

Beachniks dig the swinging beat

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mind and artistic expression reigned.

And it's the atmosphere that the Tolovana Arts Colony sought to recreate at its first-ever "Beachnik Café," held in the Cannon Beach Gallery the night of Feb. 14. Several dozen local Beat writers, readers and devotees, including Christianson, gathered to delight in all things Beat — a post-WWII counter-cultural movement that eschewed conformity and "the establishment" while reveling in creativity and the human condition.

With lights dimmed; candles lit; guests quaffing coffee, beer and wine; paintings encircling the podium; an emcee tapping the tumba; and jazz pulsing softly beneath the performances, the bohemian spirit of the Beats felt alive and well and right at home in the sophisticated setting.

Voices rising

One by one, people read. They shared their own poems and stories and recited the work of authors whose writing cheered them, excited them and touched them.

Some selections — like Ginsberg's poem, "America," read by Tracy Abel, and Lawrence Ferlinghetti's "I Am Waiting," read by Mark Mizell — fell neatly into the Beat genre. Others — like what Peter Lindsey called a "piece of doggerel" by a Reed College professor about his unapologetic love of tobacco — rather defied classification.

Lisa Kerr, the program coordinator of the arts colony who organized the Beachnik Café, read her poem, *Habana*, recently published in the fall issue of *Agave*, a literary and art magazine. Her daughter, Ariel Kerr, inspired the biggest laughs of the evening with her deadpan reading of poems by Bill Watterson, creator of "Calvin and Hobbes."

Keyaho Rohlf, who has written plays performed at the Astor Street Opry Company, read a stream-of-consciousness-style monologue he composed.



Mark Mizell, right, an English teacher at Seaside High School, talks to Watt Childress, co-owner of Jupiter's Rare & Used Books, moments before the Beachnik Café kicks off at the Cannon Beach Gallery. Allyn Cantor, manager of the White Bird Gallery, mingles in the background.



A hearty crowd attended the inaugural Beachnik Café, held at the Cannon Beach Gallery on Valentine's Day. It represented the culmination of a two-part Beat Poets workshop presented by the Tolovana Arts Colony.

Jeanie McLaughlin read three original poems: a haiku called *Impressions*, written when she was pregnant with her one "blood son"; a free-verse piece called *Ode to Beach Log*; and a third about meeting a family that taught her the meaning of "mi casa es su casa."

In honor of Valentine's Day, Vinny Ferrau read a poem he wrote at age 19 upon falling in love with the woman who later became, and still is, his wife. And Jennifer Childress, whose husband, Watt Childress, emceed the event, read a passage from David James Duncan's novel *The River Why*: (L)ove really

is like poison oak: it's highly contagious. Scratch it, it gets worse. Touch other people with it, they catch it, too."

Then there was "The Red Snapper" (aka Frank Milan, a Portland pianist).

Dressed for the occasion in a scarf, black turtleneck and red-rimmed sunglasses, his wavy gray hair pushing out from beneath a tilted green beret, the Snapper read from his recently self-published anthology, *Beat Poetry from the 1980s*. True to his name, he snapped his fingers to the rhythm of Kerouac's free verse, his lyrical delivery suggesting that Kerouac had written the hippest of hip-hop.

What is Beat?

Though the Beachnik Café was open to everyone, it was also a reward for the roughly 10 folks who had attended the arts colony's two-part Beat Poets workshop held at Tolovana Hall that Friday and Saturday.

Taught by Mizell, an English teacher at Seaside High School, the workshop covered the usual household names, as well as the underappreciated women writers of the Beat movement, including the still-living Diane di Prima. A conversation ensued about whether the Beats



Mark Mizell, an English teacher at Seaside High School, reads Lawrence Ferlinghetti's poem "I Am Waiting" at the Beachnik Café. Mizell taught the two-part Beat Poets workshop at the Tolovana Arts Colony.



Wearing a headlamp to help him read in the dimness, Peter Lindsey, a Cannon Beach resident, recites his own work and others' work during the Beachnik Café. He was the first of many readers that evening.

had marginalized women, consigning them to the groupie or cheerleaders roles. At the time, "they didn't get much play," Kerr said.

The workshop also touched on the role drugs played in the movement, she said, producing questions like: Were drugs necessary for the Beats? Were they a catalyst for creativity? Could the Beats have "loosened up" without them? Would the Beats have been the same artistic and intellectual forces without marijuana, peyote and LSD?

But there remains an underlying question, one that

is perhaps unanswerable: What, finally, is "Beat"?

When Steve Allen, on his show, posed the question to Kerouac, the writer responded: "Sympathetic." Childress posed the same question at the Beachnik Café.

Beat is so much larger than a subculture, fashion statement or literary style. As with anything humans affix a label to, naming the Beat movement somehow narrows the movement, "deprives it of something," Childress said.

"It's so big and so difficult to define," he said. "But it means something compelling, because we're all here."

