



VASHON

THE LOOP

Vol. 10, #3

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January 31, 2013

Brush Notes II

Daryl Redeker and Pam Ingalls



How often do you get to witness a musician write a song? An artist paint a portrait? These tantalizing acts of creation rarely happen in front of an audience. Artistic inspiration sometimes comes quickly - BAM! And sometimes it takes weeks.

Whether you're making a song or a painting, the muse is not predictable - which is what makes Brush Notes one of the most dangerous artistic events you'll ever witness.

Pam Ingalls and Daryl Redeker first brought Brush Notes to Open Space in June 2011. It was an extraordinary experience for those attending, and promises to be even more mesmerizing on its second outing.

Brush Notes II takes place the Open Space, Saturday, February 9, 7pm

As the audience enters, individuals can drop their name into a hat if they'd like their portrait painted and then Pam will randomly draw a name, and bring that person to life in oils. Daryl will ask the audience for suggestions and then write a song, as the audience listens in. Painting and music unfold simultaneously. And the audience is invited to come close - and watch creation as it happens.

The evening will also include an audience discussion with Pam and Daryl.

Go to our website for ticketing details: www.openspacevashon.com

the Open Space
18870 103rd Ave SW, Vashon
206-408-7241

VAA Women in Jazz: Cocoa Martini



By Janice Randall

Cocoa Martini, courtesy photo

Hear award-winning talent when VAA's Women in Jazz Series continues in February with Cocoa Martini. Featuring three talented Seattle-area vocalists - Kimberly Reason, Kay Bailey and Nadine Shanti, these distinctive female soloists are backed by Northwest jazz luminaries Bill Anschell on piano, Chuck Kistler on bass and Brian Kirk on drums.

Cocoa Martini consistently delights and surprises their enthusiastic audiences. Expect inventive vocal ensemble harmonies and a dynamic, eclectic repertoire of straight-ahead jazz mixed with lively Latin standards and infused with pop, funk and old-school soul - perfect for a Valentine's weekend outing. Libations and treats included!

Since the ensemble's sold-out debut at the Triple Door in 2007, Cocoa Martini has grown to become a Northwest jazz favorite. They have been featured on Seattle Channel TV's "Art Zone," lauded by The Seattle Times and heard on KKNW 1150 AM's Urban Forum Northwest. The group earned Earshot Jazz Society's prestigious Golden Ear Award for Best Vocalist of the Year in 2009.

Seattle native Kimberly Reason, known for her ability to sing finger-popping swing and tender, crystal-toned ballads, discovered jazz through her mother, who grew up in a tenement off

Jackson Street during Seattle's legendary 1940's jazz scene. Reason studied piano at Cornish College of the Arts, sang in church choirs and has performed at venues including Jazz Alley, Tula's, The Sorrento Hotel and many others. She has produced two CDs: the eponymous Kimberly Reason (2009) and Kimberly Reason with the Larry Fuller Trio (2004).

Kay Bailey, born in Cleveland, Ohio, played violin as a youth and in her teens took vocal classes. She currently performs with The Finn Hill Quartet at Cafe Harlequin in Kirkland and Anthony's Home Port. Bailey selects music from different genres, rendering them with her own unique style in her classic jazz voice.

Born and raised in New Orleans, Nadine Shanti moved to Seattle in 1980, where she launched a versatile music career that includes performances throughout the world. Shanti has performed with Everett Symphony and Wenatchee Valley Symphony, served as guest instructor at the American International School in Lagos and toured the U.S. presenting workshops and concerts in Illinois. She currently teaches music for Everett School District.

A prolific composer, Shanti co-wrote and starred in orchestral tributes to

Continued on Page 11

Road to Resilience

Destructive Myths

By Terry Sullivan, Transition Vashon

An industrial employee heads out early in the morning, stopping by the local coffee shop outside of Dubuque for a quick breakfast or perhaps an Egg Macmuffin. On arrival at work, he checks the work schedule, and goes to the equipment shed to warm up the rig he will be using today. On arrival at the supplies warehouse, he finds a bevy of forklift operators unloading new supplies from a semi at the loading dock. He hails one and puts in his order for the day. He will be spreading fertilizer on a thousand acres of one month old roundup ready corn plants. His spreader has an air conditioned cab, gps guidance system, radio communication, music player, and retails for well above \$100,000.

Technically, this farm is privately owned. The owner/proprietor goes out once or twice a week to assess the condition and needs of his crop. Most of the time, he is working with his accountant to gauge how price futures are comparing to costs and whether he is getting the most competitive interest rates on his seasonal loans. Since his crop is contracted to one of the three big grain marketers, he doesn't have an opportunity to seek a better price. If the weather, diseases, and pestilence stay

within parameters, he will make enough to pay off his loans, his workers, make a little profit for himself, and survive to plant another year.

The "Green Revolution" that created this farming system was intended to greatly expand farm output through mechanization, economies of scale, industrially produced fertilizers, and miracle seeds. Production increased four fold, but at great cost.

Farm equipment alone accounts for 10-12% of all our greenhouse gas emissions, second only to transportation. In the 1930's, one calorie of energy could produce 6 calories of food. Today's agribiz uses 3 calories of energy to produce 1 calorie of food (yes, that is 18 times more!).

The economies of scale have virtually eliminated farming as an occupation of self employed, middle-income families. Before the green revolution, 26% of our population were farmers; now only 1½% are. The new scale meant that only very large businesses could compete. The current status of what is termed "vertical integration" is that only 3 corporations control the entire grain market, 6 corporations control 80% of the meat market, and one corporation, Monsanto, controls 60% or the precious

Continued on Page 9

The Vashon Library is Expanding!

The Library Will Close Monday, February 4 for Construction.

The Vashon Library temporary site is located at 17707 100th Avenue SW, across from the Vashon Post office. The temporary location will open on Saturday, February 9, 10am.

During construction, you may pick up holds, check out materials and drop off library materials at the temporary site. Open hours will remain the same.

The expanded library will include a multipurpose meeting room, study rooms and additional seating.

Programs scheduled for the Vashon Library will be held at various locations, to be announced.

For more information, www.kcls.org/bond/vashon/ or call 206.463.2069.

RENT VS. PURCHASING..

The Vashon real estate market is more affordable than ever with today's low property values and record low interest rates. Now is the time to make a home for yourself or purchase an investment property.

Rental: a typical rental cost ranges between \$1,100 to \$1,600, size, amenities, location dependent.

Purchasing: There are costs and fees to purchasing a home, but once those costs are completed, there are regular, monthly costs that are as manageable, if not more manageable, than a rental.

EXAMPLE: If you purchase a \$250,000 home with a 15% down payment, financed by a loan with a 3.75% interest rate, your approximate monthly payment of principal and interest would be around \$981.50. If you structure your payments to include monthly portions of property taxes and mortgage insurance, that payment will be bumped up to approximately \$1,250 per month. **

Of course, homeowners shoulder more day-to-day costs of maintenance and utilities. But the payoff is: when you sell your house, you get a good portion of that amount back. When you rent, you don't--you pay off your landlord's mortgage, and when they sell their investment property, they get a good portion of your money back.

Call a Windermere agent to learn more about the home buying process.

** (Prop. tax (est.) \$2,400/yr, Insurance (est.) \$840/yr - mortgage insurance may be required. Rates in this example are not guaranteed rate quotes, used only for sample purposes. Contact Licensed mortgage professional for accurate rates, fees & APR)

Your Windermere Team:

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Windermere Vashon

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*see example



Fellow Granny's Addicts Rejoice!

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Granny's Fun Fact #777

It takes 7 XL Pizzas to restock Granny's store!

Granny's is located at Sunrise Ridge
10030 SW 210th st, Vashon Island
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www.grannysattic.org

Retail Hours:
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Live Entertainment

February 2, 9pm
The Highlife

February 8, 8:30pm
Asa Broomhall/Danny Newcomb

February 15, 8pm
Love Duets - Benefit for Risk

February 22, 8:30pm
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February is Fix-a-Cat Month

Vashon Island Pet Protectors and Fair Isle Animal Clinic sponsor low cost spays and neuters in February.

Cat Spays \$25
Cat Neuters \$15

Call for an Appointment
206-463-3607
Fair Isle Animal Clinic



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.

Sci-Fi Saturday

On February 2nd at 1:30pm “Star Trek IV The Voyage Home.” This is the one about the whales and is filled with great comedy!

A donation will be taken at the box office and food doantions are taken inside the theatre.

Please, come and have a good time.

This is for The Chicken Soup Brigade so bring your donations to the box office and I'll see you inside!Where: The Island Theatre

When : February 2nd, 1:30pm

How much: Some canned food or boxed food items. \$10.00 at the box. More is better. :>)

What: Chicken Soup Brigade.

A food drive for those living with HIV/ADIS in King, Kitsap, Pierce and Snohomish counties.

See you at the theatre!

Water District 19 Regular Board Meeting

Water District 19’s next regular Board Meeting set for February 12th, 2013 at 4:30 PM here at the District Board room. Agenda to follow.

