A DECADE, OBSERVED

JULY 2026

Notes from a Shared Decade

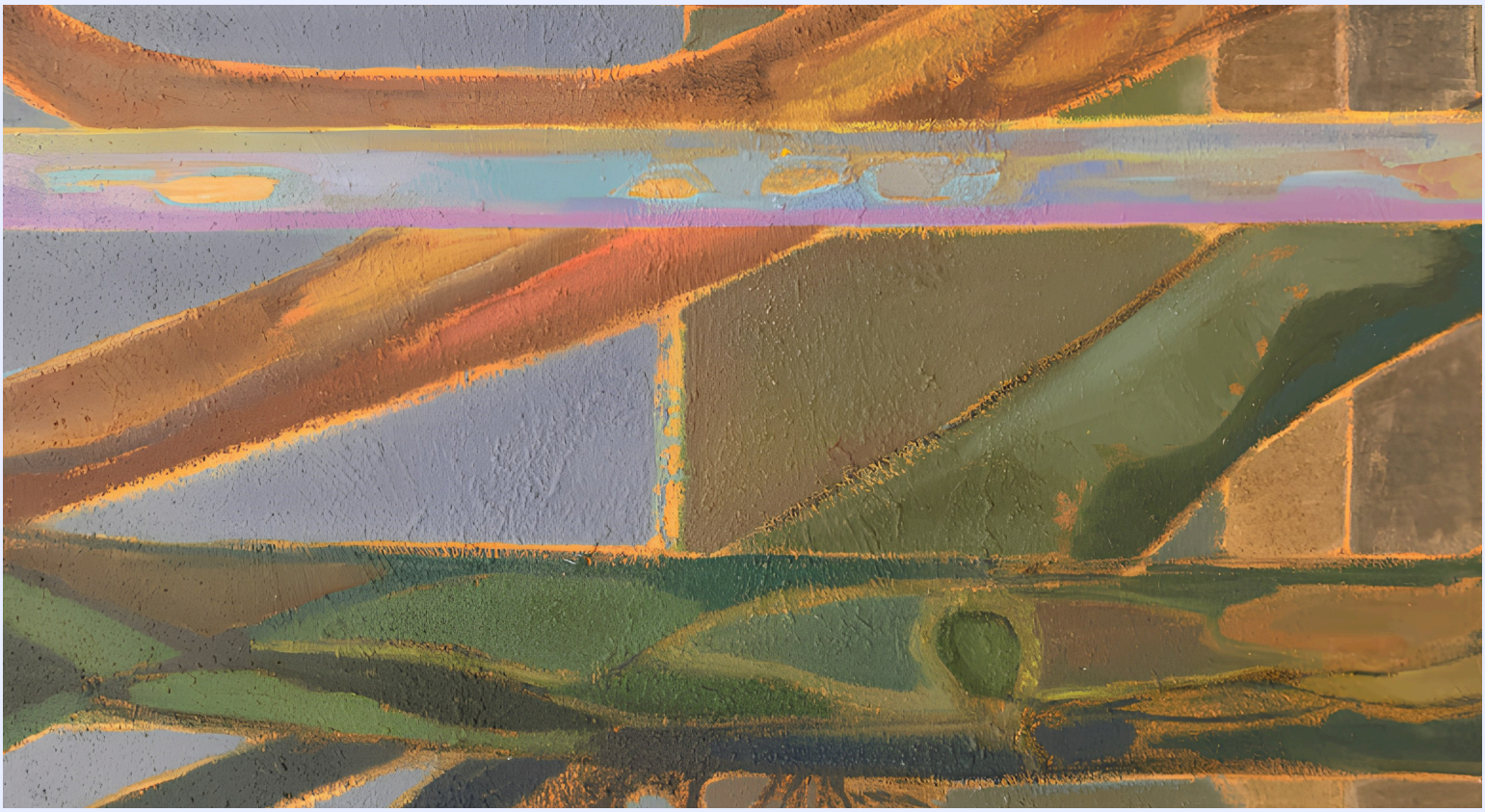


2026

Collected & Incomplete



OTTAWA



Editor's Note

This issue documents a ten-year period defined by maximal proximity.

Fiona and I met in University and have spent our entire twenties sharing life: shared apartments, shared routines, shared secrets, shared cities, shared beds, shared pizza. We completed Master's Degrees together. Traveled abroad together. We grew up alongside each other. We were there.

The following selected works editorialize a shared decade shaped by memory. It favors what endured over what announced itself. How do we mark the passage of time? What goes into a decade? Attention settles on what endured, what is repeated, and what quietly structures the days. Domestic spaces, shared language, and ordinary rituals surface as the primary record of continuity: the volumetric contents of a decade.

This issue is concerned with longevity while resisting nostalgia, a symptom of sought clarity. Memory, here, is a methodology rather than a recollection. Something lived inside, returned to, modified over time; Time registers through use. If there is a throughline, it is this: quiet forms of intimacy are the ties that bind.

The issue proceeds through a series of analytic forms—diagrams, taxonomies, chronologies, speculative models—experience being something that can be mapped, indexed, or rendered provisional. Drift as the primary form of inertia; allowing meaning to emerge through pattern rather than sequence.

I gave up on coherence and rely on meaning being held collectively as it is continuously redistributed, revised, and kept intact despite the inevitable pull toward disorder.

FOREVER & ALWAYS

Janet McFarland



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A mixed-methods investigation into the durability of prolonged companionship.

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Longitudinal Study of Friendship Maintenance

A decade of co-presence, co-habitation, and coordinated lyricism

J. McP.[1] & J. McP.[2]

[1]*Department of Overthinking, Western Division*
[2]*School of Late Nights and Logistics, Capital Region*





PEER REVIEWED

Reviewer #2:
Author overstates the role of movie soundtracks.
p. 31

ABSTRACT



This study examines the durability and adaptive mechanisms of a close friendship over a ten-year period. Using mixed qualitative–quantitative methods, we tracked shared experiences, recurring motifs, and co-regulation strategies across multiple geographies and life phases. Results suggest that humor, ritual, spatial proximity, and a high tolerance for ambiguity are primary predictors of long-term stability. Limitations include small sample size (n = 2) and reliance on retrospective recall.

n = 2 always a limitation.

AT A GLANCE

Vibes? Operationalize.

Sample size: n = 2
Duration: 10 years
Locations: 10+
Method: participant observation (reciprocal), textual analysis, receipts, photos, and vibes

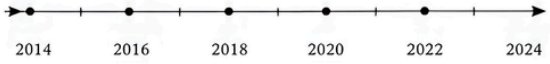


STUDY PARAMETERS

Sample size	n = 2
Duration	10 years (2014–2024)
Design	Longitudinal, mixed-methods
Data sources	Messages, photos, playlists, calendars, receipts, travel docs, oral history
Analysis	Thematic coding, frequency counts, narrative synthesis
Funding	Self-funded
Conflicts of interest	Persistent (manageable)

Add IRB statement?

FIG. 1. STUDY TIMELINE



Helpful visual. Could include key life events?

RESULTS

METRIC	RESULT	NOTES
Arguments resolved	100%	All recorded disputes resolved within 3.7 days on average.
Times one accidentally bought identical clothing	—	True value likely high. Data incomplete.
Concerts attended	63	Includes festivals. Open mics excluded.
Shared apartments	2	2 cities. 11 total addresses.
Countries visited together	6	CAN, USA, SCT, IRE, FRA, ENG,
Late-night Uber rides		Post-11:30 PM. Shared destination or mutual uncertainty.
"I'm almost ready"	Statistically insignificant	High variance, low recall accuracy, measurement error.

Add map?

NOTES FROM PEER REVIEW

Reviewer #1
Impressive data collection. Recommend authors clarify operational definition of "almost ready."
— p. 28, line 14

Reviewer #2
Author overstates the role of movie soundtracks. Further research required.
— p. 31

Reviewer #3
Would like to see more on conflict avoidance strategies.
— p. 30

Reviewer #4
Data unavailable for identical clothing metric.
— p. 29

Editorial note
Consider adding a control group (or a sibling pair).



METHODS

Data collected via participant observation (reciprocal), digital archives, and artifact analysis. Events coded independently and cross-checked. Quantitative metrics descriptive; qualitative insights interpretive by necessity.

What was the coding framework?

LIMITATIONS

Good transparency.

