

Vol. 12, #23

The Seattle International **Comedy Competition**

The Seattle International Comedy Competition is the REAL "Last Comic Standing."

26 Days

22 Shows

18 Venues from Vancouver to Bellingham

33 comedians from the U.S., Canada, UK, Europe, Australia, and Africa

Over \$15,000 in cash prizes

Talent executives from CBS, NBC, and more: movie studios, managers, agents and producers. It's America's biggest touring comedy festival.

The 36th Annual Seattle International Comedy Competition starts November 4, 2015 at The Market Theater in Seattle and continues nightly until a winner is crowned on Sunday, November 29 at the Snoqualmie Casino in North Bend.

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

The top 5 comics from the Preliminaries make the semi-finals; all the semi-finalists win some cash, and get to compete for the title by performing for 10 minutes nightly for 5 shows.

At the last Semi-Final show at the Comedy Underground on Sunday, November 22, the finalists are announced. Five comedians get to go big, and five get to go home. After two days to recover and plan, the Final round begins on Tuesday November 24 at the Washington Athletic Club. After visits to theaters in Vashon,



Kirkland, and Bremerton and North Bend, we will have a new champion.

What could be a better way to spend Thanksgiving Eve than in a sold-out theatre on Vashon Island?

The Vashon Theatre is another venue the comediens always enjoy. Not only does the theatre have a great selection of first run movies and independent films, it also features special limited events such as National Theatre live, Oscar nights and Vashon Island community events.

This show sells out, so buy your tickets early. They have discounts for military and seniors.

Tickets and information available at www.VashonTheatre.com

The Road to Resilience **Come Together!**

By Terry Sullivan,

I've often said that we live in extraordinary times that call for extraordinary measures. Although I don't like to get into political races in this column, what is happening now is truly extraordinary and deserves some attention.

have a public debate about it? It was then

that I realized who was running the show. It is generally agreed by most of us that our government has been coopted by the wealthy special interests, mostly known as "Wall St.," or the "upper 1%." How did this happen? Well, we really hadn't been minding the store because things were generally good and we had much more fun and interesting things to do. Some business tycoons realized that a little campaign funding could result in business-favorable legislation that could reap profits far in excess of the funds invested. A relatively minor investment in campaign funds and a few other percs appeared to be enough to keep the government in line. Through the years, we have all seen how this disease has spread. Laws meant to limit and regulate campaign contributions have been swept aside, while safeguards to our voting rights are being eroded. Big business-friendly free trade agreements that are eroding not only our individual rights but national sovereignty as well have been proliferating. Seeing how badly we are losing the fight to govern ourselves, I had not been looking forward to the election of 2016. Soon after Obama won reelection, it Continued on Page 9

Heart of Vashon draws big response! Now what?

By Mary G.L. Shackelford and Shirley Ferris

Wow! We are blown away by the response to our call for stories about what makes living on Vashon so special. And we're moved by the outpouring of desire, willingness and sincerity that Islanders share in their stories, poems and reflections. More than 150 Islanders sent in writing to be included in the project; we are so grateful and inspired by the responses!

And there's been some confusion about what's happens next....There are two different pieces of the project that we are working on - and we are delighted to report that All Island Forum (AIF) is also sponsoring a third outcome. Read on!

Right now, we are crafting a script for a literary performance reading, Heart of Vashon: telling our stories, to be held at Blue Heron in late January in conjunction with an invitational gallery show titled Our Vashon, Our Home. Using excerpts and selections from the submissions, we are weaving elements to illuminate our collective community story, open hearts and make for a meaningful and interesting performance reading.

This production revives the model Mary created with friends in the 1980's for VAA's literary arts series, bringing poetry and the spoken word to the Blue Heron performance space. Creating a script is interesting - and challenging, with so much great material. We are very excited about what is coming together!

Michael Barker, a director familiar to Island audiences through his work with Drama Dock, improvisation sessions he offers at Open Space and his presence on Voice of Vashon, will be inviting and auditioning readers. Casting decisions will be made in early December with several read-throughs planned before Dec 21 and rehearsals starting in January.

While our efforts are focused on the reading, AIF is sponsoring Reading, Listening and Responding, on Sunday, January 10, 3 PM at Open Space for Arts and Community. The group is inviting all who have submitted stories, poems and reflections for Heart of Vashon to gather to share their writing, listen to what

WHY WE LOVE VASHON

ARTISTS, BIRING, COMMUNITY, DANCING. EAGLES, FRIENDSHIPS, GARDENING, HIKING, ISLAND LIVING, JAM SESSIONS, KAYARING. LAND TRUST MUSICIANS. NEICHBORS. OU HOUSE, POTLUCKS, QUARTERMASTER HARBOR, RABB'S LACOON, SUNSETS, TIDES, UMO. VAA. WATERFRONT, EXPLORING, YARD WORK. ZAMORANA

others feel is important and talk about what's meaningful. Other interested members of the Vashon community are welcome to attend as well.

We appreciate this addition to our project! There's so much interest and curiosity; it is wonderful that Islanders will have this chance to read their submissions, hear what others say and have a chance to explore what it all means for our community.

Finally (and perhaps what lies at the heart of all this effort), all the submissions and everything we've created for the project will be collected into an archive for the Vashon Heritage Museum. VMIHA is looking to make sure there is contemporary material in the Museum's collection.

This will likely be a looseleaf notebook with all submissions printed out and a CD of the computer documents. We'll include the script for the literary reading and anticipate that VOV may help create an audio or video of the performance. We're collecting brief demographic information about participants and are proud to record this glimpse into what Islanders have to say about our home on Vashon as we roll into the 21st century.

We are so grateful for all the encouragement and participation our project has generated. Thanks to all the writers and also to our sponsors Vashon Allied Arts, Vashon-Maury Island Heritage Association, All Island Forum and Voice of Vashon.

In 2008, some of us rallied around a basically good man that was espousing real change. He expressed his support for single payer universal health care, holding Wall St accountable, ending the wars, ending the subsidies to the fossil fuel industry and leading the transition to renewable energy. My state of political understanding at that time told me that a president elected with a mandate would be enough to change things. My first mistake was to assume that he was in fact in command. We all knew that he had received substantial funding from Wall St. but felt that the popular will would prevail. My first doubts arose when he selected Wall St. veterans to Treasury and his Board of Economic Advisors. Then there were the Big Ag and Big Pharma appointments to the Dept. of Agriculture and the FDA. (Okay, just bringing everybody to the table.) Then he started his talks on reforming health care by taking single payer off the table. Wasn't this our goal? Didn't we at least want to



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





Help us bring a bountiful Thanksgiving meal to Island Families in need.

Drop off donations at our office between Nov. 14-22 or donate on Nov. 22nd at Thriftway (10am-4pm)

Canned goods, Veggies, Gravy, Fruit, Rolls, whipped cream, pie, children's treats or cash donations are all appreciated.



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

Friday, November 20, 8:30pm **Delilah Pearl & The Mantarays**

Friday, November 27, 8:30pm **Rippin' Chicken**

Friday, December 4, 8:30pm The JD Hobson Band



Maps and brochures

available at Island businesses.

To preview the art & plan your route, visit

VashonIslandArtStudioTour.com

Gold Series #2 by Gay Schy tour stop **#27** Seed Pod by Charlotte Masi tour stop **#33**

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Holiday 2015

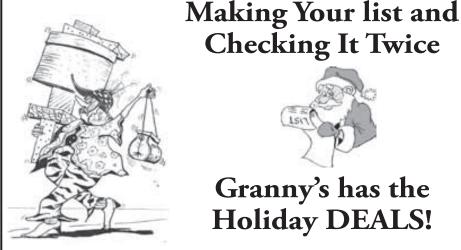
December 5–6, 12–13

Saturday & Sunday

10 am to 4 pm

Coming soon The Bolshoi Ballet: Jewels Sunday November 15 at 1pm

Bridge of Spies Starts November 20



Checking It Twice



Granny's has the **Holiday DEALS!**

Granny's Attic Donation Dock is open on the South side of the Vashon Plaza.

Granny's is at Vashon Plaza! 17639 100th Ave SW, Vashon www.grannysattic.org 206-463-3161

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Seattle Stand-Up Comedy Finals *November* 25, 7:30*pm*





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.

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.

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

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,

Death Cafe

Death Cafes are part of a global movement to increase awareness of death with a view to helping people make the most of our (finite) lives. The Death Café model was developed by Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz. Death Cafes have spread quickly across Europe, North America and Austalasia. As of today we have offered 2398 Death Cafes since September 2011. If 10 people came to each one that would be 23,980 participants. We've established both that there are people who are keen to talk about death and that many are passionate enough to organize their own Death Café.

