

THE HARBOR MONTHLY ISSUE 19

*A LOOK INSIDE
THE HARBOR MONTHLY
ISSUE 19:*

*“Garden & The City”
Written By: Rebecca Siegel*

*“Eco-Anxiety or
Climate Anxiety...”
Written & Curated By:
Madeleine Sabo*

*“Deposits”
A Poem By:
Lauren La Melle*

*#OUTNOW
Entertainment
Advertising*

PUBLISHING

Publisher: Harbor
President & CEO: Zak Tucker

EDITORIAL

Editor: Gabriela Elder
Content Curator: Hannah Englander
Copy Editor: Ellie Powers
Quality Check: Lila Walsh
Quality Check: Giselle Arellana

ART & DESIGN

Direction/Design: Drew Summers
Photography: Drew Summers

FEATURES

Written Piece: Rebecca Siegel
Photography: Rebecca Siegel
Featurette: Madeleine Sabo
Poetry: Lauren La Melle

A NOTE FROM THE EDITOR:

GABRIELA ELDER:

Director of Marketing

One of the most beautiful aspects of this industry is our power to influence. And with power, comes much responsibility. As storytellers, we engage in one of the oldest traditions of humankind to try to influence regions, generations, and cultures. And with streaming platforms continuously expanding, the means through which we can relay and receive those stories also expands (and will continue to do so). This issue is dedicated to the filmmakers who work tirelessly to tell the stories that demand we turn our attention to environmental sustainability.

In this industry, we are lucky to work with passionate, artistic, expressive, and very motivated people. These qualities not only realized in their work, but also in their personal lives. This month, we were lucky to catch up with Rebecca Seigel, Executive Producer, Live Action in New York. Rebecca is an active member in her community garden in Brooklyn and shares how to become a part of a community garden and how even the middle of Brooklyn can be an oasis if you know where to look.

In addition to this, our very own Lauren La Melle shares with us an original poem tackling the complexities of recycling, and the entire issue is graced with original photography from Drew Summers. And of course, we celebrate the projects #OUTNOW so you can continue adding to your watchlist. With that, I hope you enjoy this issue.

Thank you,

A handwritten signature in black ink, appearing to be 'GE' with a long horizontal stroke extending to the right.

GABRIELA ELDER



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THE
HARBOR
MONTHLY.

GARDEN & THE CITY

Written Piece And Photography By:

Rebecca Siegel, Executive Producer/Head Of Production, Commercial Live Action



I have been volunteering in my local community garden in Brooklyn for the past 10 years. I used to say that I did more “community” and less gardening, but over the years I’ve come to value and see the benefits and impact of both.

Research has shown that community green spaces can reduce violent crime; counter stress and social isolation, especially for older adults; improve concentration for children with attention deficit disorder; enhance relaxation; and promote self-esteem and resilience.

The garden is never fully dormant. Even in the dead of winter there is underground, unseen activity. In November, we plant garlic and other bulbs, hearty greens such as kale, spinach, and chard, radishes, beets, carrots, etc. The weather in NYC never complies with the needs of the plants. Early this year, warm spells impelled growth; then cold snaps shocked and killed some of the new growth. We experiment and succeed and fail and always try again. The profound beauty is that things want to grow. Life wants to form and thrive.

Every year, the Netherlands gifts New York City one million daffodil bulbs in honor of 9/11. Each community garden gets as many bulbs as they want or can feasibly plant. We plant them each November (on the day of the Marathon to be exact; our garden is at the 8-mile marker and we throw an annual party and invite the public to join our planting ritual), and by the end of March, while the tree branches and undergrowth are still brown, the ground cover becomes a field of yellow with some elegant deep blue/purple irises popping up around the same time. This year, I like to imagine our garden paying homage to Ukraine with its color scheme.

Every two weeks, from the end of March through August, the garden transforms with new life. First the crocuses,



daffodils, snowdrops, and irises. Then the tulips. Then the daisies. The star magnolia blooms. Buds form on the peach, plum, and fig trees. The grape arbor begins to fill out, as does the Bing and sour cherry trees. By July we are eating those plums and peaches and cherries, and by August we are gorging ourselves on figs and grapes.

