

AmeriCorps NCCC Serves on Vashon Island



Team Blue 5

Two teams of AmeriCorps National Civilian Community Corps (NCCC) members arrived to Vashon Island on January 15th. The teams, Blue Five and Gold Four, will be serving on the Island until March 20th. Blue Five, consisting of twelve young adults is being hosted by the Rotary Club of Vashon Island and will be working for five organizations of the Island: the Vashon Parks District, the Land Trust, Sunrise Ridge, the Fruit Club, and Camp Sealth. Gold Four, made up of nine young adults, will be working full time for Camp Sealth.

The Rotary Club is an organization of business and professional locals who conduct humanitarian service on the

Island and beyond. The Rotary Club on Vashon has been active since 1986.

Camp Sealth is a division of the nationally recognized Camp Fire, whose mission is to, “inspire and enable youth of all backgrounds and abilities to discover their spark, value the natural world, and become tomorrow’s leaders.” The camp serves about 8,000 children and adults from the Northwest region every year.

Blue Five will be completing many tasks for each of their sponsoring organizations, including trail maintenance, invasive species removal, and plant grafting. Gold Four will be doing several maintenance projects at

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VoV High School Mentoring Program



VHS students Jacob Danielsen and Aeryn Johns in the KVSH studio.

By Susan McCabe, VoV Station Manager

Voice of Vashon has realized another long-held dream – succession. We are doing that in collaboration with faculty and students at Vashon High School to bring talented young people into the VoV fold.

During the past year, VoV volunteer Dan Schueler, has produced over 40 live VHS sports broadcasts online and on KVSH-FM. Working with color commentators John Yates, Kevin Linnell, Don Amick and David Leonhardt, Dan and other volunteers managed to provide basketball and soccer broadcasts on their own. Then last summer, VHS Network Administrator John Stanton joined the team and brought in VHS graduate Sean Yeoll to act as coordinator for the VoV student mentoring program.

That move ignited a blossoming partnership that now includes Vashon High School journalism instructor Steven Denlinger, his students and The Riptide staff in creating and recording a news and information program called Fresh Delivery 3 times a week.

John Stanton says “The VHS-VOV program started in the Fall of 2014. Although it is in it’s infancy, students have already had several notable successes. Fresh Delivery, the broadcast version of the VHS newspaper The Riptide, has rapidly evolved into a polished and progressive 15 minute radio show.”

With each Riptide publication, Emalia Hinden, Fresh Delivery News Director, and Sophie Harrison, Editor-in-

chief of The Riptide, join forces to map out the next Fresh Delivery episode. They work with their student colleagues to write and produce each story, applying various voices, games, poetry and music to the show. Then student audio engineers, Jacob Danielsen and Aeryn Johns edit and finalize the program for broadcast on KVSH.

“Recruitment and training of volunteer student engineers is another notable success of the Vashon Island School District partnership with VOV. Students undergo several hours of technical training at the VOV studios. Students master the software and hardware required to run a modern radio station. After that they help with a variety of tasks, including editing Fresh Delivery, readying past VOV content for on-demand streaming, and running the VOV mixing board during Vashon High School sporting events. It is this last job which has allowed VOV to bring many more high school games to listeners of KVSH-LP on Vashon and beyond.” says VISD’s John Stanton.

The goal of this mentoring program is to attract more VHS students to radio and, eventually, TV production so that Voice of Vashon, KVSH-FM and VoV TV remain fresh and relevant to the entire Island community.

Fresh Delivery, VHS sports broadcasts and all VoV programs can be heard on KVSH 101.9 FM, on the free VoV app and at VoiceOfVashon.org.

The Road to Resilience Localism

By now, we’re all pretty familiar with the term “locavore.” that is, the idea that it is better to eat foods that are sourced locally. One reason is that, all things being equal, the nutritional value is better because the food is fresher, and we are more likely to be able to verify what has been used to produce it. Some like to think that eating what grows in your eco-niche is more likely to acclimate your body and mind to your immediate surroundings. If you look at it from an economic standpoint, you can say that eating locally means supporting your local economy: sending fewer dollars out of the community. Environmentally, you are not supporting the long distance transport of goods that uses vital resources and pumps more carbon into the air. Politically, you are less dependent on the large-scale corporate entities that produce, transport, wholesale, retail and largely determine what ingredients go into the food you buy. Socially, having production and consumption take place within your community enhances community ties and increases everyone’s security.

Locality is a relative term that can be seen as a continuum. We can’t produce everything we want to eat in our immediate locality. We can, however, prioritize according to the proximity of the source: the closer the better. Living

By Terry Sullivan,

where we do, we will never be able to source our oranges and avocados much within a 1000 miles. Being a person that loves tropical foods, I like to think that not immoderate use of them is not going to tip the scale on our climate. Part of becoming resilient, though, would be to know that we could be happy with the choices that are available to us right here. As the first peoples of this area have shown over the last 12,000 years, one can find a complete nutritional complement just eating what is native to this region.

There is more to incorporating locally viable foods in our diet. We have to know where to find them, how to prepare them, and learn to appreciate them. To the extent that we are habituated to prepared foods, this can seem a daunting task. I’ll admit that I will relish a bag of potato chips on occasion, but I know that I could make my own in a pinch. That may not necessarily be healthy but is still psychic comfort food security! Learning how to make really good, nutritious food from scratch is very satisfying, saves a lot of money, and is fun too.


For many of the same reasons, I like to think that we should try to source locally as much as we can of everything else we need: maybe not cell phones, but certainly building materials, clothing, art, furniture, and simple tools and devices.

Continued on Page 7

Live Local Weather www.VashonWeather.com

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

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



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SALES STATS
2003 - 2014

Year	Total Homes Sold	% change from previous year	Median Price	% change from previous year
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2005	203	-3%	\$423,000	16%
2006	176	-13%	\$492,000	16%
2007	139	-21%	\$535,000	9%
2008	83	-40%	\$535,000	0%
2009	97	17%	\$407,000	-24%
2010	98	1%	\$371,000	-9%
2011	102	4%	\$336,817	-9%
2012	146	43%	\$350,000	4%
2013	157	8%	\$413,500	18%
2014	182	16%	\$416,500	1%

Stats are Residential Sales only - no land

Your Windermere Team:

Dick Bianchi

Linda Bianchi

Heather Brynn

Sue Carette

JR Crawford

Connie Cunningham

Cheryl Dalton

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Deadline for the next
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Friday, February 13

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Call for Times

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Friday, February 13, 8pm
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Friday, February 20, 8:30pm
The Jealous Dogs

Friday, February 27, 8pm
Bill Brown & The Kingbees

Get in The Loop

Submissions to the Loop

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

VCC Caregiver Support Group

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

Vashon Drum Circle

Celebrate Friday the 13th at Vashon Drum Circle, a free monthly gathering. Join Buffalo Heart, the big community drum, and members of the Vashon Drum Circle, Friday, February 13th, 7-8:30 PM, at Vashon Intuitive Arts. Sponsored by Woman's Way Red Lodge, this gathering is open to all ages. No experience required!

Water District 19 Meeting

Water District 19's next regular Board Meeting scheduled for Tuesday, February 10th at 4:30 PM, 17630 100th Ave SW, in the district's board room.

Have a Story or Article

Send it to:
Editor@vashonloop.com

The Vashon Loop

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Harbor School Open House

Harbor School will hold an Open House on Wednesday, February 11 at 7 PM for prospective students and their families.

Head of School James Cardo will present an overview of the curriculum as well as highlights on the school's Travel Study, Service Learning and Arts Integrated programs. Faculty members will be on hand to answer questions and meet prospective candidates and their families. Current Harbor School students and parents will be available to give classroom tours, answer questions and share their experiences. Visitors are encouraged to bring their child to the Open House. Refreshments will be provided.

Harbor School is actively seeking candidates for grades 4 and 5 in the Lower School. Due to increased enrollment, the school has limited spaces for the Middle School grades (6, 7 and 8).

This is the last Open House for prospect families to attend before the application deadline for Fall 2015. The application deadline is February 27, 2015. Admission decisions are announced in March.

Enrollment applications are available online at www.harborschool.org. Admission packets will also be available at the Open House. Those interested in attending are asked to RSVP by phone at (206) 567-5955 or by email at admissions@harborschool.org.

