From Karl Blau, AMP Progenitor  
March 2022

Dear Show Chime Readers,

Living in the metropolis of Philadelphia, far away from Anacortes for three years now, I’ve spent time thinking about how this little town of Anacortes has had such a huge impact on my life as a musician-artist. How close it is to being a perfect place for a touring musician to come home to – but what is missing?

I called Anacortes my home for over 20 years on and off since 1995. Among what made it so special for me was the mentoring I received over the years from older, seasoned touring musicians and the (ever revolving but always core) musicians that chose to make Anacortes home.

The thing that makes it hard as an artist is the lack of structure to receive support – which I’m happy to report is changing. There are advances through the music industry as a whole and locally in Anacortes with the the ever-focusing vision of Anacortes Music Project. It feels like we are on a real precipice of change in how we honor art and music. If the pandemic taught us anything didn’t it teach us that we must cherish what brings us joy and connection?

The national and world entertainment industry is enormous, the opportunities nearly limitless. The connection a songwriter can have with the larger picture through the internet can make living in a remote, seaside village possible. Wouldn’t it be amazing if our children could choose a life in music (or any field) and come back after their post high school studies to live in the town they grew up in?

I’m happy to share this deep connection with Anacortes. Often, I envision myself continuing the cycle of mentorship and acknowledgment on the island I so love, and which loves me right back. The AMP vision of holding space for real acknowledgment and support makes that dream feel closer than ever. It’s a great time to take stock of what is alive and brings joy. But don’t forget that after you put your finger on that, shift into that supportive role you know you can assume and give it all you can. If you think Anacortes has brought such incredible talent to the surface in the past, I think we haven’t seen anything yet.

love yours!

Karl Blau

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AMP
Meet the 2022 Rock the Island Winners

by Kayla Strandberg and Rowan Tull
Images courtesy of AHS Broadcast Club.

Another year, another fantastically fun “Battle of the Bands”. Rock the Island came roaring back this past January with five bands giving it their all in a two-hour-long spectacle performed at Brodniak Hall and streamed live on the AHS YouTube page. Around 200 people viewed the competition in-person with nearly 800 more watching via livestream. By the end of the night, two bands ended up winning: Metanoia and Shame. While Shame was ultimately deemed the winner thanks to an overtime audience vote, both bands proved their worth with unique styles, great vocals, and an overall sense of professionalism. We interviewed band members from both groups to get some insight into why they started their bands, what inspirations they had, as well as where they see their bands going in the future.

Shame

When and why did you start your band?
We started the band around a month before Rock the Island, so sort of on a whim. We all wanted to play in it so we made the executive decision to start a band and write some music.

What artists inspire your music?
There was no direct influence from any one band or performer. We kind of just made our own stuff up. We were all, of course, subconsciously influenced by artists we listen to, but we didn’t derive our ‘sound’ from any specific band or artist. For one of our songs in particular (Apex Predator), we drew a lot of inspiration from poetry.

Who’s the best role model for a musician and why?
The best role model for a musician is yourself. You can get a lot of inspiration from other people, but you are the only one that can create and share your own unique sound, which is all that counts. There is something to be learned from every type of musician, whether or not you enjoy their music or their style.

What’s your favorite memory from Rock the Island?
We enjoyed the whole show! Playing on stage was awesome, but we also loved listening to every artist. People reaching out with praise and compliments really meant a lot to us.

What’s the future of your band?
The future of Shame is yet to be determined. But we really want to start recording some songs and writing more music. Our schedules are busy, but we will most definitely be playing together again.

Metanoia

When did you start your band?
We started Metanoia around June of 2021. At first it was just Kellen and Kenny, and we were gonna be a Led Zeppelin cover band, but we started writing stuff after we got Hailey to sing for us. And then Henry joined, which made us so much better.

What artists inspire your music?
The way we write our music is an all-team effort. Hailey tends to write a lot of the lyrics, Kenny writes the dope riffs, Kellen and Henry make the best outline of the song, they create the beat, the tempo, then Kellen writes the format of the song. Artists that help us create these songs have a lot to do with either pop genre, rock, or alternative rock. So artists like Queen, the driver era, Weezer, Coldplay. We band have a lot of inspirations, but we find ways to create our own little spice/inspiration for our music.

