

Washington Dept. of Natural Resources Fishes Tug Boat out of Quartermaster Harbor



Now known as YTM-395, a former Naval Tug is pulled from the depth of Quartermaster Harbor by the Washington Department of Natural Resources. Photo by Troy Kindred

The Washington Department of Natural Resources continues to help clean out Quartermaster Harbor. On Tuesday, November 4, a 100 foot former Naval harbor tug was pulled out of Quartermaster Harbor.

Built in 1944 in Jacksonville, Florida the Wingina saw service in the Columbia River Group, Pacific Reserve Fleet. The Tug was sold into commercial service in

1986 and was renamed Murph.

Its final disposition: stripped and scuttled in Quartermaster Harbor, Maury Island, in October 2007.

It was later placed on the Washington Department of Natural Resources list as a derelict/abandoned vessel. The sunken Tug was also a navigational hazard for boats that regularly use Quartermaster Harbor.

Live Fashion Show & Exuberant Film Showcase Women's Ageless Style



Island designers (left to right) Azula Christie Phillips, Sally Shivers and Patricia Toovey are orchestrating a celebratory fashion parade to honor Vashon's ageless fashionistas before the Film Society's screening of "Advanced Style." Photo by Jeff Dunnichliff

The collective of island designers dubbed the "Vashonistas" are banding together with Vashon Film Society on Friday, November 7 to co-produce an irrepressible First Friday event celebrating ageless style. If you're uptown enjoying the Gallery Cruise art openings, you'll surely notice some jubilant women distributing invitations to that evening's Fashion Parade and "Advanced Style" film screening at 9:30 pm at the Vashon Theatre.

The term "Advanced Style" first came to life when New York-based photographer Ari Seth Cohen began posting his images of expressively dressed New York women well over the age 60. He called his photo blog of senior fashionistas "Advanced Style," and Cohen's web presence quickly led to a published volume of his photography, a coloring book, and now this year's ebullient documentary film.

The documentary profiles seven New Yorkers between the ages of 62 and 95 who are, in filmmaker Ari Seth Cohen's words, "Through personal style, demanding to be seen in a society that too often looks past them." Cohen, who graduated from the University of Washington, headed to Manhattan to

pursue his photography career and was influenced by his own grandmothers Bluma and Helen to seek out the enduring creativity and wisdom of older women.

When island designer Azula Christie Phillips saw "Advanced Style," she was convinced that Vashon's community of artists and iconoclasts would find it as fun and meaningful as she did. Phillips teamed with Vashon Film Society, the Vashon Theatre, and her sister Vashonistas to dream up a live First Friday fashion parade onstage at the movie theater followed by a screening of the celebratory movie.

The Vashonistas' informal collective has been featuring island-crafted apparel and accessories in fashion shows since 2007. Designers Phillips, Sally Shivers, Patricia Toovey and Dorothy Dunnichliff plan to spotlight the creativity and "advanced style" of their neighbors during the pre-film festivities at 9:30 pm. All attendees are encouraged to join the fun by coming to the event dressed in apparel that expresses their own personality and style. Well-known local nonagenarian Heron will be showcased in a special onscreen interview before the 71 minute film.

Continued on Page 7

The Road to Resilience

Confounding the Vote

By Terry Sullivan,

This article finds us a day or two after the mid term election. For the last 8 months, we have been besieged by non-stop daily emails ("All is lost!", "No Hope!", "Triple Match!") desperately pleading for donations. We knew it was coming after the Supreme Court decision in favor of faux grass roots group Citizens United. We knew the political contribution floodgates would be open and the big money would eventually decide the outcome. It's so comforting to know that my \$10 contribution is just as important as a million dollar contribution from somebody else! I'm angry because I spent ten years of my life trying to enact public campaign financing, and here we are with the worst instance yet of money distorting the political process. Worse, the ads purchased do more to obfuscate than to clarify ideas and positions. Submitting all our candidates to character attacks undermines any credibility they may have. It isn't easy to counter the cynics who say that it isn't the ideas or accusations that win the day so much as the number of times they get repeated in television ads. So, we are completely disgusted with politics and

don't bother to vote, which is probably the intended effect.

However the election turned out, I expect that it will be touted as a win for the little people. I'm also pretty sure that nothing substantial will have changed. Don't get me wrong; it does matter that you vote. If you don't vote, you are giving up a wondrous gift that took thousands of years to be envisioned, much less won. However, if your team lost, it doesn't mean that the gravity of our situation is actually that much worse. Regardless of who won, we will still need to fight against the coal and oil trains and ports, we will still need to stem the flow of our country's wealth up to the very top, and we will still need to stand up for social justice.

That we are at a stalemate and the democratic process is broken are not, in my mind, the natural consequence of liberal vs. conservative values. It isn't as rational as that. This is a classic case of divide and conquer. If you want to accuse me of touting conspiracy theories, so be it. Taking advantage of our complacency, wealthy and powerful

Continued on Page 9

Live Local Weather

www.VashonWeather.com

The Vashon Loop has installed three weather stations on Vashon Maury Island. Each weather station transmits its weather information to www.wunderground.com, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www.vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site www.vashonnews.com. Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site www.vashonweather.com.

The Impact of Interest rates.

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\$400,000	\$320,000	\$1,436.95	\$1,621.40	\$1,816.93
\$600,000	\$480,000	\$2,155.42	\$2,432.09	\$2,725.39

*The payments reflected are principal & interest payments only, & are based on 30 yr amortization & 20% down payment. Mortgage insurance, property taxes, & homeowners insurance not included. This is not intended as an offer to extend credit, nor a commitment to lend. Loan rates, fees & terms presented here are for illustrating purposes only & may not be currently available. The document was prepared to assist real estate professionals in illustrating some financial options available.

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\$400,000	\$354,496	\$316,346
\$500,000	\$443,120	\$395,433
\$600,000	\$531,744	\$474,519
\$700,000	\$620,368	\$553,606

This document is not intended as an offer to extend credit nor a commitment to lend. The loan interest rates, fees and terms presented here are for illustrating purposes only and may not be currently available. The document was prepared to assist real estate professional in illustrating some financial options available.

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Next Edition of The Loop Comes out Thursday November 20

Deadline for the next edition of The Loop is
Friday, November 14

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.

VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community. It will take place the first Thursday of each month from 7-9 pm. Contact cara.aguilera@providence.org/ 567-6152 with questions.

Daily Meal Program needs some help

The free Community Meals Program provides hot meals seven days a week for our neighbors on Vashon. Last year, in 2013, we provided 365 daily meals comprising 8,000+ servings to an average of 25 adults, seniors, and children per meal. Right now we need your help:

The meal program is in need of a meal team for the 3rd Friday of Oct, Nov and Dec. Anyone who can volunteer please call Harmon at 463-7600.

Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church
Fridays 7 pm”

Harbor School Open House for prospective students & their families.

Head of School James Cardo will present an overview of the curriculum as well as highlights on the school’s Travel Study, Service Learning and Integrated Arts programs. Faculty and staff members will be on hand to answer questions and meet prospective candidates and their families. Current Harbor School students and parents will be available to give classroom tours, answer questions and share their experiences. Refreshments will be provided. Enrollment applications are now available for 2015-16 admission into the Lower School (4th and 5th grade), with limited space in the Middle School grades. Applications will be available at the event or you may download one from the school’s website (www.harborschool.org). Harbor School’s admission deadline is February 27, 2015. Enrollment decisions are made in March. Harbor School invites families interested in attending the Open House to RSVP by phone at (206) 567-5955 or by email at admissions@harborschool.org. The school campus is located at 15920 Vashon Hwy SW.

Holiday Treasures

The Vashon Island Chorale continues in celebratory mode of 2014 with the final offering of its twenty-fifth year of operation – the holiday concerts on Saturday December 6 (7:30pm) and Sunday December 7 (3pm). Earlier this year, Artistic Director Gary D. Cannon invited both singers and audience to submit “favorites” from which he programmed the diverse repertoire for the upcoming concerts. Eighty singers will perform wonderful holiday carols and songs for the two concerts at the Bethel Church. Tickets (\$18/general or \$12/senior & student) can be purchased online through BrownPaperTickets.com or in person at the Vashon Book Shop. Tickets will be sold at the door if still available at concert time.