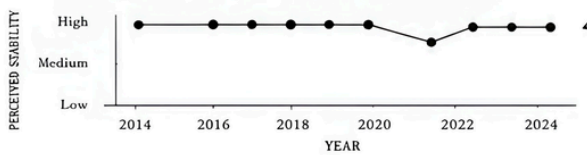
- Small sample size
- Recall bias
- Incomplete digital capture
- Survivorship bias (still friends)
- Friendship is not linear

CONCLUSION

Findings support the hypothesis that friendship maintenance is a dynamic, iterative process sustained by humor, shared values, logistical coordination, and an enduring willingness to text first.

Nice.

FIG. 2. PERCEIVED FRIENDSHIP STABILITY OVER TIME



Dip in 2020 lines up with global chaos. Noted.



KEYWORDS
friendship; maintenance; longitudinal; co-presence; late nights; travel; identical clothing; almost ready

DATA AVAILABILITY
Data available upon request. Some things aren't for sharing.

CORRESPONDENCE
c/o Shared Notes App
(no email on file)

© 2026 McP. & McP.

All errors are ours. All love is mutual.

17. FIONA & JANET

Amicus perpetuus

(Common name: Bestie Pair)



DOMESTIC ANTHROPOLOGICAL FIELDWORK

STUDY PAIR (n = 2)

Record ID: FI-JA-051824
Observer: J.M.
File established: 09/06/2014

CLASSIFICATION

Kingdom:	Animalia (Socialia)
Phylum:	Chattiae (Conversationalis)
Class:	Mammalia (Urbanadventus)
Order:	Primates (Caffeinata)
Family:	Bestiidae
Genus:	*Amicae*
Species:	*Amicus perpetuus*

IDENTIFYING MARKS

Two (2) individuals frequently observed in close proximity. Strong lifelink, evolving humor, and high tolerance for repetition. Exhibit coordinated movement patterns and mutual eye-rolling.

HABITAT (TYPICAL)

Independent bookstores
Movie theatres
Airport terminals
Museums and galleries
Small kitchens
Walking paths
Restaurants with good lighting
IKEA
Mountain trails
Art galleries
Grocery stores
Used bookstores

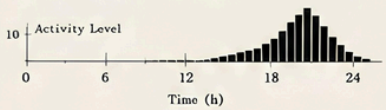


DIET (PRIMARY SUBSISTENCE)

Pasta
Milestones Date Night Meal Deal
Pastries
Lemonade
Whatever was easiest after work
That specific pink pastry in France
Woof fired pizza
Sweet Sixteens

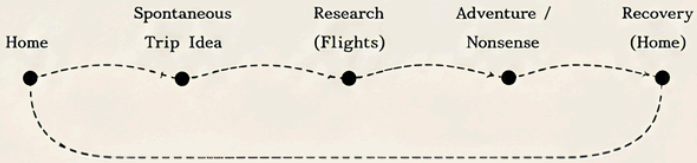
TEMPORAL ACTIVITY

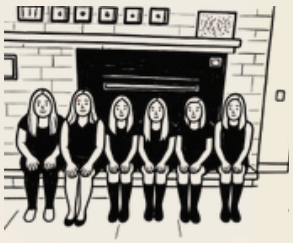
Most active:	Evenings & weekends
Peak activity:	17:00–23:00
Peak vocalization:	Post-movie
Peak movement:	Weekends



MIGRATION PATTERN

Breeding grounds: Home base(s) | Wintering grounds: Anywhere warm-ish





VOCALIZATIONS (TYPICAL EXAMPLES)

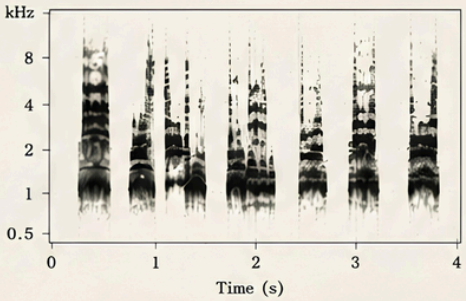
"Should we just walk?"

"I've been thinking."

"It's just funny how."

"OK sorry to bring it up again."

"Can I say something mean?"





DISTINGUISHING BEHAVIORS

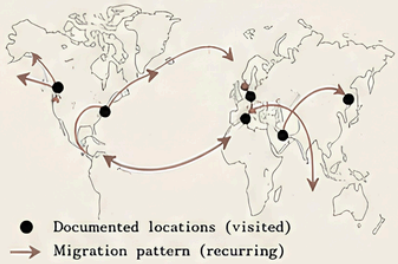
- Maybe 2 decent photos together.
- Remembers conversations by sidewalk, not by date.
- Fiona walks at twice Jan's speed.
- Attuned to the vibrations of every room.
- Eavesdropping whenever possible.
- Immediately reorganizes any Airbnb or hotel space.
- Chooses the longest possible walking route.
- Will detour for bakery, bookstore, or dog.
- Finds beauty in mundane infrastructure.
- Capable of unshakable loyalty in public.



NATURAL PREDATORS

	THREAT LEVEL
The sun	●●●●○
Humidity	●●●●○
Slow walkers	●●●●○
Large crowds	●●●●●
Overhead lighting	●●●●○
Unnecessary queues	●●●●●
Restaurants without reservations	●●●●○
Bad movie adaptations	●●●○○

RANGE & DISTRIBUTION



Documented locations include:

- Ottawa
- London (ON)
- Toronto
- Montréal
- Vancouver
- Washington
- Oregon
- Scotland (extensive)
- Ireland
- London (England)
- Southern France
- Chamonix

CONSERVATION STATUS

Stable. Widely distributed. Continues to adapt to changing circumstances and social landscapes.

Population trend: Stable

No immediate threats to survival.

IUCN STATUS (ANTHROPOORPHIC)

LEAST CONCERN (LC)

OBSERVER NOTES

01 Subjects exhibit rare ability to turn routine errands into hours-long excursions. Hypothesis: Curiosity is the true propulsion system.

02 These individuals demonstrate remarkable compatibility and similar tolerance for chaos. Long-term study ongoing.



03 This pair should be studied further for long-term effects on happiness, resilience, and the quality of midlife choices.



04 It is the observer's opinion that their friendship may prove to be one of the most successful mutual symbioses ever recorded.

Chrome File Edit View History Bookmarks Profiles Tab Window Help

Do I dare
Disturb the universe?
In a minute there is time
For decisions and revisions which a minute will reverse.

For I have known them all already, known them all:
Have known the evenings, mornings, afternoons,
I have measured out my life with coffee spoons;
I know the voices dying with a dying fall
Beneath the music from a farther room.
So how should I presume?

And I have known the eyes already, known them all—
The eyes that fix you in a formulated phrase,
And when I am formulated, sprawling on a pin,
When I am pinned and wriggling on the wall,
Then how should I begin
To spit out all the butt-ends of my days and ways?
And how should I presume?

And I have known the arms already, known them all—
Arms that are braceleted and white and bare
(But in the lamplight, downed with light brown hair!)
Is it perfume from a dress
That makes me so digress?
Arms that lie along a table, or wrap about a shawl.
And should I then presume?
And how should I begin?

Shall I say, I have gone at dusk through narrow streets
And watched the smoke that rises from the pipes
Of lonely men in shirt-sleeves, leaning out of windows? ...

Favorites
AirDr
Rece
Appli
Docu
Desk
Down
iCloud
iClou
Locations
MYW
Tags
Red
423e6ea...
05d0451...
19b9fbb...389ba.jpg
03

TOPOLOGIES OF RELATIONALITY



Proximity, sustained over time, produces its own economy: unspoken knowledge, anticipatory habits, a shared internal weather.

There is a point in a long companionship when one life ceases to be merely adjacent and becomes a condition of the other.

