



THE VASHON LOOP

Vol. 10, #23

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November 7, 2013

Happy Hour at Open Space! It's a girl thing...



Open Space is pleased as punch to welcome the ladies of Vashon to Happy Hour 2013 on Saturday, November 16th, from 4pm to 7pm.

Back for the third time, Happy Hour is a fantastically fun ladies event.

It includes Vendor Booths for shopping, health & wellness, a day spa area, delightful refreshments, and entertainment! So far, we have handmade soaps from Pink Tractor Farm, custom chocolates from GrendelSweets, Cubby's Custom Pillows, hand-painted silk scarves, Vashon essentials from Island Home Center, lovely linens from

Granny's, fabulous evening wear from Cicada, and more - and vendors are still signing up!

We'll also have a homegrown fashion show, featuring all the clothing a woman could want - all for sale on Vashon. And because everyone likes a little freebie, we are thrilled to feature another Clothing Swap - bring the items you need to let go of, and find something fabulous to take home!

Happy Hour is more than shopping, too - CoreCentric will be there, along with other Vashon trainers and health

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VAA New Works: BillyBoy

By Kat Eggleston

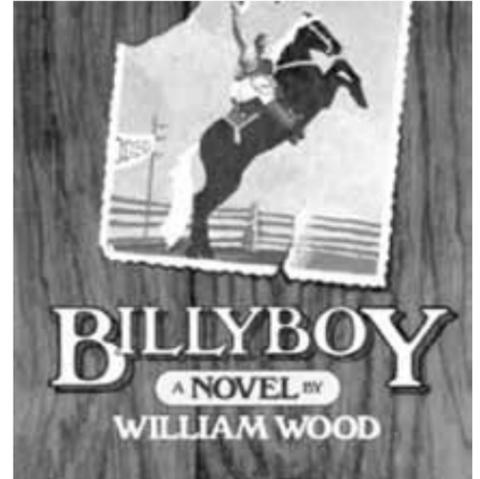
Billyboy, a staged reading of a new play by Islander Bill Wood, is the featured VAA New Works performance in November. The drama, adapted from Wood's novel of the same name, is directed by Charlotte Tiencken, Islander and managing director of Seattle's Book-It Repertory Theatre.

The popular VAA New Works series showcases premier performances of original creations by Vashon artists. A staged reading of a new piece provides the audience with a chance to experience the first showing of a new play that could be fully produced at a later time, while also giving the playwright some feedback.

Writer Bill Wood moved to Vashon in 1995 after a long and distinguished career in L.A. as a screenwriter. In 2005,



Jim Beaver will play the lead character



the New Works series mounted another of his plays, Emily, Emily, about Emily Dickinson.

Traveling from L.A. to play the lead character will be actor, writer and historian Jim Beaver, recognizable from his roles in Deadwood and Supernatural, and as Lawson the gun dealer in Breaking Bad. The cast includes many well-known local performers, including Jeff and Cindy Hoyt, Susan McCabe, Jeanne Dougherty, Marshall Murray, Jon Whalen, Paul Shapiro, Chaim Rosemarin, Michael Barker and Bill West, with music by Luke McQuillin.

Billyboy is beautifully written, and in this setting with this remarkable team of artists, it is certain to be an unforgettable and moving experience.

Friday & Saturday, November 22 & 23, 7:30 pm. Vashon Allied Arts

Tickets: Member \$12/General \$16

The Road to Resilience Transition Vashon

By Terry Sullivan, Transition Vashon

I first became intrigued with the question of absolute necessities for a happy life when I encountered happy, hospitable people living in dirt floor houses in small villages in Venezuela during my stint in the Peace Corps. These may not have been the people considered to be in dire poverty living on \$2 a day; they were probably more in the range of \$5 a day. Their lives seemed to be much better than their income would suggest, and I found that their secret was that most of their needs were met without money. They probably didn't own the land they lived on but nobody was contesting their occupation. They lived in a supportive community. There were some vegetable patches, plenty of chickens about, and other staples like beans and rice were relatively cheap. Often, villages like this adjoining the larger city that I worked in had power as well, but they usually were not official metered customers. I shudder to imagine how somebody climbed a power pole and managed to clamp on to a live power supply line on behalf of the neighborhood. I'm not saying their lives were ideal; there was a lot that they lacked. However, whatever else you might have had to say about these people, you'd have had to admit that they were resourceful.

I'm not proposing that we pirate our

utilities, but I do wonder how some of us in the most technologically advanced nation in the world are struggling to survive on incomes that are 300 times higher than those folks in the so called "third world." What is it that drives our cost of living so high, and do we really need all that we pay for to be happy? There was a time in the 1920's when Henry Ford's employees were making so much money, they had bought everything they needed and were asking for the only thing they couldn't buy: their time. Thus began the art of creating needs and wants where none had heretofore existed. It was such a success that we are now working more than ever, are in debt to our ears, and still can't get all the things we want. Being satisfied with "enough", i.e., giving up buying power for more time, may be your quickest route to real wealth, if you can buck the obstacles our corporate fathers have designed into the system.

Technology plays a big part in anteing up our cost of living. It is usually considered to be merely a tool that we use, but it can be said that it shapes us and the world we live in. Between needs and wants, I would like to create a category of "habitual needs." Take increased mobility. We now have a greatly expanded ability to travel long

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A Place at the Table

The Vashon Maury Community Food Bank to show Participant Media's A Place at the Table on November 19th as part of national "Take Your Place" community campaign.

Why are almost 50 million Americans hungry, and why are more than 23.5 million kids and teenagers overweight or obese (and sometimes hungry, too)? What triggers and connects these trends? What systems and institutions perpetuate food insecurity, and what reforms will ensure that people get the healthy food they need? In an effort to engage Vashon in a conversation about these questions, The Vashon Maury Community Food Bank is inviting Vashonites to take their place in the fight to end hunger and ensure that all children and families have access to healthy, affordable foods.

The Vashon Maury Community Food Bank, in association with Participant Media and Active Voice, and co-sponsored by Island Greentech and the Vashon Theatre, will host a community screening of A Place at the Table at the Vashon Theatre on Tuesday November 19, 2013 at 6pm. The screening is part of Participant Media's "Take Your Place" Social Action Campaign, which uses the acclaimed documentary to inspire community conversations about hunger and obesity and get people involved in

efforts to address this systemic problem.

The critically acclaimed documentary A Place at the Table, directed by Kristi Jacobson and Lori Silverbush, examines the crisis of food security, hunger, obesity and food access. The film will be screened at The Vashon Theatre at 6pm. The screening will be immediately followed by a conversation and discussion.

This screening is an opportunity to learn about the real face of food insecurity beyond the statistics, not just as something "out there", but right here as well. Community discussion to follow with further info about food insecurity on Vashon and a range of positive actions anyone can take to make a difference.

We will talk about our latest plans for addressing hungry children in the next year and let people know how they can get involved.

Tickets will be \$7 suggested donation to try to cover the licensing costs to show this film. No one will be turned down as we would like as much of the community to experience this movie as possible.

More information about the "Take Your Place" campaign at: www.actioncenter.takepart.com/apatt

In Participant Media's A Place at the Table, a Magnolia Pictures release, directors Kristi Jacobson and Lori

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Find the Loop on-line at
www.vashonloop.com

Byron Needs A Home

Please DON'T adopt me . . . if you want just one cat in your life. Unlike some members of my species, I enjoy the company of other felines and would be sad and lonesome if I were an only cat. I've made new friends at the shelter to groom and play with, but my best friend is Cookie. She and I lived in the same home before coming here, and I hope we can keep snuggling together forever.



Besides liking other cats, I'm a big fan of people, too. If you were my person, I'd sit at your feet (I don't jump on laps), patiently waiting to be petted and told what a good boy I am. That would make me a very happy boy, too.

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PANDORA'S BOX

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Next Loop comes out November 21

Compost the Loop

The Loop's soy-based ink is good for composting.

Find the Loop on-line at
www.vashonloop.com

Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Water District 19 Special & Regular Meeting

The Board of Commissioners of Water District 19 have scheduled a Special Meeting on Tuesday, November 12th at 3:00 pm. The purpose of the Special Meeting is for the Board of Commissioners to tour the new pump house building at the Beall pump station site and conduct other business as necessary. Water District 19's next regular board meeting is also scheduled for Tuesday, November 12th, 2013 at 4:30 PM, at the District Office boardroom, 17630 100th Ave SW.

Vashon Drum Circle

Vashon Drum Circle meets Friday, November 8th, 7 PM, at Vashon Intuitive Arts. All ages are welcome to sign and drum with Buffalo Heart, our big community drum. Event is free, donations gratefully accepted. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

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The Vashon Loop

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Harbor School Open House

Harbor School will hold its 2nd Fall Open House on Wednesday, November 13 at 7 PM for interested families and students who want to learn more about the academic curriculum and programs offered to students in grades 4 through 8.