Island Home Center ladies Night

The 10th Annual Ladies Night event is coming up. The searchlights will be in our parking lot again this year. The Family of Women will be welcoming donations of canned food at the door. The band Loose Change will perform all evening. The Hardware Store Restaurant will provide catered food. Seattle Distilling and Palouse will be offering tastings. This is the night for our lowest prices of the year and our special free pink bucket. This is a 21 and over Ladies Only Private Event from 5pm-8pm on Monday, November 10th. Pick up an invitation at Island Home Center and help give 2 tons of food to the Vashon Maury Community Food Bank this year.

Green Party’s monthly meeting

Come to the Vashon-Maury Island Green Party monthly meeting (second Tuesday of each month) at Joy Goldstein’s home. Join the fun! Share you thoughts about local, state, national, and world events.
DATE: Tuesday, November 11, 7:00 to 9:00 PM
LOCATION: 10329 SW Bank Road, Vashon
DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles.
Joy’s home is on the south side. Park along Bank Road.
Major Topics:
Election Results; Vashon Tool Library; The Healthcare Movie; You name it!.
Questions: Melvin Mackey, Secretary, (206) 463-3468

Parents, Students, Start Your Engines!

Join Joe Broome M.A. LMHC in a lively conversation about what motivates students and what we as parents can do to help bring out the best of their gifts and talents. Joe will use the latest information from neuroscience and attachment research combined with his 12+ years of working with children and young adults 5-25 and their parents. In this interactive and informative workshop you will learn some of the secret encoded messages in your student’s unmotivated behavior, learn how to help unleash your student’s motivation, and learn about some of the forces at play that make this such a difficult issue. This idea packed workshop will be two hours and will go by in the blink of an eye. Even if your student is motivated, you will leave with ideas on how to maintain their vigor and bring joy into leaning and life. For more information about the presenter, visit www.inittogether.org
When Thu., November 13, 2014, 6:30 – 8:30pm at the Vashon High School Theater.

2014 Annual VIGA Meeting

Date: November 16th, 2014, Time: 4:30-7:00pm, Location: Vashon Island Books, 22100 Vashon Hwy. (the old VFW Hall). 4:30-5:00 potluck and socializing, followed by 2014 highlights, new board elections and visioning the future of VIGA. It’s a potluck, so bring a dish or a beverage to share!

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The Vashon Loop

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Harbor School service learning



BARC Eden Reframed garden clean up by Harbor School homegroup Groovy Pandas

Harbor School students were excited to spend three days in the Service Learning program that they call “GiveBack.” Groups of students identify and engage with complex issues like hunger, pollinator collapse, homelessness, childhood illness, or elder care. The mixed age groups find projects and needs with which they can begin to help. The students rebuilt the Eden Reframed garden at the B.A.R.C. Skatepark to promote bees. They worked with both our Vashon Food Bank and the Northwest Harvest Food Bank to prepare food. There were visits to both the Pioneer Square Medical Clinic and to Children’s Hospital to learn about medical care. Our elementary students continued their relationships with our elder friends at the Vashon Care Center and were also able to help with the development of a new “game” through the Gates Foundation to connect students across the globe to solve problems in their countries. It was a huge week that was valuable to the students themselves, our community at large, and especially the many causes that need support from all of us.



Vashon Theater clean up by Harbor School’s lower school “Team Pizzazz”



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November 6 ‘14

Telling Stories: *Times of My Life* With Brian Brown, “Media Days in Manhattan”

Vashon resident Brian Brown, a former newspaper reporter, wire service correspondent, television documentarian and commentator, magazine writer and editor, as well as a political speech writer, comedy collaborator, media strategist and publicist for Time Magazine, will be the upcoming speaker for Vashon Community Care’s Telling Stories speaker series, November 9 at 4:30 pm at Bethel Church on Vashon.

Commenting on his three decades with Time-Life (1960-1990) Brown asserts that “they were the last great years in news magazine publishing. Newsweek was our competitor and every seven days it was game on!”

Brian will share stories of some of the famous and infamous people he met along the way, including writing comedy for Bob Hope and Arthur Godfrey. Brian Brown: Media Days in Manhattan will begin at 4:30 pm on Sunday, November 9, following the Seahawks game. Brian’s talk will take place at Bethel Church. This talk is part of Vashon Community

Care’s Telling Stories Speaker Series, by and about Vashon Locals. Ticket sales are by donation and are available in advance at Vashon Book Shop, VCC or online at www.vashoncommunitycare.org. Proceeds from this talk will benefit Vashon Community Care Foundation. Telling Stories Speaker Series is sponsored by the C. Green Family Partnership.

Wishing Rock Farm obtains WSDA egg handlers license and offers Organic Quail Eggs

By Lisa Chambers

Quail eggs are not easy to find. Quail raised with local and organic feed and in humane conditions is especially unique. Except for those reared by backyard bird keepers, quail are generally kept in crowded battery cages built for commercial production. These cages offer very little stimulation or variety to the lives of these birds. Over the years I have tried four different housing structures in an effort to provide quail with optimum comfort while at the same time making it feasible to tend to their care. Our quail are thriving and I now have eggs (as I’d hoped) to offer to the community. Wishing Rock Farm recently obtained an egg handler’s license. With this license we are able to sell at the farm as well as off the farm, such as at the Saturday Farmer’s Market.

The journey to quail egg abundance was a slow one. I constructed my original building with the idea to raise quail together on the floor of a large enclosure with an opening to an outdoor pen. Quail do not roost like chickens and are instead content to spend the night huddled down outside. In a wet climate this exposure was dangerous to their health. They would not come inside instinctively at twilight. For a long time I herded them up a ramp and into their house through a small door. This was a long process each night that I felt, ultimately, caused them too much stress. I have also attempted outdoor rabbit cages and factory built metal cages. Neither of these set ups were satisfactory for both the bird keeper and the birds.

After 10 years of raising and observing quail I recently designed and built all new individual enclosures. My new enclosures were informed by watching quail demonstrate their contentment or anxiety with sounds and body posture. Our cages now simulate the outdoors as much as possible. We arrange garden greens in their cages as cover thus making it a challenge for them to eat while also providing them with entertainment. They have attached rooms where they have free access to sand and diatomaceous earth

dust baths. We provide them with a high protein local soy-free, organic diet (Scratch and Peck). They are healthiest on a diet high in protein. They love dried mealworms which serve as a treat and additional protein. Mealworms are high in Omega-3 fats adding to the quality and health benefits of the quail eggs. We are experimenting with raising live organic mealworms on our farm in an effort to provide as much of their food as locally as possible. I have set up a contained watering system so that they always drink completely fresh uncontaminated water.

Quail eggs taste and are prepared to eat as one would a very small chicken egg. However, quail eggs are fanciful and decorative making them fun everyday or as a special treat for parties and children. They are terrific hardboiled, fried and pickled. Quail eggs are great deviled or with an herb-salt dip to accompany a bowl of them already peeled. They are a nutrient-packed protein source and a fun healthy snack. Eating quail eggs might be a new idea to many people. However, I think that if people explore new locally grown cuisine the planet is helped by lowering the cost of transporting food and we are rewarded with delicious options we might have previously overlooked.

Quail eggs can be an excellent option for those with difficulties such as rashes and stomach aches after eating chicken eggs. I have a family member and several customers that enjoy quail eggs because they do not tolerate chicken eggs. I am happy to be able to provide this alternative egg source.

We incubated and hatched all of our quail from eggs. They are born about the size of a nickel. The birds are fairly docile and interactive with us, especially when they are very young. Although I have a very small hobby farm I feel strongly that our planet needs a local and sustainable food supply with humane treatment of animals. This is my small contribution.