Vashon Maury Island Garden Club

Vashon Maury Island Garden Club Meeting
Speaker: Helen Meeker
Topic: One woman’s passion for gardening and native plants.
Vashon Lutheran Church

Vashon Social Dance Group

Vashon Social Dance Group February 2, 2013 Dance & Lesson Information Saturday February 2, 2013 at Ober Park Performance Hall 17130 Vashon Hwy SW 98070

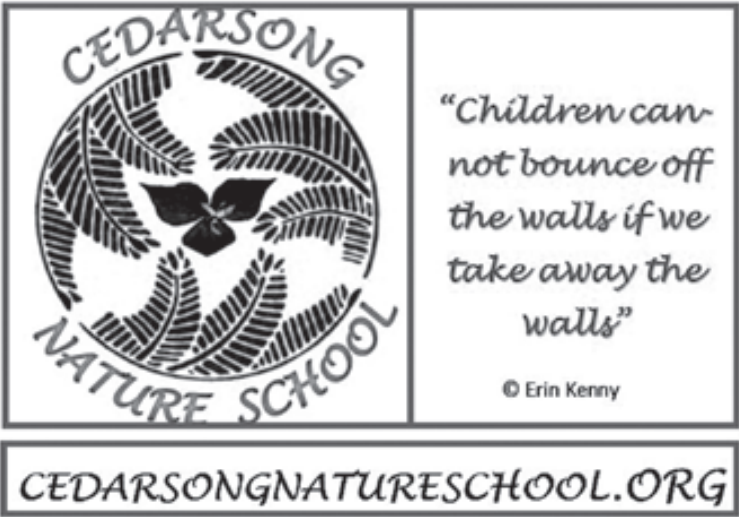
6:00 - 7:30 PM Triple Time East Coast Swing Lesson (Suggested Donation \$15 for Instructor) Instructor: Lilli Ann Carey with Dance For Joy will review and build on what we learned in January.

7:30 - 9:30 PM Dance to an eclectic selection of music - deejays: Lilli Ann and Candy. Come alone or bring a friend. No partner needed, we rotate often which encourages many dance partners throughout the evening.

Thanks to all for your donations of funds and spirit to guarantee our dance group will continue on.

Dancing feet are happy feet. See you on the dance floor soon!

Questions? Contact Candy (206) 920-7596. Visit Vashon Park District events page on their website Or, visit Dance For Joy website: www.danceforjoy.biz



Next Edition of The Loop Comes out Thursday, February 14

Deadline for the next edition of *The Loop* Friday, February 8

Harbor School Open House

Harbor School will hold their first Open House of 2013 on Wednesday, February 13 at 7 PM for prospective students and their families.

Harbor School, a non-profit, independent school serving Grades 4 through 8, invites local families to attend our February Open House and learn more about the school and its offerings.

Harbor School focuses on serving the needs of children in their middle years. Students preparing to move from 5th grade to middle school have a number of challenges ahead of them, and the Harbor School’s faculty and staff are well poised to make these years successful and productive for your children.

Head of School James Cardo will present an overview of the school’s curriculum. Faculty members will be on hand to answer questions and meet prospective candidates and their families. Current Harbor School students and parents will also be in attendance to offer insights and give tours through the classrooms. Refreshments will be provided.

Harbor School invites families interested in attending the February Open House to RSVP by phone at (206) 567-5955 or by email at info@harborschool.org. Kids are welcome and encouraged to attend. For more information about Harbor School, please visit <http://www.harborschool.org>.

Admission applications for 6th and 7th grade in 2013-14 are now being accepted and additional admission packets will be available at the event. Harbor School encourages interested families who plan on applying for the 2013-14 school year to submit their applications before February 28, 2013. Enrollment decisions are made in early March of each year.

Drama Dock Audition Announcement

Due to an unforeseen event- the Black Comedy Audition on the 26th has been replaced by a February date.

Drama Dock’s Auditions for Black Comedy, directed by Steffon Moody will be held on Monday, January 28th at 7 pm and Sunday, February 3rd at 6 pm at Ober Park Performance.

Please prepare a memorized --short (no more than 1 minute in length)-- modern comic monologue and dress comfortably--so you can move! Any questions or concerns, please contact Elizabeth Ripley eripley13000@yahoo.com Thank You!

Free Taxes & Property Tax Exemptions help

Free Taxes & Property Tax Exemptions help at library starting January 30th. Wednesdays from 11am - 1pm starting January 30 to April 3rd doing taxes for people whose gross income is \$25,000 or less.

Need help with forms for property tax exemptions.? To qualify you need to be at least 61 years of age and your income must be under \$35,000 and that includes social security.

No appointments, just drop in at the Library.

Vashon Delta Dogs

The Vashon Delta Dogs will resume our Monday 5PM meetings at Vashon High School.

February meeting dates: February 4,11,25 (no meeting February 18)

March meeting dates: March 4,11,18,25

See You Soon
Kathy, Zeppo and Guy Noir

Chinese medicine’s energetic approach

Holly Berman, Acupuncturist and Doctor of Oriental Medicine presents:

Oriental Medical Nutrition for Pain, Inflammation, Digestive Disorders & Chronic Illness. The foundations of good health are proper nutrition, exercise, adequate rest and relaxation and positive mental attitude. Without appropriate changes in diet and lifestyle, natural medicine cannot achieve a full and lasting effect. In this introductory class, Holly C. Berman, E.A.M.P., will talk about Chinese medicine’s energetic approach to nutrition and digestion. Holly is a Doctor of Oriental Medicine and East Asian Medicine Practitioner/Licensed Acupuncturist, in practice for over 15 years. She has traveled around the world and studied healing and nutritional strategies from many cultures. Tuesday February 12th, 6:30 - 7:30pm at Vashon Natural Medicine. \$10 Pre-registration is requested. Call 463-4778 to reserve a space.

Raw Vegan Potluck

Sunday, Feb 3, 5-7 pm, at Deena Eber’s home, all are welcome, just need to be an herbivore for the evening repast! And this is a no-trash bash too! call 963-1058 for ideas, directions



Compost the Loop

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

Joanna Gardiner

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The Vashon Loop

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By Orca Annie Stateler, VHP Coordinator

Mon dieu, what to write? A month-long dorsal drought afflicts Vashon. Most of the whale news is grim. A dead Southern Resident orca newborn stranded at Dungeness Spit in early January. California agribusiness and the Pacific Legal Foundation, a nefarious Koch brothers joint, aim to strip Southern Residents of their urgently needed endangered status. Scoter (K25) will bear a scar from an invasive satellite tag piercing his dorsal fin.

These disquieting thoughts swirled as Chez VHP’s barista brewed Orca Blend, our lucky talisman, on a Tuesday morning. Serendipitously, through the window and out of the gray, emerged Kéet. “Grab the camera, hon’, we have killer whales in the yard!” Drought ended.

Eight Transients glided by -- this time with no boats on their tails. I recognized old friends in the mix: matriarch T90 with her brood and her constant traveling companion, elder male T87. He was the only male in the group. If researchers have estimated T87’s age correctly, he is at least 50. These Transients are return visitors to Vashon-Maury waters – must be the cuisine.

I nicknamed T87 “Slot Fin” for the rectangular slot near the top of his dorsal that looks like it was cut for a door hinge. Since Mark Sears and I last saw him a few years ago, the tip of T87’s dorsal fin has curled over sharply – evocative of a hook knife, Odin noted. See Mark’s accompanying photo. Dorsal fins on older male orcas often show signs of their advanced age. Think of the ultra-wavy dorsal on Ruffles (J1), his Elder Flag. Show some respect, whippersnappers!

Mark deployed in his research boat on January 29 to obtain ID photos and prey samples. Three Harbor porpoises approached him as the Transients meandered toward Blake Island. The two

cetacean species were no doubt aware of each other, but in a smooth evasive maneuver, the porpoises sped away from the killer whales.

Minutes later, Mark witnessed a spectacular predation event off northwest Blake Island, where many seals congregate. Slot Fin (T87) did not participate; he left the gory work to the females and juveniles. These Transients have gone National Geographic on prior seal kills in the same area. Like wolves stalking an elk herd, the orcas culled a single adult Harbor seal and tormented him for about 15 minutes. They tossed the seal 20 feet into the air, and then they dragged their prey underwater on a long sounding.

Mark collected some blubber chunks that floated to the surface. The adult orcas shared seal bits with the youngsters. The youngest, a Springer-sized tot, played with the food. Dozens of gulls descended on a greasy, shiny seal slick.

In Mark’s words, this encounter was “sad to watch.” The seal looked terrified and uttered distress calls. Seal reactions are not always noticeable because many kills occur quietly and efficiently underwater, without such drama. Since we are seal protectors as well as whale guardians, seal kills tug at our heartstrings. We have compassion for any critter fatefully targeted by the ocean’s apex predators – killer whales. Cousin Seal made the ultimate sacrifice to feed T90 and her relatives.

Minutes after Transients appear, an amazing sight unfolds a few feet off our beach. Seals band together in clusters of 6 to 12; with their heads poking up and anxious expressions on their sweet faces, they cling to shore while swimming in the opposite direction of the killer whales. Our Harbor seal neighbors can distinguish fish-eating Residents from Transients.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as sick, injured, or dead marine mammals on Island beaches. Ferry commuters, your calls matter in our research effort! Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and nearby Central Puget Sound waters, initiated more than 30 years ago by researcher Mark Sears. Check for updates at Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com.