Head of School James Cardo will be on hand to present an overview of the school's curriculum; faculty members will answer questions about their core subjects; Harbor School families will be available to answer questions as well, and current students will offer classroom tours. Refreshments will be provided.

If you are interested in attending the November Open House please RSVP at (206) 567-5955 or email info@harborschool.org. For more information about Harbor School, please visit <http://www.harborschool.org>.

Admission packets will be available at the event. Harbor School encourages interested families who plan on applying for the 2014-15 school year to submit their applications no later than February 28, 2014. Enrollment decisions are made in early March of each year.

Harbor School is an independent school on Vashon Island serving students in Grades 4 through 8. Small class size, academic excellence, meaningful service learning, plus over 30 days of travel study every year, and an integrated arts curriculum make for an exceptional education.

VIPP Holiday Wreath/Swag Sale

Stop by & purchase one or more of Vipp's Holiday Wreaths/Swags starting at \$25.

Each year Vipp's all volunteer crew craft these holiday delights out of fresh fir, cedar, holly & lots of extras which is then topped off with a beautiful bow. They make the perfect hostess gift or will add a warm & festive look to your home.

Vipp will also hold a pet food drive. Items that are particularly needed are:

Integrity clumping litter or World's best litter
Friskies wet cat food
Chicken Soup for the Soul cat dry food
Purina One dry cat food
Wet or dry dog food

Please drop off any donations at the Land Trust Building during the Holiday Wreath Sale. The Land Trust Building
Fri, Nov. 29th 12-4p.m.
Sat. Nov. 30th 10-4p.m.
Sun. Dec. 1st 10-2p.m.

Guest Bartender Night

Guest Bartender Night is The Hardware Store's way of giving back to the community by providing local charities a chance to earn tips for their cause. Ten percent of the drink sales go to the charity and diners can write in a donation on their bill. Each nonprofit brings their own flavor to the evening.

This month's Guest Bartender Night will benefit the Vashon Island Soccer Club. The Vashon Island Soccer Club offers on-island "MOD" soccer programs for Kindergarten thru U-10 as well as an Association League for teams ages U-11 through U-18. No soccer experience is necessary. Emphasis is on learning ball skills, sportsmanship, fun and participation. All leagues have a separate division for boys and girls except Kindergarten.

Stop by Thursday, November 21st, 6-9pm at the Hardware Store.

Guest Bartender Night gives Islanders the chance to give it a shot. Charities can send their Island celebrity to tend bar for a night while the organizations bring in all their supporters to socialize. It is an opportunity to support our island's Do Gooders and have fun too.

Next Edition of The Loop Comes out Thursday, November 21

Deadline for the next edition of *The Loop*
Friday, November 15

Sign up for Health Insurance

A group of Island Volunteers are ready to help you sign up for Health Insurance through the State Health Exchange. We have taken the King County training. We will be at Chautauqua multipurpose room on Saturday November 9th and Saturday November 23rd from 10 - 3pm both days.

You may qualify for free health insurance or get a federal subsidy to pay for your health insurance. Basic Health is ending on December 31st, 2013. You must apply for health insurance through the exchange if you want to stay insured. All of us who are not covered by employer sponsored health insurance or Medicaid, are being asked by the government to sign up for health insurance. So if you are between 19 - 64 come and talk with us on Saturday.

What you need to bring:

- 1) 2012 tax return is most helpful
- 2) names, social security numbers and dates of birth for all household members
- 3) an e-mail address
- 4) you need to be able to estimate your 2013 income.

Important: if you came last weekend and thought you should have qualified for free or subsidized insurance and did not: PLEASE come back. We can make corrections and figure out what happened. Just a check of the wrong box like saying you currently have health insurance will knock you off from getting what is rightly yours. But changes can be made.

Saturday November 9th and November 23rd from 10-3pm at Chautauqua multi-purpose room group sign up (This is being done by the Vashon volunteers)

Wednesday November 6th at Library 4-8pm done By King County

Tuesday November 12th at Library 11-3pm done By King County

We will gladly help you navigate the system and get your application into the state.

Green Party's monthly meeting

Come to the Vashon-Maury Island Green Party monthly meeting (second Tuesday of each month) at Joy Goldstein's home. Other interested progressives always welcome! Share your thoughts and your interests.

DATE: Tuesday, November 12, 7-9pm

LOCATION: 10329 SW Bank Road, Vashon

DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy's home is on the south side. Park along Bank Road.

Major Topics:

Vashon Tool Library, The Healthcare Movie, Transition Vashon, Climate Change, Vashon Governance, and Election Results.

Questions: Melvin Mackey,
Secretary, (206) 463-3468

Carpe Diem Primary School Open House

Carpe Diem Primary School will hold an Open House on Thursday, November 14 at 6:30 PM for families interested in applying for admission. This event is open to the public and parents are encouraged to attend with their children. There are limited spaces available for 2014-15 -- attendance is strongly recommended for those planning to apply. This is a great opportunity to meet Janice Campbell, owner/teacher, as well as classroom teachers Jaff Clark and Andrea Braganza.

The Open House will be held at Carpe Diem Primary School which is located in the Land Trust Building on Bank Road. Admission packets will be on hand.

Established in 1991, Carpe Diem is a well-established primary school on Vashon Island serving kindergarten through 3rd grade students. Small class size, challenging curriculum, and lots of enrichment make Carpe Diem a great place to learn!

For additional information, please visit our website at www.carpediemschool.org, or contact us at 206-375-8898.

Wolftown Update

Thanks to Tammy Dunikin and rent a Ruminant Wolftown's agriculture program is doing brush work which helps fund our wildlife programs. Thank you Tammy!

Thank you all those who have continued to support us and sent in monthly donations.

Thank Mr Sage- You my friend will always be remembered!

Wolftown is no longer doing a newsletter, sorry folks, we simply have too much to do with the new brush work. So catch up with us on Facebook for daily updates on what we are doing.

We will host an open house in the spring so folks can come see what is happening out here.

We have a very old sick wolf that we need to keep quiet at this time, so no tours right now.

We are still doing bird of prey rescue and rehab and our wolf work.

Sustainable agriculture and youth volunteers. You need to be at least 18.

We continue to donate lamb and beef to the Vashon Food bank. Thanks Vashon! T and Pete Yamamoto, Wolftown

Learn Radio Skills at VoV Open Studio



By Richard Rogers

Voice of Vashon is now hosting Open Studio, a free drop-in educational opportunity for any Islander who wants to learn how to create radio programs.

VoV's Open Studio trainings are available the second Saturday of every month, including this Saturday, November 9, from 10AM to 3PM. If you have an idea for a radio show and need the skills to get it on the air, the VoV studios at Sunrise Ridge will be staffed by trainers, ready to teach the art of radio production. VoV volunteers will present an introductory overview of audio production, the studio equipment and recording/editing software from 10AM until about 12:30PM.

Voice of Vashon is Island powered media, with original shows created by and for Vashon-Maury Islanders. For more information about Open Studio, contact VoV Community Organizer, Susan McCabe at susanm@voiceofvashon.org.

A place at the table

Continued from Page 1

Silverbush examine the issue of hunger in America through the lens of three people struggling with food insecurity: Barbie, a single Philadelphia mother who grew up in poverty and is trying to provide a better life for her two kids; Rosie, a Colorado fifth-grader who often has to depend on friends and neighbors to feed her and has trouble concentrating in school; and Tremonica, a Mississippi second-grader whose asthma and health issues are exacerbated by the largely empty calories her hardworking mother can afford.

Ultimately, A Place at the Table shows us how hunger poses serious economic, social and cultural implications for our nation, and that it could be solved once and for all, if the American public decides — as they have in the past — that making healthy food available and affordable is in the best interest of us all.

About Vashon Maury Food Bank
The Vashon Maury Community Food Bank (vashonfoodbank.org) serves about 15% of our Vashon Island community over the course of a year with needed groceries. We have expanded our efforts and hours over the last few years, and are looking to start a Kids Summer Meal Program next year with the help and engagement of our community. Like all food banks, we serve and fill in the gaps where federal programs fall short in benefits to adequately provide families with what they need to grow and thrive. We are also there when people are in need but make just too much to qualify for food stamps and other vital assistance programs. We have worked hard to increase the amount of solid nutritious food we are able to offer, and even started a Food Bank Farm and Garden to grow some of our own fresh produce.

Telling Stories Series Comes to VoV TV

By Richard Rogers

"Telling Stories, A Speaker Series By and About Vashon Locals" produced by Vashon Community Care, is now available for viewing on Voice Of Vashon TV. The talks feature Island seniors with fascinating life stories to share and have been presented to full houses since they began in 2010. The series speakers represent a diverse sampling of Vashon Island residents.

Tag Gornall is a marine mammal veterinarian who is known for his work with Namu, the first orca in captivity; for his work with sea otters during the Exxon-Valdez oil spill; has helped design aquariums around the world and consulted on movies about marine life, including Free Willy 2. His talk is fascinating and gripping.