Neighbor to Neighbor

You have probably heard people talking about N2N or Neighbor to Neighbor this past year. Neighbor to Neighbor is a Vashon Senior Center program that provides volunteers to island seniors who are living on fixed incomes but who are still in in their own homes

The goal of Neighbor to Neighbor is to help island elders remain in their homes for as long as possible.

Neighbor to Neighbor volunteers accomplish this by helping with simple household tasks & repairs, by providing on island transportation, doing dump or recycling runs, or dropping off donations to Granny's; the list is endless and evolving.

If you, or someone you are close to is 55 or over, living at home on a fixed income and could use an occasional friendly helping hand, please call the Vashon Senior Center at 463-5173 and ask to speak to Ava Apple.

Taxes? Forms and Help at the Vashon Library

The Vashon Library has all the tax forms you need for the 2015 season. Hillary Emmer is on hand from now to March 26 to assist people with gross incomes of less than \$25,000 or less.

You will also be able to get help signing up for Health Insurance until February 12th.

Vashon Wilderness Program Fall Enrollment & Summer Camp Preview Days

VWP is expanding their program offerings to connect more children with nature, community and themselves! You can experience a taste of their renowned mentoring approach, meet their instructors, and receive priority enrollment in one of their year-round weekly or weekend programs at one of their upcoming Visit Days:

Weekly programs (Fridays) for ages 4-6 & 7-12

February 6th, March 6th

Weekend programs (one Saturday per month) for ages 7-12

March 14th, April 11th

Monthly programs (Sundays) for ages 11-14

March 8th

Summer Camps

Curious about Summer 2015? Register for an age appropriate Visit Day and see why their camps sell out.

Children must be accompanied by a parent for the 3 hour visit, which includes 2 hours of nature connection and adventure, followed by a Q&A with VWP's Executive/Program Director Stacey Hinden.

Register: info@vashonwildernessprogram.org or (206) 651-5715 vashonwildernessprogram.org

VWP is "... good medicine for nature deficit disorder" ~ Richard Louv, award winning author and leader in the movement to reconnect children and nature.



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Next Loop comes out February 19

Shape Note Singing School

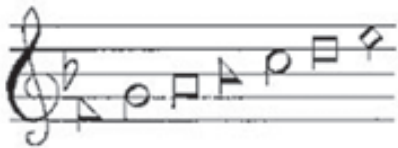
The Episcopal Church of the Holy Spirit will host a shape note singing school on Saturday, February 7, from 2 to 5 p.m. This event is free, and open to the whole Vashon Community.

Shape note singing will be taught by Karen Willard of Seattle. All voices are welcome. Books available for loan & for sale at event.

Mary Rose O’Reilley, the island contact for this event, says, “In a Singing School new singers are led by experienced singers to better understand shape note singing as well as the folkways associated with the tradition. Shape Note – also called Sacred Harp-- singing is a robust American music tradition built around a cappella music in four-part harmony.

“The music is passionate, raucous and often a deeply spiritual experience for the participants—it’s been called by those who know (teenagers) Death Metal Folk. If you think you can’t sing but are willing to put your spirit out there, join us.”

Texts are drawn from a repertory of bloody minded, politically incorrect 19th century hymn tunes, which most singers engage with metaphorically. Interesting voices are more useful in the tradition than pretty ones, but if you have a pretty voice you won’t be turned away. Off-key



singers give the music a nice folkie edge. If you can’t keep the beat and come in at the wrong time, well, that’ll make it interesting.

Sacred Harp is less a performance than a community event. Singers (this could be you) sit in the traditional “hollow square,” facing each other, so that all voice parts can see and hear each other. There are no rehearsals, no audience; it’s all participatory.

Why is it called “Shape Note”? Because the printed notes are literally shaped like squares, circles, and diamonds .They represent tones on a modified solfege scale (fa-so-la-fa-sola-mi). “Singing the shapes” is a lively prelude to singing each text and has its own percussive energy. It also develops sight-reading skill.

Why is it called “Sacred Harp?” The “sacred harp” was, according to an old metaphor, the human body. Because of its resonant fourths and fifths delivered in full voice, shape note music offers the body a new way to vibrate.

Climb for Clean Air

The Climb for Clean Air will make you a mountaineer. Take on Mt. Rainier, Mt. Hood or Mt. Adams while raising money for the American Lung Association. Training and support is included in the program and the professionally guided summit climbs are covered by your fundraising. Learn more at www.climbforcleanair.com or drop by our next public info meeting:

Thursday, February 5 at 6:30PM
Vashon Island Land Trust
10014 Southwest Bank Rd
Climb for Good. Climb for Free. The Climb For Clean Air is an exclusive mountaineering program helping people of all skill levels enjoy the ultimate experience of summiting one of our region’s most magnificent mountains. With a track record going back to 1988, Climb for Clean Air has helped hundreds to the summit by providing



the highest level of support in training and preparation in a team setting. Fundraising is required on your part, and we provide personalized one-on-one support, and proven tools, to make it fun, fast and efficient to reach your goals. When it comes time to climb, we connect you with the world’s finest professional summit guides, and we pay the guide fees! You save hundreds of dollars, inspire others, and achieve personal goals...all while contributing to the mission of the American Lung Association.

A New Roof for Dave

By Deirdre Petree, Senior Center volunteer

On January 5, long-time islander and community volunteer Dave Rogers was up on his roof, straightening out a large tarp that he had recently put up to cover a leak. Suddenly a gust of wind rushed under the tarp and pushed him off the roof. He landed flat on his back on the stairs below. With no one around to help him, he managed to drag himself up the stairs and into the house to call 911.

After staying at the Skilled Nursing Wing of the Vashon Care Center, Dave is slowly recovering at home. He has several broken ribs as well as broken vertebrae.

Dave is very active in state government on behalf of senior citizens: He’s on the executive committee of the State Council on Aging and a leader on the Advisory Council of Aging and Disability as well as serving on other legislative committees. His is a big voice in King County and Olympia, and this setback will be hard for him. Many people also know Dave as the AARP Defensive Driving instructor or as the leader of the summer bocce games at the VCC. Perhaps you recall him as the handsome and handsomely dressed runway escort at the Senior Center’s annual



tea and fashion show. If you’ve met him there or as the driver on many special Senior Center trips, you don’t forget who he is.

Senior Center Board President George Eustice has opened an account at U.S. Bank to raise money for a new roof for Dave, so he will not be tempted to scale it again himself. George’s also seeking a couple of strong workers to help install the new roof: Materials will cost about \$2,000. Please stop by the bank and make a contribution, large or small.

PANDORA'S BOX

Don’t put away that winter wear just yet. It will be miserable again soon enough. Cheryl has nothing new to offer just yet, but many food manufacturers have raised their prices for the new year. Oh, the joy. Of course, none of them have taken off the fuel surcharge that they put on when gas prices hit \$5/gallon.



Bo’s Pick of the Week:
Tell Cheryl to get off her soapbox.

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



A CALL TO ARTISTS!

ALL AGES AND ABILITIES INVITED

POINT ROBINSON: 100 YEARS ON WATCH
Help us celebrate the 100th anniversary of the Point Robinson lighthouse!
The Vashon-Maury Island Heritage Museum wants your paintings, drawings, photography, sculpture, poetry or prose as part of the upcoming exhibit Point Robinson 100 Years on Watch.
Your work should have relevance to Point Robinson.

THIS LITTLE LIGHT OF OURS
We'll feature your creations in this special exhibit which conveys our collective fondness for Point Robinson, and the allure and mystique of lighthouses and the sea.

Please email your work by March 6th to
Jessica De Wire
PtRobby2015@gmail.com

For questions or if you need help scanning or photographing your art contact Jessica at the email above.
We'll be happy to help!
Please submit your work by March 6, 2015



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Island Life wait...What?

By Peter Ray

As we continue to bumble along in seeking precedent and context in these times, we find our self turning once again to the ancient times- my ancient times. In particular, we will be going to a certain place, but the visit will occur at a number of stops on the personal timeline. Our main focus will be on sports and power, which may tip the cards enough so that one might know where we are eventually going with this. Our first stop will be at the pool, not the wrestling pit that the one in memory has become since the opening of the new David H. Koch Natatorium (yes, that Koch) in 1995. It was in the old pool at my old school where I pounded myself into shape for three years of prep school competition. It was this work that garnered me prep school all American status, as well as the honor of winning the 100 yard backstroke race at the New England prep school championships and setting a record in that event along the way. In an attempt to channel Walter Brennan here I will simply say- no brag, just fact.