Lisa Chambers
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24310 59th Ave SW, Vashon
206-463-7756 or 206-890-0963

Island Life A Story Told to Children

By Peter Ray

To all of those paying attention to this space, apologies are in order for my dropping of the ball the last time around. While some of my scribblings did appear, they were from a year ago, and adeptly substituted by our editor at the last minute when I failed to produce any words at all. As it was, I was in residence at my dark place- somewhere I tend to go involuntarily this time of year. What I have found is the best escape for me when this happens is to go into the light, although even on the sunniest of Fall and Winter days I look for that light inside. While that may sound all spiritual and new age-ish, I should be quick to say I’m talking about films here. It should be also stated that a brain lubricant is a big help as well. So the last time around, instead of diligently hunting and pecking my way into the Loop pages, I was plowing through a stack of four of my favorite films and a half rack of my favorite IPA. This is one of those treatments where I can safely say that I feel both better and worse the next day.

As I was navigating the darkness just yesterday, there was still a void where my “topic of the week” should have been at the top of this page, which is why I once again scanned through my video archives for escape rather than inspiration. As it was, about two thirds of the way through the first film, one of the characters spoke the words that head this column today- we will get to their context later. Instead, we should say that they rang true for me on a number of levels, not the least of which had to do with an Island story line I have joined recently- that of the Friends of Vashon Pool. At the last meeting for that group, I found that two of the members had had a private audience with the Mr. Ameling who resides on the Vashon park board. They had come away somewhat impressed with Mr. Ameling’s story, and were perplexed at my well-founded polar opposite opinion of how Mr. Ameling conducts himself in and around the business of the Vashon Park District. My solution to their dilemma was a simple one- show up at a Park Board of Commissioners meeting and see for yourself. To their credit, four of the five people from the pool meeting did show up. Without belaboring the point, I will simply say that one of the email responses to the flurry that came afterward under the subject line “Do Not Despair” was this: “I am recovering from depression/ shock induced by yesterday[’s] meeting... grotesque pathetic ... sad simply sad.”

While this was the response I was hoping for, it is not the response I would have chosen for an optimal, one time visit summation of how our park district should be “managed” by the commissioners. It is an accurate synopsis of how I have seen the commissioners operate in the more than two years I have been going to the meetings, although perhaps what is most sad is that what the Friends of Vashon Pool witnessed at the meeting at Ober Park was actually an improvement over past meetings. A good deal of the credit for the Park District’s recovery is due to Executive Director Elaine Ott’s continued efforts to unlearn old ways and give VPD a new direction. Most of the reason this effort has not seen more success is because of the “...this is how I see it...” clause that Mr. Ameling stamps onto every issue discussed at each commissioners meeting.

Getting back to the phrase that started all of this, it came from a brief , but deeply

important conversation between two characters played by Robert Redford and Richard Jenkins in the film ‘the Company You Keep’. They play a couple of former members of the Weather Underground who have been living secret lives for thirty years- the exchange goes like this:

“...now we’re just a story told to children...”

“I’m glad someone is telling it...”

Having watched this film a couple of times now, I believe it asks some very important questions of both the post war baby boom gang and the generations to follow it. I have never really liked the “boomer” label, nor am I enamored with a Woodstock generation tag. I think a more appropriate caption on our place in the timeline has to include Vietnam somewhere in the mix for a couple of reasons. Whether or not you served or protested or simply went about your daily life in those times, we were all affected. I think that perhaps the biggest damage done then was the impression that we “changed” something in the process. I think the results from this past Tuesday’s election would mostly stand as evidence that even if there had been some change to come out of the ‘60’s, it was fleeting at best. I think that if anything, the belief in a collective change wrought by the post war children has infused a section of the populace with the delusion that the mythical change still has some sway in the way things work. Again, one need only gaze over the promise of Obama’s change you can believe in under the light of what we have in our sights today to realize the fallacy of that lie.

Besides the delusion of change, I think the macro scale of all that goes on around us nurtures a belief in the imagined permanence of sixties change. That is why I have come to see Vashon as a microcosm of the greater whole where we might be able to actually pull off change for the better in an overwhelming world. Then I pay a visit to a VPD meeting and marvel at the quandary of an Island where sustainability reigns as a watchword for daily living, while David Hackett’s Vanity Exercise Site (isn’t that what VES stands for?) and its hundreds of thousands of gallons for grass watering and hundreds of pounds of fertilizer to keep it all growing was even conceived of, let alone built. And what of the millions of dollars spent on those fields, at the expense of programs that had to be shut down, supposedly, to cover this cost? And what about the Tramp Harbor fishing pier which may now be lost to creosote remediation with no money (thanks to VES) to cover its reconstruction? And why are we heading toward adopting a policy for leasing three pretty new maintenance trucks every four years just because that is what Mr. Ameling is thinking? And what about the pool, which is still stuck at the top of a majority of Islanders’ priority lists as a place they would like to see become a year ‘round facility and a place where all Islanders could come to learn and practice a life skill, while a skateboard park is now on the cusp of being built for a small and dwindling group of users? In many ways I’m getting tired of these stories as they aren’t even good fiction. As it is, the stories Mr. Ameling tells about how he feels the Park District should be run are told as though all in attendance are a pack of naïve children. In the face of all of this, it’s kind of hard to call for greater participation and attendance at these meetings, but if you want change you have to show up. Then we can talk about changing commissioners, since in this case and with these stories, it is not so good that a certain someone is telling them.

we’ll see how that goes.



The Sacred Whale

By Orca Annie Stateler, VHP Coordinator

In observance of Native American Heritage Month, we -- Orca Annie and Odin Lonning -- will present “THE SACRED WHALE: Requiem for Ruffles (J1),” on Thursday, November 20, at 7:00 PM in the Vashon Land Trust Building. Though we will provide an update on the status of our endangered Southern Resident killer whales, we intend for this year’s talk to be primarily a loving reflection on Ruffles and other Resident orcas, past and present.

Orcas are not merely research subjects to us. They are our esteemed relatives, venerated teachers, and fellow First Nations. Resident killer whales and Pacific salmon, their preferred food, are sacred to Coastal Native peoples. Western science alone is not saving the Salish Sea’s orcas or salmon. Recovering these imperiled species requires divergent thinking, outside the current resource-oriented paradigm. Traditional ecological knowledge offers vital perspective.



Granny (J2) and Ruffles (J1) off Maury Island. Photo © Mark Sears.

Magnificent elder male Ruffles (J1) had gravitas. He disappeared in November 2010 when he was about 59 years old. He was the longest-lived male among J, K and L Pods. His death was devastating to orcas and humans. Genetic studies show that he fathered many Southern Resident offspring. The Southern Resident Community appears to be struggling with the loss of J1.

Ruffles (J1) is not the only sacred whale we will commemorate. We find solace in the heartening saga of Kéetla/ Springer (A73) and her calf Spirit (A104). Kéetla put an irresistible face on orca recovery issues.

Tickets for “THE SACRED WHALE” are available in advance at the Vashon Bookshop, or by calling 463-9041. Suggested donations of \$8.00 general admission or \$6.00 for seniors/students help to offset costs of staging the event -- room rental, publicity, printing, etc. Proceeds benefit the Vashon Hydrophone



Project and Vashon Marine Mammal Stranding Response.

The time for Odin’s “Sweetgrass & Cedar” artist talk has changed since the announcement in the last issue of The Loop. On Saturday, November 8, at 6:00 PM in the Hastings-Cone Gallery, Odin will talk about how fundamentals of Tlingit art and culture inspire his work. Native societies do not compartmentalize art. First Nations embrace the intimate connections among art, science, sense of place, and spirituality. Indigenous wisdom now commands more attention from a world rapidly losing biological and cultural diversity.

Please support the work of the Vashon Hydrophone Project (VHP):
REPORT LOCAL WHALE SIGHTINGS



ASAP TO 206-463-9041, 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 and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago by Mark Sears. Send photos to Orca Annie at Vashonorcas@aol.com and check for updates at Vashonorcas.org.



