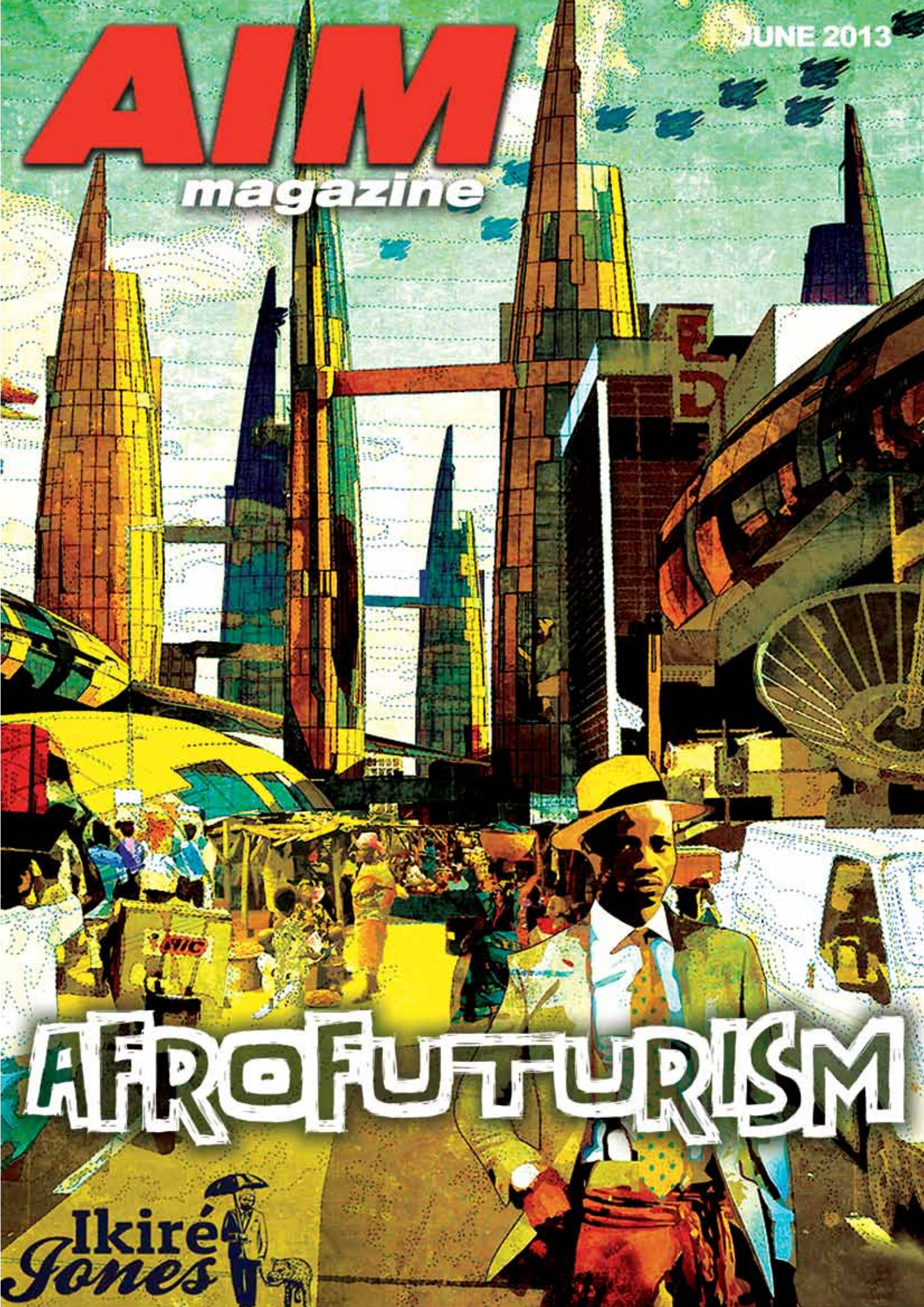


AIM

magazine

JUNE 2013



AFROFUTURISM

Ikire Jones



AFRICA IS THE FUTURE

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Editors Notes

“If there is an Afro-Futurism, it must be sought in unlikely places, constellated from far-flung points.” - Mark Dery-

“Black people...live the estrangement that science fiction writers imagine.” - Greg Tate-

Afrofuturism is an exercise in connecting the dots. One image, invention, poem or book does not paint a clear picture or define the concept. It is like spotting something off the corner of your eye and when you look at it straight it changes on you. It requires one to look at all the different fragments and then go deeper still to get it. Afrofuturism as a concept comes across as fluid and is barely understood before it morphs into a vision that would be understood differently by different individuals depending on personality, comprehension ability, time and place. I could go on....