As it was, this time qualified me for the AAU nationals, which it so happened were in Pullman that year. The team that I swam for during the summer was the affiliation that I swam under when we traveled across the country from New York for this race. My summer coach and my Dad both shepherded me through the ritual of being there, which had its share of lessons to wade through as well, so to speak. Perhaps the biggest lesson of the weekend involved two words- know yourself- although it took me awhile to figure that one out. What prompted this lesson was the curious choice of my summer coach in suggesting that I change my race strategy from the one that had worked for me all season. Generally, you do what the coach says, otherwise what's the point of having one? Instead of going all out from the gun as had been my practice all year, he asked me to go out relatively easily on the first lap and accelerate through the next three laps to the finish. Lesson: Never change race strategy on the day of the big race. My time was seven tenths of a second slower than my New England triumph, and I never swam that fast again- I have other explanations for that which we won't go into here other than to say that it is really hard and takes a ton of work to go fast, let alone, ever faster.

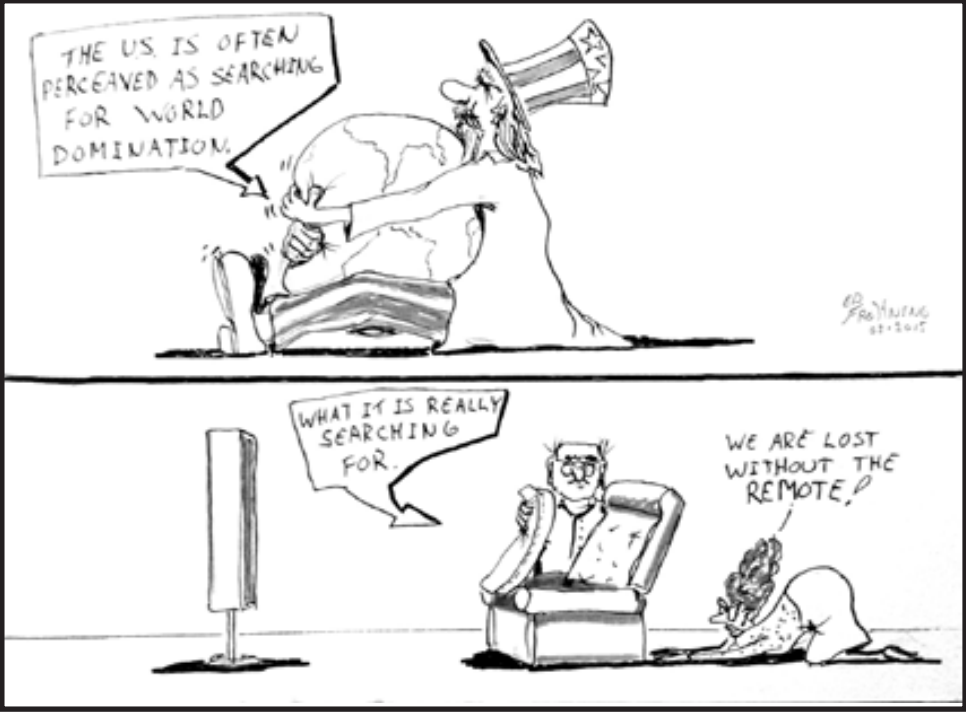
Fast forward twenty five years to my prep class reunion at which, one of my main priorities was to go swimming in the new Koch Natatorium, although at that time, which was 1996, it was long before my knowing who this Koch was or what he represented. Personal reputations aside, it is a beautiful and fast pool. Part of my reason for taking that plunge, beside the fact that one can't pass on a swim in a new pool, was to burn off at least some of the effects of the night before since, well, it was a reunion. Earlier that morning, and prior to that swim when the night before was all too fresh in a morning-fuzzy kind of way, we were briefed on the day's activities. This included an evening wine tasting, with a selection of wines being offered up from one of our classmate's vineyards. This was a classmate who, after breaks and vacations, arrived back at school from his Manhattan residence in his family's private helicopter, which generally landed about fifty feet from the dorm. As we were hearing about the tasting, I can't say I was thinking about that air taxi service or much of anything other than how thinking about another night of drinking sounded less than appealing in the light of this particular morning. What I was envisioning was a

real wine tasting with a bunch of people sipping and spitting, which in spite of the previous evening's overindulgences seemed a horrible waste, so I blurted out "does that mean we have to spit it out?", which happened to draw a number of laughs from those close by.

We didn't spit it out that night, and of course the next and final day of the reunion started off on a less than chipper note. Somewhere along the way to leaving the reunion, as well as the fog of morning, my classmate whose wine we had been appreciatively swallowing on the other side of midnight came up to me and leaned in close in such a way that I was assured of hearing what he was about to say. He recounted my spitting statement and one other extremely tangential thing that he took to be about him which I had said at another time. My comments had certainly not been made in any cutting or vindictive way, either at or about him, although that was how he took it all. I have no idea how he heard of either bit, although he had certainly heard about them. In any event, I was shocked that he had taken offense and I think I apologized, although I wasn't sure what for. There was an important take-away in this though, and that was simply that messing with the stuff of a really rich white guy, no matter how innocently or absent of malice the messing is, can have some consequences. With reunion XLV looming in 2016 and pressure mounting (actually not that much) for me to attend again, I will have to keep that in mind. In checking the alumni directory it seems that the likelihood of my having a similar problem with Mr. Koch however is not great, since we are on different five year reunion cycles. With Super Bowl L happening in 2016, it would be interesting to have a conversation with another alum, although Peter McLoughlin is also not in my five year circle. Some might recognize this name as that of the president of the Seahawks and the CEO of Vulcan Sports and Entertainment.

Having been entertained by the team from Vulcan recently, it should be said that in the paralysis following the game ending interception there were words that I kept repeating in answer to the incredulous echoings of "how could they call that play?" that continued to ring days later. My words were these: "because they were told to." I know- here comes the conspiracy theory. It is, indeed, just a belief I have, but I think it's pretty well founded in the fact that Marshawn Lynch has gone out of his way to be in the face of NFL management most of this fall and in truth, I loved every minute of it. But to think that the really rich white guy ranks that control the NFL were going to let Beast Mode rule this day after all of the defiance and trashing is simply delusional thinking.

Logic said, as we were constantly reminded throughout the rest of the evening, that the ball should have gone to Lynch for that final play, but I just don't believe that was an approved grand finale option by the NFL brand, or board. This was a disturbing, although not necessarily critical change in the force. The Seahawks could have let Robert Turbin have a crack at it on a run in, or there could have been an arching lob to either Chris Matthews or Doug Baldwin waiting somewhere in the far reaches of the end zone. And having watched the fatal goal line snatch, if the timing of that play had been a fraction either way it would have been lights out in Beantown. Perhaps the Seahawks drained the luck bank on the circus catch by Jermaine Kearse- who knows? But I do know that Lynch was not getting that ball and running for the win because, in the words of Ned Beatty's Arthur Jensen character in the 1976 cine classic 'Network': "you have meddled with the primal forces of nature and YOU... WILL...ATONE....!"



Pictured above, left to right: Ethan Davis (7th Grade), Martin Ellison (6th Grade), Julia Ellison (8th Grade), Cleo Hudson (8th Grade), Evan Erickson (7th Grade) and Harbor School Language Arts Teacher Kristen Spangler. Photo credit: James Cardo

By Allison Reid

On Wednesday, January 21, five Harbor School students were honored by VFW Local Post #2826 as part of the 2014-15 VFW Youth Essay Contest. Harbor School had three 1st Place award winners for their grade and and two 3rd Place winners. Harbor School's First Place winners for VFW Local Post #2826 are Julia Ellison (8th Grade), Ethan Davis (7th Grade), and Martin Ellison (6th Grade). Third Place honors were awarded to Evan Erickson (7th Grade) and Cleo Hudson (8th Grade).

First place winners at the local level

are also considered at the district level. The VFW District 2 award ceremony was held on Saturday, January 24, in Seattle. All three of Harbor School's first place winners (Ethan Davis, Julia Ellison and Martin Ellison) were awarded 1st Place prizes in District 2 as well! Additional honors go to Harbor School's Martin Ellison, 6th grade, who won the VFW District 2 Patriot's Pen competition for his essay. Martin's essay will now be considered at the State level later this month.