Adopt A Cat Day!

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Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

Spiritual Smart Aleck

Dog business and Depth Perception

Took the dog for a run at a park on the island. She loves being off-leash, and if there are no other dogs present, I let her go to frisk and frolic, and do what we euphemistically call her “business.”

Being the responsible, good, guilt-laden citizen that I am, I always take a plastic bag and go pick up her business, tie a knot in the bag and throw it in a trash can. Almost always.

Sometimes the dog is in such a wiggling hurry that she runs out ahead of me, and from a distance of forty or fifty feet away I see her going into the characteristic hunch of the business dog. I groan, because now I’m going to have to look in the grass for the business. I look for a place marker close to her to guide me. Today it was a bright orange autumn leaf sticking up above the grass. I figured the dog was about six feet north-northwest of the leaf. I got my bag and set off for the spot.

Which brings me to a True High School Story.

At my school all sophomores were required to take a course called Life Science. This class covered health and driver’s ed.

Health was a quick once over of body parts.

Driver’s ed was the book-learning part of learning to drive. My class was taught by Mr. Haney, who was a coach and teacher. He was not a warm and cuddly guy and his main claim to fame was being able to walk across the gym floor on his hands.

One day we walked into class and Mr. Haney had set up two unfamiliar objects. The first was a box with a pedal that measured your reaction time. It flashed a light and then recorded how long it took you to stomp on the pedal. My reaction time was the worst in the class.

The other object was a narrow table about eight feet long and eighteen inches wide with two plastic cars sitting on top. The cars were both attached to a single loop of string that ran through two holes in one of the narrow ends of the table. The idea was to stand at the other narrow end and pull on the loop of string. When you did that, one car moved forward and



By Mary Iuel

the other moved backward. We were supposed to line the two cars up next to each other. This measured our depth perception. Everyone had a go at it, and most of the kids got the cars pretty close together.

Then it was my turn. I tugged the string back and forth until I thought the cars were next to each other.

Mr. Haney looked at the cars, and then looked at me. “You’re done?”

“Yes.”

“You think the cars are next to each other?”

I was getting a bad feeling, but I said, “Yes.”

Mr. Haney shook his head, and said, “Litchfield, I want you to do me a favor. Whenever you are going to drive a car on the public roads, call me first so I can stay home.”

Huge laugh. I walked around the table and saw that the cars were about three feet apart. So, lousy reaction time and lousy depth perception. It’s my inability to discern distance and where one object is in relation to another that pertains to today’s story.

Today I walked out toward the orange leaf and got to the exact spot I had decided was six feet north-northwest of the leaf, and ... there was nothing there.

I stared intently at the ground, starting with what I thought was ground zero and moving in widening circles. After a few minutes of this intense inspection, the process yielded exactly bupkiss. I usually give the search a few minutes, and find nothing. It’s frustrating.

I’m telling you all this as a public service. If you decide to take a walk and you see me out in the grass carrying a plastic bag, walking in circles and staring at the ground, you might want to stay clear of where I am that day.

As for driving, I’ve been doing that for fifty years now. I try to drive carefully, and most of the time I don’t hit anything. Most of the time. You might want to stay clear of me on the road, too, come to think of it. Just saying.

Find us on Skype
Vashon Loop
206-925-3837

Pure Color
by Rachel Waldron
The purist and most thoughtful minds are those which love color the most
-John Ruskin

Vashon is full of creative, pure and thoughtful minds. I imagine many color lovers are among us. Being a color lover, it is hard to see poor color choices bringing an interior space down. Picture the walls of a 3 pack-a-day indoor smoker. I am hesitant to use the word ivory, because dirty yellow is probably a better descriptor for what our walls looked like when we moved in. When our toddler threw spaghetti at the wall, wiping the spaghetti off uncovered that a major contributor to the dirty color was bonafide grime. After cleaning the grime, it was still a dingy color though. What better way is there to brighten up and personalize a new space than a new shade of fresh paint?

One of my more frequent “small” jobs is to provide color consultations, and while they are quick by comparison to the other services offered, it is truly amazing the level of consideration that goes into selecting the right color or colors for an interior space.

What are the current color trends?

While I do not consider myself to be a designer of “trends”, it is still very important to know what is current. Painting a dining room Pepto Bismol Pink in the 50’s may have been cute, but it is a rarity today to find a space that could pull it off. The color trends today follow a feeling of tranquility, a look that is best achieved with a monochromatic color scheme (working with different versions of one color throughout the space).

I love a good monochromatic color scheme. It creates the illusion of space where it does not exist as well as continuity throughout a home. Accents may be created with shape and texture rather than color. Accents may be introduced in a complimentary color (the color that is opposite on the color wheel), a triadic color scheme (colors that form a triangle on the color wheel), or in an analogous color scheme (colors that lie next to each other on the color wheel). But, my favorite thing about a monochromatic color scheme is that it is harder to date and is more flexible. It is easy to update the accessories without starting from scratch, and provides such peaceful simplicity that it is less likely to date quickly.

My husband and I selected a monochromatic scheme in our own home, and are slowly but surely working to incorporate it into the space, starting by painting those dingy walls a lovely shade of light grey with subtle blue undertones. As we paint each wall, the home feels brighter and cleaner. The color offers a beachy “cape cod”

Ink + Mylar

feeling in our little farm house and pulls from our water view.

What are the architectural features of the space?

A unique fireplace, an angled wall, ceiling beams, and large windows all offer focal points in a home, and utilizing color to enhance these features without overpowering them can be tricky. The two most common approaches that may be taken with these features are to use a bright and playful color to really call attention to the feature or use a subdued accent to draw the eye in a more simple and sophisticated manner. The choice lies in your own distinctive personality and what you are looking to represent and surround yourself in.

Our home has tall ceilings with beams and beautiful original wood paneling (as well as some not-so-beautiful paneling that was added in the ‘60s and absolutely must go!). We have new wood floors (sadly, the original wood was unsalvageable) and wanted the light to bounce off the surfaces. We picked up on greys in the white oak flooring for our walls, and will paint the upper portion of the walls and ceilings a cool, bright white. This will enhance those tall ceilings and contribute to the bright airy look we will achieve.

Who are you?

Which brings me to the

last consideration for now, you. When selecting colors for a space, choose favorites! Your space should reflect your personality. My husband and I are complete opposites. I am extroverted, bouncy, energetic, and playful. He is studious, with a dry witty humor, and introverted. Our home will be shades of grey throughout with surprise areas in bright yellow and bright green. The perfect balance of our personalities put into color!

These three considerations are just a few of many. Where are you? Our exterior environment should absolutely play a role in the selection of our interior surfaces. What type of lighting is in the home? Color should be viewed in all the lights that it will be presented in before committing. When was the home built? We want to respect and/or play with the time period of the structure.

Color may be loved by the pure and thoughtful minds, but perhaps the real truth is that color creates pure and thoughtful minds. If we surround ourselves with the right colors under the right conditions, the solution can be truly amazing.

To learn about Rachel Waldron’s interior design services, contact her at 206.249.9860 or rachel@waldrondesigns.com



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Aries (March 20-April 19)
Events this month seem destined to reveal the futility of jealousy and the thing it’s made of, which is the illusion of control. If you consciously give yourself the opportunity to be submissive to existence, you will find that you have more influence than if you try to run the whole show. I understand that you may be feeling the need, on one level, to exert your power. If you do something gentler, which is to stay in contact with your desires, and responsive to the desires of others, you will be able to get the energy moving in a way that allows a real exchange and also that brings you closer to people. This is subtle territory, and the land of mixed emotions. Stay close to your desire, informed by love.

Taurus (April 19-May 20)
Why are relationships so powerful in your life? That’s an honest question you seem to be asking yourself. I think you know that you need to get underneath this, rather than looking at it from the surface level, or from the viewpoint of the usual cultural myths we have about involvements with others. A particular situation or condition that has at times seemed stuck or resistant to change has indeed been a source of progress for you. And you may note the many ways the situation has evolved since it began. The astrology I’m seeing presents you with the following equation: the deeper you go, the more movement you will notice, and the more movement will be possible. You are about to enter a whole new emotional landscape, one where you will see how much freedom you really have.