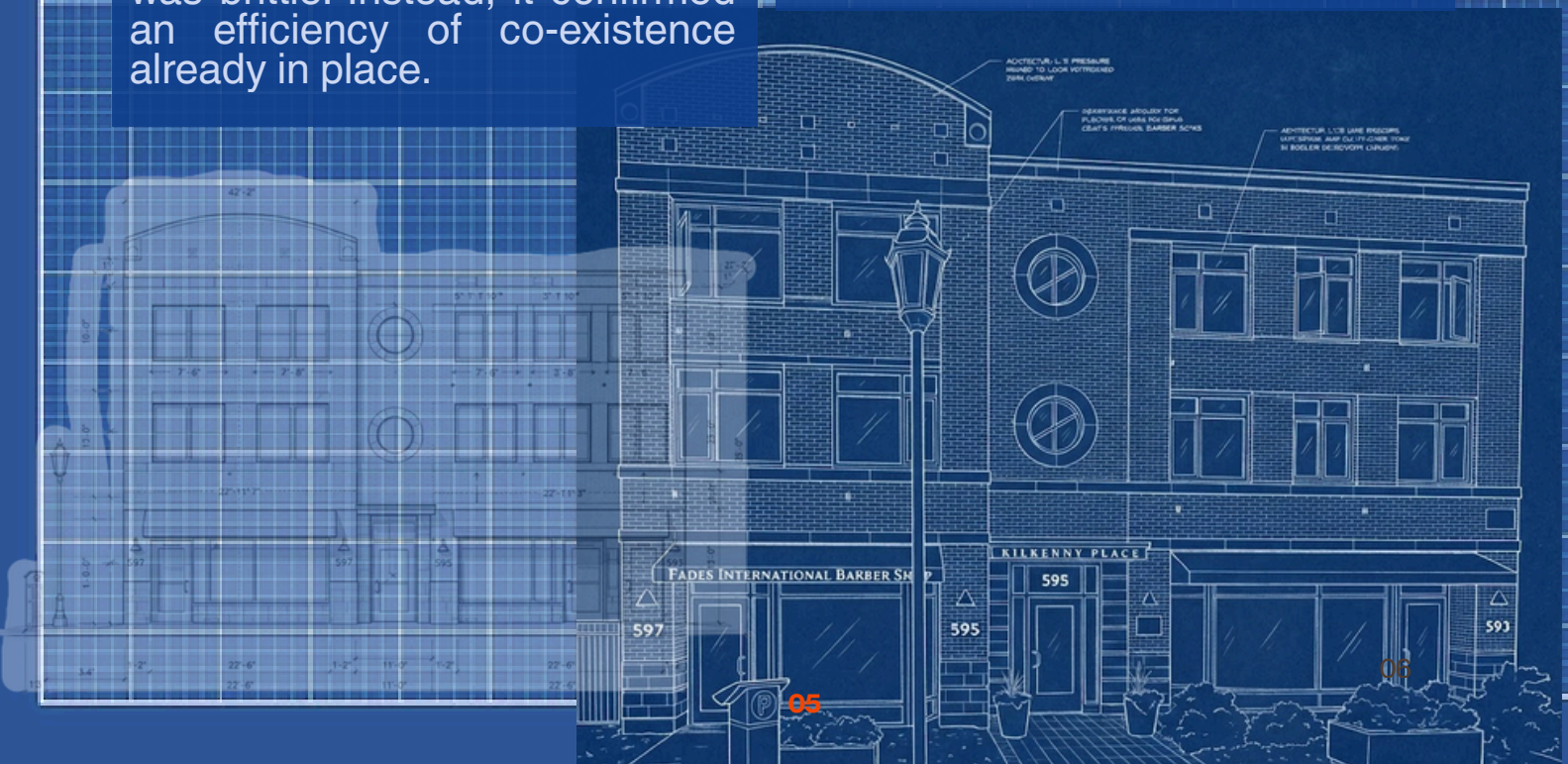
The only way I know how to speak of separation is to describe a psychological distance.

We are, structurally, two middle children. This shared condition, when placed in sustained proximity, becomes a governing principle. Accustomed to observation, to quiet negotiation, to the maintenance of equilibrium, we developed an instinctive calibration to one another's presence.

During our graduate years, this sensibility mediated the pressure of intellectual ambition alongside the compressed realities of a global pandemic, all contained within the same four hundred square feet. The arrangement exposed little that was brittle. Instead, it confirmed an efficiency of co-existence already in place.

This intimacy is most legible in the silent mastery of shared space. In the cinema, for example, the armrest is never negotiated. One assumes the Front, the other the Back. The division is instantaneous, a reflex shaped by familiarity rather than preference. No glance is exchanged, no correction offered. Stability takes precedence, and the agreement renews itself weekly without ceremony.

The domestic sphere is shaped by the same accumulation of unearned expertise. To observe another person's culinary evolution, from the tentative boiling of water to the unremarked production of sustenance, is to hold a complete inventory of their persistence and occasional defeat. This history is not preserved in photographs, but in oil splatters and saved recipes, co-signed through repeated, shared consumption.





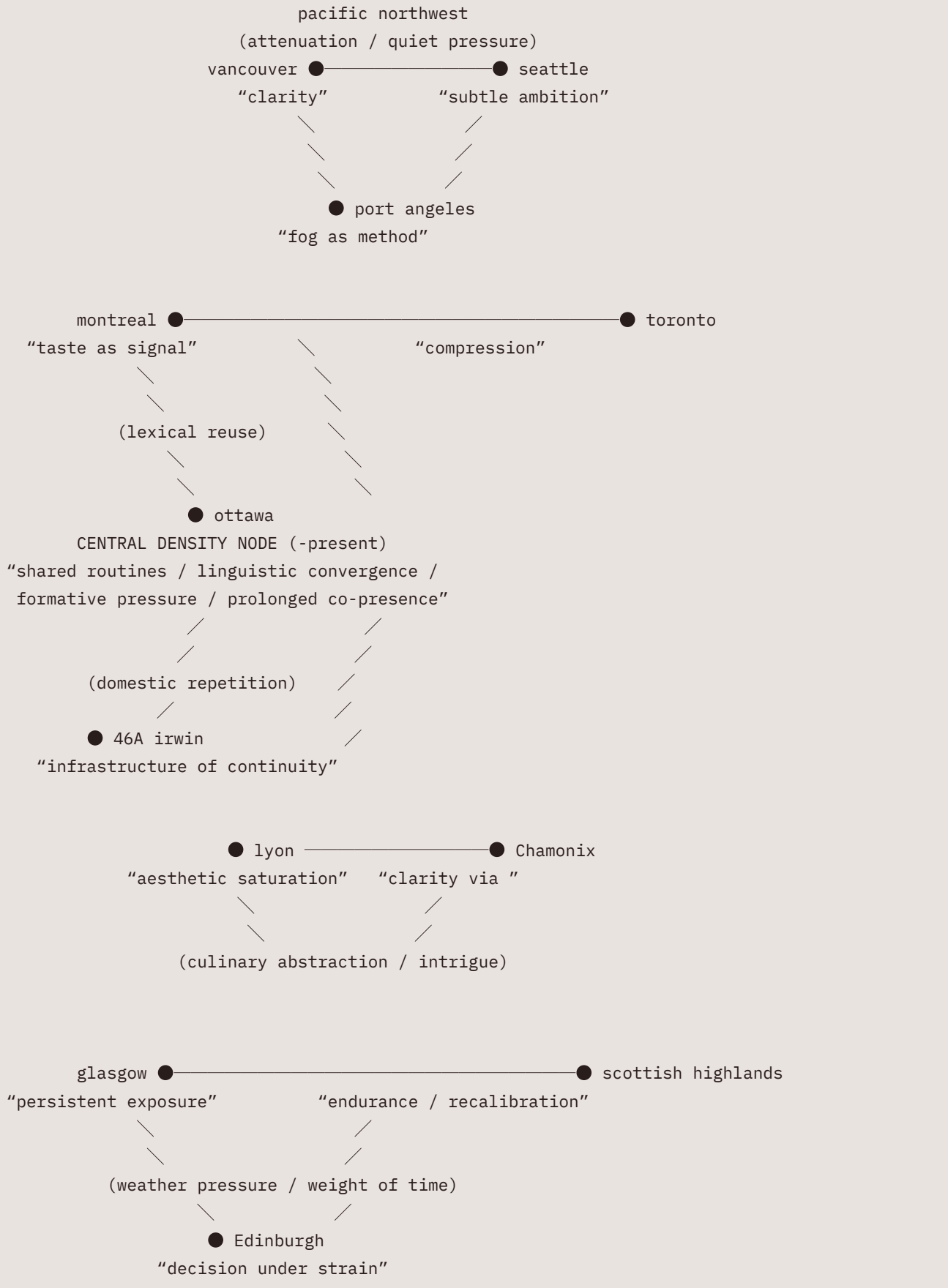
This preference extends into temporary spaces, most notably the hotel room. To share a contextless interior is to test the portability of a domestic system. Yet even there, the architecture of home reasserts itself with ease: the placement of bags, the immediate assumption of routine, the unspoken agreement concerning which side of the bed belongs to whom. The speed of this reconstitution suggests that the stability of the relationship is not anchored to a specific address. The topography travels. The place is carried.

Over time, certain skills became distributed rather than duplicated. One of us remembers directions. The other remembers timing. One handles logistics. The other handles calibration. The system functions because redundancy is minimal.





FIGURE 1: Rhizomatic – Shared Formations



FIELD-TESTED. FRIDGE-COLD.

RED POWERADE®

REHYDRATION FOR DESPERATE MOMENTS
SINCE APPROX. 2015

Developed through repeated trial, error, and one too many walks home. Our preferred solution when water feels insufficient and willpower has run out.

