

February 2021 • vol 22 • issue 264

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

VD: Self-Love in Trying Times
NEW COLUMN: Unsheltered Thoughts
SYSTEMIC RACISM: Unconscious Bias
EUGENE LANDRY: Artist Rediscovered



The
24th
Annual

VIRTUAL FISHER POETS GATHERING

2


1

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Its Virtual Its LIVE FISHER POETS GATHERING 2021

IT'S A BEAUTIFUL THING. The last 23 years, the last weekend in February, the city of Astoria is floating on a fisher poet high. Venues are packed to the gills with button wearing patrons, come in from all corners of the west coast seeking tales of gritty truth from the realest of real. You can feel some sweat, become psychologically entangled in a seiner's net, imagine a calm sea after a good day's catch, grok the immense hardship against a fisher person's tenacity to maintain balance of earth, sea and sky.

This year, with a silver lining at the bottom of the fish bin, Fisher Poets are all hands on deck. The always rapid moving festival steps up the pace this season to accommodate everyone's new "favorite/or not" form of communication. Virtual Fisher Poets 2021 will accomplish something that has been literally impossible in it's venerable festival status. Making it more plausible to catch acts you haven't seen before, and catch all the acts.

"We just want to connect and say a creative hello," says Co-Founder John Broderick. Virtual Fisher Poets 2021, with the intention of keeping the magic flowing, and maintaining ephemeral moments of live poetry and storytelling, will be "televised" via youtube, February 25 - 27. And, if you miss it, you miss it. Two thumbs up on that conception.

"Just like the real deal," says Broderick, "You're coming to a live event. Poets will be on standby, waiting for their spot. There may be some glitches, but that's all part of what makes a live event live." As the event may be saved to archives, the FP virtual weekend will be a sweet hello and goodbye.

Making it all happen is Amanda Gladics, Prof. at OSU and heading up the Oregon Sea Grant, that oversees ecological, social, and economic aspects of coastal and marine conservation and industry. Gladics will be navigating the live production on the Zoom platform that will be broadcast on YouTube at the same time.

Look to the Fisher Poets Gathering website for a schedule of each night's performers. There'll be two 90-minute sets per night,



Fisher Poets 2019

6pm to 7:30pm, 8pm to 9:30pm. Be greeted by venerable FP MC's introducing poets. In keeping with "keeping the show moving," this virtual FP Gathering will cut the usual 15 min. spot to 5 min. Hence, the rapid travel from venue to venue to catch your favorites will be replaced with a marathon the likes FP has not seen before. Last count, over 80 poet/performer/musicians will wield their tongue and fortitude at the viewing public, from Alaska, and east coast to west coast.

Virtual FPG 2021 will welcome those from a greater distance. One of the original Fisher Poets Jon van Amerongen makes an appearance as well award winning Scottish Poet Katrina Porteous of whose poems focus on the Northumbrian fishing community, and folklorist, singer-songwriter from Maine, Gordon Bok. And as every year, new fisher poets step up to the mic.

Staying the tradition, Astoria galleries will present Fisher Artists as planned.

This year, The Fisher Poet poster features the art of Catie Bursch. Catie is a commercial fisherman, naturalist, educator, and artist who lives in Homer Alaska. Her exhibit "Water Haul" staged at the Bunnell Art Center in Homer in April 2020 is a collection of dioramas based on her 35 years in the commercial fishing industry, with future sites on FPG 2022 exhibit.

When Crab Was King, an interactive exhibit about King Crab fishing in Kodiak is featured at AVA Gallery. Fisher/Painter George Wilson returns to IMOGEN, and Fisher Artist/Printmaker Duncan Berry is featured at RiverSea Gallery. All shows open for Astoria 2nd Saturday Art Walk. Read more about it on p12.

—Dinah Urell

FisherPoets Gathering 2021 Evening Reading Schedule

Thursday February 25

6 - 7:30 p.m.

MC Jon Broderick

w/ Jay Speakman back-up

Mark Alan Lovewell, Vineyard Haven MA
Buck Meloy, Bellingham WA
Ken Samuelson, New York NY
Larry Kaplan, Essex CT
Ron McDaniel, Sulphur Springs AR
Will Hornyak, Portland OR
Anna Young, Seward AK
Hobe Kytr, Astoria OR
Dennis Shypertt, Hood River OR
Harlan Bailey, Martinez CA
Kathy Stack, Saltspring Island BC
Jeff Stonehill, Seattle WA
Georgeanna Heaverley, Sterling AK
Jon Broderick, Cannon Beach OR

Thursday February 25

8 - 9:30 p.m.

MC Peter Munro

w/Nancy Cook back-up

Fred Bailey, Ladysmith BC
Harry Moore, Palmer AK
Annie Howell-Adams, Friday Harbor WA
Jon Lee, Portland OR
Nancy Cook, Spokane WA
Kat Murphy, Port Townsend WA
Tom Hilton, Astoria OR
Shanghai on the Willamette, Portland OR
Meezie Hermansen, Kaslof AK
James Kasner, Newport OR
Joel Brady-Power, Bellingham WA
Butch Leman, Ninilchik AK
Peter Munro, Kenmore WA

Friday, February 26

6 - 7:30 p.m.

MC Moe Bowstern

w/Pat Dixon back-up

The Brownsmead Flats, Astoria OR
Charles Tekula, Center Moriches NY
Kevin Scribner, Portland OR
Jon Campbell, Charlestown RI
Margaret Doyle, Indianola WA
Lou Beaudry, McCall ID
Sierra Golden, Seattle WA
Marty McCallum, Port Townsend WA
Jon Branshaw, Westport WA
John Palmes, Juneau AK
Pat Dixon, Olympia WA
Katie Ringsmith-Johnson, Eagle River AK
Moe Bowstern, Portland OR

Friday, February 26

8 to 9:30 p.m.

MC Elma Burnham

w/Tele Aadsen back-up

George Wilson, Portland OR
Jan Bono, Ilwaco WA
Rich Bard, Vashon WA
Brian Robertson, Vancouver BC
Max Broderick, Cannon Beach OR
Geno Leech, Chinook WA
Toni Miroseovich, San Francisco CA
Duncan Berry, Otis OR
Tele Aadsen, Bellingham WA
Philip Randolph Patten, Seattle WA
Catie Bursch, Homer AK
Steve Schoonmaker, Kaslof AK
Clark Whitney, Soldatna AK
Lara Messersmith-Glavin, Portland OR
Elma Burnham, Bellingham WA

Saturday, February 27

6 - 7:30 p.m.

MC Jay Speakman

w/ Jon Broderick back-up

Souls of the Sea, Gloucester MA
David Bean, Portland OR
Emily Springer, Homer AK
Gordon Bok, Camden ME
Jack Merrill, Northeast Harbor ME
Patty Hardin, Long Beach WA
Jack Molan, Bend OR
Abigail Calkin, Gustavus AK
John van Amerongen, Vashon WA
Vicki Horton, Port Townsend WA
Wilfred Wilson, Delta BC
Alec McMurren, Petersburg AK
Rob Seitz, Astoria OR
Mariah Warren, Ketchikan AK
Jay Speakman, Gearhart OR

Saturday, February 27

8 - 9:30 p.m.

MC Holly Hughes

w/Doug Rhodes back-up

Henry Hughes, Monmouth OR
Melanie Brown, Juneau AK
Maggie Bursch, Anchorage AK
Doug Rhodes, Craig AK
Katrina Peavy, Craig AK
Alana Kansaku-Sarmiento, Portland OR
Josh Wisniewski, Sitka AK
Gary Keister, Port Hadlock WA
Brad Warren, Seattle WA
Meghan Gervais, Homer AK
Joel Miller, Portland OR
Clem Starck, Dallas OR
Toby Sullivan, Kodiak AK
Katrina Porteous, Beadnell, North Umberland, England
Holly Hughes, Indianola WA

FISHER ART



Fisher Artist Duncan Berry
at RiverSea



FPG Poster Artist
Catie Bursch



Fisher/Painter George Wilson
returns to IMOGEN



When
Crab
Was King
at AVA

Art Happens
see p.12

Find the Virtual FPG link at FisherPoetsGathering.org
3 Nights/2 Sets • Thursday 2/25 - Saturday 2/27
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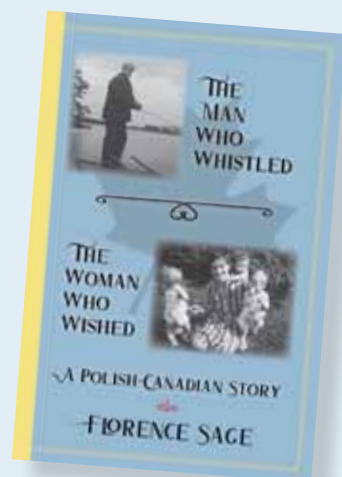
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outside the box



STEPHEN BERK

FIND IN THESE GRIM DAYS of plague that with social life so vastly diminished, I am left with much time for solitude. While it's not much a part of what historians call "the American character," solitude is a good thing that has the capacity to renew our inner being. The US is, especially in these times of mass media, an extremely mouthy culture. Changes in technology that have ultimately brought us Facebook, Twitter, Parlor ad nauseum have opened us to endless streams of meaningless chatter.

One of the essential traits that people are born with, according to the great psychologist of personality, Hans Eysenck, is introversion or extroversion. The introvert's nature is to look within, to formulate within. Extroverts, on the other hand, draw constant stimulation from verbal interaction with others. Contemplation comes more naturally to the introvert. If an introvert is to make a public presentation before a group or class or crowd, she prepares it all carefully beforehand. If questions are asked the introvert is more apt to pause and go within for a few moments before responding. Social interaction is often harder for the introvert than the extrovert. But introverts are more apt to go deeper. With extroverts, conversation acts as a pump priming their minds to respond more quickly. But unless the extrovert pays attention to deepening the content of the conversation, it is apt to skim along the surface like a flat skipping stone thrown over a pond.

A rich national culture cultivates the virtues of both ways of being. The US, particularly in its urban spaces and now generally because of social and other mass media, leans much more heavily toward a shallow form of extroversion. This trend has given our culture and politics ever lessening depth. A recent comic term was "American idiot." Though it's not true that our citizenry is stupid. But fed by endless streams of drivel from pervasive commercial and social media, we lose the all-important time to think in depth. Our culture has become a grotesque of extrovert-driven

banalities. Whereas a balanced culture would pay much less attention to the noise and more to what we can experience by going within, traditionally called contemplation.

Both Western Judeo-Christian culture and Eastern Hindu and Buddhist cultures developed at their most profound levels

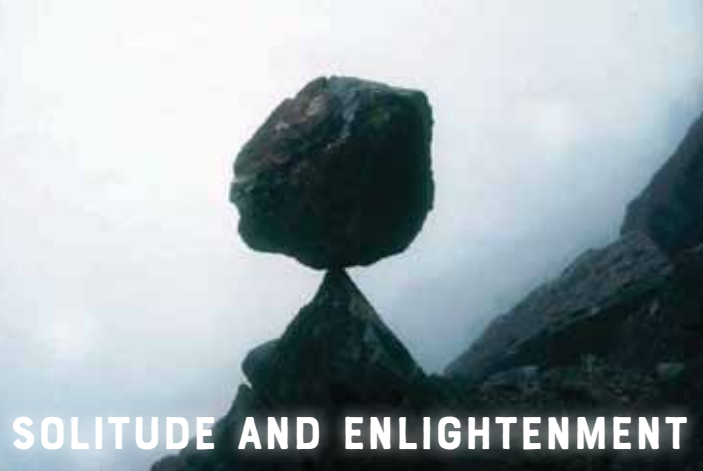
America and is now commonly known as "mindfulness." Whether it is Zen mindfulness or Christian contemplation, originally emanating from medieval monks and nuns, both embark on the journey within, a journey that if practiced assiduously can lead to wonderful moments of enlightenment, where one feels a sense

of peace and connection to all other beings of creation.

At the same time as all the superficial fluff and nonsense and the political blather are dominating the air waves, one can ignore all that and move toward what can become the rich experience of the interior life. The pandemic, by forcing us into isolation has given us the opportunity to go within and ultimately experience the rich spirituality of the interior life. One can find instruction in Zen and in Christian and other forms of interior spirituality in podcasts and

other places online. There is also strong precedent in some of our best literature for embarking on the journey within. In the wonderfully creative period of the early republic, the Transcendentalist movement, highlighted by Ralph Waldo Emerson and Henry Thoreau embarked on the journey within by immersing themselves in wild nature and eventually experiencing a sense of oneness with the source of being. Emerson, educated at Harvard as a Unitarian minister, closed his Bible and went into the woods, where in solitary contemplation he was able to fuse, as it were, with the heartbeat of the universe. Thoreau retreated to a cabin in the woods near Walden Pond, as he said to shed the artifice of civilization and reduce life to bare essentials, thereby merging with the heart of being. We can read of Thoreau's inner journey and discovery of rich wellsprings of spirituality in his classic book, "Walden."