Who’s the best role model for a musician and why?
The best role model for a musician can be anything. Do what you want, there are no rules. Listen to your own personal taste and try new things.

What’s your favorite memory from Rock the Island?
The best memory from Rock the Island had to be the fact that it was the first time performing as a whole band. I remember being so nervous, but then as soon as the lights turned on and we all started playing, it was just us living in the moment.

What’s the future of your band?
The future of our band has a lot of potential. We work great together and create memories. I can see this band getting to a successful and fun place in the future. We may not become the next most famous band, but it sure is a dream.
I’m always surprised when someone doesn’t know about Ever Ending Kicks. I was surprised when I didn’t know about Ever Ending Kicks. Come to learn that he has been involved in the Anacortes music scene for over a decade. For those of you who don’t know, Ever Ending Kicks is the solo project of Paul Frunzi. Paul, like a lot of local artists, has been creating in relative obscurity for years. Within the local scene he is well known, but as he isn’t a regular performer in town; only a sliver of the public is aware of his music. His new album, Small, might just change that.

Paul Frunzi, the man behind the music, was born in Arkansas. Paul began recording his own music when he was fifteen on an eight channel recording mixer. Soon after, Paul started throwing house shows in his basement with his roommate Nich Wilbur. Word got around. The shows were good. Then a buddy of Paul mentioned he was moving to Washington. He talked about a guy named Karl who he was a fan of. This guy Karl made music in Anacortes, some little town on an island in the San Juans. Apparently, there was a spot in Anacortes called The Department of Safety where artists could stay, play, and create. They applied for a residency, packed up their gear, and hit the freeway in Paul’s Oldsmobile Cutlass.

Oldsmobiles weren’t built to tow U-hauls though, and they were forced to trade it in for an SUV. The SUV couldn’t pull the U-Haul either, so the trailer was left somewhere in Oregon, to be retrieved on a later date. Finally arriving at the Department of Safety, the duo cleared out a space amongst the clutter of other artists and settled in. All Paul could think about was recording music. Since then Paul and Nich have been recording together. Paul trading manual labor for time in the studio.

I met Paul Frunzi on a sweltering August day in a warehouse on the outskirts of town. I was sweating, packing vinyl records in brown cardboard boxes, aiming to impress at a new job. We were introduced as fellow musicians. His boyish charm and exuberant energy was instantly likable. Naturally, I immediately dived into his discography. Five albums, each exploring a new soundscape of experimental pop. The instrumentals are simple but striking, the vocals soft, the lyrics honest.

The latest albums, especially Music World, explore something Paul calls “synthetic and almost jokey computer sounds.” What Ever Ending Kicks does is very different from anything I had heard before. But also I couldn’t shake the feeling that it was reminiscent of something.

In talking to Paul about this, he said he has picked up something from local artists he has looked up to and played with. “I guess you could say there is a sort of ‘beginner’s mind’ or ‘persistent novice’ vibe to them. Doing more with less. There’s a type of dignity in using music simply to convey ideas that seem worth expressing and I remain hooked on that.”

If there ever was an Anacortes sound, or perhaps musical tradition, it would be the singer/songwriter with limited instrumentation, be it guitar, piano or a drum set. This is what Paul is trying to recapture with this new album, “I wanted to embrace guitar again...using real instruments and sort of relaxing into mine and Nich’s instincts was the biggest shaper of the sound.”

Small intersperses acoustic guitar and piano with string interludes. Playing with recurring melodic/rhythmic motifs, contributing to the sound Paul jokingly calls “dramatic.” The album was Paul’s way of dealing with a breakup in 2016. “I got dumped for a friend in my first real relationship at the age of 28.” Paul said, “I ended up with this pent-up inferiority and defensive aggression about it…So I let it rear its head in song form so that I had a safe place to deal with it and alleviate it.” Some of the songs are understated and quiet, as Paul’s gentle voice tries to find a path forward through feelings of rejection and abandonment. While there are also moments of crashing cymbals, Paul banging on the piano and strumming dissonant guitar chords. As much as the album is about feeling small, it’s a story of “redemptions.” As Paul puts it, “It’s forgiveness, but also it’s just embracing uncertainty.”

