



VASHON

THE LOOP

Vol. 10, #24

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November 21, 2013

Harbor School 8th Grade Math Team Takes 2nd Place in Division II at “Math Is Cool” Competition



(left to right): Harbor School students Kieran Enzian, Calder Stenn, Jacob Gold, Stuart Kraabel, Nick Spranger, Alden Hinden-Stevenson, Bjorn Lyngne and Tor Ormseth

Harbor School 8th graders participated in the Washington State “Math Is Cool” Tournament at Mt. Rainier High School on November 8th where they took 2nd place in the 8th Grade Division II competition. Harbor School’s participation included two 8th grade group teams. As a result of their outstanding efforts, the state “Math is Cool” Masters competition has invited Harbor School to bring one team of four students to compete as a member of the Elite Division at Moses Lake High School on December 7th. The Elite Division is typically comprised of Division I schools (where grade enrollment exceeds 200 students). All invited teams are asked to bring just one team of 4. Harbor

School’s team will be competing against the top 7 schools in the state, including Lakeside and Odle Middle School.

Congratulations to the following Harbor School 8th grade students for all their hard work and talent: Kieran Enzian, Jacob Gold, Alden Hinden-Stevenson, Stuart Kraabel, Bjorn Lyngne, Nick Spranger, Calder Stenn and Tor Ormseth (Harbor School 7th grader). Of special note, Tor Ormseth received the top individual score (42 points) of all Division II Pre-Algebra students.

Harbor School parent Nathan Enzian volunteered his time to coach the team in preparation for the event.

Waterworks Studio- A mandala of art & artists



Waterworks Studio ignites the Holiday 2013 Vashon Island Art Studio Tour with its annual preview party Friday, December 6 at 6pm on. And this year Waterworks truly presents a mandala, a universe, of 19 of some of the Island’s finest artists plus our guest musicians, Richard Person and Jim Hobson, at the preview party.

The artist universe this year brings together both Waterworks regulars with some exciting new additions- Jan Wall and Jayne Quig, both wonderful painters from the beloved Barnworks, Julie King with her garden art from recycled, repurposed and found materials, and Zoe Cherokee with snazzy hand knitted cowls and fingerless gloves. Waterworks guest artist from off Island is Grayson Thompson, a former Islander and now of West Seattle, with his astounding wood toys featuring airplanes large and small, hydroplanes, ferry boats and sophisticated candle holders of wood and copper.

The Waterworks regulars this year are anything but with the new work they bring to this universe. Kate Rutherford and her Island-unique stone jewelry, Ginny Cizsek’s smokin’ jewelry, boxes and altars, Lindsay Aickin with new styles and designs of her in-demand flags, painters Bob Horsley, Darsie Beck, Mike Maher, and Terry Jansen with new paintings of Island and off-Island scenes, Jill Andrews with hand knitted and felted toys (really cute!), mittens and more, Ray

Pfortner and his exquisite encaustics, fun snowglobes, mouse pads and note cards, and Susan Bates with her felted apparel in gorgeous materials. Bur wait, there’s more- the antique silk kimono wearable’s by Dana Illo, Lavender Sisters will once again scent Waterworks and your home with soaps, culinary lavender and all things lavender, Kathleen’s Webster’s quintessential images on note cards and, finally, high fire porcelain ceramics by Christine Beck. Whew- a universe of artists, a universe of materials and a mandala for the eyes!

The sparkling Artists’ Tree will once again be front and center for those collectors of tiny, affordable ornaments by all of the Waterworks artists- a great opportunity to have as your own a small work by these artists and to hang every year on your tree- or just put on your desk!

Join us at Waterworks on Friday, December 6 from 6 pm on to preview the new works and share in our festivities and throughout the Vashon Island Art Studio tour, December 7 & 8 and 14 & 15 from 10 am to 4pm. Waterworks is #21 on the tour brochure. Waterworks can be contacted at 206/463-5633, cdbeck@yahoo.com and www.waterworksonvashon.com. And be sure to visit all of the other wonderful studios on the Tour this year. Get your brochure at island merchants or at the Tour website <http://vashonislandartstudiotour.com/Holiday2013/>

The Road to Resilience

News and Calendar

By Terry Sullivan, Transition Vashon

Typhoon Haiyan was certainly a tiresome embarrassment for the beginning of the latest UN convention on Climate Change in Warsaw. Here we are trying to have a learned discussion on the possibility of climate change sometime in the future, and the Philippine representative is giving a tearful opening statement suggesting that the utter devastation in his country might indicate that it is already here. And, maybe we need to do something right away? That is not the discussion we developed countries had planned for this conference. As we said in South Africa last year, we were going to start scheduling pledged reductions in 2015, not now.

There is now a heated debate as to when exactly climate change officially begins. Was Haiyan just a bad storm of the usual variety or is it part of the new climate paradigm? So hard to tell! We keep remaking these darn computer climate models; they tell us that bad things are coming but they won’t say exactly when. The important thing in this giant game of global chicken is that the corporation that pollutes the longest will come out way ahead of their less bold competitors when the time comes to really cut back. If a corporation is going to enter a climate dark age, better to do it with a healthy and dominant portfolio!

Another real sticking point at these climate conventions is that the lesser developed countries have the temerity to suggest that we developed countries, who send 80% of the carbon into the atmosphere, should pay for 80% of the Mitigation and Adaptation. In addition to those two areas of investment, the lesser developed countries would like to add Loss and Damage, which is about compensation for damage already incurred. The US delegation is against a separate category for this because they feel that it could set a legal precedent for our liability for such damage, and who knows how far that could go? What’s really frustrating is that in the finger pointing game, we just can’t come up with anybody to point at. Needless to say, this game is likely to go on until our last futile gesture can still be seen above the rising waters.

Let’s look at some more promising developments close to home. Washington State has blocked two permits for oil terminals in Grey’s Harbor because they failed to adequately assess the environmental impacts. What is especially heartening is that they actually mentioned greenhouse gas emissions as a probable hazard. Many of us would say “DUH!” to that, but this is a real breakthrough!

Continued on Page 9



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Granny's Attic second annual Green Friday

Day after Thanksgiving Event!
Friday, November 29, from 11 - 2

We've been saving gift items and high-end merchandise for this event and will have unusual items for sale all over the store. So plan to shop with the Grannies on the day after Thanksgiving!

Closed Thanksgiving day.
Donation Dock closed Thanksgiving and Green Friday.

Granny's Attic at Sunrise Ridge
10030 SW 210th st, Vashon Island
206-463-3161 www.grannysattic.org

Retail Hours: Tues/Thurs/Sat 10-5 Donations Hours: 7 days a Week! 8-4pm



VASHON ISLAND Art Studio Tour

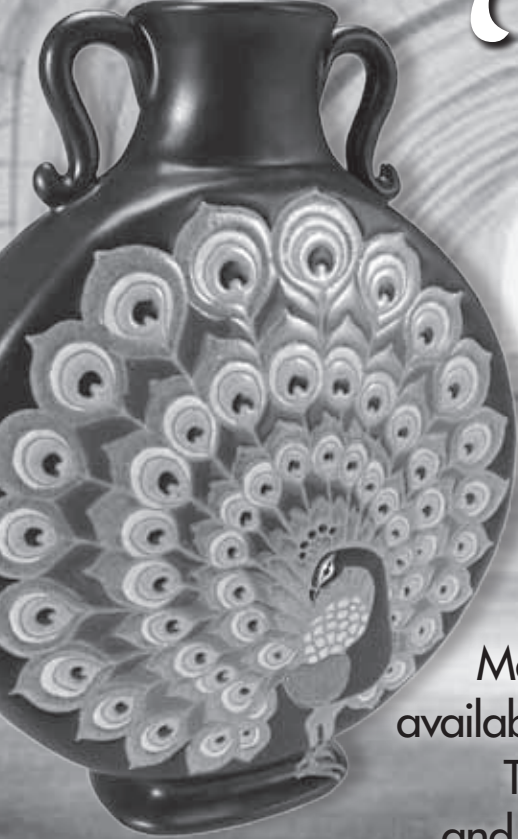
HOLIDAY 2013

DECEMBER 7-8 & 14-15
SATURDAY & SUNDAY 10 AM - 4 PM

Maps and brochures available at Island businesses.
To preview the art and plan your route, visit