Why then do we want to take a snapshot of it? For clarity? In Kenya we are celebrating 50 years of independence. The African Union is also celebrating 50 years since Africa freed itself, but this feels off. We know our people have been around since earth was formed, others say before it was formed. Right now we are pleased, very pleased with ourselves for all the progress, the development, our urban cities, our mobile technology, our advances in healthcare, education....but something still feels off.

It feels off because we do not have the complete picture; we do not have the complete story. We have bits and pieces of our history and we barely understand where we are going with all these advances...where does it all lead?

Afrofuturism tries to explain what we are doing, what our astrology, art, music, science, is leading to. Sure, these are fulfilling pursuits when explored individually, but there should be more, right? But then again we can't all agree on the past, the present, or the future. Regardless of Afrofuturism's ambiguity we can try to define, capture or understand it as it is and that is why as #africansinmotion must at least try. Whether we fail or succeed we must at least try.

Follow us into the rabbit hole.....

Eva





AFRO FUTURISM


We asked a few of our friends to define this concept for us and they did. They did a brilliant job and we hope that we are one step closer to that indefinable, ever changing concept and that we at least got close enough to take a snapshot of it.

“What is Afrofuturism? At first thought, perhaps, an oxymoron...On second thought, a vision of fluffy, puffy afros crowning multi-hued afronauts - juxtaposed atop a sterile, ivory vision of technological progression - is born; space ships and colonization, galactic empires and trans-planetary corporations. Further speculation inevitably conjures up nightmares of oppression at an almost unimaginable scale as the vagaries of the human soul are pit against the relentless drive of technology.”

~Mark Rockeymoore~

AFROFUTURISM





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Follow us into the rabbit hole.....

by Eva

Afrofuturism to me is Africa better, an Africa that has a more solid Identity. In my Future Africans are unapologetically African in the way they dress by wearing more African prints, creating even more accessories, new crafting methods in our textiles and metals. The African textile industry is booming, we fully control the export of precious stones and metals throughout the world. We are the innovators behind textiles and clothes worn in our continent.

African designers and stylists have had time to understand the fine art of fashion and have found new and exciting ways to express their art. Africa in the future will continue to be what it has been from the very beginning: expressive, creative, interesting and constantly innovative, a place where the world comes to learn from their foremothers and forefathers.

by Wambui Wamutogoria



Artists such as Erykah Badu, Andre 3000, Nnedi Okorafor and Janelle Monae are great examples of what afrofuturism embodies.

The movie District 9 reveals the terminology through depictions of futuristic occurrences, for example aliens on earth in present day, but it's all done creatively with great imagination and detailed portrayal.

Afrofuturism is the future, presented now through deciphered narratives and folktales rich with secrets, yet told in the simplest of words.

The term was structured by Mark Dery to define an artistic progression that intertwines science fiction with African culture and literature.

Afrofuturists push the boundaries by employing their imagination whether through use of technology, poetry, spoken word, paintings, music or any other art form. It is a manner of creativity that is enthralling, captivating and inspiring.

by Helen Kinuthia Gathenji

Imagine Leonard, a simple local boy from Liverpool who has never seen, let alone touched, an American football. Imagine somebody takes a professional America football team, say the Minnesota Vikings, to Liverpool to play against Leonard and his boys. Imagine Leonard and his friends get plummeted by the Vikings. They are left with broken bones, PTS on their brains, many died; and the Vikings always win. Of course! Damn refs! Imagine Leonard and his friends sense the bullshit and start screaming foul. So the Vikings and their sponsors say, okay, okay, you are ready for the big league. And so Leonard and his friends become the newest team in the National Football League!

Imagine they become the laughing stock of the whole league—with no discount for their unique situation. Instead everybody agrees that they are simply lazy and lack the aptitude it takes to understand a game like football.

Never mind every season—sometime in the middle of the season—superstar players would get together and change aspects of the game, introduce new rules and regulations without any input from the Pool Boys. When against all odds, the boys start getting the hang of the game and manage to win couple of games, coming close to getting in the playoffs on at least one occasion, imagine football morphs into hockey, into lacrosse, into baseball, etc etc. And the boys



are left further and further and further behind.

