

## 2014 Seattle International Comedy at the Vashon Theatre

26 Days  
22 Shows  
18 Venues from Vancouver to Bellingham to Spokane to Vashon  
33 comedians from the U.S., Canada, UK, Europe, Australia, and Africa  
Over \$15,000 in cash prizes  
Talent executives from CBS, NBC, and more: movie studios, managers, agents and producers  
It's America's biggest touring comedy festival

The 35th Annual Seattle International Comedy Competition starts November 5, 2014 at The Columbia City Theatre in Seattle and continues nightly until a winner is crowned on Sunday, November 30 at The Comedy Underground in Seattle, but not before showing Vashon what they are made of. For the last 10 years we have been fortunate to host one of the final performances at the Vashon Theatre, every year on Thanksgiving Eve.

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

The top 5 comics from the Preliminaries make the semi-finals; all



*Seattle International Comedy Competition. At the Vashon Theatre. Thanksgiving Eve, November 26th, 2014. 7:30pm*

the semi-finalists win some cash, and get to compete for the title by performing for 10 minutes nightly for 5 shows.

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

*Continued on Page 8*

## The Stars come out at Water Works Studio



*Kate Rutherford*

Waterworks Studio always puts on a stellar show for the Vashon Island Holiday Art Studio Tour, but for 2014 it's a virtual meteor shower of Island artists. The stars come out on Friday, December 5 between 6 pm and 9 pm for the Waterworks Preview and continue to shine December 6 & 7 and 13 & 14 from 10 am to 4 pm each day. And each of those stars offers something to fulfill every holiday wish list.

This year Waterworks welcomes to its galaxy Megan Minier and Ellen Parker of Cowbelle Industries, Sarah Drew of Sudzology, woodworker John Moore and painter/ sculptor Donna Romero. From Cowbelle Industries come eclectic Vashon images on T shirts and hand towels while Sarah Drew has created an enormous variety of soaps in fabulous textures and scents. Then there's John Moore's treasured spoons... gotta touch'em, gotta have'em in your kitchen! And Donna Romero's oil paintings, collages and sculptures ranging from perfection to whimsy.

The familiar Waterworks stars will appear for this tour as well; Lindsay Aickin with banners and calendars, Kathleen Webster's photographs that

capture the eyes and hearts of Vashon, Julie King working her magic with recycled materials into bird houses, signs and simply fun stuff, Zoe Cherokee keeping you warm with hand knitted items and Dana Illo's fabulous kimono silk apparel.

But wait...stars continue to appear and now it's the incredible painters-perfect paintings and sketches by Mike Maher, Jayne Quig's lush pastels, acrylics created by Bob Horsley, yet more sumptuous acrylics by Terry Jansen, and wrapping them all together is Darsie Beck, watercolor painter, author and art bag creator.

And just when you thought this celestial group was galactic enough, the very Vashon stone jewelry of Kate Rutherford will appear as will photographs, note cards (and more) by Ray Pfortner, fabulous and fun felted apparel created by Susan Bates, and the subtle celadons of Christine Beck's functional porcelain ceramics for table and decoration and her new porcelain bells and wind chimes.

When you visit, don't forget the handmade ornaments on the Artists'

*Continued on Page 7*

## The Road to Resilience Tale of Two Islands

By Terry Sullivan,

I'd like to tell the tale of two islands. One is Vashon Maury and the other is in Denmark.

Samso Island in Denmark is about 20% larger than Vashon with about 40% of our population. It is located in the middle of Denmark with the Jutland peninsula about 9 miles west and the two largest islands somewhat farther to the south and east. When you look at it on a map, it will remind you of Vashon between the Kitsap peninsula, Seattle and Tacoma. It is known for its strawberries as well as a great variety of other fruits, vegetables, grains, and livestock products. Like Vashon, its shoreline is mostly steep hillsides with rocky beaches and an occasional sandy beach.

Fifteen years ago, Samso was not a particularly remarkable place. Like Vashon, Samso received power via an underwater cable from power plants on the surrounding mainlands. At the time, most of the residents were satisfied with this arrangement. In 1997, Samso won a government competition to become a model renewable energy community. The goal was to become completely energy self-sufficient in ten years. Probably a main factor in choosing Samso was that it had a lot of untapped

windpower. The central government invested 90 million dollars in the project. By 2005, after ten wind generators had been built off shore and most of another eleven onshore, Samso was completely self-sufficient in electric energy. Today, they produce the 26 million kwh that they use plus another 80 million kwh that they sell to the mainland. Since many of the residents are shareholders, this means income. One farmer who owns one of the generators outright makes \$4,000 a day when the wind is blowing!

Besides replacing their electrical energy source, they transformed much of their traditional use of heating oil and gas to locally sourced straw and solar heating. This takes the form of 4 central plants that burn the straw, collect the solar heat, and pipe it to nearby homes. This system is facilitated by the fact that the 4000 people of Samso live in 22 small villages spread out across the island! This is where the European settlement pattern sharply diverges from the way it is here. Imagine Vashon Maury with all of us living in 20 some villages (not a bad idea in my mind).

Although, they made a great effort to conserve energy as well, they find that they really haven't lowered their

*Continued on Page 7*

## Live Local Weather [www.VashonWeather.com](http://www.VashonWeather.com)

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to [www.wunderground.com](http://www.wunderground.com), [www.pwsweather.com](http://www.pwsweather.com) and Weather bug Back yard. The easiest way to view the weather information is to go to [www.vashonweather.com](http://www.vashonweather.com). Live weather information is also used on the [www.vashonloop.com](http://www.vashonloop.com) website and its sister site [www.vashonnews.com](http://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](http://www.vashonweather.com).





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www.VashonPages.com

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Mind, Country Store, LS Cedar,  
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Vashon Film Society presents the  
Vashon Family Film Festival on  
Saturday, November 22 from 12  
noon to 2:15 pm

Bolhoi Ballet from Russia: Phar-  
oh's Daughter.  
Sunday, November 23rd, 1:00pm

Vashon Theatre  
17723 Vashon Hwy  
206-463-3232  
Call for Times

For show times and info check  
www.vashontheatre.com

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

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

Next Edition  
of The Loop  
Comes out  
Thursday  
December 4

Deadline for the next  
edition of The Loop is  
Friday, November 28

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www.VashonCalendar.com

Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
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# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at [editor@vashonloop.com](mailto: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](mailto: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”

### Sign up for Health Insurance

Open enrollment is upon us for renewing or signing up for health insurance under the Affordable Care Act. King County people will be on Island Wednesday December 17th at Food Bank from 10:30-1pm and at the library from 2-4:30pm The Vashon Volunteer Group will be having sign up days as well. Those will be at the library during the following days:  
Sat Dec 6th 1:30-4:30pm  
Sat Dec 20th 10:15-1:15pm  
Sat Jan 10th 10:15-1:15pm

### Woodpeckers of North America

On Thursday, December 11th Vashon-Maury Audubon Society presents Woodpeckers of North America, A Naturalist’s Guide with Paul Bannick. This free program starts at 7pm at the Land Trust Building on Bank Road  
More info at: <http://vashonaudubon.org/calendar.html>  
Paul Bannick, co-author and photographer for the new book, Woodpeckers of North America, A Naturalist’s Guide will examine each of the North American woodpecker species through award winning images, intimate sounds and stories and observations from the field. Paul’s presentation will help you distinguish between species by behavior, habitat and field markings. He will also touch upon races of woodpeckers, adaptations to specific habitats, morphology and cultural ties.  
Copies of Paul’s new book and others will be available for purchase – a perfect holiday gift this season.  
Refreshments an snacks will be provided.