Notes from the Asylum

By Mark A. Goldman

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Spiritual Smart Aleck

Whatever You Think, You’re Probably Wrong

Having observed the first anniversary of my husband’s passing, I felt like I’d accomplished something – I’d lived through that first year and would never have to do that again. In this sense of relief I relaxed. I was feeling pretty good. The drama was over.

Not quite. Suddenly this week it was necessary to remove Rick’s name from our checking account. I had thought about this at times over the last year, but occasionally I’d get a refund check from some medical agency that had taken care of him before he died, and it was good to have his name on the account when I deposited the check.

It turns out that there is some paperwork you cannot process for a joint checking account unless both parties sign. Rick is no longer available to sign, and I never was one of the wives who learn to expertly forge their husband’s signature. So yesterday I had to take a copy of Rick’s death certificate up to the bank and have his name removed from our accounts.

It became emotional for me. The feelings kind of ambushed me. It feels so good to think you’re almost normal instead of completely wrecked following the death of your spouse, but turns out that was a comfy little lie I’d told myself. I’m still wrecked, only not having to disturb the rubble as often as last year, so I don’t see it as often.

After leaving the bank I called my step-mother-in-law, Diane. Diane was married to Rick’s father a few years after Rick’s mother died. Mark, Rick’s dad, died exactly four months before Rick.

Sorry there are so many dead people in this column. I’ve reached an age where I know a lot of dead people, and stories that involve them.

Diane and I are widow buddies. Because she is four months ahead of me in the process, she is my mentor, but we also can talk widow shop together, and compare our experiences. Being married to a father and son, respectively, gave us both insights into their family dynamic that no one else could see, and it’s good to be able to talk about our lives with them as well as our lives after they’ve gone. Neither of us planned this, but it is a comfort for



By Mary Iuel

both of us.

I recommend having a widow buddy. No one will understand your experience so well as someone who is going through or has been through the same thing you’re going through. You understand things like being out in public and seeing couples and wanting to go up to them and grab them each by the lapels and say, “Be grateful for each other! Do you know how lucky you are to have each other?”

We don’t actually do this, but we feel it, and think it.

Conversely, when you see couples who are all lovey-dovey, you feel so bereft and cheated you have to go someplace quiet and pull yourself together. That’s after you’ve managed to stop yourself from slapping their smug couple faces.

Or some legal matter comes up, and you have to dig the death certificate out of the file and use it to prove that yes, he is dead, and no, he is not here to sign the paper. Every time you have to do that, it feels like your departed spouse has another bureaucratic brick piled on his grave.

I talk to Rick about that. “Well, Rick, you’re even more dead than the last time I had to do this.”

Oddly enough, I find that the longer he is gone and the more officially he is deceased, the more aware I am of his presence in my heart and mind and soul.

I found a video of him the other day, sitting across a table and talking to me. The liveliness of his face, the familiarity of his expressions, his smile, the love that he gave in every word and movement and gaze, are all so deeply ingrained in my consciousness that it felt like it had only been a day, an hour, since we talked, instead of over a year. I watched the video and smiled and teared up a little, but didn’t break down.

I can barely remember all the years of illness, that long grinding decline that sucked up both our lives and that finally wore him down. I remember the bright essence of him.

There are no certificates for that. I don’t have to prove that he lives on in my heart and memory. Having lost his corporeal being, it is good to know that he lives on in me, still himself, still that guy who after forty years could tell me stories about his life that I hadn’t heard yet.

Dang it. I wanted to hear them all.

Celebrate Valentine’s Day with En Canto at Open Space

Who doesn’t need to warm up come February on Vashon? Open Space presents a sizzling great Valentine’s Dance, with Brazilian music from the extraordinary En Canto. Come for romance, or to dance, or just to have a lively, fun time! A great event for all ages. Valentine’s Day, Saturday, February 14; Doors open at 7:30pm, and the evening kicks off with a dance lesson at 8!

From the Northwest, En Canto brings you music as rich and varied as the people and places of Brazil: forró and baião from the northeast, bossa nova and choro from Rio, and sambas from the neighborhoods of every city and town. These lively, danceable rhythms and exotic melodies get everyone onto the dance floor!

Early Bird tickets are available until February 1, for only \$10! Then tickets are \$12 in Advance and \$15 at the Door. Tickets available at Vashon Bookshop and brownpapertickets.com.

En Canto formed three years ago and is made up of a fabulous group of musicians, led by Brazilian-born vocalist Adriana Giordano draws her inspiration from the deep well of Brazilian song. Her voice is pure and unadorned, from the source of the rich musical traditions of Brazil. Her influences include Elis Regina, Joyce Moreno, Tom Jobim, Milton Nascimento, Baden Powell, Joao Bosco, Gilberto Gil, Djavan, Chico Buarque, Caetano Veloso, Filo Machado, Monica Salmaso, Dani Gurgel, Tatiana Parra, Giana Viscardi, Clara Nunes, Luiz Gonzaga, Hermeto Pascoal, Egberto Gismonti, and Duo Assad. Ms. Giordano has dazzled Seattle audiences since 2010, performing with her other band, Adriana Giordano quartet. She also currently hosts a weekly live music jam, EntreMundos, along with Seattle’s premier musicians, in north Seattle.

A unique member of Seattle’s music scene, Jamie Maschler she has played accordion since the age of four. Jamie graduated from Cornish College of the Arts with a Bachelors in Music and has won several national and international accordion competitions for jazz, classical, and original compositions. She has performed as a featured soloist at Benaroya Hall in Seattle and recorded at some of the top studios in Seattle, including London Bridge, Avast, Elliott Bay Recording Company, and Clatter and Din. Ms. Maschler now works at Petosa Accordions, the last accordion manufacturer in the United States, while pursuing a very active career in Seattle and the greater Northwest area.

Multi-instrumentalist, producer, and bandleader, Rosalynn De Roos graduated from Cornish College of the Arts in 2005, with a Bachelors of Music degree in clarinet



performance. Ms. De Roos traverses the wondrous world of Brazilian music, exploring and expressing herself in the musical styles of forró, xote, baião, chorinho, samba, and maxixe. In addition to performing with En Canto, she is a featured performer in Choroloco, Underground Swing, and The Brazillionairs. She has also performed as a featured guest on Sonarchy Radio, KEXP, Raízes on KBCS, and KUOW’s “In the Studio” with host Dave Beck.

A Seattle-based musician trained in classical flute, Meese Agrawal Tonkin graduated from the University of Washington with a Masters of Music degree in Flute Performance 2012. Meese regularly performs classical, Latin, and Hindustani music around the Seattle area, as well as in other countries including Brazil, Spain, and Italy. In addition to performing with En Canto, Ms. Tonkin performs with the flute and accordion duo, Ellas, with colleague Jamie Maschler. She was selected to participate in the Festival do Inverno in Domingos Martins, Brazil, in 2012, as well as the Bay View Music Festival in 2011, in the Burgos Chamber Music Festival in Spain 2007, and in the Rome Festival Orchestra in 2006, all on scholarship.

Mike Withey has played piano since he was 7 and Brazilian music since 2005. Classically trained, he started playing rock and roll for parties

at Beverly Hill High School in the sixties, where he first fell in love with Tom Jobim’s music—the bossa nova—although, he notes, he could never play it until later. In addition to playing keyboard with En Canto, Mr. Withey also has performed with two other Seattle bands: No Jive Five (jazz standards) and Thursty Love (Latin and pop) and regularly attends California Brazil Camp. Having practiced law for 42 years, he is now slowly exiting the legal profession to play more music and write a murder mystery and international spy novel.

Adam Kozie started playing music at age 11 and drums at age 17. He studied at Cornish College of the arts and holds a BA in Jazz Performance. Currently, in addition to performing with En Canto, Mr. Kozie plays in the choral trance pop group Pollens, the electro-rock band Snowman Plan, and the chamber rock orchestra The B’shnorkestra, among many other projects.

Martin Strand is a versatile bass player who performs in Seattle and the greater Puget Sound area. Making Seattle his home while attending Cornish College of the Arts, Mr. Strand has become a first-call bassist for various groups that range stylistically from jazz to rock and more. No matter the setting, Mr. Strand brings strong musicality, solid time, creative solos, and open ears to make every performance one not to miss.