—

INDICATED FOR:

+ Post-heatwave
+ Pre / post-concert recovery
+ After long walks / long days
+ Grocery store hunger
+ Mild existential dread
+ When everything tastes wrong
+ When plans change
+ When plans don't



IMMEDIATE EFFECT

Noticeable improvement within 3–7 sips.

LOW DECISION FATIGUE

No ingredients to interpret. No judgment.

ELECTROLYTE SUPPORT*

Sodium. Potassium. Calcium. Magnesium. Do what they do.

UNIVERSALLY RELIABLE

Works across seasons, moods, and postal codes.

DATA (2015–2025)

Bottles consumed	[XXX+]
Times it saved the day	[∞]
Shared in cars	[XXX]
Bought "just in case"	[XXX]
Average temperature of consumption	[LOW]
Regret factor	[0%]

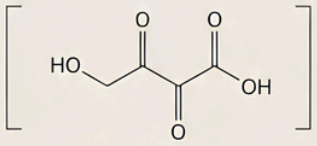
CONSUMPTION CONTEXT



- 34% Too hot
- 28% Too tired
- 18% Too hungry
- 12% Right after a show
- 8% Everything at once

A (VERY) BRIEF NOTE ON ION4®

Ion4® is a blend of electrolytes chosen because plain water sometimes doesn't cut it. No complicated promises—just support for when your system needs it most.



Na^+
K^+
Ca^{2+}
Mg^{2+}

*Helps replace what you lose in the form of sweat, tears, and poor choices.

NOT A LUXURY. A PRACTICE.

AVAILABLE AT:

Grocery stores. Gas stations. Concert venues. Pharmacies. Convenience stores. Probably your fridge right now.



TASTE PROFILE

Fruit punch. Unapologetically.

04 29 2015 – ∞

03

SPECIMEN RECORD

DOMESTIC ANTHROPOLOGICAL FIELDWORK

STUDY PAIR (n = 2)

RECORD ID: SR-MTN-0524-01

COMMON NAME
Pair-bond

SCIENTIFIC NAME
Amicus perpetuus

OBSERVED BY
Field Researcher (J.M.)

DATE
05 / 2024

LOCATION
Mount Rainier, WA

ELEVATION
2,134 m

HABITAT
Subalpine trail, high conifer zone

BEHAVIORAL OBSERVATIONS

- Moving at low velocity.
- Frequent stops.
- Laughing (high frequency).
- Pointing at mountain.
- Discussing everything.
- Sharing snacks.
- No signs of territorial disputes.

CONSERVATION STATUS
Stable

THREATS
Time zones, work, physical distance

LONGEVITY
10+ years (ongoing)

NOTES
Resilient to weather and life changes.

Exhibits strong recall of irrelevant details.

FIELD ARCHIVE 05 / 24 VERIFIED

Form DA-17A
(Rev. 04/23)



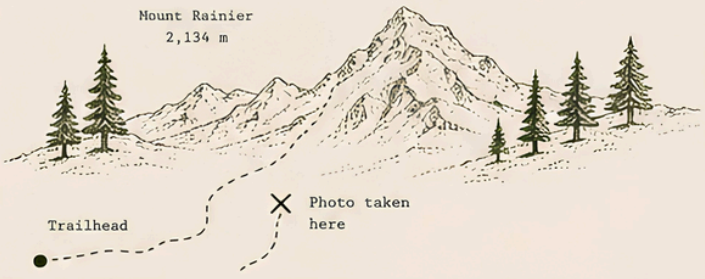
IDENTIFICATION MARKS (NOT TO SCALE)





FIELD SKETCH / RANGE MAP

Documented in the Pacific Northwest. Range extends beyond mapped territory.



COORDINATES
46.8523° N
121.7603° W

FIELD NOTE: EMERGENCY SITUATION

Urgent biological stress response documented ~1.2 km in. No facilities available. Subjects displayed exceptional resourcefulness and moral support. Situation resolved after successful negotiation at a rural pizzeria. Pizza: excellent. Bathroom: life-saving.








SHARED
ATTENTIONAL
PRACTICES



















On Soundtracks

It's Newton's fourth law of physics: If the right song is played at the right moment, the surrounding conditions will fall into place. We absorbed this logic early, largely through movies; pre-scored meaning and on-demand emotional clarity.

Our twenties have been marked by repeated, good faith attempts to apply this logic. Long walks required playlists. Train rides needed an arc. Transitional moments; moves, breakups, periods of low-grade unease; ripe with opportunity for lyrical intervention.

The assumption has never been that music would change events, but if we timed it just right, it might make them cohere.

No necessity for manufactured drama, no distinction sought, one foot in front of the other, sometimes unable to look up, but marching to the beat, finding our footing, setting it to music, again and again.

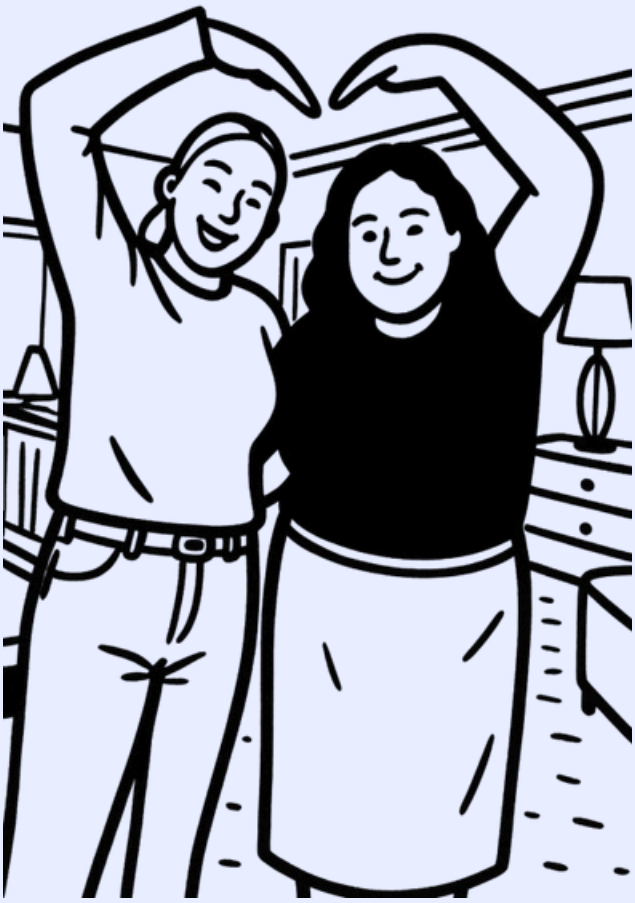
Beyond the big moments, we have been developing a soundtrack that could hold us steady through the unremarkable middle portions of life: grocery runs, late nights, temporary cities, the long plateau between decisions. Movie soundtracks offered a model of containment. They suggested that duration could be shaped, that ambiguity could be held without resolution.

Of course, the attempt was never entirely successful. Real life resists synchronization. Moments arrive without warning, scenes overrun their music, and moods change faster than tracks can adjust. The score lags. Or overshoots. Or suddenly feels inappropriate. The fantasy collapses quietly, usually mid-song.

Still, the practice persists if only because it offers yet another way of paying attention. Setting life to music is about noticing tempo, repetition, and emotional residue. It is an effort to align interior states with an external rhythm, knowing full well the alignment will be temporary and embracing the temporality; life in every moment.

In this sense, the soundtrack is not an accompaniment but a record.





Bracing for impact, it represents the collision of what we hoped a moment would feel like and the reality, for better or worse; ultimately standing for the resulting lacuna in between.

The playlists survive long after the scenes they were meant to score have dissolved, leaving behind a compressed archive of intention.

We return to them not to relive the past, but to remember how seriously we once tried to give it shape.