What are 11 Pool Boys to do? They slowly realized the absurdity of their situation; their inherent disadvantage vis-à-vis their opponents and the fact that they would never catch a break even if they had God on speed dial. In a feat of rage brewed inspiration, they tossed their helmets, got rid of the sticks, bats and ice rink; lowered the goal posts, chuck the puck and made the ball round. They call their new game Soccer (cos they are Americans now, and it wouldn't make much sense to call it football.) You don't have to imagine this one: The Pool Boys are Africans and soccer is Afrofuturism.

By Ibrahim Kaba

What is Afrofuturism to me? I would define it as the spirit of our rich legacy. It is the journey towards understanding our pasts while moving toward the future. We have got big shoes to fill. So when contemplating the idea of Afrofuturism we must first look at how far we have come and who has helped us to get where we are today as a people.

In order to know where we are going, we must know where we have come from. We've come from a place where we have been judged not by the content of our character, but by the color of our skin, every place we go in the

world including in Africa. Our people have been struggling with color complex issues since they began to condition to us. The future is putting these superficial detrimental ideas in our past. To do this we must begin to judge each other by the content of one's character. We must not tolerate inequity and we must treat each other with respect.

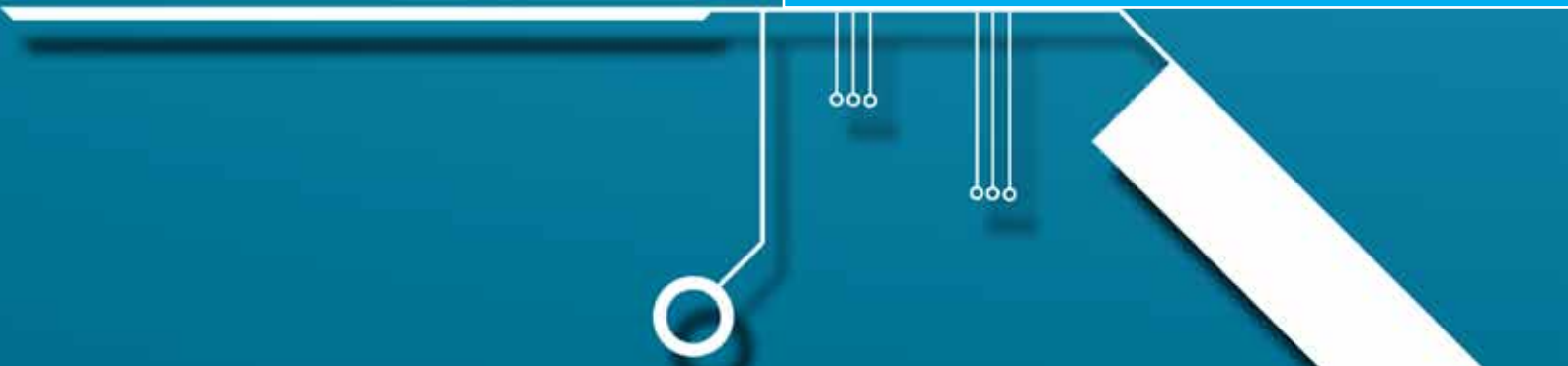
Afrofuturism is your kinky hair, corn rows and dread locks, sweet potato pie and collard greens. It is a revolution of black artists, doctors, lawyers and free spirits. Afrofuturism is lifting each other up and refusing to let our past keep us down. Afrofuturism is where we are going.

by Cherrelle X

Afrofuturism....The idea that Africa has a future beyond its current perception of poverty, corruption, war and disease. It speaks to an African Renaissance in all spheres; politics, business and culture. It will occur when the Global psyche drops it's obsession with the ego and allows creative sustainability to prosper.

...3 artists I would say embody afro-futurism for me would be Frank Ocean, Lauryn Hill and Wangechi Mutu

by Chebet Ng'ok



Chew on This

The Evolution to Juice Feasting

Juice feasting is defined as consumption of raw fruits and vegetables in the form of juices and smoothies. Africans have the largest fertile untitled land in the world and the highest number of starving men, women and children. The reason this fertile land is not farmed on is not lack of manpower which we have plenty of, or lack of market for the food but rather accessible ways to preserve the food before it reaches its source. Here are some ways that Africans today can benefit future generations of Africans by transitioning to this new lifestyle.