"How It Was" features a group of Vashon women telling their stories of what life was like on old Vashon. They share their wisdom learned from spending their lives on Vashon and raising their families here. Their stories are touching, hilarious and most informative.

Truman O'Brien, a retired commercial pilot, shares what goes on behind the scenes when flying an airplane. Truman explains the technical aspects of flying, illustrating them with fascinating stories from his many years in the air. His account of landing a DC-4 on the beach in Alaska to pick up 23,000 pounds of fish is thrilling.

John Moore is an occupational therapist who pioneered solutions for amputees when he worked in Viet Nam and later as head of OT at Walter Reed Hospital. John helped war veterans rebuild their broken bodies and regain their lives.

Joe Meeker, a Vashon historian with

a gift for telling stories, shares tales of early Northwest settlers, including his own ancestor and Northwest pioneer, Ezra Meeker. You'll hear the intriguing story about Chief Leschi's murder trial and how the Meeker Mansion in Puyallup came to be built.

Captain Joe Wubbold, retired U.S. Coast Guard Captain, talks about the race to the South Pole between Englishman Robert F. Scott and Norwegian Roald Amundsen and why one of their expeditions lived and the other perished. It is an insightful discussion of one of the great expeditions of the Golden Age of polar exploration.

The Telling Stories speaker series was created by a team of folks affiliated with VCC. Charlotte Tiencken, Truman O'Brien, Mike Masi and Linda Milovsoroff thought Islanders would like the opportunity to hear and learn stories from our Island seniors. "There are many people on Vashon with fascinating life stories to share. It is important we hear from them and hear their stories before it is too late and their real life stories are gone," says Milovsoroff.

Susan McCabe VoV Community Organizer, speaking about broadcasting the series on VoV-TV says "I'm very excited about these shows. They are truly extraordinary examples of the best of our Island and the fascinating, accomplished people who live here. We are proud to feature the series on VoV-TV as part of our community forum service."

The Telling Stories talks are beautifully archived on video and edited by Michael Monteleone of Vashon Video and may be viewed daily on Voice of Vashon's community television station Comcast Channel 21 and soon at the new VoiceOfVashon.org.

Happy Hour at Open Space

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Island Life Of Starfish & the Sea

By Peter Ray

I know- it is more correct to call them sea stars, but my thinking about that goes along these lines. It was only recently that I recall hearing of those star shaped sea creatures being called anything but starfish, and while I am not averse to altering a long held incorrectness, given recent events it may not matter what one calls them. To the suggestible imagination, the self-generated mental picture of legions of a certain variety of starfish dissolving into blobs of white goo all up and down the Pacific coast is unnerving at best. And in googling (pun intended, no matter how unfunny) "dissolving sea stars" one also finds that the brittle sea star is dissolving in sea water in other places because its exoskeleton cannot hold up to the increases in ocean acidification resulting from the excess of carbon dioxide in the atmosphere, which combines with water to turn into carbonic acid. One could draw a cartoon starfish with a witch's hat and broom stick and a cartoon balloon overhead with the words "I'm melting" inscribed inside, but it wouldn't be funny. With the mystery pathogen(s) and the carbonic acid infused into their environment, there is no where for them to go. In much the same way as the doomed starfish, the imagination stands still, knee deep in a toxic, terminal spiral downwards.

And then there was the recent report from ocean sailor Ivan Macfadyen titled "the Ocean is Broken". He tells of a recent voyage he made from Australia to Japan to Hawaii to San Francisco in his sailboat, the Funnel Web. He tells of the differences he has seen in the relative health of the Pacific Ocean in the ten years that passed between his two trans-oceanic sojourns along the same route. He speaks of his previous voyage where he found a sea teeming with life, as opposed to his recently completed trip where seabirds were gone from the skies, and catching a fish to eat was at times an exercise in futility. From the way he tells it, there is not so much a Pacific garbage patch now, but rather that the entire Pacific is the garbage patch, with debris everywhere from the Japanese tsunami disaster and an unending succession of plastic water bottles and fishing buoys and tangled lines and nets stretching from the western to the eastern shores.

I think of these two stories as I stand ankle deep in the waters off Jensen Point and wonder how the sea life is being affected there. I think of the

immensity of these problems, and how Kim and Kanye's latest spat or Jennifer Anniston's bad hair day or Taylor Swift's awesome red carpet looks are such non-issues on their own and certainly pale in comparison to anything of real social import. At the same time, it is this very blither-fest of celeb travails which clogs the so-called web "news" pages with their irrelevance, while real news of earth-shattering import is buried far off the information superhighway in the dungeons of the internets. The problem with the big, bad news, unlike say, a fashion faux pas on Rodeo Drive, is that you can't just say "that's too bad" or "who gives a damn?" in response to them. There are potentially horrible consequences to the real world realities of really bad news, which is why people don't really want to hear it, and feel satisfied that they've done something in a positive sense by clicking on a save the dolphins online petition or by laughing at a politically savvy and damning skit on the Daily Show. One keeps hoping that common sense will prevail, but then one sees that the Washington State GMO labeling initiative is currently trailing by ten percentage points, or reads a headline that says: "London firefighters urge common sense after freeing penis from toaster." It seems that common sense is neither, so one wonders where to go from here.

Probably the easiest answer to that is that one doesn't have to go very far at all. I know it's been said any number of times, but starting at home is usually best. We currently have a brand new monument to arrogance and stupidity in the V.E.S. Fields project. On an Island that has been declared a sole source aquifer, one ponders aloud as to why it was thought by a few that pumping millions of gallons of water along with tons of fertilizer in order to grow grass on sand was a good idea. We no longer live in times when waste like this can be both planned for and accepted as a norm or a given. Hopefully with the beginnings of a new board in place, excesses like this will be a thing of the past, and ways to reduce the need for excessive water and fertilizer can be implemented over time. Along those lines, we could follow the lead of a few others and work toward Vashon becoming a Monsanto free zone. We could opt for fewer, not more ferry sailings, ride more bikes, and on a very small scale within a common sense framework, not fish in salmon spawning streams, which someone was seen doing just the other day off Shingle Mill Creek. There are any number of things we can do here- we just have to do them.



Editor Note: Ed Fronhning has been injured while working in Hawaii. He has a couple of fractures on his face and a swollen eye. He is currently recovering and will be just fine. He will not be able to draw cartoons for the Vashon Loop for a while. If you would like to reach out to Ed and send a get well message you can email him at edfronhning@vashonloop.com. Until Ed returns enjoy some of his best works!

Vanishing Matriarchs

By Orca Annie Stateler, VHP Coordinator

Another J Pod orca is missing and presumed dead. The loss of venerable, lovely Spieden (J8) is the latest in a disturbing and dismal trend of vanishing matriarchs and elder females. With Spieden's death, the Southern Resident population drops to 80. How do we save our cherished orcas?

Join us on Tuesday, November 12 from 6:00 - 8:00 PM, at the Vashon Theatre as we pay tribute to Spieden and her kin at "Kéet Shuká: Killer Whales in Peril." We will delve into the research and conservation issues pertaining to



perform a Tlingit invocation to honor the Southern Residents.

I fondly recall listening to Spieden's signature wheezy blow reverberate through Haro Strait on idyllic summer evenings. Years later, I heard the sweet old gal rattling through Colvos Pass on clear winter nights. I loved watching



Spieden (J8) wake-surfing in 2012. Photo by Candice Emmons, NWFSC

Southern Resident orca recovery. Be there or be unaware!

Over three decades, our special guest Mark Sears has logged countless hours observing orcas in local waters. He had numerous encounters with Spieden and her brother Ralph (J6), who died in 1998. Mark has witnessed momentous changes in J, K, and L Pods. His perspective is invaluable.

Mark's sampling and photo-ID work contributes to a critical aspect of orca recovery: winter data on where Southern Residents go and what they eat. He routinely works beside NOAA researchers as they document killer whale activity in Puget Sound. On November 4, Mark accompanied the team up to Saratoga Passage to observe J and K Pods.

Traditional knowledge is sorely lacking in mainstream orca protection, and for Native Heritage Month, we will address that deficit in "Kéet Shuká." When Killer Whales die, we are losing esteemed relatives, venerated teachers, and fellow First Nations. Odin will

80-year-old Spieden travel with fellow elder Granny (J2), age 102-ish, and 21-year-old male Onyx (L87) - a curious tribal trio. Granny and Onyx will surely miss Spieden; I know I will miss her tremendously.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts by Mark Sears and other researchers, and sustain an accurate record of whale sightings for Vashon-Maury initiated thirty years ago. Check for updates at Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com.

Tickets for "Kéet Shuká" are available in advance at the Vashon Bookshop, the Vashon Theatre, or by calling 206-463-9041. Cost is \$8.00 general admission or \$7.00 for seniors/students. Island Greentech and the Vashon Theatre are sponsoring this event.

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A Column About, Um...