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Aries (March 20-April 19)

Use your imagination. It's all you need. If you can visualize something, you are most of the way to creating it. You may not even need to take that second step, because just considering the possibilities is beautiful. Yet you're likely to take action, and when you do, make sure you're focused on what you want the most. Please don't compromise based on what you think is possible or impossible. Right now all potentials are equally accessible. What you can render in your imagination is just one step away from manifesting in reality, which is why it would be wise of you to stick to what you want to manifest, create or access -- then allow that to be real with no guilt. Focusing that one thought will have more healing power than a year of therapy.

Taurus (April 19-May 20)

I suggest you not let a little resistance or seeming obstacle persuade you of anything. Indeed, should you encounter something that seems to be slowing you down, I suggest you just try a little harder. If you focus on what you want to create in your most idealistic concept of life, you will have more strength and motivation to address any practical issues that may arise. Dispense with them efficiently, take care of the basics and move on to what you know matters more. And at the moment, I assure you that pleasure matters a good deal more than business, than profits, than most responsibility. I would, however, maintain some awareness if you are needed to make a spot decision or to resolve a situation that someone brings to your attention. Again, be efficient, check your work and move on.

Gemini (May 20-June 21)

You seem ready to revolt against everything you ever believed that was not true. Remember, though, that this is not merely a mental exercise. What you believe is true or not will directly influence what you choose to do, or not to do; and whether you have faith in yourself. Don't waste too much time on this. What is not true does not matter; as soon as you deem it so, emphasize what you know is real, or meaningful, or creative. It's true there may be that side of you wondering what consequences will befall you if you violate someone else's idea of morality. If that happens, remind yourself that any imposition of morals onto another person is inherently hypocritical. You are the one who decides what is right for you. Claim that ground and use it well.

Cancer (June 21-July 22)

Your astrology is pulsating with sex and art right now, and it's coming to a boil right on the hotspot of your cosmic stove. In astrology there is one house that combines experimentation, daring, creativity, passion and teenage-styled curiosity -- and that is where the action is for you. For your purposes there is very little difference between these things, though I would invite you to seek out what you want in the form you want it most. I suggest you touch on as many of those 5th house attributes as you can, with the emphasis on curiosity and daring. If you swim out into some deep water, you will have all the more fun. The creativity piece is about doing something you've never done before, or in a way you've never done it before. Treat the whole world and all your experiences as surfaces to paint on, and then watch and feel the colors burst into cosmic fire.

Leo (July 22-Aug. 23)

Intimacy takes patience. More than

that, it takes being receptive. That, in turn, requires letting go of control and experiencing trust. If you look around at the world we live in, none of these things are well supported by the environment. Even the most relaxed individuals are being conditioned to be control freaks. Patience is in increasingly short supply. And the sensation of being exploited does not lend itself to trust, or to receiving. But your astrology is favoring all of those naturally human qualities right now. It's as if your own psychic environment is overriding the world around you, and allowing you to suspend all the usual rules. But you will need to take those first steps, slow down a bit, choose to let go of control. Most of all, relax and receive. Yes, this all takes trust. That's the whole idea.

Virgo (Aug. 23-Sep. 22)

You seem to have a lot to do, but really it's less than you think. With Mercury retrograde, I would suggest a few simple strategies. First, keep a blank pad on your desk. If your desk is your Droid and a seat on the D train, then keep a little notebook with you. First, make a list of several partially done tasks that have been nagging you for several months. Complete three of them and notice how much better you feel. One or more of these is likely to include a purely technical task or some form of system maintenance, such as backing up your disk drive. When you work, be attentive and take safeguards. While you're completing these old tasks, keep your notebook handy and begin sketching out some future tasks -- again, ones you've wanted to do for a while. As you sketch, develop a basic strategy for getting started that includes one or two steps you can take straight away.

Libra (Sep. 22-Oct. 23)

You may be wondering when all the relentless energy is going to relent. It may not, ever -- which means the solution is to make choices about your environment that provide you with the kind of space you need for specific tasks. Right now that would appear to be space for what you might think of as 'creative tasks' -- those involving breaking new ground, exploring, or playing. This may involve clearing a table or your desk and focusing the necessary supplies. However, more significant is mental space, which includes your use of time. Right now in the onrush of digital life, time is organized like walking on a high wire from Point A to Point B -- with the seeming risk of falling off. The kind of time you need is organized as a three-dimensional space where you can walk around freely, with no fear of falling, and with minimal scheduling involved. That's where your best ideas are.

Scorpio (Oct. 23-Nov. 22)

Your astrology is guiding you in the direction of the exotic, the mystical, and toward a field of experience with a broad horizon. Indeed it's more than guiding you; there seems to be an irresistible pull toward this wide and beautiful territory. It's not merely conceptual -- it's physical, actual three-dimensional space as well as an idea. It might be easy to get lost in the fantasy rather than taking the seeming risk of the actual journey to new experience. If you take the journey, leave plenty of room for how it might be different from the idea. Think of the actual experience as an experiment with an unknown outcome. As long as you don't predict the outcome, or attempt to script the encounter, you will have fun. That is, as long as you remember the key ingredient: take a chance.

Sagittarius (Nov. 22-Dec. 22)

Notice who is rubbing up against you, wanting contact with you. Notice, especially, anyone you feel you may not be interested in, but who seems interested in you. There may be some rather excellent potential in such an encounter, though you will miss it if you act as if your mind is made up in advance. It's too easy to act like you've seen it all before. You might also overlook the person if they don't show up strongly enough on your high-voltage radar. It's more challenging to slow down, to inquire, to listen, to feel, to notice. And perhaps even more of an emotional risk to allow yourself to feel that someone so beautiful could really be interested in you. Anyone who is might also be just a little intimidated by you as well -- it would help if you turned in their direction, and gently closed that little gap.

Capricorn (Nov. 22-Dec. 22)

Planets are aligning in a way that says: express yourself. Speak, write, pick up the telephone, photograph, sketch. Your direction of travel is inward as well as outward. What you say to anyone you are saying to yourself. How you perceive anyone is a comment on your perception as much as it is on that seemingly separate entity. These thoughts and ideas and reflections you have about reality, which are really all about you, are of an especially rare kind over the next few days. I suggest you explore generously, and in a way that you can document. In other words, this is not so much about thinking or meditating but rather putting your thoughts and ideas into some form that you can see, feel and appreciate in the coming days, months and years. The discoveries you can make will be that good -- and worth revisiting many times.

Aquarius (Jan. 20-Feb. 19)

You might consider saying the one thing you're holding back. It's getting in the way of so much else that you have to offer. Whether this is something you have to say to yourself or to someone else, I am not sure; in either circumstance it would require a full inner admission and deep consideration. I just suggest you not stop there, that is, stop short of actually speaking the words to someone who will hear them, or to whom they might matter. Your relationship to yourself and therefore to existence is going through a profound shift. While this has many subtle dimensions, the net effect is so tangible and immediate and real that it's impossible to miss. You're not going through a passing phase; you are going through a rite of passage into a new era of your journey.

Pisces (Feb. 19-March 20)

You are experiencing two distinct facets of your nature that each seem to be all of who you are. The effect may be rather convincing, as if you have two entities inhabiting your feelings, your senses and your thoughts. These may, in turn, seem to have two different agendas, which may seem to conflict. But do they really? Are there really two of you, or rather are there two or more ways that you tap into something deep and let it out? I suggest you experiment with that approach. You seem to be experiencing two amazing pools of feeling, inspiration, talent and the need to bring that forth into the world. Yet each of these leads to a common pool, to a vast space within yourself that contains all your potential. You do not need to choose anything at the expense of anything else. Merely reach deeper and bring out what you find there.

Read Eric Francis daily at www.PlanetWaves.net

Road to Resilience

Continued from Page 1

As we expand local production of our needs, we will begin to change the way we all live our lives. Fewer of us will need to commute to jobs where what we do has no immediate relationship to our own lives, much less our aptitudes and interests. In many cases, we would be giving up the economies of scale and the use of labor saving machinery in favor of more personally wrought items, more meaningful work, more control over what is made, and tight feedback loops for improving what we make. Mmmmm.....sounds like the Medieval Period! Well, there certainly are a lot of similarities, and I will have to say that I admire many of the elements of life from that era. We mostly hear about the pestilence, ignorance, and drudgery, and, no doubt, there was much of that, but I think there was an emotional and spiritual integrity, a sense of place, and a peacefulness to life that would make some aspects of the life we lead today look wretched. We can choose the best elements of today and yesterday. I realize that I am speaking arch heresy right now with respect to the corporate-technological paradigm in which we live.