Elder male T87’s hooked dorsal fin, photo © Mark Sears, 1/29/13

Grapefruit Seed Extract

By Kathy Abascal

Most health food store customers prefer to use “natural” products (that is products that are made by Mother Nature) over man-made chemicals whenever possible. And most products in the health food stores are designed to meet these expectations. Most but not all. Grapefruit seed extract is one of the “unnatural” products that some are tricked into using.

Grapefruit seed extract is often recommended as an antimicrobial for a variety of infections. People report that it works very well although it is very bitter tasting. This sounds like a good product to most because we are very familiar with grapefruit as a food. The problem is that grapefruit seeds are not antimicrobial. Study after study shows that ground grapefruit seeds in capsules or extracted in a solvent like alcohol are completely ineffective against bacteria and other microbes.

So, who is right? The people who have tried the extract or the people who have tested it on bacteria? Actually, both are right. The grapefruit seed extract sold in the store is not the same as the “natural” extract tested in the studies. Instead, the store extract contains a chemical that does not occur naturally in grapefruit. This is how the antimicrobial “natural” grapefruit seed extract is made:

Grapefruit seed and pulp are dried and ground into a powder. This is all I would have thought to be involved in making the extract but the process continues. The fiber and pectin are removed from the powder. No problem with this, people are not using the extract as a source of fiber. The remaining slurry forms a concentrated flavonoid-rich powder which is dissolved in glycerin. Glycerin is a benign solvent.

Then food grade ammonium chloride and ascorbic acid are added. This mixture undergoes catalytic conversion using “natural” catalysts, including hydrochloric acid and natural enzymes. In the end, grapefruit seed extracts like Citricidal (a common brand of the extract) contain a group of quaternary ammonium chlorides including benzethonium chloride, its primary active constituent. The starting point was ammonium chloride, a synthetic chemical that is harmful if swallowed in larger amounts; it is a skin irritant. Benzethonium chloride, the end point, is a manufactured chemical that is lacking in safety data but is believed by some to be an endocrine and skin toxicant. Endocrine toxicants are chemicals that have the ability to disrupt our hormones. Commonly encountered endocrine toxicants include PCBs, DDT, and triclosan. Grapefruit itself contains neither chemical.

“Not to worry,” assures the manufacturer of Citricidal: “Benzethonium



Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

chloride is a well-known synthetic antiseptic agent; it is not added to the grapefruit extract, but is formed from the original grapefruit flavonoids during the ammoniating process.” They assure us that it has no short term or long term toxicity. Maybe, maybe not. However, most of their customers are still being fooled into taking a chemical they had no intention of taking. In addition, the manufacturing process may produce other more toxic chlorinated byproducts that are released into the environment. Using grapefruit seed extract is about the same as going to the pharmacy and buying triclosan or any other synthetic antimicrobial chemical. They too may work well and they may be safe; or not.

Manipulation of “natural” products is not uncommon in the health food industry. Instead of using whole plant extracts more or less as made by Mother Nature, manufacturers isolate compounds from plants and then tweak them to purportedly make them more effective. The downside is that such products lack the centuries of human use that allows us to know that they are safe to use.

Plants are often used as an inexpensive entry point in a chemical process designed to produce a synthetic chemical. If you would like to explore this topic further, read the book Twinkies Deconstructed where you will learn that your vitamins are not squeezed from fruits and vegetables but instead often are made from petrochemicals in China. My advice to those looking for truly “natural” products: As a general rule, use whole plants the way they were used traditionally, read labels carefully, try to get most of your vitamins from your foods, and avoid grapefruit seed extract.

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Kathy Abascal’s TQI Diet Classes Start soon:

Learn - or rediscover - how to eat for health and weight loss. Looking trim is good but enjoying good health is more important.

The TQI Diet teaches people how to eat to quiet inflammation. When inflammation quiets, unwanted weight melts away but more importantly improves how we feel and function. New classes start the end of February. For testimonials, class schedules, notifications of introductory talks, and to enroll, visit TQIDiet.com.

Island Life For the Mill

by Peter Ray

Most days I can navigate past the news automat that is the opening page of the Yahoo internet home site. In many ways it reminds of the Horn & Hardart shops in New York City of ancient times, with their walls of glass windowed cubicles that contained a variety of prepared food items for the hungry visitor. Instead of plugging in your coinage to unlock the window and free your comestible of choice, one can now click on a given news item (for free) from a numbered list or transient, side-slipping slide show, and be made aware of, if not actually informed about, any given event in the day’s range of occurrences. In fact, many of these items, like the “one weird trick” info-ad boxes with their accompanying photos of unrelated, large-breasted info models, have little or no information that might provide intellectual nourishment or even a simple basis for rationally deciphering the essentials of day to day living. In some ways, they are a new form of entertainment, in that one can be amused by the utter lack of information they contain. One can also carry on to the comment sections afterward, and bear witness to either peoples’ disgust with how little can be gleaned information-wise from these articles, or be amazed at how ignorant people can be of both the practical machinations of thought process and reason, as well as the primal function of syntax and grammar, through the ways and forms in which they leave verbal traces of their stupidity in responses to these articles.

There was an article recently that I tried to avoid at all costs, even advancing the slide show forward whenever it came around again so I wouldn’t have to look at it. The story in question involved the dolphin that had showed up to die in the Gowanus Canal in the Brooklyn section of New York. From the way it was initially billed, it sounded as if this “wayward” dolphin had somehow gotten lost and trapped in what sounded to be an equivalent to Buffalo’s Love Canal, except that it was connected to the open sea and stood as a perilous and toxic trap to any unsuspecting marine inhabitant that might happen into its clutches. Of course, I had to look into it.

At the time it was built in the late 1860’s, the Gowanus Canal served

the many grist mills that had been built in what was then an agricultural region, and soon became one of the main waterborne transportation hubs in the area. It also served as an open sewer, along with a dumping spot for a variety of toxics as the area became more industrialized. At one point in the early to mid 1900’s there was an ink factory located on its banks which regularly dumped various colors of ink pigments into its shallow depths. After one particular coloring the canal gained a new nickname: Lavender Lake. The biggest problem with the canal was and is that it dead ends two miles inland and there is no flushing action to clear it of its polluted load. This was somewhat “remedied” in the 1890’s by a sewer pipe that took the local effluent further out into New York Harbor. And in the early 1900’s a tunnel was built to pump fresh water into the inland end of the canal and flush accumulated wastes down its length and out into the open water, not that in the bigger picture this is any real kind of solution to this problem, and the pump that dorv this flushing finally failed in the1960’s without being replaced. After a number of various attempts at clean up the Gowanus Canal was finally declared a Superfund cleanup site by the EPA and placed on the Superfund National Priorities list on March 4, 2010. Some might wonder what it was that took them so long to make that decision.

There is a part of the film documentary ‘Lavender Lake’ that is available on line. It was released in 1999 and offers another look at how the locals perceived the canal. The smell from the canal is a topic discussed here, as well as the admission by some of the residents that after a while they just didn’t notice it. There is talk about what got thrown into the canal, which seemed to be just about anything that people wanted to get rid of, and ranged from the wastes generated by local businesses, to dead animals to allegations that the mafia used it to get rid of weapons and bodies. Two policemen interviewed here talk of the twenty to thirty bodies they have seen come out of the canal, as well as a large suitcase that the finders opened expecting to discover a pile of cash, and instead were shocked to find a number of human body parts from a number of different unfortunate victims.

Which kind of brings us around to the dolphin that drew me into this to start with. One of the stories that covered the necropsy of the animal, as it did die within a day of its first sighting in the canal, was that it hadn’t been eating and had



kidney stones and liver parasites- it wasn’t healthy to begin with. On the other hand, there were numerous mentions in the documentary about people falling into the canal and not surviving, mostly because they had been overcome by fumes coming from the “water”. There was also story of the baby whale that had been seen years before “frolicking” in the entrance waters to the canal, and who had been dubbed Sludgie” by the locals. Sludgie didn’t make it either. As for the dolphin, I suppose one could anthropomorphize its demise along the lines of a Kevourkian solution. One might be tempted to talk about a death with dignity here, but that seems less than plausible given the rankness of its final aquatic dying grounds. And by the way the stories were written, it sounded as though the dolphin had been trapped in this situation. Everything I’ve read, however, indicates that the canal is at least 12 feet deep all the way to its outflow. It is a story like this that tends to affirm my questioning of the sanity of people who swim in events like those at Governor’s Island, the Statue of Liberty and around Manhattan. Especially since the EPA is still trying to figure out how to clean up the likes of the Gowanus Canal, which

dumps directly in New York Harbor just below Governor’s Island. My skepticism surrounding the viability of the human race also continues unabated, as one of the last lines in the Wikipedia article that was the source of some of this information reads this way: “Some express concern that the clean-up [of the Gowanus Canal] poses a health risk.” All I can say is, tell that to Sludgie.

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Documentary Film Premiere & Screening: Women’s Stories from the Red Tent

Woman’s Way Red Lodge presents “Things We Don’t Talk About: Women’s Stories from the Red Tent,” Tuesday, February 5th, 6:00 PM, at the Vashon Theatre. “Things We Don’t Talk About” captures women’s personal stories that are often hidden – revealing the pain, joy, and honesty shared in circles happening around the country, inspired by the space of the Red Tent. The Red Tent is a space where women gather to rest, renew and share deep, powerful and intimate stories.

