



Helen Scholtz

*Revitalizing
the
Love of Life*



Richard Brummett

Skye's Story

Skye Burn grew on a small remote island in the northwest of the United States. Her family lived in a log cabin without electricity or running water. The island was culturally and physically isolated from the rest of the world. No one had a telephone or television. Most households had radios, but the Burn family radio ran off the truck battery and was rarely used.

Skye's grandfather was a wandering minstrel. As a child, Skye listened to him play the piano, extemporaneously accompanying shorebirds, waves on the beach and soughing trees. When her grandmother lifted her lilting voice, Skye was raptured into another world. Her father played the guitar and sang Skye to sleep, until he left the island when she was six.

Music seamed the island life. Every family had a copy of the *Fireside Book of Folksongs*, from which they sang around winter hearths and summer beach fires. In the one-room island school, each day began with the children clustered around the piano singing from "the fireside book." Skye was named for first song in the fireside book, the *Skye Boat Song*.

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Revitalizing the Love of Life

Overture: Photographs by Helen Scholtz

1st movement: Separation, beginning the healing journey

Mbude, Juba Marimba Band, from CD *Jubilation*. Produced by Ted Wright and Juba Marimba, 2004. The original song was composed by South African Solomon Linda who died in poverty. His heirs won a lawsuit against Disney Corporation for their unauthorized use of the song for *The Lion King*. (See https://en.wikipedia.org/wiki/Solomon_Linda). Used with permission.

2nd movement: Initiation, voices of care partners

Book of Shadows, Monkey Puzzle Orchestra, from CD titled *ephemera*. Produced by Prehensile Tales, Ltd., 2013. Used with permission.

3rd movement: Return, voices of Pam Kuntz and Richard Scholtz

Y'all Come, Loretta Lynn, from CD *Country Classics*. Produced by Columbia River Entertainment Group, 1997. Used with permission from Loretta Lynn.

4th movement: Homecoming

The Native Land, from CD *Beyond the Borders*. Composed by Mark Minkler; Brandon Vance, fiddle; Mark Minkler, piano, guitar; Ritambhara Tysson, cello; Joel Bernstein, harmonica, concertina; Chuck Deardorf, bass. Produced by Mark Minkler and Brandon Vance. Used with permission.

Finale: Skye sings from the *Fireside Book of Folksongs*, accompanying herself on the piano.

Director and movement, Pam Kuntz
Sound engineer and musician, Richard Scholtz

Voices



Pam Kuntz, dance artist, choreographer. Founder and artistic director of Kuntz and Company, a non-profit dance/theatre company that tells stories of community through the arts. Member of the dance faculty, Western Washington University; founding member, Bellingham Repertory Dance Company. Pam's work has received funding from the National Endowment of the Arts, Washington State Arts Commission, City of Bellingham, and other sources. Recipient of Bellingham Mayor's Arts Award, Artist Trust Fellowship and GAP, Peace Builder Award, and Ken Gass

Community Building Award. *Photograph by Richard Brummett*



Richard Scholtz, professional musician since 1974: performing, teaching, producing events and recording. Along with recording his own music, he has recorded and produced over 30 CDs of other musicians. He has been a community partner in re-imagining Health Care since 2002; has worked on many local projects and presented for the Mayo Clinic, California Health Care Foundation, Institute for Health Care Improvement, British Columbia Ministry of Health and Institute for Patient and Family Centered Care.

He included the language of music in all those sessions. Richard has collaborated with Pam Kuntz since 2009. *Photograph by Keith Daigle*



Helen Scholtz, With a father and grandfather who were photographers, Helen Scholtz grew up experiencing photography as a fundamental language and part of everyday life. Her photography explores the beauty, complexity, and intricacies that envelop us when you pay close attention. Her realistic, abstract and impressionistic images created through intentional camera movement invite the viewer to feel the joy of intimately connecting to what's been there all along.