Last but not least, people should become local too. Mobility in our society has come at the cost of losing a "sense of place". Nowadays, we can move from Seattle, to Phoenix to Atlanta, to Costa Rica and not really suffer much from displacement. That is because we no longer live in the natural world of the place we inhabit. We have a responsibility to the place we live, especially since our kind have probably already despoiled it for our own purposes. Consider this quote from a book called "Reinhabiting California." Berg and Dasman:

"Reinhabitation means learning to live in a place that has been disrupted and injured through past exploitation. It involves becoming native to a place through becoming aware of the particular ecological relationships that operate within and around it. It means understanding activities and evolving social behavior that will enrich the life of that place, restore its life supporting systems, and establish an ecologically and socially sustainable pattern of existence within it. Simply stated, it means becoming fully alive in and with a place. It involves applying for membership in a biotic community and ceasing to be its exploiter."

That, to me, is a tall order, but the basis of a truly meaningful existence.

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Positively Speaking

Evocation Part II – The Valentine’s Day Bit

By Deborah H. Anderson



The organ loft at Calvary Baptist Church in Norristown, Pennsylvania is sunk into the floor as if to be it’s own orchestra pit. Garnell would drop himself into the cockpit like console and, for a couple of hours, both of us were free.

When he played he would take us to the upper streams of exquisitely divine peace and grandeur and solace and wonder and the pure love of being alive in a way that was so large one would think troubles didn’t matter.

Neither of us owned ourselves. That was part of the bond. The rest of the time we were in prison in our own lives. He was a hostage of the gift and the expectations of being a phenomenon and a student at Curtis Institute of Music and getting hit on by older gay men who found him lovely and took a fancy.

I was a hostage of whoever was exploiting me physically or emotionally at the time to sooth their rages or urges, imprisoned in a crippled body that had once danced with abandon and played the piano with a right foot that could work the damper peddle.

Our brains and our synapses moved at the same time with the same speed. Being together was easy and relaxed. Our rhythm was the same. We made each other happy. I liked his flirting. He taught me how to respect and serve music. He taught me to sing a song from the inside out. I reinforced and encouraged his nurturing side. I made him feel like a man. We were perfect for each other: friends, soul mates and intimate sharers of life.

And yet, until a reviewer suggested a connection between internal racial pent up rage and Garnell’s ability and love of taking an organ to the maximum depths of fortissimo, and I responded in cyberspace attesting that from intimate personal experience his fortissimo came from a place of passion and delight that he could be that loud, I forgot everything I knew about and had experienced with him save his fateful words to me and the look of horror on his face after my parents shredded him; sealed off, with cement poured on top of any emotional memory, or indeed events or facts of our friendship, and the memory of what it was like to be truly loved.

Although the review was several years old, within an hour, I actually got a response, a tremendous response. When had I known Garnell? He was inquisitive of this particular piece Garnell had written called ‘Evocation’. It seemed completely out of character and came from a place not associated with his outward personality.

The reviewer spontaneously sent me pictures, a sample of a Christmas card with ‘I hope we will remain friends forever’ in Garnell’s handwriting, and announced there were recordings, which he soon packaged up and mailed, of a recital Garnell had performed as well as some choral work he had accompanied and conducted.

Without even knowing what I was doing, I found and ordered a two LP box record set, unopened, with a 12x12 picture of him playing the organ on the front, with an inset close up of his exquisite long fingers.

I found myself emailing the homicide detective discovering his case was open

and still under investigation and through another source, the woman all around him suspected had murdered him was still alive in the DC area. I read the simple paragraph “Garnell Copeland was killed in a stabbing at 11:55 PM January 6.1977. “He died in the ambulance on the way to the hospital.

And in between it all, the layers of the frozen and the unfelt dissolved, and remembrance came back like a freeze frame that suddenly comes to life once more. I would alternately weep and remember. When the CD’s came, hearing his voice again for the first time in fifty years rendered me still and then my heart rejoiced.

When the record set arrived I tore but one inch on the corner and seeing only the top of his head, sobbed in the car for half an hour in a grocery store parking lot.

Gradually, I pieced together the stories of both our lives after my parents split us in two. In his personal life, he had given into a full on drunken dive into drag bars and outrageous temper tantrums. I chose relationship after relationship in both work and my personal life where I was exploited and robbed of esteem and credit by wounded people like those who had raised me. I could track parts of him in each fruitless relationship.

The memories, good memories, could not be stopped now. Like a vibrant movie in the back of my eyes, his presence, his regard, his care, his nurture, his respect, and eventually his physical desire of and for me came flooding back, time and again leaving me sobbing and angry both for the lost love and for the fact I had found him and could not pick up the phone to reunite.

But remembering you have been greatly loved is a powerful life changer. The piece called “Evocation”, a haunting majestic, tragic, moving piece that I believe completely narrates our relationship, what my parents did to him, the break up, and what happened after. His page turner, and good friend, from the time we were apart said he frequently went ‘off page’ and created new parts to it as he played. I believe it was when he was remembering.

There is only one way I can honor his memory, apart from the flowers that will appear on the altar at the church he served, on his birthday, which happens to be Palm Sunday this year. I will completely develop my musical gifts. See, when my parents broke us up, I kept my music, but I did not go to that place of freedom where musicians grow. It would have reminded me of him.

Now, I will live in that freedom. I will be who I was when under the influence of his love. I will remember. This time when Juliet wakes to discover Romeo has died, she will not kill herself. She will rise and live again the legacy that is their love together. It is no longer a mystery why I have always intuitively, signed my column.

Love,
Deborah



The Aging Brain

Our knowledge of brain development, aging and health has expanded based on the explosion of new research tools in neuroscience. Using his experience as a clinical neurologist and research scientist, Dr. O’Brien will summarize the changing understanding of lifestyle, genetics and their impact on brain health, as well as common diseases such as Alzheimer’s, Parkinson’s and stroke.

Dr. Christopher O’Brien is a Board Certified Neurologist who currently is the Chief Medical Officer at Neurocrine Biosciences, Inc., a biotech company based in San Diego. He has previously served as Associate Professor at UCSD Department of Neurology, as President for the Colorado Society for Clinical Neurology, and as Medical Director for the National Parkinson Foundation Center for Excellence. Dr. O’Brien has authored numerous scientific publications researching movement disorders, including Parkinson’s disease,



Huntington’s Disease, Tourette’s Syndrome, tremor and related disorders.

The Aging Brain
Dr. Christopher O’Brien
Sunday, February 15, 2015
All talks at Vashon Allied Arts
Individual tickets: Member/
Student/Senior \$16, General \$20

AmeriCorps NCCC Serves on Vashon Island

Continued from Page 1

Camp Sealth, which include trail work, cleaning Camp docks, and several construction projects.

Ashley Westpheling, the Blue Five Team Leader, commented, “It is exciting

that AmeriCorps NCCC can impact the Island in so many different ways. Since there are two teams here, I think that the Island will truly feel our presence and the positive difference we can make.”



Team Gold 4

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or Show information or Article and get
included in
The Vashon Loop.
Send To:
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Skittles needs a home . . .

The Seahawks are done for now, but Skittles (the candy and me) will always be in season. Actually, I’m better for you than the candy because I’m fat-free and have no artificial colors. I like to be petted and brushed. Being around other cats is fine; I’m calm and get along with everyone.

Let me join your household, and I’ll make your life sweeter without adding calories!



Go To www.vipp.org Click on Adopt

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Island Epicure



By Marj Watkins

Chicken Soup for Soul & Body

We’re still in the flu season. I’m still working on getting my energy back from my this-years edition of The Flu. Many of you probably are. Whatever sort of malady is going around when this column hits print, you can benefit from this old-fashioned chicken soup. You don’t even have to be a convalescent to be cheered and nourished by it. And you can make it with any meaty chicken parts, skin on. Chicken is low in saturated fat—which is not as wicked as it’s made out to be. Your brain cells need it for their skin.

Grandma served any victim of a cold Chicken Soup. It works against whatever germs you may be or have been exposed to, having mushrooms for their healing power, basil and oregano as anti-bacterials and flavor enhancers, cloves for anti-viral and anti-bacterial effect, carrots yielding more than a day’s worth of Vitamin A, garlic to kill germs, and onion to boost immunity. The chicken skin yields cysteine, a protein that protects against cold and flu germs. Dice it after cooking and return it to the soup pot.

