

HAIGHT STREET VOICE



YEAR 3 #10

"HYPER-LOCAL WITH A GLOBAL PERSPECTIVE"

\$3-ISH

WINTER 2021



HEALING THE HAIGHT

AND THE PLANET!



HAPPY HOLIDAZE

from ...



Shaking hands & supporting
community with a dose of
The Dead.

Love & Peace

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LETTER FROM THE EDITOR



“There’s no such thing as a bad trip. It’s just about confronting what you fear most. And that’s challenging.”

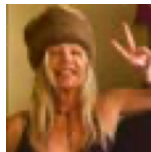
Lately, the neighborhood has felt like a bad trip. Seems like with all the violence and sirens lately, spinning plates, lots of spinning plates. to keep from crashing to the ground, But I’ve come to find peace in embracing being involved and helping give attention to nurture the foundation to keep our community from fall/breaking.

In the aftermath of the unfathomable amount of gun violence in our beloved Haight-Ashbury recently, the sound of sirens and helicopters feels way too close to my consciousness and weighs heavy on my mind and heart -- it is there lurking, threatening to instill fear and anger in me. Well I say, F that. I’m determined and hopeful that everyone -- here in our community and all over the planet -- will look

deep within and do the healing work it takes to keep light and love alive.

Peace from the Haight ... and the Heart,

Linda Kelly, Editor-in-Chief



*Monthly newsletter in the works!
Sign up here: <https://bit.ly/2W91ksM>*



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JIM SIEGEL: HAIGHT STREET'S LEGENDARY LUMINARY!

In 1972, Jim Siegel — owner of Distractions on Haight for over 40 years! — ran away to the Haight-Ashbury at 16 years old. Here's a glimpse into his wild world, which he explained whilst showing me his legendary mansion here in San Francisco, Fulton @ Scott --> ironically on the day of the deadly shootings and Masonic in early November. From way back when to right now, Jim is the stuff legends are made of. Here's just a bit of the wisdom-infused bits he shared.

I've always been an oddball. I'm on oddball. Let me tell you about the magic of Haight Street. When I got there, it wasn't the Summer of Love. It was boarded up, but there was this hardcore community of 500 people and they welcomed me into the circle and included me. There's a magic of the original people that started the Haight-Ashbury and it's about community, acceptance, love, and being open to everybody.

I'm every-day Joe Jimmie who started with nothing on Haight Street. I was living on welfare and then I got SSI -- well it was called AID back then; we called it "Aid to the Totally Divine." At the time I was a socialist, I was socialist since I was a kid. I still believe the

government has a duty to the people to provide housing, food, healthcare, education — then they can worry about all their defense and military budgets.

So having come from a place where I was literally beaten all the time for being gay to everybody loving me and accepting me for who I am, they let

me blossom into the person I am.

I want everybody to feel that welcome! Everybody is welcome in the Haight-Ashbury in my heart. I love you! You're all part of the Haight Street community. You're family, you know?

The hippies taught me at a very early age: Stay psychedelic!



Come watch the personal tour Jim graciously gives us of his incredible mansion at Fulton & Scott.



ANDREW PENN: PIONEERING PSYCHEDELIC PSYCHOTHERAPY

Meet Andrew Penn. With more than 25 years of health experience, he was trained as an adult nurse practitioner and psychiatric clinical nurse specialist at the UCSF. He has completed extensive training and psychedelic-assisted psychotherapy at the California Institute for Integral Studies and recently published a book chapter on this modality. A leading voice for nurses and psy-

chedelic therapy, he is the cofounder of Open Nurses, a professional organization for nurses interested in psychedelic research and practice, and was a study therapist in the MAPS-sponsored phase 3 study of MDA-assisted psychotherapy for PTSD. Man, he's done a lot



of shii, let's put it that way. Honored to get a glimpse into what he's learning along the way.