### Temporary Library Closure

Tuesday, December 2  
The Vashon Library will be closed the morning of Tuesday, December 2 for staff training.  
The Vashon Library will open at 2pm.  
Please contact Ask KCLS for assistance, 425.462.9600 or 1.800.462.9600

### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

Find us on Skype  
Vashon Loop  
206-925-3837

### VIPP Holiday Wreath/Swag Sale

Stop by & purchase one or more of Vipp’s Holiday Wreaths/ Swags starting at \$25. Each year Vipp’s all volunteer crew craft these holiday delights out of fresh fir, cedar, holly & lots of extras which is then topped off with a beautiful bow. They make the perfect gift or will add a warm & festive look to your home. If you are interested in pre ordering a wreath or swag please call: 503-730-5571  
The Land Trust Building  
Fri. Nov. 28th 12-4p.m.  
Sat. Nov. 29th 10-4p.m.  
Sun. Nov, 30th 10-2p.m.

Vipp will also hold its annual pet food drive. Items that are particularly needed are:  
Integrity clumping litter or World’s best litter  
Friskies wet cat food  
Chicken Soup for the Soul cat dry food  
Purina One dry cat food  
Wet or dry dog food  
Please drop off any donations at the Land Trust Building during the Holiday Wreath Sale.

### Vashon Drum Circle and Class

Anyone can make music drumming! Discover techniques that will quickly prepare you to enjoy personal and group drumming. You may bring your own drum or one will be provided for you in class. Bring your inner music out with a facilitated drum Circle and Class.  
Day of the Week: Sundays, Starts December 7th  
Time: 6-6:55pm Traditional Afro Cuban / Puerto Rican Music  
7-7:55pm Salsa & Latin Jazz  
Cost: \$20 drop ins / class, \$25 for both classes, \$75 for both classes for consecutive weeks.  
Location: Ober Park Performance Hall  
17130 Vashon Highway S.W.  
Vashon, 98070  
Instructor: Arturo Rodriguez  
Phone: 206-276-6401  
Email: [Arturo@playzmusic.com](mailto:Arturo@playzmusic.com)  
Web Address: [www.ArturoRodriguez.com](http://www.ArturoRodriguez.com)

Vashon Island

# HOLLY DAZE BAZAAR

Over 50 tables of crafts & gifts,  
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## November 22, 2014 10 to 4

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### The Vashon Loop

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# Free Bilingual Preschool Opens!



*Pictured from top left clockwise are: Christiano Threlkeld-Flores, Ivan Kennedy, Deena Paz Hernandez (teaching assistant), Alejandra Esquiviez, Caden Kiehnle, Kirby Little, Roxanne Lyons (District Curriculum Director), and Luis Nunez Hernandez*

On Monday, November 3rd, 20 children excitedly entered room 105 at Chautauqua for their first day of Mi Escuelita Spanish/English bilingual preschool. Earlier this year, Vashon Island School District secured an annual \$150,000 grant to fund this groundbreaking free preschool program for income eligible families on Vashon. Children began their day eating breakfast while teachers Sara Bennett and Lilia Longworth described the day

ahead in English and in Spanish. Family support specialist Peggy Rubens-Ellis and Sally Adam were on hand to talk to parents and AmeriCorps member Deena Paz Hernandez joined the children at the table. This 6.5 hour per day preschool follows the school district calendar and will prepare children for kindergarten. In addition to providing rich language exposure, children will receive healthy meals and provide participating families with health screenings and support.

## Free Range Folk Choir Concert



Vashon Island’s own Free Range Folk Choir will present a Concert on Sunday November 23rd, 7pm at the Burton Church (23905 Vashon Hwy SW). Come enjoy the harmonies of a cappella choral music from around the world!

Admission is free; your donations in support of the event are gratefully accepted.  
FreeRangeFolkChoir.blogspot.com  
facebook.com/FreeRangeFolkChoir

## Adopt A Cat Day!

**Vashon Island Pet Protectors**

**Saturdays 11:30-2:30**

Our VIPP Shelter is open for adoptions every Saturday. Visit our website [www.vipp.org](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

# Vashon family Film Festival



Vashon Film Society presents the Vashon Family Film Festival on Saturday, November 22 from 12 noon to 2:15 pm. The afternoon of live action and animated short films is brought to the Vashon Theatre every year by Northwest Film Forum’s Liz Shepherd. Shepherd curates a “best of” selection for island audiences from her renowned week-long long Children’s Film Festival Seattle. This year’s films are from Europe, Asia and the U.S. and feature clever creatures, captivating stories, and whimsical animation. “Rabbit and Deer,” the winner of three 2014 CFFS prizes (including Most Popular Film and Children’s Hospital Jury Prize for best animated film), is a Hungarian charmer about two unlikely

companions working to make their friendship last. And farm-dwelling islanders will especially enjoy the U.K. short “The Goat Herder and His Lots and Lots and Lots of Goats.” The 12 noon show (57 minutes) is a collection of animated films, followed by a live action program (58 minutes) at 1:15 pm, making it possible for families to catch just a single screening or stay for both. Tickets to either the animation or live action program are \$7/all ages, but movie goers can save and see both film programs (with that all-important brief intermission to visit the snack bar) for \$10! To see trailers of the films, visit [www.facebook.com/VashonFilmSociety](http://www.facebook.com/VashonFilmSociety)

## Dining at Downton: a Trial by Fork

Much of the plot for Downton Abbey revolves around the dinner table. Explore the final years of a time when one changed into dinner clothes and chose jewelry to reflect candlelight, where setting the table and serving a meal was an art. Any dinner at Downton Abbey is a well-choreographed dance performed with military precision. Everyone from the hostess and guest, to the butler and kitchen maid, know the parts they are to play. In this one-hour program, food historian Tames Alan demystifies the manners, menu, and accoutrements of a formal 12-course dinner as would have



been eaten upstairs at Downton Abbey before the outbreak of World War I. Dining at Downton: a Trial by Fork Saturday, November 29th, 2pm Presented by Tames Alan. At the Vashon Library, Sponsored by Vashon Friends of the Library.

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## Bubbles Needs A Home...

I do my best to get along with everybody. There were other cats in the household where I grew up, and I lived happily for years with a small dog friend. I showed him a lot of affection and tried to comfort him when he wasn’t feeling well. How many cats do that? I like to sit with people and purr while watching movies. My plush gray and white fur doesn’t seem to shed, so a new owner won’t have to clean up after me. And one last thing – I love to talk. I can tell you entire stories and will gladly do so.



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# Island Life A Thing That Uses

By Peter Ray

I haven’t been getting out much lately, but when I do it’s to meetings. This has seriously cramped the possibility of my vying for the most interesting man in the world qualification round, although that is not a title that might even become a doodle in my mental notebook. I don’t really care for meetings all that much, mostly because meetings generally tend to be about planning to do something, while I’d just as soon be doing it, whatever that it might be. A lot of times it also involves striving for a consensus through compromise, which often leaves me quite out of the play of things.