From
-to-
This



It's good for your health:

The most obvious benefit from juice feasting is improved overall health. Africans in the modern world are finding themselves sicker from communicable diseases, sexually transmitted diseases and other outbreaks.

To survive modern maladies we can boost our immune systems by switching to juice feasting. All meals eaten will be raw and our bodies will be able to access all nutrients from these foods, making our bodies stronger and more likely to fend off any incoming diseases.



Getting back to Nature:

Scientist and historians now believe that Africans were the first people in all continents of the world.

Their diet consisted of fresh fruits and vegetables. As a result they lived longer and more in tune with nature. By Juice feasting we live in balance with our environment, consume less toxins and live longer, healthier lives.

If Africans are to play a contributing role in the future we must be in peak health to be in a peak state of mind



Powdered and Sundried foods:

Africa has sunshine all year round, we may have some cold and rainy months tucked within the year but there's always sunshine. Green powders such as sun chlorella and moringa can easily be made in Africa.

These powders ensure that Africans all over the continent have protein and chlorophyll rich powders for their consumption all year round. If you also consider the minerals and nutrients your body needs on a daily basis you would need to eat a massive amount of fruits and vegetables daily.

By turning green leafy vegetables into powdered form and sun drying fruits we ensure that these vitamin rich foods are preserved without chemicals. It's a cheap way of preserving foods and ensuring that the food can be transported to any part of the world to be enjoyed by people that live in places with less sunshine.



Juicing

for Africans in Motion



Numerous research has shown the effectiveness of soursop as a remedy for diseases such as herpes and other viruses that find their way into our bodies. Soursop has also been found to reduce the growth of cancer cells and eliminate them from the body.

Ingredients: Soursop only

Memory smoothie:

Tuffs University did a study that showed that the consumption of blue berries may delay and improve short term memory loss. Black currants are rich in vitamin C which increases mental acuity. Broccoli is rich in vitamin K which enhances cognitive functions hence improving brain power. Nuts are also rich in Vitamin E which helps prevent cognitive decline particularly in the elderly.



Energy boost juice:

We all know that red bull and 4loko aren't good for our health. What if you need an energy boost? Instead of grabbing an energy drink out of the cooler try this juice packed with natural anti-oxidants, electrolytes and bioflavonoids. Oranges, kale or chard, green apples, lemon or lime and a pinch of Himalayan sea salt.



Libido Green Juice:

On romantic holidays we're encouraged to share chocolate amongst couples. Turns out, the cocoa bean boosts libido. The more raw and unprocessed it is the more effective it is. The lovely sweet smelling Peaches are also high in Vitamin C which has been shown to boost sperm count and less sperm clumping. Watermelon have unusually high amounts of an amino acid called arginine, arginine is related to vascular health in guys that translates to healthier erections and in women it's been linked to increased libido.



Body Builders Juice:

Magnesium is required during protein synthesis, activating key enzymes and energy production. Magnesium also keeps muscle and nerve functions strong.

Ingredients: Parsley, chard or collard greens, carrots, beet leaves and lemon.





HEALTH TALK

BY EVA GITHINA

“Afro-Futurism has no tense: it is spiral, past-present-future tense, manifesting alternate realities and spaces for the true realization of self, destiny, freedom. Afro-Futurism is within and without; in our vessel traveling to new realities/spaces/time, it is the core capacitor.” Chicago Art Magazine

In a time long past but not forgotten, the people of Africa lived differently from the way we do now, ate different foods and observed norms that we have since abandoned.

Runners traveled long distances to deliver messages. They did. They ran hundreds of kilometers. Their food was gathered from desolate plains and dense forests. They hunted animals that were a hundred times bigger than they were and swam with the sharks.

