

Charm, surprise, amazement...

IMPulse Circus debuts *We All Fall Down*



Saturday, October 24th, Doors Open 7pm, Show at 7:30pm

Within an old trunk in the attic lies a treasure trove of games, memories and circus acts. As the trunk's contents are revealed, five friends are inspired to relive their formative years, and rekindle their love of play. Featuring stunning feats of strength and precision, the show takes audiences on a touching journey which will charm, surprise, and amaze. With a penchant for mirth and mischief, but always a touch of class, IMPulse Circus Collective presents their new show, "We All Fall Down".

The IMPulse Circus Collective is a group of talented, young performers with art on their minds and circus in their hearts. Formed in Seattle in 2013 as artists-in-residence at the School of

Acrobatics & New Circus Arts, they aim to stir and inspire the psyche, challenge societal constructs, and usher in the next evolution of contemporary circus. Their first, self-titled show was produced in the Fall of 2013 and remounted as a part of Seattle's Moisture Festival the following year. In 2015, IMPulse returned to the Moisture Festival with their second show, Figments. Both shows were met with wild success, leaving audiences wanting more. After a few summer detours, IMPulse has returned this Fall to present their third show in three Northwest cities. With their high-flying antics and comedic flair, IMPulse Circus Collective has become a powerhouse in the Northwest circus community that you

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Classical Concerts Arts & Humanities

The classical concert Series continues with violinist and educator Dr. Quinton Morris has played Carnegie Hall, and founded The Young Eight, the only professional African-American classical octet in the world. Morris launches his world tour on Vashon, playing the sonatas of the eighteenth century violinist, conductor and first classical composer of African origin. Accompanied by Alastair Edmonstone on piano.

Chevalier de Saint Georges
Sunday, October 18, 2015, 4 pm
Vashon Allied Arts

Violinist Maria Sampen enjoys a vibrant career as an in demand soloist, chamber musician, recording artist and teacher, performing across the U.S., Asia and Europe and with the Puget Sound Piano Trio. Tim Christie plays violin and and viola and is the artistic director and founder of the Walla Walla Chamber Music Festival and is a member of the Pacific Northwest Ballet Orchestra and is active as a chamber musician, recording artist and teacher. Both Maria and Tim perform with Brave New Works and with IRIS Orchestra.

Hayden, Mozart and Handel
Sunday, November 22, 2015, 4 pm
Vashon Allied Arts



The Arts & Humanities Series continues Sunday, October 25, at 7 pm at the Vashon High School Theater.

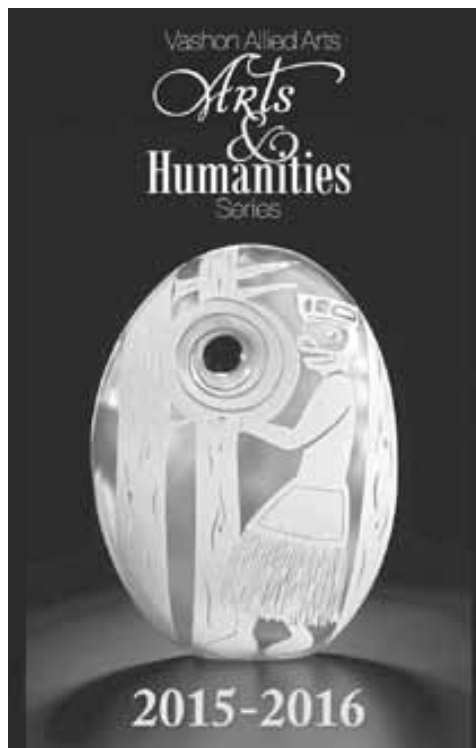
Humor as an Atidote to Conflict.

Although Israel's Declaration of Independence conferred equal rights on Arabs remaining in Israel after the war of 1948, Arab Israelis are often treated as second-class citizens who experience discrimination in a variety of ways. In the popular TV sitcom Arab Labor, Israeli Arab writer Sayed Kashua portrays the daily struggles of an Arab Israeli family in a Jewish-dominated society by highlighting obstacles to mainstream acceptance with satirical humor. After viewing an episode of the show (with English subtitles), we will hear about its creation from Howard Sohn, who facilitated its production and is deeply involved in efforts to bridge the chasm between Jews and Arabs in Israel. Sohn currently serves as co-chairman of the board of The Abraham Fund Initiatives, an international organization that promotes coexistence and equality among Israel's Jewish and Arab-Palestinian citizens.

PERFECTLY SITED

Sunday, November 15, 2015, 7 pm

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The Road to Resilience Meeting of the Minds

By Terry Sullivan,

I want to look at the big, broken political picture again this week, but I promise that there are definite actions you can take, here and now, to help fix it. As you are probably aware, some of us see a climate crisis while others see too much regulation, some of us see an insufficient safety net while others see a spoiled populace, some see insufficient taxation while others see excessive spending. We agree that there is a refugee crisis that is the worst since WWII, an immigrant crisis, crumbling infrastructure, a need for jobs here at home, and that the whole Middle East is up for grabs. We just don't agree on how to address them. To face these crises, we have a government that is completely dysfunctional. The absolute and total opposition between Republicans and Democrats is irrational and puts our very survival in danger. Human beings all have the same needs and wants: why is it that we can't seem to work toward common ground?

I think the basic driver of this impasse for most of us as individuals and groups is fear.

While there are real reasons to be afraid, there is also a fascination with

and almost an obsession with fearful events. If the media reports what we want to see and hear, it is clear that the negative is more attractive to us than the positive. Look at any TV newscast, and you will see that the first stories are natural disaster, fire, crime, and scandal. No wonder we are fearful and seriously suspect the motives of those that think differently than us. Now we are not only fearing situations but fearing and mistrusting each other. This fear and mistrust is fundamentally tribal, which means that we attribute all sorts of characteristics and motives to those not in our tribe, and these attributions are fundamentally irrational.

What we all need to understand is that none of us are going to go away. We will never arrive at a point where everybody that disagrees with us will see the light and abandon their position in favor of ours. The recent agreement with Iran is a case in point. To the extent that we see ourselves as the unrivalled power in the world, we can't understand why we can't make the Iranians do everything we want them to do. We are told again

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Oct 16	4:30-6:30pm	Q & A AT HOMECOMING DINNER VHS Commons
Oct 24	11:00am-2:00pm	Q & A Thriftway
Nov 5	7:00-9:00pm	PRESENTATION AND Q & A VHS Commons

- See illustrated plans for facility improvement options.
- See plans for scheduled replacement and renovation.
- Engage with School Board Members and Planning Team.
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The Hunting ground
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The Martian Starts Oct 23 at 7pm

Vashon Theatre

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Call for Times

For show times and info check www.vashontheatre.com



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Friday, October 23, 8:30pm
Home Sweet Home & Jason Sees Band

Friday, November 6, 8:30pm
The Garth Reeves Band

Friday, November 13, 8:30pm
The Allison Shirk Band

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Deadline for the next edition of *The Loop* is

Friday, October 23

Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Psychic Fair

A variety of practitioners each month, such as tarot and intuitive readers, astrologers, and numerologists.
Day: Saturday
Date: October 17
Time: 12-6pm
Cost: Prices vary with each practitioner

Alzheimer’s Association Offers Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Monday of the month, 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

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.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

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

RJ Ontiveros Celebration Concert

Come join your fellow islanders for an all ages fundraising concert benefiting BARC, the skate park and the Spirit of Rj Ontiveros. Performing will be Thalia Goering opening for The Dadd’s - “Vashon’s most unfamous band”! Doors open at 7 pm, music starts at 7:30 pm. BIG raffle that includes a custom built Sunday BMX bike valued at \$500, two 40” Samsung Smart TVs with Blu-ray disc players, Ninja Coffee Bar and more! \$5 entry ticket gets you 5 chances at raffle prizes. No one will be turned away for lack of funds. Saturday, October 24th, Book Arts Building (formerly VFW Hall), 22100 Vashon Hwy SW.