When people inquire about joining (and we allow 100% of applicants to join), we invoke the wisdom of JFK – ask not what the garden can do for you, but what you can do for the garden. It’s our unofficial motto. And when it rains and it’s otherwise miserable out, we remember the refrain: it’s good for the garden. We compost. We’re fully organic, democratic, and

inclusive. A small slice of utopia and a sanctuary for all amidst the chaos. But this utopia is temporary. A massive high-rise complex is being built across the street, and it will inhibit over 60% of our current sunlight, turning our 35-year-old sun-filled sanctuary of a community garden into a shade garden. We must enjoy it while it lasts.

SOURCES:

<https://theheartygarden.com/gardening-mental-health-benefits/#:~:text=That's%20because%20when%20gardening%20reduces,serotonin%20levels%20in%20our%20brains.>

https://www.nytimes.com/2022/03/16/realestate/gardening-psychology.html?campaign_id=57&emc=edit_ne_20220316&instance_id=55985&nl=evening-briefing®l_id=31057086&segment_id=85777&te=1&user_id=bdef6aa16da718f5d63902c39275451



ECO-ANXIETY OR CLIMATE ANXIETY:

A chronic feeling of distress, anxiety, or fear of environmental doom, and the documentaries doing something about it.

MADELEINE SABO:

Client Concierge

Many of us are scared. Especially given the significant gap between knowing the problems and finding tangible solutions.

It can be difficult to conceptualize the direct correlation of our actions and our impact on the environment (i.e., “if I recycle this water bottle, it’s not like I’m going to reverse climate change”). This is where the magic of storytelling can bridge that gap.

The focus on individual stories of communities, families, wildlife, etc., help us to see the problems in a new light. We can visualize those direct impacts and empathize with stories, ultimately propelling our anxieties about the impending doom into action.

The following documentaries might make these environmental threats palpable and be a little frightening. But, hopefully, they will give you a window into the lives of humans and creatures that are struggling, provide you with new information, and inspire you to mobilize.

Ready for this weekend's queue? [↘](#)

BEFORE THE FLOOD (2016)

DIRECTOR:

Fisher Stevens

CINEMATOGRAPHY:

Antonio Rossi

EDITING:

Brett Banks, Geoffrey Richman,
Abhay Sofsky, & Ben Sozanski

WHERE TO STREAM:

Disney+, Apple TV,
& Amazon Prime Video

Actor Leonardo DiCaprio meets with scientists, activists, and world leaders to discuss the dangers of climate change and possible solutions.

How can I fight the flood?

See more on Before the Flood's Climate Action Hub for a variety of causes, organizations, petitions, and challenges.









THE TRUE COST (2015)

DIRECTOR:

Andrew Morgan

CINEMATOGRAPHY:

Andrew Morgan & Michael Ross

EDITING:

Michael Ross

WHERE TO STREAM:

Amazon Prime Video

This is a story about the clothes we wear, the people who make them, and the impact the fashion industry has on our world. The price of clothing has been decreasing for decades, while the human and environmental costs have grown dramatically. "The True Cost" is a groundbreaking documentary that pulls back the curtain on the untold story and asks us to consider: who really pays the price for our clothing?

**Ok...but I love shopping.
What can I do?**

Check out The True Cost's article to learn more & read up on "5 Tips for Shopping Smarter" + Brands that they recommend.







FANTASTIC FUNGI (2019)

DIRECTOR:

Louie Schwartzberg

CINEMATOGRAPHY:

Louie Schwartzberg

EDITING:

Kevin Klauber & Annie Wilkes

WHERE TO STREAM:

Netflix, Amazon Prime Video,
& Apple TV+

A descriptive time-lapse journey about the magical, mysterious, and medicinal world of fungi and their power to heal, sustain, and contribute to the regeneration of life on Earth that began 3.5 billion years ago.

Wait, do mushrooms really have the power to heal the planet?

Check out Fantastic Fungi's 7 Pillars of Mycelium to learn more about the fungi healing movement and ways you can get involved. Enter your email address to stay updated with fungi healing on their listserv, "Keep Me Informed."