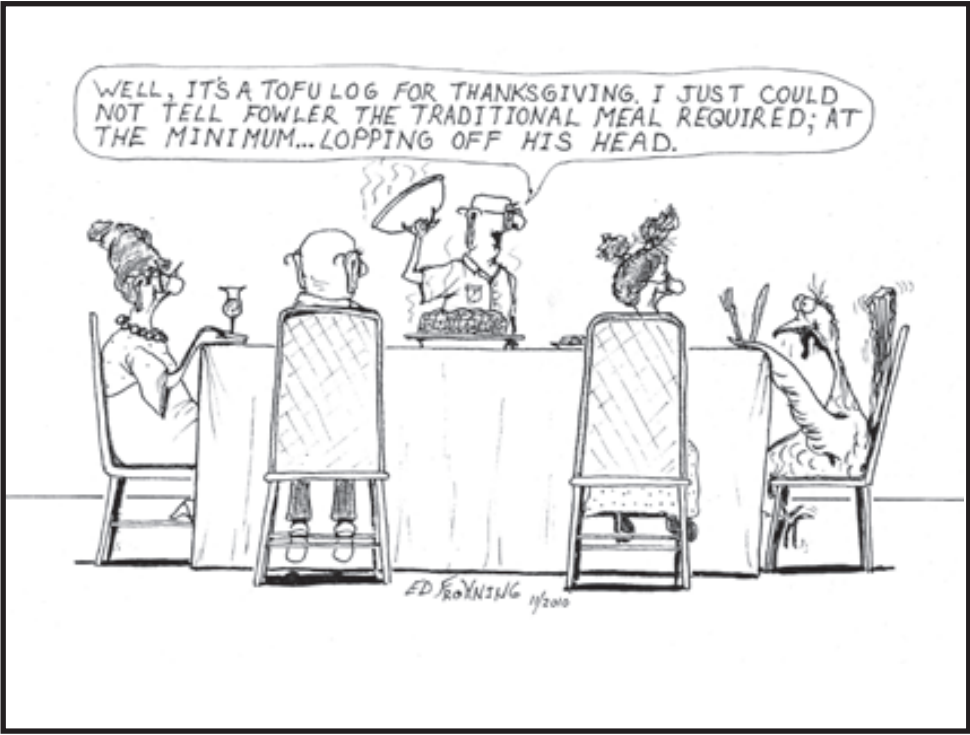
One of the things I have compromised on lately is the use of the term “user” which is partly defined in the title of this ramble, the full Webster’s definition being: a person or thing that uses. I intentionally left the “person” part out of the title because using the word “user” as a placeholder for those who might choose to use the Vashon Park system always gives me the feeling that the human part has been left out of the equation. I am also reminded of a friend’s statement that whenever he hears of users, he always thinks of drugs. But while some people may indeed be addicted to an exercise or sport, the image of the crippled addict rises to the top for me, somewhat skewing any thought of a person in a park setting, no matter what they might be there for.

A user of course uses, which again may send one on a less than productive word association binge. The word “use” can be a positive thing if one is able to find usefulness and utility in whatever one might be using. There is also the side where an object of seeming utility might consume, spend or exhaust resources, funds or energy, not unlike a certain new field that some of us have found to be a somewhat less than sustainable model for this or any park system. While the debate over issues surrounding the V.E.S. fields has waned, mostly because it is now the elephant in the room rather than the one knocking on the door, discussion has now shifted to the so-called user fees being charged which allow people to engage in activities throughout the park system. There is much talk about what would and would not be an equitable system of establishing fees. What I am hearing also is an apparent desire for a one size fits most of it, across the

board solution so one sport or activity is not paying too much or too little with respect to any of the others. One could ask how an equitable balance in fees could be reached between, say, the baseball groups and the swimmers. With baseball season ending in July, and the Friends of Vashon Pool now exploring ways to extend the swimming season, their respective seasons soon could be similar in length. But the pool was given to the Park District, via the school, for nothing with a \$75,000 grant from King County to boot, while the cost of V.E.S is somewhere in the mid to upper \$2 million range and rising. So why shouldn’t baseballers be made to pay more to recover the costs involved in this runaway construction, not to mention the fields’ ongoing extra maintenance needs?

As with much of what happens on Vashon, we find ourselves to be participants in things rather than just simply to be users. In once again looking to Webster, a participant is seen as a person who shares in something. In being a participant, one does not just pony up a token to join in the fray, but they also actively participate in one way or another to help facilitate that activity or endeavor. As has been mentioned here before, the Rowing Club and the Paradise Ridge horse posse are shining examples of Island participation, as are Captain Joe and his Lighthouse Keepers. One must also mention the efforts of pool director Scott Bonney, whose diligent participation has been key in saving the Vashon Pool.

Earlier today I was watching a video of one of the first Park District meetings that I recorded (something that I try to not do on a regular basis) and was somewhat shocked to see and be reminded of how many people were in attendance back when the V.E.S. bushwhack was just starting to paint fans everywhere a smelly shade of brown. It should be said that the stain and the smell are still there, although not quite so bad as before, but the attendance count has dropped substantially. With both the 2015 budget and the 2016 expiration of the current tax levy fast approaching, it is imperative that more Islanders put on their waders and noseclips and participate in these Park District meetings every second and fourth Tuesday at 7pm at Ober Park. There are actually three benefits to showing up at these meetings, the first being that you get to upgrade your status from user to participant. The second is that there are cookies. And last but not least, with strength in numbers you just might wind up with the Park District you deserve. See you there.



## Requiem for Ruffles

By Orca Annie Stateler, VHP Coordinator

TONIGHT: Thursday, November 20, 7:00 PM, at the Vashon Land Trust Building, Orca Annie and Odin unveil a new program for Native Heritage Month, “THE SACRED WHALE: Requiem for Ruffles (J1).” This loving tribute to Ruffles and other iconic orcas, past and present, explores cultural and social dynamics in Resident killer whale communities.

Ruffles (J1) was clearly a member of monumental consequence to his Southern Resident Community. Likewise, his death four years ago elicited a wave of sorrow and a spate of memorials, through photos and words, in the marine naturalist community. As J Pod’s flagship male for many years, he was the most recognizable Southern Resident killer whale, particularly for novices. I cannot count the number of times I heard spectators at Lime Kiln or Point Robinson exclaim joyfully, “Oh, look! There’s Ruffles!”

“THE SACRED WHALE” illuminates the spiritual significance of killer whales and salmon in Coastal Native cultures. Western science alone is not saving Salish Sea orcas or salmon. Recovering these imperiled species requires divergent thinking; Indigenous wisdom offers vital perspective. Our “Requiem for Ruffles” serves as a conduit for our profound grief regarding the appalling losses in the Southern Resident Community and the dismal status of this endangered orca population.

Advance tickets are available at the Vashon Bookshop until Thursday



afternoon, or call 463-9041 for more info. Suggested donations of \$8.00 general admission or \$6.00 for seniors and students offset costs of staging the event. Proceeds benefit the Vashon Hydrophone Project’s Marine Mammal Stranding Response.

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.



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# Spiritual Smart Aleck

## Water Walking into the Darkness

Well, my SAD friends, it is that time of the year, when the sun goes down early and comes up late, and there are fewer minutes of daylight every day. For people who have SAD, it is the least favorite time of the year. SAD is the acronym for Seasonal Affective Disorder. People who have SAD tend to become sad when the long nights and short days move in. It stinks.

Of course I am still processing personal grief along with the seasonal changes. Last winter when I entered a hermit-like state and didn't leave the house much for four and a half months, I asked myself, is this grief, or is it plain old depression? I decided it was probably a little of each, and I also decided that it didn't matter. The important thing at that point was to sit home by myself in an emotional fog and not have to go out to face the world.

Yeah. Looking back now I think that was mostly grief.

For years I noticed that October was a time when depression would overtake me. My life could be fine, with nothing to gripe about, but the darkness would descend and I'd be motionless and sad, lacking the will to do much anything.

Many people here in the northern latitudes experience this autumn downturn. We trade remedies: vitamin D3 and light boxes are mentioned often.

I keep meaning to get a light box, but in its absence, I find that exercise helps. Following my recent angiogram, I felt motivated for the first time in my life to exercise, and signed up for water walking at the Vashon Athletic Club. I go three days a week.