Make a date with Vashon!
www.VashonCalendar.com
Vashon Library Events
Art & Music Events
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Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY October 17, 2015
Welcome to 2015 VSDG Lessons and dances
Vashon Social Dance Group Lesson & Dance
Ober Park Performance Hall - 17130 Vashon Hwy SW
(Vashon Park District Office Building)
Saturday October 17, 2015
7:00 - 8:00 pm Cha Cha with Dance For Joy’s Lilli Ann Carey
8:00 - 9:30 pm Dancing to deejayed music
No partner needed. Come and bring anyone interested in dancing!
Suggested donation: \$10 for either or, both lesson and dance
No one turned away due to lack of funding. Join Us!
Hope to see and dance with you then.
Come alone or join us for a wonderful evening of social dance.
NO PARTNER NEEDED!
Candy, VSDG Event Coordinator

Halloween Trick or Treat Night

The 2015 Halloween Trick or Treat Night is Saturday October 31st from 5:00 pm to 7:00 pm!
TRICK OR TREAT! Young and Young At Heart wear your costumes and come up town to enjoy Halloween Trick or Treat at your favorite Vashon haunts. Island Merchants will decorating their storefronts and giving out treats.
COSTUME CONTEST! by VASHON ISLAND FIRE AND RESCUE EXPLORERS. Enter the contest at VIFRE tent at the NE Corner of Vashon Highway and Bank Road, from 5:00 PM to 7:00 PM.
COSTUME PHOTOS! There are plenty of opportunities to for costume photos by talented photographers: Terry Behal will be set up next to the VIFR Explorers tent taking pictures and Rebecca Douglas will be taking pictures at Café Luna from 5:00 pm to 7:00 pm.
ROAD CLOSURES! For the safety of all, roads in the heart of downtown will be closed between SW Cove Road and SW 178th Street (Vashon Theatre) from 4:30 pm to 7:30 pm. Bank Road will be closed from 100th to 97th. Detours will be in place to go around the festivities.
Trick or Treat Night Brought to You by The Vashon Island Merchants and the Vashon Maury Island Chamber of Commerce



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The Vashon Loop

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Vashon Maury Island 2015 BioBlitz with Bianca Perla



This year’s Bioblitz, organized by Vashon Nature Center, explored Maury Island parks and preserves for a 24-hour species marathon with scientists, naturalists, and local community members discovering as many species as possible in one full day and night. From arthropods, and sea lions to lichens, voles, and rare marbled murettes, hear about this year’s amazing finds, learn about Maury Island’s unique ecology, and enjoy superb photos of our island’s flora and fauna presented by Vashon Nature Center Director Bianca Perla. This year’s field count came in at 408 species, the highest ever for a Vashon Bioblitz.

Bianca Perla, founder and director of

Vashon Nature Center is a Vashon native with her BS from Stanford University, MS in Animal Behavior from Northern Arizona University, and a doctorate in Ecology from University of Washington. For the past 16 years Bianca has worked as a conservation biologist and science educator in many remote places in the west. She recently authored Family Walks on Vashon and Prairie Dogs: Communication and Community in an Animal Society.

Thursday October 29th, 7 PM.
Hosted by Vashon Maury Audubon Society at the Land Trust Building. Free and Open to the Public.

“Naked Indian” and Other Stories

By Seán C. Malone

We were down on the beach in the bushes playing “Naked Indian”, Kit Bradley, Mike and I. “Naked Indian” is more a state of mind than playing cowboys and Indians. Dale Bates wasn’t there because we had had a falling out. Dale had been a friend; it was his sister, Loreнна we didn’t like.

We borrowed a few clothes pins from Mom; so we could fasten cards to our bike spokes so as to make a great noise. Mom ignored our “petty” thievery most of the time. Loreнна would hear us coming down the road and would run down their driveway to ram a stick in our spokes. That’s why we didn’t like her.

Bare naked, we could barely see the girls swimming on the beach; it was my sister Molly and two Mabey girls, our neighbors to the north. The brush was thick from where we were peering out, but the girls were naked too, as we snuck up on them to take a look see. “Be quiet, they will hear us”, Kit whispered. Kit was so skinny, his ribs stuck out and stood a head shorter than me. Sixty years later he is two inches taller than I and 50 pounds heavier. They say Kit sprouted up in his teens and never stopped growing.

We were going to jump out and scare the girls with our whips of kelp and spears made from fern. We used bracken because the stalk was easily stripped of its fronds and the root on the other end was heavy, making it a good spear you could get some distance with.



was to stop us from tracking dog doo into the house. Mom went berserk one day when I wrestled Mike down in the grass and he got it in his hair. It smelled awful.

Mom had a police whistle which she would blow when it came time to do the chores. We would be down in Bradley’s canyon swinging on the ivy or hiking the beach and pretend that we couldn’t hear, so as to get out of chores. It seems now that we were in trouble most of the time.

Take the time I threw a firecracker in Dale’s pocket; causing the firecrackers that were in there to ignite. Positively enlightening to see the condition of his pants let alone his leg. I got in a lot of trouble for that and it wasn’t even on our property.

No Name Creek came through a small canyon north of the house. There are lots of creeks on Vashon that have no name and when our creek hit the beach it spread out being 4 inches deep in the middle. We could see the cutthroat trout swimming there and it made for good fishing. After school, I would head for the beach, fishing rod in hand. Sneaking up to the edge of the creek so the trout couldn’t see me, I would cast my line out and say a prayer that a fish would bite. One day, I caught a fish every time I said a “Hail Mary” giving me great faith in the power of bait; and took home 5 nice trout, all at or near 6 inches.

Club O Halloween Dance!

Thrills! Chills! Music! Dancing! It’s CLUB O HALLOWEEN!!!

All the Club O fun - shadow box dancing, laser light show, fabulous music, all-ages fun on the biggest dance floor on Vashon - plus a costume contest and special tricky treaty surprise fun for all!

Doors open at 7pm, following trick-or-treating in town.

La Biondo Farm & Kitchen will be selling hot dogs and baked potatoes starting at 7:30pm, so come for dinner!

\$5 Cover at the door. No one turned away for lack of funds.

****PLEASE NOTE** - we are adding a new rule for our regular Club O dance nights, including this one: Everyone under the age of 16 must be accompanied by an adult. Teens and kids may not be dropped off and left unattended. No more than 5 kids per adult, please.

We will be launching a new TEEN-ONLY Dance Night series later this fall.

Parents may drop off teens to those dance nights and return to pick them up later. Stay tuned for more details!



Club O Halloween Dance!
Saturday, October 31, 7pm

Bruce Needs A Home...

I was a found cat so nobody knows much about my past except that I was pretty scared when I was rescued. Now I know that people are my friends, and I’m a lot more approachable than I used to be. I really like to eat, so maybe the way to my heart is through my stomach!

Notice what I’m wearing? I’m always decked out in a tuxedo in case there’s an occasion that calls for formal attire, but you can wear whatever you want to VIPP’s November 14 Fur Ball. The theme is “The Wildest Fur Ball Ever!” so it should be loads of fun.



Click on “events” on the VIPP website (address below) to buy tickets.

Go To www.vipp.org Click on Adopt

“I’m going to tell Mom”, Molly yelled. She had spotted us. Our goose was cooked so we slowly slunked back into the thicker brush and ran to get our clothes. Brother Mike grew up to be a very successful businessman as did Kit Bradley. But that wasn’t where Mike got his start. There was an old rabbit hutch down below the barn, not far from the raspberries. Mike got some chickens from the chicken farm down the road and converted the rabbit hutch, calling it his “chicken coop company”. He thrived selling eggs to all the neighbors until the raccoons broke into the coop one night and devastated the “chicken coop company”.

Dad brought a book home to read to us, inflaming our entrepreneurial tendencies. It was called “Cheaper by the Dozen”, a story of a family of twelve and every Sunday the father would contract out the house and yard chores in lieu of giving allowances. It worked for them, but it didn’t work for us. Mike would underbid a chore such as washing dishes and sub-contract it out for less money and pocket the profit.

Even the game of monopoly fell to the profit motive, when Mike and I would work deals under the table to drive our sister out of the game. Molly would start crying and call for Mom: “The boys are cheating again” and we would have to stop.

We weren’t paid for our regular chores such as mowing the grass or making a box of kindling. I hated it because Dad would bring home orange boxes that were held together by wire and staples and expect me to make a box of kindling from them. The wood was green and the grain went every which way, making it impossible to split. Ever since, I have used dry cedar rounds; splitting them into neat boards and whacking the kindling off so carefully that the kindling sings.

Another bad chore was cleaning up after the dogs, of which we had three, Boots, Pan and Mike, who my little brother had named after himself. It was called manure patrol and it’s purpose

Which brings me to the subject of the dogs who would pray by lying on the ground and covering both eyes with their paws. At least it looked like they were praying. Two were pedigreed, one was not. All were purebred with names that were quite long, such as Mike’s Black Panther of Vashon, Pan for short. Boots didn’t get a kennel name because she wasn’t papered. Papers made Pan’s pups worth more money which is how I bought my first car. I got \$35 for a female and \$75 for a male. Dad explained to me why the males were worth more, but I forgot what he told me.