AN INCONVENIENT TRUTH (2006)

DIRECTOR:

Davis Guggenheim

CINEMATOGRAPHY:

Davis Guggenheim & Robert Richman

EDITING:

Jay Cassidy & Dan Swietlik

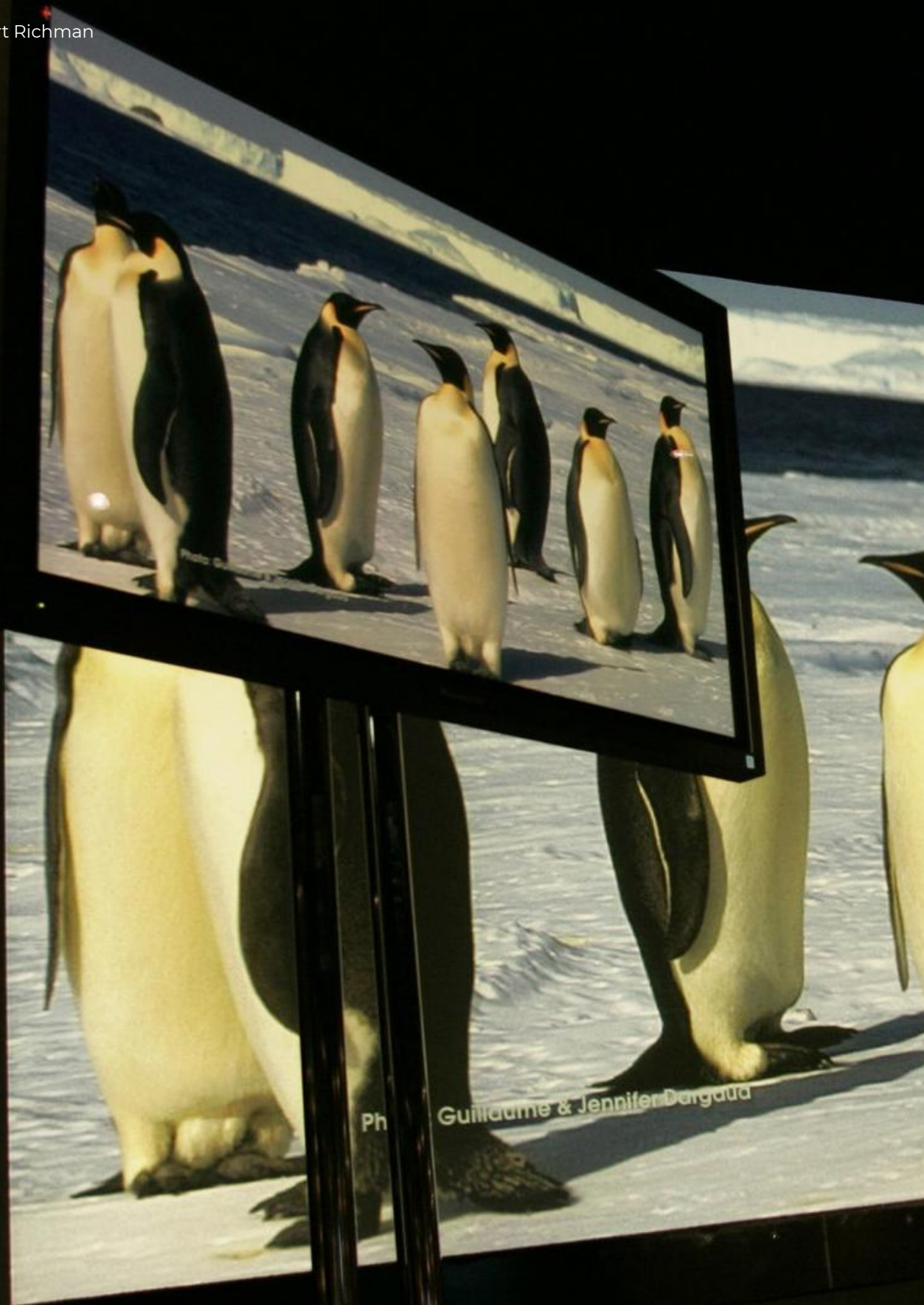
WHERE TO STREAM:

Hulu, Amazon Prime Video,
Apple TV, & Showtime

Former presidential candidate Al Gore holds this film together, in front of an audience and with few aids beyond photo slides, as he explains how humans have messed with the planet. Gore issues an urgent warning on what must be done, and done quickly, to save the earth.

Are there organizations that stemmed from this movement?

Yep. Continue to spread the inceptive urgency that this film sparked by following along Al Gore's - The Climate Reality Project. Learn more, join a chapter, or get the latest on climate solutions.









MOSSVILLE: WHEN GREAT
TREES FALL (2019)

DIRECTOR:
Alexander Glustrom

CINEMATOGRAPHY:
Alexander Glustrom

EDITING:
Alexander Glustrom

WHERE TO STREAM:
Amazon Prime Video & Apple TV

As a centuries-old black community, contaminated and uprooted by petrochemical plants, comes to terms with the loss of its ancestral home, one man standing in the way of a plant's expansion refuses to give up.

