The tea tent that has a back room where we have ceremonies of another kind.

Latha went into the tea tent to administer a ritual for Juniper, one of the fairies. It's a ritual Latha calls passion potion. It's where she brews a nonalcoholic mixed drink while you list 15 passions then pick 5 then Latha picks 2 from those five and she blesses the potion with it.

Juniper's 15 passions

mazes

flowers

games

ephemera

soft lighting

gamelan

divination

poetry

iridescence

jellyfish

smoke patterns

embroidery

pataphysics

getting "lost" in the woods

raffles

I. Red / Blue/white/black Ritual Performance Score

Witness (white)-Player (Blue)-Musician-
(black) Writer (red)

Characters: witnesses, red leader, red lieutenant, red enson, blue leader, blue team member(s)

A performance score for two groups of three or more participants, performed in front of an audience of three or more. Everything is recorded and then turned into a script, which is the play.

The performers are divided into two groups: Red and Blue. Red team is more text/heady. Blue team is more interpretative, intuitive. The two tracks unfold simultaneously or weave in and out of one another.

Black Group — Improvise music the whole time

White group-- observe, take notes and hold space

The Dream Map

6 Dimensions of Characteristics Between Dreams by Kat Countiss

emotional valence

bad  good

visual

dull  colorful

agency

aimless  plot-driven

density

sparse  detailed

legibility

nuanced  obvious

topic

about _____ date _____

Notes

Latha brews Juniper a mixed drink that has rosewater and a splash of v8 and a basil smoke that lingers on its surface as you drink it.

Juniper's drink is blessed with the passion of mazes and embroidery and they nodded with gratitude and they both leave the tent through opposite doors at the same time.

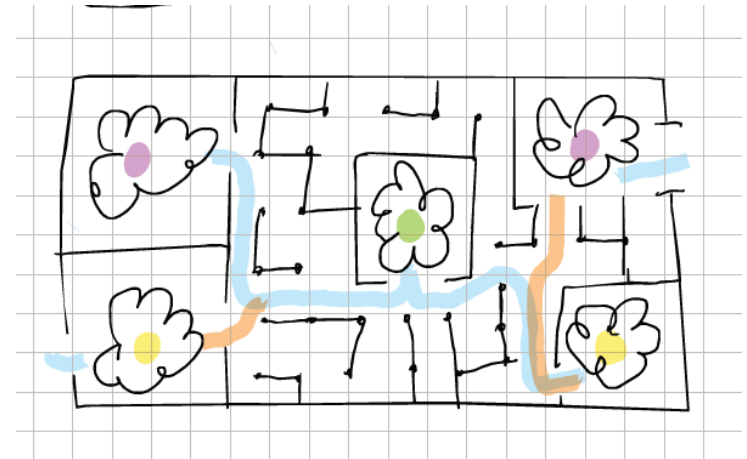


Table 2-- Color codes

Yellow	Green	Red
listening	ergonomics	lectures
archive	exercise	sermons
notes	games	songs
interviews	developments	poems
questions	projects	verses
research	expansion	romance
observations		
receiving		

***Passion deck exercise originally designed by
Eric Zimmerman***

Multiplayer mode

Each player creates a 2 column five row layout by folding a piece of paper long ways and then a thumb worth and then folded in half twice in the same direction.

Then list in the sections created one passion each—ex.

Gardening, trance music, watching soccer, etc. Can be niche-

Then rip or cut the sections to create your passion deck.

Players go head-to-head in a rotation a battle.

How the battle works:

Each (1:1) pair has 2 minutes to come up with a concept based on their two passions—a project or an idea or what have you.

A third person is the scribe who takes notes and adds a graphical element (a stick figure style drawing will suffice.)

After the battle, the scribe describes the result of the discussion (the image, title and notes on the piece of paper.)

Players not in the active role refrain from speaking to keep the conversation space clear

At the end of the decided number of rounds, you can review the ideas and send photos of them to the group.

(end)