Andrew: The way that we gain knowledge about these compounds is through research, and that's kind of a slow dull process. Research is really about hundreds of small questions that have to be answered. If somebody's appropriate to be a subject in a trial, if we can proceed, what to do with the data — there's a lot of decisions that have to get made in there. But that's how you find knowledge, and knowledge in the scientific method builds on its previous knowledge. That's a different practice than faith. I think historically a lot of people come to this from a place of faith.

They had a psychedelic experience once or twice and they know that it works for them. That's what we call empiric knowledge. Part of what I'm doing is trying to temper expectations a little bit and just keep us realistic while at the same time remaining optimistic.

HSV: As a journalist, what's the best thing I can do help purport the awesomeness of the work that you're doing.

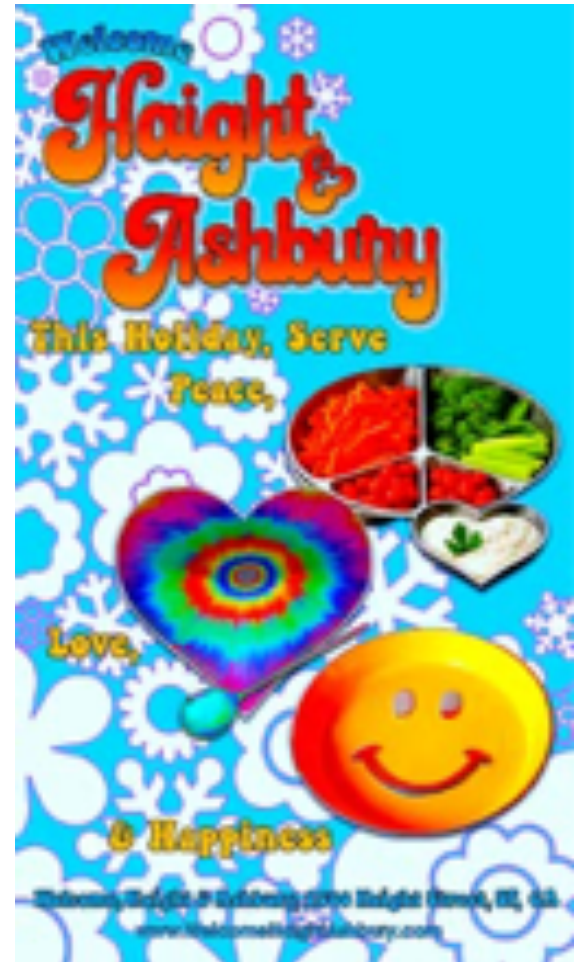
What can I do to help?

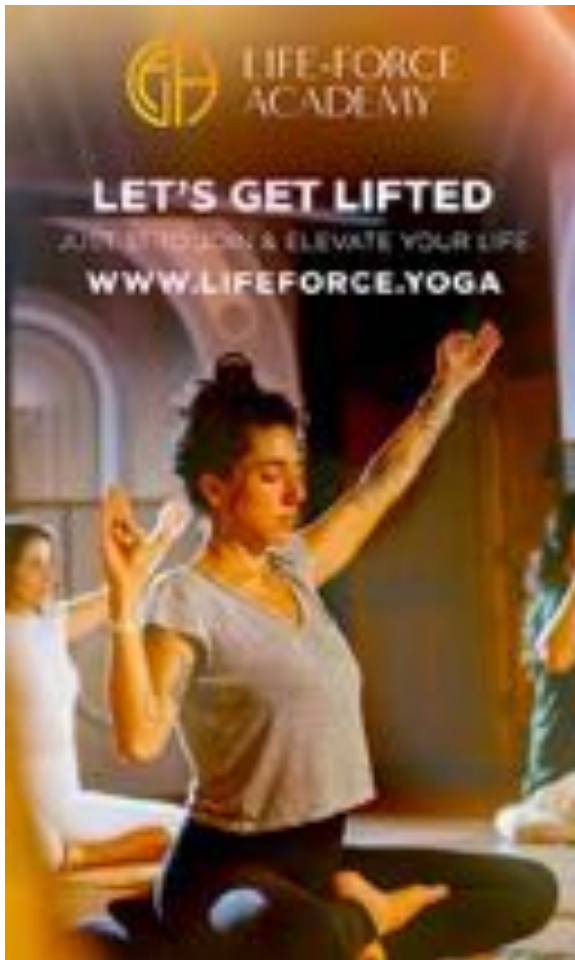
AP: It goes back to that question of nuance: "Party Drug Treats PTSD!" is a really eye-catching headline, but it's misleading, it undervalues the value therapy. Psychotherapy really is at the heart of this, the drugs just help to accelerate it. Seek to understand what happens between a person going