We all have the inner means of great spiritual growth. While the pandemic rages we do not have to put our lives on hold. We can use the isolation it forces us into as a time to experience the journey within and our essential oneness with all being and the Being who is the author of all being, or life.



SOLITUDE AND ENLIGHTENMENT

through the journey within, a journey that leads us to the heart of our being. This kind of experience deepens our awareness, calms our fears, and leads us toward greater self-understanding and deeper connection with all being. The journey within can also spawn great scientific insight through independence of thought. A sterling example is the manner in which Einstein was able to break with traditional physics with his theory of relativity on how energy becomes matter. Few of us have the intellectual capacity of Einstein, but we all have the ability to retreat from all the worldly chatter and go deeply within. Shortly after World War Two, some Japanese Zen masters decided to journey to the country that had just defeated theirs and teach Zen to Americans. This is a remarkable thing for people living in a country that had just had two cities vaporized by the US atomic bomb after they were already defeated and seeking peace. But these Zen masters, or roshis, were large spirited men.

Zen is the art of emptying oneself of inner chatter. It is a way of going deep within and ultimately merging with all being. As a result of the Japanese masters, Zen eventually spread throughout



Inside the Month:

VIRTUAL FPG 2021 . . . p3

Self-Love in Trying Times . . . H. Hirschi p7

Unsheltered Thoughts...K. Sullivan p9

Systemic Racism...D. Reed p8

INCO News . . . p6

Nature NEWS & Events p8

Artist Gene Landry . . . D. Urell p10

Art Happens . . . p11

FoodGroove . . .p18

COLUMNS

Outside the Box . . . Berk p4

Sonja Grace Messages p13

Flash Cuts p14

Free Will Astrology p15

Bike Madame p15

Whole Planet Health p16



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Send general email correspondence:
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EDITOR/PUBLISHER:

Dinah Urell

GRAPHICS:

Les Kanekuni

Dinah Urell

Myshkin Warbler

CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

Facebook Genie: Sid Deluca

MAGIC WEB WORKER:

Bob Goldberg

COVER DESIGN: Virtual Old School

Les Kanekuni

Washington Rejects Massive Methanol Refinery Fracked Gas Refinery and Export Terminal Would Have Significant Climate Impact

January 19, 2021 (Kalama, WA)—The Washington Department of Ecology (Ecology) denied permits for the massive fracked gas-to-methanol refinery proposed in Kalama, WA. Ecology nixed the fossil fuel processing and export proposal after deciding it would have a significant negative impact on the climate, Washington's shorelines, and the public interest.

"Without the necessary state and federal permits, this climate-wrecking proposal is going nowhere," said Brett VandenHeuvel, Executive Director with Columbia Riverkeeper. "Ecology's decision is cause for celebration for people across the Northwest who value bold leadership to tackle the climate crisis. We applaud Governor Inslee and Director Watson's decision to follow the science and the law."

Northwest Innovation Works sought to build methanol refineries at Kalama, Washington, and Port Westward, Oregon, to take advantage of the region's cheap fracked gas (methane), electricity, and water. The refineries would convert stunning volumes of fracked gas into methanol for export to China, to make plastics or fuel China's growing fleet of automobiles. Each methanol refinery could consume 270 million cubic feet of fracked gas per day, more than all other industries in Washington combined. Methane, collected by fracking, is a potent greenhouse gas. New studies show that fracking for methane gas is a major threat to our climate because methane escapes into the atmosphere from gas wells and pipelines.

"Over six years, in thousands of written comments and hours of public testimony, people in Kalama and across the Northwest urged Governor Inslee and Ecology to protect our climate and our community

from this destructive, polluting refinery," said Sally Keely, a math professor and a resident of Kalama. "I'm thrilled they respected our voices."

"This decision helps ensure we'll never see a massive fracked-gas refinery that would pose a catastrophic risk to the fragile Columbia River ecosystem that people and imperiled species depend on to survive," said Jared Margolis, a senior



KALAMA activists

attorney at the Center for Biological Diversity. "We can't keep pretending these dirty fossil fuel projects don't jeopardize our continued existence by accelerating the climate crisis and destroying essential habitat. Thankfully, Washington has stepped up and rejected this monstrosity."

Ecology's disapproval of the Shoreline Management Act permits means that Northwest Innovation Works and the Port of Kalama may not construct the methanol refinery, the export dock, or any related infrastructure.

"Today's decision keeps fossil fuels in the ground where they belong," said Kristen Boyles, Earthjustice Staff Attorney. "Governor Inslee and Ecology put people over polluters by stating once and for all that a clean energy future cannot be built on the back of dirty energy infrastructure."

FORT GEORGE BREWERY HELPED RAISE \$28,824 in 2020 for nonprofits, both local and abroad, and also donated thousands of dollars in goods and services. While fundraising efforts were challenging last year due to the pandemic, the brewery and pub staff were able to look for creative ways to help their community.

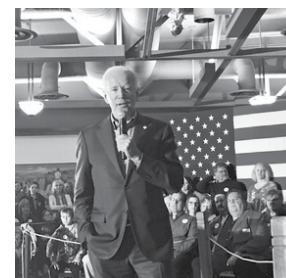
"Our Benefit Night was originally geared for a packed pub with everyone gathering together to enjoy a pint or a pizza for a good cause," explains Brad Blaser, Brewery Relations at Fort George. Benefit Night is held on the last Tuesday of each month, culminating in November with the Magnanimous Mug Awards.

"Despite periodic pub closures and limited seating, by using the to-go website we were still able to raise about \$21,000 last year through Benefit Nights," Blaser adds. Since its inception in November 2016, Benefit Night has generated over \$375,000 for local nonprofits.

On the brewery side, Fort George released two beers in 2020 specifically for fundraisers. The Resilience Beer Project helped those affected by the Australian bush fires. And cans of Black is Beautiful were packaged in early June, with 100% of proceeds going to the Black Resilience Fund of Portland. Together, those projects raised \$7,792 for their respective causes.

Fort George's kitchen staff also lent their talents, donating meals on a regular basis to Filling Empty Bellies and the Astoria Warming Center.

Local nonprofits interested in participating in Benefit Night can apply at fortgeorgebrewery.com by clicking the community link.



CLIMATE EXECUTIVE ORDER

"The Western U.S. is getting hotter and drier. And people are suffering, right now, from increasingly severe wildfires, more intense droughts, extreme weather, and a lack of economic opportunities – especially those that strengthen, rather than compromise our beloved natural heritage. Our way of life hangs in the balance, and climate change amplifies each of these threats. Today's bold, 'whole of government' approach not only tackles the climate crisis head on, but recognizes this challenge can be addressed by investing in the West's greatest asset—its people. In so doing, today's executive orders create tangible and actionable hope for present and future generations of Westerners."

—Erik Schlenker-Goodrich, Executive Director of the Western Environmental Law Center on the Biden-Harris Administration Climate Executive Order

County Task Force for Vaccines Weekly Update Info

Clatsop County, Columbia Memorial Hospital, and Providence Seaside Hospital have formed a COVID Vaccine Task Force to coordinate vaccine delivery to county residents. The task force will provide the latest information to the public through a weekly update. Oregon Health Authority expects to be done vaccinating all groups in Phase 1A by the end of February. However, this is dependent on availability.

County Weekly Update go to: co.clatsop.or.us.

The Task Force has also set up a dedicated email account to handle citizen questions about the local COVID-19 vaccination effort. If you have questions about whether you are in a Phase 1a group or other vaccine-related requests, please email covid19vaccine@clatsopeoc.com.

TAKE THE COVID-19 VACCINE SURVEY

Help in the planning effort

As Clatsop County begins planning to move into the next phases of the COVID-19 vaccination campaign, the Vaccine Task Force is inviting citizens to help in the planning effort by filling out a survey. Vaccinations are NOT available to the general public at this time – this is a planning survey to prepare for when the vaccines become available. You will be asked to enter your name, age, contact information, and any underlying medical conditions and, depending on the survey, your place of employment. This will help in the scheduling of future vaccination events. Go to: co.clatsop.or.us



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IN A VIBRANT DEMOCRACY, every citizen's vote should count, and all votes should count equally.

All of our elections are decided by the popular vote except presidential elections. The Electoral College, in its current form, has resulted in presidential winners who have not won the popular vote. When this happens, the will of the people is not honored.

What can be done?

States can pass legislation to join the National Popular Vote Interstate Compact to award all their electoral college votes to the winner of the national popular vote. When the states in the compact account for at least 270 electoral votes, the winner of the popular vote will win the election.

Is this Constitutional?

Yes. This is not about abolishing the Electoral College; the compact leaves the Electoral College intact. The Constitution instructs each state to form a slate of electors. Currently, nearly all states assign electors to vote for the presidential candidate who has won that state. A state can choose to assign its electors to the candidate who wins the national popular vote. Each state in the union can decide whether to join the National Popular Vote Interstate Compact.

How many states are in the compact so far?

Fifteen states plus the District of Columbia. By population, these include:

Four small states: Delaware, Hawaii, Rhode Island, Vermont
Eight medium-sized states: Colorado, Connecticut, Maryland, New Jersey, New Mexico, Oregon, Washington
Three big states: California, Illinois, New York

How many electoral votes are part of this compact so far?

196 of the 270 needed. 74 more electoral votes are needed for NPVIC to take effect.

When did Oregon join?

Oregon joined the compact in 2019.

What's happening in other states?

National Popular Vote has been passed in at least one legislative chamber in nine states for a total of 88 electoral votes (Arkansas, Arizona, Maine, Michigan, Minnesota, North Carolina, Nevada, Oklahoma, Virginia).

It has been unanimously approved at the committee level in two states for a total of 27 electoral votes (Georgia, Missouri).

This year, eight states have NPV bills introduced in their legislatures (Florida, Kansas, Minnesota, Mississippi, Missouri, South Carolina, Texas, and Virginia).

Is this realistic? Since GOP leaders have openly declared they can't win without the Electoral College, will support really go beyond blue states?

Not all states need to join the NPVIC, just enough for 270 Electoral votes. We are 73% of the way there.

Despite what some GOP leaders say, there is also bipartisan support for this issue. Many Republicans as well as Democrats believe in one person-one vote, all votes equal.

What can I do?

Learn about National Popular Vote at NationalPopularVote.com

Encourage your network of family and friends who live in states that are actively trying to pass NPV legislation (Florida, Kansas, Minnesota, Mississippi, Missouri, South Carolina, Texas, and Virginia) to become active and let their legislators know they want presidential elections to be one person, one vote, all votes equal.

Support National Popular Vote. Go to NationalPopularVote.com

HAPPENINGS

Due to the coronavirus, INCO in-person events are suspended indefinitely.

Contact incoregon@gmail.com for details on monthly North and South County Zoom meetings.



The roster of offerings at the Lower Columbia Q Center include engagement, service, community and support. LCQC is casting a wide net for volunteers who do everything from events and programs to service on the Board of Directors and committee positions.

Lower Columbia Q Center is open 3-5pm Mondays and Wednesdays for drop in and office hours utilizing local and CDC guidelines. That means 10 or less people and masks are required. Check out the new facility and views of the bridge and river from 171 W Bond St. in Uniontown, Astoria.

Call the phone line for contacts listed:

OPEN 6-9PM Friday nights using the same guidelines and also available at that time by Zoom online. We invite your interests in resources, support, socializing and just hanging out for fun. Some folks drop in for a few minutes others for a few hours. Contact: Jim Summers

YOUTH GROUP, Kiki at the Q, meets the second and fourth Thursdays 5-8 PM at the Lower Columbia Q Center and alternately by Zoom online. These meetings may feature special guests and teen experts from the Harbor. Contact: Christina Gilinsky

THE LCQC GENDER ALLIANCE meets the third Thursday of the month from 6-8 PM. This peer support group has been operating for over eight years and is currently meeting by Zoom online. Contact: Tessa Scheller

THE LATE BLOOMERS peer support group has been operating for some time in Portland and now at LCQC, currently by Zoom on line. The guys get together the second and fourth Saturdays 3:30-5:30 PM. Contact: Franklin/Jim Summers

QUEER EDGE SOBRIETY is our peer support group featuring support for fun and sober living. Meeting currently by zoom on line, the first Wednesday of the month 6-7:30 PM Contact: Tessa Scheller

OVER THE RAINBOW is the LCQC radio program featuring DJ Marco Davis the third and fifth Wednesday of the month on KMUN from 8:30-10:30 Contact: David Drafall

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~Kristin Neff

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Heather
Hirschi



FEBRUARY. A short month given to a huge concept: love. One word for a complexity of emotions; one word for affection toward our parents, our partners, and our favorite pasta. Ancient Greeks knew love to be multifaceted. In fact, they identified six varieties. Eros names the kind of love most commonly associated with February 14, Valentine's Day. Eros connotes falling in love, erotic passion and longing. Pop culture tends to emblemize eros, and idealizes losing ourselves in our lovers.

Valentine's Day was established as a holiday in the 14th Century to celebrate romantic love. For centuries, Valentine's Day was a courtly celebration of romance. Courtly love was first a medieval fiction, a literary concept that touted chivalry. Think knights questing for a lady's affection. This "Noble Love" married ideas of erotic, sometimes forbidden passion with notions of honor and "earning" a lady's esteem.