The class attendees are an eclectic collection of islanders, some whom I've known for years and others whom I'm meeting for the first time. The classes are real workouts, but we also find time to chat, and that is pleasant. Everyone is friendly. It is overall a positive experience. I am grateful to have this opportunity, especially because for the last few years I thought I had too many cranky arthritic joints to be able to do



By Mary Iuel

any exercise. In the water I can move.

The things that have helped me with depression and grief have been writing, singing, and now water walking. It's good to have few things to do that I know will help, especially this year.

The problem with depression, or grief, is that even if you know what would help, you usually do not feel up to doing it. That's the bear trap of depression, holding you motionless and in pain. I told myself the other day that I need to make myself sing even if I don't feel like it, because in a few minutes I'd feel better. That thought started a song lyric unreeling in my mind. If there's anything more cheering than singing, writing, or exercise, it's getting a check in the mail.

Oh. Yes, that cheers me up, too, but I meant to say it's writing a song. If you are creative in any way, you know what I mean. The feeling you get when you're in the zone of doing your art or craft, creating something that did not exist before, is the best feeling in the world. However good or bad a song turns out to be - and I've written plenty that didn't make the cut of public performance - at the time of creating that song, I'm in love with it.

So I wrote this lyric, and now I'm working on getting the tune together. Where shall I sing it? I don't know yet. In my office, for the moment. Here's a verse, so you get the drift:

“Today I'm feeling very low  
Sing anyway  
The winter sun has lost its glow  
Sing anyway  
There is no reason more or less  
For sadness or for happiness  
I lift my guitar, my guitar lifts me  
And I sing  
Anyway”

The title of the song is (surprise!), “Sing Anyway.” That's what I mean to do. Between singing and water walking, I'll get through another dark season.

Although I have considered going to visit friends in Australia until next March or so. Failing that, it's the guitar and the swimming pool.

# How Chronic Pain Impacts All Of Us

## And why my bouncy, healthy friends need to read this

According to a report from the Institute of Medicine, more than 100 million Americans suffer from chronic pain at a cost of around \$600 billion a year in medical treatments and lost productivity. That's roughly 1 in 3 Americans. And some of them live on Vashon.

When it comes to chronic pain, our society struggles to offer significant aid. This isn't because people don't care. The real trouble with chronic pain conditions is that many of them are not fully understood. Fibromyalgia and Interstitial Cystitis are excellent examples. Generally regarded as “a diagnosis of exclusion” (meaning we can't find anything else wrong) they both “can result in a quality of life comparable to that of a patient with rheumatoid arthritis, chronic cancer pain, or a patient on kidney dialysis.”

While healthy people are pretty good at empathizing with cancer patients or friends on dialysis - we often just don't know how to respond to chronic pain. People with chronic pain know this and often choose to keep quiet about it. Trust me, nothing is worse than a well-meaning healthy person who launches into suggestions. Have you tried meditation? Maybe a vegan diet would help? What about acupuncture? Or the worst of them all: “Maybe it is all in your head?”

So, let's talk about what it means to be a person living with chronic pain, how we can make it easier for them to talk about it, and what we can do to make a real difference going forward.

Here are some of the ways in which our system is failing our friends & neighbors:

- A friend of mine is only prescribed her Class B pain meds in small amounts, requiring her to make frequent trips to the doctor. I see my doctor once a year for a physical. My friend is there once a month.
- Another friend is required to bring a handwritten prescription to the pharmacist.

Despite numerous phone calls, three days in advance, upon arriving at her doctor's office - she is usually required to wait for HOURS until her doctor gets around to filling out the form.

Prescription in hand, one would think all is well, but it's not. Here are the hurdles a person suffering from chronic pain faces once they arrive at the pharmacy:

- Does the pharmacy even carry your meds? Currently, there is a supply problem with my friend's pain medication. Out of 80 pharmacies she called, only 3 have it and none can order it until 2015.
- Will insurance pay? For each person, one drug will work better than another. What can you do when the med that has worked for years - is suddenly dropped by your insurance? People with chronic pain become experts at what works (or doesn't work) for them. An area of information ignored entirely when insurance companies focus on the bottom line.

Life is hard. Life, when one suffers from chronic pain, is barely describable. Especially

to those of us who are used to feeling good. Even when you get the support you need from your medical practitioner and the insurance industry, there are good days and bad days. Those of us lucky enough to be healthy can barely fathom what life is like for those with chronic pain. Their good days would leave most of us sobbing in our beds, and I am certain that I cannot even begin to imagine what a “bad day” is like.

What do most people do on their bad days? Do chronic pain sufferers give up? Sometimes. For a few hours or a couple days. But then, no matter how bad it is, like my friend, they get back up again. My friend will climb a ladder to paint her window trim, cook amazing food for a fundraiser, care for her pets, mentor youth and call to check on her aging parents...even on a bad day. As she says, life must go on.

Here is a special message for all of my healthy friends. It is time to stretch your mind. Those of us who are LUCKY to be living in a healthy body truly ARE lucky.

- That drunk driver hit someone else, not us.
- That bullet hit someone else, not us.
- That e.coli laced cookie dough landed in someone else's shopping basket, not ours.
- That drunk surgeon operated on someone else, not us.
- That congenital condition afflicts someone else, not us.

Healthy people might be good at taking care of their bodies and avoiding self-inflicted harm,

but most who suffer from chronic pain did NOT inflict it upon themselves. It happened TO them. So, what can us “lucky folks” do about this? First, let's get off our high horses and start showing some compassion - both in the voting booth and out of it.

Especially out of it. There are people in your community who suffer chronic pain. Do you know who they are? If not, are you willing to find out? And what will you do about it?

Here are some ideas! Dropping in to say hi can help a person feel less alone. Offering to pick up a package at the post office may save them a pain-filled drive into town. Helping unload groceries, sweeping a porch, mowing a lawn, or saying you are just a phone call away... these can help. Even taking your barking dog inside can make a huge difference.

It doesn't take a concert, a candle-lit ceremony, legislation, or a huge fundraiser to make a powerful difference. It just takes mindfulness. Weekly choices, made by little people, who care to notice and support their neighbors & friends...this is how the world can change for the better. In fact, it's the only way it will.

Written by March Twisdale, this article is the first of a series intended to expand upon and compliment the Community Conversations series, co-written by March Twisdale and Karen Crisalli Winter who will continue to contribute to some articles.



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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 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)

## The Stars come out at Water Works Studio

*Continued from Page 1*  
Tree- unique and affordable ornaments made by our artists for your holiday home. And buy a ticket for the raffle! The basket this year is huge, filled with wonders created by each of our artists with all proceeds benefit Vashon Youth and Family Services.  
Join Waterworks (#16 on your Tour brochure) for the preview featuring music by superstars Richard Person and Jim Hobson on December 5 and meet each of the stars or shop December 6/7 and 13/14 while you sample cookies, spiced cider and tea. And be sure to visit ALL the studios on this year’s Tour- they are each and every one the artist stars of Vashon. Waterworks can be found at [www.waterworksonvashon.com](http://www.waterworksonvashon.com) and at 7012 SW 240th Street (Maury Island. The Vashon Art Studio Tour brochure is available at your Island merchants and at [www.vashonislandartstudiotour.com](http://www.vashonislandartstudiotour.com).