This issue is not just a hypothetical. It is happening and happening now. How can I educate myself and others further?

The United States Environmental Protection Agency is a great resource for learning about environmental justice. See what environmental justice is happening in your own backyard.











Poetry By:
Lauren La Melle
Dailies Coordinator

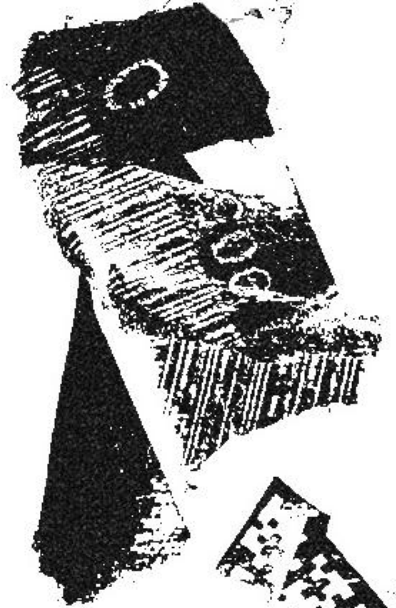
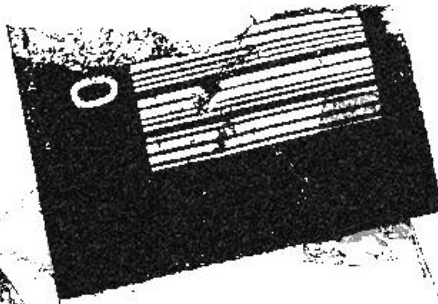
Deposits

I grabbed a water from
the corner store. Complained
about the extra 10 cents for
a deposit I would never
come back to claim. What small
price to pay for convenience.

The label makes plastic dreams
Of faraway places but I know
the water came from a tap
somewhere
In a factory I'll never see
in a town I'll never visit
in a place that isn't as far
away as I imagine

And what of the garbage collectors
With no names and no faces
In their trucks and only at the
odd hours of the day
Spiriting away all
the things we've thrown out

How many things could have been repaired
How many things could have been repurposed
How many things end up
In the middle of the Pacific Ocean
Adding to the mass of things thrown out and forgotten
This is what the deposit pays for -
A fee so we don't have to wonder where
the trash goes once it leaves our hands?
A small price to pay for convenience.



#OUTNOW

ENTERTAINMENT

SHOWTIME ORIGINAL

VIOLA
DAVIS

MICHELLE
PFEIFFER

GILLIAN
ANDERSON

THE FIRST LADY

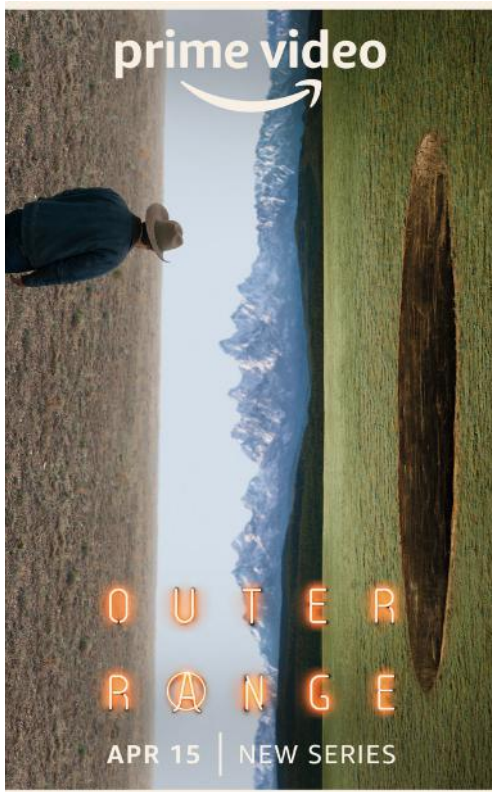


THE FIRST LADY

A revelatory reframing of American leadership, told through the lens of the women at the heart of the White House.