Gemini (May 20-June 21)
You have collected plenty of information the past couple of months, and now you need to review it all. If this information has involved a health issue, you will probably need to discard most of it and keep the one or two gems that will point you in the direction of actual improvement. I suggest you focus on matters of sexual health: maintaining and nourishing your Scorpio parts, your hormones, your desire. Yes, desire is a vital part of sexual health, because where the sex organs are concerned, life really is a matter of use it or lose it. Some people love to hear this and others cannot stand to. It is, however, a matter of elementary biology to which we are all subject. And when the biological aspect of living critters is happy, there’s a good chance the rest of them will be too. It also works the other way.

Cancer (June 21-July 22)
Sexuality is at the creative core of who a person is. What is politely called socialization is often a process of conditioning natural sexuality and creativity out of a person, usually when they are young. What is left is someone who finds change and motion difficult to experience; someone who is calcified. Your ability to feel, to create, to be sexual and to change are all related. They are related to both inner and outer movement, and you have the choice to encourage or discourage these qualities in yourself. I suggest you keep your life moving any way you can, in any way that feels appealing and even one or two ways that feel daunting.

Leo (July 22-Aug. 23)
What is it that creates confidence? Some people are born with it; but for most people, it’s cultivated through experience. If you were to say to a young person, all the things you would prefer to avoid are the ones that will give you the most confidence. I am here to tell you that you’ve already built up that particular strength, and any challenges you might experience over the next month or so are things you’ve already been through in some form. As such you can draw on your wisdom and strength and come out feeling like you are indeed strong and wise. Note

that when authentic, mixed with that will often be a touch of insecurity, which is designed to keep you on your toes.

Virgo (Aug. 23-Sep. 22)
Your chart strongly suggests that this is the time to practice speaking from your feelings. You have a lot of feelings to speak about, and you could just as easily, indeed more easily, retreat into silence. But that would only reinforce the illusion that you are in this all alone. And silence is a form of attempted control, and provides the conditions necessary for self-deception. The way to stay honest and in truth to remind yourself that you’re free is to share with others what you think and how you feel. You may have many reasons not to. I assure you there are several very good reasons to be bold and live as if your life depends on being true to your word about how you feel, especially when it counts the most.

Libra (Sep. 22-Oct. 23)
I have written many times that self-esteem is the most significant problem in Western society. There are bigger problems where people don’t have toilets, but on our side of the tracks, self-esteem is what you might call the plague. You’ve been onto this one for a while. I think you know what I’m getting at. Self-esteem regulates all other possibilities. There are some people who just naturally feel good about themselves and can live that way, though they are few and far between. You are going through a series of what you might think of as tests or experiments that will help you cultivate respect for, and confidence in, yourself. You have what it takes; you are strong and you have some energy. And you will be happy you passed through this phase of psychological growth -- once you stand up and walk right into the territory.

Scorpio (Oct. 23-Nov. 22)
You are bigger than any situation in your life. I would also remind you that no situation is intractable -- everything is subject to movement. Everything is subject to change. That fact of existence is your best friend right now, since you have a tendency to live so much of your life as if certain things will never change. Use your discernment and apply this principle to what you know you want to move on from, but doubted that you could. Remember all the time that growth and change are inseparable; that they are necessary partners. In the midst of this, I would remind you that your capacity to feel is something to embrace as your best navigational tool. Yes, the modern way of life is to eschew feelings and tap on an icon. I would say pause, feel, and be well-guided.

Sagittarius (Nov. 22-Dec. 22)
Don’t let the pressure get to you -- or rather, you don’t have to. You can if you want to, though your situation feels more urgent than it is. The sense that you are approaching some limitation or obstacle is more of an inner reality than an outer one. And there is a corresponding inner development -- that of resolve and determination in a way that you have rarely ever felt in such a focused way. Yes, you are born under one of the most ambitious signs, capable of marshaling your energy like few others can. Yet as I am sure you’ve been aware, you must gather your strength in a new way, to meet objectives that you have yet to fully encounter. If you cooperate, the outcome is certain.

Capricorn (Nov. 22-Dec. 22)
Often has it been said that only you have the power to change yourself. Yet this is either too much responsibility for most people to handle, or it defies some other logic that external factors are what really make the difference. This month Mars and Pluto form a conjunction in your birth sign, an indication that you have the ability to

An Island tradition for 25 years, HOLLY DAZE HOLIDAY BAZAAR, Vashon’s old fashioned crafts bazaar is on Saturday, November 22nd from 10 am to 4 pm

This-annual one-day-only unique marketplace showcases more than 57 Vashon

Island artisans, craftsmen, confectioners and bakers, who bring you a fantastic variety of foodstuffs, personal and décor items, arts and crafts, including items for your home, your pets, or a hostess or holiday gift. Check out button jewelry, handmade soaps, yarn by the skein, catnip toys and dog treats, antiques, alpaca scarves, religious jewelry, hand-carved wood items, garden decorations, reclaimed art, local authors and much, much, more! Nearly all handmade, and – like snowflakes -- each one is unique.

You’ll enjoy a delicious BBQ grilled hot dog. Pick up a pie for Sunday dinner or fresh baked rolls for Thanksgiving. Buy something for someone special, and take advantage of the gift wrapping service – all in a festively decorated hall, with background holiday music.

The origin of Holly Daze is shrouded in the mists of time, but it has been said that Vashon’s first Holly Daze Bazaar was put on in 1990 by the Vashon Soroptomists, as a community builder and to give many of our Island’s creative people an opportunity to sell their handicrafts and earn holiday cash. (The craftspeople pay a modest fee for their table but retain all monies from sales.). For 19 years, the Soroptomists continued

rewrite just about any facet of your existence. Yet this cannot be haphazard, left to chance or done with blurry vision. You must focus, you must choose, and most of all you must hold yourself accountable for what you want and what you create. If you think of this as the cost of success, you will see that it’s not so high after all, though more than most think they can afford.

Aquarius (Jan. 20-Feb. 19)
You seem more determined than ever to crack through the limitations of the past. The most direct way to do that is to question your own priorities. You have been doing this, though at a glacial pace. You have made changes, though it looks like there are many more that you have, for some reason, held off on. No doubt that is because you have not felt ready, though I suggest you question the role of your attachment to the past. People seem to think it natural that they get ‘set in their ways’, as if this were some kind of entitlement. That may be true, but you don’t want everything to which you are entitled -- which would be a fine way to sum up the astrology of the next four weeks.

Pisces (Feb. 19-March 20)
Clearly you are preparing for something. Yes it’s true, life is one long exercise in preparation, though this is unusual and you are in a particularly sensitive phase of that preparation. One element of your life to focus on is ethics. That does not only mean doing right by others; it means making sure you do right by yourself, and that you have taken care of all your necessary plans and details. Make sure that you hold others to the same standard: that we all keep our promises. Be sure you’ve read the books that you know you’re supposed to read, in order to be fully prepared for whatever it is you’re about to do. Proceed meticulously, take each step carefully, and gather your strength for the big move.

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



their sponsorship, then in 2010 the St John Vianney Catholic Church Women’s Group agreed to carry on producing the annual bazaar. So, follow a grand tradition and.....

.....come to HOLLY DAZE 2014
Saturday, November 22nd 10 am to 4 pm. McMurray Middle School Cafeteria 9329 SW Cemetery Road, Vashon (Look for the signs.)

Spend an hour, or spend all day: This is going to be the best holiday bazaar ever – so mark your calendar and don’t miss it!