into the study and coming out of the study feeling better, what happens in between those two points. This is something I'm particularly interested in as a nurse. I'm interested in the care that we deliver to patients during that time. A lot of the healing comes from that care.

HSV: What would you like to say to the Haight community?

AP: We're just up the hill from the Haight at UCSF, so it's really part of our extended neighborhood, as is all of San Francisco. This is really an incubator for ideas that come out into the world. Hopefully these are g





SF Psychedelic Society's Danielle Negrin

Danielle Negrin -- Executive Director of the SF Psychedelic Society -- shares with us her own personal struggles with addiction and her hopes for the medical world to fully embrace the healing power of plant medicine.

Many people know about psychedelics through what happened in the '60s and a lot of the prohibition and stigmatization. But what I'd love to share is that these are ancient tools that have been around for thousands of years, that have been used by our indigenous ancestors, and people are finding that a lot of our history and religions have actually been based on the intentional use of psychedelic medicine.

So it's not that we're ushering in something new, we're bringing them back into our culture and retouching us with our indigenous roots that we've been so disconnected from. This is about us getting in touch with our historical roots and what our soul has known for many, many lifetimes, and now a lot of people are coming to psychedelics intentionally, struggling with addiction or mental health or wanting to get in touch with their purpose and meaning on this planet, for personal growth, healing, and

peeling back layers of their consciousness. The first step is to get educated. I think that's the most important thing, just like if you were preparing for a trip to some country that you didn't know anything about, you'd probably research. And it's really recommended to set an intention while you're having an experience. Why are you coming to this work? What would you like out of this experience? Really speaking to your subconscious and to the medicine itself.

What brought me to the work of psychedelics is I struggled with addiction for 12 years, ever since I was 16 years old. I was put on a whole slew of different medications for anxiety, depression, PTSD, ADHD, and struggled with dependency on psychiatric drugs and opioid addiction. I was in and out of many different rehabs throughout my 20s and finally found a lot of healing, relief, and total transformation through my work with psychedelics. That's where I put my intention and effort, to help those who are struggling with addiction, or wanting to get off psychiatric drugs and kind of paving a pathway of hope for them.



Learn more about Danielle's work at psychedelicsocietysf.org -- and by watching our video interview via the QR code. (Liquid journalism, y'all!)



Yogi, Healer, Visionary ... Deadhead! Jai Dev Singh

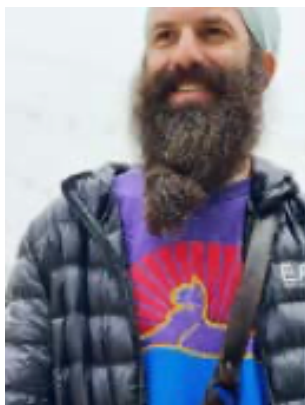
Over the moon to sit and have a chat with Jai Dev Singh, co-founder of Life-Force Academy with his wife Simrit, both of whom have changed my life through their teachings and transformative music honoring the healing that Kundalini yoga inspires. Here are a few nuggets from our conversation. Sat Nam!

Haight Street Voice: What's your connection to the Grateful Dead?

Jai Dev: [laughs] That's a fine question! It's a deep connection, very simple: it's one of my primary medicines, live music in general. The Grateful Dead are in the upper echelon of what's most important to me when it comes to music. It has all the elements I need, that I want: depth, lyricism -- they're like sutras, the poetry is so rich and beautiful and speaks to our lives.