HARBOR SERVICES:
ADR

WHERE TO WATCH:
Showtime

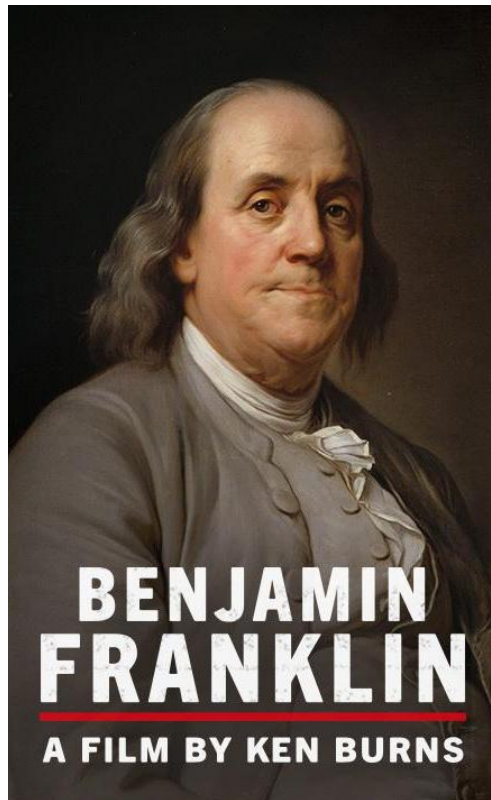


OUTER RANGE

A rancher fighting for his land and family, who discovers an unfathomable mystery at the edge of Wyoming's wilderness.

HARBOR SERVICES:
Offline Editorial, Picture & Sound Finishing

WHERE TO WATCH:
Amazon Prime Video

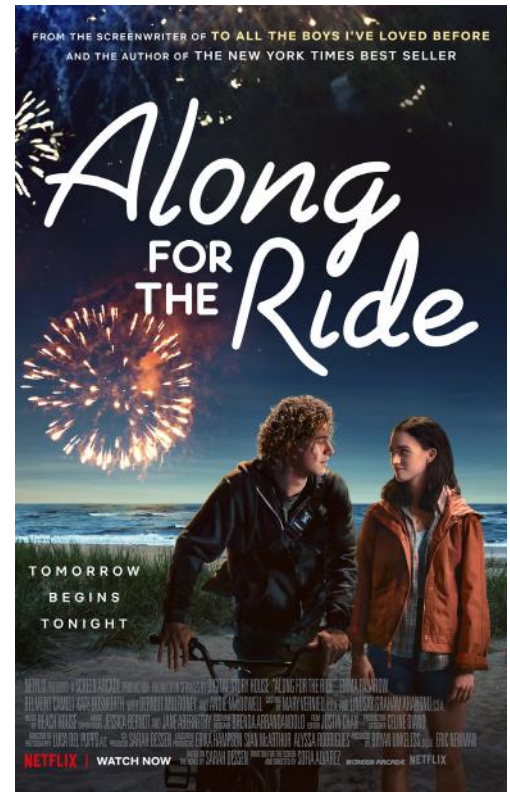


BENJAMIN FRANKLIN

Ken Burns's four-hour documentary, Benjamin Franklin, explores the revolutionary life of one of the 18th century's most consequential figures..

HARBOR SERVICES:
Sound Finishing

WHERE TO WATCH:
Amazon Prime Video



ALONG FOR THE RIDE

The summer before college Auden meets the mysterious Eli, a fellow insomniac. While the seaside town of Colby sleeps, the two embark on a nightly quest to help Auden experience the fun, carefree teen life she never knew she wanted.

HARBOR SERVICES:
Dailies, Offline Editorial, & Picture Finishing

WHERE TO WATCH:
Netflix



THEY CALL ME MAGIC

A look into Earvin Johnson's life, who left his mark on history through his work, and how he continues to impact our culture today.

HARBOR SERVICES:
Dailies & Picture Finishing

WHERE TO WATCH:
Apple TV+

THE NORTHMAN

From visionary director Robert Eggers comes *The Northman*, an action-filled epic that follows a young Viking prince on his quest to avenge his father's murder.

HARBOR SERVICES:
Dailies

WHERE TO WATCH:
In Theaters





BETTER NATE THAN EVER

13-year-old Nate Foster fantasizes about becoming a big Broadway star. He and his best friend Litty mastermind a daring trip to New York City to audition for "Lilo and Stitch: The Musical".

HARBOR SERVICES:

Dailies, Offline Editorial, ADR,
Picture & Sound Finishing

WHERE TO WATCH:

Disney+



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ALONG FOR THE RIDE

The summer before college Auden meets the mysterious Eli, a fellow insomniac. While the seaside town of Colby sleeps, the two embark on a nightly quest to help Auden experience the fun, carefree teen life she never knew she wanted.