By Mary Tuel

Every once in a while someone will come up to me and tell me they enjoy reading this column.

I say, "Thank you, people saying that is what keeps me doing it."

It is, too. I'm not into writing for money. I'm into editing for that. It takes all kinds and apparently some kinds enjoy this mental meandering.

I used up all the great stories years ago - the one about my husband Rick, many years before he became my husband, going deer hunting with a couple of friends on a golf course in a VW Beetle. That one is probably my all-time favorite. The true story about the mainlander at Sound Food who demanded to know where the "secret ferry" was - the one only islanders knew about, and how the Sound Food cashier sent him either to Point Robinson or Manzanita Beach - particulars were sketchy on the ending (For the record, the secret ferry is the 11:10 a.m. ferry from the north end).

Then occasionally I'll get interested in something, do a little (darned little) research, and write about it. For example, I wrote about the Turner Joy, a decommissioned Naval ship which is now tied up in Bremerton and is a Naval museum.

In 1964 the USS Turner Joy was in the Tonkin Gulf along with the USS Maddox and may have been fired on by the Chinese, or the North Vietnamese, or nobody. The Tonkin Gulf tended to fool radars with "ghost blips." This probably imaginary act of aggression was used by then Secretary of Defense, Robert McNamara, a man with a weird-looking part in his hair, as

justification for the US escalating and deepening our involvement in Vietnam.

McNamara later apologized. He admitted mistakes were made. Thanks, Bob.

I'm always on the lookout for new subjects and stories for the column. This evening as I was driving our older son up to the ferry, he started telling me and his daughter a story about the best night he and his friends ever spent joy-riding in stolen cars.

"The island is so boring," he said. "There's nothing to do, so you come up with stupid things to do." That was his explanation when he was a teenager, and it's still his explanation now that he's in his thirties. If any young people who grew up on the island read this, I'll bet many of them will nod their heads and agree.

My son's a good storyteller, and the story of this one night and all the things they did made me laugh, and maybe I'll write a column about it someday when I'm certain that all statutes of limitations have expired. I will say that it is hard to believe that three teenage boys could do that many stupid things in one night and get the cars home and parked where they belonged before the owners woke up.

Of course they got caught. They forgot to put gas in the cars before they brought them home, and they had a tendency to leave the radios turned up to eleven, and, as my son said, "...on the wrong station." These were the telltale signs that made car owners say, "Someone has been riding in my car," and it sure wasn't Goldilocks.

Maybe I'll write that story sometime. For now I will only say that I learned this evening that a Toyota Tercel gas cap doesn't merely break when it's run over, it explodes into several hundred pieces.

Another topic I might write about is how long it takes to become a true islander. Six years? Ten? Twenty? The only people with true islander cred are people like my sons, who were conceived, born, and raised here. The old timers never accept newcomers as true islanders, but the old timers do eventually die off, and then you might say, "I'm an islander." Just be careful to whom you say it, because there's always going to be someone who says, "Hah."

Be grateful you got here, and don't flatter yourself that you're part of the "in" crowd. You aren't, and you never will be.

A Community Conversation About Health and Responsibility: Vaccines and Beyond

Part 8: Finding the 3rd Option

by Karen Crisalli Winter and March Twisdale

There's something about two clear options that humans find appealing. We write stories about good and evil with heroes to cheer for and villains to boo! We go to sports events where one side must win. Even in a debate, where the participants are bringing up really good points, we declare a winner and a loser. Our legal system. Enough said.

It goes on. Right and wrong. Black and white. Left and right. Liberal and conservative. Pro-vaccine and anti-vaccine. Rich and poor. All or nothing. Us and them.

These are examples of polarization. And, a polarized world view is like looking at our planet and only seeing the north and south poles, while ignoring everything from Greenland to New Zealand. With this approach, we are left with two options which both seem cold, hard, and lacking in diversity.

Fortunately, there are choices beyond penguins versus polar bears! There is always a 3rd option to every situation, and many times a 4th, 5th and 99th...if we are willing to look for it.

So, what gets in the way? How do we find ourselves so split? There are many forces which push us towards polarization.

First let's talk about the types of polarization that are deliberate manipulation. There's the Straw Man fallacy, in which someone exaggerates or misrepresents someone else's argument in order to make it easier to defeat them. We see this all the time in politics. There's also the philosophy of "just pick the lesser of two evils," also frequently seen in politics. There's also the use of trigger words such as "conspiracy theorist," as a way to discount and shut down an opponent. None of these manipulative tactics have anything to do with finding the best solution, respecting the other person, or even having a real conversation. They're all about winning.

Such manipulation is designed to prevent you from questioning why you can't have a third option. The polar bears and the penguins like feeling important. But what about bananas? And kangaroos? And all the other interesting stuff in the middle?

Of course, not all polarization is deliberate. Sometimes we spend so much time talking to polar bears and penguins that we genuinely forget about the tropics. For example, when March

Twisdale was interviewed for a Beachcomber article about her participation in the film, Everybody's Business, the reporter assumed that anyone involved in the film must hold a polarized view. Without asking, it was reported that March Twisdale & her husband had not vaccinated their children. Apparently, anyone involved in medical choice advocacy must be "anti-vaccine." In fact, March has high regard for the role of vaccines in healthcare and her children are vaccinated against tetanus, polio, measles, mumps, rubella, and diphtheria.

Polarization is also incredibly contagious. As we become more polarized, we perceive more polarization in others. With each issue that we see in a polarized way, it increases the chances we will approach the next issue in a polarized way as well. Polarization breeds polarization, as we feel the need to defend ourselves from "the other side." Parent-child transmission of polarization is also quite common. Perhaps we need a vaccine against polarization?

It's time to back up and see the bigger picture.

First, let's acknowledge why polarization is so seductive. Our emotional state can impact how we approach a problem. For example, when we are under stress, we seek the comfort of joining the "winning side." When we are frightened, we want the safety of a "right answer." When we are tired, we want the simplicity of a "quick and easy answer." When we are insecure, we want to know that we are part of a group of "like-minded people."

It takes time to deeply explore and evaluate an issue.

It takes even more time to explore possible solutions. And sometimes it can feel like this effort is a luxury we cannot afford.

But finding the third option is worth the effort. Non-polarized attitudes allow us to see all the options and come up with creative solutions that better meet everyone's highest needs. Polarized "solutions" may be quick and easy, but they tend to be inherently destructive. In the long run, it is worth investing the time to find true solutions.

But how can we find it, if no one is talking about it? What are the habits that help us find non-polarized solutions?

Let's start with humility. I don't know everything and neither do you. So let's share our knowledge and work together.

Self-knowledge matters. Why do you believe what you believe? What's behind that? And what's behind that? Check your assumptions.

Ask genuine questions. Encourage others to share their core assumptions and world view. They might surprise you.

Seek the future. We can't progress without constantly challenging ourselves to learn something better. Progress takes time, effort, imagination, and a few mistakes. But there is nothing more depressing than deciding that we are at the pinnacle of human evolution and it's all downhill from here. There is still much to learn.

Long story short - if you're looking at any issue in a polarized way, consider inviting your fellow penguins or polar bears to go on a trip to the equatorial regions of the world and learn something new while you're there!

"A Community Conversation About Health and Responsibility: Vaccines and Beyond" is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.
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Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

The events of November are the peak of 2013 astrology. Mercury is retrograde in Scorpio, which is where most of the action is taking place, though when it's taking place somewhere else, the Scorpio planets are involved. On November 1, Mercury and the Sun form a conjunction on the same day that we experience the fourth of seven Uranus-Pluto squares. That's the highly unusual aspect that is defining what I call the 2012-era. Two days later is an unusually potent solar eclipse in Scorpio, which brings up the 'change in continuity' quality that all eclipses have, and also the pattern-setting one. On the Planet Waves website (the week of Oct. 20) we covered the themes of denial and codependency that are coming to a head. The moral of the story with the Scorpio eclipse is to tell the truth, especially about sex.

Aries (March 20-April 19)

If you focus on work, you will be less distracted by an emotional or partnership situation that arises, and will be less likely to get drawn into it in an unhealthy way. The situation has its limits; you must make sure that you have yours as well. Words said without actual intent, misunderstandings and sexual contracts that are not clear are the potential lures into a likely energy-consuming unknown. Though most days I am not the type to suggest taking a purist approach, I recommend that you direct your energy consciously into focused, productive effort or healing. You may be prompted to seek deeper understanding of a partnership issue, though that will be more productive if you seek assistance from a disinterested third party rather than trying to 'work it out' with someone whose agenda you may not understand.

Taurus (April 19-May 20)

A potent solar eclipse marks the beginning of a new era in your relationships, based on deep inner changes. Two factors tend to cloud our connections with others. One is that many people are dragging around a load of past material, from their parents and other ancestors -- stuff that simply is not their own, but which feels like it is. Second is that projection plays a much larger part in relating to others than communication. Projection is assuming that someone else is thinking something, or has a certain intent, based entirely on your point of view -- or vice versa. You can go a long way this month calling in your projections, returning those of others and (in a similar vein) recognizing what material that arises in your contact with others has nothing to do with you. This will take some discernment and some practice -- and it'll be worth doing.