HSV: In your classes, you create this space, like the Dead, this wonderful space where more magic can come in, and the ability to listen becomes better -- and listening to other people who are really focussed and driven is a really beautiful thing.

JDS: People who are concentrating their life force in a relatively singular direction. Yes, [kundalini yoga] is an experience, it takes you on a journey and I go on the journey too. I'm right there with



you. It's like you were saying about trying to figure out who you are. I am too! And it's something that blossoms over time.

HSV: What does the Haight-Ashbury mean to you?

JDS: It's kind of like a place of pilgrimage, such a crucially important piece of not only American history but the blossoming of consciousness in our world and the revolution of consciousness that first took place and was kind of like the pillar, and for a certain period of time the nucleus seemed to be in that area.

"Hippie" to me is a very positive word and represents all the things that I think are good and beautiful. So to me the Haight-Ashbury is the sacred land. This is something we still need to be caretakers of and nurture so it can continue to blossom. Creativity is really what it all comes down to, how are our lives uniquely creative. My life is uniquely creative in a different way than yours. Look at what you're doing. And that's that! Just being creative in a certain way is the most important medicine we have.

Come watch our full interview with our friend, Jai Dev Singh. Peace, y'all!

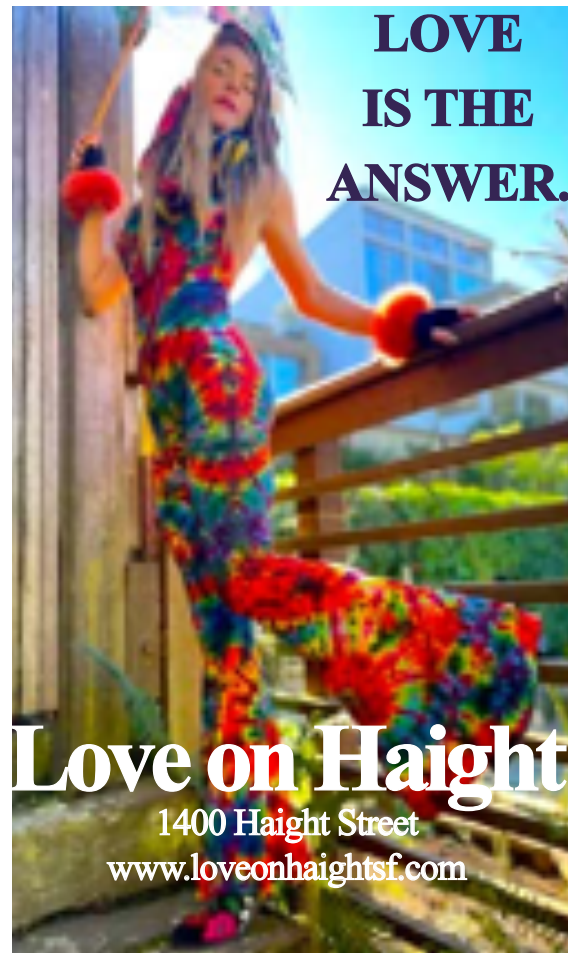


LOVE IS THE ANSWER.

Love on Haight

1400 Haight Street

www.loveonhaightsf.com





**“There’s no hate on Haight.
One Love from Mr. T.
Peace!”**

**photo: Mr. T. Bassam, and our beautiful
Haight Street neighbors.**

Interview with The Cellist - by Seth Shapiro

Where music meets the soul is undefined, and yet it’s tangible. Riding my bike down “Slow Street” aka Page Street, in May 2020, I noticed a larger number of people gathered. Daily forecasts were bleak. The city shut down months before, and what was to come remained frightening and unclear. Despite – or perhaps in spite of – the uncertainty, I paused. In the space between the gatherers there was a feeling of palpable energy; of connection, of possibility; and, in the middle of it all, a cellist. Saul Richmond-Raykerd is a cellist with the Santa Cruz and Monterey Orchestras, a member of Luminescence, and a Haight dweller. He began a weekly outdoor concert series on Page Street in Spring 2020. Here are a few reflections from a conversation with Saul about this beautiful community experience he’s brought to the neighborhood.