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## Road to Resilience

*Continued from Page 1*  
overall energy budget that much. Transportation remains the most difficult challenge, as electric vehicles are still problematic. Personal electric vehicles have limitations relative to gas, and no electric options are yet available for the ferries. These problems are readlily solvable, and they have set a goal to be completely fossil fuel free by 2030.  
Now lets think about our own future with the knowledge of what is possible on a similar island in Denmark. For starters, we know that we don’t have the wind potential, as we have mountains to either side of us. However, the ten-year-old study of energy independence on Vashon done by Rita Schenck and the Institute for Environmental Research and Education (IERE) shows that wind power is a feasible source for us. You can see this study here: [www.iere.org/wpcontent/uploads/EnergyIndependentCommunities-10yearplan.pdf](http://www.iere.org/wpcontent/uploads/EnergyIndependentCommunities-10yearplan.pdf)  
Although photovoltaic solar energy had by far the greatest potential, it was not considered to be the most economical source. The good news is that the cost of PV solar has dropped dramatically since then. More good news is that the cost of fossil fuel has risen to the point that wind energy compares favorably on a cost basis and PV solar is not far behind.  
As we embark on another planning effort for Vashon and Maury Island, do we want to spend our time thinking about things such as whether we want to allow sandwich boards or do we maybe want to think a little more boldly?  
You may remember that we had the opportunity to vote on establishing a public utility district here that would have implemented the ten year energy independence plan outlined in the study linked above. We voted it down, I think, primarily because we didn’t trust the proponents’ promise that the taxing authority would not be needed or used. With the changes in public perception, advances in technology, the rise in fossil fuel costs, and the opportunity to put together a solid business plan, I think it is time to take another look at the energy independence PUD for Vashon. We already have a community solar installation and Zero Waste Vashon is working on the biofuels element.  
On Samso, energy independence has meant jobs, and income both from power sales and tourism. Did I mention that Samso is at 55 degrees latitude which puts it a bit north of Ketchikan? We have the skills and the resources to make this work; let’s not settle for mediocre dreams.

**Find the Loop on-line at**  
**[www.vashonloop.com](http://www.vashonloop.com)**



Positively Speaking

## The Reunion

The caseworker, who had been with us for five years already after our first adoption, sidled up to me as we prepared to take our weekend respite charge home with us and said, “I wouldn’t mind if you fell in love with this one. We don’t have anywhere to place him.”

It was supposed to be just one weekend of care. At home I had my birth son who was ten, my daughter, adopted at the age of five, now ten also, as she is just four days younger than my birth son, --who didn’t want to be adopted, only wanted to be with her birth mom and let me know how much she didn’t like me every single day, --and an almost one year old, defy all odds, boomerang bonus birth baby girl, plus a husband who suffered from chronic depression trying to get through grad school. My hands and heart were full.

But I knew Joe. Before we moved to the Island in 1992 where no one knew anything about attachment disorder, we had wrap around care as a pioneering family in a program called Permanency Planning. The kids each had their own caseworker, we had our own caseworker, we had monthly family potlucks, therapists, respite care exchange with another family just two blocks away, and a newsletter that kept us all in touch with each other. I had taught classes in the home study groups which were actually eight week classes with your cohort group. For ten years, neither I nor the kids nor my husband could sneeze without it having to be reported. It was primo support.

And I had watched Joe. A bright and bubbly towhead, he delighted me everytime I saw him. I knew his first placement family as well. It came down to the fact that Joe was obviously gay, and did a lot of violent acting out behavior, and well....it disrupted.

He came into the system early in his life. His drug addicted mother had given him to her parents while she went into rehab. They were mad at her and didn’t realize the consequences of their actions, called CPS and that was it for Joe. Fortunately when he went into the system he landed a connection with Lutheran Social Services. I say ‘fortunately’ because at the time they had a lawyer, Brian Linn, who could get a kid out of the system in 18 months.

So that’s how it started. I DID fall in love that weekend. Sent him home with a brand new dinosaur blanket, bright white with primary coloured dinosaurs of all kinds on it. Five year old boys and dinosaurs are just a thing. Go figure.

So charming, wonderful, creative Joe came to live with us the next weekend. Did I mention, violent, tormented, angry Joe as well? We use to call him our little Ted Bundy. Gallows humour.

There are two kinds of acting out behavior kids ( and anyone) can do. One is passive aggressive. That’s the person who, if they don’t like you, just grabs a thread from your sweater where you can’t see it , so to speak, and unravels it slowly. Of the sixteen clinical levels of anger, that’s actually the angriest. We’d already experienced that for the previous five years with the first placement.

Joe had the other kind. Aggressive. I’ve watched him, more than once, punch his fist through a plate glass window, call 911 because I asked him to clean his room, tear and rip his brother’s Ken Griffey junior poster to shreds, stand outside an open door screaming “Let me in! I’m going to call CPS if you don’t let me in”. The list was very long.

And yet I loved him. As I did all my kids, I was looking at the long haul, parenting for the long haul, enduring for the long haul, in it for the long haul.

Flashforward many years. He’d returned to his birth mom at age 12 and then when he found out maybe she wasn’t all that clean and sober chose to go to his adopted dad’s – now my ex-- in Eastern Washington. I’d only let him go back to his birthmom’s with

By Deborah H. Anderson



the agreement she stay in touch. That lasted about a month. Then I couldn’t find him. Looooooooooooooooong story short. Found him at sixteen. More loooooooooooooooooong story. Now in his mid twenties. Facebook had been invented. I posted on his birthday a simple message. Up pops. “Can I have your phone number? Can we talk?”

Joy is immeasurable when it is deep in the heart. We talked for about an hour that night. He had learned so much. Done his therapy, gotten greatly healed, had made a good life for himself despite many trying circumstances that happened after the decade he spent with me.

Guess what he told me? He’d been reading my column for years. Yup! This paper reunited us. This column. He quoted a phrase I’d used once. “I hate what I’ve been through. I love what I’ve learned.” It had become a guiding principle for him.

We met several times over the next few weeks. Those papers and art projects and records I’d saved for all those years finally had a deep meaning to both of us. I filled in the gaps of his memory. In response to his statement, “I had this horrible childhood and yet I have all these great memories”, I explained how I rose above the acting out behaviour of both him and his adoptive sister to purposefully and intentionally foster friendships, playdates, sports activities, trips and vacations and summer camp, theatre experiences and learning to be a sibling.

Then we got to the tough questions that took courage on both our parts to ask. “Why”, he asked, “did you put me in the basement that night. It was really scary down there”

“Do you remember what happened right before that?” I asked. He didn’t. “I had just found a twelve inch butcher knife under your pillow. You were so violent we didn’t know if any of us would wake up alive the next morning. The case worker wouldn’t come. Respite help wouldn’t take you. It was the only thing we could do to get through the night as safely as possible.”

Then I asked my tough question. During a court battle with his dad later, Joe had put down horribly untrue things in a document. “Why did you say you never had any birthday parties and I made you watch pornography?”

I asked with equal courage. Older adoptive kids frequently portray adoptive parents as abusive, we’d been warned of that, but this was so opposite of what really happened.

He put his head down sheepishly and said, “Oh... I was just listening to Dad”.

And that was that. We were through the past and into the present.

Today, I send him frequent atta boy texts with unbounded joy and delight in his every success. Both he and my birth daughter have done the hard work of therapy, getting to the core of issues that came from their childhood that I could not control, things other people had done to them. They are both poster people for the reward of digging deep and facing unpleasant truths about one’s story, a path I had valiantly tried to model to them and thought it had brought no good fruit. Never say never.

This month is National Adoption Awareness month. Adopting babies is great. Adopting kids from other nations is great. But there are millions of older American children, domestic adoptive opportunities who need parents strong enough to pour into them the seeds of goodness and love and ‘normal’. Think about it. Here’s one last reason. Research shows that what you experienced between the ages of six and ten is how you believe the world is. Both my adoptive kids are living lives that directly reflect how they experienced life between the ages of six and

## Vashon Library events December 2014

### Children & Families

**Spanish Story Times**  
*Wednesday, December 3, 10 and 17, 11:30am*  
Family program, all ages welcome with adult. Stories, songs and fun!

