

Oscar Night shines spotlight on creativity, fun and thrift shop glamour



Vashon Film Society rolls out the red carpet for its eighteenth annual Oscar Night at the Vashon Theatre on Sunday, February 22.

The all-ages scholarship gala's festivities start at 4 pm when a vintage limo pulls up to the red carpet at the front entrance of the movie theatre. An Academy Award nomination is not required to take a spin around the block and arrive in style on the red carpet -- limo rides are just \$10 a carload and include a picture of your red carpet arrival taken by photographer John Sage.

Film Society members, playing the part of paparazzi, interview Vashon's arriving stars and celebrities between 4

and 5 pm, and this footage is later shown on the big screen of the Vashon Theatre.

Multi-talented comedic actor Neal Patrick Harris is the host of the real Academy Awards this year, but our Vashon co-hosts are the equally talented and funny Susan McCabe of Voice of Vashon and renowned actress Maria Glanz of Open Space.

At 5 pm, the theatre will show the Hollywood red carpet arrivals, with the official Oscar broadcast starting at 5:30 pm. The Academy Award viewing party shifts seamlessly all night long between the actual awards show in California and the local costume contest which occurs

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Kanaka Celebration at Open Space for Arts & Community

Hula, songs, stories and a film from the islands celebrate the legacy of the Hawaiians here in the Pacific Northwest. Join us to learn about and celebrate the 'Forgotten Hawaiians'.

Hawaiian artists have brought tremendous magic to the island of Vashon and Open Space for Arts & Community - singer songwriter Makana has played three sold-out shows at Open Space, and spoken word genius Kealoha roused both his adult audience and McMurray Middle School students last fall. Now, Aloha Island Treasures and Hula Halau O Napualani partner with Open Space to celebrate the historical migration of the earliest Kanaka to Pacific Northwest from the 1800's to present day.

The Kanaka Celebration includes hula, stories, a film preview, and music from special guests Charles Brotman and Charlie Recaido from the group Kohala, visiting from Waimea, Hawaii - all in honor of the legacy of the Hawaiians here in the Pacific Northwest.

Hawaiians began to arrive in the Pacific Northwest in the late 1700's and early 1800's for a variety of reasons. Hawaiian place names like Aloha, OR and Kalama, WA are sprinkled throughout the Northwest, as evidence of the Kanaka spirit in Washington, Oregon, Idaho and British Columbia.

Kumu Hula Gloria Nahalea writes, "The Hawaiians began to arrive in the Pacific Northwest in the late 1700's-early 1800's for a variety of reasons. The Hawaiians worked and lived in areas such as Fort Nisqually, Fort Langley, Dupont, Warm Springs, Salt Spring Islands, Yakima, Lummi, Nisqually, Tulalip and many more places. They are called the 'Forgotten Hawaiians', as they melded in the local fabric of the society they live. The earliest Hawaiians married local Native Americans, and the blended bloodlines runs through many tribal



Charles Michael Brotman

families. Today, it is difficult to have an accurate census but it's believed to be much more than has been accounted for. More people are tracing their roots and as evidenced by the increasing PowWows existing in the Hawaiian Islands, more celebrations of these rich blended bloodlines occur as genealogical roots are being traced."

Join us on Sunday, March 1 at 4pm to learn more about the rich heritage of the Kanaka and the legacy of these almost 'Forgotten Hawaiians'.

Kanaka Celebration Video
Special Guests: Charles Michael Brotman and Charlie Recaido of KOHALA

Charles Michael Brotman grew up in Washington State and has lived in Hawai'i since 1976. Charles is the first recipient of the GRAMMY® award for Best Hawaiian Music Album, Producer, for Slack Key Guitar Volume 2. He has won multiple Na Hoku Hanohano

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The Road to Resilience It's Your Move

My main concern in the Road to Resilience is how we approach and prepare for what many see as a major civilizational paradigm shift. What is forcing the shift is the arrival of natural limits to the further development of the existing political, economic, and social institutions we rely on today. At the base of it is a profligate use of resources and poor housekeeping. It is the way we go about procuring, distributing, and using those resources that is putting not only us but many other species in danger of extinction. Whether we have a paradigm shift is not really open for discussion. The form and nature of that paradigm shift is.

To the extent that we look at the planet as a store whose shelves are steadily emptying, we will have the political and social unrest we see everywhere on the planet today. Fear and suspicion make for poor planning and decision-making with respect to the long-term success of our species.

I read a book about water in which I was made to realize that almost every molecule of water that has ever been on this planet is still here. (I say "almost" because some miniscule amount has probably managed to escape the gravitational field.) We have used it poorly and it is no longer easily accessible as it once was, but that trend can be

By Terry Sullivan,

turned around and we know how to do it. The energy that we need to grow food, stay warm, and run the natural systems we depend on, i.e., the hydrologic cycle, the climate, etc., has always been basically the same solar input that first shined on the planet 4 ½ billion years ago. We know how to harness that also. There is growing evidence we can feed our grossly overpopulated planet and recapture excess carbon in the atmosphere at the same time using labor-intensive organic farming methods.

What we can't do is support our present civilization, in which over 90% of us do nothing directly to maintain our life system on this planet. The specialized industries we depend on today require highly concentrated resources to produce the huge quantities of food, energy, and materials that we need. The naturally occurring distribution of the sun's energy is an even dispersion over the entire planet. Using the energy of the sun means collecting it everywhere in small quantities. Producing renewable energy via large plants is not likely to prove economically viable.

To a lesser extent, the same is true for water. Small-scale water conservation will do more to save marginal land than all the dams and pipelines that we could build. Just harvesting dew can


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Labor of Love Auction Begins February 25!

Vashon's favorite auction, the Labor of Love online auction to benefit Vashon Community Care will soon be open for bidding! The Labor of Love auction begins at noon on Wednesday, February 25, and runs for two weeks, concluding at noon on March 11. To participate in the auction or to donate an item or service, go to www.LaborofLoveVashon.org. Above is one of the items included in the auction, a red fluted, fused glass vase, made by Kasia Anna Studio. Other items and services included in the online auction range from a squid fishing evening for two to haircuts, home-made bagels to gift certificates for many Vashon restaurants and businesses.

Don't miss out on all the fun! Be sure to bid on your favorite items starting on February 25. All proceeds from the Labor of Love Auction benefit resident programs at Vashon Community Care.





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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

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Friday, February 27, 8:30pm
Bill Brown & The Kingbees

Friday, March 6, 8:30pm
Soul Senate

Friday, March 13, 8pm
Comedy Night - \$7 cover

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.

As Long As the Rivers Run

A documentary film & discussion about the fishing rights protests of the 1960s and 1970s. Ray McCloud, Ramona Bennett, David Duenas, Brandon Reynon, and Nicole Barandon from the Puyallup Tribe will talk about their experiences with the fishing rights struggle. *This program is free, and starts at 4pm at the Land Trust Building, 10014 SW Bank Rd., Vashon Island. The Heritage Museum across the street will be open 1 - 4pm, with free admission, and a special exhibit on Vashon Island's Native People, the sxwobabc.*

Have a Story or Article

Send it to:
Editor@vashonloop.com

The Vashon Loop

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Pruning 101 & Beyond Seminar

Saturday, February 21st from 11am-noon at The Country Store & Farm.
Attend this FREE workshop to learn pruning basics: when, where, how and why to prune. Weather permitting, we will have hands-on practice outside so dress accordingly. If possible, bring your own tools.

CERT course offered on Vashon

Vashon’s Community Emergency Response Team (CERT) 40-hour course starts February 27. Topics include personal preparedness for emergencies and disasters, indoor and outdoor light search and rescue techniques, light fire suppression practices and safety, first aid and medical care skills for personal and disaster situations, CERT team organization and how it supports the fire department and other professional responders, and more. Veteran CERT managers and instructors Catherine and Michael Cochrane will teach most of the sessions; they are recognized statewide for the development of the high-quality program here.

The course is free of charge, open to individual over 18 years, and runs for 8 weeks including Friday evenings and 2 partial Sundays. Class size is limited; advance sign-up required. Details at www.vashonbeprepared.org or from Jan Milligan, 206-949-1184. Vashon’s CERT program is sponsored by Vashon Island Fire & Rescue.