Gemini (May 20-June 21)

You're being invited to address the most taboo subject matter -- the things you've avoided or don't want to talk about, and even a few secrets you may be keeping from yourself. You'll know you're there because it will 1. be a little scary, 2. feel intriguing or fascinating, 3. have an odd sense of being familiar and unfamiliar at the same time, and 4. have the sensation of an inner quest or challenge. You may only notice one or two of those qualities; check in with the rest to see if they ring a bell. They're designed to work together, to draw you deeper, to invoke your curiosity and to demonstrate how good it feels to learn things about yourself that you had no idea were possible. The usual way of life is to fear the unknown; that is not your path and it never was.

Cancer (June 21-July 22)

Many spiritual masters and those with access to the subtler shades of existence have suggested that the life we see is just the surface of existence, perhaps equivalent to more than a movie projected onto a screen, but in truth a form of maya. I am not fully committed to

that notion, though I recognize the grain of truth in it -- one that might be better phrased as a question than as an answer. Therefore, examine what is real and what is not. What commitments, relationships, ideas and creative processes stand the test of reality -- and what does that word mean to you? What influences of the past have no bearing on your life? What is the meaning of an 'original' idea? These questions may not have easy answers, but asking will offer you plenty of useful information.

Leo (July 22-Aug. 23)

At times you question whether you're flexible enough for your own good, and you may be annoyed at how rigid you can feel -- though it serves a purpose. You want your foundation to be strong. That requires a certain degree of firmness, and a certain kind of flexibility. Events of the next few weeks will help you determine when it's appropriate to express one or the other. Notice what environments make you feel rigid, which pull you inward, and which draw you out of yourself. Indeed, how you respond to any environment will tell you everything you need to know about your relationship to it. So if you're feeling like you need to be strong and inflexible, you can at least notice and ask yourself if it's the best response, or if another would be preferable. The operative fact is that you have a choice.

Virgo (Aug. 23-Sep. 22)

Mars is making its way across your birth sign, and because it will take a long retrograde in your neighboring sign Libra, it's moving through your part of the zodiac rather slowly. Where a planet is concerned, slow means potent, and where Mars is concerned, that means your ability to focus thought, intention and action. For part of this journey, Mars will be opposite Chiron, a planet closely related to Virgo; in an opposition, these two points come to full expression -- which means that you're likely to get actual results. Many other factors in your astrology are saying the same thing. It is therefore imperative that you decide what results you want, and focus your thoughts and intentions on them. You're not accustomed to having this much power available to you, and it requires special handling -- a bit like a power tool or welding torch.

Libra (Sep. 22-Oct. 23)

I've reminded you before that everything comes down to self-esteem. The way your chart is set up right now, you might alternate between feeling like you're really struggling with your self-worth at the same moment you're figuring out just how much you have to work with. There are many ways to tease out the elements of the esteem you have for yourself, though I would suggest that the best measure is respect. Imagine someone you look up to, admire and whose thoughts and ideas you honor because they ring true. Do you feel this way about yourself? What would it take for you to get there? It might seem

a contradiction to look up to yourself, though can self-esteem have any other meaning? Whether you have a long way to go or just a few steps to take, now is a great time to focus, explore and most of all seek true understanding of this idea.

Scorpio (Oct. 23-Nov. 22)

The forthcoming solar eclipse in your birth sign may have you on edge. Saturn is already in your sign, with much the same feeling. Add to that Mercury retrograde in Scorpio and you may be wondering what to do with yourself, how to feel and whether you have the courage to face what you need to face. I suggest you have faith in yourself -- enough to take the time and make your decisions one at a time, with precision. The only way you can go wrong is to abdicate your awareness and your power of choice, so no sloppy work. Make small, incremental moves -- small enough to know you're making clean, clear decisions. No matter how minor they may seem, each one counts; each leads to the next; and they all add up to something bigger than you can see at the moment.

Sagittarius (Nov. 22-Dec. 22)

You may be feeling so much that you want to burst. But it looks like you're not sure whether to implode or to explode. There seems to be a deep relationship situation in your life, though the way it looks, someone is lodged in your consciousness and in your libido in a way that you cannot shake, but where the person is less than available in physical reality. You might want to question whether this is a fantasy situation or something that you can actually ground in the physical world. Indeed that seems to be a theme of your chart from many points of view: the distance between how much is going on in your imagination versus what you're actually experiencing in real time and space. Fantasy may seem safer and it may seem more accessible -- assumptions I suggest you challenge with direct experience.

Capricorn (Dec. 22-Jan. 20)

If you've felt in any way involved in a situation with no easy way out, you now have an opening. In the most pragmatic terms, it looks a little like making new friends, particularly where you've wanted to go but found to be challenging in the past. However, more

significantly, this is about changing your social patterns. New people, new places, new times of day to socialize -- get out of your ruts and into the meadow. That's the theme of your life these days; the past stands no chance against the future that is approaching. Who you were will never compare to the person you are becoming. Most of what you need to do is get out of your own way, though doing things differently, even modest things (like how you drive home from work, or what train you take) will shuffle your consciousness in a friendly, practical way.

Aquarius (Jan. 20-Feb. 19)

Your charts are once again calling you to leadership, though you need to be clever about this. Use psychology, which is another way of saying listen for a while before you say anything, or make a decision. You would also do well to bide your time. Events between Nov. 1 and 3 will bring both a series of revelations and also a sense that you're in new territory -- which will call for a new approach to your situation. It won't be until Mercury stations direct on the 10th that you know fully where you stand, and when the last of the missing pieces will be filled in. That idea about knowledge being power was never truer for you than it is now. Or said another way, knowledge that you use wisely will help you use your power in a humane way.

Pisces (Feb. 19-March 20)

Refuse to be persuaded by what anyone believes -- or by what you think they believe. You know you have access to direct knowledge, which will serve you well as long as you don't allow other people to distract you from your own inner truth. What you may notice over the next few weeks is that 1. it doesn't matter if other people don't believe what you believe or even consider the world as you see it and 2. if you remain true to yourself and set a solid example, others are likely to see the wisdom in your way of thinking. That cannot, however, be the goal -- as far as you're concerned, assessing the intelligence of others is really an estimation of whether they can see the obvious. You can, and don't let anyone try to convince you otherwise.

Read Eric Francis daily at www.PlanetWaves.net

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Positively Speaking

Something Funny, Something Fun: NaNoWriMo

By Deborah H. Anderson



He stands in the doorway holding a plastic owl with absolutely no expression on his face and an explosion of laughter that immediately brings me to tears causing me to clutch the pillow on my right side as tightly as possible alternately exclaiming "ouch, ouch, oh! oh!"

After a very scary fall a couple of weeks ago, my daughter said to me, as I lay in bed fearing I would never walk again because I suddenly couldn't pick up my right leg, "Mom, I'm going to tell you to do what you tell me to do. I want you to make a list of everything good that might come from this." Then she dropped the tone I heard as my own, and added, what I thought I heard to be, "Write something funny today. Everything you write is so serious, just write something funny."

Oh my, funny. Could I remember to do something funny? She was right. While my day to day has amazing humor to it, and at least three times a week I watch or read something humorous, I myself have had a long dry spell of producing funny.

Actually, our church overtown has an open mic every so often and I'd started doing stand up during that so there must be something in the Spirit causing my daughter to lead me in that direction. I looked at the book to the right of me on the bed, "One Thousand Gifts", (serious) and looked at the books to my left on the night stand, "Jesus Calling", (serious), "The Saturday Widows Club" (serious kinda), a Sue Monk Kidd book about her writings (serious). Ah me...a slippery slope. She was right. It is an occupational hazard, this leaning towards lugubrious, which causes me occasionally to cry out, "I want to go bowling!"

The catch 22 is that when I do break into funny I'm usually around a traditional church person and end up feeling like the most socially inappropriate person that breathed on planet earth. The non church people don't feel I'm funny enough. Deep Sigh. Funny. Well... make a list. We'll start there.

No matter how injured, there is always a blank notebook and pen in bed with me. After I hung up, I reached out and grabbed them. What would be funny? All I could think of was a dog named maybe, hmmm...had to be something British...Roger? No... Reginald? No... Nigel?... no ... well...name later. So... a dog who is playing with a tetherball, only he's a bubble shy of level and thinks he's playing catch so every time the dang thing comes around again, it ...much to his surprise... bonks him in the head. I laughed out loud.

Oh...but here's the hard part. Making jokes, being funny, laughing, requires, inevitably someone else's foibles being met with, not mercy, but mirth. Is that nice? Is that kind? And yet, if we do not laugh at ourselves, we end up ...well... serious. Too serious. No fun serious. Again... non church people screwing up their faces asking, 'What is the big deal?'