Prior to its christianization as St. Valentine's Day in the 5th Century, mid-February marked the Roman celebration of Lupercalia. Lupercalia was a bizarre fertility rite that involved slaughtering a goat and a dog, eating their meat, and making whips from their skins. The men would then rampage about, whipping any woman they encountered with the fresh hides. Apparently, the slap of the whip enabled fertility.

Christians renamed Lupercalia for St. Valentine, who was probably two saints rolled into one. Several legends explain Valentine's sainthood. In one, the roman emperor, Claudius II beheads Valentine for secretly performing marriages for young lovers. The emperor had outlawed marriage, believing

young men to be better soldiers if single. In many tellings of this story, Claudius' homosexuality is blamed for his attitude toward marriage and his execution of Valentine.

Courtly romance brought St. Valentine's Day to vogue in the 14th Century to celebrate romantic love. The myth favored in that era focuses on St. Valentine as liberator of Christian prisoners, resulting in his own imprisonment. He falls in love with his jailer's daughter and sends her a love note he signs, Your Valentine, inaugurating the custom. Both legends lend themselves to the heteronormalized version of love the holiday institutes.

Valentine's Day was established as a commercial U.S. holiday in 1840, expanding the celebration to include love between friends and family, not just lovers. This expansion of love's parameters created a new holiday market. Suddenly, "valentines" signified objects of exchange as well as desire.

Or nauseating. Especially in these strangely isolated times.

A year into COVID, in rainy February, VD's focus on romance emphasizes what's lonely. Whether one is single or attached, monogamous or not, loneliness is a reality of modern human life. Living in a pandemic has heightened isolation and helped us remember the sheer exhilaration of human connection. At the same time we recognize this profound loss, many have begun to reassess our relationships to ourselves. When we unplug long enough, when we cultivate some attention to the present, we realize an important difference between feeling lonely and simply being alone. There is a profundity in solitude that cultivates a deep compassion for ourselves.

Dr. Kristin Neff has pioneered thinking about the Buddhist concept of self-compassion as central to well-being. She says that self-compassion, as distinguished from self-esteem, is a practice of empowerment. Long touted as a sign of

To protect and nurture yourself, draw strong boundaries, and rebut threats.

Similar to self-compassion, the Greek word for self-love is *philautia*. Not to be confused with narcissism, *philautia* most closely mirrors Buddhist concepts like Maitri, or unconditional friendship with oneself. According to Buddhist nun and teacher, Pema Chodron, self-compassion is "feeling at home with your own mind and your own body."

Sounds simple but our lack of ease in our own bodies and minds is the crux of modern unhappiness. Even in our quests to befriend ourselves, commodification of the process dilutes self-acceptance. Buzzterms like *body positivity* and *self-care* are popular these days but their subtext is lack. Not good enough, rich enough, smart, skilled, pretty enough. Friendship with self, like the best friendships, is not dependent on physical attributes or accomplishments. Self-compassion goes beyond boss babes and beauty routines. Self-compassion requires nothing outside of self. Nothing has to change. No need to lose (or gain) weight. No need to shave or inject anything. No need to make a lot of money or get busy. No need for a valentine.

In a sense, the Buddhist concept of mindful self-compassion encompasses all six Greek words for love. Obviously, *philautia* signifies treating oneself with care. Self-compassion also implies kinship--*storge*, friendship--*philia*, and hospitality--*xenia*, metaphors for treating oneself as honored guest, dear friend, and beloved child. The Greek word *agape* refers to divine love, and by extension, love of the human family. Certainly, self-compassion is the recognition of the sacred within self.

Finally, we return to *eros*. Sex physically makes love. The hormones sex releases create feelings of well-being and comfort. The bible celebrates sex as making love in the *Song of Songs*: where the beloved and the lover belong to each other through their sexual union. Perhaps the mind loss the Greeks feared from sexual passion is part of what we want to celebrate about love. Maybe the lover's union with the beloved is the moment of ego-dissolution that opens us to connection. What if we bring this idea home to ourselves, know ourselves as both lover and beloved? February is brief. Fall in love with yourself.

Heather Hirschi is a writer, educator and former proprietor of Pink Elephant Juice Emporium. She currently offers writing consulting and tutoring through Creative Juices Writing Services. Contact: creativejuiceswriting@gmail.com.

To love is to see yourself as you actually are.

~Thich Nat Hanh

As commodities, valentines are exchanged between school children and coworkers, creating the first retail event of the new year. Arguably, our contemporary Valentine's Day, with its indulgences of confections and consumption, lubricates the economy as much as it celebrates love.

While the holiday ostensibly celebrates all kinds of love, the most salient concept of VD is eros. The Greeks were wary of eros because lustful passion took one out of one's mind, into an obsession with one's object of desire. Most would agree that erotic love is grand fun, yet we recognize the difference between obsessive desire and abiding love. The Greeks' many concepts of love identify feeling between all kinds of beings at different resonances.

Clearly, the magnitude of this thing called love is a lot to hold for one day. So we tend to start early with the celebration (this year Safeway displayed Valentine candy alongside Christmas sweets). February's primary media focuses on the marketing of romance. Sometimes, for people who are not coupled, whether by choice or circumstance, the pressure of February can seem depressing.

mental health, self-esteem "refers to the degree to which we evaluate ourselves positively. It represents how much we like or value ourselves." The problem with positive evaluation is that self-esteem tends to be "based on comparisons with others." Self-compassion, on the other hand, is a deepening of self-awareness, rather than self-judgement. Self-compassion is love for one's whole being, including failures, doubt and grief. According to Neff, "self-compassion is not based on positive judgments or evaluations, it is a way of relating to ourselves."

Compassion as a word has both Greek and Latin roots. Simply, *passion* is suffering, as in the passion of Christ. The prefix *com* means with. Neff suggests self compassion is a practice of being gentle with ourselves in the acknowledgement of our own suffering. Rather than repress suffering, we experience our grief, treating ourselves with the gentleness we would treat a friend. Through this practice of "gentle" love, we open to our own suffering, which allows us to move through it. By extension, the practice of self-compassion opens our hearts to the suffering of others. Neff points out that love works in a yin/yang relationship. The yang to this yin of gentle love is "fierce" love. Loving yourself fiercely requires action:

NATURE NEWS

Nature Matters: Eavesdropping on the Ocean with Samara Haver



SAMARA HAVER is a researcher at Oregon State University where she uses underwater microphones to study ocean sounds. Sound in marine environments is generated by many types of marine life, natural phenomena, and man-made sources, such as

whales, sea ice, and vessel traffic. In this presentation, Samara will explain how she and her colleagues listen to the ocean, and what they've learned by eavesdropping in underwater ecosystems all around the United States.

This free event is online. The 7 p.m. presentation takes place February 11th online via Facebook Live on Fort George Brewery's Facebook page. www.facebook.com/FortGeorgeBrewery/

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the second Thursday of each month from October through May. Nature Matters is hosted by Lewis and Clark National Historical Park in partnership with the North Coast Watershed Association, the Lewis & Clark National Park Association, and the Fort George Brewery + Public House.

For more information, call the park at (503) 861-2471 or check out www.nps.gov/lewi or Lewis and Clark National Historical Park on Facebook.

Oregon Coast Meadows Lower Nehalem Watershed Council Speaker Series!

WHEN YOU PICTURE the Oregon Coast, you probably picture waves, sandy beaches, rocky cliffs, and dense, rainy forests. But what about meadows? **On February 11th DR BRADEN ELLIOT will share his talk "Past and Present of Small Meadows in the Coast Range" to help us envision a more complete picture of our local environment.**

Small meadows in mountainous regions at temperate latitudes are wonderful places to forage or hunt. They also represent a globally recognizable ecosystem that offers insights into the interplay between climate, soil, plants, and animals from the last Ice Age through today and into the future! This presentation will tease apart these phenomena through a handful of meadows in the Oregon Coast Range. Join LNWC in exploring the long-term persistence of these meadows on the landscape by studying phytoliths in the soil, the relative influence of top-down or bottom-up controls in the food chain in their ongoing ecology, and how they contribute to international research on why small grassy areas are found in temperate forests around the world.

Dr Braden Elliot Masters and PhD work both focused on meadows on the Oregon Coast. His Master's work with Oregon State University focused on Camas harvesting and his PhD on the forces maintaining meadows in the Oregon Coast Range. As a botanist, ecologist, and ethnobiologist, he brings an exciting perspective.

The talk will be hosted on Zoom. You can find the link at lnwc.nehalem.org or on the event at www.facebook.com/lnwc1. You can also contact the watershed council at lnwc@nehalemtnet.net.

The LNWC will also be holding its February Board Meeting at 5 pm at the same Zoom link. Feel free to join to learn about current watershed council activities, regular council business, and opportunities to get involved!

Event Information: This event is FREE and open to the public. Find more information on the speaker series and the links for access on the Facebook page (<https://www.facebook.com/lnwc1>).



Virtual Introduction

LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the next virtual "In Their Footsteps" free speaker series event. An "Introduction to Backyard Owls" with **Barbara Linnett will be on www.youtube.com/user/Lewisandclarknhp at 1pm Pacific Time, Sunday, February 14.** This presentation is part of the February 12-15 worldwide Great Backyard Bird Count activities.

Owls are amazing birds. Owls are found in urban, suburban, rural and forested areas of the world and that includes Clatsop County and the many varied habitats of Oregon and Washington. There is much to know and learn about these unique birds that share our landscape.

Barbara Linnett is a bird enthusiast and wildlife volunteer who believes that the more we share and learn about nature, the more we appreciate, protect and love our natural environment. She is a retired nurse who volunteered for the Wildlife Center of the North Coast for more than eight years. Linnett participates in Project FeederWatch for Cornell Lab of Ornithology, is also creating a native plant garden to provide bird habitat and is managing her small forest for wildlife. This is Barbara's third year presenting for the park's celebration of the Great Backyard Bird Count. Please join this live broadcast on the park's YouTube channel. Visit www.birdcount.org to learn more about the annual Great Backyard Bird Count.

This monthly Sunday on-line event is made possible by the Lewis & Clark National Park Association (LCNPA), the park's non-profit partner. visit fortclatsopbookstore.com.

to Backyard Owls



SYSTEMIC RACISM

SYSTEMIC RACISM in the US educational system has its roots in notions of the "intellectual inferiority" of slaves perpetuated by our founding fathers. These fallacies of white superiority and Black inferiority initiated during America's inception, continue today in our public school systems. BIPOC and white people are affected by educational policies that limit positive participation by people of color. Not only do these policies limit the dreams of people of color, they contribute to white people's false sense of entitlement.

After the establishment of the 1964 Civil Rights Act, public schools in the United States gradually began to desegregate, even though segregation had been ruled unconstitutional by the Supreme Court in 1954 (*Brown v. Board of Education*). The Civil Rights Movement revealed to those in power in America that the "separate but equal" designation, established by the Supreme Court's 1896 ruling in *Plessy v. Ferguson* wasn't working. Black schools that served typically poor black neighborhoods did not receive equal funding from taxpayer dollars, thus, the public schools that black students attended were far from adequate. This inequality resulted in a disparity between public education for black students and education for white students. Black and poor Latino students were coming up short in all subjects while white students, who were supported by wealthy boards of education, better school buildings and newer textbooks, excelled.

Faced with the threat of federal funding cessation, schools across America set up methods to 'integrate.' Many community leaders and school superintendents opposed integration, which meant putting students of color, long considered intellectually inferior, on an equal footing with the majority white citizenry. School boards worked out organizational plans that appeared to offer integrated, equal education, but actually perpetuated the unequal educational system of segregation. This continued inequality ensured continued limitations in opportunities for BIPOC students and negatively impacted their performance. Rather than acknowledge inequity, poor performance in black schools continued to be blamed on black students' 'intellectual inferiority.'

During the course of my public teaching career encompassing over 30 years, I taught in two school districts that professed integrated education systems but in reality perpetuated systemically racist practices. In Chicago, since parents didn't want their children to be bused out of their white neighborhoods to schools in poor black neighborhoods, school boards decided to bus the teachers instead. Wasn't integrating the faculty fulfilling the requirement to desegregate the schools? The result was that African-American teachers, a small percentage of the predominantly white teacher population in Chicago, had to leave their own neighborhoods to teach in all white neighborhoods. This meant students in black neighborhoods were primarily taught by white teachers, who at that time had very little understanding of black culture and its effect on students' acquisition of knowledge.

Suggested Reading

America Becoming: Racial Trends and Their Consequences, Volume 1 and 2

A Different Mirror, A History of Multicultural America by Ronald Takaki.

