

Sharing The Stage Presents: Brothers From Another



Sharing the Stage is a dynamic music series on Vashon Island. Top name headliners play the island in professional venues...and high school band are the opening act!

Student musicians from Vashon Island High School will open for Brothers From Another from Seattle, bringing Vashon Island's residents together to focus on teens and young-adults and their musical interests.

Brothers from Another are the face of the next generation of Seattle Hip-Hop. Comprised of lyricist Tiglo and Cole, they have made their way through Seattle the rap scene since beginning in the basement studio of their high school. Since then, they have shared the stage with some of the biggest names in hip-hop including Kendrick Lamar, Macklemore and Ryan Lewis, and Wale.

While both attending four year University's with majors in Business Administration, they have found time to release 6 EP's and perform in some of the nation's most notable venues including the Bowery Ballroom in NY, the Troubadour in LA and the Fillmore in SF. Collaborating with some of the heavy weights of Seattle Hip-hop, including the Blue Scholars, Sol, Vitamin D, J Pinder and Sam Lachow, they have always held their own with a cool Sunday afternoon demeanor. They exude the easy going flavor of the mid 90's while maintaining a new school attitude in their lyrics.

The future is bright for the young

Continued on Page 11

# The Road to Resilience

## **Good Tidings**

Be not afraid for, behold, I bring you tidings of great values and longer store hours! Once again, the "Consummas Season" is upon us. Seriously, I don't intend to denigrate the spirit of the season. Of course, in our tradition we celebrate Christ's birth, and, in most others as well, the winter solstice is a time to celebrate some kind of birth or By Terry Sullivan,

problem is that we now see that resources are no longer plentiful. The old habit of buy and give needs a little tinkering. In fact, the whole ritual we have created around Christmas needs some tinkering.

Let's get back to the basics: it is the thought that counts. If that is true, then a thought can be conveyed by a statement, a poem, a song, a dance, an object, whatever. The sincerity of the thought, the investment of your time, and/or the extent to which it is uniquely you makes the value of the gift. There is nothing wrong with exchanging money for a gift, but in our time of scarce resources, those gifts need to be heavy on meaning, beauty, or usefulness and light on resources, i.e. local handcrafts or something found at Granny's or in the woods as opposed to a flat screen TV or a new car. If you have more time than money, then an investment of time will be appreciated. If you have neither, then a word will do, or an offer to be of service some time in the next year when you do have the time. We all have something we can offer, even if it is just "unskilled" physical labor. We live in a high tech society, and I don't know of anybody that is not dependent on at least some high tech

# 2014 Holiday Arts Tour Makes Sense of this Crazy World



Jan Wall at work on a pastel drawing

#### By William Forrester and Najua Frost

When Jan Wall comes to the Thursday Night Drawing session, many of us marvel at her drawing. I'll go into the kitchen on the pretext of getting some tea just so I can stand in the doorway and quietly watch her work. I watch Jan boldly and confidently apply tonal layers of conte or pastel, translating mere visual information into a spirited response to nature. "Oh yeah," I think, "That's how it's done. That drawing makes sense of this crazy world!" Such is the power and appeal of Jan's pastel work. Jan is a mature artist who has refined her craft and proficiency to at least momentarily convince the viewer that this is it- this is the only way it should be done. Whether drawing a lake, creek, mountain or a flesh and blood human, Jan has an innate and refined ability to perceive the full mass, isolate the shapes of light and shadow, accent the emotion and build the form slowly. "I paint things in, I paint things out;" she says. "I go back and forth working on my pastel painting until something talks to me. I'm doing a dance with my materials on the surface. It's magic and really funmore meaningful than documentation." What appear to be random and unrelated Studio #9, Plum Lodge Painters, located at 14210 SW Reddings Beach Road. This article will highlight those three painters and the five artists at Studio #8, Twigs Tiles and Fabric.

If Jan is the Dionysian spirit of Stop # 9 on the Holiday Arts Tour, Donna Botten would be the Apollonian spirit, with her carefully and beautifully crafted, luminous watercolors. Where Jan Wall revels in the overall Gestalt of nature, Donna finds God in the details, sometimes taking two weeks to complete a painting. Whether painting neglected old farm vehicles, dogs, cats, hallways, island friends or children, Donna wraps a clear and colorful light around everything. "I start painting in the early morning and before I know it, it's 5 PM and I haven't had a negative thought all day!" Such daily discipline has rewarded this self-taught, lifelong Vashon artist with broad horizons, expertise and a refined aesthetic that rivals even the most ardent Art School graduate's training. She is not only intimately familiar with how different watercolors react with each other, but how different manufacturers' colors vary in temperament and compatibility with each other. Watercolors should not be overworked. It's hard not to do. But Donna's method defies convention. That her portraits' flesh tones remain so vibrant and unfussed, and yet by her account add up to anywhere between 12 to and 24 extremely thin washes of paint, is a testament to her patience and unconventional skill. Gretchen Hancock paints shimmering oil paintings of beaches, river valleys, Vashon Street scenes, ferries and still life arrangements. They often have a luscious translucence, reflections in water, or reflective metallic cups. Her work integrates both Apollonian and Dionysian persuasions. Gretchen carefully plans out her compositions from her own photographs: cropping, tinting, enhancing and sharpening her own photographic reference, anticipating what the paint will do later. She will delicately adjust the minutest details of her compositions. She carefully limits her subject matter and color schemes, revealing a mature artist

rebirth. It has traditionally been a time to reestablish or reinforce important family and community ties. Giving gifts is a time-honored way of doing that.

However, I think it is fairly apparent to most of us that it has been commercialized to the point of eclipsing tradition. It's become an opportunity to purchase the latest gadgets at bargain prices that you were going to buy anyway. We've all been disgusted by the hysteria these sales have provoked at big chain stores. On the other hand, many of us have either been there ourselves or see it as a necessary good for our economy. Perhaps your family will appreciate the bloody lip you received while vying for the item that you brought home, but it doesn't resonate well with the seasonal theme of peace and joy.

Our economy is based on turning natural resources into saleable stuff. If resources are plentiful or seemingly infinite, this is a workable program. The

Continued on Page 7

strokes of pastel eventually add up and surprise! Now you see it!

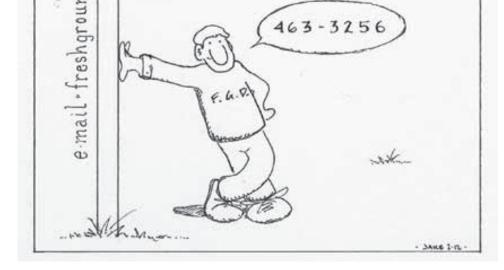
This weekend and next, December 6th and 7th, and 13th and 14th, the Vashon Island Art Studio Holiday Tour of 2014 will take place from 10 am to 4 pm across the island. Time and again, you will have the opportunity to view a cornucopia of skills and proficiency that elicit variations of that same persuasive beauty that sweeps us in when we observe a harmonious work of art: "That's beautiful!" you might say at any one of the 32 stops on the tour. "That makes sense of this crazy world!" We recommend you locate a Holiday Studio Tour brochure (available at most island establishments) and map out your tour. "Pursue what makes you sing," Jan says, "and love whatever it is you love and it'll be worth doing no matter what happens." We are convinced you'll love seeing what our island artists love.

Jan is one of three artists featured at

Continued on Page 8

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Next Edition of *The Loop* Comes out Thursday December 18

Deadline for the next edition of *The Loop* is **Friday, December 12**  Birdman Starts December 12th. 119 min - Comedy | Drama

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**Call for Times** 

For show times and info check www.vashontheatre.com

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is good for composting.

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



## 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.

## Water District 19 Meeting

Water District 19's next regular Board Meeting set for Tuesday, Decenber 9th, 2014 at 4:00 PM here in the district's board room. 17630 100th Ave SW.

## Vashon Island Pet Protectors Holiday Bake Sale

Stop by to purchase an array of goodies baked by some of the island's best bakers. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 13th. For more information please call Victoria 463-5381

Victoria 463-5381

Find us on Skype Vashon Loop 206-925-3837

#### The Vashon Loop

Contributors: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons: DeeBee,

## 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

King County people will be here on Wednesday December 17th: at the Food Bank from 10:30 - 1pm and then at the library for the afternoon from 2 - 4:30pm.

## Open House at Point Robinson Lighthouse

Come join us for our annual holiday event as we open the two Keeper's houses at Point Robinson to the public! Captain Joe will provide tours of the Lighthouse and the Lighthouse Santa appears at around 1:00 p.m. We'll have hors d'oeuvres, homemade chili, desserts, apple cider and hot chocolate to warm your belly. We will also have music of the season performed by Lute, Flute & Fiddle. The Ship's Store will be open for your holiday shopping as well.