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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 Social Dance Group Monthly Dance & Lesson

WHEN: Saturday, Feb 21st, 2015
7:00-8:00pm: Foxtrot/Swing Lesson with Candy & Whitney (Beginning level, All welcome, No partner needed) Take the lesson and dance with either or both of the instructors.
8:00-9:30pm: Variety Dance - Candy offers a mix of swing, foxtrot, waltz, two-step, latin, and more for your dancing pleasure!
WHERE:
Ober Park performance Hall, 17130 Vashon Highway SW, Vashon Island (just North of the Library and South of the ParkN’Ride)
COST: FREE (\$10 donation suggested)
Come alone or bring some friends. A good time will be had by all. Questions? Comments?
Contact Candy 206 920-7596

Chautauqua Kindergarten Parent/Student Open House

You and your incoming kindergarten student are invited to attend this night of learning and exploration. Learn about Chautauqua’s full-day, half-day and Spanish immersion kindergarten programs. Take a tour of the school, sit on a school bus, meet the kindergarten teachers and see what a regular kindergarten day consists of. At the end of the evening, students will attend story time while parents attend a Q & A session. Don’t miss this great opportunity to explore kindergarten with your young student. Register today: vashonsd.org/chautauqua and click on the Open House link.
Chautauqua Kindergarten Parent/Student Open House: Wednesday, March 4th, 6:30-8:00pm

Grantwriting Seminars Offered

Longtime Islander and nonprofit consultant Allison Shirk will host two grantwriting seminars for Islanders interested in learning to write grants for nonprofit organizations. Participants of both seminars will receive an information-packed handbook and diskette with digital templates.

Spark the Fire Essential Grantwriting Seminar
Thursday, March 5th, 10am to 3pm
J.T. Sheffield Building. Cost \$75
This class is the new and highly-rated grantwriting class for beginning and intermediate level grantwriters. Participants learn all the essentials of grantwriting, from prospect research to nurturing relationship once the grant is awarded. Beginners complete the course feeling prepared and energized to start writing grants. Intermediate level grantwriters have the tools they need to dig deeper into case statements and logic models.
Curriculum:
Prospect Research - 1 Hour
Community Needs Assessment - 1 Hour
Proposal Writing/ Story Telling - 1 Hour
Outcomes & Evaluation 1 Hour
Relationship Building - 1 Hour

The Business of Freelance Grantwriting Seminar
Friday, March 6th, 10am to 3pm
J.T. Sheffield Building. Cost \$150
This class is a full day workshop that teaches participants how to start a freelance grantwriting business, market services and manage a full roster of clients. It is applicable both to grantwriters who are interested in becoming freelancers and to freelance writers interested in grantwriting.

Participants learn key strategies to successfully run a freelance grantwriting business. Learn marketing techniques for getting your first clients. Review contracts and time-tracking tools. Talk about sticky situations and how to manage multiple projects. Learn the nuances of how grantwriting differs from other types of writing.
Curriculum:

- Business Development
- Marketing to Nonprofits
- Ethics, Contracts, Invoicing
- Project Management in the Grants World
- Client Relationships with Nonprofits

Learn more and register for the classes at www.allisonshirkgrantwriting.com

Celebrating Vashon for 11 years of building a progressive movement



The Backbone Campaign celebrates 11 years of community engagement, artful activism and political theatre this month.

Renowned writer Chris Hedges recently gave a shout out to the work of Vashon’s own Backbone as one of a few key “Professional Revolutionist” organizations, the Backbone Campaign. “And it is the rebel alone who can save us from corporate tyranny. I do not know if these rebels will succeed. But I do know that a world without them is hopeless,” he writes.

The not-for-profit organization started as an affinity group of activists alarmed at the march to war and stripping of rights after the attacks of September 11, 2001. As the buildup to the Iraq war intensified, the first action was a large banner over a freeway overpass which read “Oil Men, Leading Us Into Disaster.” A creative contingent marched in the February 15th 2003 demonstration against the Iraq invasion in Seattle, with a giant puppet of George W. Bush as Julius Caesar, riding in a litter, oil spewing from a derrick canopy above his head. Litter bearers in death masks, solemnly processed to the haunting, slow music of gongs and drums.

The Backbone Campaign emerged gradually over a number of months like a composition. In a trip to DC over Halloween using frequent flier miles given him by his sister for a visit, Bill offered the services of the Vashon affinity group to a number of Beltway organizations - thinking that some organization might adopt the idea. When no one bit at the offer, afraid of

offending the Democratic Party or other reasons, a local effort was launched.

The first house party was on December 12, 2003. On January 18, 2004 the Backbone Campaign awarded Rep. Jim McDermott the very first Backbone Award in honor of his pre-war fact finding trip to Iraq. This original, handcrafted award was created by Vashon Island sculptor Hans Nelsen. Subsequent awards were partially cast from a mold made from this trophy. On that same day, a platform creation group met at Co-Housing, organized by Cathy deSmet.

The focus throughout 2004 was on building a giant puppet of an articulated backbone, with each vertebra articulating a piece of the progressive platform. Built by volunteers, the puppet was spearheaded by artists Bill Jarcho and Jim Farrell. Backbone Campaign also created a progressive platform for caucuses, presented other Backbone and Spine Awards, and sent a contingent of artists and activists to Boston, to bring a backbone to the Democratic Party.

Since then, it has developed, matured and expanded, with a focus less on the political process and more on building people power to effect change. “Backbone Campaign works from the moral and strategic understanding that what is of ultimate importance is the relationships that we weave with each other,” says co-founder and Executive Director, Bill Moyer. The Backbone Campaign celebrates those relationships and the Island’s generous volunteer, creative, mentoring, and financial support over the past 11 years.

KVSH-LP Shines its Work Day Spotlight on Music

Now Islanders at their desks and in local Vashon businesses can count on a steady diet of music on KVSH-FM throughout each weekday.

As always, the “Morning Scramble” kicks off the weekday from 8 to 11 am, with a different team of personalities each morning bringing their own unique musical sensibilities to the airwaves.

From 11am to 3pm, Caitlin Little hosts the “Midday Island Mix,” playing only songs from artists who have lived, played, or recorded on Vashon Island.

The Jazz Block from 3 to 4pm features Bill Wood’s “Jazz Guy” and John Midgley’s “Jazz Kaleidoscope” taking turns bringing jazz to the work place.

A brand new Four O’clock Music Block brings two familiar shows and three new ones to the KVSH airwaves. Rik Reed’s hit show “R.E.S.P.E.C.T.”, a one-hour homage to Motown and rhythm and blues, airs Monday at 4pm. On Tuesday, Drew and Doug Pine’s wonderful “Classic Rock and Beyond” takes you all over the Rock ‘n Roll musical map. Wednesday brings a brand

new show to the VoV lineup – “The Moody Hour” hosted by well-known Island performer and visual artist, Arlette Moody. She promises eclectic music from all genres. Another new show settles in at 4pm on Thursdays – “Conscious Sound” with Chai Ste. Marie, a reggae devotee who promises a lively and relaxing trip through the world of reggae. And on Fridays at 4pm, it’s the return of “Strange Cargo” with DJ Michael Whitmore, who will spin tunes from his collection of nearly 10,000 vinyl LPs and 45 singles.

Voice of Vashon is making these schedule adjustments in part to make it easier for Island businesses to play KVSH in their stores. We’re also trying to bring a steady diet of music, music, and more music to the increasing numbers of Islanders who listen to VoV at their desks.

Listen to these shows and live VHS sports broadcasts at 101.9 FM or stream KVSH through our free web app or at www.voiceofvashon.org.



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Island Life Water/Craft

By Peter Ray

Through the fog of years, I still remember the pool I learned to swim in. I was four, and the water was clear and warm. It was actually someone’s private, backyard pool- I do not remember their name. All the basics of the learning process have mostly faded from recollection, but I have no residual recognition of apprehension or fear involved with any of it, so everything must have gone mostly right with my mastering the basics of water dynamics. For some reason, my two remaining obvious memories of that time involve nutrition and deception through fear. I’m not sure if it was another student, or the pool owner’s daughter, but I remember her saying something about absorbing vitamin D from the sun. As this was the late 1950’s, it seems like an odd memory in that a fact such as this would have been more associated with “health nuts” than something served up as general knowledge and fact.

While the vitamin D thing has been confirmed and affirmed through time, I’m not so sure of the second recollection. It involved a story of this man who was in a pool when, in spite of its general crystal clarity, a growing cloud of red began to form around him. Supposedly, towards his own embarrassment and shame, he was called out for peeing in the pool, as the red coloration was supposedly some sort of dye that was lurking in the pool water and was there to indicate the presence of urine. I suppose this could actually have happened, but I think it was mostly told to us in order to plant that vague inkling of paranoia in the back of our brains that the sign over on the fence that read “We don’t swim in your toilet, please don’t pee in our pool” was more than just a clever warning. There has always been a Men’s room close enough to the pool deck so that relieving myself in the same water as I was swimming in has never seemed like a favorable option in any sense. As for swimming in a toilet, cinematically it sounds intriguing, but practically speaking it seems like a less than desirable pursuit.