Small releases on March 18th on Moone Records.
# Live Music Calendar
## March 2022

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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| **Wednesday, March 2** | Rockfish Grill  
Andre Feriante  
Guitarist  
All Ages |
| **Thursday, March 3**  | The NeXt Show  
Featuring 2022 Rock the Island Winners  
with DJ Todd, KDUG & the AHS Broadcast Club  
youtube.com/user/ahslive  
Brown Lantern  
Open Mic  
Local Talent  
21+ |
| **Friday, March 4**    | McIntyre Hall  
Barber of Seville  
Opera  
All Ages |
| **Saturday, March 5**  | Rockfish Grill  
The Unknowns  
Harmonic Vocals  
All Ages |
| **Sunday, March 6**    | McIntyre Hall  
Barber of Seville  
Opera  
All Ages |
| **Tuesday, March 8**   | Lincoln Theater  
Dervish  
Irish Folk  
All Ages |
| **Wednesday, March 9** | Rockfish Grill  
Dr. Sweers And Ireland Woods  
Multi-mix  
All Ages |
| **Thursday, March 10** | Brown Lantern  
Open Mic  
Local Talent  
21+ |
| **Saturday, March 12** | Rockfish Grill  
Jim Basnight Band  
Rock  
All Ages |
| **Sunday, March 13**   | Baxton’s  
Manieri Second Sunday Jazz  
Scott Lindenmuth Quartet  
Jazz  
All Ages |
| **Thursday, March 17** | Brown Lantern  
Open Mic  
Local Talent  
21+ |
| **Saturday, March 19** | Eagles #249  
Enchantix  
Rock Covers  
21+  
Lincoln Theater  
Eileen Ivers  
Celtic  
All Ages |
| **Thursday, March 24** | Brown Lantern  
Open Mic  
Local Talent  
21+ |
| **Saturday, March 26** | McIntyre Hall  
Skagit Symphony  
From Budapest to Instanbul  
Symphony  
All Ages  
Rockfish Grill  
Children of the Blues  
Psychedelic  
All Ages  
Lincoln Theater  
Good Lovelies  
Folk  
All Ages |
| **Wednesday, March 30** | Brown Lantern  
The Savage Blues Band  
True Blues  
21+ |
| **Thursday, March 31** | Brown Lantern  
Open Mic  
Local Talent  
21+ |
An Interview with March Cover Artist Libby Sullivan

by Laurie Racicot

New to the Anacortes art scene, multi-media artist Libby Sullivan moved here with her family in the fall of 2019, drawn by the forest lands, the public library, the community, and the schools. We saw her vibrant work on display at Pelican Bay Books and reached out to learn more.

What is your medium of choice?

I work primarily with acrylic paint and paper collage materials. I work on small panels because I have limited time and studio space and because I like the accessibility, intimacy, and appeal of small work. As a librarian, I have access to paper in the form of books and magazines that are being recycled or withdrawn and I am able to reuse them and give these materials new life through art. I use the book paper on the panels to create texture and absorbance for the paint. I also use hands and faces from real people in magazines like the “bones” of the figures and paint over them almost entirely except for the eyes. This process makes the work look slightly eerie or awkward and allows for some strangeness to come through, which I like. I try not to plan the paintings too much, do no preliminary sketches, and prefer to work more intuitively, diving in and seeing what happens.

Your artwork seems to tell stories. Where do you draw your inspiration?

I have always loved looking at narrative art, especially if it is playful or mysterious, and find that is what I am drawn to most of the time although I do also like abstraction. I read a lot too, and I think storytelling is an inherent need in human beings. By making figurative work, narrative is automatically built-in, but then I like to submit the figures to mysterious or ambiguous circumstances. I want viewers to ask questions or struggle to find meaning in what is taking place, to be a little uncertain. I try to create open-ended narratives rather than fixed or obvious ones. I love how differently people can interpret my work too, they can see it as funny or disturbing, intriguing or unappealing, and I like to encourage that.

Does music play any part in your creative process?

I listen to music or audiobooks when I’m working on something, it helps me to connect and shape the work. Music definitely can shape the direction a piece will go too, so I have to choose carefully. I haven’t connected much to Anacortes music yet (Pandemic), but I’m hoping to be able to go to more live music this summer!

Tell us about this piece on the cover. What is its story?