Magic Potion #2:
Grandma’s Chicken Soup
6 servings

- 1 small chicken, cut up, or 6 to 8 drumsticks, skin on
- 1 large onion, diced
- 3 to 4 long carrots, sliced
- 1 parsnip cut in 1-inch chunks
- 4 crimini or other mushrooms, chopped
- 1 teaspoon iodized salt
- 12 peppercorns
- 1 Tablespoon vinegar or 1 wineglass white wine
- ½ cup coarsely chopped parsley,
- 1 teaspoons chicken granules or 2 chicken bouillon cubes
- 1 teaspoon dried crumbled basil leaves
- ½ teaspoon dried crumbled oregano leaves or 1/8 teaspoon oregano powder
- Water
- 1 teaspoon dried, crumbled kelp, optional

In a stockpot or large kettle, put the first eight ingredients. Cover with water plus an inch. Bring to a boil, reduce heat, put the lid on the pot, and cook gently for 1 hour.

Add the second group of ingredients and water as needed to keep an inch deep over the ingredients. Simmer another half hour. Taste and adjust seasonings. By now the meat should be so tender it almost falls off the bones. Serve warm. Refrigerate any extra soup and reheat up to four days later, or freeze it in an ice cube tray and reheat a handful of cubes for a single portion.

BTW: Magic Potion #1 is simple, and protects against all germs. The cloves soothe a sore throat, too. Just simmer a stick of cinnamon and a small handful of whole cloves in a pint of water until the water turns brown. Store in a capped jar. Sip or gargle a few tablespoonfuls at the first indication of a cold or sore throat, or enjoy in tea or coffee. synthetic vitamin.

Film about being “A Black Face in a White Place” comes to the Vashon Theatre

“Dear White People,” a satirical crowd-funded gem about race relations at a fictional Ivy League college, will screen at the Vashon Theatre this Friday, February 6 at 9:30 pm.

The feature, a breakout hit at the Sundance Film Festival, is presented by Vashon Film Society as part of its First Friday Art Film series. Written and directed by Justin Simien, “Dear White People” addresses a campus culture war which escalates when the school’s humor magazine throws a Halloween party awash in racial stereotypes.

TheDailyDotcalleddirector’s Simien’sfilmmaking debut “a college-set ‘Do the Right Thing’ for the social media era.”



In a year when the Academy Award nominations exposed what Variety Magazine called “a stunning lack of diversity,” the island’s film society and movie theater are marking the beginning of Black History Month with the comedic “Dear White People” and the stirring

historical drama “Selma” which also opens Friday and plays through February 12. Admission to Friday’s one-time showing of “Dear White People” is a \$7 donation to the Film Society. For tickets and showtimes for “Selma,” call the Vashon Theatre at 463-3232.

Hestia Retreat offers Women Retreats

By Valerie Manusov

Hestia Retreat (hestiaretreat.org) is a Vashon group dedicated to the support of women’s emergence. We offer day retreats and monthly gatherings that allow women to learn about themselves and live more whole, fulfilling lives. And we are working to create a retreat center for women housed on our beautiful island. Here is our mission:

Hestia Retreat Center offers space, education, and support for women and girls to be in solitude or to connect with others so that they may tend their inner flame, discover what is emerging within them, and more powerfully influence our world.

For 2015, we have a wonderful new set of retreat events, set to a seasonal calendar, offered by leaders in their areas and tied to what the time of year most encourages us to explore. On February 21 from 10-5 we offer a Winter retreat that allows attendees to use the darker

days to explore and emerge from their own shadows. It is called “From Hustling for Worthiness to Dancing with Self-Compassion,” and is a Daring Way™ one day event led by Seattle-based Kay Duncan and Lailey Jenkins and based on the work of Brene Brown and Kristin Neff. The cost is \$150 (\$125 before January 31st), including snacks and a healthy lunch, with partial scholarships available (go to hestiaretreat.org/events/daring-way-retreat for more information and to register). In May, we offer a workshop that allows women to burst forth, as do the buds of Spring, with Judith Waldman, co-author of Stand, Flow, Shine. And in late June, our first Summer event will be a Walk in the Woods, with Vashon’s own Erin Kenny, the founder of Cedarsong Nature School (cedarsongnatureschool.org). We have three more retreat events planned for later in the year. Check our website soon for more on these wonderful offerings.

Our first two monthly groups are an engaged, much-fun book club and what we call a “Sister Circle.” This circle, led by Hestia Retreat Circle of Director member and life coach Catherina Willard, gathers to allow women to form ongoing connection and support for one another. You can find out more on our events page about when these groups meet (hestiaretreat.org/events/).

We welcome your involvement in what we are creating. For more information, to sign up for our email list, or to apply for a scholarship for an event, contact info@hestiaretreat.org. We are here for you! We are a 501(c)(3) non-profit organization.

Read The Vashon Loop online www.vashonloop.com

Looking to give your arts career a boost? Artist Trust at Large can help!

In this free presentation, Artist Trust At Large speaker Michelle Bates gives you the scoop on how Washington State artists of all disciplines can utilize Artist Trust’s essential resources, grants, career training and tips, exhibition and performance opportunities. You’ll walk away with a clear idea of how to make that next (or first) step in your arts career, a sense of support from Artist Trust, and information on how and where to get your career questions answered.

Artist Trust has invested over \$10 million in Washington State artists since its founding over 25 years ago. In 2013, Artist Trust awarded over



Michelle Bates

\$284,000 to 112 artists through our grant programs and direct support. Artist Trust also

provides a comprehensive suite of career training, professional development resources and counseling to help artists achieve their career goals.

Artist Trust is a not-for-profit organization whose sole mission is to support and encourage individual artists working in all disciplines in order to enrich community life through Washington State.

Artist Trust at Large with Michelle Bates Monday, February 9, 7 pm Vashon Allied Arts FREE!

Please RSVP to Michelle Bates at: michelle@michellebates.net

TRASH TALK

Just one word this week – COMPOST! One third of the space in landfills is taken up with yard and kitchen waste. The methane gas produced as that organic matter decomposes traps 26 times more heat in the atmosphere than CO2! Online are lots of sites with simple suggestions to get underway.

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Gregg Curry & Ragged Glory

For Gregg Curry, Ragged Glory was a sound birthed from the radio of a Mercury Montego he drove down Southern highways in summer with the windows down. It was Dylan, The Stones, The Band, Neil Young, Tom Petty, and so many others making something raw sound so perfect. He just grinned and turned it up louder. Now, Ragged Glory is the band Curry says he's "lucky to work with because they get where I'm coming from and understand where the songs seem to want to go." The band (Curry and Rick Dahms on guitars and vocals, Kevin Almeida on bass and vocals, Matthew Chaney on keyboards, and drummer Emory Miedema-Boyajian) has evolved a sound around Curry's original songs that is their own – a sort of rock-and-roll tent revival/minstrel show that mixes the sacred, the profane, and the in-between



into a musical stew, new and familiar at once. The words may make you pause, the music may tempt you to dance, and chances are good you will grin like you do when you hear a song on a car radio and you want to turn it up. Gregg Curry and Ragged Glory play on Friday, February

6th at The Red Bike. The Show starts at 8:30pm. This is an all-ages show 'til 11pm, 21+ after that and there is no cover for this show! Friday, February 6, 8:30pm At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

The Jealous Dogs



Jealous Dogs is Seattle's Only Pretenders Tribute, snatching their namesake from a deep-cut off Pretenders II. Comprised of Seattle music scene veterans, this four piece was brought together by a common love and appreciation for the Pretenders blend of new-wave and punk rock. Sherri Jerome (Strange Jerome) is Chrissie Hynde; attitude and voice blazing. Zoran Macesic (Legendary Oaks) fearlessly channels James Honeyman-Scott's crunchy, melodic guitar riffs. Aimee

Zoe and Moe Provencher (MoZo, Jackrabbit) provide the energetic, bouncy rhythm section. Performing Pretenders hits, B-sides, and rarities, the Jealous Dogs bring a fun, dancin', rockin' good time. This is an all-ages show 'til 11pm, 21+ after that and there is no cover for this show! Friday, February 20th, 8:30pm At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

VALISE Affiliates to show themselves Unframed and Unhinged for February exhibit.