**Family Story Times**  
*Tuesday, December 9, 16 and 23, 11:30am*  
Newborn to age 6 with adult. Stories, songs and fun!

**Family Movie Night**  
*Thursday, December 11, 5pm*  
Family program, all ages welcome with adult. Bring the whole family to the library to watch a fun, child-appropriate movie.  
Call the library for the movie title, 206.463.2069.

**Author Visit: Tom Brenner’s And Then Comes Christmas**  
*Tuesday, December 16, 6pm*  
Family program, all ages welcome with adult. Hear Vashon’s own Tom Brenner read from his book, And Then Comes Christmas. Then cut some pretty snowflakes to decorate your home for winter!

### Teens

**Study Zone**  
Tuesday, December 2, 9 and 16, 4-6pm  
Wednesday, December 3, 10 and 17, 4-6pm. Grades K-12.  
Drop in for free homework help from trained volunteer tutors.

**What you Need to Know about Financial Aid**  
*Wednesday, December 10, 6:30pm*  
Presented by the University of Washington Tacoma Office of Student Financial Aid.  
Geared toward high school students preparing for college, discuss what types of financial aid are available, how to apply using FAFSA, and many other tips to help you navigate the process of

ten. Pouring goodness and a different vision of life than that which they experienced in the first five years of their life, made all the difference.

He is my forever son. All of us in the family made sacrifices so Joe could make it. We all endured what most families aren’t willing to endure. But --- it CAN make a difference. It IS worth the risk.

And he is happy for me to tell you his story, our story, now. And yes, I have heard the words, “Thank you for all you did.”

Consider the older kids. Be the difference some child needs.

Love,  
Deborah, who is delighted to be known as Joe’s mom.



funding your education.

**Teen Night: Make Your Own Lantern**  
*Saturday, December 13, 6pm*  
**Grades 6-12.**  
We’re opening the library on a Saturday night just for teens! Thaddeus Jurczynski will lead participants in crafting their own lantern. All materials provided.

Also play board games, use library computers, eat snacks or just hangout. Raffle prizes, too!

Teens must be picked up by 9pm. Teens are allowed to leave as they wish-this is not a “lock-in”. However, there are no in-and-out privileges, so once a teen leaves they are not allowed back in to the event.

### Adults

**Great Books Discussion Group**  
*The Hell Screen by Ryūnosuke Akutagawa*  
*Monday, December 1, 6:30pm*

**One-on-One Computer Help**  
*Thursday, December 11, 6-8pm*  
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance on a drop-in basis.

## Seattle International Comedy Competition

*Continued from Page 1*  
round begins on Tuesday November 26 at the Washington Athletic Club. After visits to theaters in Vashon, Kirkland, and Bremerton, and Seattle, we will have a new champion.

By the time the finalists of the Seattle International Comedy Competition finish their run, they will have performed a minimum of 17 shows, been judged by 61 different judges, and received 427 separate scores. All while fully dressed. No wonder Hollywood seeks them out.

This is the REAL “Last Comic Standing.”

Seattle International Comedy Competition.  
At the Vashon Theatre  
Thanksgiving Eve, November 26th, 2014. 7:30pm  
Tickets are \$17 for General , \$15 for Seniors/Students  
Tickets now for sale at the Box Office and [www.VashonTheatre.com](http://www.VashonTheatre.com)  
The More info at <http://seattlecomedycompetition.org/>

Compost the Loop

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

## Rogue Needs A Home...

I’ve had a pretty rough life, being on my own for a long time. I’m still not a touchy-feely, let-me-sit-on-your-lap kind of cat, but I’ve learned to appreciate what people can do for me. Shelter volunteers will tell you that I’ve made a LOT of progress, and I’m OK with special friends petting me now. I get along with other cats and would be a good companion for someone patient enough to allow me to settle in at my own pace.



Go To [www.vipp.org](http://www.vipp.org)  
Click on Adopt



Island Epicure



By Marj Watkins

Cranberries: Delicious raw or cooked

Down on the coast, this year’s cranberries have been raked, sorted and packaged for our pleasure and good nourishment. We’ve enjoyed them in baked goods this month, especially these scones, made with low-gluten barley flour or no-gluten sorghum flour combined with almond meal for texture and flavor. Almond meal supplies magnesium and calcium, plus protein and is lower in carbohydrates than grain flours. Besides, it’s so-o-o-good. Anti-inflammatory, too.

- Gluten Free
- Cranberry Scones
- Makes 14 to 16
- Stir in a mixing bowl:
- 1 cup sorghum flour
- 1 ¼ cups almond meal
- 1 ½ teaspoons baking powder
- ½ teaspoon sea salt or unrefined salt
- ¼ cup brown cane sugar or coconut sugar
- 1 cup fresh, washed cranberries
- ½ cup chopped walnuts or pecans
- In a 2-cup measure, fork beat:
- ½ cup almond milk or orange juice
- 3 Tablespoons olive oil
- 1 egg

Stir the liquid mixture into the dry mixture just until well-combined. Depending on the dryness of your flour, you may need to add another tablespoon or two of milk. While letting the

scone dough rest 10 or 15 minutes so the flour and meal can soak up moisture, preheat oven to 375 degrees.

Drop the dough by tablespoonfuls onto a parchment lined baking sheet. Bake 25 to 30 minutes, until tops are slightly golden. Give the tallest scone the toothpick test. If, the toothpick comes out clean, the scones are done. With tongs, transfer them to a wire rack. Present in a napkin-lined basket until cool enough to handle. Offer butter and jam to put on them.

Scone batter makes a good apple cobbler topping. Yet another use for cranberries is in cran-apple chutney. Sweet and spicy, it’s a tasty relish to go with Thanksgiving turkey.

- Cranberry Chutney
- Makes about 2 ½ cups
- 1 cup water
- 1 small yellow onion, chopped
- 2 Tablespoons butter or ghee
- 2 cups cranberries
- 2 tart apples, Granny Smith or Fuji
- 1 hot pepper, seeded and minced (wear rubber gloves)
- or ½ teaspoon red Tabasco sauce
- ½ teaspoon ground cloves
- 3/8 to ½ cup brown sugar
- ¼ teaspoon salt
- 2 Tablespoons minced fresh ginger root

In a saucepan or skillet that has a cover heat, but don’t brown, the butter. Add the onion and cook 5 minutes on medium low, adding water as needed to prevent the pan going dry. When the onion becomes transparent, add the remaining ingredients. Bring to a low boil, reduce heat and simmer until the cranberries pop. Stir-cook to reduce liquid if necessary. Cool slightly. Transfer to a jar that holds at least three cups. Cover. Refrigerate. You can make this several days before Thanksgiving. The cloves both flavor and preserve the chutney.