I had a whole slew of pups to sell over the years but not as many as the McCormick’s had. Earl McCormick had brazed the broken firing pin in my old 22 rifle when he and his brother George had owned the hardware store. Their Labrador was a cousin or something to Pan and produced so many pups that Vashon became saturated with black labs and I couldn’t sell my pups. Old Pan could throw 9 pups at a time.

Boots was a Springer spaniel who never met anyone coming down our driveway that she didn’t have a piece of paper, gum wrapper or little stick in her mouth that she would offer to you as a gift, but wouldn’t let you take. If you tried to take her stick, she would just turn her head to the side; so we just quit trying to take Boot’s stick. She would wag her whole rear end with just a stub of a tail to do it with, her lips would curl up on either side of her mouth in a dog’s grin and make you feel your worth as a visitor.

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Island Life Turf and Surf

By Peter Ray
pgray@vashonloop.com

I know- it should be Surf and Turf, but on this Island and in this park district it seems that grass will always trump water, until of course we run out- of water that is. I start off this way this time because I endured yet another virtual water torture of a meeting at Ober Park last night. A big part of that pain was inflicted during the ongoing and endless debate over whether the park district should determine what might be wrong with the pool and fix it before the 2016 season comes around and the opening has to be delayed or cancelled to fix what we didn't know was broken, or about to be so. Part of the grand consternation was whether the estimates of the repairs should include the possibility of covering the pool at sometime in the future when the park district wasn't spending money or directing energies toward any number of projects that served as few people as possible with little or no chance of collecting revenues for it. We'll get to that later. Having watched this meaningless back and forth I can say that I continue to share Capt. Joe Wubbold's pain as, meeting after meeting and month after month, Mr. Ameling and crew refused to grant the Pt. Robinson keepers a paltry eight thousand dollars to paint the historic lighthouse roof Coast Guard red. There was no really good reason given for this holdout beyond the claim that they needed every pinched dime to finish the sacred VES fields and unicorn ranch, if one could call that reason good or fair.

Along those lines, it should be mentioned once again that earlier this year, when the end was believed to be in sight for the completion of VES, the Paradise Ridge horse people asked for and were granted within two meetings, ten thousand dollars to break up concrete deemed to be hazardous obstacles for both horse and rider. Back in ancient times when I swatted at flies and hauled buckets of water while my sister cleared obstacles and fences over saddle, the thought of a flat bit of pavement as an object of danger for horse and rider seemed remote at best. And given that there are some 43 acres included at the horse park according to the VPD website, this would say to at least some of us that there is adequate room available there in order to safely avoid these danger spaces. And while it seems that these slabs are indeed documented and known, the six to ten thousand dollars being requested by the Friends of Vashon Pool (and theoretically anyone else who wants to swim there) to do the comprehensive study that would serve to enumerate the potential fail points and guide thought, budgeting, repair and restoration of a well used park facility, all seems like a much better and needed use of funding. The debate raged over the sense of this study, as well as whether or not it would promote and make inevitable the eventual covering of the pool for year round use. As per usual, a decision on this was left to another time, but not before we got the usual summing up from Mr. Ameling in his stating that the Island didn't want

a rolling-covered pool, they wanted a good pool. It seems that a pool that can be both indoors and out with the potential of responding immediately to changing weather conditions is a good pool, but a feasibility study that would answer those and other questions seems like it should be a first and simple step to help in getting there.

Commissioners one and all could possibly have taken a cue from one of the next agenda items, which was a discussion of the Tramp Harbor Dock. Actually it was more like a cheerleading session led by the executive director, who ran through all the possible grant possibilities that might fund the entire rebuilding of that structure for somewhere around a million and a half dollars, which somewhat mirrored the monetary demands that a pre-feasibility study estimate as to what a pool reconditioning and covering might run. This new dock would serve all those who like to stand over the water while either peering through multiple layers of glass at dwindling populations of waterfowl, or those who like to stand and dangle lines and hooks over the edge of a railing to grab and capture members of various sub-aquatic tribes whose numbers are dwindling. I'm not maligning bird watchers and fisher people, I'm just curious as to where priorities might be coming from prior to the conducting and release of the anticipated study intended to set parks priorities from public opinion. As far as I know, if the Tramp Harbor Dock blew down at Thanksgiving, no parks programs involving squid-jigging or grebe gazing would disappear. On the other hand, if the outbreak of stuck valves that threatened to close the pool early this past summer continues to spread unchecked and unrecognized into next spring, something more than just a few programs might disappear.

I was going to go on about the pair of whining middle-aged white guys who kick balls around and were "pissed off" - their words- because they either did or didn't want to pay a user fee to drop in for a little soccer. Since they wasted about 20 minutes trying to decided if they were or weren't okay with paying the fees that everyone else does, I won't waste anymore of your time with trying to make sense of it. What I will say is that tons more sand and four thousand dollars of grass seed and fertilizer are being added to VES soon to perpetuate the need for perhaps more than the more than two million gallons of water that was used to irrigate up there this year. I say this because one of my neighbors' wells has been having trouble keeping up with demand recently. Our area here is within a mile of VES. I'm not saying this has anything to do with water use up there, but it just might be a warning that aquifers in this area are at least suffering from changes in recharge due to longer periods of dry, followed by hard rains that run off rather than soak in. Rather than more sand and water, perhaps we should be looking at ways to add water holding organics to the soil there. When the sand starts coming from the well up at VES instead of from the gravel pit, you could expect to see those "sustainable" gray-water tanker trucks competing for space on the ferry dock while parks scrambles to see what else is feasible.



Ink + Mylar

Organize Your Kitchen Like a Pro!

by Rachel Waldron

I have an old kitchen, and by old, I mean that it hasn't been updated EVER and was built in 1920. So, I have a really cool old fashioned ice box built into my cabinets with a place for ice and ventilation to allow the cold air to move through and keep my food fresh. I have zero built-in appliances. That's right, I'm the cobbler with no shoes for my children- as an interior designer I do not have a dishwasher built into my kitchen!

While I do have a kitchen designed and am very ready for my remodel, there are other things that have a higher priority for me (shocking, right?). So, in order to live with what I have, I did something that I do for my clients when I design a NEW kitchen space. I zoned it. Now, I'm going to teach you how to zone your kitchen as well!

First, we start by creating the five key zones in every kitchen: PREPARATION, COOKING, CONSUMABLES, NON-CONSUMABLES, and CLEANING. I chose one area and began there- cooking. The area I chose for cooking was the area in the immediate vicinity of my stove because, well... it's near the stove! Empty all the cabinets immediately surrounding the stove, and get all your cooking utensils, cookware, spices, canned foods, and any other foods that will immediately go from their container to your stove. These are the items that should be placed in these cabinets. I had a tall pantry, an upper cabinet and a lower cabinet. In my tall pantry, I put the eggs (fresh from chickens- not the kind that need refrigeration!) and the cookbooks. In the upper cabinet, I stored spices, canned foods, and pasta.

Next, let's move to the clean-up area. Now, you can do this in any order you like. This is the order I moved in my kitchen. I started at my stove and moved in a clockwise manner. Clean up should be centered around your sink. This is where you'll want dish towels, sponges, garbage bags, soaps, etc.

Next, I have the non-consumables. I have placed my Tupperware in the ice box (well?! I'm not putting my refrigeration in there!) with my china on the top shelves and aluminum foil, saran-wrap, etc. on the bottom shelf. In an adjacent cabinet I have all my regularly used plates, bowls, and glasses. Below that, I have cutlery and small electrical appliances. I like to keep this zone near the clean-up zone to make it easier to dry the dishes and put them away or pull them from the dishwasher and set them right in the shelf where they belong. The preparation zone should be

where you have the most continuous counter space. Store your mixing bowls, flour, sugar, and other baking goods in this area so they are all at your fingertips when it comes time to bake. I am very fortunate in that I have a lower counter with a large lower cabinet where I placed the bowls, cutting boards, and mixing devices. Up above, I have the flour and other baking ingredients.

Now, we have the consumables. Your refrigerator should be in this zone as it includes all your food items. My refrigerator is awkwardly located in the corner of the kitchen, right next to the stove, so I chose the area immediately across from the refrigerator immediately adjacent to my preparation area. In the upper cabinet, bottom shelf I have my bread and peanut butter for those daily pb&j's my kids love so much. Above that, I have the quick snack foods- fruit leather, rice cakes, crackers, etc. The top shelf is saved for my treats that I keep tucked out of the kids' sight... chocolate and other candies! All my consumables fit just fine in the upper cabinet, so I used the lower cabinet here to place the kids' plastic cups and bowls. It's a nice, low location so they can grab and get their own water after school or a bowl to fill with fruit.

Now, hopefully if you're living with a kitchen that you are not quite ready to remodel, this can help you live with it a bit longer!