We gather in a relaxed setting, as people who are aware that one day we are going to die, to discuss death, drink tea and eat delicious treats. When we acknowledge that we are going to die, it falls back on ourselves to ask the question, "Well, in this limited time that I've got what's important for me to do?

At a Death Café people, often strangers, gather to eat cookies, drink tea and discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafes are free from ideology-no one should lead others towards any conclusion about life, death or life after death, apart from you own thoughts. Death Cafes are safe and nurturing, which includes offering refreshments. Death Cafes are accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. Death Cafes are non-profit and non-commercial. Death Cafes are confidential. No individual stories should be retold.

When: Sunday November 22, 2015, 1:30PM to 3PM Where: Vashon Intuitive Arts, 17331 Vashon Highway Cost: By donation

Bollywood Dance !

Bollywood Dance Workshop? I'm looking to find interested people. It will be a 2 hr workshop at Vashon Dance Academy with Katrina from Seattle: www.cultureshaktidance.com

We are picking a date but it will be in Nov or Dec on a Sat late afternoon 2-4pm .People can contact me deergrazingbymoonlite@ yahoo.com 567-5852.

Law Offices of



The Vashon Loop, p. 3 **Vashon Pet Protectors Holiday** Wreath/Swag Sale

The Land Trust Building

Fri: Nov 27th 12-4p.m.

Sat: Nov 28th 10-4p.m.

Sun: Nov 29th 10-2p.m.

Stop by & purchase one or more of Vipps' Holiday Wreaths/ Swags starting at \$25.

Each year our all volunteer crew craft these holiday delights out of fresh fir, cedar, holly & lots of extras which is then topped off with a beautiful bow. They make the perfect hostess gift or will add a warm & festive look to your home. To pre-order a wreath or swag please call: 503-730-5571

Vipp will also hold our "Nikki Champlin Neighbor to Neighbor Pet Food Drive".

Items in particular need are:

Integrity clumping litter or World's best litter

Friskies wet cat food

Chicken Soup for the Soul dry cat food

Purina One dry cat food

Wet or dry dog food

Please drop off any donations at the Land Trust Building during the Holiday Wreath Sale.

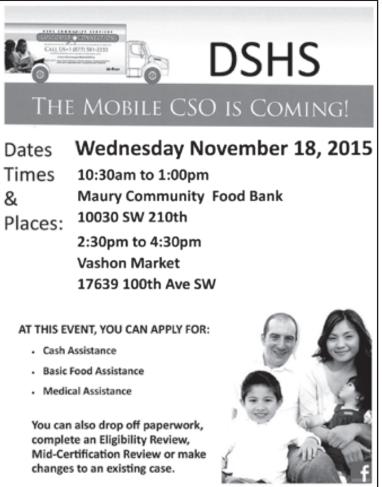
Interfaith Evening of Gratitude

Join island faith communities for a community celebration of gratitude on Tuesday, November 24 at 7 pm at Vashon United Methodist Church, 17928 Vashon Hwy SW. It will be an evening featuring children from the various faith communities with music by the Free Range Folk Choir. The offering will be for Doctors Without

Borders, serving refugees everywhere.

"Gratitude is the most passionate, transformative force in the cosmos. When we offer thanks ... gratitude gifts us with renewal, reflection, reconnection."

Get In The Loop Send in your Art, Event, Meeting, Music, Show information or Article and get included in The Vashon Loop. Send to: Editor@vashonloop.com



Ed Frohning, Rick Tuel, Jeff Hawley

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We are! New Arrivals...

- Rainboots (Adult & Children) -Bogs, Tingley, Muck
- Outerwear Patagonia, Filson
- Socks Wigwam, Carhartt, K.Bell, HUE
- Tights & Leggings HUE, B.Ella, Hottotties
- Undergarments (Adult & Children) -Long Underwear
- Accessories Hats, Mittens, Scarves, Fingerless gloves

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Next Edition of The Loop Comes out Thursday November 25

Deadline for the next edition of *The Loop* Friday, November 20

Jazz Series

Appearing as part of VAA's juried New Works series, pianist Tom Wilkins is a passionate composer who has performed regularly in Seattle, Tacoma and Olympia. His music touches on elements of bebop, swing and blues, with a nod to his love of Brazilian and other Latin styles. Wilkins is joined by Richard Person (trumpet and fluegelhorn), Steve Luceno (bass) and Craig Cootsona (drums).

Tickets

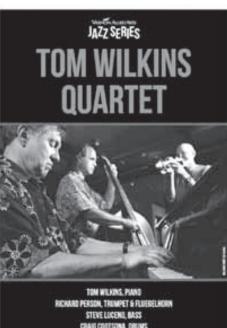
\$16 Member/Student, \$18 Senior, \$20 General

Jazz Series

Tom Wilkins Quartet Saturday, November 21, 2015, 7:30

pm

V a s h o n Allied Arts www.vashonalliedarts.org for tickets



Classical Concert Series



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.

Tickets

\$20 Member, \$22 Senior, \$24 General; \$5 Student

www.vashonalliedarts.org for tickets

Filmmaker Brings Just Beyond Hope to Vashon November 21st

Vancouver BC filmmaker Pia Massie will introduce her remarkable documentary essay Just Beyond Hope, at Spoke, 9925 178th ST, on Saturday, November 21 at 7 p.m., with commentary and dialog with the audience afterwards. The film is free and the first of a series to be presented on Vashon by Friends of Mukai.

Just Beyond Hope portrays the immediacy of life and the raw wound of every day existence in the Japanese internment camps set up by the Canadian and American governments during WWII. Massie weaves together the stories of three very different women: Mine Okubo, a Japanese artist interned at a camp in California; Margaret Sage, a Canadian woman who worked at Tashme, the camp located in BC "just beyond Hope", and renowned photographer Dorothea Lange who took hundreds of moving photographs documenting the internment camps. The film illustrates a time when those who lived it may not want to remember, yet for those who want to know are eager to listen.

Pia Massie's work has been exhibited in festivals, museums, and galleries throughout North America and Europe, including the Museum of Modern Art, NYC, Musee Cantonal des Beaux Arts, Lausanne, and the grunt gallery in Vancouver, BC. She has received multiple awards, including The American Film Institute's Independent Filmmaker's Award (LA), Prix St. Gervais (Geneva) and Prix de l' Institut de Design de Montreal. Friends of Mukai community programs receive support from 4Culture King County Lodging Tax.

Tales from the Nook

There was a mighty crash in the breakfast nook and our table was covered with broken glass and curtains. There was something moving under the curtain which turned out to be a Chinese pheasant. This one lived but the two previous birds that tried to use our nook as a flyway had met their demise. The insurance company called Dad and told him that they were not going to pay for any more broken windows. It wasn't the pheasant's fault, our nook had windows on three sides and the pheasant saw the light coming from the other side and tried to fly thru.

In the mornings, all five of us would sit down to grab a quick breakfast before we ran for the 7:30 ferry for school in Seattle. Dad wanted us to get a Catholic education and he commuted to town for 14 years to guarantee that would happen.

Mom complained to Dad for the umpteenth time not to pile the jelly on his toast. Us kids thought it was because he was using too much jelly; who knows. Dad had to have jelly because the seeds from berry jam would get under the plate of his false teeth and raise havoc, so we had jam and Dad had jelly.

Dad's temper was always causing him troubles including having to dress or arrange the vines of our Olympic berries. He would twist the vines in groups of four or five; then he would wrap them around the wires making garlands between the posts for easy picking later in the summer. Olympic berries were common on Vashon in the 1950's and are a cross between a Logan Berry and the wild blackberries found in the foothills of the Olympics. I hear that the Olympic Berry is nearly extinct.

His Irish temper would get the best of him fighting the thorny vines that didn't want to twist in the direction he wanted them to go. He wore a white bandana around his bald head to keep the sweat out of his eyes. He would come home with his arms streaked with blood; but we had berries and Dad got jelly.

Mom was after him all the time; especially when she thought he was using too much salt. "Ray, taste your food before you salt it", Mom's standard approach. We had a strange bringing up. It must be the Irish. She was always busy with her projects, knitting, sewing, or baking up a storm in the kitchen.

We ate well by anyone's standards because Mom was an excellent cook and raised us to appreciate all sorts of foreign food such as arroz con pollo, tomato aspic and ratatouille, a French dish that hid dreadful squash in fine sauces making it appetizing to kids. Other times she baked the butter and brown-sugared squash to a fare-the-well. "Mom", my sister Molly would ask; "Do we have to eat our squash?" "Just take one bite" she said. Grimacing, we would take the required bite. Brother Mike was the youngest and Mom's favorite; so she let him get away with "murder" such as not having to do the dishes. Mike hated peas and would



hide them in his napkin to be thrown out the window when Mom wasn't looking. Other times, he would just let the peas dribble down to the floor for one of the dogs to eat.