Stamped from the Beginning by Dr. Ibram X. Kendi

UNCONSCIOUS BIAS

By Denise Reed

One year in Chicago, I was among seven black female educators transferred to a school on the same block as a neo-nazi organization's headquarters. Its members regularly paraded the neighborhood in open jeeps, armed and dressed in military apparel. In addition to having to pass these headquarters every day to get to our jobs, we were all assigned the late schedule, with our days ending around 5:00 pm. In the fall in Chicago, it was dark. The high school student body was all white, and had probably never experienced African-Americans as teachers in any of their academic experiences. In the late 1970s, the concept of Black people's 'intellectual inferiority' permeated every aspect of these white students' lives and positive images of Black people were not visible in any strata of the American society. The Neo-Nazis across from the school would periodically send copies of their propaganda to the school, portraying African-Americans as animals, sub-human monsters. Many racially motivated incidents occurred

but were staffed by a diverse faculty. The younger students remained in their neighborhood and attended inferior schools and the white children of affluent parents remained in theirs.

In these pseudo integration structures, systemic racism prevailed. Many Black and Latino students fail to meet their potential, because of the mindset instilled in American society that they are intellectually limited. Today's standardized tests reinforce this stereotype of inferiority through questions that obscure or negate the cultural experiences of BIPOC students. Teachers still designate "correct" answers instead of using class discussion to unpack different cultural ideas that may lead to so-called "wrong" answers.

What has this systemic racism in education wrought? African-Americans who never live up to their full potential, being left behind and possibly funneled into juvenile corrective systems. Where do we go from here, how do we right some of these 'systemic' wrongs that are perpetrated everyday? In order to

Dr. Denise Reed is an Educator and director of Astoria's North Coast Chorale. This winter she'll be teaching a course for future teachers at Tillamook Bay Community College, on "Multicultural Education" and will also lead a number of public school faculty in-service sessions on the same subject in Clatsop County, facilitated by Clatsop Community College. She also teaches Music History Classes at both colleges.

A series of articles by Dr. Reed will highlight Systemic Racism in the operating systems of our society.



during the seven years I taught at this school, including a major court case in which I was called as a witness. The case involved the school's principal and an African-American woman who was wrongly charged with intimidation. I filed a union grievance that the principal didn't follow protocol in this particular instance. The conclusion was that there wasn't any racial bias or motivation in the subsequent actions of the principal. (Details of this teacher's union grievance will be explained fully in my final article on systemic racism focusing on economic 'Apartheid'.)

I later moved to the Clark County School District in Las Vegas. Their method of desegregation was to only bus sixth grade students. As a new minority teacher in the district, I was assigned to teach in one of these sixth grade centers. These sixth grade centers were schools in poorer black neighborhoods

correct these inequities, it is imperative that school districts, administrators and teachers endeavor to become aware of their students' varied cultural learning modalities. Administrators and teachers must be educated by the students themselves through active dialogue. In order to empower and foster creativity, teachers and administrators must become teachable, willing to learn themselves. Educators must become aware of systemic racism and recognize its surface invisibility in our society, like an underwater current. Studying the history of different cultures in a positive atmosphere will lead to opportunities for teachers to empathize with diverse student populations. They can then present information to students in a way that allows students to grow and succeed. Simultaneously, the educator grows.



THE PLACE I CALL HOME is within a particular dwelling on a particular street, but it is also even more importantly, located in a particular country. Witnessing the political upheaval in Washington DC, at the same time as I am ending my service as an elected official, and also contemplating the larger meaning of home, leads me to ask myself: How does my understanding of our form of government, of our country influence my sense of home, my sense of self? I know my love of country is deeper than my love of a particular address. My understanding of myself is embedded in being a member of this country. I know my commitment to our form of government goes beyond any particular title. Lately, I worry about my country, and how this upset makes all our lives more difficult.

This is a time of great uncertainty and anxiety. Ongoing social ills of loneliness, addiction, unemployment, and homelessness do not simply pause as we turn to address the newer problems of a lethal pandemic or deadly political unrest. We don't have the option to give up. We must summon our best selves to face the challenges in front of us.

Let's remind ourselves that our form of government is as close as a family member or a neighbor. Our form of government exists in every community no matter how small or how large. Do you know someone on your child's school board, maybe you know someone who works at city hall, or repairs public roads, have you volunteered for an advisory committee? Does your company accept government contract work? Maybe your family members served in the armed forces? Is your goal to train as an EMT and join the fire district in your area? Our government supports millions and millions of jobs that in turn produce essential services for our residents. Businesses and families, even kids working their first jobs, pay taxes that support our government. We have over two centuries of practicing our form of government. Our country has immense institutional memory, norms of acceptable behavior do exist.

Yes, terrible mistakes have been made. Yes, there must be accountability. We must learn the lessons of these recent and ongoing events because we have work to do, and we can't do it alone, and we can't do it without a functioning government system.

Unsheltered Thoughts

By Kathleen Sullivan

"Life is political, not because the world cares about how you feel, but because the world reacts to what you do. The minor choices we make are a kind of vote, making it more or less likely that free and fair elections will be held in the future. In the politics of the everyday, our words and gestures, or their absence, count very much."

— Timothy Snyder, *On Tyranny: Twenty Lessons from the Twentieth Century*

So let's remember we know who we are, and that we are capable. It is time to find common ground once more or perhaps for the first time.

Recently I had a conversation with a young person, 22 years old, someone who felt overwhelmed and losing hope for his future. "What's the point?" he asked, "Everything is so awful and unfixable." How easily we can understand this sense of powerlessness. Being 40 years older, I also know I am not facing the same future he is. I told him, yes, it is depressing, but that I intentionally choose to believe something still can be done to improve things, and that is how I get out of bed in the morning. My commitment is to spend my time in this world to work toward a better future.

So how are we going to do this? Well, we know people who have handled a crisis or two, now is the time to listen to their advice. Let's ask the idealists and the pragmatists. Let's talk to those who regret the mistakes they have made and now know a better way. Let's observe those who are walking the walk not just talking the talk. Let's join together and share our truths. Let's seek truth beyond rumor and social media. Strive for the middle ground, moderation.

As I grow into my new role as executive director of the Astoria Warming Center, I know one thing for sure, we can't do it alone. We need help. The complex problems of homelessness will need to be solved within the larger community. We will not be able to tackle any of these troubles if we as a country continue to fight amongst ourselves.

My love of country inspires me to love and care for my community. Caring for my community increases the security of my home. Loving my neighbors enlarges my sense of belonging and my sense of self. Isn't that the way it is supposed to work?

Contact us if you want to help.
www.astoriawarmingcenter.org

Kathleen Sullivan is the Executive Director of the Astoria Warming Center. Contact her at: Kathleen.ed.awc@gmail.com.
www.astoriawarmingcenter.org.
www.facebook.com/astoriawarmingcenter/



Altruda in the Aberdeen Daily World archives

PHOTO: Marcy Merrill

THE LAST TIME JUDITH ALTRUDA may have seen Eugene "Gene" Landry was some 35 years ago. And it may have been at the annual Tokeland, WA. 4th of July Parade. Gene Landry was riding atop his vintage limo, wearing a Ronnie Reagan mask and throwing dollar bills to the crowds, winning a 1st place entry award. Altruda also placed for an animal entry, atop her horse, riding as a bandito.

The next time Judith Altruda saw Gene Landry they were slow dancing. "It was definitely like being on the astral plane," explains Altruda. After an amazing discovering of Gene Landry's art in an old boarded up shop in Grayland, WA. -- including over 70 paintings and several drawing portfolios -- Altruda's decision came clear. It was this dream, dancing with Gene, who had predominantly spent his life in a wheel chair, that prompted her to make an offer on his art to the owner of the building where the paintings had lay, in the cold and wet, stacked painting on painting, lost in time since the early 90's. Altruda declares, "I'm now the keeper of the paintings."

Judith Altruda didn't really know Gene Landry except for a few casual meetings— both as residents of Tokeland, homeland to the Shoalwater Bay Indian Tribe. She had seen and appreciated Gene's work in neighboring galleries over the years, living in Tokeland since 1979. Landry died in 1988 at the age of 50. Altruda that same year, began an arts degree at Cornish College in Seattle, and upon her return to Tokeland has maintained a successful practice as a metal smith jeweler, and raised her two children who are of part Shoalwater Indian decent.

Flash forward. The life and story of Native American artist Gene Landry has become Altruda's raison d'être. But before her decision to write his biography now in process, partnering with the Shoalwater Bay Indians was always the integral link.



Landry still-life, oil on canvas

FINDING GENE: Artist Judith Altruda rediscovers Native American Artist Eugene Landry

By
Dinah Urell

Uncovering Landry's paintings, a collection of still life's, portraits and nudes in need of long overdue love and care, lead to a Humanities Washington Grant. An exhibit of his works, planned for May 2020 at the Shoalwater Bay Heritage Museum, but curtailed by the COVID-19 pandemic, include 20, now framed and refurbished paintings, an exhibit intended to also tour.

The grant also supports a 52-page exhibit catalog, "Portrait of Gene," authored by Altruda, which artfully documents finding the paintings, Landry's family and tribal relations and history, and mindful reflections from those who Gene painted over his lifetime. It was an interest in Landry's work sparked through conversation and a family relations tip to where some paintings might be that led Judith Altruda to the find. Accompanied by professional photographer Marcy Merrill, her initial intention was to maybe glean some samples of Landry's paintings to write a magazine article. But fate brought much more.

Altruda remarks on what Earl Davis, noted Native American carver and Cultural and Heritage Director at Shoalwater Bay said, "What it represents is our lost years."

In "Portrait of an Artist," Altruda writes, "Landry's art offers a glimpse into a transitional and little-documented time in Northwest Native history. His paintings are important because they represent a Native artist's portrayal of his own people during a time when Native Americans were erased, marginalized, and misrepresented by stereotypes in media and public education. Landry painted contemporary portraits of his people, depicting them as they were. As one of his models said, "

"We're so small and isolated here. People think we're so different. At one time, we had a bunch of kids from Raymond come down, and they wanted to know where our feathers were."

"The 20 exhibit paintings selected represent tribal history, relatives and just really great examples of his work," says Altruda.

Of Hoh and Quileute descent, Gene was born in the village of Taholah, on the Quinault Reservation. Adopted as an infant by Myrtle and Fred Landry, he grew up on his mother's reservation at Shoalwater Bay. Myrtle's father was Roland Charley, hereditary chief of the tribe, taking over after the death of his father, George Allen Charley, in 1935.

Gene Landry was to become a self-actualized artist in his formative school years, developing his talent along Western European lines. According to Altruda, there were no practitioners of traditional native arts living on the reservation at that time for Landry to emulate. In her future research Altruda discovered in Gene's Aberdeen high school transcripts, that "He sucked as a student but his highest grade B+, came in mechanical drawing."

When Gene was 16 years old, he contracted tubercular meningitis. He spent over two years at Cushman Indian Hospital near Tacoma, the disease paralyzed his legs. At a subsequent rehabilitation facility he suffered an injury to his spine, which resulted in permanent damage to his right (dominant) arm. Gene trained himself to use his left hand to hold a pencil and to paint, developing a signature style.

During his stay at Cushman Gene continued to paint. In 1961 he enrolled at the Leon F. Derbyshire School of Fine Arts in Seattle. He later studied with Northwest sculptor Phillip Levine, and by 1964 was showing his work and winning acclaim in the Pacific Northwest. Gene met and married artist Sharon Billingsley in 1965. Together they travelled and studied art in Paris, and eventually returned to the Northwest where their marriage ended in 1972.

Although abstract expressionism was in vogue, Landry preferred a post-impressionist style studied in France and a more representational painting. His distinctive still-lives included

objects that washed in on the tides at Shoalwater Bay, where he painted from a small studio cabin; fishing floats, old bones, feathers, and detritus from the sea. Altruda assures, "He painted what he wanted to paint, it wasn't really about what the art style was."

In 1980 Landry moved to San Barbara where he had a studio gallery, but then returned to Shoalwater Bay to live the rest of his years. His determined strength and creative spirit were never deterred by his disability. Reading the accounts by those he painted, his gift was many fold.

On continuing her work, "During these pandemic times, it's good to be engaged in a project," says Altruda. "I'm fairly isolated, yet immersed, spending time with Gene's paintings and the Shoalwater elders." Altruda revealed that each chapter will center on a particular painting, serving as a portal to a facet of the story.

I thought I was writing a biography, but it's also a mystery, and a journey finding out about Gene," she says. Landry was a prolific artist but Altruda say's information about his personal life is hard to find, with large gaps in the time line. In addition she says, "I'm writing about a place that doesn't exist anymore, a lost time period."

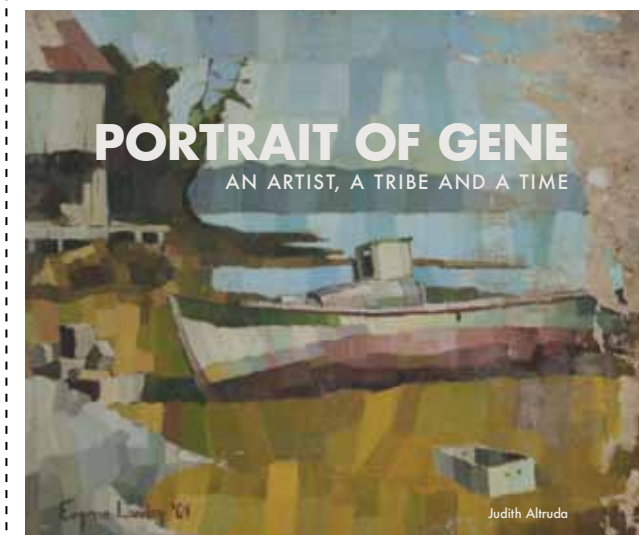
Altruda with access to the archives of the Aberdeen Daily World is finding the digging fascinating though, revealing a very different place back in the 50's, a region pulsing with life, the fishing and logging industry going strong.