Even though I have been in situations where there has been some indication of danger while I was in the water, I can’t recall any time when I was particularly worried about my well being. There have been, however, a couple of times in the last year or so when I felt threatened while out on the water in vessels of various shapes and sizes. Early last year, while still experimenting with the technique and rigors of rowing before injury altered that course, I was out in a single shell before the full light of dawn when I felt a bump and found myself stuck on a buoy that had caught in one of the oar riggers. In that awkward instance I felt a mild panic settle in because a light wind and the tide threatened to topple me into the dark waters all around. I knew I could swim to shore- I just didn’t want to get dumped into the coldness of the inner harbor in January, as well as suffering the humiliation of a ritual newbie rower dunking. I managed to dislodge the buoy and avoid a morning dip, but it took a few minutes of breathing and sitting still and balanced before the panic shock subsided.

And then there was the nervousness of just a few days ago, when on the maiden voyage of our recently acquired sailing craft we made the turn just south of Manzanita after a run downwind and began to tack back into the wind in order to make our way upwind to inner Quartermaster. The boat heeled way over to starboard with a creak and a bit of

slapping from the sails, as I wasn’t sure where the edge was in terms of what this boat could do in these winds. Again, it wasn’t as if both Wendy and myself would have any trouble swimming to shore from there, in spite of the fifty two degree water temperature. It was more the fear of losing the boat and having to deal with the aftermath of its rescue and recovery.

With each tack across the outer harbor we gained confidence in our abilities and timing. Wendy got faster at releasing and the hauling in of the jib sheets- I got better at playing the mainsail and the tiller. The fear and the worry slowly subsided as the confidence of experience, however newly won, took over the rest of the sail. As it was though, our day’s lesson on the water ran a bit later than we had planned on, and we arrived a bit late for the six o’clock start of the Friends of Vashon Pool meeting. As it was though, we were there in time to see the graphic representation of the retractable pool roof that is being proposed, as well as the two year, possible workflow timeline for it to become a reality.

The Pool Friends have identified two goals as their reason for being. The first is to get an extended season for the pool- this has been achieved with the budgeting of the entire extra month of September in 2015. The second is to realize the full potential of the pool by getting it covered so that it can be used year ‘round. This would allow for the establishment of a number of new programs that would help to facilitate the lofty goal of getting to the point where every Vashon resident knows how to swim. We are, after all, surrounded by water, with a wide array of waterborne activities available all around us. With a retractable roof, the Vashon Pool could be come the hub of Island aquatics, with indoor scuba and kayak safety classes, a high school swim team, pre-season aqua jogging for the cross country and track teams, senior water exercise classes, maritime safety classes, masters swimming workouts, and of course swimming lessons for all ages, along with other activities still to be identified.

To reduce pool startup and opening costs this year, pool manager Scott Bonney has been running the pool filters and chlorination equipment in order to avoid the expense and water use involved in flushing a winter’s worth of algae and grunge from off season inoperation. With the advent of a new thermal pool cover intended to further cut operating costs, the idea has been hatched for an early spring, one day pool opening as a kick off for the Friends of Vashon Pool, “Raise the Roof” campaign to make covering the Vashon pool and year round indoor swimming here a reality. As it stands now, the plan is to bring the pool up to the upper eighties and have it open for lap swim and open swim on Saturday April 4th. This will be a free swim, open to everyone, with the Friends of Vashon Pool on hand with an informational booth to explain this new venture. Follow the friends on the Facebook at <https://www.facebook.com/vashonpool>- the website is in the works. And don’t forget to come on in, because the water will be fine.

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Re-Imagining the Vashon Farmers Market

The University of Washington (UW) College of Built Environments (CBE) Storefront Studio is returning to Vashon Island to develop designs that re-imagine the Vashon Farmers Market for the Vashon Island Growers Association (VIGA). Under the direction of UW Storefront Studio Director Jim Nicholls, three graduate students – Jared Luther, Kirk Malanchuck, and Michael Riha – will be developing design ideas to revitalize and reconfigure the Vashon Farmers Market to better serve the community and the growth of the Farmers Market.

This project will build upon two previous UW projects on Vashon and Maury Islands. It follows a 2012 King County funded UW Storefront Studio project, in which students assessed and recommended ways to revitalize the community’s commercial structures. In 2014 a group of UW Urban Planning graduate students analyzed and recommended ways to enhance Vashon and Maury Islands’ agriculture sector. Both previous projects recommended revitalizing the Vashon Farmers Market to better serve the growth of the Vashon Farmers Market and as a community enhancement.

The Vashon Farmers Market operates at full capacity in terms of number farm, food, and craft producers selling their goods in the height of the Farmers Market season. The current structure is often congested during the

busiest times of the Market. VIGA hopes the Storefront Studio will offer design solutions that provide a welcoming, enjoyable and visibly intriguing experience for customers while meeting the needs of vendors and honoring the heritage of agriculture on the island. At the conclusion of the Storefront Studio project, VIGA will have a set of preferred design renderings with feasibility and construction cost estimates that can be used to apply for funding opportunities to implement the improvements.

The UW Storefront Studio and VIGA encourage community input during the project. Community members are invited to attend a public meeting on Saturday, February 21 at the Vashon Library between 2:30 pm – 4:30 pm to meet the UW Storefront Studio team. Initial design ideas will be on display for community members to view and provide comments. A second public meeting will be held March 7 for community members to view the revised designs (location and time TBD).

- Project contacts for more information:
- Project contact: Sarah Lowry, 206-437-8981, sarahjunelowry@gmail.com
 - UW Storefront Studio Director: Jim Nicholls, 206-616-4366, jnicholl@uw.edu
 - VIGA Board Co-Chair: Dan Carlson, 206- 650-8674, karelifarm@aol.com
 - VIGA Farmers Market Manager: Caleb Johns, 206-718-1855, vfmmgr@gmail.com

Next Edition of *The Loop* Comes out Thursday March 5

Deadline for the next edition of *The Loop* is **Friday, Feb. 27**

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Spiritual Smart Aleck



By Mary Iuel

Dear Granny’s Attic: Thanks. We Heart You

For some of us, Granny’s Attic is a cornerstone of island life. A week without Granny’s is a sere and arid week. Even if you don’t have time or reason or money enough to go, it’s comforting to know that Granny’s is there, waiting for you.

In 1975 a group of wonderful women decided that they would sell some rummage and cast offs in order to help fund the new health center, and that they would call this ongoing garage sale “Granny’s Attic.”

Granny’s Attic started in the repair bay of what used to be Ev Clark’s garage down on the corner of 204th Avenue SW and the Main Highway. The garage would soon be remade as Minglement, but it was deserted then.

The old gas station repair bay doors were opened up, two or three sheets of plywood were put up on sawhorses to make tables, and the jumble was piled on the tables in no particular order. Or maybe it started out in order, and by the time I got there it had been rifled into those disordered piles.

People came in droves, and the grannies persevered and moved to Paradise Ridge, down the hill from the health center, and the customers rejoiced, and there Granny’s Attic has prospered for lo, these many years.

There was a learning curve to the thrift store business. I wasn’t going to pay three dollars for a used guitar string, for example, but in general the prices were delightfully low.

Granny’s was where we had hugs and conversations with friends, and found great finds. I found my Manhasset music stand, for example, and Betty Kimmel held it for me while I went home to get my checkbook. Over the years I have purchased stationery, envelopes, mouse pads, computer keyboards (because I go through them like Kleenex), mugs, dishes, magazines, lamps, furniture, clothes, books – so many books, especially books of humor and cartoon collections, both panel cartoons and comic strips, because I love cartoons.

Some of those things I donated back to Granny’s. I don’t buy from Granny’s so much as rent from Granny’s.

All those years, all that stuff.

Granny’s was my escape, my recreation, my social hour, my chance to shop knowing I could afford most of what was for sale in those two old government-issue buildings.

I knew when the store’s move to town was announced that I would miss those creaky old substandard structures. I would miss walking from room to room, checking shelves and crannies. There is something about a human being that does not like to walk in straight lines (unless you’re an ancient Roman road builder).

There is also something about a human being that does like the familiar, no matter how uncomfortable the familiar might be.

Now Granny’s has moved uptown and taken over the spaces where the bowling alley used to be (“We had a bowling alley?” said my 12-year-old granddaughter in surprise) and where the Variety Store once did business.

I went in and walked around to see what the new Granny’s Attic was like. Guess what: it’s still Granny’s. The same people greet us when we walk in the door. The paths through the rectangle are not straight, especially if you stop to see everything, and you know I had to see everything, like a dog checking out all the new butts at the off-leash park.

I ran into friends and had hugs and conversations, browsed the whole space, bought one book, and decided that forty years on, in a new home, none of what mattered about Granny’s has changed. So not missing the old place much. All is well.