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

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Spiritual Smart Aleck

High School Reunion Part 2: Redwoods and Reunion

From Smith River, a few miles south of the Oregon border, I headed through the redwoods on Highway 101. I traveled a little way on the Avenue of Giants, a dark, curving two-lane road under the trees which was still the main highway when my family traveled there back in the 1950s.

There is something about the redwood trees that calms you. You drive through their shade, gawping at the size of the trunks, smelling the rising aroma of forest floor on a hot day, and it seems like there is no history, no future, only the eternal now of these trees. It was good to revisit them, inhale those forest scents, and feel the deep peace in their shadows.

Made it to Santa Rosa that night. Stopped at a modest looking older motel, where they charged me \$215 for the night. “There’s two beds, and it’s the weekend,” explained the nice young man at the desk. The room was nothing special, but it did smell bad. Hear ye: DO NOT stay at the North Bay Inn in Santa Rosa. If you want to spend that much for a night’s sleep, find a nicer place to do it.

The next day I made it to Watsonville, checked into my motel, put on the specified business casual wear for the reunion, and waited for my friend Shane to pick me up. Shane showed up soon, we stopped to pick up friend Merri Lou and her husband Barry, and off we went to the reunion.

Why go to a reunion? I was not particularly close to most of those people fifty years ago. I didn’t really want to go but made myself do it, to shake myself up, get out of my stay-at-home rut, and perhaps see some new angles on life.

The thing is, we at the reunion are the ones who live on. It is something still to be alive fifty years later, to have survived everything life has thrown at us and still to be wondering what life has in store for us. We are the privileged ones, still here to play the game.

Or, as Kurt Vonnegut said, “We are here on earth to fart around, and don’t let anybody tell you different.” I don’t have many arguments against that thesis, although personally I like to feel like I’m doing some good while farting around. That’s my cross to bear, and as we all know, it’s better to bear a cross than to cross a bear. Sorry. Just farting around.

The reunion was okay. The



By Mary Tuel

people I most enjoyed seeing were the kids with whom I went to elementary school. Some of my girlfriends from high school whom I remember fondly were there.

I got to talk to Mas Hashimoto. He lived in Camp Poston during World War II, a Japanese internee along with his family. He graduated from Watsonville High in 1953, then came back there to teach. After three decades of teaching he retired to devote his life to being an advocate for civil liberties. He has many speaking engagements, and like survivors of the Holocaust in Europe he strives to keep the memory of the internment of Japanese American citizens during World War II alive.

This is a good thing. I grew up in Watsonville, had many Japanese American fellow students, and never heard of the internment until I was in my twenties. Memories can be buried as well as forgotten.*

As we were leaving, I turned to Shane and said, “I have a sore throat from shouting to be heard all evening.” Hah. The next morning I awoke and realized that no, what I had was a cold. Bummer.

Ran a couple of errands. Went out to the ranch where I grew up and discovered that the house had been bulldozed and a nice new house built in its place. My brother and I were amazed the old house lasted as long as it did. It was termite-infested back in the fifties.

Then went and bought some flowers (yellow roses) and a vase and went to the Pioneer Cemetery to visit my parents’ graves. There they lie, side by side. I arranged the roses in the vase and set it between them.

Went back to the motel to be sick the rest of that day, then got up the next morning and headed for I-5.

Did stop for a brief meet-up with cousin Charlotte in Williams. She lives in Hidden Valley Lake, a community which was in the path of the Valley Fire. The fire stopped at her back fence, where firefighters had bulldozed a fire line. So many people were not as fortunate as she was, including some of her neighbors.

Now I’m home. Autumn is moving in and the dog and cat seem as happy to have me back as I am to be back. Nothing like leaving for a while to realize how much you love home, especially after you’ve shaken yourself up, gotten out of your rut, and acquired some new angles on life.

*Fact: Canada interned Japanese Canadian citizens during World War II. Their internment did not end until 1949.



Vashon Allied Arts Classes Fall 2015

Adults

Creative Writing
Tuesdays, Nov 10-Dec 29, 1-3 pm
Tuition: \$160 Member, \$180 General
Instructor: Eric Horsting
Focus on technical elements (plot, point of view, style, character, dialogue, description) and process (how to start, how to revise, how it feels to write, how our lives affect our writing). Friendly, informal environment empowers writers to find their particular path and unique voice. Eric taught creative writing at Antioch College in Ohio for 32 years.

Watercolor Painting
Thursdays, Oct 8-Nov 12, 10 am-noon
Tuition: \$140 Member, \$160 General, \$22 materials
Instructor: Will Forrester
Paint still lives, landscapes, figure paintings and imaginative illustrations. Learn about preliminary sketches, structuring and blocking, integrating drawing and painting, seeing tonal value, painting hard and soft edges and color theory. Experiment with textures, masking with frisket, mixed media and “pours.” Held at the Grange Hall, 10365 SW Cowan Road.

Soup with Megan
Monday, Oct 26, 4-7 pm
Tuition: \$40 Member, \$50 General + \$25 materials (includes drinks and appetizers)
Instructor: Megan Hastings
It’s cold outside; warm up by learning cooking fundamentals (and secret recipes) from Megan Hastings of Snapdragon Bakery and Cafe! Cozy up to the bar for tasty appetizers and beer/ wine/coffee drinks as you make 2 different vegetarian soups and herbed crackers to accompany them. Please bring your own knife, apron and soup pot to take home and share with your loved ones! Chef hat optional.

Partner Dancing
Thursdays, Oct 29-Dec 17, 7-8:30 pm (skip Nov 26)
Tuition: \$100 Member, \$120 General
Instructor: Jacqui Lown
Swing, pivot, swirl, glide...learn to partner dance using basics and flourishes of swing, foxtrot and waltz. Partners encouraged but not required.

Glassblowing, Wine and Cheese
Session 1 – Monday, Dec 7, 7-9:30 pm
Session 2 – Tuesday, Dec 8, 7-9:30 pm
Tuition: \$50 Member, \$65 General + \$20 materials
Instructor: Brian Brenno
Start your holiday season with a hands-on ornament making session at Brian’s studio. Enjoy wine and cheese too. A great way to create special holiday gifts and ornaments.

Adult/Teen

Clay Basics and Beyond!
Ages: 15-adult
Session 1: Thursdays, Sept 24-

Nov 19, 10 am-12:30 pm
Session 2: Thursdays, Sept 24-Nov 19, 7-9:30 pm
*Independent studio work time for both classes: Sundays 1-5 pm
Tuition: \$180 Member, \$200 General + \$70 lab fee
Instructor: Liz Lewis
Be inspired by the exciting shapes, fixed brushwork and fluid glaze of Oribe ware from 16th century Japan— pattern and repetition meet variation and surprise! Practice hand building and wheel throwing skills through structured projects, as well as independent directions. Held at Liz’s studio, 12714 SW Cemetery Rd.

Encaustics: Photo Transfers into Beeswax
Ages: 14-Adult
Sundays, Oct 11 & 18, 1-5 pm
Tuition: \$95 Member, \$115 General + \$25 materials
Instructor: Ray Pfortner
Learn the process of transferring a photograph into warm beeswax while removing the paper print. Your image will appear to float off the surface and the result is captivating. Open to all photographers using any camera, digital or film, ages 15 and up. Bring 10 photographic prints to the first class (5x7 preferred, or 4x6, lustre or pearl preferred). Leave with 4 finished pieces...perfect for holiday gifts!

Ukulele
Ages: 15-Adult
Wednesdays, Oct 14-Nov 11, 7-8 pm
Tuition: \$65 Member, \$75 General
Instructor: Camille Coldeen
Play the ukulele! No experience necessary. Learn a few basic chords and an incredible repertoire of music becomes available: Hank Williams, Sam Cooke, John Prine, Smokey Robinson, and more! Beginning uke players will learn to feel chord changes and learn basic music theory through experience. Camille is a singer/songwriter and multi-instrumentalist (accordion, piano, guitar, mandolin, ukulele, drums) loved by Vashon as the lead singer for “The Diggers.”

Making Pie with Tom
Ages: 14-Adult
Session 1: Sunday, Oct 18, 2-5 pm – Shaker Lemon Pie
Session 2: Thursday, Nov 19, 2-5 pm – Pumpkin Pie
Tuition: \$45 Member, \$55 General + \$20 materials
Instructor: Tom Conway
Learn to make tasty pies from scratch! Whether it’s Shaker lemon or pumpkin pie, Tom will show you hands-on how to make uncommonly delicious filling and share tips for making the perfect crust. Come home with a pie to share!