SIDE A
Long haul train rides
Walking without destination
Cooking at night
Temporary rooms

- Sofia So Far
- Blood
- Pieces of Gold
- High Society
- Dawn
- Rain Song

SIDE B
In the Uber
Getting Ready
Before Decisions
Returning Home





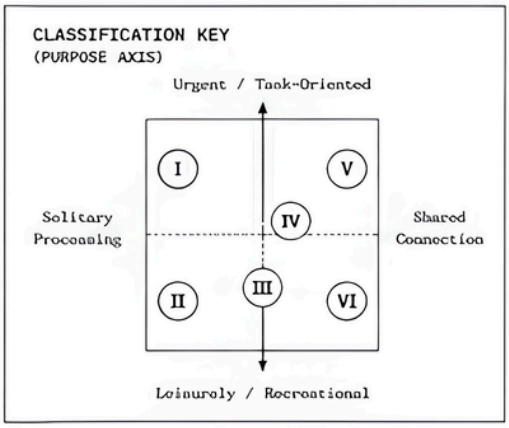
SECTION IV · DOMESTIC ANTHROPOLOGICAL FIELDWORK

CHAPTER 7

THE TYPOLOGY OF WALKING

Observed between 2015–2025 | n = 2 | Field observations = Ongoing

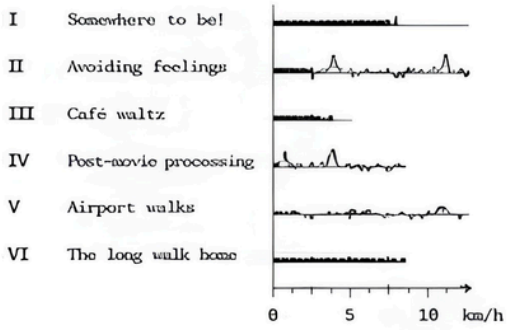
Walking within the study pair is rarely a neutral method of moving from Point A to Point B. Instead, pedestrian locomotion functions as a primary regulatory mechanism for psychological, social, and emotional processing. Below is the definitive taxonomic classification of shared walks.



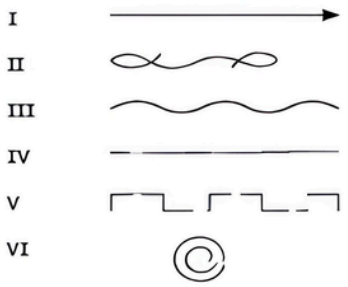
7.1 TAXONOMIC MATRIX

	CLASSIFICATION	VELOCITY (km/h)	ROUTE VECTOR (typical pattern)	VULNERABILITY INDEX[1]	REQUIRED PAYLOAD	CONVERSATION CAPACITY
I	Somewhere to be!	6.5 (maximal)	→	0.05 (negligible)	None (streamlined)	LOW
II	Avoiding feelings	3.0–7.0 (variable)	∿	0.90 (critical)	Noise-canceling hardware	VERY LOW
III	Café waltz	2.0 (leisurely)	∿	0.45 (moderate)	1× artisanal beverage	HIGH
IV	Post-movie processing	3.5 (rhythmic)	– – – – –	0.70 (elevated)	None (sensory recovery)	MEDIUM (late onset)
V	Airport walks	1.0–8.0 (alternating)	⌐¬_⌐¬_⌐	0.60 (existential)	Wheeled luggage (clack-clack)	LOW–MED
VI	The long walk home	2.5 (decelerating)	◎	0.99 (absolute)	Ambient low temperature	VERY HIGH

7.2 VELOCITY PROFILES (typical)

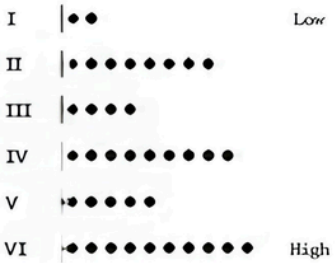


7.3 ROUTE TOPOLOGIES



(simplified, representative)

7.4 EMOTIONAL OUTPUT[2]



1. Vulnerability Index: Likelihood of emotional exposure, existential dread, or irreversible truth-telling.

2. Emotional Output: Measured as probability of meaningful conversation per kilometer walked.

SEE ALSO

Ch. 3 Spatial Logics
Ch. 5 Soundtracks
Appendix C Weather Events Remembered Out of Proportion

DATA NOTES

Data collected via participant observation, map traces, voice notes, photo receipts, and post-walk debriefs.

Classification remains provisional.

KEY TO IDENTIFICATION (quick reference)

If stride is aggressive and jaw is tight → Type I.
If the route makes no sense → Type II.
If a bakery is involved → Probably Type III.
If silence lasts ~400 m → Type IV.
If luggage is present → Type V.
If you end at a crossroad staring → Type VI.

7.5 DIAGNOSTIC CRITERIA & FIELD NOTES

	DIAGNOSTIC CRITERIA	FIELD NOTE
I SOMEWHERE TO BE!	High-velocity striding with locked, forward-facing gaze (≈ 15° above horizon). Jaw clenched. Zero tolerance for bottlenecks.	Attempts to introduce emotional updates or major life decisions will be met with monosyllabic, efficiency-driven feedback. Cognitive architecture is fully occupied by navigation and time panic.
II AVOIDING FEELINGS	Directionless pacing triggered by unanswered texts, tension, or environmental overload. Route is unplanned and highly circuitous.	Behavioral loop: check phone every ≈45 seconds without reading. Staring at lock screen as grounding mechanism. Often accompanied by one track on endless loop.
III CAFÉ WALTZ	Slow, side-by-side drift through gentrified neighborhoods. Frequent stops to evaluate architecture, dogs, or menus in windows.	Shoulders occasionally bump in rhythmic cadence. Conversations are low-stakes: culture, gossip, and spontaneous e-transfers
IV POST-MOVIE PROCESSING	Transition from cinematic darkness to ambient light. Sensory and cognitive recalibration phase.	Silence for first ≈400 m. Opening line is structured: critique of plot or defense of cinematography. Processing continues until baseline is re-established.
V AIRPORT WALKS	Liminal trek. Defined by rhythmic clack-clack of wheels on linoleum or carpet.	Pacing alternates between sprinting for gates and numbed shuffling past duty-free. Morality suspended; complex carbs at 6:30 AM acceptable.
VI THE LONG WALK HOME	Late-night/early-morning walk marking the end of an era or an emotional breakthrough.	Gravity increases. Emotional armor offline. Most vulnerable truths recorded here. Ends at crossroad or porch. Baseline recalibrated before parting.

ANTHROPOLOGICAL MARGINALIA

Observer Note 01
(Type III Deviancy)

Subjects circled the same commercial block three times because the conversation hit an optimization loop.



Observer Note 02
(Type VI Micro-Myths)

Persistent myths recorded during late-night walks:

- "We'll leave soon."
- "Let's split the dessert."
- "I'm fine to walk the rest alone."

All functionally false.

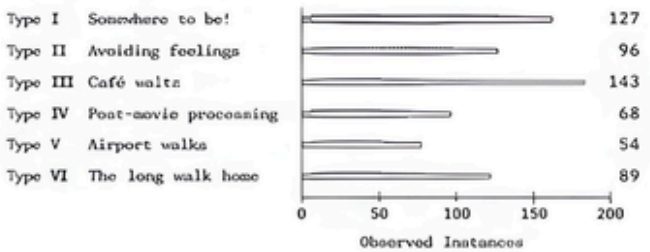
REVIEWER COMMENT

Fascinating framework. Recommend longitudinal expansion to include rain, snow, and extreme heat events.

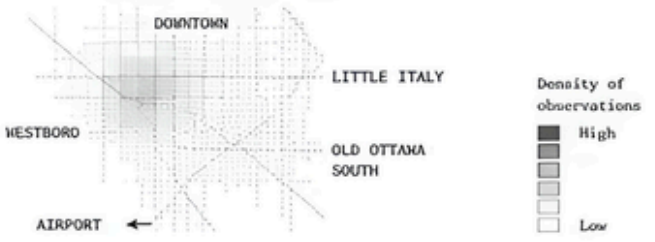
Consider adding telephonic walks as separate class.

— Rev. 2

7.6 FREQUENCY OF OCCURRENCE (2015–2025)



7.7 TYPICAL HABITATS (heat map)



METHOD
Participant observation, route tracing, audio capture, environmental logging, and after-action debriefs.

LIMITATIONS
- n = 2
- Subject to recall bias
- Weather dependency
- Context is non-replicable

SEE ALSO
Appendix A: Soundtrack Correlation Matrix
Appendix B: Late-Night Foods Consumed
Appendix D: Maps That Mean Something

CLASSIFICATION STATUS
Living document. Updates ongoing.



Systems under sustained pressure do not collapse evenly. They redistribute. What appears as disorder is often a transfer of function rather than its d i s a p p e a r a n c e .