Tickets to the film are available at the door, \$5-\$10 by donation, payable by check or cash. Please note that all are welcome, but the film is rated “For Mature Audiences.” This screening is generously co-sponsored by Vashon Theatre and Island GreenTech. Proceeds benefit Red Lodge.

There will be pre-event drumming outside the Theater at 5:30. Come early and drum on Buffalo Heart, the big community drum! Also Red Lodge hosts a Drum Circle the following Friday, February 8th, at Vashon Intuitive Arts, 7PM. All are welcome to share reflections on the movie while drumming.

For more info about the film



go to www.redtentmovie.com. For information about the Vashon screening, contact amy@wwrl.org. Woman’s Way Red Lodge is a 501c3 not for profit organization, with many members and supporters on Vashon Island, as well as across the country.

Spell It!” 2012



Pictured are the members of the Pharm Kids team, Sam Crosby, Rachel Taylor and Klara Shepherd who won the costume contest at “Spell It!” 2012. Tickets are available at Vashon Book Shop and Vashon Pharmacy. \$15 for general admission and \$10 for students and seniors. To register your team call 463-1638 and plan to be at the Bee on Saturday, February 2 at 7 PM at the VHS Theater.

Advertise in the Loop!

ads@vashonloop.com or call (206) 925-3837

Next Loop comes out February 14

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Dogs, Dialysis, and Deep Valleys

By Mary Tuel

About 4:30 this morning my husband and I were lying there petting the dog and talking about our random sleep schedules. He is hooked up to his dialysis machine at night, and it makes various beeps and boops, with accompanying blinking lights, so he tends to be awake often during the night.

I read in bed, and sometimes am awake until after two, depending on how gripping the narrative is, or how insomniac I am. I hear him waking, fiddling with the dialysis machine, and drifting back to sleep. Sometimes the machine wakes me up, too, and we have these early morning conversations.

We were discussing whether our sleep has become so off and on because of our age, our medications, his machine, the dog, or, our best guess, all of these things.

Rick and I have one of those foam mattresses that are all the thing these days. I bought it at the discount store a few years ago. It is probably the most comfortable mattress we've ever had. No hard pressure points for arthritic limbs and joints, and it practically hugs you and says, "There, there, baby, you get your rest," when you lie down on it. Ah, we sigh, and snuggle in, and the dog

snuggles in next to us.

There are downsides to this cuddly mattress. The dog tends to slide in my direction during the night. Some nights I wake up clinging to the edge of the mattress.

Garrison Keillor used to do ads for the "Deep Valley" bed, an old mattress with a sag in the middle that rolled the occupants of the bed toward each other. The foam mattress does not have a deep valley, but it does dip where you and the dog lie on it.

Nature abhors a vacuum, and a dog abhors leaving you any space in bed. I know the truth of this when I wake up in the wee hours being pushed over the edge by the impressive bulk of our affectionate pit bull.

She looked so small the day we met her. After living with an 85-pound Doberman-Pit Bull and a 60-pound Collabrador, Marley looked downright petite. We soon learned that she has what my husband calls "dense molecules." Marley may not look very big, but she is a chunk of muscle, and when she hops up on the bed and lies down it's a lot like sharing the space with a sack of wet cement.

There is another problem with a soft mattress. After a while your back protests at the lack of support and you can develop muscle cramps and spasms.

So sometimes I nap on the floor. A few hours on a flat hard surface and my back is much happier. I think the reason for this is that the human body slept on the ground or the floor,

without much padding, for centuries. We're not designed for soft and comfy. We're designed for hard and unyielding. When I lie on the floor, I note in passing, the dog does not join me. She stays up on the nice soft couch.

I think of the mattress ads I've seen, with a body, usually an attractive, height-weight proportional female silhouette, lying on a mattress. The illustration points out how the mattress shapes itself to the contours of the human body, going up at the waist and down at the hip and shoulder, a perfect fit for every physical idiosyncrasy. There is never a dog in these ads.

Listen up: we are not made for beds that shape themselves to us. We are made to sleep on the floor or the ground, with the dogs cuddled up next to us so we supply each other body heat, perhaps next to a fire that stays lit all night if we're lucky. That's my theory.

I heard when I was young, "Old people don't need as much sleep." Well, phooey. I think we need as much sleep, but we don't get it, at least in one stretch. When my mom was in her later years, she was always dozing off in her chair while watching TV. I understand that now.

If you get eight hours of sleep in a row, do not have medical machines keeping you alive, and don't have a dog pushing you off the bed, you have none of these complaints. Congratulations. I'm happy for you. But I don't want to hear about it.



Marley on the couch

One Billion Rising: Vashon Community

On Thursday, February 14th, 2013, at 3:45pm in downtown Vashon, our community will join with activists around the world for ONE BILLION RISING, the largest day of action in the history of V-Day, the global activist movement to end violence against women and girls.

ONE BILLION RISING began as a call to action based on the staggering statistic that 1 in 3 women on the planet will be beaten or raped during her lifetime. With the world population at 7 billion, this adds up to more than ONE BILLION WOMEN AND GIRLS. On February 14, 2013, V-Day's 15th anniversary, Vashon will join activists, writers, thinkers, celebrities, and women

announcing at least one evening practice/rehearsal time each week ... we're still working out the details.

Even if you can't be at the Valentines Day event, PLEASE come dance with us at the practice classes ... it's a blast and quite a moving experience!

About One Billion Rising

One in three women on the planet is raped or beaten in her lifetime. That is ONE BILLION WOMEN violated. One billion daughters, mothers, grandmothers, sisters, lovers and friends. On 14th February 2013, V-Day's 15th Anniversary, we are inviting ONE BILLION women and those who love them to WALK OUT, DANCE, RISE UP, and DEMAND



and men across the world as we express their outrage, demand change, strike, dance, and RISE in defiance of the injustices women suffer, demanding an end at last to violence against women.

"When we started V-Day 14 years ago, we had the outrageous idea that we could end violence against women," said Ensler. "Now, we are both stunned and thrilled to see that this global action is truly escalating and gaining force, with union workers, parliament members, celebrities, and women of all backgrounds coming forward to join the campaign. When we come together on February 14, 2013 to demand an end to violence against women and girls it will be a truly global voice that will rise up."

Come learn the dance!

Dance practices include:

- Each Tuesday and Thursday morning from 9:30 - 10:30 leading up to the event.

Practice/Rehearsal location to be announced.

Dates include: 1/31, 2/5, 2/7, 2/12 and 2/14

- Each Saturday afternoon, 12:15 pm - 1:15 pm leading up to the event at the Vashon Dance Academy.

Dates include: 2/2, 2/9

- We will also be

an end to this violence. ONE BILLION RISING will move the earth, activating women and men to dance across every country. V-Day wants the world to see our collective strength, our numbers and our solidarity across borders. Join V-Day and ONE BILLION RISING today and SAY NO to violence against women and girls. To sign up and learn more, visit www.onebillionrising.org


About V-Day

V-Day is a global activist movement to end violence against women and girls that raises funds and awareness through benefit productions of Playwright/Founder Eve Ensler's award winning play The Vagina Monologues and other artistic works. In 2012, over 5,800 V-Day benefit events took place produced by volunteer activists in the U.S. and around the world, educating millions of people about the reality of violence against women and girls. To date, the V-Day movement has raised over \$90 million and educated millions about the issue of violence against women and the efforts to end it, crafted international educational, media and PSA campaigns, reopened shelters, and funded over 14,000 community-based anti-violence programs and safe houses in Democratic Republic of Congo, Haiti, Kenya, South Dakota, Egypt and Iraq. Over 300 million people have seen a V-Day benefit event in their community. V-Day has received numerous acknowledgements including Worth Magazine's 100 Best Charities, Marie Claire Magazine's Top Ten Charities, one of the Top-Rated organizations on Philanthropedia/Guidestar and Great Nonprofits. V-Day's newest campaign is ONE BILLION RISING which will culminate on 021413 with a global action worldwide. www.vday.org

To learn more about V Day Vashon Community, and for updates about dance practices, go to our Facebook page "One Billion Rising VASHON 2/14/13" or e-mail us at amanda@amandawinn.com. To learn more about V Day and its campaigns visit www.vday.org



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Aries (March 20-April 19)

Do not follow the crowd. You don't know where the crowd will lead you, and you don't want to find out. But don't preserve your independence at 'all costs'; there are opportunities to make friends within group situations that could work out well for you. I suggest you mind your politics -- that is, be willing to find the gray area and devise a solution that works for everyone, which is the real meaning of compromise. This month is a turning point in your social and private relationships; the pivot on which things turn is some issue involving cruelty that you just seem to have had enough of. You know what this is and what it's about. It will take more than a promise to yourself to resolve; it will take longterm commitment, practiced from day to day.

Taurus (April 19-May 20)

In all decisions, make sure you spread out the accountability for your actions. Get the advice of others, which implies telling them what you're figuring out. Build consensus if you can. You are in a position of leadership and this is calling for an open leadership style. It is possible for you to just take over, initiate changes and set things in your own direction. However, even the seemingly small decisions you make will have greater implications than you realize, extending into the future. This is why you need the insight, and the foresight, of others. Pay particular attention to how they feel as well as what they think. Sometimes people will say something is a good idea but say it in a way that insinuates that it's not. Therefore, listen carefully and follow up.