I want to say thank you to the many volunteers and paid staff who have made Granny’s Attic a beloved island institution. You people, present and past, rock. Thanks for all the good you’ve done with the proceeds. Thanks also to the customers and donors for what you contribute to Granny’s.

I hope the new home is cooler in summer and warmer in winter, and an all-around better space in which the store can function. I for one am grateful not to have to climb up stairs to use the bathroom.

I should be donating things to Granny’s more than bringing things home from Granny’s, but as I sit here writing, I look at the time and see it’s almost 4 o’clock. Too late to drop off donations, but still another hour to browse the shelves. I gotta go. See you later.

Acrobatic Conundrum Performs “The Language of Chance”

Acrobatic Conundrum’s West Coast tour of “The Language of Chance” comes to Open Space for Arts & Community, in Vashon, WA at 7:30 pm on Saturday March 7, 2015.

The new performance piece blurs the lines between dance, theater, and circus and offers thrilling circus aerial and acrobatics, delightful clowning, and intriguing physical theatre. Inspired by author Jorge Luis Borges’ magical realist tale, The Library of Babel, the show consists of two new works created exclusively for this talented troupe: “A Book is Not a Ladder” by Seattle choreographer and director KT Niehoff and “Secret Passages” by UMO Ensemble director Elizabeth Klob.

“It’s been a real artistic thrill for us to have the opportunity to collaborate with two talented choreographer-directors from beyond the world of circus,” said Terry Crane, co-founder and director of Acrobatic Conundrum. “It’s allowed the company to reveal its deep pool of talent and versatility and reach beyond the ordinary into a new performing arts space.”

Niehoff’s work “A Book is not a Ladder,” melds contemporary dance and circus in a visually stunning world. Niehoff designed the striking



set and costumes, and made the original sound score in collaboration with electronic musician Pietro Ravanni. In the piece, the acrobats find themselves at odds between the sensations of falling forever, and the Sisyphean task of looking for story in a nonsensical world.

Klob’s creation, “Secret Passages,” evokes a tale of missed connections and serendipitous endings, told through physical theater, clown, and circus arts. With an original scenography and music by Ravanni, the piece transports viewers on an unexpected, labyrinthine journey.

“Conundrum’s work is all at once beautiful, athletic, and deeply moving,” said Elizabeth Klob. “They are a truly gifted ensemble. Audiences should see them before they explode onto the national and international scene.”

About Acrobatic Conundrum

Founded in 2012 by Terry Crane and Joselynn Engstrom, the Acrobatic Conundrum is dedicated to creating performance experiences that engage and amaze audiences. Conundrum shows feature moments of absurd and intimate humanity. The artists of the Acrobatic Conundrum tell their stories as individuals, as well as take physical risks live onstage. As a company, they are dedicated to a vision of human courage, connection, and collaboration. The company has produced four shows to date: Volumes I & II, The Way Out, and The Language of Chance. The company has performed in various venues around the Pacific Northwest, headlined the Chicago Contemporary Circus Festival, and was a featured performer at the Vancouver CircusFest. More information can be found at www.acrobaticconundrum.com

For more information about Open Space call 206-408-7241 or visit www.openspacevashon.com

Oscar Night shines spotlight on creativity, fun

Continued from Page 1

on the movie theatre stage during the commercial breaks.

There are eleven costume categories plus the “Best Ballot” award assuring that emcees Susan and Maria will be busy introducing a host of creatively dressed contestants throughout the evening. The costume contest is open to all attendees so everyone is encouraged to put on their old prom dress or wedding tux and come join the party. A judging panel will honor style and originality with coveted prizes.



Because the Academy Awards ceremony is always a long broadcast, Vashon Film Society has engaged Snapdragon Bakery and Cafe to provide a star worthy supper for just \$10/ person. The Vashon Food Bank will offer wine by the glass to adults, and the snack bar will remain open all evening for other beverages and for those who need their popcorn and Twizzlers.

Oscar Night is a fundraiser for annual scholarships

awarded by Vashon Film Society through Vashon Community Scholarship Foundation.

Advance tickets to Oscar Night at the Vashon Theatre are now available at the movie theatre box office and Vashon Bookshop, \$10 advance for all ages (\$12 day of show). For the best deal, ask for the “everything included” Superstar Oscar Fun package which rolls admission, limo ride, photo, meal and beverage together for \$30/all ages (savings of \$5).

For more information, call

Vashon Film Society at 567-4768.

COSTUME CONTEST CATEGORIES

- Best Dressed Little Girl
- Best Dressed Little Boy
- Best Dressed PJs
- Celebrity Look-alike & Best Group Prize
- Best Dressed Adult Male
- Best Dressed Adult Female
- Outrageous “Cher” Award
- Best Dressed Teen Male
- Best Dressed Teen Female
- Best Dressed Couple
- Best Ballot



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Aries (March 20-April 19)
It's time to reconcile who you are with who you present yourself as being. As the digital era has developed so rapidly during the past 10 years, evermore people are acting as their own publicists. To some extent this is true for all of us. You have reached a moment of reconciliation, where your image and your reality need to be perfectly in sync, or at least honestly reflective of one another. This is about more than having an accurate Facebook page or Match.com profile. It's about a level of integrity wherein you actually are who you are. Recent events may have demonstrated certain inconsistencies between image and substance, and the problems they can create. You may not feel comfortable fully exposing yourself. But if that is true, the question is, why do you want people to know some things about you but not others? What goes on what list?

Taurus (April 19-May 20)
You are discovering how subtle leadership is -- and self-leadership as well. You know that you must be your own best example, which qualifies as authentic maturity. The real revelation is how much freedom that offers you. This includes the freedom to both think and to act, and to navigate the many rules and regulations of society in a way that facilitates your creative mission. You can afford to experiment more boldly on the level of your message. Clearly you have something to say, and if you act on that you would potentially be transgressing certain customs or the expectations of others. That, however, seems to be the point of having anything original to say. Doing so is about neither mischief nor approval; rather, it's a kind of probe into reality to see what happens. Keep your sense of humor.

Gemini (May 20-June 21)
You are getting clear about what you want to do. That, in turn, seems to be based on what you think is possible. So I suggest you consider that anything you want to do is possible, so that you don't limit your plans. You may need to revise them at some point, though for now, think big. Allow the visionary piece of your mind to roam free and unhindered. This is less about what you want to do and more about who you want to become. Take the chance and consider who that might be over the course of five to 10 years, or even twice that. This will compel you to assume that you will live at least that long, which is part of the vision that you want. There is something else, which is widening your overall sense of scale, of time, distance and your potential. Give it a big stretch and remember, the most important faith is faith in yourself.

Cancer (June 21-July 22)
The Sun ingresses Pisces this week, after a spectacular New Moon in Aquarius. You can think of this as a reminder to keep your commitments to yourself. The promises you make to others are something that you take seriously. Part of what makes you who you are is that you strive to be true to your word. What may be preventing you from honoring your own agenda is some experience of commitment with someone else. Because of the depth of your involvement, this may not be a matter of cutting your ties and moving on. You might think of it as a matter of balance, though it looks more like integrating some of your desires into your life in a more holistic way. This is a pattern where everything supports everything else, rather than detracts. If you take careful and conscious steps, you can accomplish this.

Leo (July 22-Aug. 23)
It is likely that you will become much more careful with a business or financial relationship that you may have taken for granted. The potential for mutual benefit is profound, and it is worth the personal investment that you have to make in order to bring that to fruition. What you may be struggling with a bit is the sense of transition, seemingly with no guarantee of the outcome. Yet in most ways the outcome is in your hands. Admitting that fact alone will feel like cashing in on your good karma. Among the other helpful factors in your environment are ideas such as 'we're in this together', and 'I've been preparing for this for a long time'. In fact that may translate to a very, very long time -- many lifetimes of training for what you are now doing. When you meet any challenge, remind yourself of that.

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)
If you're feeling stressed out, or like you've been doing one thing too long, I suggest you relax a bit. Take a breath. Take a look at the world around you. Remind yourself that time is always in motion, and that the world is in a constant state of flux. Remind yourself to get out of your own way. Be honest about what you want, and notice how you feel when you do that. Pay attention to any possible superstition you may feel about desire being a hindrance to fulfillment. Notice your level of confidence. And then, watch what unfolds. You may not have direct control over the next few developments of your life, though for now you can afford to say that you don't need to. Your life is heading in the direction of healing, of connection and of service. Yet that's just the beginning. Those qualities lay the foundation for many other possibilities. First things first.