About the Page Street Series

“I had been doing a lot of livestream concerts to try to keep playing and making music through all of this ... and it’s powerful in its own way ... but you don’t have the energy feedback that you have from a real audience and you can’t feel the impact you’re having on people as much. One day I [just kinda] wanted to go out and play on the front stoop for some people, and got some really positive feedback, and it felt really good for me to be able to bring music to people directly. We were pretty tense in that particular moment so I think it had even more of an impact

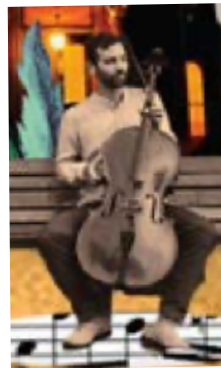
on people, so I kept going and it turned into a weekly thing. I think the first seven or eight months I didn’t miss a week, and some weeks were two or three times. Early on it was very emotional because we were cooped up. There were no other live music or art outlets. I got a lot of emotional reactions, like I was feeling myself, just an outpouring; let the tension out, kind of therapeutic. It’s just become a really loving community. Once we got the porch concerts [and] the slow street, people are really getting to know their neighbors and sitting in the street and having a happy hour drink. We all know each other a lot better now and have unified around something, and that’s a powerful thing in troubling times.

About the Haight

“I grew up in Michigan. I’ve always been drawn to this neighborhood, its history, its location, the different live music you can find here. I think Club Deluxe is just an amazing SF institution. I love going over there ... and being a part of a neighborhood that has that sort of history.

Folks in the Haight who have been in the ‘hood a long time were like “Thank god we’re back to the old SF” ... having music in the streets and having art to give to people that they felt was missing. It’s cool to think that now I’m part of that tradition a little bit.”

Hop on over to listen to Saul play and read the complete transcript of his chat with Seth!



Free Gold Watch: Matthew Henri

Since 2009, Free Gold Watch (Waller @ Stanyan) has been a screenprinting shop, printing t-shirts for the like of Amoeba, Cha-Cha-Chas, and other spots throughout the Haight and SF. In 2011 co-owner Matt Henri had the random idea of bringing pinball machines into the mix. Today, FGW is a full-on bustling arcade with nearly 60 pinball machines — blessing the Haight with ... FUN!

Matt Henri: Growing up, for me, arcades were my favorite thing to do. I'd ride my bike — I mean it sounds cliché but I would ride my bike miles, miles to be at my local arcade and just drop quarter after quarter playing mostly arcade games at that time. It was a place you went, a community place where you went out



of the house and did things. And that's what we're bringing back. My favorite thing is when I see kids in here with their parents and, you know, not at home hanging out on PS4 and Xboxes and all headsetted up, but out in the public, playing games next to people, laughing. And it's all on regular quarters, just classic. Not on swipe cards or any newfangled thing. It's just classic Americana.

Haight Street Voice: Super beautiful.

MH: There's been a lot of people who won't even leave who I've heard won't move out of this neighborhood just because they want their proximity to here. I swear!

HSF: What's your favorite thing about owning this place?
MH: It's pretty cool in its way because it's got two facets: you got the arcade action but you've also got the screenprinting side, so ...

HSV: The dispensary you guys are opening soon. Can we talk about that?

MH: Harborside. That's up and around the corner [on Stanyan]. We've got a ready-to-go store with no

power. So as soon as PGE comes through and digs up the trenches and runs these wires, we'll be juiced!

HSV: If you could say anything to this community let-alone all communities in the world, what would you like to say to everybody?

MH: Just treat people like you want to be treated. Be nice. Be nice to people, be kind, smile, give people a break. You don't have to honk at everybody for every little thing, you know, when they're crossing the street. Take a breath. Take a beat. Relax a little bit. We're making it through this pandemic and we all gotta try to do what we can do and, you know, get along. Keep the peace. Get guns off the street. Those things ...