Gemini (May 20-June 21)

This is a time in your life when you're the person among your friends and colleagues who has the vision. They are looking to you for ideas, but also for your perspective on the big picture. There's an indication that some of what you propose will require a second look or reconsideration toward the end of the month; remember that revision is an essential part of having a vision at all. So while you are the one with the vision, I suggest you make a point of having faith in it but not being attached to it. Partners and collaborators will play a key role in adapting it to the actual circumstances involved, and your willingness to go through this process will demonstrate your commitment to developing something collective, in a truly collective way.

Cancer (June 21-July 22)

You have company in your sexual healing process. Indeed, anyone with you in a sexual way must be a healing partner, and if they are not, I suggest you address that. Healing means consciousness and acting on what you know. There is no room to ignore anything; in the world you're now in, contact leads to consciousness which leads to choice. This may seem to throw a damper on things, but this is the time in your life when you're here to resolve old karma, not create new karma. Part of how this is done is through making sure that whatever happens between you and someone you share intimacy with is done in the spirit of truth, understanding and recognition that we are beings free to make choices. Yet in this context, respect must be the highest value, starting with respect for yourself.

Leo (July 22-Aug. 23)

You seem determined to make sure

that others take full responsibility for themselves; but don't push that too far. To do so would be to take on the burden of their taking responsibility. Also I suggest you check out the ways in which you're involved in any situation that would call on you to take this particular form of leadership. I suggest that it would make more sense to help facilitate cooperation. You can do this best by helping to identify points of common ground. Yet you may also be the one most clearly perceiving how the group mind is working to slow down or stall progress. There is a source of fear in the environment, perhaps involving a theme of competition or separate interests, and it's being picked up by others -- this is the most useful factor you can help mitigate.

Virgo (Aug. 23-Sep. 22)

Though opportunities for personal exchange abound, I suggest you focus on your work and profession at least half the time, or more. Yes, you have unusual social encounters coming, and a deepening of relationships with new as well as existing people in your life. Yet there is not a strict difference between these two facets of your life, and any interesting person may become either a creative partner, or a personal contact. Listen to where people are coming from, though I suggest that you keep your focus on the theme of your actual purpose in the world, rather than any diversion from your purpose. Focus is a theme that will develop in some interesting ways over the next few seasons, and I suggest that it be your one-word motto.

Libra (Sep. 22-Oct. 23)

Sexual experiments don't all go well, but some do, and they are worth trying even though the success rate is not 100%. You may be inclined to approach any such experiment with detachment; I suggest you involve yourself, heart and soul, deeply enough to really feel what you're doing. This is not as obvious as "no scuba gear at the orgy." I mean that it will benefit you to recognize any exchange with another person as something real, and to authentically express the ways that you care. Remember, this is not about forever -- and taking a cool approach rather than a passionate one doesn't invoke 'forever' or protect you from it. As far as your intellect is concerned, I suggest you be smart, notice how people are oriented spiritually around sex, and do the few basic things to take care of your body.

Scorpio (Oct. 23-Nov. 22)

If you're feeling uptight, you're probably feeling insecure. If you're shutting down, that's probably the result of fear. You could just as easily open up, though your fear or insecurity may be saying that's not going to help. I think, however, that it may be just the help that you need. In other words, don't wait for an excuse to explore, play, open up or take a chance on something; get out the door and try it no matter how you're feeling. You may discover that your mood changes pretty quickly once you get out of stir-crazy mode. Note that there are seemingly opposite impulses coming through your astrology for the next two months: contain and express. This really does require some experience, and I suggest that you do what you feel best doing, assuming you still feel good about it the next day.

Sagittarius (Nov. 22-Dec. 22)

Many questions seem to be arising about what it will take for you to feel

safe on the planet, in your skin and in your home. You have two angles of approach to these questions, one being intellectual and the other being sensory and emotional. Rather than choosing one over the other, or bouncing back and forth between them, I suggest you take an integrated approach. That means considering what you think and how you feel, and then noticing the contrast. Remember that strictly speaking you are neither your feelings nor your ideas; those are the result of your life, not the cause.

Capricorn (Dec. 22-Jan. 20)

Imagine that you've been recently set free from something -- a contract, a partnership, a situation that held you back. Now you're restless to do something, to explore, to experiment. You have a lot of ideas, and it's time to act on some of them. Remember that you have a newfound kind of freedom; that's not just a metaphor. If you don't you will be making a statement to yourself about wanting and intending to be free, in a tangible way. The best way to make that statement is by doing something that either proves or at least tests the point. You may not have to travel far to do this; you may not need to go anywhere. The meaningful part is that you stretch or transcend a boundary and give yourself some kind of adventure, perhaps something you've never experienced before.

Aquarius (Jan. 20-Feb. 19)

It may feel like the direction of your life hangs in the balance this month -- you're certainly considering your overall direction and making up your mind

about which way to head. Don't push the decision. Rather, consciously proceed in the direction you're headed, though allowing yourself to drift a little. That's to say, allow yourself to hang loose and not force yourself to make any decisions. Circumstances are very likely to conspire to offer you some clear guidance on what you want to do next. There does seem to be something unusual brewing: a creative project of some kind, or perhaps something with an authentic flair of social justice, or both. Move from an inner space of authentic sincerity. You will know it when you feel it.

Pisces (Feb. 19-March 20)

Let nothing limit your imagination, particularly a seeming limit that you discover on your imagination. Said another way, if you come to a block, keep going. Remember that it's most likely to be an inner kind of obstacle rather than someone saying you cannot do something. This would be more accurately described as an inhibition. I know the world seems to be built of hangups, though your world does not have to be. There is so much interesting experience coming your way, coupled with an expanded presence of yourself in the world, that you want to be as open as possible to dive into it all. It's always a good idea to know, to understand and have a conscious relationship to your boundaries and inhibitions -- this way you run them, they don't run you.

Read Eric Francis daily at www.PlanetWaves.net

Czech art film is big screen version of dark graphic novel



Vashon Film Society presents critically acclaimed Czech film "Alois Nebel" on Friday, February 1 at 9:15 pm at the Vashon Theatre. The animated feature has the look of classic film noir and American comics from the 1950s, but the story goes to the dark heart of Europe at the close of the Cold War.

Rendered in mesmerizing black-and-white rotoscope (à la Richard Linklater's *Waking Life*), this dark-hearted Czech film traces the haunted visions of train dispatcher Alois Nebel at a remote station on the Czech-Slovak border in the 80s. It's just before the fall of the Berlin Wall, and the shifting political and cultural landscape is the backdrop for the story.

Alois is a loner, who prefers old timetables to people, and he finds the loneliness of the station tranquil -- except when the fog rolls in. Then he hallucinates, seeing trains from the last

hundred years pass through the station and bringing ghosts and shadows from the dark past of Central Europe.

"Alois Nebel" originated in 2003 as the first modern graphic novel published in the Czech Republic. Artist Jaromír 99 was inspired by classic American comics, socialist realism and motifs from traditional paper cutouts, which remain a typical form of folk art in the Czech mountain region of Jeseník. Film director Tomáš Luňák brought the graphic novel to the big screen in 2011, and resulting film won Best Animated Feature Film at the 2012 European Film Awards and was selected as the Czech entry for the Best Foreign Language Film at the 84th Academy Awards.

Vashon Film Society presents monthly single screenings of art films on First Fridays after the Gallery Cruise. Admission to Friday's film is \$7.

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

Island Epicure



By Marj Watkins

A little Lamb with Far to Go

Winter lamb is really mutton, hence tough and needing either very, very brief or very long cooking. Besides, it is expensive. But this lean, grass-fed meat is very good for you. So the other day I loosened up a whole bunch of dollars and bought a couple of lamb sirloins. Now, how to cook lamb best for flavor and to make it go far enough?

Research in several cookbooks yielded surprisingly few things you could do with a lamb sirloin besides grill it. Mindful of the herbs surviving in pots on my patio, I contrived this stew. Vegetables, herbs, and a luscious pink wine infused sauce made a little lamb meat go farther, infused the kitchen with an enticing aroma and tasted delicious. Don’t let the long list of ingredients scare you. If you don’t have all these herbs on hand, a pinch of dried thyme or dill will yield good, but less complex, flavor.

LAMB STEW

2 large or 4 small servings

- 4 slices lamb sirloin
- 2 Tablespoons olive oil
- 1 cup finely diced onion
- 2 slices pepper bacon
- 2 carrots, diced or sliced

- Herbs:
- 2 teaspoon dillweed
 - 1 teaspoon fresh thyme leaves
 - 1 small bay leaf, optional
 - 2 (4-inch) sprigs rosemary, optional
 - 2 cloves garlic, sliced
 - 4 inches orange peel, zest only
 - 1 teaspoon salt or to taste
 - ½ teaspoon coarse black pepper

- 2/3 cup white Zinfandel or other pink wine
- 2 cups cooked navy beans water to cover generously
- 2 potatoes, thinly peeled and diced

Cut the lamb into bite-size pieces. Cut the bacon into ½-inch x 1-inch strips. Fry the bacon in your largest skillet or wok. Remove the crisps with a slotted spoon and reserve. Add the onion and carrot. Stir cook until the onion is limp and golden and the carrots lightly toasted. Stir and push aside or temporarily remove to a dish. Add the lamb pieces to the skillet. Sprinkle with herbs salt and pepper. Add the white wine, the reserved bacon bits and water. Cover. Cook on medium heat until the lamb is tender, about 1 hour. Add the potato dice and the onion and carrots. Cover. Cook until the vegetables are tender, about 15 minutes more.