3705 SW Point Robinson Road

A gift to the Island from the Keepers of Point Robinson Lighthouse & Vashon Park District.

## Letter to the Editor

Although I applaud the work of the Vashon Maury Health Collaborative, the real concern facing delivery of medical care on Vashon is low and inadequate reimbursement from insurance and Medicare. The loss of physicians who are able to accept Medicare is the true problem for Vashon's largest demographic, and one that is likely to continue. More physicians in the US are opting out of Medicare, or are limiting the number of Medicare patients that they see. In 2013 only 81% of family doctors across the nation accepted new Medicare patients, and fewer will choose to do so in the future. This is despite the growing group of retirees, which includes my own parents who live on Vashon. The true obstacle to providing care here is the same facing the rest of the nation. If you want to support the physicians who provide services on Vashon - don't offer to do our billing or order medical supplies. Fight for adequate insurance and Medicare reimbursement.

Kelly Wright



## 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,

Instructor: Arturo Rodriguez, Phone: 206-276-6401 Email: Arturo@playzmusic.com

Web Address: www.ArturoRodriguez.com

## Play crystal singing bowls



Play crystal singing bowls for the Winter Solstice Global Harmonization Ceremony from 10:00 AM - 12;00 noon, Sunday December 21. This gathering will be held at Marjesira, 25134 Vashon Hwy. All are welcome. We will be synchronized with many Circles of Sound around the world, playing with the intentions of harmony, compassion, joy, unity, love, and acceptance for all beings. Call Jacqui 206-715-8074 for information.

## **Embodied Life Class**

Come and practice movement lessons based in Feldenkrais Awareness Through Movement, meditation and Focusing/ embodied listening from the teachings of Russell Delman.

It's OKAY to take one or all of the classes and to drop in any week. Please call with questions or check out www.explomov.weebly.com for more information. Per class fee is \$20-40 sliding scale, trade or pay what you can

# The Chicken Soup Brigade presents A Christmas Story

Join us at the Vashon Theatre in Support of The Chicken Soup Brigade. And we are accepting Canned food. Chicken Soup Brigade improves the nutritional health of individuals living with chronic conditions and hunger. We recognize the importance of nutrition to overall health. It has the power to reduce symptoms of many illnesses. It can minimize medication side effects. And it can provide comfort when it is needed most.

Nine years after the Yuletide slasher flick Black Christmas, Porky's director Bob Clark once again took on the holiday genre, switching from gasps to laughs with A Christmas Story. Adapted from a memoir by humorist Jean Shepherd (who narrates), the film centers on Ralphie Parker (Peter Billingsley), a young boy living in 1940s Indiana, desperately yearning for a Red Rider BB gun for Christmas. Despite protests from his mother (Melinda Dillon) that he'll



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Ed Frohning, Rick Tuel, Jeff Hawley

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shoot his eye out, Ralphie persists, unsuccessfully trying to enlist the assistance of both his teacher and Santa Claus. All the while, Ralphie finds himself dealing with the constant taunts of a pair of bullies and trying to not get in the middle of a feud between his mother and father (Darren McGavin) regarding a sexy lamp. Sunday, December 7th, 1:30pm at the Vashon Theatre.



# Listen to VHS Basketball On 101.9FM

#### By Dan Schueler

Voice of Vashon is now broadcasting Vashon High School basketball games live. Tune into KVSH 101.9FM to hear the games and to support our home team Pirates.

At home, in your car, or in the stands - you can listen to VHS games broadcast on Vashon's own community radio station at 101.9FM, on your smartphone with the VoV app, on VoV TV Comcast Cable Channel 21 and at VoiceOfVashon. org.

John Yates and Kevin Linnell do play-by-play at the games while Dan Schueler, Michael Golen-Johnson, Steve Allen, Sean Yeoell and a team of Vashon High student engineers work behind the scenes to make the broadcasts possible.

Voice of Vashon now has equipment for remote broadcasts of high school sports and other community events. VoV Station Manager Susan McCabe says "Thanks to generous donations from the Vashon-Maury Island community,



we've acquired a new Remote Broadcast Kit so we can bring you VHS games played locally and from the road. And we thank KVSH Founding Underwriter John L. Scott Vashon, for supporting our programming on 101.9FM."

Volunteers are encouraged to participate in the broadcast of the games. Please send an email to dans@ islandimage.net if you are interested in helping with the KVSH broadcasts.

Learn more about live sports on 101.9FM, view the Vashon High School game schedule and get the VoV app for KVSH and Emergency Alerts at VoiceOfVashon.org/Sports.

# Drama Dock re-launches "Inspecting Carol" this holiday season!



# Woodpeckers of North America with Paul Bannick

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.

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. © Paul Bannick www.paulbannick.com



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#### described as "A Christmas Carol" meets "Noises Off" meets "Waiting for Guffman". Shows will be presented: Dec. 19, 26, 27 at 7:30pm, Dec. 21 and 28 at 2pm. A preview performance is on

**By Shannon Flora** 

Dec 18 at 8pm. "Inspecting Carol" portrays a subpar theater company preparing to mount its umpteenth production of everyone's favorite holiday cash cow, Charles Dickens' "A Christmas Carol". The play was written by long-time Seattle Repertory Artistic Director Daniel Sullivan with the initial 1992 production at the Rep featuring a cadre of popular Seattle actors. This insider's play-withina-play was said to have some basis on prominent local actors and certainly many well-known theater types.

This holiday season Drama

Dock brings back the holiday farce, "Inspecting Carol". This uproarious

take on "A Christmas Carol has been

Inspecting Carol tells the story of a theater on the brink of financial collapse while awaiting the imminent arrival of an inspector from the National Endowment of the Arts whose visit will result in an infusion of desperately needed cash... or the demise of the floundering company. As the actors gather to start rehearsals for their yearly rendition of the holiday war horse, 'A Christmas Carol', they discover that Tiny Tim isn't so tiny anymore; pompous actor Larry (Scrooge) is determined to create a breakdown with other characters adding to the general hilarity. Amongst the havoc, enters wannabe actor Wayne who is mistaken for said inspector and bedlam ensues.

Drama Dock's presentation of Inspecting Carol played to sold out audiences five years ago with its irreverent take on the holiday classic. Chaim Rosemarin, who played temperamental actor Larry (Scrooge) in the previous production, and Scrooge himself in 'A Christmas Carol' the following year, brings his insiders experience helming this production as Director. The cast includes several seasoned Drama Dock performers, alongside new cast members.

The cast includes: Sue De Nies, Gordon Millar, Patricia Kelly, Steve Tosterud, Diana Ammon, Daniel Macca, Rich Wiley, Peter Kreitner, Richard Moore, Duncan Barlow, Kristin Wahanik and Zoe Barlow.

"Inspecting Carol" offers theater goers a great alternative to the more traditional holiday fare and offers a witty entertainment option just before and after Christmas when many other holiday offerings have come and gone.

"Inspecting Carol" will be performed at the Blue Heron Dec. 19, 26and 27 at 7:30 pm. Matinees at 2pm will be presented Dec. 21 and 28. Preview performance Dec.18 at 8pm.Tickets are available at Heron's Nest, Blue Heron and at the door (based on availability). Ticket Prices: \$15.00 adults, \$12.00 students and seniors and \$5.00 for the preview performance. Please note - dialogue includes mature language.

political statement; a new multi-cultural<br/>initiative has riotous repercussions; and<br/>the Director is on the verge of a nervousand \$5.00 for the p<br/>Please note<br/>mature language.

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## Saturdays 11:30-2:30

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## Penny Needs A Home...

I had a reputation at the shelter as a not very friendly kitty. Allow people to pet me? Ha, guess again. I might give them a swat if they tried. Recently I was moved into a little room all by myself and whoo-hoo! Now I'm Miss Congeniality, begging for attention. I've heard volunteers say to each other, "Is this the same cat? What's gotten into Penny?" If I could talk, you might hear me say that I want to be an only cat. Having a bunch of feline roommates was not my idea of a satisfactory living arrangement, and it put me in a perpetual bad mood. I'm a happy girl these days, and I want to make up for lost time by being someone's very affectionate, one-and-only cat.



**Click on Adopt** 

#### Island Life Mrs. Runyon's Homeroom By Peter Ray

I don't recall running for the position, but then again, the eighth grade was an eternity ago- thankfully. Even though I can't say how I got there, I do have a vague memory of attending one of the meetings. As I stop and dig deeper, there is a realization that I'm not even sure whether this remembrance concerns a place on the student council or simply being a homeroom representative or what it was exactly. What brings it all back right now, ironically enough, is a discussion that took place in that meeting way back when about a time capsule that I guess the eighth graders were thinking about putting together. I do not remember what else had been discussed at that meeting, which is kind of funny since the only thing that remains stuck in brain stasis is what I chose to leave out of my report. There was no malicious intent, nor a desire on my part for secrecy or concealment of this project. I just didn't feel it was all that important, so I just left it out when reading my notes from the meeting back to my classmates- what did I know? As it turned out, someone else in the class had heard about it, and after I had finished my report, a hand went up in the room and the question concerning the time capsule and why I had failed to mention it hit me like a chalk-dust laden eraser or the folded leather car key case that Mr. Brownsword used to heave across the room at errant pupils back in elementary school days. I remember a knot forming in my stomach and a creeping feeling of failure moving in- things were bigger in a smaller kind of way at age thirteen.