VashonIslandArtStudioTour.com

Reverberation watercolor by Jacqui Lown, #11 Peacock Vase by CW Pottery, #12



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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 purposed 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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Orca Annie Stater and Mark Sears
Vashonorcas@aol.com
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The Vashon Loop

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Kiwanis Toy Drive

Parents/guardians (no children) may shop for 2 complete outfits, 2 toys and or games etc and a pair of PJ's for each child. This is for Vashon families only. The store will be open for those families in need on Saturday December 14th from 9 AM until 4 PM and on Sunday December 15th from 10AM until 2PM. Location will be in the Vashon I G A Plaza next to the Auto Parts.

Vashon has been making a better Christmas for over 200 children. Donation boxes will be place in Prominent locations starting on the 22nd of November. All new unwrapped items of clothes, games and toys for infants to 18 are needed. Cash or check donations may be mailed to: Kiwanis, P O Box 262, Vashon. (Marked Toy Drive)

Contact information for the Toy Drive:
Joyce Smith , 372-5030
Jan Lyell , 229-8085

Transition Vashon Meeting

Transition Vashon will be holding a public meeting on Dec 4th, 7-9pm at Hub070 in the old Spinnaker Bldg (at 17710 100th Ave SW, north of Chase Bank). The agenda will include report on the Whatcom County Skillshare Fair as well as projects already underway on Vashon: the Vashon Timebank, the Tool Library, and the Food Coop. The focus will be on discussing ways to make ourselves more independent and resilient as we move forward. Come to connect with others interested in planning a skillshare fair and continuing with the other Vashon projects. Come at 6:30 to socialize. Snacks and beverages will be provided!

Exchange

Get into the Christmas spirit with St. John Vianney Church's stage production of Ray Bradbury's heartwarming story "EXCHANGE", with actors Patricia Kelly and Fr. Marc Powell, and direction by Jim Roy. The play runs at 7:30 p.m. Fri. Dec. 13th and Sat. Dec. 14th at St. John Vianney Catholic Church, 16100 115th Ave. SW.

Admission free/ \$10 suggested donation, or canned food for the island food bank. A snack potluck follows each performance.
*Based on the short story "EXCHANGE", by Ray Bradbury, c. 1996 and performed by permission of Don Congdon Associates, Inc.

Clear the Inevitable

Clear from gathering fields
of mind's necessity
for inquiry, or fact
harvested on the unsure evidence
of what might transpire

That the seed, the core
of assemblage falls
adversely on broad harvesting,
failing on the imposition
of money on details
of truth, lost, and the
inevitability that all
evidence becomes
political

By Ina Whitlock

Next Edition of The Loop Comes out Thursday, December 5

Deadline for the next edition of *The Loop*
Friday, November 29

Compost the Loop

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

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 23rd from 10 - 3pm both days.

Saturday Market moves indoors

The Market moves indoors, to the old Island Variety Store space in the IGA shopping plaza. Come and find delicious produce and prepared foods as well as your favorite artisan crafts. We've cleaned and spruced it up - come and visit! Regular hours - 10 AM - 2 PM.

Vashon Timebank Potluck

The Vashon Timebank invites members and those who might be curious about membership to a Potluck/Orientation at 4pm on Sunday, December 1st, at the Vashon Senior Center (10004 SW Bank Rd). Following the potluck there will be an orientation for potential new members and online trading practice for those who have active memberships. Please join us, look us up on facebook, and visit our website, Vashon.tbanks.org.

Compassionate Listening & Theater of the Oppressed Workshop

Sarah Zale, is a certified Compassionate Listening instructor and is offering a workshop of 4 days on Vashon at the KVI Beach House to teach the skills of listening. Participants can sleep at the house or go home to their own homes.

When: December 5 at 5pm (dinner served) through December 8, 2013. Check out by 11am (after breakfast & closing session).

Please contact Sarah for more info. I am attaching a flyer which gives some more information. The link to her workshop on Vashon is: www.compassionatelistening.org/calendar/introductory-training/6253/vashon-island-wa-with-sarah-zale.

Eve of Thanksgiving features an interfaith gathering of gratitude

Leaders from an array of island faith communities will present "An Interfaith Evening of Gratitude" on the eve of Thanksgiving, November 27, 2013 at 7 p.m.

The event will include expressions of gratefulness and an all-ages discovery of the nature of gratitude and how we practice it in our lives. The evening will also include performances by the Free Range Folk Choir and various church choirs as well as art and poetry.

Participating island groups include but are not limited to: the Quaker community, Zen community, Native community, Jewish community, Latter Day Saints community, Vashon Presbyterian Church, Vashon United Methodist Church, Vashon Lutheran Church, Episcopal Church of the Holy Spirit and various artists and musicians.

We will collect donations and food for the Vashon-Maury Food Bank.

All are welcome to this gathering of gratitude on November 27 at 7 p.m.! The event takes place at the Methodist church at 17928 Vashon Hwy. For more information call 463-9804.

Auditions for "Born Yesterday"

Drama Dock announces auditions for its spring 2014 production of Born Yesterday, directed by Chaim Rosemarin.

When: Wednesday Dec. 11 and Thursday Dec. 12, 7 to 9 pm, VHS band room.

Call backs and late arrivals on Sunday, Dec. 15, 1 to 5 pm.

12 male and 4 female roles. Some of the male roles are bit parts.

Actors need not prepare a monologue. The audition will consist of reading selected scenes from the play. A few copies of the script are available for perusal at the Vashon Public Library

A Broadway hit from the 1940s that is, alas, all too relevant in today's highly politicized world, Born Yesterday is a classic romantic comedy-cum political satire. Uncouth, blowhard millionaire Harry Brock goes to Washington to buy himself a senator or two, bringing with him his (supposedly) dumb blonde ex-chorus girl mistress Billie Dawn. He hires an investigative journalist to "train" her to appear less ignorant, and boy does he get more than he bargained for.

Performances in the New (!) Vashon High School Theater March 14-16 and 21-23.

Remember to put Drama Dock's holiday show on your calendar: A Child's Christmas in Wales (directed by Michael Barker) with music of the season, featuring singers and harps. Dec.20,21,23,26 at 7:30 and Dec.22 and 24 at 3:00. Blue Heron Center for the Arts.

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

Wine & Dine to Benefit the Food Bank

Palouse Winery is collaborating with Nirvana Bistro & Bar to create a special five course wine dinner as a fundraiser for the Vashon Maury Community Food Bank. Each course will be skillfully paired with a unique wine from Palouse Winery.

The Vashon Maury Community Food Bank is a vital community supported resource for those who work or live on Vashon Island. In 2012 the organization served 668 families for a total of 1463 family members, or about fifteen percent of Vashon Island's population. They served an average of 200 families each week and provided groceries for approximately 223,411 meals. Most of the Food Bank's funding comes from the community, individuals and businesses here on Vashon. This special fundraising event will take place on Wednesday, December 4 at 6:30PM



at Nirvana by advance ticket only. The benefit wine dinner costs \$100 per person and tickets may be purchased by visiting Nirvana Bistro & Bar or by calling 463-4455 during their regular hours, 3 to 9pm weekdays and 10am to 9pm weekends. More information is available online at NirvanaVashon.com.