HARBOR SERVICES:
Dailies, Offline Editorial,
& Picture Finishing

WHERE TO WATCH:
Netflix





ADVERTISING

(from left to right)

**01 — MADONNA “FROZEN REMIX”
MUSIC VIDEO**

The newest music video from Madonna feat. Fireboy.

HARBOR SERVICES:
Production

02 — POWERADE “PAUSE IS POWER”

Simone Biles leads this campaign from Powerade about the importance of taking a pause and taking care of yourself.

HARBOR SERVICES:
Color Grading

03 — CITIBANK “NEW BLACK WALL STREET”

Combining history and the present, this Citibank campaign highlights the resurgence of Black “Wall Streets” across the country, 100 years after the Tulsa massacre.

HARBOR SERVICES:
Color Grading, Flame Conform,
& Sound Mixing

04 — CITIBANK “ELEVATOR”

Achieving gender equality can feel like walking up the down escalator. This Citi spot takes that metaphor quite literally.

HARBOR SERVICES:
Creative Editorial, Color Grading,
Flame Conform, & Sound Mixing







**BECOME A GUEST
CONTRIBUTOR**

Write a feature article
Send a poem
Share personal photography
Share your passion projects

[Click to Inquire](#)



WORK ANNIVERSARIES!:

Joseph Gawler	10 Years
Avi Laniado	9 Years
Benjamin Cripps	4 Years
Paul Kelly	3 Years
Michelle Perkowski	3 Years
Jorge Piniella	3 Years
Zimei Song	3 Years
Rachael Rosenfeld	3 Years
Lorena Lomeli Moreno	1 year
Dashanka Sankar	1 year
Kyle Witkowski	1 year
Jennifer Litchfield	1 year
Jose Williams	1 year
Miles Anderson	1 year

HARBOR RESOURCES

Harbor 101

Need a refresher on all things Harbor? **Click this link** to learn more about Harbor's culture, all our offerings, and where we operate. The link is updated regularly.

Employee Assistance Program

In case you were not aware of the EAP, we wanted to bring light to this great offering we have at Harbor through our partnership with Publicis.

The Employee Assistance Program (EAP) (passcode: Publicis) provides year-round support with a range of topics including:

- Confidential Counseling
- Work-Life Solutions
- Financial planning counselling

PNYA

The Post New York Alliance (PNYA) is an association of film and television post-production facilities, labor unions, and individuals operating in New York. PNYA members coalesced around the belief that a unified industry presents the post-production community with better opportunities to develop and promote public policy that benefits the film and television industry.

PNYA x Harbor

Harbor serves on the board of the PNYA. Because of our longstanding partnership with this organization, we are able to offer great client-networking opportunities for everyone at Harbor. One of the ways you can take advantage of our company membership is by serving on a PNYA committee. This is a great way to meet editors, post-supervisors, post coordinators, and industry professionals and work on side passion projects with others equally dedicated to Film & TV.

Read on to learn more about the committees that you can join. If you are interested in any of these, speak with your manager and please sign-up **Here**.

Education and Events Committee

The Education and Events committee's goal is to share information, educate the membership, and create a sense of community. This committee works together to set up "Post Break Panels" and other educational events. They meet every other Friday at 10 am EST.

Working In Studio?

Remember to submit your vaccine verification through **bswift**.

Complete the daily Marcel **Health Questionnaire**.

Continue to follow all PPE and social distancing protocols.

Work alone in an enclosed office and/or avoid in-person interaction with colleagues and clients, wherever possible.

Green Committee

The PNYA Green Committee strives to educate as well as demonstrate the necessary changes needed for our planet to thrive again. They do so by watching environmental films, providing information, arranging citywide cleanups, hosting panel discussions with city organizations, and presenting various types of intriguing events. This committee mostly lives on Slack, meeting more sporadically.

Equity & Inclusion Committee

The Equity and Inclusion Committee strives to pave the way for a more inclusive and diverse post community. This committee created networking events such as, "Who You Don't Know", which is a group for networking on Zoom for various departments (MX, sound, VFX, editorial, etc). They want to create more opportunities for new and already established members. They also created the Face-to-Face Mentorship program, **Click Here, (password: PNYAf2f2020)**, for easier one-on-one meetings where rising talent can seek out mentors in their respective fields. This committee meets on the second Wednesday of the month at 10 am EST.



FILM PHOTOS
COURTESY OF
DREW SUMMERS

(all shot on Olympus
Super Zoom Point &
Shoot 35 mm)



Instagram
LinkedIn
Facebook
Twitter