Mom kept her cooking chocolate in the highest cupboard in the kitchen and to her dying day never mentioned the teeth marks she found in her chocolate. She kept sweet and dark hard chocolate in a tightly screwed jar which only Molly and I could reach and we would have to share with Mike. We never took so much that there wasn't enough left to make the frosting for the next cake.

Us kids slept upstairs where the floor was plywood and baby Mike had an iron bed with wheels and sides that would go up and down. It was heavy and Molly and I would push Mike around until the parents would yell because the noise of the wheels on the plywood was creating a din downstairs and it was time for sleeping. The stairs were steep and right beside the trash burner in the kitchen, making escape in case of a fire impossible. Dad brought home 30 feet of one inch manila rope that scratched your hands coming down it. He put knots in the rope and anchored it to an eye on the inside wall below the window. Fire drill consisted of our throwing the attached rope out the open window and climbing down the knots to safety on the ground. Molly couldn't make it as she was too scared to climb out the window, but we never had a fire.

When Mike was a little older, Dad partitioned off the basement with doors and plywood walls so we could each have separate bedrooms. Molly stayed upstairs. The only problem with sleeping downstairs was water coming through the concrete walls. We had 2 x 4's laid out on the floor to walk on when the water got deep until Dad stopped the leaks several years later.

We had our share of childhood accidents; take the time I found brother Mike, in his diapers, sitting under the big fir tree with a box between his legs. He was all pink around the mouth. The box was arsenic. I yelled for Mom who grabbed Mike and washed the pink off his face while we all piled into Grandma's old Chevy and raced for the doctor. The doctor assured Mom that Mike hadn't swallowed the poison. We drove home thanking God. I got into a lot of trouble swimming at Burton. The jellyfish were thick and I must have swam into a "Man-of-War, which it couldn't have been, because they don't live here. My chest itched and hurt something terrible and by the time we got home, the poison had gotten into my bloodstream and the pain drove me crazy; till I was running around the house naked to get the air to my skin and screaming bloody murder. Twenty minutes after a visit to our Doctor and an antihistamine, I was back in the nook at Cove, counting my blessings, until the next time I had to eat Mom's squash.



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Island Life Chauffeur to Ghosts

Peter Ray

pgray@vashonloop.com

The sun was just beginning to brush the tops of the mountains outside of Butte as I left there the other day. The temperature was in the low teens and there was a light dusting of snow all around, although the roads were thankfully bare and dry. It was the state of the snow the night before that sealed the deal on my pulling over for a warm rest stop inside an inn that was a part of a national network of such places. It was large and there was almost no one there, but it was a Saturday night in November in Butte and if I hadn't been concerned about snow melt freezing as I sped through the night I probably would have had no reason to stop there either. I had been doing foggy mental calculations all day as the miles clicked away on the odometer of the rental van, counting out my progress westward. It seemed as though my arrival in Butte left me in a good position to make Seattle before the Monday noon deadline to get the vehicle back to its home port, albeit a new one on the other side of the country from whence it came. Having begun this tale right near the end of it, I would imagine that some out there are a bit confused, so maybe I'd better start again.

A little over a year ago in this space I wrote about a hallway of ghosts in my parents' house, at least that is the name my nieces and nephews had given to it because of the old photos of various family members both living and dead that lined the walls there. At the time I had returned there to deal with what two of those ghosts, my parents, had tasked us with sorting out by their passing. What I soon found was that the bonding experience I had expected to have with my only sibling as we plowed through mountains of things representing years of my parents' lives was simply not to be. Instead I was to discover the entrance to the black hole that my sister created where my parents' estate had been which required the retaining of legal assistance and an ongoing period of discovery that should be reaching a conclusion within the next month before the mediation hearings that are now scheduled for mid January. I don't know what cosmic sense of balance requires that someone with a "Leave it to Beaver" upbringing should wind up in court fighting a family battle with the eventual decision perhaps setting New Hampshire state probate law precedent, since as it is, my sister and the family lawyer have botched things with the estate so badly. That is one of the outcomes that my lawyer foresees, but we are not there yet.

As it turned out, somewhere about May or June of this year, my sister decided to shirk a few more of her duties as co-executor and co-trustee, and she stopped paying the taxes, mortgage and power bills on my parents' house and property, and it was toward the end of July that I learned that it all was about to go into foreclosure. One of the terms I have since learned is forbearance, which seems is somewhat of a safety mechanism that allows things a curious immunity while waiting to be sold, and this is the state that the house and property currently resides in. What has also happened in the mean time is that my sister and the errant lawyer (who should have known better since he is a senior partner and the head of his firm's probate and family planning division) have been replaced by a special fiduciary, which I guess is code for "this is a really big mess here." And so it was that in the machination of things and the continued depletion of estate assets, the special fiduciary declared that everything needed to be removed from the house and the imperative of selling the place as quickly as possible be moved to the forefront. During my month of working and cleaning there last year I had made small stashes of a few things and notes of other stuff around the house. While it wasn't all that much, I was imagining all these things being packed and stacked away in some storage place making finding anything a nightmare, so I made a one way reservation to Boston and rented a mini van with seats

that folded into the floor and headed to a rendezvous with the assistant to the special fiduciary and a four hour supermarket sweep of sorts of all the things I was "allowed" to have, as even though my sister has already pilfered the coffers to the bare shelves, she is still entitled to her half of the house objects pie.

As the clock ticked away, I filled an assortment of boxes that I had grabbed at a New Hampshire state liquor store on the way there and we made piles out in the driveway on a warm and sunny fall afternoon. Just before I wrapped up the grandfather clock I had asked for years ago I moved the minute hand to cover the hour hand at high noon and the silent sentinel came to life, chiming out its last twelve tones in the hallway it had stood in for thirty years. This was one of the four clocks that I had brought back to life during my stay there a year before, and this was the tail end of my last winding playing itself out. I did get the other three clocks as well, and as I packed one of them, it too came back to life with some chimes from inside the box, perhaps giving another meaning to the idea of a ghost in the machine. The fiduciary assistant reached her time limit and left, leaving me locked out of the house in the driveway with a half-loaded van and her skepticism as to whether I would get it all in. A short while later, having figured out the puzzle, I closed the doors of the van on all I had selected and headed away from that place.

As we all know, whenever one goes off the Island one has to have many tasks to accomplish before returning, and this trip was no different. That night I spent time with old friends from where I grew up in New York who were now also New Hampshire residents about an hour away. We spent a lot of time trading swimming memories as summer competition had been our early bond. The next morning I dashed back to New London and a meeting with my lawyer which was good, having primarily discussed all that had previously transpired in this case through a year of emails. Then I headed west, and five hours later arrived mid state in New York for an all too brief visit with my cousins whose house- as adults- I had never been to before. My purpose here was to hopefully lighten my load, as one of the daughters in law was also working on the Ray family history and many of the things I had grabbed had been with her in mind. I left only one box, and a promise to spend much time at the scanner making digital records of our joint past to be posted on a shared database for all to see.

The next part of the journey had been a few years in the works. As a part of my ongoing video project about Jac Tabor's murals in the Vashon Theatre, I had been trading emails with his nephew in Ohio, and I figured that if I was passing by I might as well take advantage of that opportunity and stop. As it was, he lives only a few short miles off I-80, so I took the exit and popped in- with adequate warning of course. A sitting with his dad did not go so well, as the failings of Alzheimer's took its toll on his recollections of his old friend Jac. But I did get the nephew's remembrances recorded, along with a few more key pieces of the puzzle- a drawing of Tabor's boat the "Mu" and a picture of Jac and his dad at the Disney studios in the 1960's. Like this trip, someday I will finish this project. The rest was just driving. I left outside of Toledo early Friday afternoon and arrived in time for Wendy's dad's eightieth birthday party in Issaquah at 2:30 on Sunday afternoon two days later. In between I hit a rabbit sometime after midnight in Minnesota with regrets that came and went. And somewhere in Montana I glanced sideways at an abandoned house in a field, and for the first time, after having seen countless scenes like this in many other places, it appeared to me not as a collapsing building, but rather a deflating packet of memories, having once held the thoughts, dreams, awakenings and inventions of a pocket of people now past. I went by too fast to tell if it was still leaking, or if it had all been lost into air and space a long ago



Jammin' with J, K and L Pods

By Orca Annie Stateler, VHP Coordinator

Once again, our venerated Southern Resident killer whales provided much material for this news cycle. Prospective subject matter for this column included "Resident orcas penetrate Quartermaster Harbor for the first time in recent memory," or "Late breaking: L Pod matrilines off West Seattle."