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Live Fashion Show
Continued from Page 1
All of the subjects of “Advanced Style” defy conventional ideas about youth and beauty. Red-haired Ilona Royce Smithkin is a vivacious 90-something who declares, “I think people expect too much of themselves, and that’s not for happy-making. In trying to be perfect you miss half of your life.” Fashionable grandmother Joyce Carpati agrees, saying, “As a group I think we have a heck of a lot to offer.” Lynn Dell Cohen, another film subject, adds with a twinkle, “People are living longer, and we’re not going to hide in the bushes.”
All of this spoke to Vashon’s Azula Christie Phillips, who states, “We still are as a culture, visually pummelled into over-worshipping the cult of youth and beauty. We have the power to shift our perspective at any time. Ask yourself, ‘Who told me I couldn’t wear/do/be X, Y, Z?’”
Vashon Film Society presents special feature and documentary shows every month on First Friday Gallery Cruise nights following the art walk. Admission to November 7’s Fashion Parade and “Advanced Style” screening at the Vashon Theatre is \$7.

Positively Speaking

Bubble Gum Brain

Got it! “One Monster After Another”! It took several variations of googling “Bubbly Goo”, which produced recipes, “Sue writes a letter”, which produced a passel of legal info, “Mercer Mayer”, “Maurice Sendak” ...where was that plot? What was that book? I needed to make a witty Facebook response.

Lunch hour...includes an episode of “Blue Bloods”.

It is an ADD Friday. It isn’t that I am not getting things done. I get lots done. It’s just that looking up Jessica London boots to see which ones could have a 2mm lift added to the left shoe is not what one might call, necessary or germane to getting work done on a manuscript that has to be to an editor in a week, or dealing with business items that are really quite pressing.

After an intensely productive and courageous, mentally stimulating and accomplished two weeks, I’m done. Nothing of substance will fit into my wee self, existence or vision.

ADD Friday means I am working a rough draft using the book I need to finish by Sunday as a writing prop. The web page with the boots I’m theoretically considering is open as well as a YouTube version of “Spaced Invaders” which I just recommended to someone for Halloween. The rookie cop has just clocked the aliens who have landed in Big Bean, Illinois because they thought “The War of the Worlds” replay was real, at 3,000 miles an hour and it has left the patrol car fried. Never ceases to make me laugh out loud.

Homework for Tuesday night’s study group on the book “Money and the Meaning of Life” stares at me from the stack of books also to be read by the end of November. Tonal blips tell me people are posting on Facebook. Four important emails await my response. Two logistical challenges for next week vex me somewhere in my unacknowledged consciousness.

The situation with my kitties still makes me sad and I’m wearing the ugliest sweater I own only because it matches my corduroy trousers Caity refers to as my clown pants. What can I say? They keep me warm.

No doubt about it, I’ve got Bubble Gum Brain...and could care less. What I know is this: if I don’t take the next twelve hours and follow my impulse for cheer and diversion, I’ll get nothing done at all this weekend.

And...in retrospect I can tell you what I didn’t know at the time. I’m fighting a cold and developing a fever.

This past week, in various settings, I’ve written about keeping one’s head bowed to one’s heart, walking four years olds through meltdowns and teary whine-fests via active ignoring, the spiritual aspects of The Grand

By Deborah H. Anderson



Adventure –which I still haven’t told you about, new web text, everything I’ve eaten four days in a row, and of course tons of emails and FB posts.

Ahead of me are words on the upper middle class white culture finding authenticity, amusing children’s picture books, and more practical parenting tips. Beyond this weekend, there is plenty of opportunity and time for serious, focused, productive moments. Right now my brain is chewing up a big wad and blowing some beautiful bubbles.

Without alcohol and sweets, I’m just going to let my focus go and wander through whatever shiny interest catches my fancy. It’s a luxury. With no kids or husband at home, I can watch the sunset or rain clouds as long as I want. I’ll search ‘find pen pals’, or read a book that’s not an assignment, maybe redo my make up.

I live with indoor plumbing and am not carrying buckets in from the well or miles away from the river or stream. I turn on a spigot and it comes out. The promise of a frozen Snickers bar lies in a freezer in the kitchen. This is a first world moment. I will feel guilty about it for a bit, but basically such random focus days are what enable me to power through the rest of life in the first world.

Nothing can get you down for long if you learn how to relax. Quite frankly, it’s been a helluva push lately and I’m just going to relax, without purpose or focus. I have learned to let go when I must, use screen-saver mode in my brain and heart to hold my place, and return to the intensity of first world living with renewed commitment and energy.

Soon enough I will type this up and regain energy for the challenge of being called and passionate, so it doesn’t look like driven and intense.

Til then, I am excellent at mentally chewing bubble gum; icky sweet, rot your teeth out bubble gum that makes gargantuan opaque bubbles....that will soon pop. I must enjoy the moment while it lasts.

Love,
Deborah



Deadline for the next
edition of *The Loop* is
Friday, November 14

Makana Returns to VAshoon

Makana’s first two concerts at Open Space were extraordinary - huge audiences brimming with excitement who were brought to both tears and standing ovations by the amazing talent and giant heart of this virtuoso, world-class performer.

Described as “dazzling” by the New York Times, Makana is an internationally acclaimed guitarist, singer, and composer who is widely known for lending his musical talent for social change.

Makana’s guitar playing has been featured on three Grammy-nominated albums, including the soundtrack of the Academy-Award winning film “The Descendants”. In 2011, at the apex of the “Occupy” movement, Makana’s song We Are the Many went viral on YouTube garnering more than half a million views and was coined the “Occupy Anthem” by Rolling Stone Magazine. His performance of the song at an APEC World Leaders’ Dinner hosted by the Obamas also went viral and became the #1 news story on Yahoo worldwide for two days, garnering appearances on CNN, BBC, ABC, Democracy Now, and other major news outlets. Makana’s captivating and wide-ranging performance style has led him to share the stage with Jason Mraz and Jack Johnson, open for music legends Sting, Carlos Santana and Elvis Costello, and perform in venues ranging from Asian and European opera houses to The White House.

Born and raised in Hawai’i, Makana grew up on the shores of Waikiki amid the likes of legend Don Ho and young Elvis-impersonator Bruno Mars. Makana-whose name means “a gift given freely”- began singing when he was seven years-old, took up ‘ukulele at nine and began learning the ancient art of slack key at eleven. By fourteen, he was performing professionally, and before long playing five nights a week. His reputation as the youngest virtuoso of slack key spread like molten volcanic lava throughout the islands.

A protégé of the Hawaiian Slack Key Guitar legends, including Bobby Moderow Jr. and the late master Uncle Sonny Chillingworth, Makana has dedicated his life to perpetuating as well as evolving the traditional Hawaiian art form. Slack key or Ki Ho’alu, over 200 years old and indigenous to Hawai’i, was created by ‘ohana (families) on the different islands as a very personal folk music expression of their beautiful surroundings and way of life. The style is characterized by “slacking” the strings to open chords, thus freeing the hands to alter the sound whilst self-accompanying with a triad of alternating bass patterns, faux rhythms and sweet melodies evocative of island atmospheres. Think “three guitars in one!” From this tradition Makana has evolved his own dynamic, high-octane style, coined “Slack Rock”: slack key infused with elements of



bluegrass, rock, blues and raga. Makana’s playing has garnered praise from such guitar luminaries as Kirk Hammett (Metallica) and Pepe Romero (Spanish Flamenco Master). A contributor to the 2007 Grammy-nominated “Hawaiian Slack Key Kings Vol. I” and 2009 Grammy-nominated “Hawaiian Slack Key Kings Vol II”, Makana is considered one of the “greatest living players” (Esquire Magazine) whose “instrumental brilliance bears comparison with the work of such groundbreaking acoustic guitarists as John Fahey and Michael Hedges” (Maui News).

The focus of Makana’s art is to celebrate the beauty of tradition while exploring new, relevant perceptions, sounds and themes. In his music he often honors his forebears, the vintage Hawaiian music legends as well as the rock poet idols of the 60s, paying homage to the kupuna (elders) who carry within their Beings the cultural wisdom passed down through generations.