Even though it wasn't on the lesson plan, I had my first unofficial class in civics that day. I learned pretty quickly from this what it meant to represent a group of people and what the responsibilities involved in that were and are. It was embarrassing to be called out in public for a blatant omission and an obvious lapse in judgment as to how one is supposed to carry out the duties of gathering and representing information that might be of some importance to one and all. It doesn't haunt me-I don't even remember if the time capsule project was ever started, installed or buried, but that's not really the point. I left out any mention about the time capsule while presenting to the class that day because I didn't think it was important- to me. What became quite clear at that time was that there are circumstances out there that require going beyond the me. It was not so much an epiphany as it was a jolt. It was, in many ways, having that dream about suddenly realizing you don't have any clothes on as you walk down a

crowded sidewalk while, instead, being awake and fully clothed. It was not so much an ah ha moment as it was a very profound and resounding Oh!

Of course, on the other side. I may have learned the wrong lesson that day. As this was a good six or seven years before Tricky Dick and his not being a plumber or a crook, had I embraced the act and art of denial when confronted by that whistle-blowing class member, I could have been on the cutting edge of the craft of omission long before it became fashionable. These days, I look at the Yahoo! Internets homepage when I log in and see line after line of information crafted to distract one from the actual, real and important news that is being omitted. Instead of hearing, as I do on those troublesome outlets like Democracy Now! and al Jazeera, about real news, I find now that I can instead learn about Kourtney Kardashian's naked and pregnant ass, watch a Prius "burn rubber", or be privy to ten things that successful people never do. If I had only been able to glimpse the future world of creative omission by personal choice, everything might have been different. I would never have had to worry about feeling guilty over our starting a war in the Middle East over threatening weapons of mass destruction that it turned out never existed. And just think of all the hours of fretting and standing around at Vashon Park District meetings I could have avoided if I had just accepted all the omissions of truth and logic regarding David Hackett's VES fields project.

On the other hand, maybe this whole life lesson thing needs another rethinking . After all, if I had given that report today, instead of omitting any word of a time capsule project, it might have been the first thing I reported on, given my changed sensibilities around history and preservation. Burying evidence of the present, however, and trusting that the future will remember to dig it up is a somewhat risky proposition. I read something just the other day in an article about climate change by Rebecca Solnit, in which she said that "...to know how things have changed, you have to remember how they used to be..." Perhaps what would serve us best is to strive to not omit key information necessary to the daily dialogue, while at the same time burying the sensational, useless pop that is serving to distract us from what is important. Then, if there is someone around in a hundred years to dig it up, when they then see what vied for our attention as important in this time, they can be that much more amazed that civilization survived such utter nonsense, in spite of itself.





## It Takes a Pod

By Orca Annie Stateler, VHP Coordinator

Raven was building a PowerPoint slide show when all hell broke loose. It seems that Raven offended the little helpers who keep the lights on and the email sending smoothly. At the last minute, Raven invited Rabbit and Coyote, his Trickster compadres, to the shindig. Those two chased each other around the lodge, running through the slides and shuffling the order.

Despite the glitches, Raven made everything work somehow. Dear audience, you were good sports and you asked great questions. The guests of honor -- the sacred whales -- even appeared on Kéet time. This week's sublime Mark Sears photo shows a few stars of "The Sacred Whale."

Numerous thank-yous are in order. Without the indispensable graphics and technical support of these individuals, our program would have been less compelling and less pretty: Richard Rogers, Randy Smith, Bruce Haulman, and Michael Monteleone. Others who were quite helpful include Julie at the Vashon Land Trust, the Vashon Audubon chapter, and the Vashon Bookshop staff. We would be remiss if we did not extend a heartfelt shout-out to the esteemed Loop editor for tolerating the vagaries of our erratic internet connection. It takes a pod.

About 36 hours after our "Requiem for Ruffles," Mark Sears documented a gorgeous superpod of Southern Residents in East Passage. On November 22, at least 60 J, K and L Pod members traveled south to Point Robinson and then abruptly shifted direction, just off the point. Speculating aloud, I said to Odin on the ride over, "I wonder if they'll turn north because the tide is coming



but they did not leave any scraps. We observed traveling, milling, and lively socializing. Late in the afternoon, the orcas eased into touchy-feely group grope. We had a rare sighting of "pink floyd" – may we please have more orca babies?!

Southern Residents visited Vashon-Maury waters again during daylight, such as it was, on November 24 and 28. On alternate days, Transients crept through our area into the real South Sound – south of the Tacoma Narrows. J Pod and K Pod members were here, flirting with the Narrows, on the 24th. Incessant squalls of misty rain and poor visibility made ID work a challenge on the 28th; however, I spotted at least two L Pod whales.

Ed gets the award for most valuable VHP spotter on the 22nd. His calls were tremendously beneficial to our research effort. Mark Sears does not rely on texts or social media when he is working from his boat. He is too busy. Dear readers, you are of greatest assistance to the VHP's local, boots-on –the-ground endeavor when you call in your sightings to Orca Annie.

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.

Next Edition of *The Loop* Comes out Thursday, December 18

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

Loop Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop. Send To: Editor@ vashonloop.com in." Doh!

The 22nd was fabulous for photoidentification, but the orcas did not provide any prey or poop samples. Perhaps the whales were foraging,



Female Kasatka (L82) with male cousin Nigel (L95) and other relatives. Photo  $\bigcirc$  Mark Sears, 11/22/14

# Ink + Mylar

#### December 4 '14

## Algek First Thanksgiving Alone

Spiritual

Smart

As my younger son and I were setting off for the family Thanksgiving dinner to which we had been invited, I received a text from a friend wishing me a good day. "I know it's hard," she said, and she does know – she lost her spouse about a year before Rick died.

To be honest, I have been dreading the arrival of the holidays. I like the Christian spirituality of the coming of the light, and I have no problem with people who are non-Christian. It doesn't bother me if people wish me happy holidays or anything else. I figure Christianity has enough of a PR problem without me being rude.

I have had a problem for most of my adult life with the cultural and commercial demands and expectations of the holiday season. I've never felt like I could live up to the demands of a busy and expensive time of the year.

I have other reasons for getting uptight around the holidays. You see, in my life some rather awful physical calamities have taken place at Christmas, starting with my father's first serious heart attack on Christmas Eve, 1974. This was at a time when bypass surgery was beginning to be done, but not yet in our little town.

My father was in the hospital for a couple of weeks and then came home, where he picked up the pieces of his retired life. He got a jade heart on a gold chain for my mother's birthday in February. This was a gift of uncharacteristic tenderness for him.

He had his last heart attack in his sleep at four in the morning on the 13th of March, after spending the day before pruning my aunt and uncle's fruit trees.

Move ahead twenty-two years.



By Mary Tuel

the next morning, found her in rough shape, and called 911. Then they found my number and called me, and I got on an airplane and flew down to California.

I spent that Christmas going back and forth between my mother's house and the intensive care unit at Dominican Hospital, where she was in a drug-induced coma. She recovered a bit but not much, and died on the following March 31st at my brother's house in New Mexico.

Some of you are now thinking that December may be hard, but it's March I should watch out for. I hear you. I've thought that myself.

Last year when Rick and I were having one of the extremely honest discussions we had in those last months, I recounted all the things that had happened at Christmas and said to him, "Please don't die at Christmas!"

He didn't. He died on the 29th of December.

And now here comes Christmas again. I appreciated my friend texting good wishes to me for Thanksgiving, but it caused me to pause and remember that Rick hated Thanksgiving. He said his mother would always do the full Midwest Thanksgiving dinner, which required days of hard work in preparation. Each day she became a little more crazy and frantic. By the time the turkey was on the table, she was heck to be around.

Once Rick had told me that, I tried to simplify and de-stress the meal and day as much as I could, but even so, he tended to hide out all day until the meal was served. He'd come and eat, and then disappear again.

So I can honestly say I didn't miss him that much at Thanksgiving.

It is now the season of Advent in the church, a time of contemplation and expectancy. I am waiting – expectantly - for the first anniversary of Rick's passing. It will be the last of the first times of without Rick. I miss him so much. I think of him every day, and whenever I find a penny, or any coin, I feel like he is saying hello to me. Sometimes he sends a quarter. I figure he knows I am always pinched for money. He was always kind and generous that way, the hard working rascal.