Scorpio (Oct. 23-Nov. 22)
For you, creativity is usually a matter of confidence. This includes not just the art or music that you may make but also the way you approach every aspect of life. This is one of the deep misunderstandings of existence. I recognize that some tasks seem so boring that there is no possible way to take an innovative approach, such as sorting out a thousand files, shoveling your driveway or entering figures into Quickbooks. But is that really so? The interesting approach to seemingly boring or repetitive tasks can lead to methods and solutions that save time and energy, or that get the job done better. Anyway, most of what you do is more exciting than those things. And I would suggest that this actually does come down to a matter of confidence, and of challenging yourself to remain alert, involved and inventive at

all times.

Sagittarius (Nov. 22-Dec. 22)
Don't let your doubts run away with you. You may feel them, they may tug at your sleeve or at your emotions, but don't believe them. Just notice them. Be on the lookout for the one that says 'you are to blame'. That is the shadow form of something much more significant, more mature and that does not involve guilt: you are responsible for how you respond to your environment. It would seem that you are moving into a new level of self-understanding involving your family, in particular, your father's side of the family. You have been held accountable for many things that have nothing to do with you; they existed long before you were born. Normally these things go unquestioned, because they existed in your environment since before you can remember. Now, they may suddenly come into focus, and I suggest you question everything.

Capricorn (Nov. 22-Dec. 22)
You may feel like something is bugging you but you don't know what it is. You might be feeling upbeat and able to face the challenges of life, but there's something that you cannot put into words that's annoying you. The obvious solution? Try putting it into words. You might not be able to fit it into five words or a page, but if you do the Artist's Way morning pages routine for a week or so, you will learn a lot. That means writing out three pages as early in the day as you can, and setting the pages aside. After about a week, read them over and see what you've got. It's likely you will have figured out your little thing long before that, and will have discovered that it is, indeed, rather small. But it may give you a big clue to cultivating future happiness.

Aquarius (Jan. 20-Feb. 19)
Wednesday, there will be the second New Moon in Aquarius within just four weeks. This is one of the most unusual New Moons I've ever seen -- happening 1/60th of one degree away from Pisces. If there was ever an event that happened in Aquarius and Pisces simultaneously, this is it. How to interpret this? You are very, very close to accomplishing something, though that something is deeply personal. It's all about your relationship to yourself. To me it looks like some profound misunderstanding that you've been carrying around is suddenly resolved. You have been holding yourself accountable, and then suddenly you may discover that you're off the hook. This has some positive implications for you; the question is, what can you do, now that you're free?

Pisces (Feb. 19-March 20)
You get a second chance at something you were sure was a lost cause. That this happens may surprise you; you may not have seen it coming, or thought that it was remotely possible. This development may manifest a number of different ways -- for example, as discovering an advantage that you overlooked; remembering something that you forgot, but that changes everything; or discovering that you have the cooperation of your friends or colleagues, when you were starting to doubt that. Either way, there is the feeling of some deeper truth being revealed to you. Whatever happens will provide a boost to your confidence. At the same time, you have this idea that you must take absolute responsibility for yourself. You are better at this than you think and you can cut yourself some slack. As others take increasing responsibility for themselves, you will have a lot less to worry about.

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

Road to Resilience

Continued from Page 1
eventually transform a desert given proper land management and a lot of patience. Water is heavy and we use a lot of it. It makes no sense to depend on moving it long distances if we can nurture and develop local sources.
The difficulty with changing the paradigm at the national and global level is that the concentrated wealth and power at those levels is directly tied to the concentrated production of our goods and services. To start localizing the production of those goods and services is tantamount to co-opting that power and wealth. Don't expect to see a whole lot of cooperation from the powers that be. They mouth the benefits of renewable energy, while they are furiously trying to figure how they can produce it in highly capitalized central facilities that they can control. You can already see this reasoning manifest in some states that are penalizing people for installing solar panels on their homes. It is a ploy that is utterly devoid of common sense, and I expect that it will quickly fall by the wayside.
I read somewhere that the less sense that a law makes, the more force is required to enforce it. To continue business as usual, I can only see further movement toward a fascist totalitarian government. Maintaining such a government is enormously costly and, in the past, it seems such governments lasted only as long as wealth was easily obtained. That won't be the case in the world of tomorrow. That doesn't mean that they won't give it a try. Fear and desperation are the allies of despotism.
So, it looks to me like the wave of the future is local. What you do right here at home can literally create the new paradigm. Even high technology, thanks to the open source internet and computers, is availing itself to small scale production. Maybe E F Schumacher, who wrote Small Is Beautiful over 40 years ago, will get the last laugh after all.
Comment? terry@vashonloop.com

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Positively Speaking

Flu and Why I Didn't Shoot Something, Burn Something Down, or Kill Myself

By Deborah H. Anderson



Arrogance around not getting sick was at an all time high for me. And then I stopped using my secret weapon, hand cream. The winter has been so mild, the rough skin reminder to use it was not constant.

Wham! Within hours, I was laid flat. Three days later and I was back to pushing through with life. Got my book that will be released 27 March 2015, "Kneeling at the Cross: A Protestant Looks at the Crucifixion" to the printer, some major fundraising meetings for a non profit I lead as a volunteer done, a few personal tasks accomplished.

Wham!! Worse than before. An eye treatment, scheduled, was not postponed. Crunch, smooosh, flattened....

Four days of hell and no sign of getting better. Plans cancelled. Events I had waited months to experience by passed. Dragging myself back to work.

The one thing that could make The Grand Adventure difficult would be illness. So why not quit? Why not let obstacles avert?

Faith.
My life has been anything but a picnic. So why do I have such optimism and hope?

Faith.
Between physical challenges and financial barriers why haven't I snapped and started burning things down?

Faith
Why am I still alive and naturally

sober?
Faith.
Why don't I just end it all and drag a knife up my arm?
Faith.
I have faith down to my toes and inside the deepest part of me that God is Love, evil has been defeated and every bad thing gets mulched by God into a good thing.

Faith leads me to higher ground. Faith matches me with good, honest, hardworking people. Faith gives me access to my emotions so I can weep and moan and not ever have to pretend, and brings joy in the morning.

I am joined with other people of faith. We are more than conquerors. We are victoriously alive and see good possibilities in every situation.

I've been called many nice things in my life, strong, courageous, unstoppable, one who loves extravagantly. They are nice affirmations. But if people see that, know the source is my faith. Anyone can have faith like mine. It is freely given.

So how much of your life are you willing to surrender?

Ahhhhh!!! Cliffhanger....\

Love,
Deborah



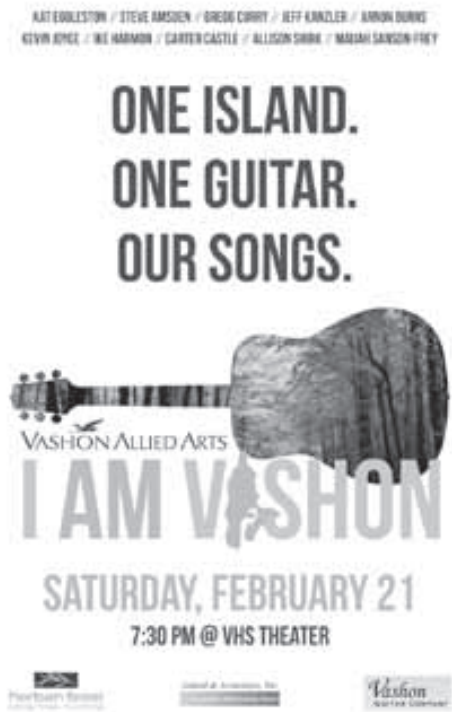
I Am Vashon

Vashon is an island characterized by its natural beauty and uniquely rich arts scene. Running through its verdant forests, bucolic pastures and majestic vistas is a spirit that inspires musicians to call this place their home.

One guitar tells the stories of some of our Island's most talented musicians, challenging them to create an original song in one week. Each week, this one guitar is passed to the next musician, creating a lineage that connects each musician and each song. We all have different stories to tell, but music brings us together.

Bob Krinsky, longtime Islander and founder of Vashon Guitar Company, generously donated a custom designed acoustic guitar to the inaugural I Am Vashon project.

Leading up to the concert, each musician spends one week with this guitar writing an original song and imbuing it with their creative energy. At each week's end the musician signs the guitar and passes it along to the next



songwriter. This guitar will eventually have a permanent home on display in the new Vashon Center for the Arts.

The project culminates with a special performance of live music on Saturday, February 21, 7:30 pm at Vashon High School Theater. Tickets are available for purchase online, or at Vashon Allied Arts (463-5131) and Heron's Nest. Tickets click here.

I AM VASHON // Guitar Concert
Saturday, February 21, 7:30 pm
Vashon High School Theater
Tickets: \$16 Member/Senior, \$20 General, \$12 Student
Available at VAA (463-5131), Heron's Nest and online.