"This is not a story about one person, an artist, or the reservation, it's a story of this beach community and the tribal community—they're not islands. It's an interesting picture that comes together. And I'm gaining a new understanding of the tribes here, things I did not know, things they're sharing with me."

Altruda writes, "Landry's art collection survived a long period of dormancy. I like to think it somehow wanted to be found now, because the time is right."



Gene Landry



A 52-page exhibit catalog is available as print on demand at www.eugenelandry.com

The Photographic Nude 2021 at LightBox

LIGHTBOX Photographic Gallery opens "The Photographic Nude 2021" on Saturday, February 13th. The gallery will be open from 11-4 p.m. with limited occupancy and social distancing. This is the 10th year of the annual international juried exhibit, a collection of photographic prints exploring the artistic and creative view of the body and its form, dedicated to the creative spirit of photographer Ruth Bernhard.

LightBox established "The Photographic Nude" series to gain an understanding of the nude historically in the photographic medium. The show features various works, from traditional classical studies to alternative and provocative styles, of the fine art nude from around the world. The tenth anniversary of the Photographic Nude Exhibit was juried by Michael and Chelsea Granger, Directors of the gallery, with 50 images selected for the exhibit from 38 photographers.



Charlie Noble, Safe

The exhibit runs from February 13th through March 10th 2021. LightBox offers memberships as a way to help further the mission of the gallery. LightBox is located at 1045 Marine Drive in Astoria, Covid hours are Thursday - Saturday 11am-4:00pm. Contact LightBox at 503-468-0238 or at info@lightbox-photographic.com

AIMCA Group Show

AIMCA presents Lisa Ackerman's 12 mini astrology oil paintings used for her pendant/necklace series printed on fabric and encased in glass which will also be on hand to purchase. Continuing exhibiting artists include Dave Ambrose with vibrant and diverse fine acrylic action oriented portraits and landscapes; Natalie Orr presents dreamscape paintings with soulful and very relevant social messages; Alex Trevino will show unique visionary abstract paintings and collages with dramatic truths. Included in the show are ceramics by local artist TKO + Live music. Please call (503) 395-1221 for an appt to see art before or after 2nd Sat artwalk and to get involved in music projects and art shows.

Astoria Institute of Music and Center for the Arts is located at 1159 Marine Drive in Astoria.



Lisa Ackerman, Pisces, mini-oil painting

Trail's End Member Show

TRAIL'S END begins its 2021 season of monthly Gallery Shows February 5th – 28th. The first show is an all member show with a unique collection of watercolor, oils, metal, mixed mediums, sculpture and glass. More about the artists members, along with more about membership and more about our shows and activities can be found at TrailsEndArt.org.

Trail's End is the oldest non-profit art association of its kind on the Coast. The building was constructed when Gearhart was a booming resort town in 1903, before being moved to the present meadow after the downtown was destroyed by fire. It eventually became a schoolroom and gym for the Gearhart school. It was finally converted to art classroom/studio and a gallery by the Association mid-century and fully restored in 2020 for the organization's 70th Anniversary. In addition to the changing gallery shows of original art, there is also a gift shop full of prints, small objects, artworks and notecards

Trail's End is located at 656 A Street in Gearhart. The Gallery is open Fridays-Sundays, 11am-3pm. 503 717-9458 and email trails-endartassociation@gmail.com.



Kitty Paino, Lewis & Clark Road



AS OREGONIANS practice social distancing in hope of slowing the COVID-19 pandemic, many are searching for ways to find and maintain social connections across physical distance. Dear Stranger, a letter-exchange project from Oregon Humanities, offers a chance for connection by inviting Oregonians to write letters with someone they've never met.

Oregon Humanities is a statewide organization that brings people together to talk, listen, and learn from one another. "The need for human connection feels more urgent than ever," says Ben Waterhouse, communications manager for Oregon Humanities and creator of the Dear Stranger project. "We can't bring people together in person right now, but we can still provide ways to reach out and be heard."

The aim of Dear Stranger is to create shared understanding among Oregonians with different backgrounds, experiences, and beliefs. The premise is simple: Write a letter, get a letter, and make a new connection. Oregon Humanities has operated Dear Stranger since 2014, with each round of the project asking writers to address a different question or theme. In 2020, more than 250 people participated, with letters coming from 29 states (and one from Belgium).

This winter's prompt for writers is about food: "How has your relationship with food—what you eat and how you get it—changed over the past year? What is a favorite meal of yours, and when is your first memory of that meal?"

Prompts for writing and instructions for participation are available on the Oregon Humanities website at oregonhumanities.org. Letters are swapped anonymously, and each person receives a letter from the person who received the one they wrote. What happens next is up to the writers. If they'd like to write back, they can do so through Oregon Humanities.

Letters should be addressed to Oregon Humanities, Attn: Dear Stranger, 921 SW Washington St., Suite 150, Portland, Oregon, 97205. Oregon Humanities will exchange letters mailed by February 28, 2021.

Questions about Dear Stranger should be directed to programs@oregonhumanities.org.

WRITERS READ CB Library

JOIN the Cannon Beach Library on Saturday, February 20 at 7pm on Facebook Live in celebration of Writers Read. CB Library received a record number of works this year from talented North Coast writers. Submissions were varied and included haiku, poetry, essay, and short story. You don't need a Facebook account to watch – just go to the library's Facebook page, or click the banner at the top of the website.



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Downtown Astoria



Monoprint Impressions From The Oregon Coastline At Riversea Gallery

RIVERSEA GALLERY presents *At the Wild Edge*, a solo show of mono-print impressions taken directly from nature by Duncan Berry. The exhibition opens on Saturday, February 13 with a reception from noon to 8:00 pm during Astoria's Second Saturday Artwalk, with the artist in attendance from 5:00 to 8:00 pm. The work will remain on view through March 9, 2021.

Berry makes his home in the UNESCO Biosphere Reserve at Cascade Head on the central Oregon coast. The land, sea and sky of this precious place serves as his muse, teacher and sanctuary. This show is part documentary and part emotional connection with a diverse and fertile range of beings from a variety of habitats. The artist considers his printmaking an active form of reverence for the creatures found on our vibrant Pacific coastline, from deep-sea fish found 5000 feet down off the continental shelf, to migratory birds that traverse the globe from Tierra del Fuego to the Arctic Circle.

Working directly from the salvaged body of a sea or land creature, a spray of foliage or slab of wood, Berry makes artful impressions using a variety of archival inks on mulberry or rag paper to create elegant, one-of-a-kind prints mounted on birch panels. Some of his works are in a striking combination of white ink on black Unryu mulberry paper, and works in his latest series incorporate several layers to take on a three dimensional effect.

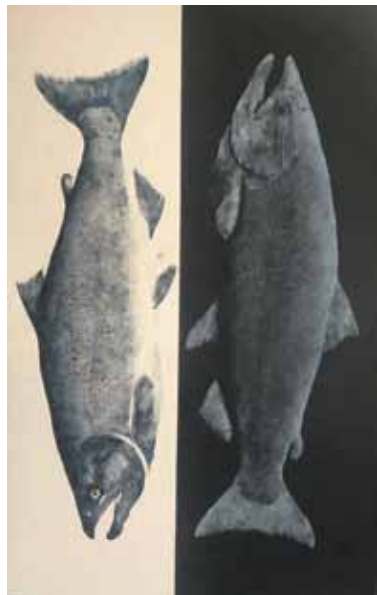
Berry has spent his life immersed in the surroundings of the Pacific Northwest coast and brings that deep connection to all of his artwork. He grew up on Clatsop Plains south of Astoria, and as a teenager began working on his brother's salmon troller out of the Columbia River, going on to captain the boat within a few years. He later spent several decades on Vashon Island, Washington as an entrepreneur in numerous art and design businesses. Upon his return to Oregon in 2006 he formed a non-profit to protect a large swath of land near Cascade Head. Currently, in addition to printmaking and photography, he writes poems and shanties about his fishing experiences and his connection with the beautiful land he calls home.



"Herring Gull On The Wing"
Nature impression by Duncan Berry
13" x 21" x 1-5/8"

"I found this beautiful female gull washed up on the high tide line in exactly this pose....Graceful and in full flight, even in death."
- Duncan Berry

Mulberry Bark paper mounted on FSC birch panel with black lacquered sides. Printed in archival Payne's Grey inks



RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. Current pandemic hours are 12pm – 5pm Monday through Saturday, and 12pm – 4pm on Sunday. For more information,

"The King / Day and Night"
Original Gytoku impression
30.75" x 49" x 2.5"

The Paintings of George Wilson at IMOGEN



Rain Shower, Uganik Bay, water color on paper, 9x12

IMOGEN welcomes back George Wilson, a painter of the ethereal. Wilson who comes from a generational fishing family in Scotland now resides in Portland. His love of water is ever present in soothing and dreamlike watercolor paintings and for this series Wilson continues in true fashion of a pluviophile, focusing on his love of rain. The exhibition *Rain* opens Saturday, February 13 from 12:00 – 7:00 pm and will remain on display through March 8.

For George Wilson, waterways are essential to life. Born into a fishing family in a small coastal Scottish village, he was brought up on and around Moray Firth, an inlet of the North Sea. Wilson's relationship to water has always been a part of his existence, as well as a source of livelihood. His work is infused with his experiences as a fisherman, the beauty of solitude and sometimes the ominous feel of heavy approaching skies. His profound connection has culminated in an enchanting series of paintings that serve as visual poetry to places he knows, reflecting shoreline and its ever changing edges as weather fronts work to shape and define.

"I love the rain: The smirr, the smaa saft rain, the dreich, dark days, the deluge. And after the deluge, huge delight in a refreshed landscape and the sight of the receding storm. These studies of the rain calm my spirit and help me hold on to beauty as we live through this collective storm. May it soon pass."

Wilson who has painted as long as he's fished, eventually found himself entering the academic world with studies at Gray's School of Art, one of the United Kingdom's most prestigious art schools located in Aberdeen, Scotland. After graduating with a focus on painting and drawing, he found his way back to the sea where his time was shared between fishing trips and the studio. His work is a beautiful balance of both worlds with one love always merging with the other.

Imogen Gallery is open 5 days a week (closed Tues/Wed) at 240 11th Street in Astoria. Hours: Thur-

When Crab Was King: The Rise and Fall of the Kodiak Crab Fishery

IN CONJUNCTION with the annual FisherPoets Gathering, Astoria Visual Arts partners with the Kodiak Maritime Museum to present *When Crab Was King: The Rise and Fall of the Kodiak King Crab Fishery, 1950 – 1982*, a traveling exhibit featuring photographic portraits that connect the present and the past. Men and women stand before the camera in black and white, holding color images of themselves taken decades before, when the miraculous—and dangerous—crab fishery was booming. Presented with each photo is a short audio clip of each individual sharing their extraordinary experiences. To listen to the audio, viewers may simply use their cell phones to call a number posted alongside the image. Each audio clip is 2-3 minutes in length.

An excerpt from the Kodiak Maritime Museum's curatorial statement: "When the King Crab fishery peaked in the mid-1960s, everyone in Kodiak knew that something extraordinary was happening. Millions of pounds of crabs were coming across the docks, new state of the art crab boats arrived every week, thousands of young people were suddenly in town, and fortunes were being made and spent with equal abandon. But while the work was lucrative- \$100,000 crewshares were not unheard of- the fishery was extremely dangerous too, and boats and men were lost at sea on a regular basis every winter. These elements of youth and money and danger made Kodiak an exhilarating place to be.

"And then, in 1982, it ended. The crab went away, for reasons still not fully understood. People moved on to other fisheries, to other occupations, or off the island. The fishermen got older and began raising families. The town quieted down. But the stories remained, filtering through the collective memory of Kodiak and other fishing communities along Alaska's Gulf coast and down to Seattle, stories of huge catches and crazy paychecks, of wild behavior and hard, hard work, of being young and invincible, of a fishery that seemed at the time to be forever. It was that feeling, those stories, which Kodiak Maritime Museum has tried to capture in its oral history of the fishery, before the people who lived them went away themselves." All photographs are by Alf Pryor.

When Crab Was King runs Feb 13 through March 6, open for Astoria's Second Saturday Art Walk from noon to 8pm. AVA is located at 1000 Duane Street, open Fridays and Saturdays from noon to 4pm.