"Screw it!" I said to myself because I was home alone. "I will worry about the morality of humor later. I wrote down 'Dog chasing tetherball'. Brings a smile to my face even now.

Because of my day gig, the second item of funny was 'babies peeing on adults'. Gets a laugh every time.

The list continued until I had about nine items. Then I remembered the DVD's. I had just gotten out a bunch from the

Seattle Library while I was overtown. (Did you know you could legally be a member of the Seattle Library if you are a King County resident? But beware, they charge for printing)

Hmmm.... "Hot in Cleveland season two", "Vicar of Dibley the holiday and wedding specials", and my own copy of "Connie and Carla".

And that's when it happened. That's when Jon Lovitz as the homeless man in "Hot in Cleveland" Jane Leeves tries to marry so she can get a green card does his deadpan and says, "Do you hear them? Do you hear the owls?" and then returns with the plastic one. Back come all the rest of his best bits, the pathological liar, "Yeahhhhhhhh. That's the Ticket!" and Harry Hanukkah who took over from Mt Sinai when Santa got sick, and that wonderful character he played against Whoopie Goldberg in "Jumpin' Jack Flash" came rolling back into my brain.

Soon my list had grown into characters and a place, 'The Cul de Sac'. Child of a housing development that I am, while in high society living on a loop, usually called The Loop is the privileged 'I have arrived' residence (and every city and town has several), in suburbia, the cul de sac is the premier achievement. I started to picture the place.

Over the days I grew to think fondly of my characters as I thought of them in my brain and wrote sketchy characteristic lists. When I was driving again, I found the son in law and daughter of the Johnson's, the only straight white family on the cul de sac, at Jiffy Lube. 'Tramp Stamp with 'Butterflies are Free' and 'sullen, wordless, mysterious,' I noted.

The morning I absolutely craved a hot meal and bought a MacD's big breakfast and couldn't eat it so I brought it home and ate it the next morning, I realized.ahhh... Vera, single and doesn't cook. Buys fast food and brings it home and puts it on real plates.

Mind you all the while I'm thinking I'm going to burn and go to hell because when you are a Christian and in the helping professions, well...you don't laugh about people. It's a sin.

By the time I had gone a full week back at work, albeit pushing the walker along, it was time for National Novel Writing Month. It's an annual bacchanal of prose pushing internationally where writer's pledge to write a complete rough draft of a novel that is at least 50,000 words.

Signed up today! If I'm going to hell, at least I'm going to try to win a prize doin' it. I have so much serious writing to do this month, and I'll get that done as well, BUT.... at least 1500 words of it everyday will be for fun. That was what my daughter actually said I found out yesterday. She corrected me and said, 'I said 'Write something FOR FUN!'. Gotta go. The gay Hispanic couple who are planning each other's belated quinceanero parties and Mrs. Johnson who just got home from hot yoga are calling me. It's supertime on The Cul de Sac!

Love,
Deborah



Burlesco Notturmo ECCENTRICO!

Step right up and step right into a topsy-turvy, twisty- curvy world: Burlesco Notturmo ECCENTRICO!

Burlesco Notturmo returns to Open Space for Arts & Community with a Vashon-style eccentric mix of classic, camp and gender-bending burlesque sexiness, with a pair of bowling ball and chainsaw juggling Siamese twins, a bit of samba heat and much, much more.

The Open Space stage will be graced with two principal dancers from Sinner Saint Burlesque: 'The Modern Sexual Intellectual' Jesse Belle-Jones and the comedic melodrama-inspired Lady Tatas. Jesse Belle-Jones cut her burlesque teeth in 2007 while completing her graduate studies at the University of Washington, and is currently a principal dancer and co-producer with Sinner Saint Burlesque. She is also a co-producer of the Seattle chapter of Naked Girls Reading. Recently returned from two months abroad in the cast of "The Sacred and the Profane" with Sinner Saint Burlesque (Brick House, London), she has also appeared in Carolee Schneeman's "Within and Beyond the Premises" (Henry Art Gallery, Seattle) and "The Beebo Brinker Chronicles Pulp Cabaret" (ACT Theatre, Seattle).

Lady Tatas has been twirling around Seattle since 2007, and has been teasing internationally with Sinner Saint Burlesque since 2009. "The Debutante of Derriere" approaches the medium of burlesque with camp and extravagance, dabbling in comedy, melodrama, and golden age refinement. She credits the root of her inspiration to Lucille Ball, John Waters' films, golden-age musicals, and drag culture.

Joining them are world-wide favorites The Bellini Twins, who have one of the highest LPMs (laughs per minutes) of any physical comedy group. From the Tonight Show with Jay Leno to the 2010 "Planetary Carnival of Stage Direction" at the Russian State Circus in St. Petersburg, via the Comedy Festival at Caesars Palace in Vegas, the Bellini Twins have continuously been the funniest part of every show they have been in. The Seattle Times describes them as: "Inspired idiocy taken to new heights."

All this, plus samba superstar (and local clown) Molly Shannon. Molly is one half of the Vashon Island based comedy team, Duo Finelli. In addition to the clowning and vaudeville work she does with Duo Finelli, she has been a principal dancer with the San Francisco based samba group, Aquarela, for the past 5 years. Aquarela is one of the original



groups in the United States to focus on and present authentic Rio de Janeiro style samba.

If you have not yet attended a Burlesco event, you haven't had the joy of listening to and watching The Love Markets - a band of black-slip-wearing musical extraordinaires. They return to fill the space with the sound of Weimar Berlin, with songs old and new springing from that era of decadent, gorgeous, absurd freedom. This August, the acclaimed Weimar-inspired cabaret band released their debut CD "World Of Your Dreams", lauded by Seattle Magazine as "Irresistible... Intoxicating theatricality... A deliciously dark carnival." Since the band's genesis in 2008, the Love Markets have donned their well-worn uniforms of military lingerie for sellout shows at ACT Theatre, Seattle Art Museum, and Seattle International Cabaret Festival while also performing for TV's ArtZone, City Arts Fest, Town Hall, Seattle Men's Chorus, the Gregory Awards for Excellence in Theatre, and Open Space's Burlesco Notturmo, where they are delighted to return.

Burlesco Notturmo - EXOTICA is hosted as ever by the infamous Mme X (played by Janet McAlpin) and her Lawyer (played by the infamous David Godsey). Mme X will unveil, in a world premiere appearance, a completely new, completely original, and partially edible costume designed by Vashon's talented Patricia Toovey.

Tickets are \$25 to \$30, and available now at Vashon Bookshop and www.brownpapertickets.com.

Saturday, November 9th, 8pm

Prima Needs A Home...

I'm a beautiful single height-weight-proportional female dilute calico. I'm mature but definitely NOT old. I had been on my own for a long time before coming to the shelter. I lost trust in humans and just wanted to be left alone, but I'm changing. I've found that I like to sit on volunteers' laps, I like when they stroke me and just recently a volunteer held me and I held her back. I like humans more each day. In fact, for the first time in a long time, I'm eager for my very own family who will love and care for me. If you think you might want to be the one to take me home with you, please contact VIPP and arrange to meet me.



Go To www.vipp.org Click on Adopt

Find it on www.vashonpages.com

Island Epicure



By Marj Watkins

Chicken Soup for the Flu

Flu season has arrived with the November winds challenging us to keep warm, to deal with fallen trees and debris, to keep healthy. We're told on one hand to get a flu shot by the National Institutes of Health and on the other hand by the Health Sciences Institute to avoid it like the plague, that it does not prevent the flu but even makes us more susceptible to whichever one we're vaccinated against and similar strains of a virus that's always mutating anyway.

I've managed to avoid flu and haven't even had a bad cold for at least eight years due to an anti-viral, anti-bacterial spice tea I make. I've given you the recipe for it several times, but here it is again just to be sure you'll have it this fall, winter and early spring. Flu season goes on through March. Sip this magic potion and gargle with it at the first twinge of a sore throat.

MARJ'S MAGIC POTION: 2 cups water, 1 cinnamon stick, and 1 Tablespoon whole cloves. Bring to a low boil, reduce heat, cover and simmer until the water has turned brown. Cool and store in a capped glass jar. Dose: 1 to 2 Tablespoons in a cup of hot water, green tea, or hot lemonade. Sip. Enjoy the flavor and good health.

Chicken soup is a delicious flu preventer. If the flu or a bad cold strikes someone in your household anyway, apply the

magic potion to lessen misery and shorten the malady, and give them chicken soup. It has curative ability, too. Besides the chicken for protein and protection, all kinds of mushroom have healing power, basil and oregano are both anti-bacterial, cloves are anti-viral and anti-bacterial, carrot yields more than a day's worth of Vitamin A, garlic kills germs, and onion boosts immunity. Chicken skin contains cysteine, a protein that protects against cold and flu germs. Dice it after cooking.