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## Holiday Magic

#### by Rachel Waldron

I will never forget snuggling up with my older sister Christmas Eve, and looking out the window at the red sky. It was red because we lived in the city and the holiday lights were reflecting on the clouds. I was just sure that it was Rudolph's nose lighting the way for Santa's sleigh.

My parents had so much fun creating the holidays for us, as kids. The lengths they went to, playing Santa were admirable. Footprints were made in the fireplace soot, leaving tracks on the hearth. Half eaten cookies and carrots were left for us to find in the morning with notes of thanks from the old elf and his reindeer. They pulled all this together and had so much fun doing it. They must have. What else can explain the creativity?

Today, we have so much pressure to create the perfect holiday experience. Pinterest and design blogs show us perfection in décor and baked goods that shame the best bakeries. The elf on the shelf may be nothing new, but it certainly is a trend for families to go to great lengths to amuse their children, always developing a better idea than the year before. No wonder many adults lose the magic of the holidays. We are too pressured for perfection. It is no longer fun and games, it is competition. We need to let go of the "perfect" holiday and embrace what we have on our own

I recently wrote a blog post about holiday décor. In writing the post, I began to look forward to decorating my home. Thinking about a different way to approach holiday décor and actually applying my own suggestions to myself is something that I sadly rarely get the opportunity to do. I want to share some of the ideas from that post with you here, bringing some of that magic back to your festivities.

When we open up our seasonal décor storage boxes, what do we find? Figurines of holiday characters? Christmas ornaments from years past? Lots and lots of red and green? We remove one item at a time, and meander around our homes trying to find the best spot to place it. It is my suggestion that we take an entirely different approach to seasonal décor. For those who are planning on a little décor shopping, before even heading out, take a look at your home's existing color palette. My home's palette includes shades of grey and mushroom with pops of bright green and bright yellow. Tradition tells me that I should add red and green to the mix, but my design training tells me that is bonkers. Rather than break out the red and green, this year I will consider the existing palette and work with it, rather than against it.

With a new color palette in my holiday décor, I am also going to consider the style of the accessories I purchase. I live in a farmhouse, and if I were to put a name on our design style, I would have to say it is Industrial-macabre-Scandinavian (okay, okay, I couldn't pick one word!). As sweet as much of the traditional décor may be, it just does not suit my husband's or my decorating style. We are looking for grey, green, and yellow décor with an industrial, macabre, or Scandinavian edge. If I could just see all the eye-rolls right now. Wondering where in the world I would find items like this? Enter the Internet. Yep, I score the internet regularly for ideas. Oh, if only anyone knew how many blog posts I read every day, and how many designers I talk to- sharing concepts.

This year, my favorite finds suit my industrial-macabre-Scandinavian needs. Old bells tied to the top of the tree replace the traditional star or angel and provide the industrial edge. Why set our sights on one large tree when we can have a little forest? Every year, we are gifted more ornaments and our tree is a tangled mess when we get them all up. Instead of jamming the tree full of décor, try grouping the ornaments by style and use just one or two. Put others in decorative bowls, or on a bed of leafs or some of that evergreen debri from the back vard (thank you Autumn storm) on a cake platter. Add a couple smaller trees and decorate them as well, leaving you with a grouping of trees (3 or 5 trees will look better, as groupings almost always look best in odd numbers). Fill up those empty stockings with greens from the yard as well-just to keep them from looking so desolate before Christmas morning. Fill vases with peppermint sticks.

Regardless of how you decorate your home for the holidays, trying something new and different when the magic begins to fade is bound to bring back a little of that sparkle we see now in our children's eyes. The best part is that we can have our magic without breaking out a glue gun and it does not have to cost an arm and a leg!

#### Happy Holidays!

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



Advertise in the Loop! It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out December 18

In 1997 Rick went into the hospital in renal failure on Christmas Eve, after refusing to go to a doctor for weeks. He was stubborn that way.

I spent that Christmas wondering if I was going to become the widow Tuel. Kidney failure can take you out more quickly than cancer, I learned.

It turned out that Rick had prostate cancer, which had blocked off his kidneys. The docs removed the blockage, and Rick's kidneys recovered their function, and then a few weeks later the docs removed his prostate, and told him, "You are now cancer free. Have a nice life."

Three years later in 2000 my mother had her first heart attack on the 22nd of December. Some neighbors checked on her

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Plavef Waves

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

Len Wallick of Mukilteo, WA, is standing in for Eric Francis this week.

#### Aries (March 20-April 19)

Please consider how you may be in the process of associating with others and locating your place for the long term. It's not so much about where you belong. It's more about who you belong with. Neither is it so much about coupling-up; it's more about groupingup. Nonetheless, the right person would serve to guide you, and the right place will almost certainly correspond with the society you want and need. So, make like you are looking for wild mushrooms as you search for your future: Don't do it alone lest you get lost, and focus on finding the right environment first.

#### Taurus (April 19-May 20)

Stormy emotional weather need not be bad news for you at this time. That's especially true if any tempests you encounter are either precipitated or exacerbated by being caught between a rock and a hard place. In fact, any moments of distress or despair overtaking your next handful of days could very well precede a transformative turn of events soon after. Therefore, be open to a fortunate outcome if you find yourself in difficulty anytime soon. To that end, remember who you are. Let your choices be influenced by your highest values, not your deepest fears.

#### Gemini (May 20-June 21)

It would probably be worth your while to begin actively looking for alternatives, especially where either inertia or momentum have taken over in your life. Begin by considering the difference. Inertia usually correlates with that which tends not to change unless acted upon -- and that is not implicitly a bad thing. Momentum often builds as action accumulates; that is not necessarily a good thing. Once you get clear about what's what for you, then you will be able to exercise what appears to be an excellent opportunity to turn things around as you see fit.

#### Cancer (June 21-July 22)

Please be alert for places or situations where it feels like you may be either the missing piece or an unanticipated solution, but don't impose yourself -- at least not right away. Instead, let yourself be seen rather than heard. Let yourself be discovered rather than presented. Such a protocol will buy the time you need to determine in advance whether you want to campaign if nominated or serve if elected. Your life now is more than a simple duality of service and self-interest; it's also about getting to the heart and truth of matters first. Zimmerman has subsequently practiced his preaching should be of little concern for you now. Instead, you might want to reflect on who, what, and how you have been judging. If your reflections feel like work, you will know you are doing it right. If the results open your heart, you will know the work is of the right kind. If it turns out that you have in fact been judging yourself without thinking and for too long, take this as your (gentle) cue to stop.

#### Libra (Sep. 22-Oct. 23)

Maybe you can give yourself a new story for Christmas (or solstice, or holiday of your choice). Shop around by sharing aspirations with chance acquaintances. Tell your fellow commuter about where you would travel if you were to keep going past your stop. Share with the teller at the bank what you're saving up for next year, or mention to the checkout clerk what you might sample the next time in. The idea is not to mislead anybody. Rather, think of it as window shopping, and trying new stories on for size. Shop long enough, and you just might find a gift worth going after.

#### Scorpio (Oct. 23-Nov. 22)

Somewhere along the line in the past couple years you may somehow have weighed yourself in the balance and found yourself wanting. You may feel that way now. You don't want to feel that way forever. Towards that end, begin formulating a new year's resolution to restore lightness to your step and strength to your lower back. What works for you won't be the same for everybody born with the Moon in Scorpio. To find your own unique resolution, ponder on what it would take for you not to take yourself so seriously, and see where that meditation takes you.

#### Sagittarius (Nov. 22-Dec. 22)

You are no stranger to paradox, although paradox may always feel very strange for you. Nobody understands the cliche of being alone in a crowd as deeply as your lunar tribe. Nor does any other natal Moon bequeath the same sense of separation from those with whom you are most closely aligned genetically. With this month's Full Moon in Gemini (the sign opposite your Moon sign), you can expect a further sense of the unnaturally familiar, but also an unaccustomed (even unprecedented) insight into your own deepest self.

Capricorn (Nov. 22-Dec. 22)

# Quartermaster Press Open House



We will kick off the Vashon Art Studio Tour with an open house, December 5, from 6 until 9 pm. Join us in our warm, colorful studio surrounded by our stunning prints handmade by member printmakers. Preview our work for sale. Quartermaster Press is located at the Historic Beall Greenhouses, 18531 Beall Rd SW.

## Next Edition of *The Loop* Comes out Thursday December 18

Deadline for the next edition of *The Loop* is Friday, December 12

## The Vashon Loop, p. 7

## Road to Resilience

#### Continued from Page 1

stuff. We need to be judicious in our use of this stuff. With each item, we need to decide: Do I really need one of these? Do I need to actually own one of these, or do I just need the use of it now and again? In the near future, we will need to lower our carbon footprint by 80%, which means we need to think less about getting the biggest, best, and the most, and more about what is enough and what can we share. Before you give me the Grinch award, let me say that I live by a saying of one of our departed island wisemen, Billy Sandiford, which was "everything in moderation including moderation." So, it's okay to pull out the stops and go over the top once in a while; just don't do it a lot.