Fisher Woman circa 1960's, Carmen Lunde

MESSAGES

SONJA GRACE



Are you feeling like you are going through withdrawals? The old way of living is no longer visible in the rear-view mirror. Every day we are reminded we are not the same. People have spent a year in the vibration of fear. Unsettled interactions with distrust all find a home under a mask. Now two masks cover a once free expression- smiling, laughing, and sharing food indoors. We all do it for the greater good. This will forever change us. Our collective karma has helped humanity arrive at this critical juncture. Nothing stays the same and this too shall pass. We will arrive out of the fog much clearer and more educated on our place in the universe. Impatience and irritability are running high in this sequestered society. How can we find compassion and tolerance?

First, we can recognize our frustration and anger which is dialing in a much bigger picture. Your past lives experienc-

ing plague, separation, abandonment, and betrayal supersede the current vibe and remind us that's really what we need to heal. Take the time to forgive yourself and others. Let's do this with enthusiasm and love for one another- it's our kids and grandkids that will inherit the world we have created. Withdrawal is temporary and once we release the past, we can make way for a new world. Raise your vibe! Turn the music up and snap out of it!

When we exercise, we move energy beyond the physical and mentally help ourselves to progress forward. Be at peace with what is going on and investigate the future – the Age of Aquarius is what brings the Golden Age. Stay steady and practice all that you have gathered spiritually. I talk about the Great Sphinx on Ancient Civilizations season 3 now showing on GAIA TV and explain how Sekhmet stayed behind when Atlantis fell, to help the people. This is a great reminder – we are not alone, nor have we been abandoned.

We are dialed into our karma. A plague on both your houses was the dying words of Tybalt in Will Shakespeare's Romeo and Juliet- This is another re-

minder – the 1500's, where he expressed the tragedy of such times when the plague took thousands of people's lives. In contrast, we have come a long way; may we heal our karma for better days.

Sonja Grace is a highly sought-after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. She has been counseling an international roster of clients for over thirty years. The award-winning author of Spirit Traveler, Become an Earth Angel, and Dancing with Raven and Bear, Sonja is currently presenting Mystic Healing on Sky TV in the U.K. on Feel Good Factor TV. She has appeared multiple times on GAIA TV's Great Minds, Inspirations, Ancient Civilizations and Beyond Belief with George Noory and Coast to Coast AM. Her latest creation is Odin and the Nine Realms Oracle a 54-card set containing all original artwork by Sonja Grace who share the wisdom and guidance of the Norse Gods. Findhorn Press/ Inner Traditions at: www.sonjagrace.com

By Tobi Nason



some work. A key to this revolves around boundaries. Do not let every person that crosses your path define who you are. It's okay if you're not someone's favorite person. It does not matter. Your boundaries will weed out unnecessary, unwarranted and unsolicited bad karma. Your goal is to be strong in who you know yourself to be.

Always try to fan those flames. We are wired for connection. We are humans. Love.

Tobi Nason is a counselor located in Warrenton. Call (503)440-0587 for an appointment.

The good thing is, all these areas of "the living" are just waiting to be resurrected. Fan the flame that lingers inside.

Let's talk about fanning those flames. Love for others is an easy fix. Volunteer at a warming shelter or work a crisis line. Open your eyes to others. Be willing to feel warm in the heart when you experience love for your efforts.

Love for Life.

Sometimes life feels heavy and dreary. We all have problems. Look for small wondrous moments. A walk on a brilliant sunny day with sights and smells... soak it up. Look around you with consciousness. New buds on a houseplant? Wild and crazy stormy weather? Both are worthy of awe.

Love for yourself.

The best way to fan those flames is to re-evaluate. Take stock of what you like and don't like about yourself. Do

By Tobi Nason

wordwisdom

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- Helen Rowland, American Journalist and Humorist, 1875 - 1950.

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Having lived past the age of thirty, and being the person I am, I realize that when one's appetite, wants, and desires remain unsatisfied, eventually those desires die down to a mere flicker, like an unfanned flame in the desert.

That's a survival technique built into our wonderful humanness. If you do not eat for a long period, you will no longer experience the sensation of hunger. If you do not engage in physical love for a time, your body and interest flag. If you don't invest time and energy in friendships, those too will wither and go dormant.

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That's a survival technique built into our wonderful humanness. If you do not eat for a long period, you will no longer experience the sensation of hunger. If you do not engage in physical love for a time, your body and interest flag. If you don't invest time and energy in friendships, those too will wither and go dormant.

By Tobi Nason

"Going through life without love is like going through a good dinner without an appetite. Everything seems flat and tasteless."

- Helen Rowland, American Journalist and Humorist, 1875 - 1950.

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That



BLISS (FEB. 5 AMAZON) Owen Wilson and Salma Hayek star in this sci-fi alternate reality thriller. Wilson plays Greg, a disaffected office worker who feels out of place. "I have a picture in my head of a place. I don't know if it's real. But it has a feeling and the feeling's real." Daughter Emily calls to remind him of her upcoming graduation. Greg assures her he will be there. After a meeting with his boss, Greg heads for a bar where he meets a mysterious woman – Isabel (Hayek), who tells him that while he's real, everything outside isn't – they live in a simulation. To prove it, Isabel pulls him out of the simulation. Greg wakes up in a laboratory where Isabel tells him she is Dr. Isabel Clemens, who has created a technology that can place people in an alternate "ugly" reality so they can appreciate the "real" world more. Trouble is, Greg doesn't remember this real world even as he begins to fall in love with Isabel. Together, the two must decide which world is right for them.

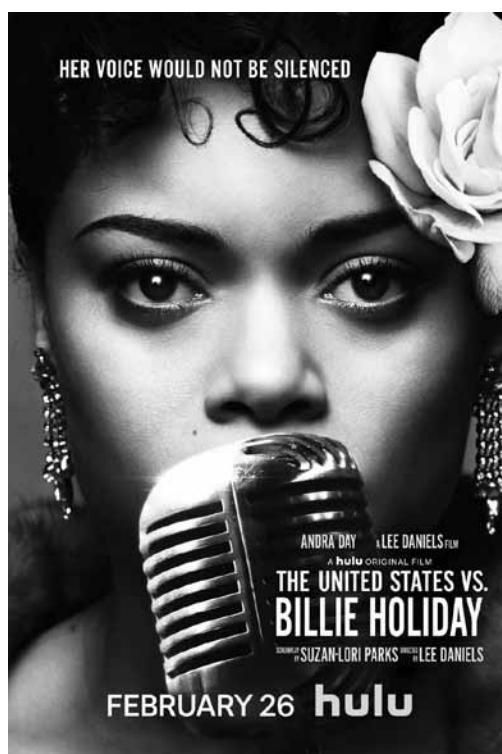
FRAMING BRITNEY SPEARS (FEB. 5 FX, HULU) New documentary examines the circumstance of the pop star who rose to fame in the '90s as a teenager, then spectacularly imploded in 2007 amid reports of drug and alcohol addictions, erratic behavior and possible mental health issues, all resulting in her father, Jamie Spears, taking court-ordered conservatorship, which is designed for people unable to care for themselves. Spears' finances and mental and physical health are controlled by her father. Now 39 and semi-retired, Spears has entered into a legal battle to end the conservatorship and regain control of her life.



NOMADLAND (FEB 19 HULU)

Director Chloe Zhao's story of nomadic people in the American heartland has become an Academy Award Best Picture and Best Actress frontrunner. Frances McDormand plays Fern, a woman in her early '60s who loses her house after the company town she lives in dies. Fern takes to the road in a beatup van, living an

itinerant existence, taking occasional jobs at an Amazon service center, picking beets or as a janitor. The lifestyle isn't the easiest, but Fern revels in her independence. When concerned friends offer her a place to stay, she turns them down, saying "I'm not homeless, I'm just houseless." Along the way, Fern path crosses paths with like-minded other nomads (all played by the real people), like evangelist Bob Wells, Linda May and Swankie, who reveals she is dying of cancer. The nomads share ready smiles, stories and friendship, before inevitably moving on. The closest Fern comes to settling down is when she meets Dave (David Straithairn), a gentle fellow nomad who cross paths with Fern before moving on. Surprisingly Fern encounter him again down the road. Dave even more surprisingly reveals he has settled down and offers the same to Fern, who must choose between her attraction to Dave and continuing her solitary existence on the road.



THE UNITED STATES VS. BILLIE HOLLIDAY (FEB. 26 HULU) In this Hulu film, director Lee Daniels (Precious) casts the legendary jazz singer in a new light – Civil Rights leader, specifically the threat her 1939 song Strange Fruit, which depicted a lynching, presented to the U.S. government, which made her a target of the FBI. "When you think of Civil Rights leaders, you think of men," Daniels says. "When you think of Billie Holiday, you think of this brilliant tortured jazz singer that happened to have been a drug addict. I didn't know that she kicked off the Civil Rights movement. Before there was a Civil Rights movement, there was Billie Holiday and 'Strange Fruit.' The government saw that song as a threat and she was a target." After deeming her performance of Strange Fruit racially incendiary, the FBI pursues Holliday (Andra Day), using her drug use as a weapon to prosecute and silence her. Towards that end, the FBI uses a Black undercover agent Jimmy Fletcher (Trevante Rhodes) to get close to Holliday and gather evidence to be used against her.



JUDAS AND THE BLACK MESSIAH (FEB. 12 HBO MAX)

Daniel Kaluuya (Get Out) stars as Fred Hampton and LaKeith Stanfield plays the FBI informant who betrayed the Black Panther leader leading to his death in 1969. Hampton was a rising star in the Illinois Black Panther party, a gifted political organizer and a charismatic, powerful speaker. J. Edgar Hoover (Martin Sheen) fears a national radical movement and starts a counter-intelligence unit designed to destroy it. To that end, FBI agent Roy Mitchell (Jesse Plemons) recruits car thief William O'Neal (Stanfield) to infiltrate the Panthers. Mitchell tells O'Neal that the Panthers are just the flip side of the Klan, both sowing hatred and violence. Mitchell agrees, and rises to the rank of Security Captain, but his newfound belief in the movement and his friendship with Hampton conflict with his undercover mission.

PAINTING WITH JOHN (HBO MAX) Unscripted series follows the adventures of ex-Lounge Lizard saxophonist, ex-actor John Lurie, now ensconced on an unnamed Caribbean island while following his bliss as a painter. Written and directed by Lurie, the show has a jivey, partly-true, partly-fictional vibe that is patently not typical. "Bob Ross was wrong. Everybody can't paint," he declares. "I don't know why I'm doing this show," he says during one episode. "Do me a favor and just turn it off.. If you don't turn it off at least don't tell anyone about it." Each episode begins with Lurie attempting to either launch or crash a drone and ends with view of his latest watercolor. Synopsis: Painting With John, a new unscripted series written, directed by and starring John Lurie, is part meditative tutorial, part fireside chat. Each episode has Lurie, the co-founder of musical group The Lounge Lizards, at his worktable, honing his watercolor techniques and sharing what he's learned about life. With images of Lurie's paintings, original music and his point of view all rolled into one, the series strikes an irreverent tone while reminding us to prioritize some time every day for creativity, fun and a bit of mischief.



FREE WILL ASTROLOGY

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11°	6'	27°	7'	15°	54'	0°	48'

ARIES (March 21-April 19): Herman Hesse's novel *Siddhartha* is a story about a spiritual seeker who goes in search of illumination. Near the end of the quest, when Siddhartha is purified and enlightened, he tells his friend, "I greatly needed sin, lust, vanity, the striving for goods, and the most shameful despair, to learn how to love the world, to stop comparing the world with any world that I wish for, with any perfection that I think up; I learned to let the world be as it is, and to love it and to belong to it gladly." While I trust you won't overdo the sinful stuff in the coming months, Aries, I hope you will reach a conclusion like Siddhartha's. The astrological omens suggest that 2021 is the best year ever for you to learn how to love your life and the world just as they are.

TAURUS (April 20-May 20): Taurus physicist Richard Feynman said, "If we want to solve a problem we have never solved before, we must leave the door to the unknown ajar." That's always good advice, but it's especially apropos for you in the coming weeks. You are being given the interesting and fun opportunity to solve a problem you have never solved before! Be sure to leave the door to the unknown ajar. Clues and answers may come from unexpected sources.

GEMINI (May 21-June 20): When we want to get a distinct look at a faint star, we must avert our eyes away from it just a little. If we look at it directly, it fades into invisibility. (There's a scientific explanation for this phenomenon, which I won't go into.) I propose that we make this your metaphor of power for the coming weeks. Proceed on the hypothesis that if you want to get glimpses of what's in the distance or in the future, don't gaze at it directly. Use the psychological version of your peripheral vision. And yes, now is a favorable time to seek those glimpses.

CANCER (June 21-July 22): If the apocalypse happens and you're the last human left on earth, don't worry about getting enough to eat. Just find an intact grocery store and make your new home there. It's stocked with enough non-perishable food to feed you for 55 years—or 63 years if you're willing to dine on pet food. I'M JOKING! JUST KIDDING! In fact, the apocalypse won't happen for another 503 million years. My purpose in imagining such a loopy scenario is to nudge you to dissolve your scarcity thinking. Here's the ironic fact of the matter for us Cancerians: If we indulge in fearful fantasies about running out of stuff—money, resources, love, or time—we undermine our efforts to have enough of what we need. The time is now right for you to stop worrying and instead take robust action to ensure you're well-supplied for a long time.