CHICKEN SOUP 6 servings

1 small chicken, cut up, or 6 to 8 drumsticks, skin on
1 large onion, diced
3 to 4 long carrots, sliced
1 parsnip cut in 1-inch chunks
4 crimini or other mushrooms, chopped
1 teaspoon iodized salt
12 peppercorns
1 Tablespoon vinegar or 1 wineglass white wine
½ cup coarsely chopped parsley,
1 teaspoon chicken granules or 2 chicken bouillon cubes
1 teaspoon dried crumbled basil leaves
½ teaspoon dried crumbled oregano leaves or 1/8 teaspoon oregano powder
Water

In a stockpot or large kettle, put the first group of ingredients. Cover with water an inch deeper than the ingredients. Bring to a boil, reduce heat, put the lid on the pot, and cook gently for 1 hour.

Add second group of ingredients and water as needed to keep an inch deep over the ingredients. Simmer another half hour. Taste and adjust seasonings. By now the meat should be so tender it almost falls off the bones. Serve warm.

Road To Resilience

Continued from Page 9

distances and much of that has become needed travel. In saying that we need a car, we are also saying that we need insurance, need to pay for gas and repairs, and need to buy another when the current one ceases to satisfy. All the other technological wonders of our age have their costs of acquisition and maintenance. Do these make us happier? They certainly have their moments, but, with habituation, we mostly notice them when we lose them. Fear of losing them keeps us tied to a job that we may not like.

In our "developed world," a wealthy person is defined by having a lot of money. The obviousness of that statement indicates how completely we have accepted it. It is because practically everything we may need or want has been commoditized. That means we have to present some dollars for most everything we need. But is money itself wealth? Is wealth synonymous with happiness? Our short answer is usually yes and yes, and our problem is that, in our daily struggle, we seldom think much beyond our short answer. Money was originally invented to facilitate the creation and distribution of goods and services to everybody. With capitalism, it became a source of wealth in itself and a restrictor of the flow of goods and services.

It seems we can't just "be" in the world anymore. Stay in any one place too long and you will need to pay somebody; a homeless (that is, a penniless) person is likely to see this much more readily than the rest of us. Perhaps being pushed along continually is the cause for our inability to reflect on our situation.

In a way, I am thankful for the climate crisis because, in rising to the challenge, it can bring us together and make us more resourceful. It signifies a natural end point for corporate capitalism and our evolution to local economies that are based on real indices of health and well being, not only for humans but for the whole living matrix of which we are only a small part.

Comments?

Terry@vashonloop.com

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Vashon Island Youth Chorus & I Solisti di Vashon

The Vashon Loop, p. 9

On November 15 and 17, Island audiences will have the opportunity to experience an exciting collaboration between two of Vashon's most talented groups of youth performers, Vashon Island Youth Chorus and I Solisti di Vashon Youth String Ensemble. Together, they will perform Vivaldi's "Gloria for Young Voices and Instruments," a piece selected and directed by long time Island musician, Marita Ericksen.

Initially, Ericksen was drawn to this particular choral masterpiece because of its rich



I Solisti di Vashon

choral members aged 10 through 18, who, says Ericksen, "have risen to the challenge of singing a higher level of choral repertoire in two and three-part harmonies." VIYC has not performed since 2008, and the group is thrilled to be making a return to the stage with the support and collaboration of I Solisti Di Vashon Youth String Ensemble, a group of eight high school string players who will be accompanying the chorus under the direction of Gaye Detzer.

In addition to the performance of Vivaldi's timeless classic, the program will also include a short set of seasonal choral and instrumental pieces. VHS student Isabelle Porter is interning with the project, helping out behind the scenes and learning about all of the aspects of preparing a youth music program. VIYC intends to offer another youth class series in the spring, so this performance will offer a wonderful chance for families to learn more about opportunities for young singers on the island.

Vashon Island Youth Chorus & I Solisti di Vashon Gloria for Young Voices and Instruments. Tickets: Members/Students/Seniors \$6, General \$8

Friday, November 15, 7:30 pm.
Vashon Lutheran Church.

Sunday, November 17, 4 pm
Vashon United Methodist Church



Vashon Island Youth Chorus

story. Antonio Vivaldi spent a large part of his life directing a choir and orchestra at an orphanage in Venice, training young orphans to become masters of music. Gloria is based on his stories from the orphanage, and celebrates the fame and success that young people attained through their music, with his help and mentorship. The performers will do a readers' theater style dramatization of the Vivaldi story, featuring VHS senior Meghan Murphy in a leading role with the remainder of the chorus and string ensemble members as the orphans in Vivaldi's music class that originally helped him prepare and perform "Gloria."

This performance will also celebrate the revival of the Vashon Island Youth Chorus, a group of 9

Feel the Passion of Flamenco

By Kat Eggleston

Electrifying music and dance from guitarist Ben Woods and dancer Stephanie Pedraza will dazzle on the Vashon Allied Arts stage.

Both artists are extremely versatile in artistic scope. Ben is one of the most talented, prolific and sought after flamenco guitarists in the U.S. today. He is also greatly respected by guitar enthusiasts around the world for his virtuosity, and for developing new guitar techniques combining the styles of flamenco and metal.

Stephanie Pedraza, flamenco dancer, is an excellent and unique singer, songwriter and cantaora (traditional flamenco singing) based in Vancouver, B.C. Born to a Latin American family and having moved to Colombia at a very early age, she has been immersed in her Latin roots of song and dance.



Her original musical compositions are a reflection of her rich Latin American background, with a perfect blend of traditional Latin rhythms, pop, jazz and English and Spanish lyrics. She has toured extensively and taught workshops across Canada and internationally in countries including Mexico, Spain, Colombia, Guatemala and the U.S.

At this performance, the audience can expect to witness a combination of muscular, nuanced guitar playing and elegant, passionate dance, with some surprises thrown in, for what is certain to be an exciting and beautiful evening.

Flamenco Live. An Evening of Music and Dance. Saturday, November 16, 7:30 pm

Vashon Allied Arts, Tickets: Member \$12/General \$16

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Sunday Swing with The Portage Fill Big Band!



A fantastic new all-ages event at Open Space for Arts & Community!

There's nothing like the sound of a Big Band - and Vashon has one of the finest in the land! The beloved Portage Fill Big Band takes the stage soon for Sunday Swing.

Open Space was graced by Portage Fill at our fabulous Inaugural Ball, which had teenagers swinging and elders tapping their feet, and folks of all ages dancing across the floor. And we want to dance some more - so we're throwing a party to do just that!

Join us on Sunday, November 10th at 4pm for the snappiest afternoon dance party ever. Dress for dancing - whether it be your ball gown and heels, or the comfiest clothes in your closet - whatever brings out the dancer in you! Join us to have fun and kick up your heels to the amazing live swing music of The Portage Fill Big Band.

At Open Space for Arts & Community; 18870 103rd Ave SW, Vashon. Sunday, November 10th, 4:00pm. Available at the Door Only; \$10 Suggested Donation. Info at www.openspacevashon.com or 206.408.7241

Building Community Through Stories with Suzanna Leigh

Paintings on silk on Display at Vashon Community Care Center through December.

When you share with a stranger memories of a place you both love, are you strangers still? Stories connect us. When we know our neighbors stories, we are less alone. When we share our stories we are building community.

Paintings tell stories. I tell my stories in vibrant color with dye on silk. More than 60 of my paintings are on display at Vashon Community Care Center, now through December, and you are invited to view them any time during the day. Perhaps they will bring up stories or memories for you.

To tell our stories takes courage, yet we need to be heard. On November 15th at 7pm, at



the Vashon Community Care Center, I will show slides of some of my paintings and will tell the stories that inspired them. I would love to hear your stories then as well and to answer any questions you may have about how the paintings were created. This event is free.

Ian McFeron Band live @ The Red Bike



Ian McFeron tours in support of his new album "Time Will Take You", recorded in Nashville and produced by Grammy nominated Doug Lancio. McFeron is joined in concert by longtime friends and musical accompanists Alisa Milner on fiddle, cello, and harmony vocals, Norman Baker on bass and harmony vocals, and Mark Bateman on drums.

Seattle-based Ian McFeron released his 7th studio record Time Will Take You on April 2, 2013. Produced by Doug Lancio (Grammy nominated producer for Patty Griffin), the folk-rock album also includes two of Ryan Adams' Cardinals - drummer Brad Pemberton and pedal steel player Jon Graboff - as well as Nashville-based piano and organ player Micah Hulscher and two from McFeron's road band - fiddler and harmony vocalist Alisa Milner, and bassist and harmony vocalist Norman Baker.