On November 6, the odds seemed unfavorable that we would arrive at Point Robinson in time to witness the orca procession. To optimize on-the-water research time for Mark Sears, we stayed a bit too long at Chez VHP monitoring sighting calls. Mark informed us that the whales were milling just a half mile north of the point. Maybe, if we could get there in 20 minutes we would see them -- oh, and good luck finding a place to park.

My "Granny (J2) sense" - like Scooby sense - told me to go for it, regardless. After all, the orcas might change direction. I could still do identifications in the field, and Odin might get some useful ID photos. Much to our delight,



shore for me to identify with binoculars. Seeing the oldest Southern Resident, Granny (J2), traveling with their youngest relative, J53, was a joyful privilege. Absent from the mix were the J16s, who have two babies. I later learned from another researcher that the J16s were frolicking solo, just the six of them, in Haro Strait off the west side of San Juan Island.

This week's photo is one Odin snapped of Cappuccino (K21) at Point Robinson. Cappuccino, born 1986, was intriguingly close to the J17s, which prompted me to speculate fancifully about the paternity of Baby J53. After Mega (L41), K21 is the second oldest



Cappuccino (K21) off Point Robinson. VHP/Odin Lonning photo, 11/6/15.

blessed Granny had our back – or should I say dorsal?

At Point Robinson that afternoon, we documented a gorgeous coalition of Southern Residents. This data answered a number of my persistent questions for the week about precisely which matrilines were present. Various configurations of orcas have traveled through our waters since early November. Different K Pod families were here on November 3 and the 6th. Some L Pod matrilines – including Baby L122 with Mom Muncher (L91) -- came in on November 10.

I marveled at the pageantry of Granny (J2) and her companion Onyx (L87); the J11s with handsome Blackberry (J27); the J17 matriline with weeks-old Baby J53; the J19s with months-old Baby J51; the J22s or Cookies; and, surprise, a few Ks – the K14s and K16s with Cappuccino (K21)!

Many orcas were close enough to

Southern Resident male. Genetic studies indicate that Southern Resident females prefer older males for breeding. Perhaps Cappuccino is a baby daddy – just sayin'.

Granny and her kin continued south into Dalco Pass on the 6th, and then they ventured north into Colvos Pass late in the afternoon. A word to the Dalco Pass boaters who converged on these endangered orcas for a better photo opportunity: Washington State law prohibits vessels from approaching any killer whale within 200 yards, and prohibits vessels - that means you, too, kayaks and SUPs -- from intercepting or parking in the path of the whales. The orcas took a long dive to evade you. The cumulative impact of behavioral disturbance generated by thoughtless boaters compromises the survival of our precious orca babies. Do not chase them by boat in order to obtain photos.

Continued on Page 8

Spiritual Smart Algek **Fuzzy World**

The gigantic head of a Star Wars storm trooper was approaching me in the oncoming lane.

I knew that couldn't be right. Turned out it was a white Kia Soul. For a few seconds, though, I was definitely in a galaxy far away.

Sometimes there is a gap between what we perceive and what is really there. One of my favorite comic characters on Saturday Night Live was Gilda Radner's Miss Emily Litella. Miss Emily appeared on Weekend Update, supposedly rebutting a previous editorial.

"What is all this I hear about a Supreme Court decision on a deaf penalty? It's terrible. Deaf people have enough problems."

"Miss Litella, that's the death penalty."

"Oh. That's very different. Never mind.'

To many people of my generation all you have to do is say, "Never mind" with a sweet smile, and the memory of Gilda in her cardigan is right there. We thought Miss Emily and her fuzzy reception of life was a hoot.

We were young then. We did not realize there might come a time when what we heard or saw might not be immediately clear to us. It is inevitable that when you're young, you're clueless. After a few decades you are a lot more clued in, but



Miss Emily Litella by Benny Tuel

as you age, there seems to be an inverse relationship between the wisdom vou acquire and the



By Mary Tuel

a little sun up here, too." There followed a silence on her end. "Is that what we're talking about?" I asked. "No," she replied.

My vision has taken on a similar capriciousness. I see the giant head of a storm trooper instead of a boxy motor vehicle, for example.

I've been reading words and phrases wrong for years, and I usually enjoy my mis-readings. They are mostly nonsense and are almost always funny, even though the real word may be quite serious. Recently I've noticed an uptick in the dyslexic jokes my brain tells me.

I'll add "New glasses" to my list, right under "Hearing aids."

A quirk that has arrived in the last year or so that really bothers me is the tendency of my fingers to type a word similar to the one I intend to write. I want to say, "nice," but my fingers type, "night," and go tippy-tapping on their merry way. As most writers know, it's hard to proofread your own copy. You know what you meant to say, and that's what you see. This is pretty embarrassing for someone who has worked as an editor.

Speaking of embarrassing, I was walking down the main street in Vashon this morning, and saw a woman come out of a store front which I thought was a hair salon. I looked closely at her hair, and said, "Your hair looks nice," which is what a person might enjoy hearing when they've just had a haircut. Then I noticed that the store from which she came was not a hair salon. The hair salon was another half block down the street. I can't imagine what she thought of a stranger complimenting her hair out of the blue. In my defense, her hair did look nice. So I don't have to move away. Yet.

So that's life these days, hearing what isn't said, seeing what isn't there, writing what I didn't mean, reading nonsense instead of what's written. If you're sitting there diagnosing me with dementia, all I can say is, you just wait. Your time will come, if you're lucky. If you're sitting there nodding your head and saying, "Oh, yeah," you are my sister or brother, and we're all in this together. It's a fuzzy world, but I'm sure we can be happy here.

Ink + Mylar Don't Drink and Decorate

by Rachel Waldron

I don't mean this literally... of course if you do this, next time invite me for the festivities! What I am talking about is that decorating, like design, is a process that should be thought out, not approached willy-nilly like a drunken sailor.

Let's talk about what drunk people do:

 They love you like crazy when they're drunk

• They hate you like crazy when they're drunk

• They feel passionate about something and won't let go of it when they're drunk

• They do irrational things when they're drunk

• They think they can solve the world's problems with the thought that only comes to mind when they're drunk.

Now, ask yourself- do I decorate like a drunk person? Do you go into a furniture and tell the rep that you love them, they'll be your best friend if they give you a deal? Then you feel obligated to buy a lot of junk because you set that expectation before you saw what they had?

Do you find some trendy piece of furniture that you think you have to have right now and if you do not get it you will die. Then you ask everyone around you if you're right and they must agree with you or they will be subject to the stink eye?

Do you go out and buy something because it's on sale? But, maybe you forgot that it's on sale for a reason...

Do you find something in the store that you absolutely love and want everyone of your friends to get it too because you think you've found the best kept mass produced secret that will make even their ugly house look good?

"The road to hell is paved with good intentions"

Instead of decorating like a drunk, do this:

Take a deep breath

Refer back to a plan that you're going to stick to.

• Ask a friend (who you know will be honest) and listen.

• Do not buy because of a perceived relationship with a furniture salesperson.

• Do not buy due to a time constraint or because it is a perceived rarity.

 Do not buy something just because it is on sale.

• Do not buy trendy items unless you are a trendy decorator.

Be intentional and spend your money when you're fully present. It's rare you'll find something you just have to have that minute. Breathe, think and reflect first. Pull out your wallet only when you can feel the inner

peace of making the purchase-not the high.

Did you know that Waldron Designs can work with you to develop a plan for your space? We will work with you to develop an idea to follow. Conceptual designs start at \$460 giving you imagery and spatial configurations to take shopping and use as a guide.

If you need a little more help, add the next phase-design development. We will give you suggested selections. You are free to choose the exact pieces or similar items. Whether you're purchasing actual suggested pieces or something that has that same look and fits the size requirements, you'll be taking home something with thought and consideration to your home and your style. It hurts me to so often see sofas purchased that are much too large for the space, or little doll chairs sitting unnoticed in the corner because a more dramatic piece was needed.

Still not feeling confident? Share your furniture budget and develop a concept with Waldron Designs, and we will design your complete space- a package deal. Don't worry about shopping, selecting, ordering, or delivery. We will provide the full-service, on your budget and your time line.