The evening will also feature some very special Island style treats. Vashon Islander Allison Shirk will open the evening with two songs. Allison Shirk is an all-original singer/songwriter. Her music is heartfelt mixture of country, rock, folk, and blues - Americana. Her songs tells the story of a small town girl with an honesty that shines through. She is sweetly southern artist with an edge, often described as a young Lucinda Williams. Allison has just finished recording her debut album, Break My Heart, available in record stores and online next month.

Halau Hula O Napualani founder Gloria Napualani Kalamalamakaiialoha Fujii Nahalea and her husband Bill Nahalea will also appear, joining Makana for one song. Gloria mentored with Kumu Hula Master George Naope, and has taught hula and other Pacific dances to over 40,000 students. In 1999 she was the recipient of the Washington State Governor’s Heritage Award for her outstanding contribution to the enrichment of the culture of Washington State.

A very special VIP reception will precede the concert, and feature hula from Auntie Gloria and Uncle Bill, a chance to meet and visit with Makana, and delicious pupu-style appetizers from Vashon’s own award-winning Herban Feast. VIP tickets include reserved seat, a pre-show reception with Makana, pupus, a lei, an autographed CD and a photo with Makana. VIP reception begins at 5:30pm.

Tickets are \$20 in Advance and \$25 at the Door. VIP Tickets are \$100. Event may sell out - so it is wise to purchase tickets in advance.

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*The Loop’s soy-based ink
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Eddie Needs A Home...

Now that I’m done arching my back and symbolizing Halloween, I want a home to celebrate all the other holidays in. I’ve lived with school-age kids, and I like to cuddle with people when I’m in the mood. In some cultures, black cats are considered good luck. Let me try to bring good fortune to you!



Go To www.vipp.org Click on Adopt

Island Epicure



By Marj Watkins

Breakfast for Two

My grandson, James, an innovative epicure, often cooks our breakfast. This morning he made us a spicy spinach and cheese omelet that fueled us well and quite deliciously with plenty of protein. One of the ways he put himself through college was by cooking for twelve young men, including him, who all spoke French. In the year between high school and Washington State he worked in France, part of the time cooking in a hostel for climbers in the Pyrenees.

Here is James’s Cordon Bleu type spinach omelet:

- Spinach & Cheese Omelette
- Serves 2 generously
- 4 or 5 eggs, depending on how big they are
- ¼ cup or so water
- Salt and coarse ground black pepper to taste
- 2 handfuls fresh, well-washed spinach
- 1x1x2-inch block Tillamook pepper jack cheese, grated
- 1 Tablespoon olive oil

Beat the eggs with the water, salt, and pepper. On medium, heat the oil in a 12-inch skillet. When it shimmers, pour in the egg mixture. Top with cheese. Cook until the eggs are half set. Strew spinach over the left half if right handed; over the right half if left-handed like James. Flip the bare half of the omelet over the half with the spinach. Continue cooking for a minute or two.

Slide the omelet onto a serving plate, or better yet, halve it with your spatula’s edge and slide one half onto each of two warm plates. Serve with raisin toast well buttered. (Yes, we believe in butter. It has Omega 3 fat and Vitamin A in it as well as saturated fat, which your brain cells need for making their skin.)

This omelet supplies approximately 19 grams of protein per serving. Two slices of toast provide another 4 to 6 protein grams. Our toast was gluten free seedy raisin bread, yielding 3 protein grams per slice. According to my nutrition almanac, a woman five feet tall and over 50 (that’s me) who weighs 113 pounds needs 50 grams of protein daily. I weigh a bit more than that. Another source advises one protein gram daily for each kilo of weight. I figure my protein need at 58 grams, or about 20 grams per meal, less if I eat high-protein snacks.

High protein snacks might be a choice from this list:

- One boiled egg, halved and topped with a dab of mustard, 6 grams protein
- Cheese slices totaling ½ x 1 x 2 inches, 7 grams
- Bread, 1 slice, 3 grams if Bavarian rye or the gluten free bread mentioned above.
- Adams Peanut butter, 2 tablespoons, 7 grams
- Almonds or Pistachios, 1/4 cup, 6.6 grams
- Pumpkin seeds, 2 tablespoons, 5 grams
- Banana, 1 medium size, 1.8 grams (but also 451 mg. potassium and 1.5 mg—half your RDA—of selenium)

Vashon Schools Foundation thanks Donors

The Vashon Schools Foundation hosted a Major Donor Thank You event on the evening of October 23rd located in the former Nirvana restaurant space in Vashon town. Invitees included private individuals and business owners in the Vashon community who had made large scale donations to the Foundation during the 2014 fundraising campaign. Representatives from all three public schools, and the Vashon School District Board, also attended.

Schools Foundation board members Maureen Burke, Amy Broomhall, Zabette Macomber, Pam Stenerson and Donna Nespor partnered with Tami Brockway-Joyce and Amanda McConnell of Vashon’s own Seattle Distilling to transform Matt and Kim Bergman’s donated vacant space into a welcoming party venue. Guests were invited to sample an array of delicious appetizers and desserts as well as cocktails made with Seattle Distilling’s award winning products. Vashon High School student Mallory Breen entertained guests with her acoustic guitar throughout the evening. The event expenses were covered by donated resources, volunteer efforts and an anonymous donation from one of the Foundation board members.

Board President Don Wolczko addressed the

gathering to thank the donors, both present and in absentia, for their support. He noted that the Vashon Schools Foundation was conceived during a time of crisis in 2009 when inadequate State funding threatened Vashon’s public schools in the form of potential teacher layoffs and proposed cuts to cherished programs.

Since those early days, the Foundation has been able to donate more than \$1,700,000 to the Vashon School District, thereby enhancing curriculum, supporting teaching positions and operating expenses at Chautauqua, McMurray and Vashon High School.

While the previous crisis that inspired the Schools Foundation has lately been averted due to farsighted community support, the mission of the Foundation continues so long as the Washington State Legislature continues to fail in adequately funding public education throughout the State.

School Principals Jody Metzger and Greg Allison told the attending donors that their contributions had helped pay for a new math curriculum at Chautauqua, and new math and history textbooks at McMurray and the High School. Teachers Martha Woodard and Lisa Miller shared their enthusiasm for the new materials, including reading aloud some delightful written appreciations from the students themselves.

President Wolczko also introduced donors at the gathering to the incoming 2015 Vashon Schools Foundation Board President, Ruthann Howell, and three new members who joined the Board this past September: Maureen Burke, Amy Broomhall, and Rheagan Sparks. All three women have children enrolled at the elementary and junior high,



and bring their enthusiasm and unique talents to the Foundation’s mission.

The Foundation will undertake another annual funding drive in the Spring of 2015 for the ongoing financial support of Vashon Island Public Schools and the Vashon student body.

The Foundation also hopes to encourage a greater proportional share of families who have children enrolled in Vashon schools to donate to the Foundation in the coming year. Public school families can invest in the highest quality educational experience for their students with donations of any amount that works within their budget. The Board feels that every donation is meaningful when combined with the power of collective participation and the financial support from our local businesses.

This was the Foundation’s third annual donor appreciation event, a tradition the board hopes to continue for many years to come. The Vashon Schools Foundation looks forward to the coming year and the continued support of the Vashon community.

Donations to the Vashon Schools Foundation can be made at any time, on either a one time or recurring basis at the Foundation’s web site: www.vashonschoolsfoundation.org/contribute/give-today/

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Road to Resilience

Continued from Page 1

interests (that is, people like you or me that have succumbed to the wiles of wealth and power) have found a way to subvert democracy and take control. As usual, they have probably done it with the sincerest belief that they know what is best. They have done it by peddling fear and distrust, dazzling us with toys, making us dependent on them, and keeping us very busy trying to make a living. Nothing new here. By pitting us against each other, they make it extremely difficult for us to organize against them. Racial, gender, and religious differences are not going to slow down our march toward civilization. The fear and distrust that has been cultivated around them will. The economic and political agenda of the upper class will.