Serve with salad of dark green leaf lettuce, dice of the orange whose skin you zested above, and ranch dressing. Accompany with your favorite wholegrain bread.

One Nite Stand



We all know a OneNiteStand is never enough – You just want more! Well good news, they’re back! And they have new stuff with girl guest artists who will redefine the local blues scene. This band is ‘nothin’ but rockin’ blues’ and you’ll say “oh yeah!” when you hear them! Can Blues be this much fun? It is for the players and it will be for you when you join this band of musicians who’ve been rode hard and put away wet. They’re dusting it off and shinin’ up nice for another rare gem of a show. OneNiteStand at the Red Bike, 8:30PM Friday, February 22nd.

These musical veterans play their favorite blues tunes and spice ‘em up with their own originals. They’ve all got blues chops, from growling it to flat-out rockin’. And wait ‘til you hear the girl singers! Fresh from playing in the local band, Avaaza, Terri and Azula will leave you crying for more. This band has been been playing for a long time and have musical histories too long to mention here. The all-island players present a perfect mix of talent:

- Luke’s guitar screams the blues like a down-hearted frail and goes raw at just the right times. And when he sings, he knows most of the words too.

Amazing!

- Harmonica king, Lonesome Mike, will slip you some of his own grimy vocals over the sw-e-e-e-t sound of blues harp all night long, baby.
- Slab blows his sax to the max with his own brand of playing that will even impress your friends.

- Gib, well, he has that strong back beat that keeps things smokin’ as he’s layin’ down the beat.
- Fletcher keeps it interesting with that fancy percussion stuff that only he knows.

- Matt [you know that guy! The Strawberry Fest award is named after him] drives home a solid cobalt bass getting’ funky or just bluzin’ it up.
- And don’t forget about the guest chick singers, Terri and Azula!

Everybody loves a OneNiteStand and you’ll never forgive yourself if you miss this. Friday, February 22 at 8:30pm. This is a free cover all-ages show ‘til 11pm, then 21+ after that.

At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Vashon Library Programs

Children & Families

Family Story Times

Tuesday, February 5 and 12, 11:30am
Newborn to age 6 with caregiver. Come for a fun-filled, half-hour of stories, finger plays, movement and music! Registration not required. When the Vashon Library has moved to the temporary location for the upcoming expansion project (date still to be determined), please call the library at 206.463.2069 for program location.

Infant and Young Toddler Story Times

Wednesday, February 6 and 13, 10am
Ages 3 to 21 months with caregiver. Enjoy stories, songs, bounces and tickles just right for your baby. Registration not required. When the Vashon Library has moved to the temporary location for the upcoming expansion project (date still to be determined), please call the library at 206.463.2069 for program location.

Wombat Stew

Saturday, February 16, 11am
At the Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, Presented by Charlie Williams, The Noiseguy. A Gooey, yummy, zany, funny, puppet-show based on Marcia Vaughan’s popular books. Enjoy the Kookaburra song and listen to an Emu play a didgeridoo. Brimming with songs and stories, this variety show is noisy fun for all ages. Written and produced by Charlie Williams, performed by Melody and Charlie Williams. Sponsored by Friends of the Vashon Library. Registration not required.

Children & Teens

Live Homework Help

Everyday, 2pm-Midnight
Go to www.kcls.org, Research & Homework and click on Live Homework Help. Students in grades K-12, entry level college and adult learners can receive specialized one-on-one tutoring help in the areas of math, science, English and social studies. This service is also available in Spanish.

Adults

Great Books Discussion Group

Selected Poems: Joy, The Power of Music to Disturb, Immortality and Into Space by Lisel Mueller
Monday, February 4, 6:30pm
The Great Books Discussion Group meets on the first Monday of the month, October through June. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.
February: The Smallest Woman in the World by Clarice Lispector
March: Lava Cameo by Eavan Boland
April: The Things They Carried by Tim O’Brien

Free ESL Classes

Tuesday, February 5, 12 and 26, 6pm
Held at Vashon United Methodist Church, 17928 Vashon Hwy SW, Vashon, 9
Learn how to speak, read and write in English. Free weekly

lessons, beginning to intermediate level, taught by an ESL Instructor. Call the library at 206.463.2069 for more information.

Tax Help for Low Incomes

Wednesday, February 6, 13, 20 and 27, 11am
Professional tax preparer Hilary Emmer will help those with incomes of \$25,000 or less prepare their 2012 tax forms, as well as those who qualify for a property tax exemption. Free and no appointment necessary.

Computer Class: Facebook Basics

Monday, February 11, 10:15am
Held at Vashon Maury Senior Center, 10004 SW Bank Rd, Vashon, WA
Learn the basics of the social networking web site Facebook. Instructors will demonstrate how to use it, why it is useful, discuss privacy and help set up accounts. Prerequisites: Basic understanding of the Internet and students must have an email address.

Journeys Beyond Concert: Landscapes of Dreams, Myth and Power

Saturday, February 9, 2pm
Held at Vashon United Methodist Church, 17928 Vashon Hwy SW, Vashon, Presented by David Helfand and Justin Lader. Come for a musical journey through lands of power and myth and the inner landscapes of our collective dreams through shadows and light with original music on Celtic Harp, mandocello, guitar and viola.

Opera Preview: La Boheme

Sunday, February 17, 2pm
Held at Vashon Senior Center, 10004 SW Bank Rd, Vashon, WA
Presented by Norm Hollingshead. Giacomo Puccini (1958-1924) is the most popular opera composer of our time. Almost all of his operas end sadly but that seems to attract rather than repel opera audiences around the world. His 4th opera, La Boheme (1896), is the saddest of all, but in this opera the deadly villain is not another human, but rather poverty and disease. Puccini’s genius at finding just the right melody to depict the happiness and heartache of the doomed couple, Mimi and Rodolfo, draws sell-out crowds wherever it is performed. Sponsored by the Friends of the Vashon Library.

Meet the Author: Jim Lynch

Wednesday, February 20, 7pm
Held at Vashon Maury Island Land Trust, 10014 Southwest Bank Road Vashon.
Local author Jim Lynch will discuss his most recent novel, Truth Like the Sun which has been described as a classic and hugely entertaining political novel, the cat-and-mouse story of urban intrigue in Seattle both in 1962, when Seattle hosted the World’s Fair, and in 2001, after its transformation in the Microsoft gold rush. Wonderfully interwoven into this tale of the city of dreams are backroom deals, idealism and pragmatism, the best and worst ambitions, and all the aspirations that shape our communities and our lives. Books for purchase and signing provided by the Vashon Book Shop.

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Positively Speaking

How to survive Almost Anything with Love, Power, Nurture, Strength... and a few laughs thrown in along the way

The cat threw up all over Proverbs 25-27 and it bled through from Proverbs 3-Ecclesiastes 5.

Ohmygosh is that the best opening line ever? I'm going to find a way to use it in everything I write, I think. The sad part is it's true. I haven't been able to be home very much this month and poor Boris is so apoplectically stressed about the lack of my presence that he keeps throwing up. It is a joy and delight to sit for an hour or so and have a cat upon each leg and hear them purrrrrrrrrr. The tradition has become to pop a movie in and then, when there is the luxury of time to do that, his intestinal system registers less stress.

I decided to try and salvage those pages. I thought about what I'd read about library books being saved in water damage and carefully placed a piece of notebook paper between each page. Four days later, the pages were dry, albeit some of them a bit Swiss cheesy, and I was able to zip up the cover again.

In this same week I ran across a copy of the Orchard Park Pennysaver from West Seneca New York. Great news. It says the post prom party committee is selling half price movie and a dinner tickets as a fundraiser from now until 13th of May. The school menus for Tuesday December 18th are as follows:

West Seneca Schools offered - Breakfast for Lunch: French Toast Sticks, Breakfast Sausage, Tater Tots, Baby Carrots, Juice and Fruit.

The Aurora Waldorf School: Breakfast Pizza with Elm Street Whole Wheat Crust. Hummus, yogurt dip w/ organic celery and carrots, corn chips and pretzels. Vegetarian and gluten free options available each day. Each meal will be accompanied by a veg. salad, fruit or homemade bread.

St. Bernadette School: Spag. & Meatballs, Breadstick and Sugar Cookie. Drinks: milk, white and chocolate, water, Juice: orange or apple.

And...Fourteen Holy Helpers School: Popcorn Chicken, Baked Fries, Peas, Chilled Fruit and Milk.

Lastly, there is a picture of Abbey Smolinski (standing on the left) who had the role of Laurey and Sarah Lipinski who was Ado Annie in the Immaculata Academy production of "Oklahoma" presented in November. Students from St Francis were also cast and there is a notation that the Rogers and Hammerstein musical was set in the 1906 Oklahoma Territory.