La Primavera, Flamenco en Vivo



Artistic director and Seattle-based Flamenco dancer Savannah Fuentes brings her latest show, La Primavera, Flamenco en Vivo to the Vashon Island Grange Hall March 1st. Savannah will be joined by cantaora (female Flamenco singer), direct from Jerez de La Frontera, Spain, Kina Mendez and guitarist Gerardo Alcala. This will be Kina's first public performance in the Pacific Northwest. The 8p.m. performance is part of a 27-date tour that kicks off in Friday Harbor and ends in Austin, Texas.

Born in Seattle to parents of Puerto Rican and Irish ancestry, Savannah commenced her flamenco studies with dancer Ana Montes at the Belltown Ballet and Conditioning Studio at the age of seventeen. Making trips to Spain she continued to develop her technique and her understanding of the complex art form known as Flamenco. She has studied with many of today's most distinguished dancers such as Joaquin Grilo, Belen Maya, and Isabel Bayon, but the majority of her development as an artist took place in Seattle with Maestra Sara de Luis. Savannah credits master dancer Sara de Luis as her greatest influence and mentor.

An avid proponent of El Cante Flamenco (Flamenco singing), Savannah's first priority is presenting legitimate Flamenco singing to every audience. She

has toured and studied with internationally recognized Flamenco singers such as Saray Munoz Barrull, Jesus Montoya, and Jose Anillo. Savannah continues to study and grow as an artist touring the Western United States, she has independently produced over 250 presentations and workshops in the past 4 years.

Kina Mendez, niece of the legendary La Paquera de Jerez, represents the Mendez clan of Gypsy artists from Jerez. She began singing under the influence of her aunt and began her professional career with Manuel Morao's company. She later worked with Mario Maya and toured internationally with Salvador Tavora's Carmen and Carmina Burana productions. Performing in such festivals as La Fiesta de las Bulerias and Las Fiestas de la Vendimia in Jerez de la Frontera, she shared the stage with renowned artists Agujetas, El Grilo, and La Macanita. She was a featured artist at the 2010 Festival de Jerez, and recorded a solo CD, "De Sevilla a Jerez". In 2012 she performed in San Francisco, Los Angeles and NYC with Festival Flamenco Gitano USA as a member of the group Fiesta Jerez led by Diego del Morao.

La Primavera, Flamenco en Vivo
March 1st, 8:00 p. m.
Vashon Island Grange Hall
Tickets, general \$22, VIP \$35, student/low-income \$15, kids \$7

Sweetness needs a home . . .

Everybody says that I live up to my name. I'm good-natured and fond of being held and petted. I appreciate people a lot because one of them found me in an abandoned car and invited me to live in his house. I get along with other cats (no dogs, thank you). Valentine's Day was last week, but I can be your sweetheart 365 days a year!



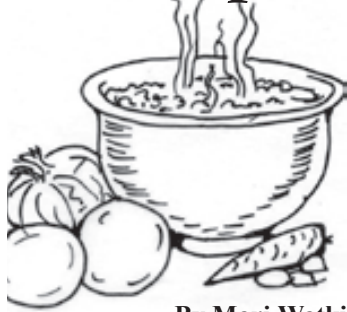
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Deadline for the next
edition of *The Loop* is
Friday, February 27

Island Epicure



By Marj Watkins

Eight More Great Greens

Listed below are what I regard as the most magical of greens. they spark your menus, keep your blood sugar level under control, protect you from diabetes, and nourish your immune system. Besides, they taste good raw or lightly sauteed. I’ll list them alphabetically. Kudos to those of you who clip my columns and file or scrapbook them.

Arugula: Full of vitamins A, B complex, C and K, plus more nitrates than any other veggie. This, like all the colorful produce, yields chlorophyll for healing, and enzymes for good digestion. Arugula is one of the leafy greens we’re advised to eat more of to fight off diabetes, cancer, heart disease, inflammatory diseases and other unpleasant conditions.

Bok Choy is a top-notch source of potassium to help build muscles and keep your blood pressure down. Its Vitamin A, like that in Arugula, aids your immune system. It gives you more than 70 antioxidants. Besides, it’s good raw in salads and briefly cooked in stir-fries.

Cilantro adds an essential flavor to our favorite Thai dishes such as Pad That and Thai Beef Salad, both recipes that have appeared in past Island Epicure columns. Nutritionally, cilantro’s best virtue is its ability to disarm toxic substances.

Collard greens’ assortment of antioxidants lowers stress at the cellular level, helping you ward of cancer. The fiber in collards helps your digestion. They also give you generously of chlorophyll, vitamins A, C, and E, magnesium and manganese. We like it briefly sautéed with garlic in olive oil, then simmered until tender with a little water in a covered skillet.

Dandelion leaves and petals can be harvested for a mixed green salad. Pick the young, tender leaves, or strip out the bitter midrib in larger, older leaves. In Chinese medicine the

dandelion is regarded as a tonic, blood cleanser, and digestive aid. Pull petals from the blossoms and strew them across a green salad for decoration as well as nutrition.

Kale can be cooked the same as collards. Lately you see recipes for salads using kale. Unless finely shredded, it seems to me too tough a vegetable for salad. It’s known as a “super food” because it lowers cholesterol and detoxifies our bodies. It gives us lutein and zeaxanthin with help keep our vision sharp.

Swiss Chard tastes great whether you tear up the leaves and put them in a vegetable salad or slice leaves and stems and serve them as a cooked vegetable to sprinkle with a little rice vinegar. Salt optional. It yields Vitamins A, C, and E and the minerals manganese and zinc. These help ward off or cope with colds and detoxify. Its calcium, magnesium and Vitamin K give fabulous bone support.

Watercress cleanses our blood and blocks the action of carcinogens. Use it in a mixed vegetable salad. One cupful would give you a day’s supply of Vitamin K, which regulates blood clotting and helps keep your arteries clear. (If taking warfarin, consult your doctor before loading up on watercress. You don’t want your blood to get too thin, and to have trouble stopping the bleeding from wounds or cuts.) Probably its intense flavor will keep you from eating too much watercress, though, even if you have it growing in a creek in your back yard.

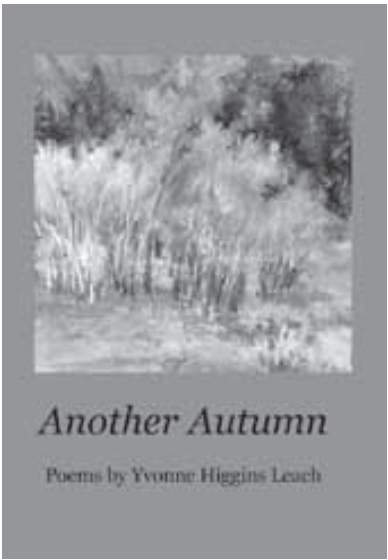
Also, all those greens mentioned for high folate in my column of January 22, have similar nutritive qualities to those listed above. Keep these on your menus: Romaine, Spinach; Turnip greens, Mustard greens, Nappa cabbage, and Chicory.

All these leafy vegetables also are juicy and tasty. They promote saliva that removes bad germs from your mouth. They add to the amount of liquid you take in with your morning coffee or tea, soups, and beverages, contribute to sufficient water intake to prevent dehydration, to keep your blood liquid enough to do it’s job of carrying nutrients to every cell, and even to prevent dementia and Alzheimers. Steam, sauté, microwave or eat them raw to preserve their vitamins and minerals. Boiling tends to destroy their nutrients.

Author reading at Vashon Bookshop

Yvonne Higgins Leach is the author of Another Autumn (WordTech Editions, 2014). Her poems have appeared in South Dakota Review, South Carolina Review, Spoon River Poetry Review, Cimarron Review, and Wisconsin Review, among others. She earned a Master of Fine Arts from Eastern Washington University in 1986. She has spent decades balancing a career in communications and public relations, raising a family, and pursuing her love of writing poetry.

In Another Autumn, Yvonne Higgins Leach connects to the world in a big way – through an empathetic heart that seeks to understand the mysteries of the human experience. These poems fully



embrace the seasons of life and they do so splendidly through perfectly chosen images, simple language, and a genuine voice. Praise for Another Autumn:

“Another Autumn is everything its title suggests: at once full of brilliant color and crisp detail while it gathers things past, things loved, things lost. The poems in the fine collection are about seasons and, more specifically, seasons passing. Seasons of childhood, parenthood, friendship and love. Each poem charts the weather of each head on, unflinchingly, yet with great heart.” – Peter Serchuk, author of Waiting for Poppa at the Smithtown Diner and All That Remains.

Yvonne Higgins Leach will be giving a poetry reading at the Vashon Bookshop on Friday, March 20 at 6 p.m.