LEO (July 23-Aug. 22): "Judge a moth by the beauty of its candle," writes Coleman Barks in his rendering of a poem by Rumi. In accordance with astrological omens, I am invoking that thought as a useful metaphor for your life right now. How lovely and noble are the goals you're pursuing? How exalted and bighearted are the dreams you're focused on? If you find there are any less-than-beautiful aspects to your motivating symbols and ideals, now is a good time to make adjustments.

VIRGO (Aug. 23-Sept. 22): I invite you to try the following experiment. Select two situations in your world that really need to be reinvented, and let every other glitch and annoyance just slide for now. Then meditate with tender ferocity on how best to get the transformations done. Summoning intense focus will generate what amounts to magic! PS: Maybe the desired reinventions would require other people to alter their behavior. But it's also possible that your own behavior may need altering.

LIBRA (Sept. 23-Oct. 22): Author Marguerite Duras wrote these words: "That she had so completely recovered her sanity was a source of sadness to her. One should never be cured of one's passion." I am spiritually allergic to that idea. It implies that our

deepest passions are unavailable unless we're insane, or at least disturbed. But in the world I aspire to live in, the opposite is true: Our passions thrive if we're mentally healthy. We are best able to harness our most inspiring motivations if we're feeling poised and stable. So I'm here to urge you to reject Duras's perspective and embrace mine. The time has arrived for you to explore the mysteries of relaxing passion.

SCORPIO (Oct. 23-Nov. 21): Author Karen Barad writes, "The past is never finished. It cannot be wrapped up like a package, or a scrapbook; we never leave it and it never leaves us behind." I agree. That's why I can't understand New Age teachers who advise us to "live in the now." That's impossible! We are always embedded in our histories. Everything we do is conditioned by our life story. I acknowledge that there's value in trying to see the world afresh in each new moment. I'm a hearty advocate of adopting a "beginner's mind." But to pretend we can completely shut off or escape the past is delusional and foolish. Thank you for listening to my rant, Scorpio. Now please spend quality time upgrading your love and appreciation for your own past. It's time to celebrate where you have come from—and meditate on how your history affects who you are now.

SAGITTARIUS (Nov. 22-Dec. 21): Luisah Teish is a writer and priestess in the Yoruban Lucumi tradition. She wrote a book called *Jump Up: Seasonal Celebrations from the World's Deep Traditions*. "Jump up" is a Caribbean phrase that refers to festive rituals and parties that feature "joyous music, laughter, food, and dancing." According to my reading of the astrological omens, you're due for a phase infused with the "jump up" spirit. As Teish would say, it's a time for "jumping, jamming, swinging, hopping, and kicking it." I realize that in order to do this, you will have to work around the very necessary limitations imposed on us all by the pandemic. Do the best you can. Maybe make it a virtual or fantasy jump up. Maybe dance alone in the dark.

CAPRICORN (Dec. 22-Jan. 19): "Perhaps we should know better," wrote poet Tony Hoagland, "but we keep on looking, thinking, and listening, hunting that singular book, theory, perception, or tonality that will unlock and liberate us." It's my duty to report, Capricorn, that there will most likely be no such singular magnificence for you in 2021. However, I'm happy to tell you that an accumulation of smaller treasures could ultimately lead to a substantial unlocking and liberation. For that to happen, you must be alert for and appreciate the small treasures, and patiently gather them in. (PS: Author Rebecca Solnit says, "We devour heaven in bites too small to be measured." I say: The small bites of heaven you devour in the coming months will ultimately add up to being dramatically measurable.)

AQUARIUS (Jan. 20-Feb. 18): Aquarian author Alice Walker writes, "In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful. In the coming weeks, I hope you'll adopt that way of thinking and apply it to every aspect of your perfectly imperfect body and mind and soul. I hope you'll give the same generous blessing to the rest of the world, as well. This attitude is always wise to cultivate, of course, but it will be especially transformative for you in the coming weeks. It's time to celebrate your gorgeous idiosyncrasies and eccentricities.

PISCES (Feb. 19-March 20): "Though the bamboo forest is dense, water flows through it freely." I offer that Zen saying just in time for you to adopt it as your metaphor of power. No matter how thick and complicated and impassable the terrain might appear to be in the coming weeks, I swear you'll have a flair for finding a graceful path through it. All you have to do is imitate the consistency and flow of water.

Bike Madame

By Margaret Hammitt-McDonald

Beachin' Bikes

ONE DAY, my mother decided to take my brother and me to the most popular tourist attractions in New York City. I reminded her, with preadolescent cockiness, that we lived in New York City, and no self-respecting New Yorker visits the Empire State Building. She explained that many locals miss out on fully experiencing their area because of this attitude. So we trudged over to far west side of Manhattan for a three-hour Circle Line cruise. I can't say I enjoyed being crammed onto the boat with hundreds of new friends, but traveling around Manhattan Island by water did offer me new perspectives on the place I called home.

Alas, I haven't entirely learned my lesson. Although I live near the beach and ride a bike, I must confess that I've never ridden a bike on the beach. I take a daily walk after lunch that includes a one- to three-mile stretch of beach. However, even while I smile at the visitors cruising along past Haystack Rock on fat-tire bikes, I've never been tempted to try it. Why? In a few words: "drive chain" and "sand."

When my medical office used to be at the north end of Cannon Beach, I'd wave hello to Mike of Mike's Bike Shop (he's now retired) at the end of the day, as he pressure-washed the sand off his rental beach trikes, with special attention to the heavy-duty single-speed chains. He cautioned me that, if I ever wanted to ride on the beach, I should get a secondhand single-speed bike and sacrifice...I mean dedicate it to riding in sand because, once it gets into your chain links, you can never really get it out. Sand in your chain doesn't just make a pesky squeaking noise; it's abrasive and accelerates wear and tear.

Are lubricants available for sand-crawling bikes? Off-road and

motocross enthusiasts caution that oil-based lubricants attract sand to your chain and recommend cleaning it off first, then applying waxes (which can be wiped off afterward, along with the sand), WD-40, or silicone-based dry spray-on treatments (www.bansheehq.com/forums). I'm not sure about the environmental impact of these

different options, and it's important to keep in mind that these riders visit the dunes on motorized off-road vehicles, not bicycles, and so their drive chains are different beasts.

Not just any old beater is an ideal ride for the sand. Just as the wider base of snowshoes allows you to float atop snow rather than postholing through, you need a wider wheelbase to stay upright on sand, especially the

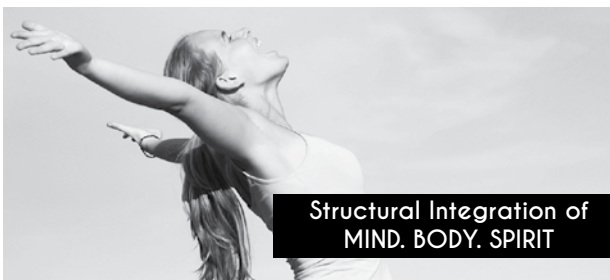
soft stuff. Balloon tires, or ultra-wide fat-bike tires, give you the necessary traction. Unless you plan on scaling dunes, beach riding usually happens on flat terrain, so you can get away with a single-speed beach cruiser, a bike style dedicated to gentle touring by the sea. (Some beach bikes do come with multiple gears.) Without derailleurs, you've got fewer moving parts to get sandy. Beach cruisers are also one of the least expensive adult bike styles to buy new. Their laid-back geometry makes for a more comfortable ride than a road racing model. Some come equipped with beach-friendly features like pedals that won't stab bare feet, extra rustproofing for salt air, and mounts for racks to carry picnic baskets and towels.

Since I've got limited garage space, instead of setting some aside for a beach bike, I think I'll rent one someday. But then I'll be tempted to do a full-on tourist imitation, complete with selfie stick and calling over my shoulder, "Hey, look, there's the Statue of Liberty...I mean Haystack Rock!"



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But man is a part of nature,
and his War against nature
is inevitably A war against himself.

-Rachel Carson

PETITION

WE ARE IN THIS TOGETHER!

Due to inaction at the highest levels, military families and their neighboring communities live on contaminated soil and ground water.

The problem has been identified by the Department of Defense. Congress needs to hold the DoD accountable.

Funding for cleanup can provide jobs for civilian unemployed and skills training for military personnel, providing a gateway to a post military career.

Inspired by the CCC during the Great Depression, when active-duty Army general officers supervised conservation training for the jobless,
we can clean up this mess.

To learn more:
<https://projects.propublica.org/bombs/>

To learn more about a petition:
CONTACT: nahcotta2@aol.com,
Fritzi Cohen, Moby Dick

This message sponsored by
**Moby Dick Hotel
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Whole PLANET Health

By Margaret Hammitt-McDonald

Can Difficult Customer Behavior Make You Sick?

IN MY EARLY 20S, I made chainmail jewelry for a Renaissance fair vendor. During chainmail-making demonstrations, my vivacious coworker had a gift for diverting folks who used me as a captive audience for everything from sharing their "expertise" on chainmail (gained from watching an hour-long TV program) to ranting about contemporary politics. Only years later did I begin to wonder how exhausted she felt when she got home.

My search for articles on the health effects of interacting with "difficult" people only yielded information to help the worker understand and defuse unpleasant interactions. While this is helpful to know, this focus on the customer tends to render the worker invisible.

The service sector used to be called "pink-collar work" because the majority of employees identified as women. The work itself is also gendered as female. Hospitality workers are instructed to "take care of" a customer as if it were yet another caregiving role. Why are these over-stressed, underappreciated workers paid so little, given so few benefits, and are so easily fired and replaced? Caring is labeled "natural" for women, so why should they get paid for it? This naturalization, or domestication, of service work also extends to the worker's ideal attitude. Not only are service workers expected to pick up after and rush to assist customers, but they must do it with a smile.

We need to abolish the outdated notion that the customer is always right, which gives them a free pass to indulge in entitled behavior. I laughed when a patient told me that sometimes customers at the hotel where she works demand refunds because they got "rained out" on a November weekend. But seriously, isn't it incumbent on the customer to research the location where they're going on vacation and, if they don't like rain, avoid coming during rainy season? It's ironic that these customers attributed power over cosmic forces—weather and climate—to an employee who had little real power in the workplace.

This assumption that service workers exist to fulfill their customers' every whim—and to do it with an unflaggingly chipper attitude—creates a workplace culture of simmering resentment. Add

other responsibilities, like child- and elder care, and you have the recipe for heart attacks, autoimmune disease, adrenal insufficiency, and all the other ailments traceable to high-stress environments. And when it's the employee's turn to be a customer, it's possible that all this low-grade irritation will burst forth as an angry episode and perpetuate the cycle.

It's time to reform service work so that the dignity of the worker receives the same attention as the privileges of the customer. Whether the other person is a waitress delivering a meal to a table in a crowded restaurant or a parent picking up dirty socks for the 12,000th time, when we're in a position to receive service from someone, we need to remind ourselves that this is a reciprocal interaction, not a contemporary reenactment of feudalism. And we need to do this not just through reforming our personal interactions. Lasting change must take place at the level of policy...like a minimum wage people can live on.

Renaissance fair patrons came for a variety of reasons: to be immersed in a reenactment, to interact with quirky characters, and to observe old-time crafts like blacksmithing or a quasi-real joust, but for some, nostalgia for bygone days included the supposedly glamorous monarchy. Yet oligarchy isn't charming for peasants. Instead, it probably made them as stressed and prone to illness as the "Royal Customer" is to those who wait on them.



Li Chen exocomics.com

FOOD GROOVE

THE LAST BIG BLOW rendered every tree in the yard, save the Redwood, naked as a Jay Bird. Autumn's a fond memory and any sunshine from here out is a windfall (stir metaphors until thoroughly mixed). I tend to greet the onset of a new season with an enthusiasm that can only be dampened by actual water. Lots of water, inches and inches of it over months and months. Washes the shine right off after a while.

The pandemic, reveling in last year's stunning success, has oozed into 2021 like a sneaker wave looking to suck up anyone caught with their mask down. Covid 19 continues to insist that the term 'shut-in' has been completely modernized and now applies to everyone. Going out to eat has become, at best, cumbersome and, at worst, death defying. I'm guessing that, like me, you've been cooking for a while now. I don't know about you but, I'm half past ready for a break.

A for-real day off requires a plan. Sure, you can opt for the spur-of-the-moment approach; it's way more adventurous and romantic. It's also fraught with peril. The way the world works is pretty much like a two year old or a cat on the other side of the bathroom door while you're trying to have a personal moment. It seeks to gain access. Insistently. Relentlessly. If you do not devise a way to keep it at bay, it will make its way in and take over like a bossy relative who knows exactly what you should be doing. And relaxing isn't it.

THE PLAN

Make a big pot of soup (to your right).

Pick a day.

Turn off the phone (this is key).