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

Chorale holiday concerts

The Vashon Island Chorale presents its annual holiday concerts on Saturday, Dec. 5, 7:30pm and Sunday, Dec. 6, 3pm at Bethel Church. Titled "Winter Wonderland", 85 singers under the direction of Dr. Gary D. Cannon and with Linda Lee at the piano will sing John Rutter's "When Icicles Hang" and other songs of the season. The Vashon Youth Chorus directed by Marita Ericksen



will join the Chorale for several selections. Tickets (\$18/general, \$15 senior, \$8 student) are sold

online at BrownPaperTickets. com, at the Vashon Book Shop, and at the door if still available.

Adopt A Cat Day! Vashon Island Pet Protectors Saturdays 11:30-2:30

Find us on Skype Vashon Loop

November 12'15

accuracy of your perceptions.

I do not hear clearly any more. In a restaurant for example I will sit there smiling and nodding, trying to catch the general drift of the conversation, but I'm not hearing most of it. People's voices are muffled by the background noise of conversation and the clatter of plates and cutlerv.

The cell phone is tricky, too, if the battery is low or reception is bad, or I have the volume turned up to high, which makes people's voices muddy. Today a friend said something that ended with the word, "Clear," and I replied, "Yes, we've got

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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

206-925-3837

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Planet Wates

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

Aries (March 20-April 19) It's not likely anybody is trying to pull the wool over your eyes, even though it's always possible. Neither is it necessarily true that you are in denial, although it can happen to the best of us on occasion. It does appear, however, that you are missing some information you need to see the whole picture. As a result, you must make a decision about what decisions you can make right now, and what situations require more data. To simplify things, ask yourself what's the worst that can happen, and plunge ahead to get things done when the risk feels acceptable. If the risk feels too great, ask yourself if you can hold the tension while doing some detective work to get the whole story. Either way, being in action is the key, above and beyond what or how you decide.

Taurus (April 19-May 20)

If you are not in a partnership now, there may be one looking for you. Should you already be navigating through an existence of co-mingled assets and mutual aspirations, you might soon need to adjust your style of participation so things work better for everybody involved. Either way, it would be a good idea to go back to basics and be fully aware of what you are either getting into, or working with. Here's a primer: partnerships are neither independence nor dependence, at least ideally. Rather, there are elements of both. Two heads are better than one, unless those heads are butting. Labors shared are also less burdensome, so long as they are shared fairly. Communicating your values and keeping your balance are the crucial skills either to acquire or to enhance.

Gemini (May 20-June 21)

Everybody has their limits. It's what you do with your limits that distinguishes you from everybody else. Perhaps nowhere else do limits show up more vividly than the nexus where relationship and career meet. Assuming you have both a private life and some sort of public life, now would be a good time to patrol and inspect that border to be conscious of what you have there. If there is a fence between the world and your world, try to remember how it got there, what purpose it now serves, the state of its repair and whether a more open border would define you better on both sides. If there is a hedge, it would be a good idea to meditate on the difference between it and a fence. If there is no demarcation at all, you might want to at least know where the line is, should you ever need to cross it or draw it.



Fun need not be frivolity. It's possible to apply yourself while also having the time of your life. Many are resigned to work and fun being separate things, but there is no need for you to go down that path unconsciously. Better to know that you have a choice, and take it with awareness even if you ultimately elect a road more often taken. As a matter of fact you now appear to be approaching a crossing where you can safely turn off onto a different road if you want. It's probably not a lighted intersection, however, so it would help if you know the signs. This is not so much about right livelihood (as good an idea as that is). Rather, you may want to think about what distinguishes righteous from merely right. Most of all, you will want to be in touch with what makes and keeps you feeling lively.

Virgo (Aug. 23-Sep. 22)

Just look at you - and in the best light possible. Are you even half as impressed with yourself as some observant and knowledgeable others surely must be? Can you allow yourself to be just a little proud of what you have become since this time last year? You need not worry about a little bit of pride bringing on a fall. Rather, be concerned with not appreciating yourself enough. In order to give yourself something other than criticism while constantly reinforcing a personal awareness of your own evolution, consider bringing your personal environment up to date. Surround yourself with reminders of who and what you are now. Display emblems of where you have recently been, and what you have recently achieved. This is not about showing off; it's about showing yourself in.

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

We each have an array of simple habits we constantly practice without thinking. And why not? Why not put the same leg of your pants on first, day after day? But is it really a question of why? If you change the phrase 'why not' to 'how not', your life could suddenly become a lot more interesting where it is now most boring. Indeed, you could eventually become more interesting to others if you follow where putting the other leg on first ultimately takes you. To begin with, it will be a very private experience, which requires you to be more aware of what used to be an unconscious moment. Gradually, however, the practice of thinking about the prosaically habitual and breaking its patterns will probably tell you something about yourself that you didn't know. Where the body goes,

you would truly possess could only be called soul.

Sagittarius (Nov. 22-Dec. 22)

Most people understand what political freedom looks like. Some folks even choose to practice it by voting, to cite just one example. How you define, understand, experience and practice personal freedom is another matter entirely, because it is not about others or their power over you. It's about how you refer to yourself. As Nelson Mandela demonstrated by his own example, personal freedom is available even in jail. To become an example for yourself, begin with the phrase 'I am.' Whenever one says, 'I am (something or other),' it creates a definition of self. Definitions are good, but they can also often limit, or even imprison you - especially if you become attached to them. Therefore, turning things around and experimenting with 'I am not' can help to release attachments and open the door to other possibilities.

Capricorn (Dec. 22-Jan. 20)

There are assumptions that go unquestioned because our physical senses support them. This is sometimes called common sense. Common sense is useful, but it also keeps you within its limits. If there is anybody who is now ready to move beyond the limits common sense imposes, it is you. Begin with the assumption that thought and form are different things. Our physical senses tell us that this is so. Yet can you prove that anything with tangible form is not a thought? Can you argue against the possibility that everything with tangible form began as a thought? To answer those questions, experiment with thinking about yourself, but in a very specific way. Instead of thinking about what you want, what you now are, or what you now do, carry with you a thought of something to be, and watch what form you take as a result.

Aquarius (Jan. 20-Feb. 19)

Regardless of what you think or

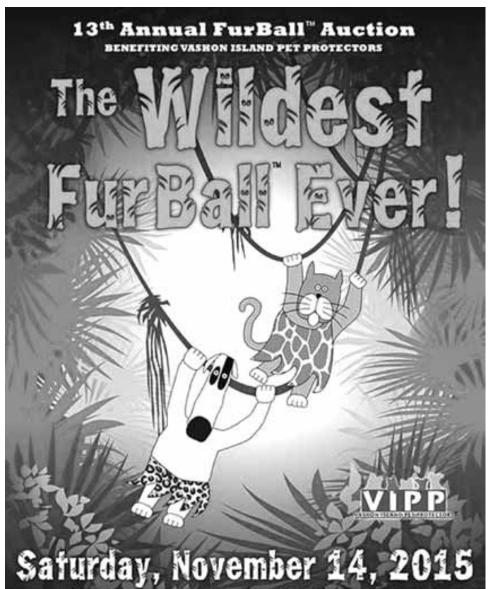
The Vashon Loop, p. 7

how you feel about how others perceive you, you might want to at least try some of those perceptions on for size before allowing anybody to convince you that you should buy into them. If what you try on does not fit or makes you feel uncomfortable in any way, put it back on the rack. The perceptions others have of you are shaped partly by their own experiences, fears and incomplete understanding of you, in addition to what you present to them; still, it cannot hurt to consider how your actions my have influenced their conclusions. On the other hand, if trying on somebody else's perception of you makes you think 'this is me' or 'I could rock this', then you can proceed to contemplate how to tailor it. Calculate the price of owning it. If you do choose to own a perception you've received, wear it with pride and confidence while also remembering that at any time you can also choose to change into something you have conceived on your own.

Pisces (Feb. 19-March 20)

The idea of earning your own way in the world need not be limited to making enough money to purchase food, clothing and shelter while otherwise maintaining financial solvency. As you have discovered and proven, there are other forms of currency besides legal tender. Reputation is one example. So is authority. Right now you are in a position to redefine what reputation means and where authority comes from, without risking any sort of social or moral bankruptcy. If you so wish, you can now dispense with what previous generations considered to be the right ways to look, live, and work in order to receive respect and gain acceptance. Furthermore, you are now also able to demonstrate by example how others might earn their own way in their own way without having to employ or support a hand-me-down to do so.

Read Eric Francis daily at www. PlanetWaves.net



Cancer (June 21-July 22)

Time is of the essence for you, but probably not in the usual sense. Rather than a constant focus on making every minute count, you may want to lift your head and look longer term. It might do you a lot of good to place yourself in the history of the world, even if you are currently of little note. It may well be more than just an exercise to draw your family tree and identify whether you are the root, trunk, limb, branch, an offshoot, a leaf or the fruit relative to your relatives. Finally, think about what you do. It would not be an idle pursuit to find out where, when, and with whom your skills originated, while also recalling how you first learned them. This could be vital. Indications are that you have been a long time coming, and that you are more than you have ever given yourself credit for being. Leo (July 22-Aug. 23)

the mind must follow.