The Open Space for Arts and Community Presents: Ralph Reign

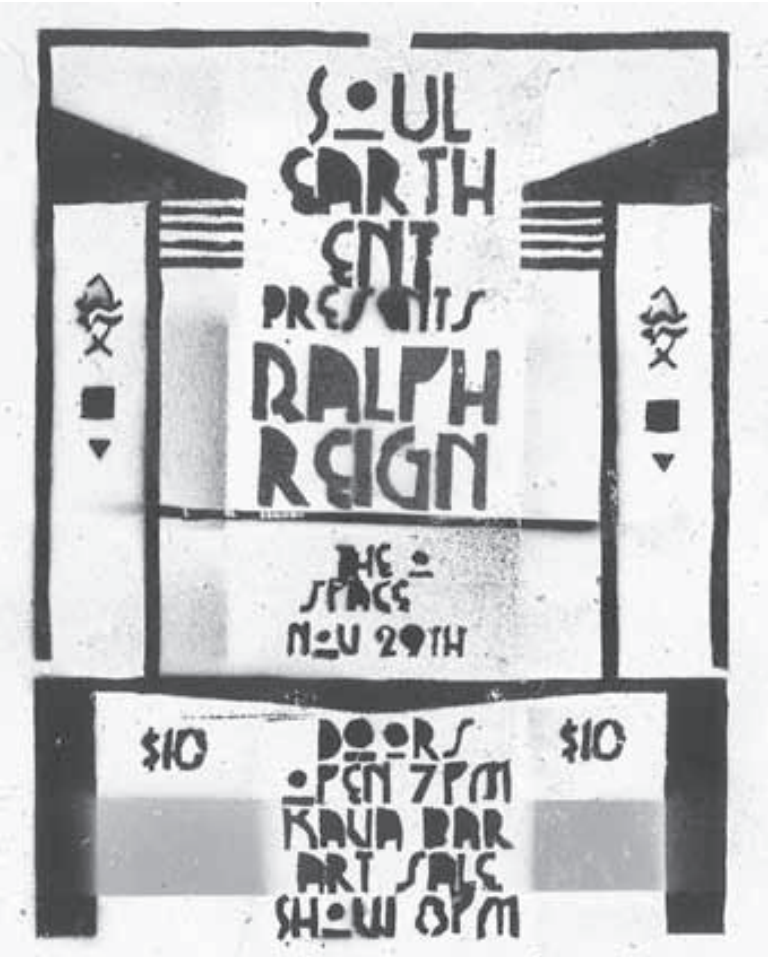
Festivities shall begin when the community is brought into the main hall where we will have time to glance at pieces of art and crafts, meanwhile we will have an herbal tea and KAVA bar. I’d love to see the audience create a small community inside the venue before the event even starts and have a chance to talk and mingle before attention is requested.

Ralph Reign offers a live performance of Traditionally rooted hip hop. Offering danceable grooves, and uplifting, intricate lyricism. Inspired mainly by Fela Kuti in terms of message and purpose.

You’ll get a chance to get an inside look at his creative process as This will be his first show with a segment of live beat-making with accompaniment by live instruments.

Enjoy stories and poems of oppression, struggle, and the desire to be free from ones own mind. Mental traps are a huge part of his focus and he sees great importance in offering insight into a world we all exist in but hardly ever talk about.

Manifestation is a huge focus as well, Ralph Reign



thoroughly ponders the constant battle of free will and fate. He believes it’s evident that everything starts in the mind and that anything imaginable is possible. Help us make a dream come true.

Saturday, November 29th, 7pm. Doors at 7pm. \$10 cover.

National Theatre Live Presents “Of Mice and Men”

National Theatre Live Presents “Of Mice and Men” Saturday, November 29th at 9:30pm & Sunday, November 30th at 1:00pm At the Vashon Theatre, 17723 Vashon Highway SW

Golden Globe winner and Academy Award nominee James Franco (127 Hours, Milk) and Tony Award nominee Chris O’Dowd (Bridesmaids, Girls) star in the hit Broadway production Of Mice And Men, filmed on stage by National Theatre Live. This landmark revival of Nobel Prize winner John Steinbeck’s play is a powerful portrait of the American spirit and a heartbreaking testament to the bonds of friendship.

Of Mice and Men is directed by Tony Award, Drama Desk and Outer Critics Circles award winner Anna D. Shapiro (Broadway’s August: Osage County) and features Leighton Meester (Country Strong, Gossip Girl) and Tony Award winner Jim Norton (The Seafarer). The production was nominated for two Tony Awards, including



Best Performance by an Actor in a Leading Role in a Play for Chris O’Dowd. Running Time: 150 minutes (2 hours, 30 minutes) with one intermission

Tickets \$20 for General, \$18 for Jr/Sr/Student. Group Discounts available. Tickets Online and at the Box Office. www.vashontheatre.com

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# Vashon Island Singer Songwriter Showcase

Vashon Events presents an evening song and story. The first annual singer-songwriter showcase will feature over a dozen artists. Each artist will have 5 minutes to play 2-3 songs and tell the stories behind them. This is an evening not to be missed.

There is a gravitation to the singer/songwriter. They bring us in touch with our emotions, particularly when the songs are intelligently and memorably expressed. When musicians put aside their amps for acoustic guitars, this expression gets stripped down to its essentials... one performer, a set of words, a haunting melody, and an acoustic guitar.

Join Vashon Events on Friday, November 21st at 8pm for an intimate evening of the Island's own singer songwriters and hear the stories behind the songs.

\$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.



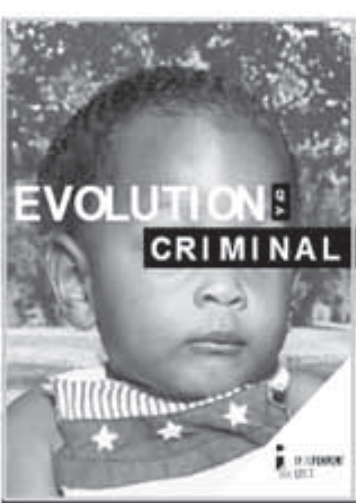
Performing at this event:  
Allison Shirk  
John Van Amerongen  
Andre Sapp  
Gregg Curry  
Pat Reardon  
Jeff Kanzler  
Joe Panzetta  
Carter Castle  
Mark Wells  
Steve Amsden  
Trina Willard  
Michael Whitmore  
Dorsey Davis

Friday, Nov. 21, 8pm  
\$8 cover  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# A Filmmakers path from honors student to bank robber

Community Cinema Vashon, presented by the Independent Television Service (ITVS) and Voice of Vashon (<http://www.voiceofvashon.org/community-cinema-vashon>), is excited to offer an advance screening of Evolution of a Criminal, which poses the question, How does a 16-year-old evolve into a bank robber? Filmmaker Darius Clark Monroe searches for the answers - about himself. Years after his release from prison, Monroe returns to his old neighborhood to speak with family and friends, along with classmates, teachers, law enforcement officials, and the innocent victims in the bank on the fateful day of the robbery. An honest journey of reflection and a personal search for redemption and forgiveness, Evolution of a Criminal, executive produced by Spike Lee, premieres on Independent Lens on January 12 at 10/9c on PBS (check local listings).

A native of Houston, Texas, Monroe had a happy childhood with his mother, stepfather, and close-knit extended family. However, as he grew older and saw his parents struggling to make ends meet, Monroe's vision of the world changed: "I went from being a carefree and joyous child to becoming acutely aware of the fact that the world was not as I saw it. And the burden that my parents had was slowly trickling down to me." Placing his own culpability at the heart of the



story, Monroe pulls no punches, using dramatized scenes of the bank robbery to capture the tragically bad decisions he and his friends made, and to bring home the terror of those they held at gunpoint. More than just a tale of a good kid gone wrong, Evolution of a Criminal is filled with compassion for human frailty and the knowledge that a person is not forever defined by their mistakes.

Darius Clark Monroe (Director, Producer, Subject) attended Willowridge High School in Houston, where he was an honors student taking advance placement courses. In his junior year, he and two classmates robbed a Bank of America branch near their high school. Convicted of the crime, Monroe was sentenced to five years in prison; while serving time he obtained his GED and took college courses, eventually deciding that he wanted to become a filmmaker. In 2004, Monroe

graduated with honors from the University of Houston with a BA in Communications: Media Production, and subsequently received an MFA from NYU's Tisch School of the Arts. An award-winning filmmaker, Monroe is a National Board of Review, HBO Short Film and Urbanworld Best Screenplay award recipient. Most recently, he was selected to participate in the prestigious Screenwriters Colony and chosen as a fellow at the Sundance Institute Screenwriters Intensive. Evolution of a Criminal is his first feature film and is the recipient of an Austin Film Society Grant, Spike Lee Production Fellowship, Warner Bros. Film Award, Cinereach Grant, King Finishing Award, Tribeca All Access Participant, and a selectee of the IFP Documentary Lab.