For more information, visit www.yvonnehigginsleach.com

Kanaka Celebration at Open Space

Continued from Page 1

Awards and nominations, and his recordings have reached #1 on the Billboard World Music Chart and New Age charts. He is also the producer and engineer of all of Kohala’s albums. Brotman’s music placements in film and TV include Portlandia, Hawaii 5-0, Dateline, The Descendants, All About Steve, Oprah, Nickelodean, Saturday Night Live, Today Show, America’s Most Wanted, Animal Adventures, Prime Suspect, and more.

Charlie Recaido, born and raised in Hawai’i, performed and recorded with the group Summer, which toured the US and Japan in the late 70’s with Kalapana and C&K. Recaido was a featured soloist on Hawaii’s first GRAMMY® CD. A multiple Na Hoku-award nominee as a composer-guitarist with Kohala, his production work is behind several Na Hoku-winning projects. He also received two Hawaii Music Awards for his work with Summer. Together with Rupert Tripp Jr., they perform and record as Kohala, touring extensively throughout concert halls in Japan as well as the mainland U.S.

Brotman and Recaido have deep ties to the Northwest, Charles being born and raised in Seattle and Charlie having ‘ohana (family) in Bremerton and Portland.

Auntie Gloria Napualani Kalamalamakailialoha Fujii Nahalea has shared over 40 years of teaching, performing, and choreographing the Pacific Dance Arts locally and globally. Her love for Hawaiian hula, Tahitian dance, and New Zealand Maori haka impacts those who see the many performance groups she

has directed and produced in her lifetime. She received her “palapala” (equivalent of a Master’s degree) from Uncle George Naope in 1995. Well respected in the community for her leadership, she helped provide credibility by participating in many hula and Polynesian competitions, locally and abroad. While attending the University of Washington, she mentored with Kumu Hula Master George Naope, the founder of the Merrie Monarch Hula Festival, traveled with the Aloha Airlines-Pleasant Hawaiian Holidays Tour Company throughout the United States, Canada and Mexico. And currently she continues to travel sharing her aloha and knowledge of the Hawaiian Culture. In 1999, Gloria was the recipient of the Washington State Governor’s Heritage Award for her outstanding contribution to the enrichment of the culture of Washington State. She continues to actively spread the Aloha Spirit through dance and song to everyone she meets.

Uncle Bill Nahale’a, from Nanakuli, Oahu, and Kihei, Maui, is a 7/8 full blood Hawaiian. He was raised in Honolulu then moved to Maui after graduating from college. He moved to the mainland in 1995. His parents are both Hawaiians and therefore, as a full-blooded Hawaiian, he feels a responsibility to preserve, love and appreciate the people, culture and preservation of the Hawaiians and other Pacific Islanders and increase their awareness on the mainland. Between 1985 and 1989, Bill produced a Hawaiian local TV show called “Showcase Maui”. This entertainment talk show featured interviews with

“hapa” musicians including Barry Flannigan and Keali’i Kaneali’i, and Willie Kahaiali’i (known as Willie K) in the early stages of their careers. Other famous guests included Danny Arnold, Sonny Bono, Al Thicke of ABC’s “Growing Pains”, Robert Wagner of “Hart to Hart”, and other local celebrities. In 1987, Bill was the lead actor in a TV pilot in Hawaii called “Island Spice” similar to “Magnum PI”. He co-starred with Henry Kapono of Cecilio and Kapono. Bill also produced a late night radio show on FM 101 in Lahaina, Maui, and produced many charitable fundraisers. Currently Bill produces the “Hawaii Showcase Television Magazine” with co-host Auntie Gloria, a live weekly show featuring news of Hawaii, music review, Keiki Corner, and “talk story” with Napua.

Hula, songs, stories and a film from the islands celebrate the legacy of the Hawaiians here in the Pacific Northwest. Join us to learn about and celebrate the ‘Forgotten Hawaiians’.

Location:
Open Space for Arts & Community
18870 103rd Ave SW, Vashon, WA 98070
Sunday, March 1, 2015 at 4:00pm
Tickets:
\$10 Students, \$15 Advance, \$18 at the Door
Available now at Vashon Bookshop and at <http://vashonkanaka.brownpapertickets.com/>

Presenting: club O

You don’t have to spend a weekend night running in to Seattle just to find a cool place to dance. Now you’ve got your own place to go, club O: Vashon’s own dance club.

And it’s All Ages, All the Time. Cover is only \$5 -- what are you waiting for? Friday, February 27th, 7pm

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon.

Music starts at 8pm, and never stops until the dancers stop dancing....



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TRASH TALK

Island recycling event: Sat., 3/7 from 10-4 at K2’s N. Parking Lot. Support VHS’s Safe Grad Night and clear out unwanted electronics, appliances, metal objects, mechanical devices & more! No set fees; donations requested. For a list of accepted items go to: www.safegradnight.org.


www.zerowastevashon.org

Bill Brown & The Kingbees

Bill Brown & The Kingbees continue to work on refining their show and most recently have gone into the studio to work on their second album. Elliot Bay Recording Studio, a top notch studio in Seattle, has helped the band put together what is sure to be a crowd pleaser!

Michael Stango continues to write some incredible songs, John Gaborit is keeping his chops up playing with a few other groups around the Puget Sound, as has Tony Handy. Tony has his own group, HD Fusion, a contemporary Jazz quintet, and also performs with a Kitsap county favorite The Tonze, headed by Leslie Shelton (former bass player for the bees).

Everyone in the band sings, which really brings a deep sound to the audience. Altogether, this group spells, high energy, well-



oiled entertainment!

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

Friday, February 27th, 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
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www.redbicyclebistro.com

Soul Senate

SoulSenate is a 7-piece, high-energy, adrenaline-inducing, audience-oriented, original soul/funk party powerhouse.

Bridging the decidedly funky sounds of the 60s & early 70s—such as the Meters, Stevie Wonder, and the Stax label of Memphis—with a distinct modern sound in the vein of Raphael Saadiq, Alice Russell, Eli Paperboy Reed, and the New Mastersounds; Soul Senate claims their own musical territory with booty shaking grooves, well-crafted arrangements, sizzling horns, and memorable instrumentals and vocal songs.

Each member of the band



has over 10-30 years experience on the local or national scene: in sum, playing countless venues & festivals—from Bumbershoot to the 100,000 person West Fest—

with experience opening for touring acts like Orgone, Delta Nove, Will Bernard, Roy Ayers, and the Monophonics.

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

Friday, March 6, 8:30pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Love me Some Townes Van Zandt

Love me Some Townes Van Zandt brings together Vashon musicians Loren Sinner, Kat Eggleston, Jeff Kanzler, Michael Whitmore, Mike Dumovich, Rebekah Kuzma, Gregg Curry along with Star Anna to celebrate the birth date of a true legend of American Songwriting, Townes Van Zandt. This takes place on March 7th (7:30pm) at The Vashon Island Coffee Roasterie.

A donation of \$10 or more will be accepted at the door, to benefit Vashon Youth and Family Services. This community fundraising effort is hosted by Debra Heesch and The Vashon Island Coffee Roasterie.

Vashon Youth and Family Services (VYFS) is a non-profit organization that has been providing human services to residents of Vashon Island, Washington, for thirty-one years. The agency began as a one-room organization providing limited counseling and job placement services. Today, VYFS is the primary social services agency on the island, providing an array of prevention and intervention



services. It is the sole licensed mental globet agency on Vashon Island. Services are aimed at nurturing the emotional wellness of residents – particularly children and their parents/guardians.

The mission of Vashon Youth & Family Services is to help Islanders raise thriving, resilient children and youth by fostering a community of emotionally healthy, resourceful families and individuals.

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Comedy Night

COMEDY NIGHT IS COMING !!! Friday, March 13th at 8pm, at the Red Bicycle Bistro and Sushi bar. The evening is hosted by local humorist and provocateur, Steffon Moody, and features an All Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

Headlining this show will be Derek Sheen. Derek Sheen is a cuddly mess of insecurities, a gifted, one of a kind, storyteller. He’s quickly becoming a favorite among comedy fans all over the globe! He’s been a featured performer at the Bridgetown, Cape Fear and S.F. Sketchfest Comedy Festivals, has toured with Patton Oswalt, Brian Posehn, Janeane Garofolo and Rory Scovel! His debut album “Holy Drivel” was recorded by iconic metal producer Matt Bayles (Minus the Bear, Mastodon, Isis) and is available from Rooftopcomedy.com. Lindy West of Jezebel.com has called him “A Human Hug.”

Comedy Night is, on average, more fun. If you haven’t been, here’s the setup: we invite jelly-kneed first timer’s, practiced amateurs and professional comedians to appear on the same stage. The newbies only get a few minutes of stage time because, well, it’s just better that way. Then we trot out some faces you may have seen performing around town and we finish up with a couple of pros.