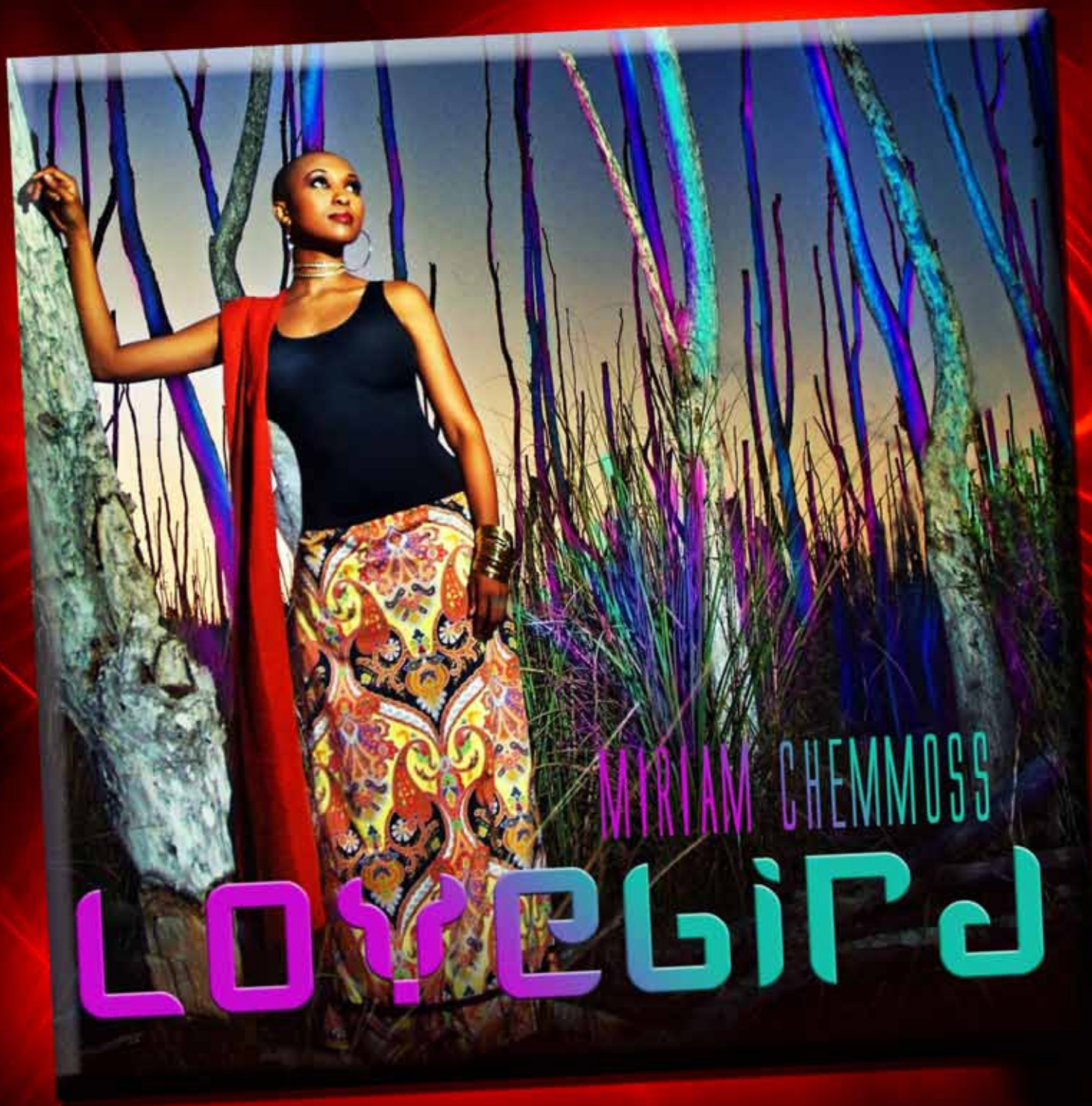
The people of Africa consulted the stars when they built their homes, planted their crops, named their children and to mark the seasons. They built villages, cities and kingdoms. We now build neighborhoods, counties and governments.

Forward in time, we are here still doing the same things but in totally new ways. We used our spears to hunt the animals and now we learn how to throw the javelin via YouTube. Kenya’s Julius Yego did that. He learned how to throw the javelin using videos and he has competed in the African Games and the Olympics. Running messengers travelled both short and long distances to deliver messages and now the likes of Usain Bolt and David Rudisha dominate the long and short distance races. Science has made it so that those who have lost limbs have been able to replace them with those made of steel.

What does the future hold as far as our physical ability is concerned? Will we fly to the stars, swim the oceans or walk through time. In a way we already do and it will be interesting to see how much more of this we will be able to accomplish.



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Miriam Chemmoss is ready to
serve and share her labor of love.

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