Follow the QR code and come take a walk through the magical vibes of Free Gold Watch in our video interview with Matt. It's FUN! Nuff said!





Street-Supporter Spotlight: Lindsey Sampson

When I was asked to write a short piece about healing the Haight, I struggled. I struggled because I am struggling in my own life and because I honestly have no idea what to say. But this community matters to me immensely and I'm grateful for the opportunity to voice my opinion. I'm not technically homeless currently but I have been many times and I always end up in this neighborhood when I'm homeless or struggling in some way, not to mention when I just want to hang out. I have more friends here than anywhere else, and many people I know come here to hang out and walk around. It's this crossroads effect that I love so much about this neighborhood. You never know who will come walking down the street.

The once-vibrant Haight-Ashbury that I love so much is in utter despair. The police are blatantly harassing the homeless under the guise of trying to do their job. The neighborhood has been in chaos as a battle ensues between the cops, residents, business owners, and the homeless population. After 15 years of spending time here, I've never seen things worse. The desperation caused by the pandemic is obvious and ever-present on the street. There are rampant car break-ins and robberies, and the cops have increased their presence which has only added to the mayhem.

Tensions are high. Something's got to give, but the problem seems nearly impossible to solve. I believe that the solution lies somewhere in healing and strengthening the community. We need to recognize that everyone is human and struggling in this world even if it doesn't necessarily appear that they are. It's important for people to be compassionate toward each other and not judge them for different ways of living, whatever that may be. So many seem to just want to take care of themselves and no



one else. Friends leave friends struggling because they can't or don't want to be there for them. Families do this to each other too. Love for our fellow human beings seems harder to find these days.

Compassion is the way out of this situation. There's no way around it. I personally try to do whatever I can to help, to know what people out here need and bring it to them as much as possible. I feel good I'm helping people, and that people can utilize things I don't need as much as they do. We need to band together as a community, one way or another. The only conceivable way for this to happen is for everyone to take care of and love one another and not let trivialities consume us and distract us from living the best lives we can.



SPORTS DESK

by

Cynthia Johnston



Bring on the Dragons

In 1960, Chris Chan founded US Wing Chun Kung Fu Academy in San Francisco. It's still happening here. Earlier, in Hong Kong, he and Bruce Lee trained under Grandmaster Ip Man. In the movie *Birth of the Dragon*, everybody really was kung fu fighting in 1964 San Francisco, with Bruce Lee causing trouble (and an epic fight) by teaching non-Chinese students.

In movies and real life, kung fu is about protecting family and community. And in every kung fu movie ever, the community is threatened by bullies and bad guys when the hero helps them fight back.



We could use some of that in the Haight right now. Hard drugs and crime have plagued the 'hood since the 'sixties. Recent gun violence made it worse. Surely there's a hero out there willing to train people for free. Twenty years ago two of Grandmaster Chris Chan's students did that in Golden Gate Park and it changed my world.

Just imagine the whole street with shop owners, residents, street kids, dogs, cops, everybody – sporting tie-die head bands – training together, gathering healing chi as a solid community. Why not? It's time to wage peace and conquer fear in the Haight.

The hardest part? Remembering that the true purpose of martial art is to AVOID a fight. The best part? The physical and spiritual healing power of chi for the individual and the community.

Check out Cynthia's badass site here: www.mywayisthehighway.com



Smiles for All

Healthcare is a right, not a privilege. Help heal fellow Haight Street citizens and assist us in giving the gift of smiles to the uninsured for the holidays! We welcome unhoused and low-income adult patients and children for non-judgmental dental care, at our Haight Ashbury Free Clinic.



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"The center serves as a hub for the psychedelic therapeutic community in San Francisco, bringing together researchers, clinicians, social entrepreneurs, & activists for collaboration, technical assistance, co-working, and educational events."

-- Dr. David E. Smith

How have
psychedelics
helped heal you?

We want to hear!
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