Tlingit Culture Talk at Minglement



“Regalia-clad Odin stands with carved pieces. Artwork © Odin Lonning”

For Native Heritage Month thus far, we have honored killer whales and welcomed salmon. On Saturday, November 23 at 12:00 noon, Tlingit artist and educator Odin Lonning presents “Essentials of Tlingit Culture” at the Vashon Island Coffee Roasterie/ Minglement. His program integrates Tlingit language, song, regalia and original artwork with Native values and Indigenous wisdom, emphasizing the profound connections among art, spirituality and sense of place.

A suggested donation of \$5.00 for “Essentials of Tlingit Culture” benefits our relatives with fins and flippers – whales

and seals – by supporting the Vashon Hydrophone Project. Odin's talk garnered rave reviews when he gave it earlier this year at the Senior Center and at the Community Care Center.

Be sure to check out Odin's artwork on display through November at HUB070, in the Spinnaker Building next door to Chase Bank. The show features traditional and contemporary pieces that exemplify the sophistication of Northwest Coast Native art. Exhibited works illustrate ancient stories, detail clan histories, and reference traditional knowledge.

Call 206-463-9041 or email OdinShark@aol.com for more information.

Rubella Epidemic of 1964-65

By Cherry Champagne

It's time to tell my story. I've seen the vaccination rates for Vashon Island and read the articles and it alarms me. We have 17% of parents opting out of very necessary vaccinations. That's compared to 3% statewide¹. In the interest of fully informing parents I offer my story.

My first ever full-time teaching assignment was with deaf-blind children in Seattle. I had already worked with these children as a classroom assistant and had come to love each and every one of them. I also knew the incredible job I had before me and spent hours reading research that would help me with the challenge of teaching children with multiple sensory deficits.

Half of my class suffered from what is called Congenital Rubella Syndrome. They had contracted this syndrome during the Rubella epidemic of 1964-65. During those two years 20,000 cases of Congenital Rubella Syndrome were reported.² Congenital Rubella Syndrome is a congenital disorder acquired by a fetus in the first trimester of pregnancy. CRS is known to cause multiple disorders like deafness, blindness, cerebral palsy, heart problems, etc. Many scientists also believe that Rubella can remain dormant in these children for many years and then attack their nervous systems later in life.

One of my CRS students, call her Daphne, was 11 years old. She was blind, deaf and had a kind of cerebral palsy that caused her to constantly shake when she walked, which she was able to do only with a walker. What I loved about Daphne was her sense of humor and curiosity. Unlike other blind students, she would occasionally reach out physically and explore her environment. She became more independent than others even with those physical disabilities and entered into our classroom activities readily. Even so, learning was extremely difficult and slow. I worked to teach her “object permanence” so she would know things didn't just disappear when she was not in direct contact with them. After constant repetition she learned to sign “toilet” and “more”. These are skills most children acquire at 18 months or earlier.

Daphne's mother could have become infected with the Rubella virus even before she knew she was pregnant. Scientists have now concluded that even if Daphne's mother had been infected with Rubella 28 days before conception, there was almost a 50% chance her fetus

would be damaged! She could have been infected by someone who showed no symptoms or she could have had Rubella with few symptoms herself. I remember being infected with Rubella myself while working in my high school nurse's office during the epidemic of '64.

Daphne's story ended tragically. Years after I left that classroom I was again scheduled to have Daphne in my two-hour a day special education class for deaf-blind adolescents. I was so excited! But Daphne never showed up. She had a seizure that lasted for an hour and a half. She lost her ability to sign, feed herself - everything I had worked to teach her in those early years. A few months later, shortly after her 18th birthday, Daphne died. I attended her funeral. Next time you think of Rubella as a harmless children's disease, think of Daphne. Consider the heartbreak of her mother who had to watch her child struggle to live and finally die at an all-too-early age.

There was no vaccine before Daphne was born (it was licensed in 1969³).

Since the vaccine has been put on a recommended immunization list for children, cases of Rubella and Congenital Rubella Syndrome have dropped precipitously. But we could have another epidemic if we decide to ignore the facts. Rubella can still be imported from other countries and it's on the rise in Japan.⁴ Without protection, there could be more children like Daphne. The vaccine was too late for her. But it's not too late for future unborn children if we work together to have the highest immunity rate in Washington, not the lowest (only Orchard Prairie School District is lower). After all, Vashon Island takes pride in being more than just a place to live. We care about each other.

Do the responsible thing. Immunize your child. There is no scientific reason to fear these vaccines but every reason to fear the diseases they are designed to prevent.

1 www.kirotv.com/news/news/autism-vaccine-fear-confounds-scientific-community/nbSQw/

2 www.cdc.gov/vaccines/pubs/vacc-timeline.htm

3 www.cdc.gov/vaccines/pubs/pinkbook/rubella.html

4 www.nih.go.jp/niid/en/iasren/865-iasr/3469-tpc398.html

Advertise in the Loop!

It's a great time to get back in the Loop.

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Next Loop comes out December 5

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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Island Life Nobody Knows Nothin'

By Peter Ray

In my ongoing self-enumeration of personal inadequacies, I have finally found solace in a statement made at the latest Vashon Park District (VPD) commissioners meeting last night by zen master Bill Ameling. In truth, I had not come to the meeting for any kind of enlightenment- having come to enough of these meetings I now realize that enlightenment, along with common sense and logic, are not factors that play into the goings on in the bowels of VPD. What I hadn't suspected, and I thank Mr. Ameling for setting me straight on this, is that having not come to all of the meetings since the District's inception grants me an exemption from knowing anything about that which I might want expound upon regarding VPD business and operations. If one were to buy into this line of reasoning it could be profoundly cathartic on a number of levels- just think of the freedom that not knowing about anything through default absence could afford. In another sense though, it might leave one with a profound sense of isolation and abandonment, as if one carries this logic out to the extreme it would mean that the only thing anyone anywhere knew about anything would only be that which one knows about oneself, having been with that singular self-sameness and nothing else, at least in theory, from the start.

All that being said, I wasn't quite ready to yield to Mr. Ameling's sweeping contention that all of us in attendance, including parks director Elaine Ott ("...our executive director has no idea what we are talking about..." said Bill Ameling), were no-eyed waifs living in the land of the blind. What all of this was about was the board's contention that what we really need to get this park district on track is to hire a \$50,000 a year consultant to advise our current maintenance supervisor, Jason Acosta, as to how to be a maintenance supervisor. This seemed kind of odd to me, as having attended almost all of the VPD commissioners meetings for over a year now, Mr. Acosta has always appeared to be well prepared when called upon

to answer any maintenance question tossed his way. I have heard him report on fixing problems that for some reason were built into the new construction at the VES fields, and I have heard him praised for how he has made due with the staff cutbacks which were forced by the monetary shortfalls caused by these same fields. So I spent the morning going back through my recordings of many of these meetings and found not only that the problem of the under qualified and problematic maintenance department had not been mentioned prior to this meeting, but also that many of the so-called problems of lack of accountability and performance had never been an issue until this meeting.

Somewhere along the way the curious word "need" cropped up in Mr. Ameling's rhetoric, as in: "... we have a need for professional help and we don't have it here." This is the same four letter word and four word phrase- we have a need- that served to invite the VES fields project to the VPD house-wrecking party. As of yet I have not seen the quantifiable need presented as a reason for initiating this fields debacle- we have the same number of fields that we started with and a few of them are a little greener and a lot harder and way more expensive to maintain- call me nitpicky but we didn't really need that. And from an apparent fictional need for the fields to this particular dalliance, one can only infer that this board has learned nothing regarding imagined power and the waste of public tax money. It was mentioned early on in this latest meeting that the executive director was budgeting some education funds for herself in order to better run and understand the district, in spite of the fact that she hasn't been here from the start. Along the same lines, it would seem a lot cheaper and wiser to invest a fraction that \$50K consultant fee on raising Mr. Acosta's maintenance abilities through his education and edification, rather than wasting it on nepotism and cronyism, as some are rumored to have heard regarding as to where this money is potentially headed. I could save Mr. Ameling the time and breath by telling myself "you don't know that." I could, but this is, after all, the Vashon Park District.