Photograph by Richard Scholtz

Nancy Moore, EAMP; has a master's degree in acupuncture and Chinese herbal medicine from the New England School of Acupuncture; she is a licensed East Asian medicine practitioner. Works in partnership with each individual to integrate body, mind and spirit through attention to diet, physical activity, posture, breathing, emotional health and lifestyle. A careful combination of acupuncture, Chinese herbs, and hands-on modalities supports this partnership. Integral to her practice is Nancy's longstanding and firm belief in the connectedness of all things.



Wren McLaughlin, PT; Doctor of Physical Therapy, Duke University. Master's degree in human movement and performance, Western Washington University. Certified practitioner through Postural Restoration Institute. Board-certified clinical specialist in women's health, American Board of Physical Therapy Specialties. Incorporates PRI® science with visceral and neural manual techniques and energy medicine. Describes her approach to restoring healthy movement patterns as "holistic, creative, and playful." Numerous published articles address breathing, pain, exercise recovery and joint position sense.



Cheryl Roberts, LMT since 1983; trained at the Brenneke School of Massage; certified in Lymphatic Therapy with Diana Kincaid; continuing studies, Chikly Institute; training in breast health and self-care with Aubrey Lesicki and breast cancer rehabilitation through Klose Training. Cheryl finds Lymphatic Therapy a fascinating study and rewarding technique that can have profound effects on one's health. Many conditions can benefit from lymphatic care, from autoimmune illnesses to cancer recovery and post-surgical rehabilitation. Gentle, non-invasive technique works to enhance and accelerate the healing process.



Lyn Spangler, LMT since 1989; trained at Alive and Well! Institute of Conscious Body Work and Brian Utting School of Massage. Specializes in finding the Why of muscular dysfunction. Uses cutting edge techniques; Neural Reset Therapy (NRT) and Manual Ligament Therapy (MLT), that work with the interface between muscles and the messages sent to and received from the nervous system to bring greater balance to function and rewrite muscle memory. Teaches muscle care to clients to support healing. Connects with people intuitively to access issues in the tissues and uses energy work to anchor in changes. *Photograph by Richard Brummett*



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Skye grew up in a world apart. When she encountered mainland culture, she was inspired by how much there was to learn, and traumatized by aggressive teasing. One day, when Skye was thirteen, three boys followed her home from school, taunted and spat on her. Her island soul went into hiding.

Eventually, Skye learned to navigate mainstream culture. She developed an international reputation for her work in leadership education, arts policy and interreligious dialogue. She became an associate member of the *UNESCO Chair for Comparative Studies of Spiritual Traditions, Their Specific Cultures and Interreligious Dialogue*, which was based at the St. Petersburg Branch of the Russian Institute for Cultural Research. She co-founded and directed The Flow Project, a non-profit organization that did research with artists to identify principles and practices of artistic mastery, which were then incorporated into leadership education and development programs.

Upon retiring, in 2015, Skye was hospitalized four times in seven months for inflammation triggered by the medication she was taking for rheumatoid arthritis. When she emerged from the final hospitalization, Skye and her rheumatologist agreed that she should not continue the conventional course of treatment.

Skye needed to develop an alternative healing strategy.

Today, Skye is symptom free and drug free. This performance shares the story of her remarkable recovery through dance, spoken word and song.



*Skye, age 5 holding doll, with
Mother and two brothers
outside log cabin*

Acknowledgements

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Contributors

Pam Kuntz, director and movement
Richard Scholtz, sound engineer, dulcimer
Helen Scholtz, photography
Julian Smedley, voice teacher
Ian Tschogl, stylist
Duyên Nguyễn, costume maker
Richard Brummett, photography
Vince Foster, interviews

Care Team Partners

Nancy Moore, acupuncture
Cheryl Roberts, lymphatic therapy
Wren McLaughlin, physical therapy
Lyn Spangler, muscle care, energy work
Richard Scholtz, music guru
Naomi Sullivan, rheumatologist
Smarjit Shergill, primary care physician

Family and Friends

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Social Artistry Mentors

Jean Houston
Margaret (Peggy) Rubin
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Skye Burn