Fifth annual yoga festival set to begin

Three-day event offers instruction for all skill levels

Yoga practitioners of all ages and skill levels will converge on the coast for the fifth annual Cannon Beach Yoga Festival March 6 through 8.

Over three days, participants can choose from 10 hours of yoga, meditation workshops and other programs presented by world-renowned instructors at different spots throughout town.

"With its inspiring natural surroundings, Cannon Beach is the perfect location for a wellness weekend getaway, and I'm very excited about this year's program," said Christen Allsop, the festival director and owner of Cannon Beach Yoga Arts.

For the fifth consecutive year, the yoga festival received funding from the city's Tourism and Arts Commission as seed money to organize the event. This year, the grant was for \$36,000. Organizations receiving tourism and arts grants must show that their events bring visitors to Cannon Beach from more than 50 miles away and that the event involves the arts.

Allsop estimated that the festival will draw 150 to 175 participants, including teachers and assistants. The number is about the same as last year.

Instructors will include:

- Simon Chokoisky, a teacher at Ayurvedic Institute in New Mexico and au-



Sarahjoy Marsh teaches a class at the 2013 Cannon Beach Yoga Festival in the Cannon Beach Chamber Hall. Marsh will be one of several instructors at this year's festival.

thor of *The 5 Dharma Types: Vedic Wisdom for Discovering Your Purpose & Destiny*

- Julie Gudmestad, a certified Iyengar yoga teacher and physical therapist, director of Gudmestad Yoga Studio in Portland and columnist for *Yoga Journal*

- Sarahjoy Marsh, a yoga teacher, therapist and founder of DAYA Foundation, a nonprofit yoga center in Portland

- Brad Waites, one of a few to be certified at the 2,000-hour level by the College of Purna Yoga, and who is currently a member of the college faculty

The line-up also includes Dave Stringer, a practitioner of the new Kirtan (call and response chant) movement. Stringer has recorded six CDs and lent his voice to the soundtracks of the film,

The Matrix Revolutions and the video game, *Myst*.

Flexible festival

Full festival passes are \$375 and include the choice of 10 hours of main track workshops, morning meditation on Saturday and Sunday, Saturday night Kirtan and opening and closing ceremonies.

Additional optional workshops and lectures also are available throughout the weekend. Partial festival passes are priced between \$20 and \$125. Saturday-only passes are \$210, and Sunday-only passes are \$190.

"There's a ton of flexibility built into (the festival)," Allsop said. "It's depends on how involved they want to be."

A portion of the festival proceeds supports the preservation efforts of Cannon

Beach's nonprofit environmental education organization, Friends of Haystack Rock.

Several Cannon Beach hotels and resorts are offering lodging specials and spa packages for the festival, including Cannon Beach Vacation Rentals, Hallmark Resort & Spa, Inn at Cannon Beach, Land's End at Cannon Beach, Sea Ranch Resort, Sea Sprite Guest Lodgings, Surfsand Resort, The Ocean Lodge, Tolovana Inn and Vacasa Rentals of Cannon Beach.

Local shops, restaurants and wellness businesses will also offer specials during the weekend.

For a full schedule of events, instructors, lodging packages or to purchase tickets, visit www.CannonBeachYogaFestival.com, or call Allsop at 503-440-1649.

It's time to Savor Cannon Beach

Enjoy four days of wine tastings, culinary events and a wine walk featuring dozens of Pacific Northwest wineries during the Savor Cannon Beach Wine and Culinary Festival, March 12 through 15.

The community-wide event kicks off with the Thursday Night Throwdown, where participants taste 12 select wines including two of each varietal, one from Oregon and one from Washington, then vote on their favorite to determine which state reigns supreme.

Other events include the Battle of the Blends, featuring four red and four white wine blends from the Northwest.

Saturday, March 14, is the Savor Cannon Beach Wine Walk, featuring approximately 40 Northwest wineries pouring tastings at Cannon Beach art galleries, restaurants and retail shops, all within easy walking distance. Proceeds will benefit

the Cannon Beach Preschool and Children's Center.

Other festival wine tasting events offer educational opportunities to test participants' knowledge — and palate — in blind tastings.

Local shops and galleries also host their own events over the weekend.

This year, as in past years, Savor Cannon Beach received a \$32,000 grant from the city's Tourism and Arts Commission to help organize the event. Nonprofit groups receiving the funds must prove that the event will attract participants from at least 50 miles away and that the arts will be involved.

Festival passes, at \$149, are good for all six wine tasting events, including the Wine Walk. Individual event tickets are also available for \$35 each per event.

To purchase event tickets and find more information, visit www.savorcannonbeach.com.



Barbara Johnson, left, of Eugene, tries a white wine from Forest Edge Vineyard, based in Oregon City during the Savor Cannon Beach event last year. Jay Wallinder, right, is co-owner of the vineyard.