On Location Photography: Zoolights at Point Defiance Zoo
Ages: 15 to Adult
Wednesdays, Dec 2 & 9, 7-9 pm
AND Saturday, Dec 5, 3:30-9:45 pm
Tuition: \$110 Member, \$125 General
Instructor: Ray Pfortner

Play with light! Explore how capture what you see and much more - learn about camera settings and handling, shooting safely in all weather and special effects to make lights look truly magical. Open to all levels of experience with any digital camera.

Yoga with Ronly
Ages: 16 to Adult
Every Saturday 9-10:15 am (skip Oct 10 & 24, Nov 14)
10-Session card: \$125 Member/\$135 General
5-Session card: \$65 Member, \$75 General
Instructor: Ronly Blau
Join this mindful, flowing yoga class that weaves together asanas with pranayama, meditation and Ayurvedic wisdom. Blau has taught yoga for over 12 years and is a Certified Ayurvedic Practitioner, Yoga Instructor and Licensed Massage Practitioner. For more information visit MeadowHeartAyurveda.com

Kids/Teens:

Late Start Arts Fall 2015
Grades 1-5
Tuition: \$30/Session
Kids in grades 1-5 can join us for enriching, educational activities on Chautauqua Professional Development Days. Parents bring children to Vashon Allied Arts between 8:30–9:00 am on PDD late start mornings and the Chautauqua bus will take them to school at 11:30 am. The fall line-up includes human jazz with Christian Swenson (Morphoman); improv with Jet City Improv; clowning with Martha Enson; yoga and martial arts with Ronly Blau and Alex Echavarria; puppet theatre with Bill Jarcho. Fee includes snack and art supplies. Late Start Arts is open to homeschoolers.

Musical Theatre: The Snow Queen
Grades: 3-12 (parents invited to participate for free)
Mondays and Wednesdays, Sept 14-Nov 18, 3:45-5:45 pm (skip Nov 11)
Performances Nov 20-22
Tuition: \$220 Member, \$240 General + \$45 materials
Instructors: Marita Ericksen and Camille Coldeen
Be spirited away by this new musical adaptation of Hans Christian Andersen’s fantastical coming-of-age adventure that inspired the hit Disney movie Frozen. Join Gerda on a dangerous and whimsical quest to save her best friend Kai before he is trapped forever in the Snow Queen’s palace. Dare to enter a world where flowers sing, animals talk, snowflakes do a ballet battle dance and riddles yearn to be solved. With an original pop rock score, alluring ballads and urban steam punk flair. Parts for 20+ kids (and parents who want to participate in supporting roles!)

Sing Out and Move About!
Ages: 3-5
Tuesdays, Oct 6-Nov 3, 9-10 am

Continued on Page 9



Aries (March 20-April 19)
The conversation you're having within a particular relationship may turn around suddenly, so don't get yourself in a huff about anything. Keep listening, and pay attention when you do. You will benefit from the information you gather over the next two or three days. You may gain insight into certain key people in your life that you would be unlikely to have otherwise, and this will change not just your opinion but also your emotional orientation. Put simply, what you know will help you get along better with significant others in your life. What would help immensely is recognizing that you're working for a common cause -- the mutual improvement of your lives. It would be wise of you to work out any anger or resentment that you may feel, particularly toward women. Come to terms with your sentiments, find an appropriate time to have any necessary discussions, and resolve to forgive (especially yourself) and move on. You have greater things to look forward to than you've come to expect. Therefore, let go of your old expectations, and point your life forward.

Taurus (April 19-May 20)
You seem determined to push forward with your creative plans, and you will make plenty of progress over the next few days if you keep your focus. That means a few things. One is to stay close to your motivation. Something is driving you forward, and it would be helpful to work with whatever that is. It might be something personal, such as emotional or sexual attraction. You might be driven by service and your need to do the right thing. You might have a message you want to get out. Whatever may be moving you, stay close to it both mentally and emotionally. Second, don't let yourself be driven mad by the details. Attend to them as necessary, though that's different from obsession. Said another way, keep your larger goals in mind and guide everything in that direction. Last, remember that all collaboration is about relationships, and that means relating. Efficiently iron out any misunderstandings. Be flexible and respectful of the authority of others. Be willing to contribute a little extra to the solution, and to help reduce any tension in the environment.

Gemini (May 20-June 21)
Mercury, the Gemini planet, stations direct Friday in one of the sweet spots of your chart. I could describe the properties of Mercury in the first degree of Libra, such as some miracle of diplomacy, or solving a problem that defied all resolution. Yet there's something much larger and more significant -- which is to say, this involves your orientation on existence. Yes, you have one; you have a worldview, you have a perspective that influences everything you perceive and everything you believe. This is what's changing; this is what's awakening in a way that's never quite happened before. Your life could pivot on something that seems small or insignificant; a single idea could lead you to reevaluate everything. Are you open to change on that scale? It would help immensely if you are. Longterm factors present in your chart are calling on you to be adaptable, particularly in your opinions. You may need to do this in the face of others who expect you to buy into their dogma or their own intractable position. Hang loose. Reality is not what it seems.

Cancer (June 21-July 22)
A few times recently I've brought up the theme of writing and how important it is for you this year (meaning, the year that Jupiter is in Virgo) -- and I'm here with this topic once again. If you've found this to have some appeal, or if I'm saying something you already know, this is the weekend to connect with your mission. True, you'll have others in the coming seasons, but few so effective as this particular moment. Remember that writing is a craft, much like carpentry. It is day-to-day, hour-to-hour work, and it can be great fun. Your raw materials are ideas,

observations and personalities. If you're not especially experienced with writing-as-craft, start with a small project, designed with a purpose, that you complete. Then move on to the next. If you are experienced, you're ready for something more ambitious. You might start with a one-page treatment of your concept, and get started gathering or building your basic elements -- character sketches, dialog or taking some research up one level into readable form. Meanwhile, as for your physical world, this is a great weekend to stay close to home and see what you discover and who you meet. You could not have a better time in Paris, London, Moscow or Mozambique, unless of course you already live there.

Leo (July 22-Aug. 23)
You may feel driven to get your finances in order, and you can make some progress doing that. However, something more immediate seems to be on your agenda -- something new and unfamiliar that does not involve resolving much of anything from the past. This is one of those moments when it's vital that you not allow old business or old ideas to influence your new dreams, desires and designs. This may be a challenge, as certain matters lingering over from your prior affairs are definitely trying to get your attention. They may or may not matter much in the near future; in any event, anything seemingly important can wait. Your new opportunity -- whatever it is -- is more sensitive to the passage of time and it has a specific window, which you're about to enter. Unlike any activity or task that is a holdover from the past, you will need to get accustomed to being in unfamiliar territory with a thinner atmosphere. Not everything seems so certain; you have to make things up as you go along. Yet the pull or draw in that direction, the sense that you really need to begin this thing, is undeniable.

Virgo (Aug. 23-Sep. 22)
It's not as complicated as it seems. You just need to sort out your feelings. Don't dance around the main point, which seems to be anger. There's a reason people are afraid of anger, which is that it contains power. I suggest you start by not meeting anger with fear and instead listen to what it's telling you. If there's something about being angry at women, or a specific woman (your mother, or someone else in a position of authority, whether now or in the past), be real about that with yourself. It will not help you at all to deny your emotions, or to take them out on yourself; you'll only weaken yourself. The question is what to do with your feelings, and I would suggest that acknowledging them and the influence they've had over you is plenty. You may, however, notice that you're making decisions from a different point of view. You might even pause for a few days and decide what you really want to do. Remember to write your agenda in pencil or on a chalkboard; it's subject to change.

Libra (Sep. 22-Oct. 23)
If you can set aside the idea that others are being critical of you, you will see that you're the one being critical of yourself. However, this may turn up in some form that you don't recognize, such as fear. You'll help yourself greatly by observing your anxiety level (including in your dreams and upon awakening) and pausing long enough to figure out what's really going on. You may have to move through a few layers of consciousness to do that; one issue is likely to mask another. From the look of your charts, you appear to be in a situation where you don't see an easy way to resolve things, nor do you see an easy way out. You may be wondering if you're actually trapped somehow. If you're in a trap, it's psychological, which would include emotional. There are some old patterns involved. The most important things you can do are to observe yourself carefully and look for those patterns, which may go back a very long way. Remember that you are no longer a child and don't need to respond as one. You have your adult powers, including

the ability to make choices. Remind yourself of that, and get some options in front of you, and you will feel better.