Community Cinema is a national civic engagement initiative featuring free screenings of films from the Emmy® Award-winning PBS series Independent Lens. Presented by Independent Television Service (ITVS) in partnership with local public television stations and community organizations, these in-person events and online social screenings bring community members together to learn, discuss, and get involved in key social issues of our time. For a complete lineup and more information about the Community Cinema series visit: <http://communitycinema.org>.

*The Island's Business Center*

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# Publish The Quest

Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is coming home to the Red Bike on Thanksgiving Day weekend.

Publish The Quest blends groove music melodies with vocally driven compositions that continually question social issues through story telling. Publish The Quest is destined to make a difference both at home and abroad. Working with a nonprofit called Learn Africa, Publish the Quest has made several recent trips to Cape Verde, Zimbabwe, Mali, Poland, Portugal and Spain where they performed in music festivals and venues alike.

After three years of traveling, recording, and collaborating,



Publish The Quest has just released it's full length album titled 'A THOUSAND KINDS OF GOLD!' It was recorded in Seattle, Zimbabwe, Mali, and Nigeria... The album features Oliver "Tuku" Mtukudzi, Vieux Farka Toure, Nneka, Edith WeUtonga Katiji, Jeff DeMelle, Caleb Cunningham, Mark Oi, Mike Marlatt, Bill Jones, Matt Chamberlain, Izaak Mills, and others... The album is now available on ITUNES and at this Vashon CD Release show.

Due to the popularity of this band and the fact that it's Thanksgiving weekend, it is highly recommended that you get there early. Tickets will be available at the door for only \$8. ID is required.

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

Saturday, Nov. 29, 9pm  
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# Viola and piano duo performs “Into the 20th Century”



Ensemble Zwei will present “Into the 20th Century,” a short recital of music for viola and piano on Monday, Nov. 24 at 7 p.m. at Vashon Lutheran Church. Zwei is a classical duo, a musical collaboration between pianist Amanda Riggers and violinist/violist Brightin Schlumpf. The program includes works by Britten, Bartok, Enescu and Hindemith. The recital is free and open to the public.

On Tuesday, Nov. 25, Ensemble Zwei will visit Samantha Hirman’s 4th and 5th grade music classes at Chautauqua Elementary.

Originally from Vashon, Ms. Schlumpf, daughter of Jake Schlumpf and Pam McMahan, began her violin studies with Gaye Detzer at age six. She continued her studies in middle and high school in Houston and Philadelphia. In 2007, she earned a BA degree in music, cum laude, at Cornell University in Ithaca, NY. She completed a Master of Music degree in violin and viola performance at Longy School of Music in Cambridge, MA as a scholarship student of Laura Bossert. Seeking to focus on the viola, Ms. Schlumpf accepted a full scholarship and teaching fellowship at the University of Colorado at Boulder, where she worked with Erika Eckert and Geraldine Walther of the Takacs Quartet, receiving a second MM degree in viola performance in 2012. Ms. Schlumpf’s

recent orchestral experience includes the Steamboat Springs Symphony Orchestra, Boulder Chamber Orchestra, Fort Collins Symphony and Denver Philharmonic, among others. As a teacher, Ms. Schlumpf maintains a private violin and viola studio in Golden and Boulder, and is the violin and orchestra teacher at Shepherd Valley Waldorf School in Niwot, CO.

An avid pianist and teacher, Amanda Riggers maintains an active collaborative career and full private studio at Parlando School of the Arts in Boulder, CO. Ms. Riggers completed her BM degree, magna cum laude, at the University of Idaho’s Lionel Hampton School of Music in Moscow, ID, studying classical piano performance. She earned a Master of Music degree in 2012, studying classical performance and pedagogy with Dr. Andrew Cooperstock and Dr. Alejandro Cremaschi at the University of Colorado at Boulder. Her recent engagements include performing avant garde music at the Aquila Summer Concert Series and Open Space Festival of New Music, and playing chamber music at Estes Park Winter Concert Series and Vianden Festival in Luxembourg. Riggers regularly sings and plays jazz piano at Ace Gillet’s in Fort Collins and is pianist at Unitarian Universalist Church in Boulder.

# Bolshoi Ballet Coming this Fall to the Vashon Theatre



The Pharaoh’s Daughter performed by the Bolshoi Ballet. Will be shown Sunday November 23rd, 1:00pm.

Music Cesare Pugni Libretto Jean-Henry Saint-Georges and Marius Petipa Choreography, sets and costumes Pierre Lacotte.

Cast Svetlana Zakharova (Aspacia), Ruslan Skvortsov (Lord Wilson) and Nina Kaptsova (Ramze, Aspacia’s slave).

Young Englishman Lord Wilson is travelling through Egypt when a powerful storm breaks out. He is forced to take shelter in the nearest pyramid, where the daughter of one of Egypt’s most powerful pharaohs lies entombed. Lord Wilson falls asleep and begins to dream that the princess has come to life.

The plot of this lavish production is loosely based on Théophile Gauthier’s novel Le Roman de la Momie. French choreographer Pierre Lacotte was exclusively commissioned in 2000 by the Bolshoi Theatre to resurrect Marius Petipa’s mighty Egyptian fresco, and he succeeded brilliantly in giving new life to this forgotten masterpiece.

With its exotic setting, impressive parades, spectacular variations and crowd scenes, this grand 19th-century Orientalist fantasy is one of the most remarkable productions in the Bolshoi’s repertoire. The main roles are here danced by Bolshoi principals Svetlana Zakharova, Nina Kaptsova and Ruslan Skvortsov.

# Pat Reardon & Jenny Bell at The Hardware Store

The Hardware Store Restaurant decided to start having a regular live music night back in March of this year and it has turned out to be a lot of fun and a great venue to hear some really talented people perform. Starting in October, we’ve gone from a weekly live music night to a monthly live music night.

The music takes place from 7:30-9:30pm.

This month, on November 20th, we bring you local musicians Pat Reardon & Jenny Bell.

Pat and Jen started singing together three years ago by accident, at a party and what a festive time it’s been ever since! Whether its Jazz Standards - Folkie Favorites - Pop sing alongs - or clever originals, their sweet clear voices blend and weave into one beautiful sound. Come warm your heart by their soul fire.



Drop on by, enjoy some delicious food and a tasty beverage or two...and listen to some beautiful music!

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**Vashon Singer Songwriter Showcase**

**Saturday, Nov 29th, 9pm \$8cover**  
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**Friday, December 5, 8:30pm**  
**Delilah Pearl & The Mantarays**

**Friday, December 12th, 8pm**  
**Brothers from Another**



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# Loopy Laffs

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BY Jeff Hawley



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## Next Edition of The Loop Comes out Thursday, December 4

Deadline for the next edition of *The Loop*  
**Friday, November 28**

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### Crack VASHON engineers put the finishing touches and testing on their invention, "THANKSGIVING TURKEY MECANUM DYNAMIC ROASTING PAN SYSTEM"...



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TWO dot OH !



IT'S TIME TO UPDATE MY BLOG

" I, Buster Boom, Monarch of The Forest, do hereby declare ... "

" my top priority is the betterment of this majestic wilderness! "

" Should I rename it Buster Boom BURG ? - - or Buster Boom ESTATES ?? "

TAP TAP

TAPPITY TAP

TAPPY TAPPY TAP

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