This piece is painted over an older one so you can see a lot of texture behind it. The green and flat background pulls out that texture I think, you can clearly see the layered squares and dots of paper. The hand gesture is graceful and from that, I built on the idea that she is holding something that doesn’t have weight but still has a lot of presence. The figure also came out looking a bit uncertain and not sure what she has done here, hence the title. She needs to think a bit more about what to do next, but she might also be sort of proud of her situation at the same time.

You can see more of Libby’s work on her website libbyes.com.

From the Archives:

Cascadia Groove

by Doug Cassidy

The music of Cascadia Groove is tight and upbeat, bringing smiles to their fans’ faces and movement to their feet. The group plays a 50/50 mix of cover material that draws from Michael Jackson, Stevie Wonder, The Average White Band, Herbie Hancock, Jeff Lorber (and many others) as well as original material that is consistent in style and energy. A high energy event of entertaining crossover music can be guaranteed.

Cascadia Groove is a “Cross-Over Groove, Funk/Soul” jazz band. They’ve been playing together since 2010, with the founding members being guitarist Gary Tobin and bassist Paul Sherman. You may remember Paul as the bass player for long running, world-beat group Rivertalk. The current band lineup consists of Gary Tobin on guitar, Paul Sherman on bass, Tracy Jones on vocals and tenor sax, Alex Sheldon on drums, Keith Stone on Sax, and Lance Gibbon on keys.

Cascadia Groove has a couple upcoming shows, March 19 at The Rockfish, in Anacortes and April 9 at Firehouse in Fairhaven, so go check them out and get your Casca-dian Groove on!

AMP is building a growing archive of bands, past and present, from Anacortes. We include information and media for each band. If you’d like to get your band into the archive or suggest a band, please use the link at the top of the archive page: AnacortesMusicProject.org/archive/
Verse/Chorus/Verse

Anyone who has ever gotten lost in the liner notes knows that reading the lyrics of a song can give you a whole new perspective on a band or musician. Here we highlight the words of one song. Each piece of writing featured here has a unique Anacortes connection.

This month we have a lyrics by Anacortes musician and artist Paul Frunzi. This song comes from Small, the new release from Ever Ending Kicks. In Paul’s words:

“I wrote this song as I was about to leave for a trip to visit my family in Arkansas a few years ago. I had experienced my first real rejection from a years-long love relationship and was feeling kind of bitter and ready for a break from Anacortes and all its summery cuteness. When it became clear that I was going to leave in a matter of days, I was invigorated imagining how good it would feel to be gone and I wrote this. It’s kind of a bratty origin story for a song that felt very kind-hearted and transcendent to write.”

Arkansas
by Paul Frunzi

All my problems are clumped together and small in the distance
I’m in Arkansas
It’s a warm morning, August 2017

I’m spending time with my origin kind. Bittersweet familiarity:
Hearts in the right place
and struggling with money
Our signature combo

Last time I was here I was writing songs about being broken and whole
Now I wanna fix
things I was cool with
Long as I’m still elastic

What’s good about me is played out and free on virtually every corner
I unravel and
pick up the thread again
pretty much open

I know I’m special like everyone else. I can feel my own power
Power in each step
Power in forgiveness
at least trudging toward it

New Releases

From Gavon Leo:
Fellow Dreamer
Gavon Leo is a solo artist based out of Anacortes Washington. He takes inspiration from many years and genres of music. Anything from Frank Sinatra to Tyler the Creator. Gavon loves how universal music is and how anyone can move to the groove. Music is Gavon’s passion and wants to be making music for the rest of his life! Gavon will be playing at the Sound Off! music showcase at MoPop on February 26.
Released 2/22/2022

From Ever Ending Kicks:
Small
Trading manual labor for recording time and the expertise of recordist Nicholas Wilbur (Angel Olsen, LAKE), Ever Ending Kicks has produced a new album called Small, out March 18th. These 11 new songs chronicle a faltering emotional path to forgiveness after getting hurt in a drawn-out love triangle situation. Small marks a return to the sparing yet impactful guitar/bass/piano/drum configurations familiar to fans.
Released March 18, 2022
Written and performed by Paul Frunzi with Eli Moore and Marit Schmidt. Recorded, mixed, and mastered at the Unknown by Nicholas Wilbur. Art by Paul Frunzi.