The library is a good example of a place that offers you intellectual goods that give over and over. The Vashon Tool Library will be a place where you can access tools, high tech and otherwise, for free when you need them. The tools have all been donated by your neighbors. who felt that they didn't need to have certain tools in their possession as long as they could borrow them back when needed. The Tool Library, located in the O2 building east of the O Space, is an allvolunteer service. You will need to join the library in order to use it. There will be no charge for using the service but donations will be requested to cover rent and other unavoidable costs. The Tool Library website, www.vashontools.org, has all the details as well as an inventory of tools available so far. Email can be sent to: info@vashontools.org.

Opening day will be on Saturday, Dec 6 from 10am – 2 pm in the main O Space building. There will be a presentation, refreshments, an opportunity to sign up, see the library itself, and even take out a tool! You can also donate tools at that time if you want. Hope to see you there!

Don't let the holidays get the better of you.

The tool library and the timebank are two ways that we can get what we need by sharing skills and resources. The more ways we can avoid spending our dollars, the less time we need to spend chasing after them.

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seeking strokes, but rather by asserting your place at the table, and your right to a drumstick. Neither is this about tooting your own horn -- more like you playing your own drum so that others are



#### Leo (July 22-Aug. 23)

Whatever tests you may have just passed, now is no time to rest on your laurels. Similarly, don't let whatever tests you recently might have failed hold you back. Instead of dwelling with what has concluded, take a look at what you need. Specifically, address needs that may have been neglected while you were being tested. Allow yourself enough time to get in touch with what you put off or put aside as deadlines loomed and pressures mounted. Get hold of yourself, and once you do, look for appropriate moments to share what you find.

#### Virgo (Aug. 23-Sep. 22)

In a long-ago lyric, Bob Dylan professed to save his judgment for himself. Whether or not the former Mr. You are on track to close out 2014 on a solid and substantial note if you can but remember the time-honored rule of playground basketball: play within your self. If it's not now within your capacity to dunk the ball, wait until next year to stretch for the rim. If you are not by now well-practiced shooting from mid-court, work your way in closer to the basket for a higher-percentage shot. Focus on adding modestly to the impressive score you have already built up. If that means providing somebody else with an assist, so much the better.

#### Aquarius (Jan. 20-Feb. 19)

Now is the time to give yourself a proverbial shot in the arm, as opposed to a euphemistic kick in the behind. You deserve props far more than prods at this point, and nobody knows that better than you. Therefore, you must lead the way. Not by fishing for compliments or compelled by their own best nature (and best interest) to fall into step.

#### Pisces (Feb. 19-March 20)

Luck, so it's said, is the residue of preparation. That's especially true for you now. There appears to be some sort of long haul ahead for you, but far enough from where you currently are so as to allow ample time for accumulating all the luck you will need. For the time being it will be enough to prepare so long as you can harness your recently acquired proficiency for focus to the wagon of your natural creativity. The trick will be to hitch up the on the right side and in the appropriate order so that your preparations result in progress.

Read Eric Francis daily at www. PlanetWaves.net

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# Poritively Speaking

## Godly Goods or Fools Gold

This will not, until the last, seem like a holiday column. Most assuredly it is.

It's true what they say. Don't give up running when you are two feet from the finish line. Drag that sorry fanny across the line if you have to.

From the perspective of eternity, twenty one years is the blink of an eye. On November 23rd, it was twenty one years since I took a vow embodied in the song, 'Here Am I, Lord'. Those are vows that can never be dissolved. "I will hold your people in my heart....".

It is ironic that my first day of freedom, delivery into the Promised Land, happened 21 years to the day I took those vows.

However, the week before this 21st anniversary of my ordination vows, I threw in the towel. Like Job in the second to the last chapter of his story, I told God it was simply too hard. There were tears. There was wailing and gnashing of teeth. The emptiness inside them that caused me harm through mean spirited, haughty and devious manipulations of their own story was greater than any kindness or encouragements to authenticity or turning of the other cheek I could muster. I was done.

For the first time thoughts of revenge and pleasurable retribution and my own demise crept into a dark place in my heart. Here was the worst part, I didn't even care. For years I had been trying to understand what lay at their core that they could commit perjury, embezzlement, adultery, exploit those who support them, drown themselves in all manner of addictions... the list was endless. Over and over I would enter into a relationship with them to understand or think myself at fault and so disregard any red flags in my vision. Now..I just didn't care. I just wanted them punished and to have my pound of flesh. I wasn't going to hold them in my heart any longer. No wishes for some appearance of remorse and repentance, a change of heart and mind that would lead to a change in their lives for the good.

Like all good rock bottom moments that do not end in death, there was one strong thread of new life coursing it's way through my narrative that week: the confluence of a study group around a book called "Money and the Meaning of Life" and simultaneously finishing "The Invention of Wings" by Sue Monk Kidd, and continuing "The Grand Adventure" --- which I promise to tell you about anon. In that week when I thought flesh was overcoming Spirit, these three events were as sure a catalytic as baking soda was to vinegar in those volcanoes children build in elementary school projects.

With my heart distracted and set on he destruction, the answer popped into my mind in the form of a single word.

By Deborah H. Anderson



Greed is born of want. Want comes from emptiness. Emptiness comes from pain. Pain comes from injury. Injury comes when healing is refused. Healing is refused from fear of the unknown. Fear of the unknown leads to a desire for comfort. Desire for comfort leads to doing things the easy, deceptive way. That all leads to greed, and a concern and preoccupation with power and status.

Greedy people are chasing their own tails. The opposite of freedom is greed. Greed will have you chasing yourself and sniffing yourself and seeing only what something can cost you or give you. Others are just means to an end involving the self. Someone recently pointed out to me that crows are the only birds that use people as a tool. Greedy people are crows.

Now I could love them again. Now I could offer them mercy. Anyone empty of all but greed and fear is to be pitied, to be prayed for. Being poor financially is one thing. Being empty in your spirit is quite another. Lord, fill them. Let my light so shine. Greed is unquenchable. No sorrier state than that. Yes, I could wish for them more.

This season, the driving force in all marketing is fear and greed. Avoid it like the plague. --oh yea...I also finished "Year of Wonder" that week. The plague...fear is rosy boils and greed just drives the life from you and will not be sated. Avoid this. If you must shop, big or small, buy at stores where the owners are not greedy. Buy where the owners are not undermined by fear of not enough. Black Friday...really? That transparent? Black Death? Greed. Emptiness. Not life.

You will have a choice for the next six weeks: greed or freedom, faith or fear, consciousness or comfort.

As an ambassador for living in the Light, let me put a plug in for free, faithful and conscious. If you choose that, no matter what you wrap up for Hanukkah or Christmas or Kwanzaa, the gift you will give the world, and your loved ones, and your enemies, is your best self – You! All your talents and skills and the purest heart will add life to those around you and by reflection, beyond.

Whether you are shopping, or wrapping or baking or crafting, ask this question, "Does this feed freedom or fear? Am I supporting greed or benevolence?

Wishing you a blessed, life nurturing holiday.

## 2014 Holiday Arts Tour

#### Continued from Page 1

who knows what to leave out and knows not to unbridle her painterly passions all at once. But once these Apollonian preparations are complete, her brush strokes are applied with fresh zest. The paintings are loosely painted without fuss. They are clear and clean and very satisfying to gaze upon. One of the results is that in print and online, her still lives and landscapes appear to be much larger and even more monumental than the 8" by 10" board on which they were painted. Gretchen achieves on a small scale what many artists need a much larger canvas to do. "A painting succeeds if it reads well across a room." she said. These little gems accomplish that, and so much more.

We next report to you from Studio #8, 18528 Westside Highway, a fine example of our Holiday Tour's abundant surprises and creative hatchings. Fiber artist Terri Fletcher's beautiful home is the setting for Twigs, Tile and Fabric. In addition to Terri's fiber works, also featured will be Elaine Summers' mosaic creations, Karen Hust's twig chairs, Vicki Browne's hand-made brooms, and Ute Monjau-Portath's original clothing and bags.

Terri Fletcher is fascinated with patterns in nature and textiles. With a light touch and a minimalist's focus on variations within patterns, she creates exquisite works on paper and fabric, often employing the resist dying method of Japanese Shibori. She tells us "My background is in textiles and more specifically working with dyes to create resist marks on fabric and paper. More recently, I have been working with Madrona twigs and magnets to create interactive works that invite touch and play between the art and the viewer." She will have a variety of works from the twig pieces to indigo dyed hand towels, kerchiefs and silk scarves. "In addition to my twig sculptures, I will have a few "Stick Critters" which are also made of Madrona twigs and magnets."