Use your computer ONLY for watching a movie or listening to a recorded book.

Be defiantly good for nothing for the rest of the day.

Soup simmering on the back burner is the ultimate day off embellishment. Bonus: It imbues my home with a comforting aroma so alluring, so steamy, I fail to notice that the windows need washing. Soup is a palette inviting the artist to come forth. It is a mighty weapon against the blues and the blahs. Soup is an easy manifestation of the perfection all around us despite any evidence to the contrary. Here's a delicious recipe I found in a magazine at a laundromat some 20 years ago while killing time between wash and dry.

ACTION ITEM

Put the soup on to warm.

Toss a baguette in the oven.

Baptize some greens with a splash of vinaigrette.

Take some cheese out to warm.

Pour a glass of whatever.

Have lunch. On the sofa.

In your pajamas.

That's my plan.

You're on your own.



CHW ON THIS!

by Merianne Myers



THE PERFECTION ALL AROUND US PUMPKIN PEAR SOUP

This makes a lot of soup, which you can freeze for later. Or leave a jar of it on a friend's doorstep. Or halve the recipe and eat the whole thing yourself.

- 1 cup chopped onion
- 4 teaspoons grated fresh ginger
- 2 Tablespoons butter
- 6 pears, peeled, cored and sliced
- 2 15 oz. cans of pumpkin (not pie filling, just pumpkin)
- 3 cups vegetable broth
- 2 cups milk
- Salt and Pepper

Sauté onion and ginger in butter until softened. Add pears and sauté another minute or two. Add pumpkin and broth. Bring to a boil, reduce heat and simmer, covered until pears are tender - maybe 10 minutes +/- . Blend or process until smooth. Return to the pan, stir in milk and heat through. Season with salt and pepper to taste.

This soup is delicious beyond imagining just as it is. However, these kinds of soups shine even brighter if you bejewel them with a tiny bit of fat. A pat of compound butter, a dollop of creme fraiche or even a dot of mascarpone would do it. Better yet:

- Lime Sour Cream
- 1/2 cup sour cream
- 1 teaspoon finely minced lime zest
- 2 Tablespoons lime juice

Mix everything together and let it sit in the fridge while you make the soup. Downright tasty on tacos, chili, rice and beans and a whole bunch of other stuff.

BODY/SPIRIT

LOVE YOUR COLUMBIA COMMUNITY

The health of the river is the health of you

Columbia Riverkeeper announces its 2021 virtual series featuring incredible environmental lawyers, community organizers, scientists, and partners who work every day to protect the Columbia. Attend the "Love Your Columbia Community" events to get inspired to fight for clean water and our climate.

Love Your Columbia 2021 Programming:

• **Homebodies and Waterbodies: Learn about the harmful chemicals potentially lurking in your home and what you can do to reduce them: February 24, 2021, 12pm**

We're all spending a lot of time at home to stay safe during the pandemic, but some of the chemicals found in our homes and everyday products are harmful to our health and the environment. Join Columbia Riverkeeper and Dr. Arlene Blum, Executive Director with the Green Science Policy Institute, to learn about the harmful chemicals found in household items, how they end up in the river, their impacts, and what you can do.

Follow Columbia River Keeper on social media for critical activism opportunities, breaking news, and ways to learn about the Columbia River (Facebook, Twitter, Instagram).

See columbiariverkeeper.org to screen video productions.



Arlene Burns, mayor of the City of Mosier, OR! She recalls the catastrophe of an oil-train derailment and explosion that thrust her and the small town of Mosier into the national spotlight, and what helped activists rally to defeat a proposal to build the nation's largest oil-by-rail terminal along the Columbia. Part 5 of Columbia River Keeper HEROES Series.

Clatsop County Master Gardeners High School Senior Scholarships

The Clatsop County Master Gardener Association (CCMGA) is now seeking applicants for its annual scholarship program.

Awards up to \$1,000 will be granted to one or more high school seniors who reside in Clatsop County and whose further education—at college, university, vocational school, or training program—will help them develop skills that contribute to the advancement of sound gardening practices while leading to an advanced degree, license, or certification.

The CCMGA scholarship program is open to all high school students from the county, including those who are home-schooled as well as those attending public or private high schools. Awards are made based on a student's academic standing and interest in horticulture or a related field.

Applicants must submit a completed application and essay, along with high school transcripts and two letters of recommendation, and may undergo an interview with members of the CCMGA Scholarship Committee. Applications must be postmarked by Friday, April 23, 2021.

Applications can be obtained by contacting high school counselors' offices, downloaded along with instructions at www.clatsopmastergardeners.org/CCMGA-Scholarship, requested via email at lindabrim@gmail.com, or phone (503) 325-0916.

Tune in to FOOD TALK, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins. First and Third Mondays of every month, 9:30 to 10am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org

Alder Creek Farm Community Garden Registration Begins Soon



Nehalem, Oregon, January 13, 2021 – Spring is just around the corner and it is time to start thinking about the garden season. If you have ever wanted to learn to grow more of your own food, this is your opportunity! Registration opens February 1, 2021 on a first come, first serve basis, at our website: <https://www.nehalemtrust.org/alder-creek-farm/community-garden/>. Scholarships are available to cover the \$50 registration fee by those demonstrating need.

The Alder Creek Farm Community Garden, a program of the Lower Nehalem Community Trust (LNCT) is operated cooperatively by the 40+ members who grow, learn and share together as a team. Garden members commit to working a minimum of three hours a week; harvested food is first shared with members and then shared with the North County Food Bank and Food Pantry.

This year marks the sixteenth season of the garden operations at the farm. Because agriculture is deemed an essential activity and ACF plays an important role in food security for our area it is allowed to operate under the State of Oregon's COVID 19 regulations. ACF adheres to strict protocols to assure

safe operations, by wearing masks, practice social distancing, sanitizing surfaces and work mostly outside where there is good airflow. While we long for the days when we can all gather together as a team in close proximity, ACF has adjusted its programming to establish garden schedules that reduce the size of gatherings. This year they'll be splitting groups into work sessions on Tuesdays and Saturdays. And, for returning garden members there are even more isolated timeslots available on request.

LNCT is a nonprofit organization with a mission to preserve land and nurture conservation values in partnership with an engaged community in the Nehalem region of the Oregon coast. In 2005 LNCT established a community garden to offer the North Tillamook County community the ability to grow healthy, affordable food using practices that are resource efficient and appropriate to our regional economy and ecology. Only organic processes are utilized to reinforce our connection to nature.

For further information, please contact the LNCT office at (503) 368-3203, or visit our website at: <https://www.nehalemtrust.org>.

OSU Food Drive through February 22

FEBRUARY KICKS OFF a month long OSU Food Drive for Clatsop County. While the office doors are locked, there are totes placed outside the back doors of the Extension Office/Seafood Lab entrance at 2001 Marine Drive, Astoria. You will go to the back parking lot, walk through the corridor to the double doors. There will be 2 totes outside and you can drop off your items there. The items will go to the Warrenton Food Bank to be distributed within Clatsop County. Items that are most wanted are: soup, chili, macaroni and cheese, cereal, peanut butter, tuna, canned fruit, canned vegetables, pasta and pasta sauce. Sorry, glass containers, perishable or homemade items are not accepted. Donations will be accepted until Feb 22. If you have questions, contact sandra.carlson@oregonstate.edu. 503-325-8573.

OSU Office, 2001 Marine Dr. in Astoria

Fort George Delivers Stout Month Online & Outdoors

AS STOUT MONTH (AKA February) rolls in like a king tide, Astoria would typically be bracing for, and embracing, a steady wave of travelers to the coast. With popular events like FisherPoets Gathering and Festival of Dark Arts, February has become one of the busiest times of year for this hard-working coastal town. But these are not typical times.

However, nothing will stop Fort George Stout Month! And for the very first time, you'll be able to reserve Matryoshka variation bottles online, with direct shipping to Washington & Oregon homes. Or make the trip to Fort George. There'll be a separate and safe location in the Lovell Brewery for Stout Month pre-order pick-ups, and you might be able to enjoy a taste or two from the Lovell Taproom, open for the first time in almost a year.

You can also visit Fort George anytime during February and find a tap list full of 2021 Matryoshka variations, cellared stouts, and a few one-offs brewed just for Stout Month. There will be Stout Month merch available at the pub and online, including t-shirts, hoodies, and hats all with the 2021 Stout Month logo, and limited gold Matryoshka glassware..

But it's the barrel aged bottles that are the focal point of Stout Month this year. And with NINE! new varieties arriving in February, you'll want to focus on the following release dates.

February 1st to February 12th - Matryoshka Variations

Starting Monday, February 8th, online Matryoshka sales will be open to the general public, once again with options for pick-up (starting Saturday, February 13th) or shipping to WA and OR addresses. Remaining Matryoshka bottles will be available at the pub starting February 13th.

"We used a mix of Madagascar, Tahitian, Papua New Guinea, and Ugandan vanilla beans for the whiskey & bourbon variations," explains Fort George Barrel Master, Dave Coyne. "Some are fruitier, some are sweeter, and combined they give a very rounded vanilla profile. We stacked cocoa nibs,

cinnamon, and finally raspberries on top of the vanilla. The cinnamon is a combination of Saigon, which has that typical 'Big Red' flavor, and Ceylon, with more mild and floral notes."

Most of this year's Matryoshka aged in either Westward Whiskey or Buffalo Trace Bourbon barrels, which were then blended. A much smaller portion was put into Jamaican rum barrels. Here is the full list of 2021 Matryoshka variations available:

February 20th - Arbor Knot

This Imperial Stout was aged in Dry Fly Whiskey barrels and then conditioned on hundreds of pounds of hazelnuts. And at 14.6% ABV, it's definitely a big knot. These bottles are limited and will be available at the pub and online.

February 22th to February 28th - Matryoshka Vertical Week

Fort George will feature multiple variations of the Matryoshka series on tap, dating back to the first batches from 2017. Come get a taster tray of these rare stouts. You might even see a few cellared bottles available at the pub.

For up-to-date information and tap lists, be sure to check the webpage. At this time, customers may enjoy their food & beverages in the courtyard around the fire pit. Covered areas are available. Indoor seating and service will resume, as restrictions allow. Enjoy Stout Month, everyone!

FortGeorgeBrewery.com

Nine Barrel Aged Bottle Releases in February + Limited Cellared Bottles



BUOY BEER COMPANY RELEASES IT'S 2021 BEER CALENDAR

of seasonal and specialty beers. Baltic Porter will be followed by Another IPA in the Spring, Kolsch in July-September, and Strong Gale October-December. These beers will be available in draft and in 16oz cans, switching from the bottles used in prior years. In 6-pack 12oz cans, Dunkel Lager is available now and will be followed by Helles Lager March-June, Pale Ale July-October, and Dunkel Lager November-December. Specialty packaged beers will include Love, Lost At Sea 2021 released in February, the second rendition of the Buoy Foeder series, and Decapitator Doppelbock in November.

Baltic Porter has a lot of variety within the single style. Historically, kegs of Baltic Porter traveled between England and Russia as a trade good and variety grew as the style was adopted. This resulted in different adaptations along the trade route in the Baltic Sea, from top-fermented porters in Scandinavia to Slavic countries that produce bottom-fermented porters that are akin to bocks. Buoy Baltic Porter follows the Slavic traditions by bottom-fermenting with their house lager yeast.

Another IPA will brighten this Spring with a wallop of Strata, El Dorado, and Comet hops with a tropical, citrusy, and dank flavor profile. **Buoy Kolsch** weaves the strict Reinheitsgebot rules with touches of the Pacific Northwest, with spicy, floral aromas and a sturdy bitterness. **Strong Gale** will make its sixth rotation around the sun, hopped with a trio of hops that will be determined closer to brew day.

Love, Lost At Sea 2021 will return for the fourth rendition of Buoy's barrel-aged barleywine in February. The second batch of the Buoy Foeder series will be released this calendar year based on the spontaneity of the Brett yeasts strains and part of the batch will be infused with stonefruit. Decapitator Doppelbock will be released in November.



BARREL AGED BLACK IS BEAUTIFUL a coastal collaboration

THIS Imperial Coffee Stout collaboration hosted by Weathered Souls Brewing helped raise awareness about racial injustice in this country, and raised funds for organizations that support the Black community. **Fort George** and **Buoy Beer** took a portion of the batch brewed last year and aged it in local whiskey barrels from **Adrift Distillery** and **Pilot House Distilling**, then conditioned it on more freshly roasted coffee beans from **Columbia River Coffee Roasters**, right before bottling. Bottles can be purchased at the pub or the online store with delivery to WA & OR residences. 100% of the proceeds from this beer will go to **Black Resilience Fund of Portland**.





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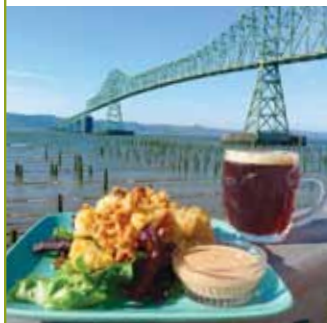


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