From Karl Blau:
Scream Time / Love & Harm
Sojourning back to Anacortes from Philly to reunite with his NW posse after 2 1/2 years, Karl Blau embarked on a 10 day sonic journey, launching into the “sound” of renowned Unknown Studio analog equipment. The fruiting bodies are a record called Love & Harm on digital and cassette; and Scream Time, the 1st, raw mixes of the album pressed on vinyl.
Released March 4, 2022
Written and perfomed by Karl Blau with Jon Hyde on the pedal steel, Aaron Otheim on electric keyboard and Andrew Dorsett on drums. Anacortes music vets Jacob Navarro, John Seibold and Ben Starner on guitar, harmonica and piano respectively.
Represent!

Here at AMP we have big plans for the future. In addition to the promotion, publication, and distribution of the SHOW CHIME music calendar, AMP is committed to creating events that feature local musicians, developing a scholarship and mentoring program, continuing the development and collection of archives past and present, and shaping exciting visions for the future, such as a physical space for our community’s very own radio station and music space. Your support amplifies the music and musicians of Anacortes.

GO TO ANACORTESMUSICPROJECT.ORG AND CLICK ON THE SPONSORSHIP BUTTON.

Become an Amplifier!

Becoming a monthly donor is easy, you can scan this code with your phone and choose the amount you would like to contribute to AMP each month. Your donation helps us pay our musicians and artists, fund our events and festivals, offer AMP music camps, and move into an amazing new venue space for all to enjoy!

Stay in Anacortes

Coming to Anacortes for a show? Stay the night! Check out the range of options at Anacortes.org/stay

Thank You!

Thank you to our monthly donors: Jessica Redman, Brenda Treadwell, Jenn White, Camie Velin, Lisa Jackson, and Jensen Lovelett! Thank you to our sponsoring businesses: Mugsy at The Red Snapper, Hal and Sheryl at The Brown Lantern, Nick and Carolyn at Bikespot, Mark and Willie at Guemes Island General Store, Clay Christofferson at Farmstrong Brewing Company, Rick Star at Rockfish Bar and Grill, Barrett Community Caring Project, and the good folks at the Anacortes Food Coop. Thank you Manieri board, Chris Terrell, and Keith Eyer at How It Works. Thank you Laurie Racicot for editing and design. This March issue of Show Chime was printed by How it Works and made possible by a grant from the Anacortes Public Library Manieri Endowment. Getting the Show Chime to you each month is a community effort! This issue was written, edited, printed, distributed, and probably read on the traditional lands of Samish, Skagit, Swinomish, and Puget Sound Salish people.

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Call for Band Bios
The AMP archive of Bands, Venues, Shows, Compilations, Events, and Players is just getting started! We are compiling photos, videos, and music, along with details of each artist/band. We need help from the community to build out this amazing resource. If you want to have your band included, just fill out our Archive Questionnaire!

The NeXt Show Returns!

Thursday, March 3, 7:00 PM

After a hiatus is 2021, The NeXt Show will be back and streaming live this month with DJ Todd and KDug. Our guests will be 2022 Rock The Island winning and runner up bands Shame, Metanoia, and Kaisson. RTI MCs Kayla Strandberg and Keily Zuniga will be joining us as co-hosts.

This month we’ll be teaming up with a crew of students from the AHS Broadcast Club to bring you the show in both audio and video.

Watch it live at youtube.com/user/ahslive or listen at anacortesmusicproject.com.

Manieri Second Sunday Jazz Concert
Scott Lindenmuth Quartet
March 13, 2:00 PM at Buxton’s

Join us for an afternoon of live jazz. With influences ranging from Jeff Beck, Jimi Hendrix, Return to Forever, and Pat Metheny, Scott Lindenmuth has carved out a career as a gifted guitarist, performer, and showman over the last 30 years. The Scott Lindenmuth Group adds Andy Roben on keyboard, Dave Pascal on bass, and Paul Miranda on drums. They perform unique arrangements of jazz standards and original music with dynamic group improvisation and spontaneous, creative soloing.

This concert is LIVE and Free for all. Sponsored by the Manieri Endowment/Jazz at the Anacortes Public Library. Proof of vaccination must be presented and all must wear masks while in the building.

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