Scorpio (Oct. 23-Nov. 22)

Somebody once asked poet Robert Frost what word he would purge from the English language if he had the power to erase it from print and memory. He chose "exclusive" to exclude because of how it so often divides and separates people from one another. In your own case, you might want to consider refraining from using the word "mine" for the same reason. First off, if there is anybody who knows that nothing is exclusively yours, it's you. You know that everything in the material world is ultimately and constantly shared. Deep down inside you also understand that what defines you or anybody else is precisely what you have in common with everybody else. Indeed, if you can bring yourself to use only what words express your inner truth, rather than words that hide or betray it, what

5 - 9 PM at Open Space for Arts & Community

Featuring silent and live auctions and our wild auctioneer Laura Michalek! Jungle cuisine provided by Herban Feast

\$50 tickets online at VIPP.ORG or Pandora's Box and Vashon Bookshop

Positively Speaking

Real Strength; Real Courage

"The King County Board for Developmental Disabilities would like to invite you to its 26th annual community forum to present its 2016 Legislative Agenda. The meeting is scheduled for Monday, November 23, 2015, at the DoubleTree Guest Suites located at 16500 Southcenter Parkway in Tukwila. Registration, pictures, and socializing begin at 6:30 p.m. and the program will begin promptly at 7 p.m. For more information please see the enclosed flyer.

All Legislators from King County and our Congressional delegation have been invited to attend. A large audience gives an important message to our Legislators.

Families, individuals with developmental disabilities, and providers should attend this meeting because:

• you will hear issues concerning developmental disabilities and people sharing their stories;

• you will meet your Legislators and they will meet their constituents; and

•you will meet other individuals with developmental disabilities and families."

The above words are taken from this year's flyer announcing, what has come to be, the highlight of the year for advocates of people with Developmental Disabilities.

Each year, the key issues the Board and advocates wishes the legislature to address are chosen and families touched by those concerns give their testimony in front of a full bank of representatives, senators and council people as well as an audience filled with 750 people mostly comprised of similar families, and caregivers and agency advocates.

It is a powerful night of vision and activism at it's best. It is also the night we all celebrate real strength and real courage.

Families with children and members who are DD do not have the luxury of playing pretend or giving into weakness and whining. Everyday requires being centered in the truth of the world of differently abled. Whether interactions with the medical world, social services, the academic world, or neighborhoods of 'typicals', each word spoken, each action taken, each moment of the day is about consciously attending to the needs and necessities of whatever the mind or body does in a non typical way.





Last year, the most poignant moment of the gathering came midway through the evening. To everyone's delight, illustrative of the on going needs and work, an entire row of a dozen or more parents holding newly born babies with Down's syndrome, under a year, stood

I hope some of you can attend.

Next March 2016 we will have our own gathering here on Vashon. Our little Island is as wonderful a place to raise the differently abled as typicals rave about. Professionals, parents, self advocates, and agency personnel will gather to talk about the hopes and dreams of building a thoroughly supportive environment for those with Developmental Disabilities and their families.

Recently I was invited to attend a leadership conference that gathered 125 agency workers, self advocates, parents and community activists from all over Washington state to spend three days learning about and envisioning wonderful new changes in integration and inclusion for the DD culture. Sheltered workshops and institutional residences are rapidly becoming a thing of the past. Young people with Developmental Disabilities are being employed more regularly in full time work where they earn at least minimum wage instead of the old system of part time work where they earn less than typicals. Today, people with DD marry, have children, and participate in fully integrated and inclusive lives in their neighborhoods and communities. They vote, do volunteer work, and participate recreationally.

Make an effort to take the trek to Southcenter and see this wondrous event. Then mark 13 March 2016 from 1:30- 6 on your calendars and join in the effort to attract and serve more families with kids with Developmental Disabilities. They are people with real inner strength and real courage.

Love, Deborah



Snow Queen Musical

On the weekend of November 20 -22, Vashon Allied Art's Youth Musical Theater program will be presenting the new musical, The Snow Queen, based on the story by Hans Christian Anderson, at the Vashon United Methodist Church. There will be 3 shows - Friday, Nov. 20 and Saturday, Nov. 21 at 7 PM and Sunday, Nov. 22 at 4 PM. 16 students will perform onstage and Lizzie Staehli (also a student) will design and run lights and the power point slides. The musical is about a girl named Gerda and her best friend Kai, who is captured by the Snow Queen and taken to her ice castle to "find the answer to the question of eternity". There will be singing flowers, a grandmother, a troll, flying crows, a robber girl and her mother, the voice of the river, a garden witch, a prince and princess, a Woman of the North, a loyal reindeer, and even snow flake soldiers participating in Gerda's quest to save her friend Kai from the Snow Queen. Directed by Marita Ericksen; costumes by Betsy Frazee; drama coach Sue Wiley; choreographer Elise Ericksen; parent musicians - Natalie Kosovac, Dianne Krouse, Matt Wilson (also playing "the Troll"), Erik Steffens, and student Evan Choo on drums. Key roles include Gerda (played by Cypress Sechrist), Kai (Isabelle Spence) and Snow Queen (Olivia London-Chambers). Other students in the cast are: Caroline Barnes, Madison Bradrick, Amelia Krouse, Mary Rose Krouse, Estelle Lewis, Cassie Paetkau, Cassidy Poole, Grace Pottinger, Phoebe Ray, Lucy Rogers, Julianna Steffens, Aiden Taitch, and Zoey Wilson. Tickets are: \$10 Member, \$12 Senior,



Mary Rose Krouse ("Old Crow"), Julianna Steffens ("Woman of the North"), Cypress Sechrist ("Gerda"- seated), Isabelle Spence ("Kai") and Olivia London-Chambers ("The Snow Queen)

\$14 General, and \$7 Student, and can be purchased at VAA (206/463-5131), Heron's Nest, and vashonalliedarts.org.

The Snow Queen, a New Musical, Book by Kirsten Brandt and Rick Lombardo, Music by Haddon Kime, Lyrics by Kirsten Brandt, Haddon Kime and Rick Lombardo, Additional Music by Rick Lombardo. Performance Rights for The Snow Queen are handled exclusively by Steele Spring Stage Rights, (323) 739-0413, www.stagerights.com. The Snow Queen was originally produced at the 2014 New York Musical Theatre Festival and had its world premiere at San Jose Repertory Theatre, with Rick Lombardo as its Artistic Director.



The Dorsal Spin

Continued from Page 5

We are grateful to all of the Islanders who call in sightings. Keep up the good work -- your reports benefit our research effort. Chez VHP's whale hotline was abuzz before 7:30 AM on November 3, with sightings of orcas from Dockton and Burton – say what?! I had a lovely chat with Sarah at the Beachcomber regarding the rarity of Resident orcas entering Quartermaster Harbor in recent decades. You can read about that in the November 11 edition.

Please support the work of the

Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago by Mark Sears. Send photos to Orca Annie at Vashonorcas@aol.com and check for updates at Vashonorcas.org.

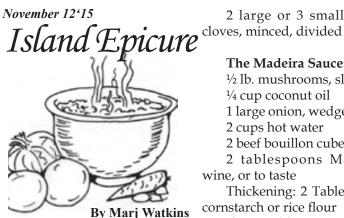
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ads@vashonloop.com or call (206) 925-3837 Next Loop comes out November 25

Vashon-Maury Island Heritage Association

Music provided by The Geezers Raffle with over \$800 in prizes





Ground Beef Goes Gourmet

You start with the leanest, cleanest, grass-raised beef. You can ask the butcher to grind a pound of round steak for you. Besides its yummy flavor, each low fat serving provides 20 grams of high quality protein, 3 mg Vitamin B12, 5 mg niacin(the happiness vitamin) and a smidgeon of B1, B2, and B6, also 258 mg of potassium.

The herbs you mix into it contribute flavor and good health. The marjoram aids digestion and the sage helps proof you against fall and winter colds and flu.