The fear and distrust we have bought into hampers our ability to think clearly about everything else. Controlling

through fear is mostly the specialty of the right, but the left partakes as well. Wealthy special interests control the message on commercial media. They tell us there is not enough to go around, and that there are people that want to do us harm. How do we know what is true? Well, the internet provides us with virtually unlimited and multi-sourced information, but that’s a double edged sword in that what we see there can either inform or mislead us. Like in nature, I think we can count on the preponderance of information leading us to something close to the truth if we can avoid succumbing to the fear. Remember that Love conquers fear, so cultivate a

sense of Love and you are more likely not to get led astray by the powers that be. If we can all see clearly, tea parties and #occupiers should mostly be on the same page.

Regardless of what good or mischief gets done in high places, our job is still the same. To the extent that we become more resourceful and self sufficient here in our own community and in our own region, we will resonate with and compound the good that is happening in high places and we will be resilient in the face of the bad. We need to emulate those communities who are farther along and act as a model for those who are behind us. We’re just as capable and powerful as we were last week.

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The FieldHands



Together for years writing and playing original music on Vashon Island and in the Seattle area, The FieldHands are a rock band. Their music blends some of the best traits of rock, alternative country and the Americana vibe present in music from artists like Wilco, Son Volt, Lucinda Williams, Ryan Adams, Iris Dement and others. Multiple harmonies, driving guitar lines and soaring lead instrumentals punctuate good stories and strong melodies. The FieldHands incorporate

local flavor and imagery in their lyrics. They write songs about love, friendship, journeys, the road beneath their feet and the water that surrounds us. Their brand new CD is amazing and it will be available at the show. This is a free cover all-ages show 'til 11pm, then 21+ after that.

Friday, Nov. 14, 8:30pm
At the Red Bicycle
17618 Vashon Hwy SW
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www.redbicyclebistro.com

Emree Franklin



Snapdragon is pleased to bring you live music on Saturday nights. Stop on by for some wonderful music, delicious food and tasty beverages!

On Saturday, November 15th, performing in the Cone Hastings Gallery will be Emree Franklin.

Emree Franklin is a 20-year old singer/songwriter from Friday Harbor. Her poignant voice, edgy rhythms and creative songwriting lyrics has caught the attention of industry elite.


Emree began writing and singing when she was nine and was recording and competing in songwriting competitions by age 14. In 2012 she began recording at the Legendary Castle Recording studio In Nashville Tenn. becoming a regular performer at the Castle Live Events.

In 2013 she joined the Brotherhood of the Guitar founded by legendary rock photographer Robert Knight, to be a role model for female guitar players, and a spokesperson for Guild Acoustic Guitars. She also was invited to play at the First Dent The Future Conference, an event dedicated to bringing together the creative innovators of the next generation.

In 2013 she was signed by Undeniable Management and moved to Nashville to write for her upcoming EP produced

by Grammy award winning producer Warren Huart (the Fray, Augustana, Aerosmith.) Currently Emree splits her time between Seattle, Nashville and L.A drawing heavily on her west

coast roots and time spent at the University of Washington as her inspiration for her material. Snapdragon, 17817 Vashon Hwy SW. Saturday, November 15th, 2014. 7-9pm. Free cover.



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Dates

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Times

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Forest halls: Kid-Inspired Art From The Heart Of Our Nature

First Friday Gallery Tour
Opening: Friday, Nov. 7, 2014,
6-9PM

Come enjoy harp music and micro-magical tales from artist Jane Valencia, good island company, yummy forest-and-garden inspired snacks, and nourishing and delicious herbal beverages as you browse the art.

About the show:
The plants whisper special messages, and the trees voice a music just for you. Step into forest magic in this showing of whimsical nature-rooted and kid-inspired art that speaks to the heart of our true nature. Featured in this showing of watercolor and colored-pencil drawings and fanciful photography are several pages from Paloma And Wings, an herbal comic for kids, which was published for two years in the internationally acclaimed herbal journal, Plant Healer Magazine. Jane Valencia is a harper and storyteller, an instructor with the Vashon Wilderness Program, and a children's fantasy book author who draws upon her love of imagination, music, magical lore, the natural world and her joy in adventuring with kids in the outdoors to create her art.

Showing at the HUB 070
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Science Series

What’s Happening to Our Bees?



By Stephen Jeong

What’s Happening to Our Bees? Numerous theories have been posited to explain the mysterious affliction that began plaguing honeybees in what is now known as Colony Collapse Disorder (CCD), where bees across North America and Europe were dying in epidemic numbers. Were bees the victims of mites, fungus, virus, stress and/or cell-phone signals? What would happen to our food supply without honeybee pollination? Harvard biologist Chensheng “Alex” Lu was among the first scientists to identify a class of widely used insecticides known as neonicotinoids as a link in CCD, causing honeybees to abandon their hives and eventually die. Lu will outline his groundbreaking research, presenting the latest discoveries from his ongoing fieldwork. Chensheng Lu is an associate professor of Environmental Exposure Biology in the Department of Environmental Health, Harvard School of Public Health. His research interests examine how ecological and human health are being affected by pervasive chemicals and pesticide exposures, particularly in children, honeybees, food and farmworkers. He is associate editor for Environmental Health Perspectives, one of the leading peer-review journals of environmental health, and also serves as an ad hoc reviewer

for more than 30 scientific journals. Additionally, since 2004 he has served as an ad hoc member on the scientific advisory panel to the U.S. Environmental Protection Agency, under the authority of the Federal Insecticides, Fungicides and Rodenticides Act (FIFRA). Sunday, November 9, 4 pm. Vashon Allied Arts. \$16 Member/Student/Senior. \$20 General. Tickets: VAA, VashonAlliedArts.org Thanks to our lodging sponsor, Plum Lodge Bed & Breakfast.

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Hit’s of the 60’s

Take a journey with us, back to the 60’s – a decade of some of the best music ever. On Friday, November 7th at The Red Bicycle Bistro & Sushi, join us for a Vashon Events special production. Local musicians will be showcasing their talent, performing songs of the 60’s...whatever they choose from that magical time. Vashon Events’ third showcase this year features local Vashon musicians taking on some of the coolest music ever. The concept for playing the music of the 60’s gives us a chance to take the audience on a musical journey. These songs are extremely nostalgic for most people. And when our favorite local musicians bring them back to life live, it can be very emotional. Musicians either play the tune as close to the original as possible, or interpret the song in their own unique style. Either way, it’s one of those concerts where audiences stop talking and lean into the music, anticipating the next note. For musicians, it can be very fulfilling when an audience listens to the music in this way. \$8 cover supports Vashon Events, the website that brings together all the events on their Island in order to build community – a community that is connected, that extends and inspires artists, and that invigorates the hearts and minds of neighbors. Scheduled to perform so far, in alphabetical order (not Set order): Allison Shirk & Dorsey Davis (Time Of The Season) Bob Krinsky (Helplessly Hoping) Brian Hildebrand (God Only Knows)

Catherina Willard (People Get Ready)
Chris Anderson (Draft Dodger Rag)
Christine & Toliver Goering (Bang Bang)
Chuck Roehm (What A Day For A Daydream)
Dianne Krouse, Ainslie MacLeod, Gib Dammann, Luke McQuillin (Piece of My Heart)
Greg Dember (In My Room)
Gregg Curry (The Weight)
Jeff Kanzler (Summer In The City)
Joseph Stewart (Stand By Me)
Louis Mangione (White Rabbit)
Maijah Sansen-Frey (Oh! Darling)
Michael Whitmore, Dianne Krouse, Barry Cooper, Christine Goering (Song to the Siren)
Nick Hyde & Spencer Sinner (These Arms of Mine)
Pat Reardon & Jenny Bell (Do You Know The Way to San Jose?)
Rebekah Kuzma, Andy James, Van Crozier, Kevin Pottinger (You Make Me Feel Like A Natural Woman)
Roger Taylor (Wild Thing)
Ron Hook (Desolation Row)
Sam & Sara Van Fleet, Daryl Redeker (Pledging My Time)
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Thalia Goering (Come Wander With Me)
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BY Jeff Hawley



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