Scorpio (Oct. 23-Nov. 22)
You may notice that people are responding to you more than usual -- that is, hearing what you say, or at least recognizing that you said something; noticing you in public; perhaps responding to you more vocally in online environments. If you haven't observed this happening, you might step up your presence a notch or two and be just slightly more open about how you're feeling. This can include with yourself, in the form of not intentionally suppressing -- or worse, rationalizing -- your emotions away. You may feel especially vulnerable dropping these defenses. You may feel like you're suddenly subject to the wrath of others. Something else is more likely: you will be in a much better position to negotiate. Indeed you may feel like you've discovered the secret ingredient that brings you to the same level as others. This whole thing about denial and rationalization as mental processes that render others superior to you deserves a good close look, such as if you were to write a novel about it. For now, you have a tool to work with, one that will help you maintain level ground with the people in your life.

Sagittarius (Nov. 22-Dec. 22)
The next few days arrive with a rare alignment that gives you many ingredients you need to move your life forward. You might begin by identifying the areas where you feel like you're held back. This in turn would help you focus your priorities. There are some aspects of your life where you are making steady progress and others where you seem to be lagging behind. The areas where you feel like you're moving slowly are not as stuck as you may think. Much of what you need is a bold, clear assessment of your existence, your priorities and your sense of the future. Put one way, you need clear goals; and if you take some time today and through the weekend to focus some of those, you will discover later on that they were prescient. Your planets have you aligned with your future so well that you can look right at it and see it clearly. Notice what you can visualize. Notice what you can feel. Notice what makes you curious. Those are signs that you have vitality and passion behind your ideas.

Capricorn (Dec. 22-Jan. 20)
You know you're capable of great things. The question is, what is standing between you and your potential? If you're asking that, your mind is starting to come into focus. Though you're a Capricorn, famous for getting things done, it would appear that applying discipline to a specific idea is what you must focus on. It's not enough to have good ideas, and it's not enough to be busy all the time. It's essential to take a larger task, in this case a specific goal, and break it down into smaller steps, and complete each of those steps one at a time. This is about efficiency more than anything; there are a limited number of hours in the day, and a finite number of years in your life. If you find yourself acting like you have time to spare, you need to re-focus your mind and get back to those specific steps. The good news is

that you're in an excellent position to actually do this, rather than merely wanting to, or thinking about doing so. You're at a point of beginning where you can strike a difficult balance between taking care of the present and taking care of the future. Yet in the long run you must be willing to come back to the task at hand every day, and maintain vigilant awareness of your priorities.

Aquarius (Jan. 20-Feb. 19)
You may not adhere to any religion, preferring your own version of the cosmic order, based on your own inquiry into life. That is a sign of intelligence; you don't need to run your body and soul on someone else's operating system when you can write your own. Here is the place where anyone who is really thinking falls off the wagon of the dot-org, ism-obsessed version of spiritual reality: it almost always prioritizes an abstract relationship (with a seemingly non-incarnated entity) above the connections we have with one another. True, religion pays lip service to 'love thy neighbor', but we see how well that works in the corporate version of spiritual life. You seek connection with the divine through connection to humans and other critters, to society and through self-awareness. Nearly all religion is set up to deny the obvious benefits of living in actual contact with yourself and your world. It's designed to drive people's lives through guilt into a state of desperation, leading them to seek something 'greater than themselves'. As part of living your own way, the most vital clue from your chart involves cultivating your own ideas about relationship, on your own terms. For you, that is the message of this Mercury station direct.

Pisces (Feb. 19-March 20)
Some people have a lot of weird ideas about sex. Some have nearly no ideas about sex. And a few people have some coherent, helpful ideas about sex. Right now you're being invited into this third category, which will require you to question what most people are terrified to do: take charge of your own agreements. Everything that's not a criminal act of some kind depends on an agreement, an understanding or some kind of contractual arrangement. Right now there is festering rage (particularly in American culture) about sex occurring outside the context of an agreement. There is a remedy to that, which is being the master of your interpersonal contracts. To do this well, you must question what you believe, which invariably takes you deeper into questioning who and what you are. That, I believe, is the controversy: to have an honest agreement, you must be in contact with your values, your desires and your needs, and unabashedly so. It's easier to get overpowered. It's easier to manipulate. It's easier to compromise with your values -- in the short term. Right now, you have an opportunity to put out what's absolutely true about you, and in particular your ideas about sex, and get some positive result. This particular window opening up is rare enough, but I think you can squeeze through and come out on the other side..

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



Positively Speaking

Over, Under, Around, or Through

By Deborah H. Anderson



everyday. I can remember being raped, but because I've healed and told that little girl she's OK and I will protect her from now on, I am not a prisoner of being raped. I am free to be secure and happy.

Having had the privilege of going to an all women's college which, by the way, has just been rated by The Princeton Review as one of the top sober colleges in America and equally so a "Got Milk" schools (no beer guzzling either) I have enjoyed the profound warmth of sisterhood. It has been seriously grievous to meet women, on the outside, who consider me an enemy or competition to be overcome. Wow! They are missing a lot!

Women of America: though our culture still dictates a necessity to be creative in outsmarting naysayers who would have us fail, do not let the process take away your woman's heart. Feel the pain, heal the pain. Learn to cry. Tell the truth, the real truth. Face your inadequacies. If a married guy wants to have an affair, tell him where to put it. Hone your skills, live your passions. Know who you are without a partner. Laugh, love, live. If you find yourself becoming strident or fearful, call a friend. Be your best self, your best woman. Be secure in the gift you are to the world. Remember you have the power to say "You can't do that to me! You also have the right to say,"Here I am world!" Smile! Being a woman is not the booby prize it once was. Pun intended.

Love,
Deborah



I love being a woman even though it has brought me much heartache. I broke a gender barrier in the church twenty five years ago. First one through the wall gets bloody. But nine women came immediately after and that's what true sisterhood is like. God loves female leadership, or so the Bible and Torah state. My namesake happens to have been one of the strongest leaders in the texts. Deborah was asked to lead a particular battle and her response was "Well the men are supposed to do this but if they won't I will".

In my life I have experienced two different kinds of women: women who are not competitive with other women, and women who are clawing and scratching their way to the top. I like the former better and feel sorry for the later. There are two other kinds of women, also: women who've been raped and faced their pain and cried their tears, and women who've been raped and never healed and act out all the fear and terror every day in every way. I definitely feel sorry for the unhealed victims. They don't get to appreciate the joy of being a woman. Somewhere in their sub and un conscious they are reliving their attack

The Hunting Ground: Exploring our nation's problem of rape culture on college campuses

The Vashon DoVE Project and Woman's Way Red Lodge bring the film "The Hunting Ground" to Vashon Theatre, Tuesday, October 20, 5:30 PM. Following the screening will be a panel discussion.

Currently one in five college women will be the victim of rape or sexual violence on their campus this year. Rape culture, as evidenced by the recent "Freshman Daughter Drop Off" sign outside a fraternity at a Virginia college campus, is endemic at Ivy League universities, state schools, and small colleges. Due to institutional cover-ups, perpetrators are not being held accountable.

The Hunting Ground, a 2015 documentary, follows two survivors who take the matter into their own hands, employing Title IX to fight back while sharing their knowledge among a growing network of survivors who refuse to be silenced.

The film is a must see for students preparing for university, anyone who has a child in college or thinking about attending college. Counselors will be on



hand for anyone who needs support. Admission is by donation, \$5-\$20; no one turned away for lack of funds. Doors open at 5 PM and the film starts promptly at 5:30. The event is part of DoVE's October Domestic Violence Awareness month and Red Lodge's annual member fund drive. For more information contact amy@wwrl.org.

Road to Resilience

Continued from Page 1

and again that we have bargained for several years and this is the best we can get, but some of us just can't accept that, as if we could bluster even more and intimidate them into meeting our ultimatums. What makes that even more ridiculous is that our record for muscling our way around the Middle East has been well short of our expectations.

Those of us who can see what is going on here need to sit down with our counterparts in the other tribe and establish a basis of trust and communication. We trust people that we know and have some commonality with. It doesn't mean we agree on everything. In fact, that would neither be likely, nor good for society in the long run. If we all have the same opinion about everything, we're sure to be missing something. Trust needs to be earned through sincere and compassionate communication. Once we have trust, we can deconstruct our differences and find common ground. We can also gain an appreciation for the different ways that each of us approach problems and allow some compromise in finding a course that we can all live with.

There are also grounds for some conspiracy. While we are at each other's throats and our government is unable to function, some others are taking advantage of the chaos. It is undeniable that major corporations are, in fact, the decisive players in government policy

in the US and that they are working hard to pass trade agreements that will supersede government authority entirely. They are asking us to see government as basically unable to deal with our problems and offering to come in to solve these problems for us.

Our only recourse is to cut through the general dysfunction of society and prove that we can rule ourselves. This, after all, was the grand experiment upon which our country was founded: that we the people had the wisdom to rule ourselves.