Meat Balls in Mushroom & **Madeira Sauce**

4 Servings

The Meatballs:

1 lb. ground round or leanest possible beef

1 egg, whisked

1 teaspoon crushed dried sage leaves or 1 Tablespoon slivered fresh sage leaves

1 teaspoon crushed marjoram leaves or 1 Tablespoon chopped fresh marjoram leaves

1 teaspoon salt

1/2 teaspoon coarse black pepper

Dash Rich Osborne's Chipotle salt, optional

2 large or 3 small garlic

The Madeira Sauce: ¹/₂ lb. mushrooms, sliced 1/4 cup coconut oil 1 large onion, wedge-sliced 2 cups hot water 2 beef bouillon cubes 2 tablespoons Madeira wine, or to taste

Thickening: 2 Tablespoons cornstarch or rice flour 1/4 cup cold water

Mix all the meatball ingredients, including half the garlic Form balls using a melon baler or small ice cream scoop, or a soupspoon to scoop out of the mixture to form balls about 1 ¹/₂-inches across. Place them on parchment on a baking sheet and insert the sheet into a preheated 425 degree oven. Bake until nicely browned, about 10 minutes.

Heat coconut oil in wide, deep skillet. Brown the mushroom slices on each side. Push them to one side of the skillet and add the onion slices. Stir-cook onion slices and garlic until the onion becomes limp and glossy.

Dissolve the bouillon cubes in a Pyrex 2-cup measure. Pour this broth into the skillet with the onions. Add the meatballs. Simmer 15 minutes or until the meatballs have no pink in their centers.

Add the Madeira. Mix the starch and the 1/4 cup of water. Increase the heat beneath the pan. Pour in the starch mixture while stirring the sauce. Stircook until the sauce clears and thickens. Taste and adjust seasoning.

Serve over cooked rice, mashed potatoes, or mashed squash.

the fever. I would venture to say

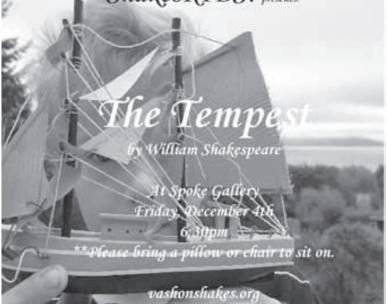
ShakesKIDS! present their eight production of work by William Shakespeare: The Tempest

The Vashon Island Shakespeare Festival's ShakesKDIS!, a youth production company, presents William Shakespeare's The Tempest at 6:30, Friday, December 4th at SPOKE Gallery as their contribution to Vashon Island's First Friday Art Walk Tour.

Adapted and directed by Aimée Nicole Lewis van Roekel, the story of the Tempest unfolds on an island where magical creatures rule and are ruled by one another. Shakespeare and the ShakesKIDS! tackle themes of power, control, betrayal, revenge and forgiveness.

The players bravely don the identities of servant and master, water, sea, earth, air, sounds and music. Through Shakespeare's words they each cast, fall under the power of, and embody magic.

Admission is free; donations are accepted; chairs are not provided. Bring a cushion or a fold out chairthink 'Shakespeare In The Park'! The Vashon Island Shakespeare Festival's ShakesKIDS! presents:



Vashon Island Shakespeare Festival's ShakesKIDS! is a nonprofit organization dedicated to helping each child find authentic expression through the exploration of the works of William Shakespeare. ShakesKDIS! does not turn away any applicant on the basis of ability to pay, and accepts donations through their partner organization, Shunpike, at:

The Vashon Loop, p. 9

www.vashonshakes.org/ supportus.html.

Free Range Folk Choir Thanksgiving Concert

The concert will feature "One Voice" by the Wailin' Jennys, as well as a new composition based on a poem by Thich Nhat Hanh. The show will continue with Toto's popular 80's hit, "Africa", Sweet Honey in the Rock's "Ella's Song" and special trio performances by choir founders, Tom Pruiksma, Shane Jewell and Emily Pruiksma.

Folk music from around the world and an audience sing-along will round out this evening of joyful music. Bring the whole family!

Admission is free; your donations in support of the event are warmly welcomed.

Have a Story

Free Range Folk Choir Thanksgiving Concert



Wednesday, November 25th, 7pm Vashon High School Theater

Free Admission, Donations Welcome More information: FreeRangeFolkCh

Road to Resilience

Continued from Page 1

Parties had in store for us was a classic matchup of two thoroughly establishment representatives of American aristocracy: Jeb Bush and Hillary Clinton. Electing Clinton promised a seamless continuation of what was to me the vast disappointment of the Obama administration.

What amazes me now is the way that our society, like any organism, has risen to its own defense. What the invading body of corporate usurpers didn't count on was that their subject organism/electorate would develop a fever. Much to almost everybody's consternation, the Republican electorate sabotaged Bush and got behind two antiestablishment candidates. They must be manifesting the pain, swelling, and delirium of the fever because these two candidates, Donald Trump and Ben Carson, are potentially highly divisive and destructive personalities. These two have the controlling elite, the responsible Republicans, and the progressives too, all shaking in their boots. Something this whole motley crew agrees on is that these two could not possibly continue to prevail into the nominating convention. Or could they?

was apparent that what our major

that those who are convinced that there is a foreign body attacking our body politic would agree that Mr. Sander's approach represents a far more logical and focused effort to neutralize the foreign body and bring us back to health. The problem is the remedy will require active commitment on all our parts to enter unknown territory and rebuild a healthier society. As in abusive relationships, it is sometimes easier to put up with

On the other side, Bernie Sanders has arisen in response to the devil you know than to face the insecurity of an unknown future.

Mr. Sanders has made us a proposition. If we show the courage and imagination to get out and vote to put ourselves back in charge of our country, he will lead us in that effort. That is a promise that he makes to both Democrats and Republicans. It's fairly simple. If we have the resolve, we will get him nominated and elect him to the presidency. If we don't have the resolve, we will probably have President Clinton and a harder path towards empowering ourselves. Since Bernie Sanders entered the race, Hillary has certainly noticed what resonates with the enthusiastic crowds that Bernie has drawn. Consequently, she has adopted many of the positions that Bernie has championed. In the end, it

or Article

Send it to: Editor@vashonloop.com

will be business as usual. Hillary, who will ultimately defer to Wall St., will win concessions to relieve popular pressure for change. However, those concessions will not be won, but rather granted by the wealthy special interests that will continue to rule.

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What Bernie is offering us now is a tidy revolution within the guidelines of our laws and Constitution. In the words of John Lennon, he is saying: "Come together, RIGHT NOW!...over me. "

Comments? terry@vashonloop.com





With trio performances by

Tom Pruiksma, Shane Jewell Emily Pruiksma

1 **TRASH TALK**

Talk some trash & support ZWV at the Hardware Store on Guest Bartender Night, Thurs., Nov. 12. Check out our website where past Trash Talk Tips are posted. Sign up for the ZWV newsletter. Learn about volunteer opportunities at monthly meetings: 10:30-12, 4th Saturdays, lower level of Episcopal church.

ZERO WASTE VASHON

www.zerowastevashon.org @@@@@@

The Allison Shirk Band



Allison Shirk is an altcountry singer-songwriter from Texas, now living near Seattle. She is the third cousin of Country Music Hall of Famer, Earnest Tubb. Her rich voice has just the right amount of grit and warmth and her melodious tunes support her poetic and often personal lyrics that give listeners a sense of her authenticity. Allison is quickly growing an enthusiastic fan base with her energetic performance, sense of humor, and humble journey to share her songs.

Allison will be performing with her full band, including Wesley Peterson on drums, Paul Colwell on mandolin, Kevin Almedia on bass guitar, Catherina Willard on backing vocals, Christopher Overstreet on piano and Lonesome Mike Nicols on harmonica!

Our Vashon Events sponsored youth opener for Allison Shirk will be Kate Atwell. Kate Atwell is 17 years old.Kate Atwell (3) She began taking guitar lessons from Daryl Redeker when she was 10 years old, and quickly fell in love with the sound of the instrument and singing along. It was not until freshman year of high school that she began to perform in, and has played a lot since. Over the last three years, Kate has tried to take



advantage of the many musical resources on the island. Her style combines classic folk, with a little soul, and acoustic rock. These youth musicians will all be paid by Vashon Events as our way to help encourage more youth performances for our community to experience.

This will be an all-ages show 'til 11pm, then 21+ after that. Free cover!

> Friday, November 13, 8:30pm Free Cover! At the Red Bicycle, 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

Sporty RESTAURANT & BAR Where the Locals Go!!

Delilah Pearl & The Mantarays

Delilah Pearl and the Mantarays capture the golden rhythm and romance of 1940's vocal jazz/swing standards, with singer Delilah Pearl, Dodd Johnson on drums, Michael Whitmore on guitar, Greg Dember on piano, Barry Cooper on trumpet and Toliver Goering on bass.