Editor Note: Ed Frohning 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 edfrohning@vashonloop.com. Until Ed returns enjoy some of his best works!

Bare November Days

By Orca Annie Stateler, VHP Coordinator

An expression of gratitude is in order to everybody who attended our "Killer Whales in Peril" event. As we stated at the talk, we owe it to our endangered orcas to stay informed about the serious threats they face. Our commitment as First Nations conservationists is to honor the prodigious sacrifice of our Kéet Shuká.

A select few were particularly vital to the event logistics: our sponsors -- the Vashon Theatre, Island Greentech -- and graphics whiz Richard Rogers. Richard made our lovely poster and tickets. Richard is a generous, community-minded Islander who lends his considerable talents to many local endeavors - Vashon Hysterical Society, Voice of Vashon, Vashon Audubon, and the VHP, among others. Sometimes he even writes for The Loop.

Naturally, we are grateful to our beloved Kéet for providing endless inspiration. Assembling the slide show was bittersweet. Mark's extensive photo collection is replete with exquisite, haunting images of orcas who are no longer with us. Several photos document the last known encounter with a specific Southern Resident, such as matriarch Lummi (K7).



J, K and L Pods virtually disappeared from their core feeding area around the San Juan Islands at the peak of summer. November is more than half over, and the Southern Residents have yet to grace Vashon-Maury waters in 2013. Their absence "... vexes me for reason why." Wherever they are, may they be feasting on a bountiful Chinook salmon run.

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 three decades ago. Send photos to Orca Annie at Vashonorcas@aol.com. Robert Frost's wistful poem "My November Guest" is the source for two lyrical phrases in this article.



Elegant male Gaia (L78), 1989 -- 2012. Photo © Mark Sears, 10/22/09.

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Not a Book Review: A Song of Ice and Fire

By Mary Tuel

I am happy to report that I finished reading “A Dance with Dragons” the other day. It is the fifth book in the “Song of Ice and Fire” series by George RR Martin. Perhaps you know the story better by its television name, “Game of Thrones,” which is the title of the first book in the series. I did not hear of the saga until it began to be televised, and then I wasn’t much interested – dragons? Warriors? Sagas? Meh. Not to mention that we don’t have cable anymore.

Reading is a major enjoyment for me, however, and I go through a lot of books. A couple of years ago I was given a kindle. I didn’t expect to like it. After a lifelong romance with books, I didn’t think an electric tablet had anything to show me.

I was hooked from the first book. The tablet was light, I could stick it in my purse and



take it anywhere more easily than a book, I could adjust the size of the font so it was easy for me to read, and I could take a book out of the library any time of the day or night by downloading it online.

At first I only read library books, and promised myself I wouldn’t buy any books. Ha ha. I stuck to that rule for a few months, but of course part of having a kindle is getting ads for books right on the kindle, as well as getting emails offering special deals on books – today only! – and low priced books, and books I didn’t want to wait for months to read because the hold line at the library was that long. So pretty soon I was getting

books from the Amazon store at every price from free to, usually, ten to fifteen dollars. I loved it. Talk about instant gratification – I wanted to read a book, and zip! There it was on my kindle!

My love affair with the kindle continued unabated for a couple of years, but you know how love affairs are. Eventually you meet someone more attractive. Amazon came out with the Kindle Fire, and I lusted in my heart for a tablet that would allow me to watch movies and television shows as well as read books. I told my sons that I wanted one for last Mother’s Day and – WOW – they got me one! My sons rock!

However. The son who actually ordered the tablet also ordered a download of a sample reading from “Game of Thrones,” the first book. He is a fan of the books and the television series. I thought, oh, fine, I’ll take a look at it.

I read it, and immediately got on the waiting list at the library for the kindle version. Then I read “A Clash of Kings,” “A Storm of Swords,” “A Feast for Crows,” and, finally, “A Dance with Dragons,” which I bought, because after finishing “A Feast for Crows” I didn’t want to wait for the library edition.

Now all I have to do is wait for the publication of the next book, “The Winds of Winter,” which will be out whenever Martin gets around to finishing it. That book and an eighth and at this time allegedly final book in the series, “A Dream of Spring,” are supposed to wrap up all the story lines. Unless of course the story morphs into nine or ten or a dozen volumes. We’re all hoping George RR Martin lives long enough to get to the end. He’s younger than I am, so we have hope.

Martin says that Tolkien and “The Lord of the Rings” series were his greatest inspirations. I have to say, and some of you will think it is heresy, that when I read the Ring trilogy I only finished it in hopes that I would gain some understanding of the people who had raved to me about how great it was. One guy told me the Ring trilogy changed his life. I was happy for him and I wish I’d had that experience, but I simply did not grok the Ring. (reference to another popular book of the 1970s)

Reading can change you, though. My husband read out loud to me a story in the newspaper the other day of some man who had sinned grievously, and I found myself thinking, “Eh. Send him to the Wall.” Then I realized, oh, wait...

Maybe it’s a good thing that I’m living back in this world for a while. Take your time, George RR Martin.

Dance Away at Club O

The Dance Club that Vashon has always needed... is here. From your friends at Open Space for Arts & Community, club O: Vashon’s own dance club. club O features island favorite DJ Whitmore spinning real vinyl along with Miragesix. Tickets are \$5 and available at the door only. Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon.

Club O will be a regular monthly event, a chance for people to bust through the Friday blues and bust a move instead. The lights will be low, the disco ball will spin, and Vashonites can dance their hearts out. Some nights will be theme nights, some will be fresh club music, some will be old school. And each night will feature a wide range of music.

DJ Whitmore is quickly becoming a Vashon legend, spinning at the Heron’s Nest on



most First Friday Art Walks and for events all over the island. Michael brings a long, strange, wonderful story of how he became the guy on Vashon who owns 6000 45s and 3000 LPs. He used to own well over 8000 LPs, but sold or traded away many of them for

more and better records. Michael’s been DJing off and on for over two decades, and says: “My first regular gig was at a place called Smalls in LA which use to be an auto body shop – and oddly enough my Dad worked there in the 1950’s.” Michael’s collection ranges from 45s and eps from the late 1940’s. His best early record is a single from 1951 of Jackie Brenston’s Rocket 88 - which is actually Ike Turner’s band. Historians call it the first rock and roll record. Michael says: “I once found a 78rpm of that record in a stack of nothing titles ... it’s the holy grail of R&R records. But I couldn’t keep it - I told the owner of the store what it was!”

Vashon may be the luckiest island in the world to have DJ Whitmore kicking off club O. Don’t miss the magic!
Friday Nov. 29, 8pm - late
All Ages - \$5 cover

YUCASAVA? Why not!

By Jitka Wong

Cassava, yuca, mogo, manioc... however you choose to call it, you’ll get a nutty flavored, sweet, starchy tuber of Brazilian ancestry. It has been a popular edible root with indigenous people in many parts of Africa, Asia and South America for centuries. Today it is grown in more than 80 countries across the globe, and its use in human consumption is rich and wide: from being ground into flour (tapioca) and serving as the base for pudding, to being fermented into alcohol and enjoyed as beer. A glass of Nihamanchi, anyone?