I mentioned a month ago that I would like to start a local Coffee Party chapter here. The Coffee Party is made up of conservative and progressive individuals who are sick and tired of the bickering and want to find common ground through orderly and mutually respectful discussion. I hoped that some of you would step up to this challenge, but only one fellow progressive answered, and we have nothing to gain from talking to each other! Listen folks. We have nothing to lose and everything to gain by initiating some real dialogue. It won't be easy, but there really is no other way out of our national dilemma. I'm not sure any conservatives read my column, but if you are one, please consider this invitation. We should keep the sides even so that nobody gets browbeaten. Of course, the discussion will need to proceed along mutually agreed upon rules.

Please respond with ideas.
terry@vashonloop.com, 463 2812

Charm, surprise, amazement...

Continued from Page 1

won't want to miss.

We All Fall Down was created by extraordinary circus performers Marta Brown, Arne Bystrom, Emma Curtiss, Jasmine Manuel, and Jonathan Rose.

This is a chance to see them up close and personal, debuting a brand new work. Open Space for Arts & Community is proud to bring this debut to Vashon.

Tickets will be available at the door only. Admission is by Donation, Suggested \$15 for Adults and \$10 for Youth ages 10 to 18. The performance is appropriate for ages 10 and up.

Performer Bios

Marta Brown's background is in gymnastics and dance. She started her circus career performing in productions of Ocircus! at Oberlin College. In 2008 she moved to Seattle to teach and train at SANCA. In 2012 performed with San Francisco's Circus Bella, and in 2013 she joined the Acrobatic Conundrum in their production, "The Way Out" which headlined the first annual Chicago Contemporary Circus Festival.

Arne Bystrom is a founding member of IMPulse, juggler, acrobat, and porter. He is a graduate of l'Ecole de Cirque de Quebec. Arne has performed internationally including the Festival d'été de Québec, Chile's Universal Forum of Cultures 2010, Circus Smirkus, the Chicago International

Circus Festival, Seattle's Moisture Festival, and Teatro Zinzanni Late Night. When he's not amazing the crowds, he coaches at SANCA in Seattle.

Emma Curtiss is an aerialist, Cyr wheeler, and founding member of IMPulse. She has a wealth of performance experience, including the Acrobatic Conundrum's "The Way Out" which was featured at the Chicago International Circus Festival. Emma is currently a coach at SANCA.

Jasmine Manuel is a circus artist and acrobat who started out as an obsessed fan, eating barbeque wings and watching Cirque du Soleil's Varekai every night in middle school. SANCA provided inspiration, training, and encouragement when she joined the youth performance troupe. She spent 3 years studying graphic design before realizing that she made more time for tightwire than typography. She is a founding member of IMPulse.

Jonathan Rose's love of circus began in Mexico where he ran away with El Circo De Gran Choya. After traveling through Mexico, he began studying aerial arts at SANCA in Seattle. Jonathan's unique combination of strength, grace, and dynamism were featured at the Seattle Boat Show and the Moisture Festival. He performed in the 2014 Chicago Contemporary Circus Festival with the Acrobatic Conundrum. His favorite fruit is bacon.

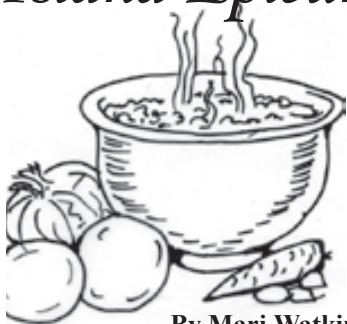
Next Edition of *The Loop* Comes out Thursday October 29

Deadline for the next
edition of *The Loop* is
Friday, October 23

Loose Change

R&B Band

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To Live Long, Eat Nuts

If gluten is a serious problem with you and/or yours, make these with Bob's Red Mill rolled oats. They're guaranteed to not even be rolled on equipment that has ever been exposed to wheat, barley, or rye, hence have not a smidgeon of gluten. If gluten is no problem for you or anyone in your family, any rolled oats will do fine.

- OAT NUT WAFFLES,
PANCAKES or CRÊPES
2 ½ cups water
1 ½ cups rolled oats
1/3 cup raw cashew nuts
or sliced almonds or ¼ cup
almond butter or almond meal
1 Tablespoon olive oil
½ teaspoon salt

To serve for breakfast or for dinner dessert: Spoon cottage cheese on one half of a crêpe. Top that with raspberry jam. Flip the other half over this filling. Enjoy!

Cara Briskman felt an immediate resonance with The DoVE Project, stating “For me, Lit Lounge is an open forum; a thematic word is suggested, and then it is up to the participants to

People who bring a story will drop their name in a hat at the door when they enter - and names will be drawn as the event unfolds. If your name is drawn, up you come to tell your story. Between 10 to 12 names will be drawn - and it's up to fate and the storytelling gods and

Lit Lounge was created in part due to a grant from 4Culture.

Family Fun!
Clay Day: Penguins
Ages: Adults, teens and kids
(kids under 8 sign up with
someone older)
Saturday, November 7, 2-4:00
pm
Tuition: \$25 Member, \$30
General + \$5 lab fee
Instructor: Liz Lewis
Celebrate this frosty season
by designing and making
a penguin sculpture with
personality! Held at Liz's studio
at 12714 SW Cemetery Rd.

TRASH TALK

The pilot program is underway at the Transfer Station. Dispose of yard waste at reduced rates: \$12 minimum per load up to 320 lbs., or \$75 per ton. Yard waste includes leaves, grass clippings, weeds, brush & branches less than 8' in length & 4" in diameter. No soil, sod, rocks or plastic bags.


ZERO WASTE VASHON
www.zerowastevashon.org

The Ike Harmon Band

The Ike Harmon Band plays original Cordilleran Tribal rock'n'roll, blues, folk and ballads. The resulting music is passionate and exhilarating as only masterfully-crafted and powerfully played songs can be. Song topics are of the moment, touching on truth and rebellion, love and empowerment, disenchantment and uncertainty, joy and transcendence.

Singer-songwriter, Ike Harmon, is a unique talent with a voice both powerful and sublime. Ace Texas lead guitarist, David Noriega, plays with mind-blowing intensity and grace calling on such seminal influences as



Photo by David Rauen

Santana, Stevie Ray Vaughn

and Jimi Hendrix. Thundering Bassist, Ben Rafael McQuillin, conquers the low-end with spirited precision and avant garde abandon. While drum virtuoso, Emory Miedema-Boyajian, inspired by the likes of Led Zeppelin's John Bonham, plays drums that resound like a force of nature. The Ike Harmon Band promises an evening's journey of soulful, dynamic and inspired musical excitement. Get Harmonized!

Friday, October 16th, 8:30pm

The Ike Harmon Band
The Red Bicycle Bistro & Sushi

All-age's 'till 11pm, 21+ after that. Free cover!

Greta Matassa Jazz Singer Clinic



One of the most acclaimed jazz vocalists in the Seattle area, Greta Matassa has been honored as Earshot Magazine's Northwest Vocalist of the Year for seven years. Known for her perfect pitch and her encyclopedic knowledge of songs, she is an electrifying performer, gliding effortlessly from Frank Sinatra to Billie Holiday. She is joined by Darin Clendenin (piano), Clipper Anderson (bass), and Mark Ivester (drums).

Saturday, October 17, 2015, 7:30 pm

Vashon Allied Arts
Greta Matassa is offering a 3- hour Clinic. Bring in a jazz standard, sing it for her and let her offer useful critique and hands on practical methods for improvement!

What's covered?
Stylizing, Phrasing, Improvisation skills - Keep your repertoire fresh and inventive!

Technique
Find new ways of treating melody

Play with rhythmic phrasing - Learn to sing your songs in refreshingly new ways!

Exercises:
Rhythmic - learn to liberate the lyrics - Learn the importance of using a metronome!

Harmonic - sing over chords and hear potential new melodies
Interpretation resulting in a more beautiful freedom of phrasing!

Dynamic and Attack Demonstration - Create interest and that "indefinable something"
Make audiences really sit up and listen!

Scat- examples of scat will be covered upon request

Performance anxiety - stage fright, preparation and how to communicate with musicians.

Greta Matassa Jazz Singer Clinic

Saturday, October 17, 2015, 1:00-4:00 pm

Vashon Allied Arts
Tickets: \$50 (limit 9 singers)

Home Sweet Home & Jason Sees Band

The music of Home Sweet Home is the gorgeous blend of ethereal vocal reflections of love and loss set against a musical backdrop of bayou groove meets classic rock and soul. Home Sweet Home consistently packs the house at their shows for a reason. Their music rocks your body awake while meeting you in the darkest parts of your soul. Take honest and diverse song writing, mix in vocal powerhouse Erin Murray, layer in Adam Williams' tasty guitar riffs, and your soul will be shaking with the rest of ours.