Delilah Pearl has been known to woo audiences with a voice that is smoky, soulful, powerful and tender in turns, and elegant yet approachable. With its eclectic mix of influences, the band brings a freshened, inviting approach to the standards. Delilah Pearl and the Mantarays perform in Seattle area clubs and are also an appreciated presence at weddings and other private functions.

Our Vashon Events sponsored youth opener for Delilah Pearl is Thalia Goering. Thalia is an island artist



whoThalia Goering 2 plays ukulele and guitar. She focuses her music mainly on covers but is starting to write more of her own music and hopes to eventually put out an EP. These youth musicians will all be paid by Vashon Events as our way to help encourage more youth performances for our community to experience. This is an all-ages free cover show 'til 11pm and 21+ after that.

Friday, November 20th 8:30pm. Free Cover! At the Red Bicycle, 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

This opulent triptych was inspired by Balanchine's visit to the famous jeweler Van Cleef & Arpels on New York's Fifth Avenue, celebrating the cities and dance schools of Paris, New York and St. Petersburg, each bound to its own precious stone. With this first abstract ballet, Balanchine built an homage of captivating beauty to the dance schools that had forged his style: Paris, New York, and St Petersburg, each represented by a contrasting jewel: emerald, ruby, and diamond. Jewels offers a unique occasion to enjoy Balanchine's visually captivating work, as the Bolshoi is only company authorized by the Balanchine Trust to film and broadcast his masterpiece. Starring Olga Smirnova, Semyon Chudin, Vladislav Lantratov, Anna Tikhomirova, Ekaterina Krysanova, and the Bolshoi Corps de Ballet. (JEWELS was recorded live on January 19, 2014)

PRE-RECORDED Estimated Runtime: 2 hours and 5 minutes (125 minutes)

Music Gabriel Fauré (Emeralds), Igor Stravinsky (Rubies), Pyotr Ilyich Tchaikovsky (Diamonds) Choreography George Balanchine Cast: Emeralds: Vladislav Lantratov, Anastasia Stashkevich, Anna Tikhomirova, Igor Tsvirko Rubies: Ekaterina Krysanova, Vyacheslav Lopatin, Ekaterina Shipulina Diamonds: Olga Smirnova, Semyon Chudin

Bolshoi Ballet





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It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out November 25 Find us on Skype Vashon Loop 206-925-3837

Rippin' Chicken



Formed from deep within the Westsound Union, Rippin' Chicken plays a greasy brand of funky, bugaloo and soul jazz, executed with creative ease by three funky brothers from different mothers who LOVE to play together.

After performing and recording together for the better part of a decade in groups such as The Funk Revolution, The Lucky Mystery Now Orchestra, and The Bucks (all under the direction of the great Lucky Brown), Rippin' Chicken presents this power-house rhythm section as the center of attention, playing the music they want to, in a style that is all their own.

"A soul-food Organ trio gone Rippin"

This is an all-ages free event until 11pm, then it will be 21+ after that.

Friday, November 27th 8:30pm. Free Cover!

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

Jewelry Trunk Show

Join Vashon Allied Arts for a oneday sale featuring jewelry by Cheryl DeGroot. DeGroot's passion for creating handcrafted jewelry burns bright from her decades as a designer and metalsmith. Her earrings and necklaces are composed of sterling silver and mixed metals such as Mokume and red brass, as well as pearls, citrine, amber, horsehair, unusual stones and wire. Her colorful, eclectic style draws inspiration from architectural structures and jazz.

Be sure to stop by VAA Gallery on November 15 for a fantastic opportunity to accessorize for the winter season

Next Edition of *The Loop* Comes out Thursday, November 25

Deadline for the next edition of *The Loop* is **Friday, November 20**



and discover gifts for the holidays. Champagne and chocolates will be served!

Jewelry Trunk Show Cheryl DeGroot Sunday, November 15, 1-4 pm Vashon Allied Arts Gallery

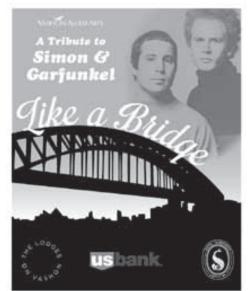
Like a Bridge: A Tribute to the Songs of Simon & Garfunkel

By Stephen Jeong

The iconic and heartfelt songs of Simon & Garfunkel have touched generations and provided the soundtrack to our life's milestones.

Starting in the 1960s, many of their songs, including "The Sound of Silence," "Bridge Over Troubled Water" and "The Boxer," became worldwide hits alongside artists such as Bob Dylan, The Rolling Stones and The Beatles. Their music became synonymous with anti-war and civil rights protests that characterized a new countercultural revolution, and their beautiful harmonies continue to inspire generations of musicians and artists.

A talented ensemble of Vashon Island musicians carries on this unique and nostalgic folk heritage, lovingly covering some of their greatest hits, such as "Mrs. Robinson," "Cecilia," "Scarborough Fair" and more. Unique about this concert-the ensemble will perform the following weekend at Town Hall Seattle. This will be the first time that a show produced by VAA will travel to a venue off-Island, and will metaphorically bridge the waters between Vashon and Seattle, showcasing our Island's wonderful musical talents. Participating musicians and vocalists include Kat Eggleston, Kim Thal, Steve Amsden, Rebekah Kuzma, Kate Atwell, Mary Tuel, Steve Meyer, Christine Goering, Christopher Overstreet and



Cade Roggenbuck.

Thank you to our sponsors, US Bank, The Lodges on Vashon and Hotel Sorrento.

Like a Bridge

A Tribute to the Songs of Simon & Garfunkel

Saturday, November 7, 7:30 pm Vashon United Methodist Church

- \$16 Member/Student, \$18 Senior, \$20 General
 - Saturday, November 14, 7:30 pm Town Hall Seattle

\$20 General, \$15 Student; \$25 Door Tickets: VAA, Heron's Nest, VashonAlliedArts.org



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

www.vashonweather.com Local Rain Totals Temperature hi/low Wind Speed & Direction

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

Barometric Pressure Weather forecasts

DANDORA'S BOX

October is behind us, we've all "fallen back" and enjoyed Cheryl's favorite day of the year, and to top it off, Christian is back! Stop in and welcome him home.

Bo's Pick of the Week: He does, in fact, like the Rad Cat raw beef. Your cat will love it, too.



(206) 463-3401

\$8 Nail trimming with no appointment 17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Pinky Needs A Home...

My owner became homeless, so that's how I ended up at the shelter. I don't like being around my fellow felines. On the other hand (or paw), dogs are OK; I'm comfortable with them.

I'm VERY fond of people, and I want another person to be devoted to. If you adopt me, you'll be the center of my universe, and you won't need more than one cat. Think of all the money you'll save on food and litter!



Go To www.vipp.org Click on Adopt



Dan Hardwick oldredtruck@comcast.net

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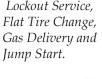
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If you are visiting the Island, have out of town guests, or just need a second car for the day Vashon Rental Cars, Inc. is here to serve you.

Conveniently located uptown in Vashon. Vashon Rental Cars, Inc 463-RENT (7368)



Sophie Needs A Home...

Halloween is over, but I'm still bewitchingly beautiful. What I'd really like is a home to celebrate all the other holidays in. I like to sit on my foster mom's lap and purr and talk. When she's not sitting, I follow her around but at the same time, I'm OK with being left alone all day.

Although I'm all grown up, I still love to play. When I'm in the mood, I look for my foster mom, get her attention and then run to the room



where my favorite toy is. Sometimes I have to repeat the steps a couple times before she gives in (but it's worth it!).

Go To www.vipp.org Click on Adopt

Adopt A Cat Day!

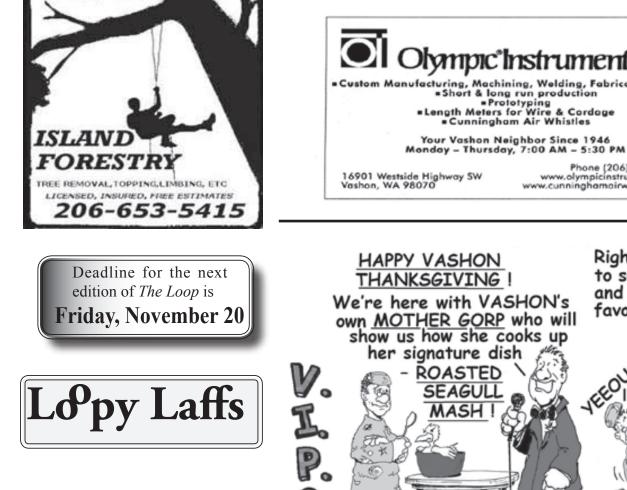
Vashon Island Pet Protectors

Saturdays 11:30-2:30

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

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