Performing in front of an audience is one of the top universal fears. And of all performance forms, Stand Up comedy tops the terror list; right up there with Evil Knievel style motorcycle jumping.

In general, comedians are expected to get a laugh about every 15 seconds. That’s 20 punchlines in a 5 minute routine. Or, looked at another way, 20 opportunities for failure.

In no other performance form are performers held to such a standard.



Many experienced performers, usually comfortable in front of an audience, look like a deer in the headlights when asked to do Stand Up. The pressure of evoking the laugh can be unbearable.

That’s why comedians do it. That’s why audiences come. It’s risky, dangerous, almost life- threatening. It’s an on-stage reality show, where the possibility of failure is integral to the show itself.

Expect the usual ribald, tasteless, eccentric, and life transforming experience that is regularly delivered at regular Yuk fest. These island comedians will sink or swim in death defying comedy routines. That’s right! Death Defying Comedy! Please don’t try this at home folks. Only untrained amateur professionals are qualified to run the gauntlet of a notoriously ruthless Vashon audience.

The headlining comedian and local comics will be announced soon!

Cover charge is \$7, and the show starts at 8pm, but show up early and get a seat, because it is always packed!

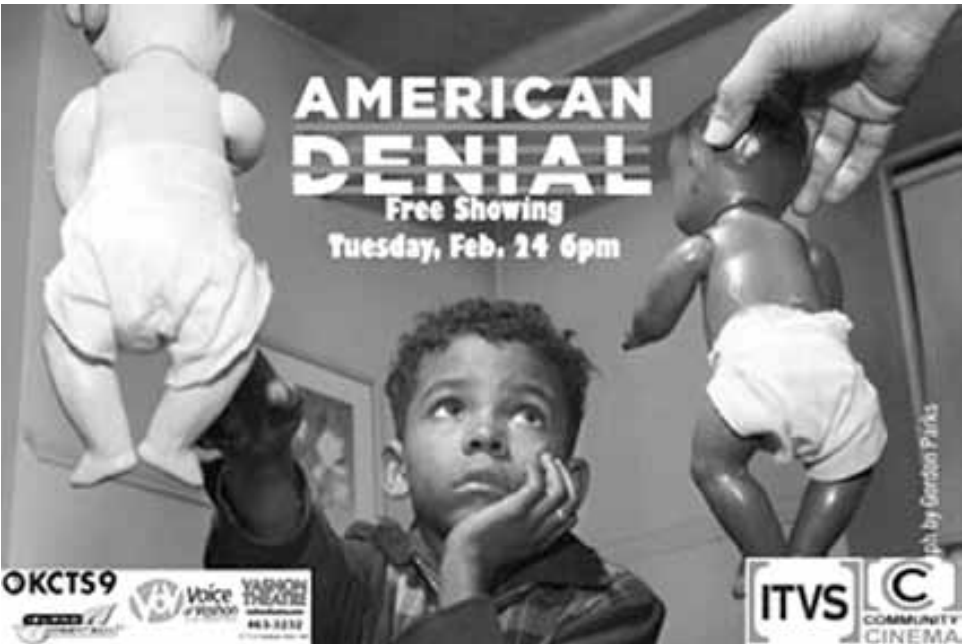
This show will most likely have adult content, so please use your best judgment when bringing children with you.

See you then and there!

Friday, March 13 at 8pm. This is an all-ages show ‘til 11pm, then 21+ after that. \$7cover

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

American Denial sheds a unique light



Community Cinema Vashon, presented by the Independent Television Service (ITVS), Independent Lens, and Voice of Vashon (www.voiceofvashon.org) is excited to offer a screening of American Denial, a film by Llewellyn Smith, Christine Herbes-Sommers, and Kelly Thomson.

American Denial sheds a unique light on the unconscious political and moral world of modern Americans. By highlighting the social research unearthed by a Swede’s research in the 1940’s, the film weaves a narrative (using research footage, newsreels, home movies, and modern short films) exposing some of the potential underlying causes continuing to affect implicit racial biases inherent in America’s institutions today. Timely given recent events that have sparked a national dialogue on race dynamics, the provocative film’s exploration of “stop and frisk” practices, the incarceration crisis, and racially-patterned poverty challenges our assumptions about who we are and what we really believe.

In 1938, the Carnegie Corporation commissioned Swedish sociologist Gunnar Myrdal to begin a landmark study of race and inequality in the United States. His

question: How could a people who cherish freedom and fairness also create such a racially oppressive society? Published in 1944, “An American Dilemma” was cited in the Supreme Court’s Brown v. Board of Education decision to desegregate America’s schools. 70 years later, with many of us looking for answers as to why race is still such a dividing wedge in society, Myrdal’s question continues to challenge America -- how do we explain the disconnect between what we believe and what we practice in what some have called a “post-racial” America? American Denial juxtaposes past and present, shifting from Myrdal’s investigation – and his own personal struggle with denial – and current stories of racial injustice that are often overlooked in our national insistence on the preeminence of the ideals of liberty, justice, and equality. Directed by Llewellyn Smith and produced by Christine Herbes-Sommers, Smith, and Kelly Thomson, American Denial premieres on Independent Lens on Monday, February 23, 2015 at 10/9c on PBS (check local listings).

Tuesday, February 24 – 6pm at the Vashon Theatre

Fantastic Voyage

In 1995 Czech scientist Jan Benes escapes from behind the Iron Curtain and is brought to the United States for interrogation. U. S. scientists are able to reduce objects, including people, to the size of bacteria, but the miniaturization can be sustained for only 60 minutes. The Czech scientist has learned the secret of prolonging the miniaturization; but before he reveals this knowledge, he sustains a severe brain injury which can be treated only from within his body.

A plan is conceived whereby a crew of five will be placed in an atomic-powered submarine, miniaturized, injected into the scientist’s bloodstream, and set on a course through the arteries to the brain. In addition to American secret agent Grant, the crew consists of Dr. Duval, the surgeon who will perform the operation; Cora Peterson, his assistant; Dr. Michaels, a circulatory expert; and Captain Owens, the sub’s pilot. To save some of the 60 minutes, the group decides to stop the scientist’s heart to allow the submarine to pass through the heart. Then Grant and the crew leave the sub, and by means of a snorkel tube attached to the patient’s lungs, replenish their oxygen supply.

As they near their destination, a nurse in the operating room drops a pair of surgical scissors, and the sound causes tremendous vibrations in the sub that hurl the crew from their positions. With only 6 minutes left, Dr. Michaels reveals himself to be an enemy agent intent on sabotaging the mission. The remaining crew members escape as white corpuscles envelop and digest both the submarine and Michaels. The operation is successfully performed by



removing a blood clot with a laser beam, and the four survivors leave the scientist’s body by swimming along the optic nerve and emerging through a tear duct.

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

Chicken Soup’s clients have specific health challenges, such as HIV, diabetes, kidney disease, cancers, or disabling arthritis. Most are living below the Federal Poverty Level, and all require assistance in

NT Live Treasure Island

NT Live Treasure Island
Thursday, February 19th at 6:00pm
Saturday, February 21st at 1:00pm
Suitable for 10 years +
At the Vashon Theatre

Robert Louis Stevenson’s story of murder, money and mutiny is brought to life in a thrilling new stage adaptation by Bryony Lavery, broadcast live from the National Theatre.

It’s a dark, stormy night. The stars are out. Jim, the inn-keeper’s granddaughter, opens the door to a terrifying stranger. At the old sailor’s feet sits a huge sea-chest, full of secrets. Jim invites him in – and her dangerous voyage begins.

managing their nutritional health. Chicken Soup offers a comprehensive food and nutrition program designed not only to feed people but to nourish them.

In 2012, Chicken Soup Brigade provided vital food and nutrition services to 1,619 people in the Puget Sound region. We filled and distributed 40,293 grocery bags, served 139,805 meals, and provided nutritional counseling over 300 individuals.

Fantastic Voyage
The Vashon Theatre
Sunday, March 1st, 1:30pm
Brought to you by The Chicken Soup Brigade



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Lopy Laffs

LOGJAM

BY Jeff Hawley

VASHON POLICE DEPT. RESPONDS TO REPORTS OF FOREIGN POWDERED ALCOHOL BEING SMUGGLED FROM MAURY ISLAND TO THE 'BIG ISLAND'.

It says here the STATE is concerned that it's losing revenue because the smuggling is...

...cutting into POT and legal alcohol sales taxes.

It seems the STATE needs those revenues to fund its DETOX programs.

THUNK

THAT COUNTS AS A CONE-IN-ONE

SWIT

HAWLEY

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