Better Together

Words and Music by
Jack Johnson

Moderately (=)

N.C.

mf

F F/E

There's no com - bi na - tion of words I could

Dm C B♭ B♭/A Gm C

put on the back of a post-card, no song that I could sing. But I could try for your heart and

F F/E Dm C B♭ B♭/A

our dreams, and they are made out of real things, like a shoe - box of pho - to - graphs with

CASE STUDY 4.2

BETTER TOGETHER

(JACK JOHNSON, 2005)

ARTIST:	Jack Johnson
ALBUM:	In Between Dreams
DURATION:	3:27
TEMPO:	~110 BPM
KEY:	F Major (capo varies)
TIME SIG.:	4/4

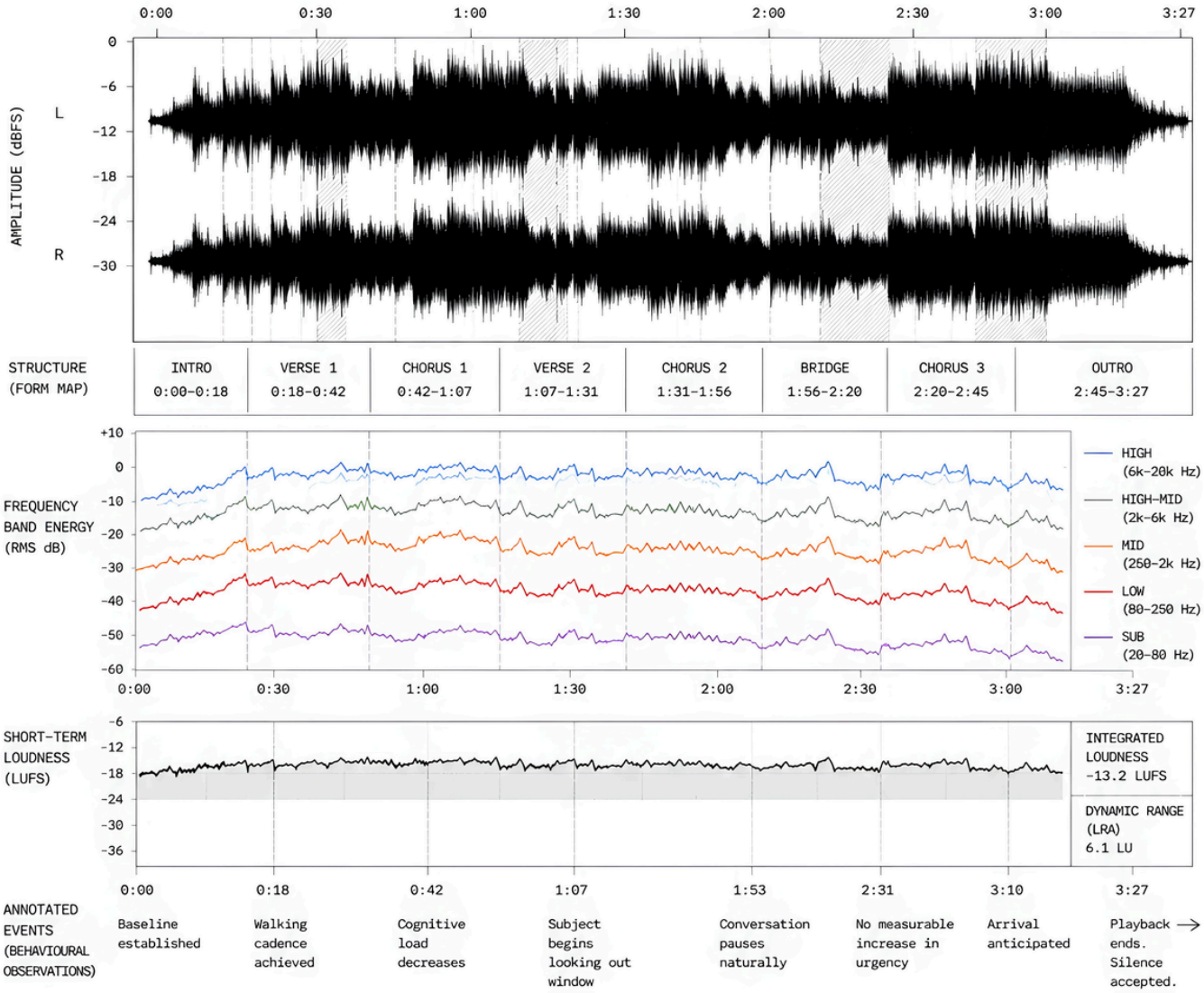


FIGURE 4.2: Spectral analysis of Jack Johnson's "Better Together" (2005). Amplitude (top), frequency band energy (middle), and short-term loudness (bottom) plotted over time. Shaded regions indicate points of high narrative coherence based on long-term field observation (2015–2025).

▨ HIGH NARRATIVE COHERENCE

---- SECTION BOUNDARY

HARMONIC SUMMARY

Progression built on a small set of diatonic chords with frequent resolution to I. Low harmonic surprise; high predictability.

Primary chords (capo 1):

F | C | G | Am | (I–V–vi–IV)

Secondary movement: Bb, Dm

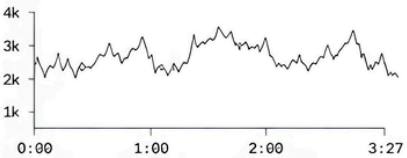
Functional quality:
Stable, consonant, non-dissonant. Supports sustained attention without requiring active listening.

RHYTHMIC PROFILE

- Steady 8th-note strumming pattern
- Light syncopation on acoustic guitar
- Kick on 1 and 3 (soft)
- Snare on 2 and 4 (brush)
- Overall groove aligns with ~110 BPM walking pace

Result: naturally entrains movement without imposing urgency.

SPECTRAL CENTROID (HZ)



Spectral centroid remains mostly within 1.5k–2.5k Hz range. Indicates warm, acoustic timbre with minimal brightness. Contributes to low fatigue profile.

FIELD DATA SUMMARY (2015–2025)

Observed contexts:	27 distinct environments across 3 countries
Total documented plays:	184+ (minimum)
Subject mapping:	2 agents (primary), multiple observers
Postal codes logged:	12 (see Appendix B)

NOTES

This track functions primarily as environmental scaffolding. It is not a soundtrack to an event, but a condition that precedes, accompanies, and occasionally survives one.



Persistent Myths (A Haiku):

Should we split dessert?
It's not that far of a walk
I'm going to shit

Government of Canada
Department of Lifelong Companionship
(DLC)

TOP SECRET
// ACCESS TO INFORMATION ACT RELEASE

MEMORANDUM FOR THE RECORD

DATE:	02 JULY 2026
ORIGINATING AGENCY:	Department of Lifelong Companionship (DLC)
FILE NUMBER:	ATIP-2015-2026-FIONA
PROJECT CODENAME:	PROJECT FIONA
SUBJECT:	Operational Review of Central Density Node & Long-Term Tactical Alliance

[CLASSIFICATION LEVEL: FOR BESTIE EYES ONLY]
==========
SECRET // NOFORN // EXECUTIVE BRIEFING
MEMORANDUM FOR DIRECTORS GENERAL AND ASSISTANT DEPUTY MINISTERS
ACTION REQUIRED: FOR IMPLEMENTATION AND BRIEFING PURPOSE ONLY
==========

1. SUBJECT PROFILE & MANDATE ALIGNMENT

- TARGET NAME: FIONA
- KNOWN ALIASES: Jean; Jeanie Baby; Fij; Fi.
- OPERATIONAL HISTORY: First identified during the Q1 2014 cohort intake at Western University (Media, Information and Technoculture division). Subsequently co-located to the National Capital Region (NCR) for delivery of distinct post-graduate programming streams. Currently embedded as a double agent executing key deliverables within the Federal Government Public Service ecosystem.
- CORE VULNERABILITIES (RISK REGISTER):
  - Standing upright for extended periods
  - Any mistreatment of dogs
  - Sweating profusely

HANDLER NOTE:
Subject experiences sensitive, flaky hands. Handle gently. High value asset. Moisturize often.
– DLC Ops

2. BILATERAL AGREEMENTS & RESOURCE RATIONALIZATION

Subject displays an exceptionally high tolerance for anomalous academic parameters, having successfully mitigated the volatile pedagogical delivery style of DR. IMANTS BARUSS without permanent psychological defection or structural burnout.

Per the 2021 Strategic Review, assets successfully executed a Decoupling and Decentralization Strategy, transitioning from a shared facility to separate, standalone domestic headquarters. Performance metrics confirm zero drop-off in operational alignment; the structural efficiency of the partnership remains fully optimized despite this physical decentralization.

In the event of an operational crisis (defined as acute decision fatigue, inter-departmental despair, or a low-grade existential status report), line objects are cleared to invoke the Umbrella Burger Emergency Protocol. If proximity to the designated burger asset is compromised, handlers may authorize a contingency deployment of the ION4 Advanced Electrolyte Rehydration System (Fruit Punch variant), which yields a statistically verified 110% return on investment within 3 to 7 sips.