Before it ever reached the studio, though, Time Will Take You was nearly waylaid by a possible career change. McFeron had had spent the better part of the previous decade touring nationally and internationally, averaging 200 shows a year. He had made a full-time career out of playing music, but was still living hand to mouth. Unexpectedly, he was offered a job teaching in an inner-city school. "It was sort of like 'you want a change of pace, well here you go,'" said McFeron. "At first I was excited about the idea of trying something new, but the more I thought about it the less sure I was about anything." Weighing the decision through his music, the Seattle based singer-songwriter wrote "That's The Truth" about getting unstuck and searching for new bearings. "A bunch of new themes started opening up for me. I realized I had love in my life, I had music to write, I was making enough money to get by. These were solutions to the struggles I was facing and they became cardinal directions in writing the album."

McFeron decided to take the new material out on the road. While touring through Nashville, he reconnected with Lancio, who had produced his last album Summer Nights, and Pemberton, who had played drums. "I actually wrote a lot of the new songs with Doug and Brad in mind. There's just something infectious about the way they approach their instruments. They both have this laid-back, Nashville swagger and, after we made Summer Nights, it somehow worked its way into my writing."

Lancio and Pemberton quickly expressed interest in working together again. "It felt different than the last record because at that point we had all known each other for a couple years and had built a friendship around the music. I'd been a fan of their playing long before I ever met or worked with them on Summer Nights, and in some ways that was a challenge for me in making that album. But while we were sitting there, talking over the songs, it felt sort of like getting an old band back together-

like they were getting on board because we had more music we needed to make and we were all excited about that."

"A few months later Doug told me the players he had lined up for the sessions and I knew we had a special group of musicians with great instincts. With guys like that, the first thing that comes to mind is usually the right thing to play. We didn't want there to be room for too much deliberation, so we booked 3 days in the studio and recorded the whole thing live with all seven of us tracking together. Even the vocals are what I sang live over the band. It gives the record a very performance-driven feel that's real comfortable to listen back to."

The songs are a change from albums McFeron has recorded in the past. There are less stories of heart break, and more stories from the road. There are songs about troubled times and references to the things you don't lose to

foreclosure or a broken stock market ticker-like family, friends, and relationships. "It's a brighter record than Summer Nights, which I loved for its late-night, introspective mood. The new songs are more upbeat and fun. It's a much more playful album, but it still digs into some soul searching, especially in the latter half." In the end, the message is a word of comfort in the midst of struggle- a reminder that hard times pass. "I guess that's why I decided to call it Time Will Take You. It's a line from one of the songs, but it's also a central theme- that time has a way of carrying you, even when you feel frozen in space. With enough time and enough hope, you get to where you are meant to be. Eventually."

Saturday, November 16th at 8:30pm. At the Red Bicycle, 17618 Vashon Hwy SW. 206-463-5590

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Rooster



Born from the recording aspirations of Poultly in Motions' Chris Anderson, and honed into a musical unit from repeated Friday night flights at the Coop, Rooster is ready to crow. This group of seasoned vets packs a wallop and is sure to be high in the musical pecking order in the very near future (hey, one must have aspirations).

Rick Doussett (Guitars, Vox) and Bob Kueker (Bass, Vox) have been the principles in such notable island groups as "Track 19" and "Bobrick" ... What? You haven't heard of them? Joined by the prowess of Ken Widmeyer (keyboards), Willis Turner Band founder and veteran of the Puget Sound area blues club circuit, who brings an enormous wealth of influences and B3 authority to the

flock. Dan Bruce (Drums, Vox) brings the thump and drive and has been a notable member of such island bands as "SST", "Word", "Envision", and "Rumor Has It".

So what do they play?

Fearlessly going where rational men know better than to tread, this group pulls from 70's and 80's popular music. Obscure, Jazz/Rock oriented guitar pieces (Johnny A, Jeff Beck) and originals with highly identifiable influences. The main emphasis here is FUN!

Saturday, November 9 at 8:30pm. At the Red Bicycle, 17618 Vashon Hwy SW. 206-463-5590

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High and Lonesome

High and Lonesome was formed in 1985 and played all the bluegrass festivals throughout the Northwest. The band broke up at the end of 1989, but reunited in 1993 and were hired to play 3 shows at the very first Wintergrass Bluegrass Festival that year.

After another hiatus, High and Lonesome reunited and recently performed at the Darrington Bluegrass Festival last summer, 24 years after the last time they performed there. Earla Harding, founding member of the Wintergrass Blues Festival, recently said that High and Lonesome was one of the greatest local bluegrass bands ever.

The mix of music High and Lonesome will be doing will be solid as a rock classic bluegrass and traditional pre '70's classic country music. Islanders will recognize Tab Tabscott on dobro/pedal steel guitar and vocals, as well as John



Schubert on guitar and vocals. They will be joined by Pete Martin on mandolin/fiddle, Al Hutteball on bass and Rich Jones on banjo/guitar and vocals.

If you love bluegrass, you'll love this show! All-ages 'til 11pm, 21+ after that. Free cover.

Saturday, November 22 at 8:30pm. At the Red Bicycle, 17618 Vashon Hwy SW. 206-463-5590

Sarah Christine & Adrian Xavier



Sarah Christine & Adrian Xavier
Live at Nirvana Bistro & Bar

Whether she is gracing the stage solo acoustic with guitar in hand, or backed by a full band, Sarah Christine's soulful siren is capturing attention. This Northwest native weaves a positive musical tapestry, blending her rich honey voice, conscious lyrics and uplifting melodies with the flavors of Soul, Reggae and R&B.

Sarah Christine is a gifted vocalist and thoughtful songwriter who delivers heartfelt messages of oneness, the power of love and the infinite possibilities of clear intention. Classically trained in voice and self taught on guitar and piano she has spent the past 12 years honing her craft while performing, composing and balancing life as a mother of three.

Sarah's voice has been heard throughout Washington, Oregon and Hawaii and has been a presence at numerous festivals including Northwest Reggae Fest, Sierra Nevada World Music Fest, Conscious Culture Fest, Bumbershoot, Seattle Hempfest, Northwest Folklife and many others. Sarah has contributed live and in-studio vocals to artists such as Publish the Quest, Prezident Brown, The Crucialites, Adrian Xavier Band, Jah Levi, Essential I, Lutan Fyah, and Anthony B. She is also featured on a major label release of an all female compilation of U2 cover songs entitled 'In the Shadows of U2'.

Sarah Christine just released her debut album FREE FROM FEAR which features some of Seattle's hottest talent including Clinton Fearon, Davee C. Carpenter, Jacob Bain, Jeff Demelle, Adrian Xavier and Brian Stingshark. She is currently laying the groundwork to share her passion with a global audience while building up a local fan base in the Northwest. Her vision is to travel the world as a perpetual student of the Universe spreading music that inspires, connects and encourages people to live life to their fullest potential. A recent two month trip to the island of Jamaica where she recorded with legendary bassist and producer Devon Bradshaw served to enhance her hunger to travel and set the wheels in motion for many more musical adventures to come.

In addition to her performing and

studio endeavors Sarah Christine currently teaches private voice instruction in the Seattle area as well as workshops where she guides others to tap into the power of their own unique voices.

Using music as medicine and a tool for meditation, Sarah is also an active labor support/delivery doula and advocate for natural childbirth which uplifts, empowers and strengthens women and families. Several of Sarah Christine's lyrics and melodies have been channeled during journeys with birthing mothers.

"I hope to inspire people to remember that life is precious, life is a gift. Every breath and everyday is an opportunity to become the best versions of ourselves." Sarah Christine

Seattle native Adrian Xavier has developed a name touring, performing and headlining festivals for over a decade now. Drawing on a deep well of inspiration from his many influences has shaped him as a singer and songwriter, fueling his inspirational message and story. Raised by his mother a human rights activist Xavier was exposed early on in life to the struggles of freedom and the fight for a peaceful healthy world. Committed to being a voice for the voiceless and performing extensively for events that benefit the environment, indigenous peoples, youth organizations and community projects, Xavier's music crosses social and cultural barriers. Performing extensively at festivals, colleges and clubs, Xavier has been able to reach a broad range of ages and backgrounds. Xavier continues to win over new fans internationally with his high-energy positive music that invites all people to expand their vision of love.

Although listeners may immediately identify Adrian Xavier's songwriting as situated in the Reggae genre from the sound and potent messages, a careful listen can sail them through World fusions, elements of Folk, warm isles of smooth Soul, Dub, Jazz, even Rock and Hip-Hop, revealing an artist who is an intrepid traveler in the musical as well as geographic sense.

Friday, November 8th, 8:30pm
Live at Nirvana Bistro & Bar

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Rooster**

**November 16, 8:30pm
The Ian McFeron Band**

**November 22, 8:30pm
High and Lonsome**

**November 29, 8:30pm
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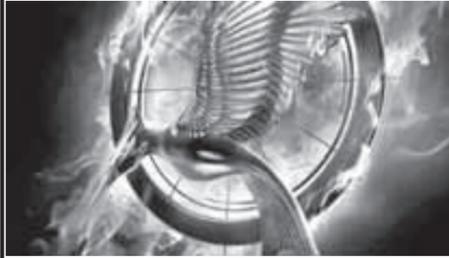
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