For February, VALISE Artist Collective and Gallery presents our annual show of art by affiliate members, Unframed and Unhinged: The Affiliates of VALISE. "Affiliates" of the collective pay less dues but they also don't get to show as often. For that reason, their artistic potential backs up until it explodes onto the Vashon art scene in a wild frenzy of artistic license. Affiliates include:

- Rachel LordKenaga, whose work reflects her interest in exploring memory and mood. Her paintings were inspired by old photographs of people. She can't remember who they all are, but she is not in a bad mood about that.

- Ivonne Escobar de Kommer, a native of Chile, creates widely celebrated copper sculptures. She says that once she discovered metalwork, she "never stopped hammering," which may also explain why she has had to change residences so often.
- Lin Holley, whose current work incorporates etched metal, clay, wood, and found objects (some of which you might have lost, but you can't have them back) to create small worlds that are fragments of peaceful moments.
- Ina Whitlock, who has used art since childhood to express her feelings. Her parents probably had a different opinion about that, but for this show,

she scoured beaches for items that washed up on the sand. "These found objects returned as gifts from garbage dumped into Puget Sound years ago," she says. "The evocation of the found pieces, and the use of the written word with some, has been a process of discovery."

- Greg Wessel, whose linocut prints are "cognitive behavioral therapy." Net proceeds from the sale of his prints will be donated to the nonprofit Geology in the Public Interest.

The show opens First Friday, February 6 from 6 to 9 PM, and runs through the month. The gallery is open that evening, Saturdays from 11 to 5, and by appointment.

Coyote Tales

Vashon Wilderness Program sponsors a family friendly event on February 8 at the Open Space VASHON WILDERNESS PROGRAM will host its 8th annual Coyote Tales Storytelling Festival on Sunday, February 8 at the Open Space for Arts and Community on Vashon Island. Starting at 2pm, storytellers Merna Hecht, Steve Jones, Janet McAlpin, and Gloria Two-Feathers will delight all with an imaginative evening of storytelling; complimentary dessert to be served during intermission. The proceeds will support the VASHON WILDERNESS PROGRAM mission to provide nature immersion experiences for Puget Sound youth. Major sponsors for the Coyote Tales Storytelling Festival include Vashon Wilderness Program (VWP), Artisan Electric, Forest Halls, and the Genevieve Payne Family. VWP provides nature immersion experiences for Puget Sound youth, ages 4-17. More than 650 youth have been transformed through Coyote Mentoring,



VWP's approach to deep nature connection mentoring touted by award-winning author Richard Louv as "good medicine for nature deficit disorder." Tickets for the Coyote Tales Storytelling Festival are \$40/family & \$20/individual (advance) or \$45/family & \$25/individual (door). All tickets include complimentary dessert and beverage. Tickets can be purchased from Brown Paper Tickets and also at the Vashon Bookshop. For more information about the Vashon Wilderness Program, visit the website: <http://www.vashonwildernessprogram.org>



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Love Duets III

After the amazing success of the last two year’s events, Allison and I are planning a show that will celebrate the most romantic day of the year, Valentines Day. It will be at the Red Bicycle Bistro & Sushi. This will be a Vashon Events benefit show.

The show will be called “Love Duets III.”

The concept is simple – the only requirement is that it is two people on stage and they both have to sing a duet together, something with a love theme. We will rotate these duo’s through so there is a nice variety of music throughout the night. It’ll be one song for each duo and they can be covers or originals. Musicians can bring whatever instrumentation they need for the songs, but we ask that it’s very basic to make the transitions easier. No big bands, no drum kits....just two people, singing about love. It can be any combination of two people...a father or mother with their son or daughter, with your significant other, with your best friend, with someone you’ve always wanted to sing with.... the list goes on.

Proceeds from the event will support Vashon Events – Vashon Island’s community arts, culture, and charity events website that launched this year.

It will be fun and for a good cause. We think it’s going to be yet another one of those magical nights of music.

Pete & Allison

Some of the duo’s signed up so far are:

- Allison Shirk & Joe Panzetta
- Maijah Sansen-Frey & Sarah Hotchkiss
- Scott Durkee & Andrea Walker
- Jennifer Sutherland & Rusty Willoughby
- Rebekah & Jon Kuzma
- Chai Ste Marie & Josh



- Gregg Curry & Maya Battisti
- John & Clare van Amerongen
- Pearce Cobarr & Chris Peloquin
- Dianne Krouse & Michael Whitmore
- Chuck vanNorman & Jessica Bolding
- Joseph & Veronica Stewart
- Christine Goering & Matt Wilson
- Ian & Maria Metler
- Catherina Willard & Charlie Asmus
- Michael Whitmore & Christine Goering
- Phil & Geri Royal
- Nathan Franck & Sadie
- Nick Hyde & Riley
- All-Ages till 11pm, 21+ after that.
- \$8 suggested donation.

Friday, February 13, 8pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

The Vatican in 3D

For the very first time Ultra HD 4K/3D film cameras have been allowed inside the Vatican Museums and Sistine Chapel, bringing never before seen art to theaters across the US.

The Vatican Museums 3D is a mega-production by a team of 40 professionals who travelled hundreds of miles in the cultural setting of the Vatican Museums while filming some of the most rare and precious works of art in the world, spanning all civilizations and epochs. Thanks to a combination of the cutting-edge 3D techniques used for cinema by James Cameron and Tim Burton, audiences can now fully immerse themselves in the timeless masterpieces of art history. Admire the paintings of Caravaggio, touch Laocoön and the Belvedere Torso, and feel swathed by the figures in the Sistine Chapel.

From the outstanding artistry of classic statues to the Cast of Michelangelo’s Pietà, right up to Fontana’s modern sculptures; from paintings by Giotto, Leonardo da Vinci, Van Gogh, Chagall and Dali; from the extraordinary frescos in the Rooms of Raphael to the spectacular work by Michelangelo in the Sistine Chapel, theater audiences will experience the journey under the artful guidance of the Director of the Vatican Museums, Professor Antonio Paolucci, who expertly leads us through the past, present and future.

The program includes 15 minutes of insightful “behind the scenes” extra features, exclusive to theatrical audiences, as The Vatican Museums’ Director, Professor Paolucci, the film’s director Marco Pianigiani, and the director of photography recall both the challenges and the triumphs involved in the making of this masterpiece.



The Vatican in 3D
The Vashon Theatre
Sunday, February 8th at 1:00pm
Thursday, February 12th at 6:00pm
Tickets are \$9 for Generals and \$8 for Seniors and Children

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In the Mood for Jazz



Since her arrival to Seattle in 2008, international jazz vocalist Jennifer Kienzle has emerged as a singer adept at conveying a direct and honest interpretation of the American songbook. Jennifer is known for her purity of tone, playfulness with song and easy rapport with her audience. Influenced by the greats such as Sarah Vaughan, Carmen McRae and Dianne Reeves, Kienzle has an attention to detail that employs both intuition and careful study and, whether performing her own arrangement of a song or singing on a standard form, her own sound is evident to the listener. As the winner of the 2014 Seattle-Kobe Jazz Vocalist Audition, she has performed

in Japan, Germany and Switzerland and enjoys actively contributing to the sonic landscape of Seattle’s jazz scene. She consistently performs in and out of town, both with her own quartet and The Easy Street Band. Kienzle is currently preparing to record her debut album this spring and will be performing in Europe this coming summer. This concert will be her Vashon Island debut, featuring Cole Schuster (guitar), Greg Feingold (bass) and Max Holmberg (drums).

Jennifer Kienzle
Saturday, February 14, 7:30 pm
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Tickets: \$18 Member/Student/
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Punky Needs A Home...

My heart was broken when my person passed away recently. I’ve bounced back, though, and I’m a happy, talkative girl once again. Because I’m so special, I’ve been appointed an official greeter at the shelter (in other words, I get to live in the lobby with two other cats). This is a pretty cool gig, but I miss having my own home. Will you be my Valentine and adopt me?

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→ **Dan Hardwick**
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He came to a conclusion, what?

I've decided that nobody deserves to die.

What's on your mind, Gophie?

Comics
by
Rowan Schroeder

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Loopy Laffs

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I guess the voters want us to protect their choice of inebriants!

LOGJAM



BY Jeff Hawley

DARN SHAME THEY FORECLOSED ON YOUR OLD HOLLOW LOG

THANKS FOR PUTTING ME UP, LOGJAM

NO PROB! LEMME KNOW IF THERE'S ANYTHING ELSE I CAN DO

CAN WE GET CABLE?