Jason Sees Music is a West Seattle based indie band that tours regionally around the PNW, combining songwriter foundations, jazz hall rhythms, and catchy lead guitar riffs in a hard to pinpoint genre that reminds us of a concoction of



Bob Schneider, Sunny Day Real Estate, & a shot of top shelf tequila. Jason Sees Band

is on the rise. They are solidifying a foundation beneath their music that will allow them to finally launch freeJason Sees of Seattle, WA. Honest lyrics, catchy lead lines, and a diverse catalog of songs that covers more territory in one set than any band currently playing the Seattle circuit. Amazing music is happening between this group

of artists, and it will only be a matter of time before the right people figure that out.

Friday, October 23, 8:30pm
Free Cover!
All-Ages 'till 11pm 21+ after that.
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Advertise in the Loop!
It's a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out October 29

VAA Family Series

Caspar Babypants

Get ready to twist and shout with Caspar Babypants! Playing Fab Four covers off his brand new album BEATLES BABY! (along with lots of old favorites), '90s alt-rock icon Chris Ballew is back for another fun, high-energy performance full of singing, dancing, jumping and fun you don't want to miss. Come and sing along to fun renditions of "Hey Jude," "Honey Pie," "For You Blue" and a whole lot more. Halloween costumes encouraged! Saturday, October 31, 2015, 10:30 am at Vashon Allied Arts

Book-It Theatre Presents
THE SECRET GARDEN
Saturday, November 14, 10:30 am
Vashon Allied Arts

Mary Lennox goes to live with her mysterious uncle in Yorkshire, England. She is not pleased with her new situation until she discovers the key to an unkept garden, and begins to revive it with the help of a local boy named Dickon. Aided by Dickon and the discovery of the key, Mary's stubborn nature begins to thaw with hope, warmth, and love. Join us for a theatrical adventure!

LELAVISION
Saturday, January 23, 10:30 am
Vashon Allied Arts

Lelavision mettles with mental and physical phenomena as they perform theatrical experiments in sound and movement utilizing metal and other materials. Metallic bones, boingy loops, giant wheels, stretchy bands, and long strings are the elements for innovative and surprising cause-and-effect relationships. Lelavision makes educated guesses on causality when they



turn the theater into their laboratory.

ZAMBINI BROTHERS
The Tasty Tale of Brave Sir Bump
Saturday, February 20, 10:30 am
Vashon Allied Arts
This puppet show tells the funny adventures of how a most unlikely hero saves the kingdom from a terrible fate. When the knights of Castle Thump fail to subdue a most dreadful, yet comical, dog-like dragon, it is round little Benjamin Bump who suddenly discovers how to tame the savage beast. Enjoy fun hand puppets, much silliness and a surprise ending to warm every pet-lover's heart.

Classical Concerts Arts & Humanities

Continued from Page 1

Vashon High School Theater
Julie Spiedel and Scott Fife are two distinguished local sculptors who work in radically different ways to produce their work. Spiedel's monumental biomorphic works in metal and stone can be seen in installations in Seattle, Tacoma, Vashon, and abroad, bearing influences of antiquity, indigenous tribes of the Pacific Northwest, and twentieth century modernism. Fife works largely in cardboard, creating uncanny figures and disembodied heads of celebrities, animals and media figures that have been displayed in galleries in Chicago, Seattle, Los Angeles and Vancouver B.C. Moderated by former King TV anchor Mark James, these two diverse artists examine their respective approaches and

methodologies in creating particularly site-specific sculpture. Take a peek into their creative process and how they respond to the environment through their sculptures.

Local Weather
www.vashonweather.com
Local Rain Totals
Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

Bread & Puppet Theatre



Open Space is thrilled to welcome Bread & Puppet Theatre to Vashon! Bread & Puppet is currently touring the West Coast with one of their most powerful works, and we are fortunate to have them make a stop on our island. This particular show requires absolute darkness, so FIRE will be performed in a highly unusual indoor spot at Open Space, not one of our usual venues. We are very excited to share it. FIRE is 60 minutes long.

Bread & Puppet Theater is based on a large farm in Vermont's Northeast Kingdom. It was founded by Peter Schumann, German born artist-dancer, in 1963, and for the next decade his giant puppets figured prominently in anti-Vietnam-War demonstrations in New York City, Washington DC and other cities in the US and abroad. Indoor performances were both simpler and more complex, ranging from quiet, intense masked shows ("Fire", "Man Says Good-Bye") with 4-6 players, to huge, lengthy spectacles ("Cry of the People").

In 1970, an invitation from Vermont's Goddard College to be theater-in-residence, facilitated a longed-for change to country life. "Our Domestic Resurrection Circus," an outdoor festival of music, art, puppetry and pageantry, began then, and ran almost every summer, growing to crowds of tens of thousands, until 1998. Since then, a smaller (but with giant puppets intact), more dispersed version continues on Sundays in July and August; the company continues touring and workshopping in the rest of the year

in New England and around the globe; and Schumann continues as artistic director and breadbaker for the theater.

Fire is composed of a series of living tableaux of daily life in a Vietnamese town that has been firebombed by the US. The show is performed by life-sized puppets that resemble their manipulators. The action is slow, quiet, disturbing, indelible.

The show was a sensation when it was first performed in New York City in 1965, and was Bread & Puppet's first show to catch the attention of festival curators in Europe, where it toured for several seasons. The theater critic George Dennison wrote of it then, "Fire (which I count among the finest plays I have seen) more than any play I have seen has the quality of prayer... It is not a protest play and is not propagandistic, rather it responds to the horrors of Vietnam, responds modestly and truly and enables us to respond. To some extent it is a service to the dead. Beyond this it manifests certain of the deep premises of the human condition, the unequity of life, our dependencies on each other, the social nature of the self."

As the US continues to set fire to the world, directly and by proxy, in Yemen, Gaza, Iraq, Afghanistan, and elsewhere, the show remains powerfully current.

This is sure to be a strong, stirring performance event - we hope that many islanders can join us. Please call Open Space at (206) 408-7241 with any questions.

Adopt A Cat Day!

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Saturdays 11:30-2:30

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

PANDORA'S BOX

September gone, shot, in the can, can't get it back.
October brings cooler weather -
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Bo's Pick of the Week: All the new Seahawks attire.
Parenthetically, not one person bought a Mariner
shirt for their dog.



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Henry Needs A Home...

Happy birthday to me! I was an October kitten some years ago. OK, it was quite a few years ago, but that means I've had time to develop my talent as a companion to humans. Do you need a lap-sitter? I'm your girl. I'm also quiet and affectionate, and I co-exist peacefully with other cats.

This is my first birthday since my human mom passed away last year. The best present I could hope for is a new home with someone to love who will love me back. Are you that someone?



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ELECT
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The choice of Vashon's Volunteer and Career EMTs, Firefighters, and Paramedics

- 35-Year EMT
- 12-Year Current Volunteer EMT with Vashon Island Fire and Rescue
- VIFR Grant Writer
Just awarded a \$307,000.00 in 2015 for new air packs (SCBAs)
- Recipient of the 2013 VIFR EMS Service Award; 2014 VIFR Helgesson Community Service Award; 2014 VIFR Chief's Award
- VIFR's Strategic Planning Oversight Team (SPOT Committee); Active Member 2015
- 15-year Health Room Volunteer Chautauqua Elementary McMurray Middle School; Retired
- 10-year Nursing Coordinator for a Vashon Clinic; Retired
- 35-year National Ski Patrolter Veteran and Nationally recognized Outdoor Emergency Care instructor

- 32-year Vashon home & business owner, tax payer, wife and mother
- Endorsed by:
Vashon Volunteer and Career EMTs, Firefighters, Medics and the Firefighter's Union



"I've known and worked with Brigitte Schran Brown for many years... both as the volunteer school nurse at McMurray and as a long time volunteer EMT for Vashon Fire. I think that Brigitte cares about our community and she is the best choice for commissioner because she will always have our backs."
— Mike Kirk



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Deadline for the next
edition of *The Loop* is
Friday, October 23

Lopy Laffs

I LOVE THIS TIME OF YEAR
ON VASHON! YOU SEE ALL
DIFFERENT TYPES!



V.I.P.S.

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GHOULS, WEREWOLVES, POLITICIANS..



ODEE

..I'LL BET ON HALLOWEEN
THE TRICK-OR-TREATERS
WILL BE DRESSED LIKE
THAT TOO!