TACTICAL RECONNAISSANCE LOG: BI-ANNUAL AUDIT

[redacted] SECTOR SECURE: 46A IRWIN (ARCHIVED DATA) [1]

[redacted] POST-2021 PARADIGM SHIFT: SEPARATE BASES ESTABLISHED. INTEROPERABILITY REMAINS AT 100% NOMINAL CAPACITY.

[redacted] MIT THEATER MEMORANDUM: THE FRONT ARMREST IS SECURED BY [REDACTED] PER THE STANDING MOU. THE BACK ARMREST IS SECURED BY SUBJECT. NO JURISDICTIONAL OVERLAP OR FRICTION DETECTED. [1]

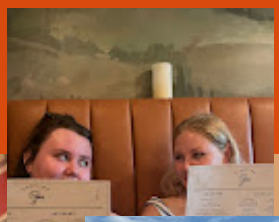
3. CONSERVATION STATUS & SUSTAINABILITY FORECAST

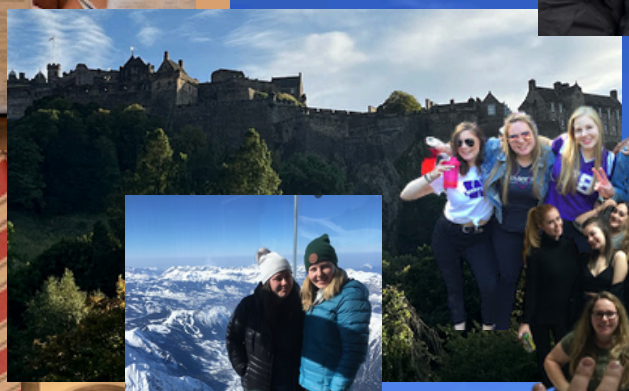
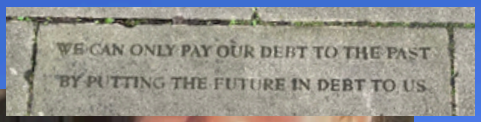
Stable. Widely distributed across distinct geographic sectors within the NCR but completely synchronized via linguistic convergence and ongoing corporate memory transfer (e.g., "We've earned a little treat"). Subject's forward-looking trajectory remains unbothered by separation of physical workspace, proving that the bilateral alliance operates independently of localized domestic proximity.

DECLASSIFIED
FOR BESTIE EYES ONLY

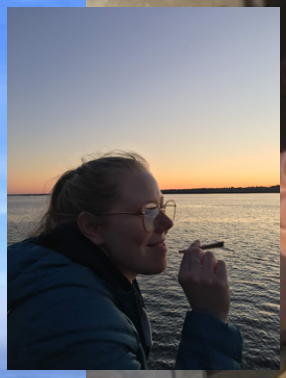
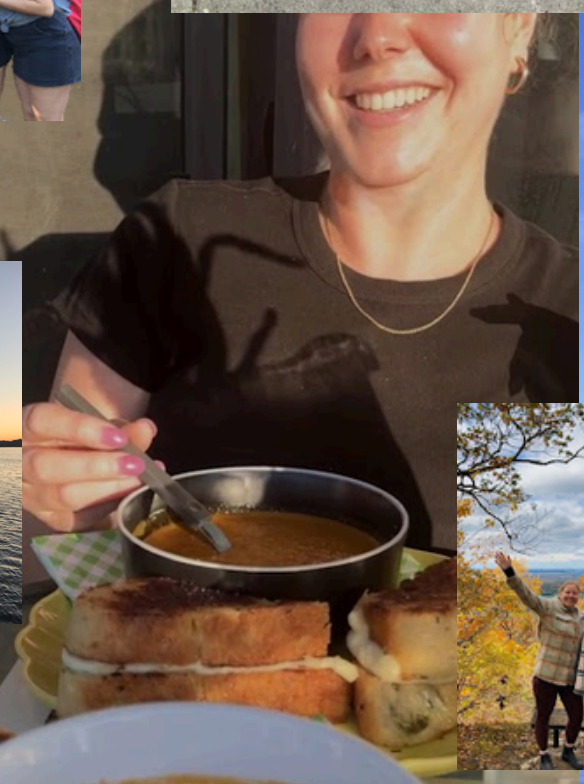
Authorized by: *J.M.* Director, DLC 02 JUL 2026

[1] See internal appendices: MIT-ARMREST-MOU (v. ongoing)

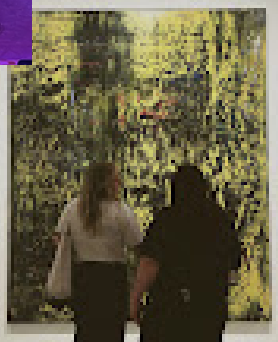





WE CAN ONLY PAY OUR DEBT TO THE PAST
BY PUTTING THE FUTURE IN DEBT TO US









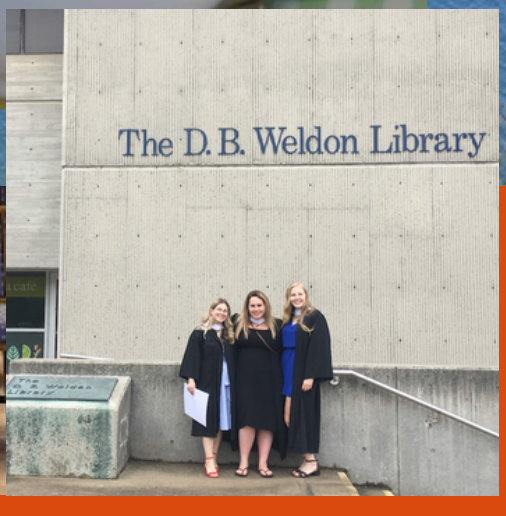


The D. B. Weldon Library

PLATE IV

COLOUR PALETTE

A VISUAL VOCABULARY OF A SHARED DECADE

These colours recur throughout this volume. They are not decorative. They are evidence. Use accordingly.

	01 – SIGNAL RED Urgency, appetite, movie theatres, Powerade.	HEX #E24628 RGB 226 70 40 CMYK 0 84 91 0 PANTONE 1795 C
	02 – TWILIGHT The in-between. Departure, return, lamplit rooms.	HEX #8A84B6 RGB 138 132 182 CMYK 49 46 0 0 PANTONE 7663 C
	03 – FOREST FLOOR Walking, moss, summer, the Algonquin Drive.	HEX #5C6B4D RGB 92 107 77 CMYK 65 40 73 22 PANTONE 4184 C
	04 – OPEN SKY Road trips, distance, possibility.	HEX #BFD6E5 RGB 191 214 229 CMYK 24 6 7 0 PANTONE 544 C
	05 – PAPER Pages, receipts, ticket stubs, documentation.	HEX #F2EDE3 RGB 242 237 227 CMYK 3 3 8 0 PANTONE 7527 C
	06 – EMBARRASSMENT Burning, blushing, second-hand stories.	HEX #F6A7A1 RGB 246 167 161 CMYK 0 45 28 0 PANTONE 1775 C
	07 – NIGHT Late talk, early mornings, everything unsaid.	HEX #1A1A1A RGB 26 26 26 CMYK 75 68 67 90 PANTONE Black 6 C
	08 – SUNLIGHT Windows, museums, rental kitchens, good days.	HEX #F1BA3D RGB 241 186 61 CMYK 6 27 86 0 PANTONE 1235 C

EXIOGRAPHY

AN INDEX OF ATTENTIONAL PRACTICES

Compiled from observations recorded between 2014 – 2026.

Categories are descriptive rather than exhaustive. Classification remains provisional.

EX – 01 IMAGES THAT OUTLASTED CONTEXT

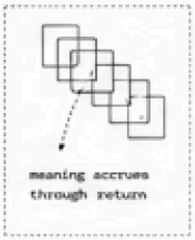
CATEGORY
Perceptual

FIRST OBSERVED
2014

STATUS
Persistent

RECURRENCE
■■■■■■■■□

01. Film stills paused indefinitely.
02. Museum rooms returned to more than once.
03. Paintings encountered in reproduction, then later in person, then online.
04. Photographs remembered inaccurately but insistently.



Axiom: *Images did not influence so much as linger. Meaning accrued through return rather than revelation.*

See also: VIII, XIII

EX – 02 DOMESTIC INFRASTRUCTURES

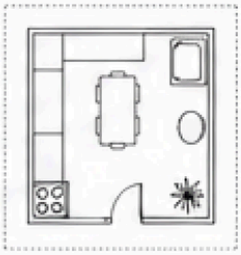
CATEGORY
Environmental

FIRST OBSERVED
2014

STATUS
Stable

RECURRENCE
■■■■■■■■■

01. Kitchens small enough to overhear everything.
02. Tables that accumulated evidence of work, eating, avoidance.
03. Lamps selected for warmth rather than illumination.
04. Windows treated as light sources, not views.