Karen Hust and Terri, longtime friends, share a similar zeitgeist: finding beauty and sacred design in the branches of the forest. I stopped in to visit Karen Hust, and was welcomed to view a lineup of her small, rustic, yet elegant chairs, placed on a wooden window shelf and backlit by the sunny morning. I was immediately drawn to the simple quietness of their statement, the restraint expressed in their diminutive size, hand-woven seats and fluid, natural shapes of their spine, legs, and arms. Karen says "I've always been interested in people's relationship to Nature, and feel called to make things using our local native trees as a way to communicate something of the energy and lessons they offer us. Every tree species is a different mood, texture, and color," and each piece finds its own resolution in her work.

The chairs are made of cherry, madrona, alder, maple, cedar, driftwood, and use

#### December 4 '14

mortise and tenon joinery. Often the branches chosen retain the original lichen, moss, barnacles, or beaver teeth marks as found. Hust's studio/woodshop is an old seaplane hangar on her land, where she stores and dries the wood she collects on her ramblings around her Maury Island residence. "Earlier in my life I trained to be a college teacher of Nature Literature to me, this direct work with the trees feels like a more effective way to teach, because I can get out of the way and let the wood communicate." After she shapes and assembles the frame of the chair, the structure itself becomes the loom upon which seats are woven from wool yarns, deerskin, and other natural fibers. "I like the symbolism of chairs; they suggest the act of choosing a place and opening oneself to the influences of that place." Although the smaller-scaled chairs made for this Holiday Tour are not designed for adult seating, each chair offers a symbolic viewpoint, a perspective from which to celebrate an aspect of life. I suggest bringing one of these small chairs home with you, and placing it in a special spot with the intent of contemplating nature's wonders through their elemental, harmonious design and texture.

The authentic natural touch is also the mainstay of Vicki Browne's hand-crafted brooms, their fanned ends made from Mexican-grown sorghum, selectively bred for broom-making. An art and skill she's mastered over years of practice, Vicki values the functionality of her creations. Beautiful as they are, her brooms are made to be used. "I want the things we use in our lives to be beautiful and not all made of plastic," she observes. Vicki also makes baskets and other woven articles, and mentioned she may do a show-and-tell of her process. Vicki is a Vashon original; her pieces expand our concept of the purely functional.

The "Tile" in Twigs, Tile and Fabric is represented by Elaine Summers' enchanting mosaics. Her pieces in this Tour are 3D objects, including mosaic vases, bowls, a rooster and chicken, guitar, pets, mailboxes, an elephant, and even slugs! Elaine has been making art for as long as she can remember, but started making mosaics in 1999, making fifty pieces her first year. "I have experimented with many forms from garden bird baths to life-sized horses. I think the variety has kept the medium fresh" she says. Elaine's design process is not calculated and exacting, rather for her "the idea comes from the form. I sit and look at it and think about the tile I have and then I begin. I don't plan a lot out. It is a very organic process". This surprised me, given the permanence of her materials: fiberglass, concrete, wood, or even glass; they are all malleable in Elaine's hands, and they all add up wonderfully. "I am happiest when creating", the artist and musician muses. You'll see it: evidence of her happiness seeps through every crevice of her work.

Ute Monjau-Portath will also be exhibiting her unique clothing and one-ofa-kind bags. Ute is a designer by profession; we're lucky to see her exquisite, capricious creations up close. It makes sense to invest in your favorite one, before your head turns to admire someone else wearing it around town.

Greed.

Love, Deborah

Inside them was greed. It was the driving force in their lives. Everything made sense.



## **Rollo Needs A Home...**

I'm a calm, quiet guy who loves to occupy laps. If you scratch my head, ears or chin, I'll roll over in ecstasy. I make friends with humans easily, so come over and introduce yourself!

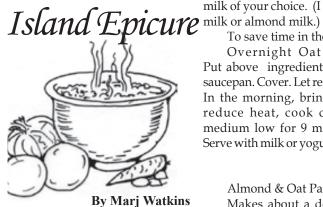
Go To www.vipp.org Click on Adopt





Karen Hust's chair. Photo by Will Forrester

In conclusion, the designer and teacher Milton Glaser used to talk about a good artist's ability, no matter what the medium, to manipulate and elongate the viewer's response as being the distance between the "Huh?" and the "Yeah!" The magic and appeal of a work of art lies between our initial confusion, (like figuring out exactly what it is Jan Wall is drawing!), and our eventual recognition. If it's either too short or too long, the art is less successful. All artists' works are demonstrations of this dynamic. As you meander the open Studios across the island on the Holiday Tour, listen to your inner "Huh?" and "Yeah!" and find out what makes sense of this crazy world to you. Once again, the tour takes place this weekend and next, December 6th and 7th and 13th and 14th.



## Make the Most of Oats

For stamina to keep you up with all the delightful demands of December – chilly weather, snow, winter colds, Christmas shopping, the planning, the parties to give and to go to - we need to feed our bodies and minds well. A good breakfast fuels us for these high energy expenditure days.

You can hardly beat oats for a breakfast ingredient that stays with you for the whole morning, gradually releasing the energy you need. For a quick breakfast, choose granola topped with yogurt and a generous sprinkle of raisins, dried sour cherries, which helps combat arthritis, or fresh or frozen blueberries for brain food.

Here are a couple of choices for a hot breakfast featuring oats:

Oat Porridge Per serving: <sup>1</sup>/<sub>4</sub> cup steel-cut oats 2 Tablespoons dried sour cherries or blueberries 1 cup boiling water Dash salt

Combine ingredients in a small saucepan. Bring to a boil, reduce heat, cover and simmer 30 minutes, stirring occasionally. Enjoy with milk of your choice. (I like coconut

To save time in the morning: Overnight Oat Porridge: Put above ingredients in a small saucepan. Cover. Let rest overnight. In the morning, bring to a boil, reduce heat, cook covered on medium low for 9 minutes. Stir. Serve with milk or yogurt plus fruit.

Almond & Oat Pancakes Makes about a dozen 3-inch cakes

1 cup almond meal <sup>1</sup>/<sub>2</sub> cup sorghum flour 1/2 cup oat bran <sup>1</sup>/<sub>2</sub> teaspoon salt 1 teaspoon baking powder 2 eggs, separated 1/2 teaspoon vanilla <sup>1</sup>/<sub>4</sub> cup olive oil 1 cup+2 Tablespoons almond milk or coconut milk

Stir dry ingredients in a large mixing bowl. Whisk egg yolk with vanilla, oil, and milk. Stir into dry ingredients. Beat egg whites to stiff peaks. Fold into mixture in bowl. Heat griddle or skillet and lightly oil. Ladle pancake batter by tablespoonfuls onto hot surface. When bubbles form and break, turn cakes. When they stop steaming they are done. Toothpicktest to make sure. Serve with a fruit compote for topping, or with yogurt and applesauce or fruit purée.

Nutri-tip: Oats are an excellent source of soluable fiber, which lowers cholesterol, reduces blood pressure, stops inflammation, and guards against diabetes. Other sources: barley, beans, peas, lentils, nuts & seeds, citrus fruits, apples, bananas, pears, strawberries, blueberries, carrots.

# Art Film Night Shows Lynn Shelton's Seattle-Set "Laggies"

Independent comedy "Laggies," which will be screened at the First Friday Art Film Series at the Vashon Theatre this week on December 5, offers an unusual portrayal of a floundering young woman struggling through a "quarter-life crisis" in her late twenties.

Mentioning "The Graduate" as one of many great films about male characters' arrested development, Seattle director Lynn Shelton says she was drawn to the project because, "I just thought it was so nice to see a woman explore this ... territory and be lost and be imperfect and be flawed."

Shelton has been both writer and director on her previous six features so "Laggies," written by Andrea Seigel, marks a significant departure for her. One thing "Laggies" does share with the director's previous work is its setting in Seattle and use of her close-knit Northwest crew. As a Puget Sound native, Shelton has developed deep ties within the filmmaking community and welcomed the chance to collaborate with locally-based cinematographer Benjamin Kasulke, lighting technician Jeremy Mackie, production designer John Lavin and set decorator Tania Kupczak.

From Northgate's Nordstrom store to a wedding occurring at Seattle Center's Chihuly



Garden and Glass, filmgoers will recognize dozens of Northwest locations used in the film.

Shelton was enthused to get to work with stars Keira Knightley, Sam Rockwell and Chloe Grace Moretz. She notes that neither Knightley or Rockwell were initially attached to the film, but after original leads Anne Hathaway and Paul Rudd had shooting conflicts, the complicated pre-production road led her to her final cast.