In an article titled “Brazil’s humble manioc gets deluxe rebirth” (The Seattle Times, 12/12/12) Jenny Barchfield writes: “Recent research underscores just how healthy, hearty and versatile the manioc is. The bulbous root, which grows in a bunch beneath a leafy shrub, contains no gluten and is rich in potassium and antioxidants, dense in calories and low in fat. It’s also been shown to help prevent certain kinds of cancers, said Joselito Motta, a scientist with Brazil’s Embrapa agriculture research agency.” Indeed, cassava’s nutrition scorecard is considerable. It’s a great source of vitamin C (34% DV in 100 gr of cassava), and a moderate source of some of the valuable B-complex group of vitamins such as folates, thiamin, vitamin B-6, riboflavin, and pantothenic acid. On top, it’s a chief source of some important minerals like zinc, magnesium, copper, iron, and manganese, and has adequate amounts of potassium (271 mg per 100g or 6% of DV), an important component of cell and body fluids that help regulate heart rate and blood pressure.

For balance, cassava is not too ambitious when it comes to protein, and like many other foods, contains natural cyanogenic glycoside compounds. These compounds occur in many foods, and it’s totally normal for humans to ingest small amounts of it each day. Yes, our bodies can handle cyanide! In low doses, of course; it’s when we reach the

50-200 mg level that things can get problematic. Some common foods that contain cyanide are: almonds, millet sprouts, lima beans, soy, spinach, bamboo shoots, apple seeds... Peeling, grating, and cooking all serve to remove cyanide from cassava and make it safe for our enjoyment.

Cassava is the star of many culinary delights around the globe. Try it as Fufu bread when you visit Africa, as a meat-pie dish called Carimañola while you trek in Colombia, or as sagu - after you feast your eyes on modern art of southern Brazil.

But if you are freshly out of passport pages or everything in you says “local!,” then enjoy cassava in tasty YUCASAVA™ a new pie expression made right here on Vashon Island, where cassava is fused with bananas, pecans, coconut milk, and spiced up with cinnamon, nutmeg and fresh ginger, making it the perfect desert (not only) for holidays. Yucasava is available in the cooler section of Vashon Thriftway’s bakery – warm it up, just slightly, and let your taste buds bask in delight! (www.yucasava.com)

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Aries (March 20-April 19)
You may have some hard and fast ideas about what is good for you and for everyone else, though I suggest you tap into the more flexible, sensitive side of your being. There's plenty you don't know, and you will have greater access to missing information if you take a few deep breaths and allow yourself to open up to your deeper sensitivity. Be aware that what you learn may inform you of the ways in which your needs are different from those of someone you care about. That doesn't mean a relationship or some kind of emotional exchange is not possible; what it means, though, is that any exchange must take into account specific differences, especially in the realm of values. You share enough common ground to have some space to explore, though you won't find your way there if you're busy judging yourself or others. Slow down and listen; you will learn.

Taurus (April 19-May 20)
You might feel like you're balanced on an emotional brink where a sensitive personal relationship is concerned. Take in the view and observe what you can, though I don't think you're in as precarious a spot as it may seem. One thing for certain is that you're being changed by your experiences. This is rare enough for most of humanity and can feel especially deep for one born under your sign. Yet the depth that certain emotional encounters are taking you to can raise your psyche to a hot enough temperature to shape your entire being. At the same time, you seem to be keenly aware of wanting your independence from what 'other people' say you should do or feel. You've never been one to go along with the crowd, even though you've been persuaded to at certain points. Now is the time to declare your independence from public opinion.

Gemini (May 20-June 21)
Mercury has finally let itself loose and is now moving in direct motion in Scorpio. This may come with the slow unraveling of certain problems, hang-ups and emotional stiffness. However even as these circumstances work themselves, out, you need to pay attention to what is bubbling up from the deeper levels of your being. I know you would rather take the opportunity to feel better and move on, though I suggest that instead you feel better and go deeper. Work with the idea that every effect has a cause -- and you've just experienced some unusually powerful effects. That suggests that there are some equally powerful causes working themselves through you and out to the surface. Rather than being a passive player, go toward the source of the energy and discover what is there. You're likely to be surprised -- it's not what you were thinking.

Cancer (June 21-July 22)
People around you may be having unusually powerful transformational experiences, and you may seem to be involved with them. That is possible, though I suggest you observe the ways in which they are being carried by their own momentum. You are a kind of facilitator in the process. The smaller of a role you assign yourself the happier you will be. Start with holding space for whatever comes up. (That space might actually be in your home.) I would say be a bit 'impersonal' but we don't really have a word for leaving a kind of psychic buffer around you so as not to interfere with what someone is experiencing, while

being available for them if they express a direct need, or want to exchange some ideas or feelings. The more effectively you can hold this space open, the more love and healing can enter the scenario -- which is the whole idea.

Leo (July 22-Aug. 23)
You may find yourself in a leadership position requiring the utmost diplomacy, which in turn will prompt you to summon your gift for psychological insight. Once you understand where someone is coming from, their conduct will have a different meaning, and you will have a much better idea how to approach them. One thing described in your solar chart is allowing any potentially hot situation to cool off. Another is bearing in mind the places that a person is hurt without playing into their pain or sense of injury. Finally, taking responsibility for your part will show others that it is safe for them to take responsibility for what is theirs. You are definitely in a lead-by-example moment. And in this moment, you will learn a lot more listening to your intuition than you will from attempting to verify things in words. Save that project for next week.

Virgo (Aug. 23-Sep. 22)
You may be finding it especially easy to think what you might not ordinarily think, which is a hint that you can say what you might not ordinarily say. There is a rare condition in the sky right now involving Mercury (your ruling planet) and Mars (which is occupying your sign) that is allowing you to take multiple viewpoints simultaneously. For example, you might discover that you can speak from two or more distinct points of view, expressing yourself equally deeply, and coherently, from any of them. You may notice you have a similar listening skill, to hear anything related to you from a number of points of view. This will be helpful at getting you to transcend some of the intense criticism or self-criticism you may have been experiencing lately. Whatever you may think, there is always another point of view. There is always another way of looking at the world.

Libra (Sep. 22-Oct. 23)
Events of the past few days seem to have cracked your shell and set you free from a binding you may not have known was there. Or did you? The way you've found out other times was through a similar experience of a boundary giving way. You often live in what seems like a Chinese puzzle, consisting of many intricate, interconnecting chambers, and you always seem to be exploring or bursting out of one or another. Lately, however, you've come through a big one, which may have been initiated by inner circumstances, outer ones, or some invisible force for transformation. I would remind you that you're still vulnerable as a result of this. Be cautious who you share with. I suggest you move slowly and gently, and not overestimate your strength. A lot of your emotional blood is rushing in the direction of a world of feelings that you've discovered, most likely pleasant, certainly a bit strange, potentially associated with a loss of some kind. Easy does it. What you experienced is real and it has taken you to a new space within yourself.

Scorpio (Oct. 23-Nov. 22)
Be conscious of the presence of any 'third parties' in your intimate encounters, or even in the space of your most private fantasies. It could be some sensation of a group influence, including

that of your family and what you think they want from or for you. It could be your closest friends and the rules that they've set for one another. Or it could be a pattern that you've internalized based on any or all of the above. This presence is likely to feel like it 'wants you' to put the brakes on any passionate experiences you may have, or want to have. It may be such a consistent inner presence that you have no idea what life would be like without it. This past weekend's Full Moon in your opposite sign Taurus is giving you a rare opportunity to feel and see this conditioning for what it is, and to make a conscious choice whether it really serves you. You may need to choose again every time you feel it, which is part of the process of taking charge of your life.