Axiom: *These structures did not shape behavior; they revealed it.*

See also: VII, X

EX – 03 SOUND AS MEDIATING FORCE

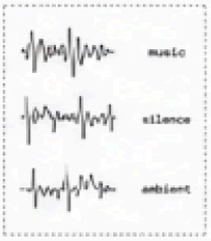
CATEGORY
Aural

FIRST OBSERVED
2014

STATUS
Active

RECURRENCE
■■■■■■■■■■

01. Movie soundtracks deployed in earnest attempts at coherence.
02. Music used to score walking, packing, waiting, transit.
03. Playlists constructed as emotional scaffolding.
04. Silence adopted when music failed.



Axiom: *Sound functioned as an external regulator when internal alignment proved insufficient.*

See also: XI, XIII

EX – 04 SHARED CONDITIONS

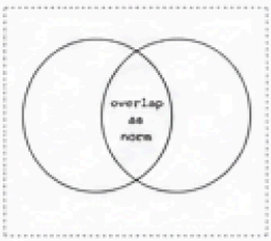
CATEGORY
Relational

FIRST OBSERVED
2014

STATUS
Foundational

RECURRENCE
■■■■■■■■■■

01. Middle-child reflexes.
02. Sustained co-presence.
03. Economic modesty.
04. Temporary rooms.
05. Repeated departures without rupture.



Axiom: *What appears here as biography is better understood as environment.*

See also: XIII

EX – 05 LEXICAL COMPRESSION EVENTS

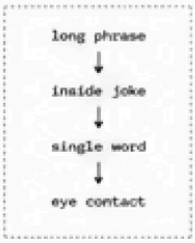
CATEGORY
Linguistic

FIRST OBSERVED
2015

STATUS
Expanding

RECURRENCE
■■■■■■■■■■

01. Phrases shortened beyond recognition.
02. References detached from origin.
03. Entire arguments condensed into single words.
04. Jokes that no longer required punchlines.



Axiom: *Language adapted to duration. Redundancy was eliminated. Meaning became portable.*

See also: X, XIII

EX – 06 SPATIAL LOGICS

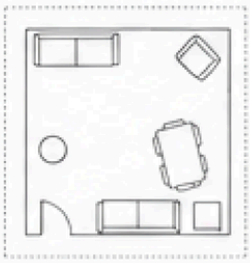
CATEGORY
Behavioral

FIRST OBSERVED
2014

STATUS
Stable

RECURRENCE
■■■■■■■■■□

01. Apartments arranged according to use, not design.
02. Armrests claimed without negotiation.
03. Bedsides assigned permanently.
04. Corners favored over centers.



Axiom: *These were not preferences. They were outcomes.*

See also: III, IX

EX – 07 THEORIES THAT FUNCTIONED AS ATMOSPHERE

CATEGORY
Cognitive

FIRST OBSERVED
2014

STATUS
Ambient

RECURRENCE
■■■■■■■■■□

01. Post-structuralism absorbed as sensibility rather than position.
02. Suspicion of totalizing narratives.
03. Comfort with incompleteness.
04. Attention to systems over subjects.



Axiom: *Theory was never applied. It was inhaled.*

See also: I, XIII

EX – 08 FRICTION POINTS

CATEGORY
Environmental

FIRST OBSERVED
2014

STATUS
Reactive

RECURRENCE
■■■■■■■■■□

01. Bad lighting.
02. Overhead illumination.
03. Inefficient layouts.
04. Excessive explanation.



Axiom: *These produced disproportionate resistance and were treated accordingly.*

See also: VI

METHODOLOICAL NOTE: Observations ongoing. Data collected via participant observation, text logs, photo archives, voice memos, receipts, and environmental sampling.

EX — 09 MINOR ARTIFACTS

CATEGORY
Material

FIRST OBSERVED
2014

STATUS
Accumulating

RECURRENCE
■■■■■■■■■■

01. Grocery lists.
02. Receipts.
03. Notes left without context.
04. Screenshots saved for no clear reason.



Axiom: Individually insignificant. Collectively instructive.

See also: II, X, XI

EX — 10 TEMPORAL MARKERS (UNOFFICIAL)

CATEGORY
Temporal

FIRST OBSERVED
2014

STATUS
Functional

RECURRENCE
■■■■■■■■■■

01. The length of a walk.
02. The time it takes to cook a familiar meal.
03. The interval between departure and recalibration.
04. The speed at which a room becomes usable.



Axiom: Time was measured operationally.

See also: III, VII

EX — 11 WHAT WAS NOT TAKEN UP

CATEGORY
Exclusion

FIRST OBSERVED
2014

STATUS
Deliberate

RECURRENCE
■■■■■■■■LO

01. Monumental ambition.
02. Grand narratives.
03. Bright, declarative aesthetics.
04. The need to resolve everything.



Axiom: Exclusion was as formative as inclusion.

See also: XIII

EX — 12 PERSISTENT ASSUMPTIONS

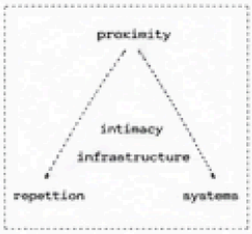
CATEGORY
Epistemic

FIRST OBSERVED
2014

STATUS
Holding

RECURRENCE
■■■■■■■■■■

01. That proximity produces knowledge.
02. That repetition clarifies rather than dulls.
03. That systems reveal themselves under pressure.
04. That intimacy is infrastructural.



Axiom: These assumptions were never debated. They simply held.

See also: V, VIII

EX — 13 GEOGRAPHIES OF MOVEMENT

CATEGORY
Spatial

FIRST OBSERVED
2014

STATUS
Ongoing

RECURRENCE
■■■■■■■■■■

01. Walked cities before knowing their names.
02. Oriented by coffee shops, not landmarks.
03. Took the long way whenever possible.
04. Learned maps by repetition, not instruction.



Axiom: Movement was both method and reward.

See also: X, XI

EX — 14 ECONOMIES OF CARE

CATEGORY
Ethical

FIRST OBSERVED
2014

STATUS
Sustained

RECURRENCE
■■■■■■■■■■

01. Checked in without reason.
02. Remembered things that mattered.
03. Made room for the other's pace.
04. Defended rest as necessary work.



Axiom: Care was not ancillary. It was structural.

See also: IV, V

EX — 15 MODES OF COMMUNICATION

CATEGORY
Interpersonal

FIRST OBSERVED
2014

STATUS
Adaptive

RECURRENCE
■■■■■■■■■■

01. Voice notes of varying length.
02. Screenshots as shorthand.
03. Lists as love language.
04. Silence as punctuation.



Axiom: Communication adapted to bandwidth and context.

See also: VI, X

EX — 16 RECOVERY PROTOCOLS

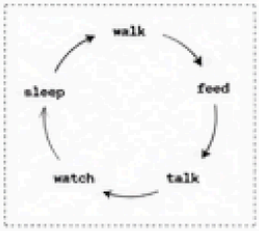
CATEGORY
Restorative

FIRST OBSERVED
2015

STATUS
Recurrent

RECURRENCE
■■■■■■■■■■

01. Walk it off.
02. Food it.
03. Talk it out.
04. Watch something familiar.
05. Sleep on it.



Axiom: Recovery was iterative, not linear.

See also: III, IV

EX — 17 RITUALS (FORMAL & INFORMAL)

CATEGORY
Ritualistic

FIRST OBSERVED
2014

STATUS
Stable

RECURRENCE
■■■■■■■■■■

01. Post-movie debriefs.
02. Pre-trip packing rituals.
03. Sunday resets.
04. Annual reviews of "favorite things."
05. Spontaneous detours.



Axiom: Rituals marked transitions and protected meaning.

See also: II, XI

EX — 18 RESIDUE

CATEGORY
Residual

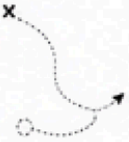
FIRST OBSERVED
2014

STATUS
Enduring

RECURRENCE
■■■■■■■■■■

What remains is not influence, but arrangement: a way of noticing, a tolerance for ambiguity, a shared attentional rhythm shaped by sustained exposure to the same materials, conditions, and questions.

This exiography records not what we accumulated, but what we permitted to stay.



Axiom: Endurance is the final form of meaning.

See also: ALL

NOTES ON A SHARED DECADE

Onwards, upwards: always forwards.

After enough repetition, the baseline becomes portable. What changes is not the structure, but the surrounding conditions.



Glasgow Train Station?