If anyone wants the rest of the news, I'll save it for a while. Just contact me at dha@lgcmin.com to get it. Small town newspapers and Literary papers like the Loop fascinate me. But really, it came as packing paper in a \$2.99 ebay win.

Great truth #3 in life is this. Most people are trying to live so their stories don't show and pretty soon, if they do that enough, they

By Deborah H. Anderson



will become convinced the pretend story is truth...and then they're too embarrassed or enmeshed to figure out how to start living a real life again. Everyday becomes maintaining the lie meant to cover some perceived lack. The sad thing is usually other people are rather compassionate about the truth of someone's life. If they only knew telling the truth would bring support not shame.

On Saturday 9 February I renew a part of my life I haven't fashioned or produced in a while. I begin to speak extemporaneously in public again. I have taken all that I've learned in the last twenty years of life living in a small rural community having a life I never envisioned or dreamed and turned them into a series of SATURDAY NIGHT LECTURES.

They will happen at the Methodist Church, in the sanctuary, from 6:30-8:00 PM. There will be about an hour of lecture and some question and answer or sharing time. They are free although there will be a donation basket because, well, two of the things I've learned in the last twenty years is 'time is money' and the old adage, 'ye have not because ye ask not. : but come even if you don't have a penny, especially if you don't have a penny.

What will I discuss? There are three things I've discovered I know about: Children, Hope, and Faith. Come even if you have none of the above. I speak to everyone and for everyone, whatever the walk, whatever the values, whatever the experiences.

It's a lecture without power point or visual aids. I want us to engage with our eyes. There will be paper and pencil available in case you have your own epiphanies whilst I speak.

How did I get the idea it was time to start? I belong to a different kind of Faith Fellowship in the South Lake Union area. Actually we're an espresso/chocolate café during the week and then lease the place back to ourselves on Sunday and Wednesday to celebrate together and serve the community in different ways than beverages and sweets. As part of our 'out of the box' style, we have an open mic every so often. A couple of weeks ago, on the spur of the moment, I went up front and stuck a stool under my posterior and started to share about going to see Raffi and the life lessons that came from that experience. I had this smile come on my face and realized 'this is what I'm supposed to start doing...again". It was a happy exciting moment. Vashon is a good place to start.

The topics are varied. The first one is the same as the title of this column. Surviving is an art form and Love, Power, Nurture and Strength are key tools in moving through anything so you can end up on the other side whole, healthy and looking forward.

Please come. There is strength and wisdom in people gathering to seek strength and wisdom.

Love, Deborah





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Deadline for the next edition of *The Loop* is
Friday, February 8

The Road To Resilience

Continued from Page 1

seed market for the entire world! What happened to the farmers that were put out of business? Rural America has been devastated; those that remained became members of disinherited America, the unemployed or underemployed jetsam that compete for the low wage jobs that corporations dole out at their sole discretion, Who are the beneficiaries of this vastly increased productivity? The farmers get 2 cents on the dollar; the rest of the people actually working to bring that food to you may pick up a total of 8 cents more.

So, despite the inherent inequalities of this system, it is the only way we are going to be able to feed a population of 7 billion and counting, right? Well, no. It turns out that there is already enough food to feed every person on Earth a diet of 3500 calories/day. The reason we have a billion hungry people is that they can't afford to buy the food available and they no longer have the land they need to grow it.

Even if there is enough food now, won't giving up the higher productivity of agribiz eventually leave us with too little capacity to meet the growing demand? Probably not: industrial farming out-produces organic only when conditions are good. Organic is actually more productive than industrial farming when a crop is stressed, as our crops most certainly will be in the future. Organic farming is far more labor intensive, but the many rewards of independent family farming don't seem such a hard sell. Did I mention the 7 billion people?

But industrial food is so much cheaper than organic! How can we afford it? Industrial agriculture is rife with external costs that you don't realize you are paying. First, there are farming subsidies to the tune of \$289/person/year. Second, there are fossil fuel subsidies. Third, there is mitigation



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Coming in February

Saturday Night Lectures
February 9, 2012 6-8:30
Deborah H Anderson speaks on:
"How to Survive Almost Anything with Love, Power, Nurture and Strength... and a few laughs thrown in."

contact dha@lgcmin.com for more information

The Highlife



The Highlife presents the Pacific Northwest with a new sound, combining Reggae, Jazz, Latin and Caribbean elements. Seven talented musicians combine their skills to offer new, original songs with beautiful melodies, poetic lyrics, and funky beats.

Whether you like to take it slow, or stay 'til the end of the show, the Highlife will take you there.

Please come out and welcome this band back to the Island for the second visit to the Red Bike and dance the night away.

This is a free cover all-ages show 'til 11pm, then 21+ after that.

Saturday, February 2, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Asa Broomhall & Danny Newcomb

Australia's own Rock/Roots larrikin; Asa Broomhall is on the verge of releasing his 5th independent album; 'Jangle House'. Recorded in an iconic old Guitar Shop in Brisbane over the Easter 2011 break, 'Jangle House' was truly a labour of love. Recording in a historically musical place was just one reason for creating this album, as Asa's brothers house where previous albums had been recorded/mixed and where the studio was located was consumed by the January 2011 floods, and was subsequently condemned and demolished.

Also on the bill is Vashon Island's own Danny Newcomb.

Danny, along with Chris & Rick Friel, McCready and Goodness vocalist Carrie Akre put a band together called The Rockfords, after one of McCready's favorite TV shows, The Rockford Files.



The band's debut album, The Rockfords was released on February 1, 2000 through Epic Records. Produced by John Goodsmanson, it featured vocalist/guitarist Nancy Wilson (of Heart) contributing guest vocals on the track "Riverwide".

Danny has released records on both Atlantic Records and Epic Records. Danny is performing new songs in the pop/rock genre with plenty of his trademark guitar.

Friday, February 8, 8:30 p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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Makana Open Your Heart

Back by Popular Demand!

Last spring, hundreds of people on Vashon Island were transported to the land of aloha by Makana's magic....now Open Space is bringing him back, in a Valentine's Day event sure to warm hearts and souls.

Open Space for Arts & Community presents slack key guitar master, singer, composer, and pioneer of the SLACK ROCK guitar style -- Makana.

Voted one of America's Top 3 guitarists by Guitar Player Magazine in 2008, Makana is a slack key guitar master, singer and composer whose music transcends category and trend by integrating elements of folk, rock, ethnic, classical, bluegrass, jazz, traditional, ambient, electronic and Hawaiian slack key.

Makana's music can be heard in the Academy Award winning movie 'The Descendants'. He's toured with a wide array of internationally recognized artists, including Jason Mraz, Santana, Elvis Costello, Sting, No Doubt, Jack Johnson, and John Legend.

Makana is also recognized for the occupy/protest song "We Are The Many" he wrote and performed at the APEC summit in Honolulu on November 12, 2011 in front of President Obama and 20 world leaders.

The National Geographic



Society recorded Makana in concert for their "Geo Sessions" series and stated, "With five albums to his credit, he has taken this centuries-old tradition and blasted it into the 21st century."

Performance Thursday, February 14th at 7:30pm

Go to our website for ticketing details:

www.openspacevashon.com

the Open Space

18870 103rd Ave SW, Vashon, 206-408-7241

VAA Gallery Opening: Photography/Paintings

By Janice Randall

A pair of artists serves up a bounty of abstract color and texture in February's VAA Gallery exhibition. Photographer Karen Frank focuses on nature's transformation of human detritus found on the beach. Painter Ken Susynski's landscapes are influenced by European land and cityscapes.

Frank's current series may be loosely categorized as abstract expressionist. The series began when she observed boat

parts strewn along her Port Townsend area beach. Using her digital Canon Ti camera, Frank started her scientific, artistic documentation of nature versus technology. She discovered daily changes by photographing objects' transformations by

He says living in places such as Turkey and Germany greatly influenced his artistic approach and shaped his whole life. His education was provided by the architecture and museums of the world.

Susynski's work compositionally derived from memories and experiences abroad, manifest in mixed media for his Vashon exhibition. He cuts older canvases into shapes and patterns, places them under a layer of acrylic gesso, then fills in with more oil washes, charcoal, ink and sometimes even automotive base paint. Working with palette knives, his fingers or directly from the paint tube, vivid color and strong abstract line characterize Susynski's paintings.

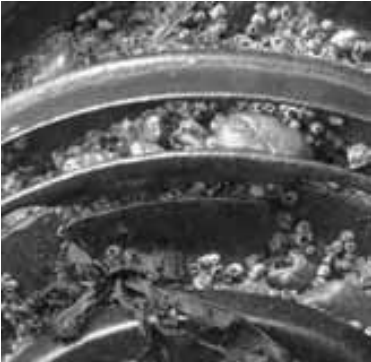
Friday, February 1, 6 - 9 pm

Vashon Allied Arts

19704 Vashon Hwy SW

206-463-5131

www.vashonalliedarts.org



Photography from Frank's "Rust" Series



Hallo Suesser, oil by Ken Susynski

natural forces, rain, tides and time - rust and seaweed, barnacles and tiny reflective pools of captured sea water. The framed 12" x 18" pieces are printed on archival paper.

Susynski grew up in Europe.