For fans accustomed to seeing Knightley garbed in corsets and wigs and acting in period pieces, "Laggies" gives the actress the chance to play a refreshingly comic modern character. Director Shelton was pleased to showcase Knightley's comedic chops in a contemporary film, referencing

the British actress' breakout role in "Bend It Like Beckham."

"I remember her being so physically funny and game," said Shelton. Film critics agree, calling Knightley's performance "delightfully loose-limbed," (Justin Chang, Variety).

Vashon Island director Jessika Satori will present her short film "How Do We Wanna Go Out" before the "Laggies" screening. The short was shot mainly in Washington State and is a personal tale of grief and grace.

Vashon Film Society presents special feature and documentary screenings on First Friday Gallery Cruise nights following the art walk. Friday's show at the Vashon Theatre plays at 9:30 pm, and tickets are \$7.

## **Electro Swing Extravaganza!**

Open Space for Arts & Community proudly presents our first-ever Electro Swing Extravaganza, featuring Portland's Sepiatonic and Seattle's Good Co, in a fabulous evening of dancing to Electro Swing and Original Live Music - all with a twist of Vaudeville!

As the US's one and only Electro Swing Band, Good Co recently debuted their first album, Electro Swing for the Masses. Pounding dance beats are mixed with gypsy jazz guitar riffs, samples from the past turned on their head along with a live horn section blowing down the house.

While Good Co is not a Steampunk band specifically, its model of Electro Swing fits with the ideals of Steampunk fans by incorporating retro sound samples, specifically those from the swing and jazz eras, into a modern context. Electro Swing started as a sparse few offerings on albums based in other genres. The style grew in popularity as some artists began to model the majority of their offerings on jazz and swing samples. Electro Swing is more popular in Europe, and Good Co is the only practicing Electro Swing band in the United States. Founder Carey Rayburn explains: "Sampling laws are less restrictive in Europe, so it's easier for artists to use those samples in their music. One of our goals for the US is to not only build our band's popularity, but also to make more people aware of Electro Swing here in the States; to bring Electro Swing over here.



It's the kind of music that, once people discover it, they find that they love it."

Singer Sasha Nollman describes the music as "Cab Calloway meets Daft Punk." This description reflects Electro Swing's combination of American jazz music with electronic sounds to create what Rayburn calls "lifeaffirming music." Their shows are described as high-energy, with a strong element of crowd interaction. Rayburn clarifies that

the music is not old-fashioned: "As soon as you hear the music you see that it's really modern music with some retro references and materials." A sample of Electro Swing can be found through the free album offered here



King County offers easy options for recycling



SEPIATONIC dance parey gone vaudeville

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Sharing the bill with Good Co is the fabulous Sepiatonic. Emerging from the emerald twilight of Portland, Oregon, Sepiatonic is a vaudeville-inspired dance and music experience. Sometimes theatrical show, sometimes wild dance party, Sepiatonic brings innovative, original audio and visual entertainment unlike any other act. They inject vintage class into today's electronic music, and put a bumpin' booty party into a vaudeville experience. Dance acts, antics, and theatrics help distribute joy everywhere Sepiatonic ventures.

Sepiatonic features Karolina Lux, one of the West coast's premier belly-esque fusion belly dance artists. She has taught and performed at festivals and events across the country and combines musical and theatrical skills with products that shouldn't go in the trash at: www.KingCounty.gov/TakeitBack.

75% of what we send to the landfill could be recycled, helping to reduce the greenhouse gases that contribute to global warming.

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dance to push the limits of her performance art. Anthony Meade is an innovative song-writer and trombone player, performing frequently with March Fourth Marching Band, Saloon Ensemble, and a number of other jubilant musical projects. His songs have been played across the country and even on Cruise Ships out on the ocean. eZel is a Portland-based songwriter, drummer, bassist, DJ,

and electronic music producer. He has created beats for a number of groups ranging from hip-hop to jazz. Eric Stern is artistic director and founder of the internationally acclaimed Eastern European and vaudeville ensemble, Vagabond Opera. He has brought opera to the context of more intimate performance art, and combined it with elements of Balkan, klezmer, and Arabic music.

# **Delilah Pearl & The** Mantarays



Delilah Pearl and The Mantarays perform sultry ballads and jazzy rousers from the era of the divas: Peggy Lee, Nina Simone, and Ella Fitzgerald. Delilah sizzles in front, on vocals, backed by stalwart Vashon Island musicians Greg Dember (piano) , Michael Whitmore (guitar), Toliver Goering (bass) and Dodd Johnson (drums). The

16901 Westside Highway SW Vashon, WA 98070

Mantarays deliver the standards freshened by an approach influenced by years in rock, experimental and indie music. This is an all-ages show 'til

11pm, 21+ after that. Free cover!

Friday, Dec. 5, 8:30pm At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

Phone (206) 463-3604 www.olympicinstruments.com www.cunninghamairwhistles.com

# The Magic of Nutcracker

An Interview with Christine Juarez, Vashon Allied Arts Director of Dance

VAA: This is your fifteenth year producing and directing Nutcracker with VAA Center for Dance. Is this a labor of love?

Christine Juarez: Over the years, Nutcracker has become our marquee program and a rite of passage for our students. They are so excited about getting their little mouse ears and tails on. I love how happy it makes them. It's not lost on me that we're creating childhood memories that will last a lifetime. That's what keeps me juiced up.

VAA: Do you see your dancers grow from year to year?

CJ: This is what I love about Nutcracker. It is a really solid educational tool for these kids and everyone looks forward to graduating into next year's roles. Students already have a vision of what the performance should be from previous years, and can work toward that image in their heads. Six-year-olds start as Mice, then move up to Little Dolls at seven, then Petite Chefs, and so on. Casting starts when they're older for the parts of Arabian Dancers, Flowers, Spanish Dancers.

VAA: What is the casting process?

CJ: We cast by technical ability. Some years it's clear, and some it's more difficult. Clara, in particular, is very hard to cast. By having every kid watch the auditions, it is completely transparent. The students themselves can see the subtle differences in each audition, so they understand why I choose certain dancers for certain roles. In class I say, 'Okay, everybody, listen up. As of right now, you are auditioning for Nutcracker. I'm watching your technique, how you memorize sequencing.



#### Photo by Mike Urban

I'm watching how you express yourselves artistically.' That way they're always auditioning for the next part. I tell them to combine technical ability with self-expression. Millions of people can do a triple pirouette, but can they move the audience?

VAA: What's new and exciting this year?

CJ: We are excited to present Nutcracker in the new Vashon High School Theater for the first time. Our spring Original Works production at VHS was a lot smaller, so we are eager to get in there with our cast of about 80dancers and explore the space.

The top of the show starts off with a seasonal tap number choreographed by Crissy Baker, one of our VAA Dance staff. She has designed it to be in the same time period as Nutcracker.

I have reintroduced a section

where Clara and the Nutcracker meet the Sugar Plum Fairy and tell her about their adventures through the party scene, battle scene and Land of Sweets. The Sugar Plum Fairy is so impressed that she calls forth a festival of dance, which reprises choreography from the second act. Instructor Vanesa Wylie has choreographed a transition interlude that is new this year. Nutcracker

Friday, December 5, 1-2 pm (Narrated Children's Matinee) Friday, December 5, 7 pm Saturday, December 6, 1 pm & 7 pm

Sunday, December 7, 1 pm Vashon High School Theater \$12 Member/Student/

Senior, \$16 General \$5 Children's Matinee

Tickets: VAA, Heron's Nest, VashonAlliedArts.org

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## **DREAMSCAPES** for Guitar, Flute & Viola

On Friday, December 12, guitarist Michael Nicolella, flutist Jeffrey Cohan and violist Roxanna Patterson perform the world premiere of In Dreams or flute and viola by Seattle-area composer Huntley Beyer, along with a new work for solo guitar by Michael Nicolella. and early 19th-century chamber music for guitar with flute and viola. This combination of instruments was extremely popular during Beethoven and Schubert's time but has been little heard from since. With a repertoire spanning from J.S. Bach to Jimi Hendrix, Michael Nicolella is recognized as one of America's most innovative classical guitar virtuosos. He has received wide critical acclaim for his performances, recordings and compositions. As a concert artist, Michael has performed throughout North America and Europe as solo recitalist, chamber musician and soloist with orchestra. A uniquely eclectic and versatile artist, Michael blurs the lines between musical styles



and transcriptions, but also by premiering and commissioning works by some of today's most exciting emerging composers. In the last five years alone, he has premiered over a dozen new orks for classical and electric guitar in solo, chamber and orchestral settings. In reference to his abilities on the classical and electric guitar, noted guitar composer, scholar and critic John Duarte stated in an issue of "Gramophone" magazine that:"Others have 'crossed the track' in one direction or the other but none has done so with the technical and/or musical success as Nicolella, who, chameleon-like, achieves comparable distinction in both fields". The concert is to be held at 7:00 PM at Bethel Church at 14736 Bethel Lane ion Vashon Island, on 119th Ave SW at SW 148th St. The suggested donation (a free will offering) will be \$15, \$20 or \$25. For tickets and further information please see www. candlelightseattle.org, or call Bethel Church at (206) 567-4255.

