

NEW MUSIC FOR MUSIC MOMENTS. BY JENN HOWD







For Mindful Music Moments

Programs, Practices & Connection at the Intersection of Arts and Wellness

Ready for Connection

Contact us

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For Mindful Poetry Moments & General Inquiries

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For My True SELF and True Body Project

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The Well is nourished by the non-profit organization A Mindful Moment. Our mission is to improve the mental and emotional well-being, connectedness, and effectiveness of all citizens through arts integration, mindfulness, music, movement, and healing-centered practices.

The Well and sound artist/composer, Jenn Howd, asked people in two neighborhoods:

# What's your favorite sound?

Jenn collected clips of the sounds, created sound maps of the neighborhoods for community sound walks, and turned them into musical collages for The Well's "Mindful Music Moments" program.

Learn more about this project at:

THEWELL.WORLD/NEIGHBORHOOD-SONGLINES



in partnership with















SONIC MAPS

### **TECH HELP & FAQ**

>>> Is an internet connection required to experience the sound walk?

An internet connection is required to initially access the SonicMap using either cellular data or a Wifi connection. You can download the map to access the SonicMap without an internet connection.

>>> When I open the map, my current location is not being displayed.

SonicMap uses your smart phone's GPS and Location Services to play the sounds when you walk to different areas on the map. Ensure you have Location Services enabled and your browser has permission to use this service. For further GPS troubleshooting, scan the QR code below.

>>> Can I experience the map remotely?

Yes. You can experience the SonicMap for Camp Washington and Greater Cincinnati from your phone or laptop at home. Simply scan the OR code to the left, or use the URL: **SONICMAPS.XYZ/PLAYER/?P=1023** 

#### SCAN QR CODES FOR MORE INFORMATION:

## MORE TECH FAQ



SONICMAPS.XYZ/FAQ.HTML

## GPS TROUBLESHOOTING



SONICMAPS.XYZ/TROUBLESHOOTING-GPS-ISSUES.HTML

### LISTEN TO JENN'S NEW MUSIC



BIT.LY/MMMCOMMISSIONS

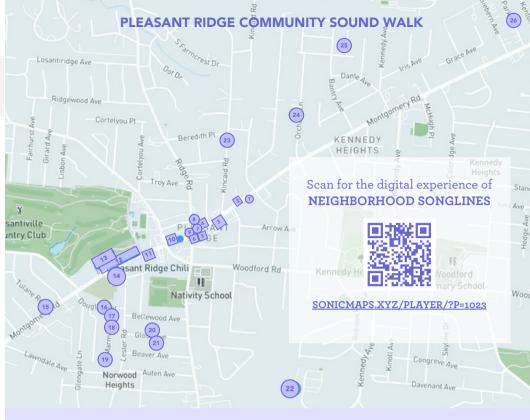


#### JENN HOWD

Jenn Howd is a Cincinnati-based sound artist/musician. They also composed "Fiona's Lullaby" for Mindful Music in 2021 with Ben Sloan and the Cincinnati Zoo.

#### LISTEN TO THE SONGLINES:

"Camp Washington Dreams" and "A Pleasant Promenade"



Community Happens Here
 Coffee maker in the morning

2. The Loving Hut "Go Green" slogan

3. Moler-Hollywood Beauty Academy Rinsing hair after washing Hair dryer

4. Café Alma Espresso machine Singer Idan Raichel

5. Everybody's Records
Flipping through bins of record albums
Vinyl record pops and scratches

The Gas Light Café
 Bottles clinking and beer can opening
 Gas Light's deep fryer

7. Queen City Comic & Card Co.
Theme from "Superman"

8. St. Peter's United Church
Boiler draining
100 year-old door opening to boiler room
Church lights warming up before service

9. Goodfellas Pizzeria Front door chime Slicing pizza

10. Eastside Animal Hospital Cats purring Canary chirping Dog barking Parrot talking

11. Pleasant Ridge Chili PR Chili cash register 12. Pleasant Ridge Montessori School
Wind chimes

Baby birds cheeping
Waterfall
Trees rustling
Lion's roar
Birds & nature
Ocean waves
Michael Jackson
Kitchen pots and pans
Rocks thrown in the ocean
Ship's horn
Rain

Water dripping on the ground Baby laughing Zoo aviary Maracas whistling Chiropractor bone crack

13. Pleasant Ridge Montessori School

Creek flowing
Otter sounds
Little mice
Flamingos
Ducks
T-rex
Puppy barking
Cat meowing
Tiger roaring
Boots in the snow
Leaves crushing together
Rock guitar
Drums
PJ Masks music
Minecraft song
Tuning fork

14. Pleasant Ridge Presbyterian Church Church bells

15. 6114 Tulane Rd
Tree creaking in the breeze

16. 2947 Douglas Terrace Rd Wind chime sounds Chamber music practice

Organ music

17. 5758 Marmion Ln
Walking on pea gravel
Walking on snow
Wind chimes

18. 5751 Marmion Ln
Rolling dice

19. 5705 Marmion Ln

The sound of train whistles
Simon & Garfunkel's "America"
Al Green's "Let's Stay Together"
The sounds of trains

20. 3112 Gloss Ave
"Sarasponda ret set set" song
Sewing machine
Yarn wheel spinning

21. 3113 Gloss Ave Chickens

22. 5633 View Pointe Dr.
Beatboxing
Water misting

23. 6316 Kincaid Rd Rain hitting window Violin Kids laughing

24. 6235 Orchard Lane Mourning doves Bird song

25. 6817 Withany Ave Wolf's "owrooo" Laughter (guffaw!)

26. 6838 Park Ave Mom's voice