Espresso

Latte and Wisdom

To Go

Monday - Friday 5:30am - 3:00pm

Saturday 7:00am - 3:00pm

Sunday 8:00am - 2:00pm

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Love Duets - A Benefit for Risk

Bring your honey to the Red Bicycle Bistro and Sushi for an evening of song. Musicians will pair together to perform duets in never before seen combinations of talent. You won't want to miss this.

The concept is simple - the only requirement is that it is two people on stage and they both have to sing a duet together, preferably with a love theme. Like the Backbone shows, we will rotate these duo's through so there is a nice variety of music throughout the night. We are requesting one to two songs for each duo and they can be covers or originals.

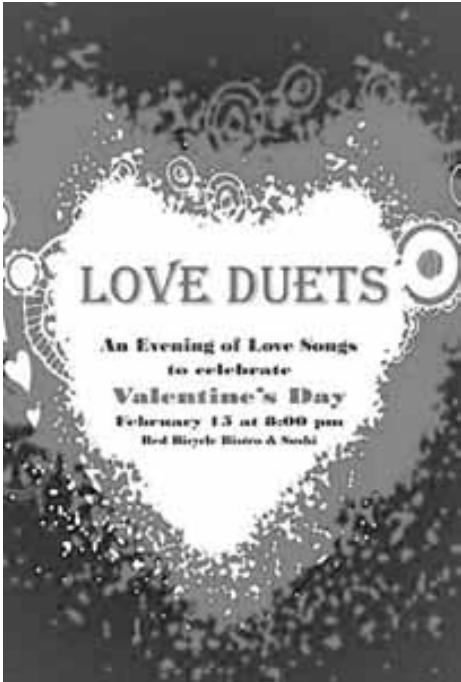
Emcees for this event will be Allison Shirk and Cami Lundeen.

All proceeds from this event will go to RISK.

RISK, Vashon Island's string group is one of few string orchestras for fiddle music, folk and rock in a cozy, coffee house setting here on the Island. RISK welcomes a range of string instruments including Violin, Viola, Cello, Guitar, Ukulele, Mandolin, Banjo and Harp. This chamber orchestra brings a new flavor to Irish music, Klezmer, the Beatles, Red Hot Chili Peppers and more. For ages 8 to 88. Proceeds from this show will go towards the RISK scholarship fund, which supports music lessons and instrument rentals for low income kids.

Signed up to perform:

Andrea Brooks with Maya
Dianne Krouse with David Godsey
Allison Shirk with Cami Lundeen
Azula with Bob Kueker
Kat Eggleston with Kate MacLeod
Chuck Roehm with Rick Dousett
Mark Wells with Kate MacLeod
Jason Staczek with Will van Spronsen
Bob Krinsky with Sally Ammon
Chuck vanNorman with Jessica Bolding
Troy Kindred with Bill Brown
Kevin Almeida with Shane Jewell
Ellen Parker with Jason Staczek



Kiki Means with David Salonen
Bill Brown with Mike Stango
Phil Royal with Geri Siebert
Scott Durkee with Andrea Walker
Kim Thal with Shane Jewell
Kevin Joyce with Louis Mangione
Steffon Moody with Arlette Moody
Elaine Ott with Stephanie Murray and Arlette Moody
Louis Mangione with Elizabeth Ripley
Gary Kiggins with Evelyn Kiggins
Jim Burke with Mary Shackelford
Sarah Christine with Adrian Xavier
Jessa Young with Gregg Curry
Maijah Sanson-Frey with Quinn McTighe

This will be a fun show - the day after Valentines Day, but carrying on the love.....

Friday, February 15 at 8pm. This is a free cover all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Images of Vashon at Café Luna in February

Lotus is sharing her native-eye images of Vashon at Café Luna in February. Her perspective is a very personal view of the Island, with less attention to the island scenes that catch the eyes of tourists, though the classic scenes are certainly represented.

In the last several years Lotus has been able to pursue a life-long love for farming. This passion immediately turns up in her photos. In addition to Vashon nature scenes, viewers will find plant and food photos, portraits of Island farmers, and farm animals.

The Café Luna show opens on First Friday, February 1, 6 - 8pm.



Café Luna
9924 SW Bank Road
206-463-0777
www.cafelunavashon.com



Corelli and Handel's Soprano

On Wednesday, February 13 at 7:30 PM the third annual Salish Sea Early Music Festival on Vashon Island continues at Bethel Church with CORELLI AND HANDEL'S SOPRANO, featuring soprano Linda Tsatsanis, harpsichordist Jan Weinhold from Luebeck, Germany and baroque flutist Jeffrey Cohan, who celebrate Corelli's 300th anniversary with two of Corelli's sonatas for violin and harpsichord from an early 18th-century transcription for flute, and great vocal works by Handel including joyous and heart-wrenching selections from the Nine German Arias, Sweet Bird from L'Allegro, il Penseroso ed il Moderato, and the cantata Lucrezia, a dramatic portrayal of the legend of Lucretia whose rape and subsequent suicide in ancient Rome led to the formation of the Roman Republic.

CORELLI AND HANDEL'S SOPRANO is the third of six 2013 Salish Sea Early Music Festival performances on Vashon Island from January through June with some of the world's most accomplished performers on period instruments from Germany (2), Montreal,

Eugene, Los Angeles and the Northwest.

Upcoming Programs:

The Salish Sea Early Music Festival will continue at 7:30 PM at Bethel Church with renaissance and early baroque works in BROKEN CONSORT QUARTET on Friday, March 22 with Jeffrey Cohan (renaissance transverse flute), Courtney Kuroda (baroque violin), Steven Creswell (baroque viola) and Kyobi Hinami (harpsichord).

• Great trio sonatas by outstanding composers of the baroque will be interpreted by an international quartet in BAROQUE TRIO SONATA on Wednesday, May 1 with Ingrid Matthews (baroque violin), Susie Napper (viola da gamba, Montreal), Hans-Juergen Schnoor (harpsichord, Luebeck, Germany) and Jeffrey Cohan (baroque flute).

• The "cream" of the flute and guitar duo repertoire by the renowned early 19th-century guitar virtuoso MAURO GIULIANI will be offered on Wednesday, May 29 with John Schneiderman (guitar, Los Angeles) and Jeffrey Cohan (8-keyed flute). All are to be repeated in performances on Orcas and Lopez Islands.

David Helfand and Justin Lader in Concert

Oregon Celtic harpist and multi-instrumentalist, David Helfand and violist, Justin Lader return to Seattle for their second Seattle Library, Many Voices, One Land Performance series and will perform their debut Vashon Island concert Saturday, February 9th at the Vashon United Methodist Church at 2:00 p.m. Admission is free to the public.

David and Justin will take listeners on a musical journey through lands of myth and power and inner landscapes of our collective dreams through shadow and light. Original music on Celtic harp, mandocello, guitar and viola. David and Justin will also perform Sunday, February 10th at the Woodenville Library at 2:00 p.m.

David and Justin performed last year in Seattle for this library series and embarked on their first performing tour of Northern California the summer of 2012 which was a great success.

They perform an eclectic blend of original world music ranging from Celtic, Middle Eastern, Asian meditation, flamenco, introspective space inspired music plus music inspired by David's travels to Israel, Britain and beyond.

David Helfand is a composer, performer and multi-instrumentalist who plays Celtic Harp, mandocello, guitar and has recorded and released seven albums including his most recent CD of original harp and viola music, "After the Rain" with violist, Justin Lader. In 2011, two pieces from David's CD "First



Light" were played nationally on Stephen Hill's "Music From the Hearts of Space" radio show of contemplative space music. David has performed through out Oregon and Washington and in 2003 performed at the renowned environmental center, The Eden Project in Cornwall, England on his first tour of the UK. David embarked on his first tour of Northern CA with Justin in the summer of 2012. David has also designed and runs a special music program for adults with developmental disabilities for the City of Eugene in Eugene, OR

Justin Lader is a classically trained violist who teaches at the Shedd Institute of Music and the Suzuki Program at the University of Oregon in Eugene, OR. He has performed with various chamber ensembles in the form of trios and quartets and with David Helfand as a duo for the last two years. Justin received his Masters in Viola Performance from the University of Oregon.

Saturday, February, 9th, 2013
David Helfand and Justin Lader
Vashon United Methodist Church
17928 Vashon HWY. SW
Vashon Island, WA
2:00 p.m.
Free

Women in Jazz

Continued from Page 1

Duke Ellington and Cole Porter. Her compositions have been included in Volumes I and II of A New Anthology of Art Songs by African American Composers and are showcased on two self-released CDs, Down Home and Violet's Lane.

Cocoa Martini Performs at the Blue Heron Arts Center Saturday, February 16, 7:30 pm. Tickets: \$18/\$22 and are for sale on the VAA website.

Tickets also available now for Jewell Jazz Quartet, March 16, 7:30 pm
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Facts as we know them:

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Bo's Pick of the Week: Getting rid of his roundworms, and wondering where they came from in the first place. He's getting in show shape, making his return to the ring in a couple months!

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Deadline for the next edition of The Loop is

Friday, February 8

Loopy Laffs

LOGJAM

BY Jeff Hawley

TELL ME, LOGJAM, HOW LONG HAVE YOU BEEN GROWING IN THIS SPOT?

OH, GOSH - YEARS 'N' YEARS!

scribble scribble

A PARKING TICKET?!

I ROUNDED UP TO THE NEAREST DECADE