Sagittarius (Nov. 22-Dec. 22)
Just because you're questioning a commitment, or your idea of commitment, does not suggest you want out. What it does suggest is that you're ready to make adjustments to your situation that are oriented on establishing some balance. I don't suggest you get too carried away with that idea, however. A little goes a long way, and nature has a way of evening things out over time. Stick to the very basics of nourishment. Make sure whatever situation you're in provides the food, water and sufficient rest for everyone involved. Ask if you have any desires or needs that have been left out of the discussion entirely -- and check in on the same topic with anyone who you might be involved with. In truth, a real exchange requires everyone to be open, so that they may give and receive. Open implies vulnerable. Where do you stand with that?

Capricorn (Dec. 22-Jan. 20)
Recent aspects have brought out a side of your nature that you might have never considered 'going public' with -- though you just might be having that idea now. One persistent question is, why are certain things we're supposed to keep secret really in that category? What is the purpose of a general ban in admitting your deepest inner reality when it matters the most? There is a purpose -- though it has nothing to do with YOUR purpose. It seems like you've arrived at the point where you're ready to start openly asking questions you've

been brewing for a long time. There's no need to do this in The New York Post. The place to have the discussion is among friends. One quality of your sign is that it's essential for you to share actual values with the people you spend time with. Speaking your mind and your feelings will pull that issue into focus, so you can get a good look at it.

Aquarius (Jan. 20-Feb. 19)
Events over the next few days may raise your awareness of an internal influence associated with controlling others. Under certain circumstances it may spook you a little, because you recognize it's a little creepy. However, you're not the only one who has this experience -- it's something that influences all of society; you just happen to be picking it up on your inner tuner. Think of it as a distorted impulse to take responsibility for yourself, your choices and your actions. Once you see it that way, it'll make a lot more sense, and your intuition will guide your focus away from others and onto yourself. You may then grapple with the issue of whether you should, or can, control you. I would note that control is a different thing than making conscious choices, or being accountable for your own feelings. Very, very different.

Pisces (Feb. 19-March 20)
Whatever you do the next few days, reserve some of your creative energy for yourself. It's true that you're busy and that your life is moving fast right now; relationship or partnership experiences may be distracting you (though thankfully things are making a bit more sense than they did with Mercury retrograde, as it was recently). Devote some of your primetime and prime resources to doing what you want to do the very most: what you consider your real art, your personal, intimate or impassioned writing, and spending some time with the people you care about most dearly. Part of the challenge of having a successful life is making sure that you have some balance between what you must do (even if you like it) and what you want to do, even if you consider it optional. In truth, it's anything but.

Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

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Positively Speaking

Interior Conversations

By Deborah H. Anderson



I, after a time, need to have silence and thought, and usually a bit of classical or Celtic music.

Even when I had four kids and a husband at home, I would rise early and go swimming, or go to breakfast alone after the kids were in school and journal and ponder.

It makes me feel like a bit of a misfit. American culture is in your face, go, go, go and then push it some more. I was so excited when I found I was a writer because, outside of the ministry, that's the only vocation or calling in which a person is expected to muse.

It's also put me very close to my feelings. When my kids were little, the social worker for our adoptions once asked me how I was doing. I looked at her trying to figure out what response I was supposed to give. I told her how the kids were doing. No, she wanted to know how I was doing. Me? I hadn't gotten to Me in so long I'd forgotten what it felt like.

But here's a cool story of my life. In the early 80's after having decided at the age of nine I was going to concentrate on 'good works' because feelings were too overwhelming, I decided I wanted to thaw. Oh, I'd had feeling thoughts and certainly I could have compassionate and empathetic thoughts but deep, deep, down? Not engaged.

Then a miracle happened. Standing in my trench coat in the middle of the living room of the house on Wallingford Ave, as we called it, I had my first connection with my first felt emotion since I was a child. I had told a bit of my story to someone and let myself stay connected to it while narrating. BINGO! Feeling!!

You know what that feeling was?JOY!!!! Is that not awesome? Many times I would encourage myself in the future, reminding myself that at my core, in the center, that which I first felt was Joy!! A gift.

I use to make jokes about touchy feely people. Sometimes people make fun of me or tell me I live in la-la-land because of how I behave because I feel. Then I remind myself of the gift of feeling Joy. It has been worth the price of everything to have that ability to feel.

The holidays are here. In the hustle and the bustle, say a prayer that you will feel it. Tell a bit of a truth about your story you've never told before to open the door to engaging with your own life. Look at all the prettiness in the world this time of year and ask yourself," Are the lights on in my own interior? Because oh, my friends, it is so worth the price of admission. And it so improves the quality of one's commute on so many levels!

Love,
Deborah



Clearly a memo had been sent out that Thursday was 'Take Your Car to Work Day'. 'Clogged' would be under descriptive to 'show not tell' about the roadways. North, South, East, West, every car was in lock step with overflow. Saturday night was worse. A nighttime Husky game, something happening at one of the stadiums, a ballet opening at McCaw and the Viaduct was closed. From the Eastside to Downtown, from Everett to U District and beyond, from Boeing Access to Union..... crawl.

Commutes are so luxurious on the ferry. One can sleep, or read, knit or eat. Car commutes require at least gripping the wheel and keeping your eyes roving on the off chance some car moves somewhere. No nodding off, nothing but audio books.

Every other activity or option eliminated, the mind drifts. Thoughts of the present walk around thoughts of responsibilities and tasks. Views of the past wander through scenarios that can either be remedied or accepted. Concerns and hopes and excitement about the future crisscross through possibilities and half accomplished dreams.

The alternatives for living life are endless, particularly where emotions are concerned. We all make choices about how disconnected or engaged we are with our feelings. That's where we have our biggest disagreements; to feel or not to feel, that is the question.

Exterior or interior...hmmm... what's your preference?

Heading from the Eastside to the Greenwood neighborhood, rain pelting the car, watching how people either slowed to accommodate the weather and density of automobiles, or speed along changing lanes to see if it was possible to arrive at a destination thirty seconds faster, I considered, like all writers do constantly, the plot and characters of the stories in the cars around me.

Who was truly in a hurry and had a deadline that could not be lengthened? Who was irritated with the people sitting next to them in the vehicle and couldn't wait for the trip to be over? Who was in love? Who was feeling alone?

That which we do not feel, we act out. It's basic human nature. Yet culturally, the differences between what is appropriate to express and reveal is so broad a spectrum we sometimes misjudge or just plain miscommunicate.

Pondering as the swish, swish, swish of the wipers repeat...What do I do with the fact I can't go back to the way I was before, to when I was frozen?

Five years ago when it was de rigueur to find, develop and own a 'brand', I labeled myself 'The Social Contemplative'.

When you put all the definitions together, it describes a gregarious person devoted to prayer at the core of their life. Practically it means I love interactions with people but do not find them energizing. Unlike extroverts who feed on the energy of others and find themselves animated by interactions,

VAA New Works: Billyboy

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, 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



Starring Jim Beaver

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, Nov 22nd & Saturday, Nov 23rd, 7:30pm. At Vashon Allied Arts, the Blue Heron. Tickets: Member \$12/ General \$16. Phone: 206.463.5131

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PANDORA'S BOX

Wow. Did Cheryl finally bite off more than she could chew? Most definitely. Thanks to all who helped make our 30th birthday party such a roaring success. What's to follow? Only the Shadow knows.

Bo's Pick of the Week:
New Pure Vita cat food. He heard that everyone in town is loving it and it is the top seller at West Seattle natural pet stores so we got some, too. Have to keep up with the Joneses.

(206) 463-3401
\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Serena Needs A Home...

My name describes me well - I'm serene with no use for drama, fuss and noise. When people walk into the room where I live at the shelter, they may not see me at first. I don't seek center stage or try to compete with other cats who run up and beg to be noticed. I just sit and watch, hoping the visitors will come over and pay attention to me. When they do, I purr, sit on their laps and, if they allow, lick their faces! Are you looking for a beautiful cat who's elegant but no drama queen? I'm looking for a serene home. Maybe we're a match.