December 4 '14



and disciplines. He is part of a growing trend in classical music to revitalize the role of the composer/performer. As a concert artist he frequently programs his own works for guitar in solo recital and chamber music settings.

Known for his creative programming, Michael has introduced electric guitar into his "classical" programs and extended the repertoire and audience of his instrument not only with his own compositions

## Wearable Art Trunk Show

#### By Justin Huguet

This one-day sale features unique jewelry and leatherwork collections by two skilled artisans: Tia Kramer and Martha Kirk.

Seattle-based Tia Kramer designs elegant, modern jewelry crafted from sterling silver and handmade Philippine plant fiber paper. Her earrings, necklaces, pins and other accessories are found in galleries, museums and museum stores, including Seattle Art Museum and the Netherlands' CODA museum.

From Kramer's artist statement: "Inspired by our relationships to the natural and architectural environment, I create jewelry objects that make visible our interactions with structure and movement. My adornments are performative sculptures for one's ears, architecture for the body."

Leather artist Martha Kirk has called Vashon home for over three decades. With various leathers and stitching techniques, she creates chic accessories with rustic



charm, running the gamut from bracelets to wallets and purses to tote bags. Kirk spent years restoring antique cowboy gear and developed an affinity for "doing things the old-fashioned way," and in her original line, strikes the perfect balance of fashion and functionality.

When you are out enjoying the Art Studio Tour, be sure to stop by VAA for this fabulous Trunk Show – an opportunity to accessorize for the winter season or hunt for gifts just in time for the holidays. Champagne and chocolates will be served!

> December 7 at Vashon Allied Arts Sunday, December 7, 12–3 pm

## Natural History Memories

#### By Ann Leda Shapiro

I grew up across the street from the American Museum of Natural History and back then you could enter freely, no charge, no search.

On my commute home from high school the subway doors would open onto the lower entrance of the museum and I would take a shortcut past the primates, behind the bears, beneath the birds, under the carved wooden canoe and out the south exit that led directly to my parents apartment building.

Actually it was a long cut as I lingered and drew the mysterious objects, animals and other worlds.

When I heard rumors a few years ago that the Northwest Native rooms were going to be remodeled, I returned to the museum determined to document the dusty cases that held their cultural history.

I reflected and selected scenes that seemed significant, that revealed the values of a people and a natural place that would possibly not exist in the future.

This is a book in progress.

I now have completed 25 paintings and have written the first draft of the text.





Reception, Friday december 5, 6:30pm. Puget Sound Cooperative Credit Union, 9928 SW Bank Rd, Vashon Island,

Prints by Ann Leda Shapiro. Music by Kevin Bernardo Almeida. A new CD will be available.



# Join Vashon Island Chorale for "Holiday Treasures"

To commemorate our twenty-fifth anniversary, we asked which holiday pieces you would like to hear the Vashon Island Chorale sing. Among the dozens of suggestions, we have chosen a diverse program of beloved favorites. Traditional carols are here arranged by Norman Luboff, John Jacob Niles, Hugo Distler, John Rutter, and Eleanor Daley. We will also present perennial favorites by Bach, Rachmaninov, Thompson, and Lauridsen.

Repertoire:

• Wachet auf, ruft uns die Stimme (chorale), by Johann Sebastian Bach

• Joseph, lieber Joseph mien by Johann Walther

• Lo, how a rose e'er blooming, arranged by Hugo Distler

• Still, still, still, arranged by Norman Luboff

A Christmas Carol, by Charles IvesJesus Christ, the apple tree, by Elizabeth Poston

• O magnum mysterium, by Morten Lauridsen

• Bogoroditse Devo, by Sergei Rachmaninov

• Wexford Carol, arranged by John Rutter

• I wonder as I wander, arranged by John Jacob Niles and Lewis Henry Horton

• Huron Carol, arranged by Eleanor Daley

• Choose something like a star, by Randall Thompson

 Sir Christèmas, by William Mathias Saturday, December 6 @ 7:30pm,
Sunday, December 7 @ 3:00pm. at Bethel



Marita Ericksen is the soprano soloist at the Chorale's "Holiday Treasures" concerts on Sat. 12/6, 7:30pm and Sunday, Dec. 7, 3pm at the Bethel Church. Tickets are for sale at the Vashon Book Shop or at the door if still available.

Photo by Michael Feinstein

Church 14736 SW Bethel Lane, Vashon, WA.

Tickets: \$18.00 (general) \$12 (seniors and students). Tickets will go on sale in early November. Tickets will be available online at BrownPaperTickets.com, or you may purchase tickets in person from Vashon Book Shop or from a Chorale member.

## **Brothers From Another**

#### Continued from Page 1

duo that seems to possess knowledge and experience beyond their years. One listen to any of their songs and its clear they stay true to their fundamental beliefs that life should be lived to the fullest extent, and their purpose is nothing more than to contribute to good living.

Rob Bordner and Fred Strong, parents of VHS alumni, formed Sharing the Stage with teacher Harris Levinson in 2009, and they produced their first show at the Red Bicycle in April 2010. The three partners wanted to provide a way for students to express themselves musically, creatively and freely. They also wanted to foster meaningful mentorships; student acts have received help from love local musicians Ian Moore, Van Crozier, Jacob Bain, and Dominic Wolczko. This year, Richard Montague and his marketing class at VHS have provided talent, energy, and impressive skills to publicize the show. Headlining acts loved the idea of student opening acts, too. Sharing the Stage has previously hosted rock, hip hop, and jazz shows, with Visqueen, Macklemore, & Ryan Lewis, Thomas Marriott, Blue Scholars, The Wellingtons, Kublakai, and The Physics. In fact, Macklemore actually came out from back stage to enjoy the student opening acts when he performed on the island three years ago. Our SHARING THE STAGE series is for both youth and adults, and pairs professional musicians with student and youth openers from Vashon Island. Our list of shows:

-2011, Macklemore & Ryan Lewis, hip hop

- -2011, Thomas Marriott, jazz
- -2012, The Blue Scholars, hip hop
- -2012, Zac Anthony & Kate Goldby
- ,The Wellingtons, rock
- -2013, Tangerine, pop
  - -2014, Brothers From Another

Vashon Productions, LLC, is NOT making a profit on these shows. Our budgets count on sponsorship tickets due to substantial costs for venue rental, insurance, and supplemental sound equipment. Your sponsorship support (at any level) is always greatly appreciated, and sponsors will be acknowledged on a poster at our shows.

Our shows welcome all ages. Strict enforcement of our NO DRUGS, NO ALCOHOL policy ensures a safe environment for everyone. Security is provided by off-duty King County Sherrif's Department officers and off-duty Vashon Firefighters. Refreshments will be available for sale.



-2010, Visqueen, rock

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

For more info, contact:

- Rob Bordner: rbordner@gmail.com TWO ZERO SIX /669-5160

Fred Strong: fstrong98070@gmail.com Harris Levinson: harrisbey@gmail. com

This is an all-ages show.

Friday, Dec. 12, 8pm At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

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

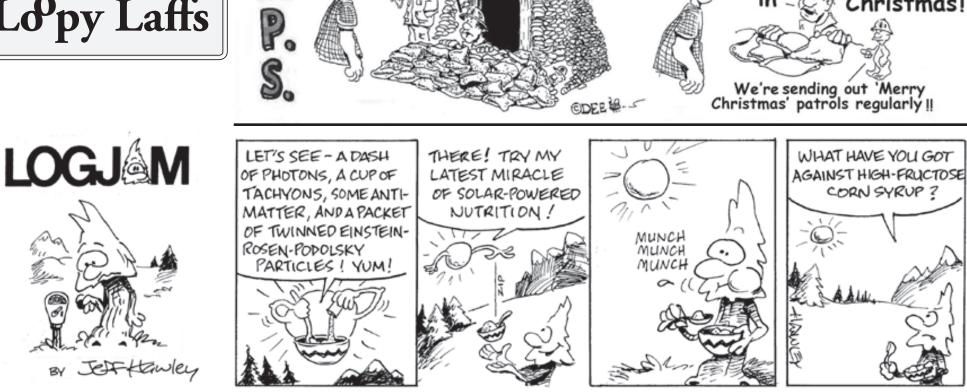


Submit your Event on line at www.vashoncalendar.com



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Merry Christmas!"

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religious people, Alternate-Holiday Groupies,

we're ( bunkering'

Lynch Mobs, Unreligious-