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By Marj Watkins
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You notice that I include both whites and yolks of eggs, though egg yolks have had a very negative press lately. That should change. Most of the nutrition in an egg is in the yolk. The white provides little but albumin, a protein to which some of us are allergic. Yolks provide complete protein, Vitamins A, B1, B2, B6, and B12, plus Vitamin D; 32 micrograms of folic acid, and 65 milligrams of potassium. Don't let any pseudo-nutrition adviser warn you away from whole eggs. Here is a favorite dish of ours for breakfast or lunch, or a Sunday night supper.

If you're dodging nightshade-related vegetables, skip the potatoes and tomato slices and just use the green vegetables. You'll still create a beautiful, delicious, nutritious dish.

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Potata Tomata Fritata Con Fromaggio 3 Servings

1 large potato, thin skinned or thinly peeled
1 cup steamed small broccoli florets
3 large eggs, Omega-3 type preferred
3 Tablespoons milk or water
½ teaspoon salt or to taste
Dash black pepper
1 cup grated or diced cheddar cheese
2 Tablespoons olive oil
2 to 3 green onions, tops included, washed and sliced
¼ cup minced fresh parsley
1 ripe tomato, sliced or ½ cup drained diced canned tomatoes

Dice the potato and boil it 10 minutes in hot water to cover. Drain. Beat the eggs with the liquid and salt and pepper. Heat the oil in a wide skillet. Distribute the potato pieces evenly across the bottom. Pour in the beaten eggs. Reduce the heat beneath the skillet. Add the broccoli. Strew the green vegetables, then the fromaggio (cheese) evenly over top. Lay the tomato slices or dice on top of all. Cover. Cook only until the egg is solid. Serve hot with buttered toast on the side.

Variation 1: Has more protein: Include one or two cups of diced leftover cooked chicken, beef, or turkey. If it's for breakfast, complete the menu with fresh orange wedges or grapefruit.

Variation 2: To limit carbohydrates, omit potato. Potatoes are not much of a threat, though, because they have "resistant" starch that digests slowly and does not spike blood sugar. As part of a frittata, it keeps you from getting hungry again quite so soon, too. (Remember, your heart needs some carbs to have enough energy to keep on beating. You can get it from toast.)

Road To Resilience

Continued from Page 9

Our Vashon Timebank is holding its second orientation meeting on Sunday afternoon, Dec 1, at 4-6 pm at the Senior Center. I think this is one of the most promising projects we have here on Vashon. The idea is that everybody's hour is worth the same, regardless of age, education, or income; that is, everybody's hour is a precious irreplaceable hour of their lifetime. It is not the value of the deed that is important so much as the connection that is made between two people. You know how valuable friends and neighbors are when you need a favor. Such favors are often given and without thought of compensation. The timebank makes all of the members of the bank your neighbors. You have license to ask these favors because you know that person is gaining an hour of credit that they can then use to ask a favor of somebody else. Whether it is a leaky faucet, a ride to town, a weedy garden, computer tutoring, or a friendly conversation, feel free to ask for help as needs be or offer what you enjoy doing or is easy for you.

If you attended the last orientation and have questions about applying or engaging on the website, you needn't sit through the orientation again. We will have a separate meeting for you in the next room. Orientation meetings will occur every month and will always be a potluck, so come for the food and company whether or not you need more information. We haven't determined a regular meeting date yet, but we will publicize it when we do. Go to the official website, tbanks.org, and peruse all the information there. To talk to a real person, get an application, or ask a question, you can call Carrie Sikorski at 206 949 2790 or use the contact information on the website.

Many of you have asked what Transition Vashon is doing. We will be holding a public meeting to address just that on Wed. night, Dec. 4, 7-9 pm, at Hub070, which is located in the old Spinnaker Bldg just north of Chase Bank. Come at 6:30 for informal socializing. We will be updating you on various projects: the tool library, food coops, a report on the Whatcom County Skillshare Fair, and a bit about the timebank as well. We are especially interested in gauging the interest here for our own skillshare fair. I know that there is already interest in a barter fair and I think that could be an aspect of a fair we could host. If you are interested in putting on a fair, please come so we can talk about it. It won't happen if you are not there!

Comments?
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Vashon Island Chorale

The Vashon Loop, p. 9

Vashon Island Chorale will present its annual holiday concerts on Saturday, Dec. 7, 7:30pm and Sunday, Dec. 8, 3pm at Bethel Church. Tickets can be purchased at www.brownpapertickets.com/ or the Vashon Book Shop.



Five soloists featured in Benjamin Britten's "Ceremony of Carols" practice with the Chorale at a recent rehearsal. (l-r) Shannon Flora, Marita Ericksen, Kaycie Alanis, Sarah Alexander and Amy Holmes. Artistic Director Gary D. Cannon is at the piano. Photo by Rick Wallace.

The State of Arizona

The State of Arizona captures the explosive emotions and complex realities behind Arizona's headline-grabbing struggle with illegal immigration. Arizona's enforcement-led policy, which grew out of its unique position as the frontline border state, is reshaping the national conversation around immigration reform. With dozens of states considering a similar approach, The State of Arizona holds a mirror and asks Americans who they are, and who they want to be. <http://www.itvs.org/films/state-of-arizona>

Community Cinema is a national civic engagement initiative featuring free screenings and curricula for films from the Emmy Award-winning PBS series



Independent Lens. In 100 cities and online, community members come together to learn, discuss, and get involved in key social issues of our time. For further information, please visit www.communitycinema.org

Tuesday, 11/26 from 6pm-8pm at the Vashon Theatre, free of charge.

Community Cinema Vashon is presented thanks to the generous support of Voice of Vashon, Island GreenTech, and the Vashon Theatre.

The Tragedy of Macbeth

Vashon Island Shakespeare Festival's ShakesKIDS presents: The Tragedy of Macbeth, by William Shakespeare.

The ShakesKIDS, a group of increasingly Shakespearean literate tweens will be presenting their production of William Shakespeare's The Tragedy of Macbeth on Friday Novemeber 22nd at 7:00pm.

Vashon Island Shakespeare Festival (www.vashonshakes.org), a partner Artist of Seattle's Shunpike (<http://www.shunpike.org>) was founded by Aimée Nicole Lewis van Roekel upon her family's relocation to the island last year.

Since it's inception the ShakesKIDS have learned and produced 12th Night or What You Will, Romeo and Juliet, and



past summer at the Strawberry Festival they performed A Midsummer Night's Dream. All while having fun and acting silly.

The Tragedy of Macbeth, a decidedly darker and even scary play reflects the growing depth and courageousness of the student body. Witches and murder, power grabs and double crossing, The Tragedy of Macbeth explores a side of our collective conciousness rarely collectively explored.

The Thursday before the show will be presented to an exclusive audience at Vashon Community Care, for residents only.

Friday's show at Ober Park Performance Space is free and open to the public. It is part of Vashon Island Shakespeare Festival's mission statement to provide the community at large with "Free Will"; however donations are of course welcome.

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.

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

One More Mile



One More Mile is a Vashon band that has been together for over 3 years now.

With a combined talent that has been blessed to perform on stages from the Washington Performing Art Center to the earthy feel of the old Central Tavern in Seattle's Pioneer Square over the course of their varied careers, One More Mile is committed to putting out the best of music for all to enjoy. Still committed to roots of the blues, and branching out into some funk sounds and performing a few originals as well, we really give it our all to make for a show that is always talked about the morning after!

Their rhythm section is made up of Sam Veatch and

David Salonen and they are better than ever, as these two guys have been playing together now for over 5 years. They are as tight and wonderful as any band could dream for. Lonesome Mike is still perfecting his harp sound and really puttin' his all into his music. Jason Lollar and Tommy Bean trade licks on their guitars that get everyone excited to just BE THERE when the music is playing! They believe that nothing should be left behind when performing, and they give it their 110% ALL!

All ages 'til 11pm 21+ after that. Free cover! Friday, November 29 at 8:30pm. At the Red Bicycle, 17618 Vashon Hwy SW. 206-463-5590



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Vince Mira & Spank Williams

Born in Los Angeles and raised in San Antonio Texas, artist Vince Mira's rise to fame has captivated America. Discovered while playing for tips in Seattle's Pike Place Market, his rapid rise to prominence led to a debut EP and a 2nd full-length album produced by John Carter Cash. Both recorded at the Cash Cabin and followed by a veritable media frenzy. The young baritone with the big voice has been featured on "Good Morning America", "The Ellen Degeneres Show" and "Inside Edition" and has played the Austin City Limits Festival, Bumbershoot, the mainstage at the Sasquatch Festival and has showcased at SXSW. He is now in the process of writing and recording his 3rd album.

Many of you will remember Vince Mira's electrifying performance at The Church of Great Rain a couple of years back - now you will be able to see him up close and live in a unique intimate performance.

Opening for Vince will be Spank Williams. Spank Williams is a ukulele-washboard band with a special brand of star-



spangled old-fangled country and western music. Rested and refreshed from our whirlwind Telegram Tour 2012 - which was funded by a Kickstarter campaign where folks ordered singing telegrams for far-flung loved ones anywhere near our tour route - we are ready to take on 2013 with even more tightly-harmonized murder ballads and venerated hits from our fathers' record collections. We try to put in a lot of visual appeal with our act, which includes not only our big smiles and charming costumes, but also art shows

that we produce. Last year's tour yielded our "Surveyors and Purveyors of Americana" show of images and items we collected on our roadtrip of the American west. This year, we are working on a show of 3D photos that we are taking and plan to show in big-as-life format. Whether it's on stage, in a gallery, or on a picnic bench in Montana, Spank Williams never fails to entertain.

Saturday, Nov. 23th, 8:30pm
Live at Nirvana Bistro & Bar

Seattle International Comedy Competition Finals

The Seattle International Comedy Competition is the REAL "Last Comic Standing." 26 Days. 22 Shows.

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It's America's biggest touring comedy festival.

The 34th Annual Seattle International Comedy Competition starts November 6, 2013 at The Columbia City Theatre in Seattle and continues nightly until a winner is crowned on Sunday, December 1 at The Comedy Underground in Seattle.

There are two "preliminary" rounds of 16-17 comedians; each comedian gets 5 minutes to impress. The Preliminary rounds consist of 6 shows, and a combination of entertainment industry and celebrity judges and audience reaction determines who moves on when each performer's 5 best scores are tallied.

The top 5 comics from the Preliminaries make the semi-finals; all the semi-finalists win some cash, and get to compete for the title by performing for 10 minutes nightly for 5 shows.

At the last Semi-Final show, at the Snoqualmie Casino on Saturday November 23, the finalists are announced. Five get to go big, and five get to go home. After 2 days to recover and plan, the Final round begins on Tuesday November 26 at the

Washington Athletic Club. After visits to theaters in Vashon, Kirkland, and Bremerton, and Seattle, we will have a new champion.

Seattle International Comedy Competition Finals
Wednesday, November 27th, 7:30pm at The Vashon Theatre.

www.vashontheatre.com
For Updates go to www.seattlecomedycompetition.com/





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Vashon-Maury Chamber Orchestra presents “Table Music”

Vashon-Maury Chamber Orchestra presents its fall concert at 7:30 pm on Saturday, November 23 at the Vashon United Methodist Church. The orchestra, led by Music Director and Concertmaster Karin Choo, will present a 20th-Century first half including Concerto per Archi by Italian composer Nino Rota (best known for his famous film scores including The Godfather, War and Peace and the 1968 Romeo and Juliet) and a collection of songs by American composer Jerome Kern. In anticipation of the upcoming Thanksgiving holiday, the orchestra’s second half will feature Mozart’s Divertimento K.251 and a triple violin concerto from Telemann’s Tafelmusik Volume II. Telemann’s Tafelmusik (Table Music) and Mozart’s Divertimenti were written as entertainment for banquets and other social occasions, and it is fitting that the audience will be invited to enjoy a selection of desserts along with tea and coffee during the second half. For Mozart’s Divertimento K.251 the orchestra will be joined by Island oboist Irene Alexander Tokar and horn players Richard Reed (also a Vashon resident) and Becky Miller, who performed a Mozart horn concerto with the orchestra last season. The Telemann triple violin concerto will feature Island violinists Danielle McCutcheon and Choo, along with Seattle violinist Cecilia Archuleta. Vashon-Maury Chamber Orchestra



“Table Music”
Saturday, November 23, 7:30 pm
Vashon United Methodist Church
Tickets: \$10 VAA Members, \$15 General
Tickets are available at Vashon Allied Arts (463-5131), Heron’s Nest and www.VashonAlliedArts.org.
Desserts are being generously provided by Island restaurants. Donations will collected for the Vashon Food Bank.

Family Series: Tim Noah

By Kat Eggleston

Legendary Tim Noah – Emmy award winning songwriter and producer, nationally acclaimed recording artist and star of stage and screen – brings his popular “Anything is Possible” show to Vashon on Sunday, November 24.

In this special Family Series event, Tim shares his creative process. With songs, storytelling and a unique ability to engage his audience, he inspires, encourages, delights and invites children and adults to sing, dance, express, create and dream.

These days Noah lives in Snohomish, where he runs the beautiful “Tim Noah Thumbnail Theater,” a lovingly renovated 100-year-old church that now provides what Tim calls “a cozy home for the performing arts.”

A Snohomish teacher-librarian and Noah fan commented, “His entertaining performances and instruction capture the imaginations of all audience members, regardless of age.”

Tim Noah has won many prestigious awards for his work, and has appeared



at Lincoln Center, on HBO, The Disney Channel and the BBC, and plans to soon re-issue his first book, Country Store. However, the most immediate and energizing way to witness his work is in this versatile and inspiring live performance.

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Arjun is a student of Ali Akbar Khan and has performed in the U.S., Europe, and India, including performances at the United Nations in Switzerland, Prague Castle in the Czech Republic, and Pattee Arena in Monterey, CA. Arjun has performed with musical greats of many genres including Bob Weir of the Grateful Dead, Fareed Haque, Kai Eckhardt, and Krishna Das, as well as



Indian Classical masters Alam Khan, Sharda Sahai, and Shabbir Nisar.

Ravi is a disciple of Anindo Chatterjee and has performed with many accomplished musicians such as Amjad Ali Khan, Shahid Parvez Khan, Sugato Nag, G.S. Sachdev, Deepak Ram, and many others. He has performed in the Seattle area and throughout the United States and Canada. Ravi is the Executive Director of The Anindo Chatterjee Institute of Tabla, offering ongoing classes, workshops and musical events throughout the year in the Seattle area.

Saturday, November 23, 7:30pm
(Doors open at 7pm). Havurat Building,
15401 Westside Hwy SW, Vashon Island,
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Advanced purchase \$10.00 at
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November 29, 8:30pm
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Deadline for the next edition of The Loop is Friday, November 29

Loopy Laffs

LOGJAM



BY Jeff Hawley

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Seattle International Comedy Competition Nov 27th 7:30 pm

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Vashon scientists are using this time to bring the two "P.E.T.A." groups together: "PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS" and "PEOPLE FOR THE EATING OF TASTY ANIMALS".

The scientists found a way to change blackberry vines into roasted Thanksgiving Turkey.

Now, BOTH groups can't decide whether to be elated or offended!

