



VASHON

THE LOOP

Vol. 12, #6

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March 19, 2015

Big In Japan

Filmmaker John Jeffcoat's Vashon Island Screening

Big In Japan

Friday, April 3rd, 8pm

Things are looking bleak for the members of rock band Tennis Pro. They've been struggling to connect to an audience in the Seattle music scene, with a recent run of shows drawing sparse crowds and uninspiring day jobs that are quickly eclipsing their dreams. So when an opportunity arises to take their act on the road to Japan – where the allure of a second chance at recognition awaits them – they can't refuse. Embarking on their Tokyo musical odyssey, the guys experience all the thrills and setbacks of taking their music into unknown territory (at least to them) and in the process learn a thing or two about themselves. It's just possible they won't fade away.

BIG IN JAPAN is a comedic rock 'n roll road movie based loosely on actual events and told with rollicking humor and catchy tunes. Director John Jeffcoat (OUTSOURCED) utilizes a fresh narrative approach and guerrilla



production style, with music and film intersecting with two cultures to reveal simple, oftentimes hilarious, universal truths

VAA Center for Dance presents Original Works

Newly-dreamed, created, rehearsed and produced "Original Works" returns at the end of March, and for the second year running stands as its own production. For six years, Original Works was part of the VAA Center for Dance Spring Recital. High school seniors from the dance program used this platform as an opportunity to showcase their choreography. The number of performances grew over the years, as did interest from dancers other than seniors.

Last year, Christine Juarez, Director of Dance, made the very successful decision to establish Original Works as the focus of its own show. Also, she invited young Island performing artists outside of VAA's dance company to submit original concepts. This year, dancers and musicians ages 14-25 offered their ideas, from dance choreography to guitar and song writing. Every



submission went through adjudication and in-depth coaching. In addition, Original Works performers all participate in the production process.

VAA Center for Dance is thrilled to produce Original Works again in the Vashon High School Theater. "The Original Works program gives more young island artists the opportunity to perform there," Juarez says, "and in the new Vashon Center for the Arts in the years to come." This will be an exciting show with musical performances, ballet, contemporary dance and tap that you won't want to miss!

Original Works

Friday, March 27, 7 pm

Saturday, March 28, 3 pm

Saturday, March 28, 7 pm

Sunday, March 29, 3 pm

Vashon High School Theater

\$12 Member/Student/Senior, \$16 General



The Road to Resilience

The Rise of the Frugal Economy

Here is good news! Most of the above named article by Navi Radjou and Jaideep Prabhu with the permission of the website, Project Syndicate is reprinted here:

"In a famous 1937 essay, the economist Ronald Coase argued that the reason Western economies are organized like a pyramid, with a few large producers at the top and millions of passive consumers below, is the existence of transaction costs – the intangible costs associated with search, bargaining, decision-making, and enforcement. But with the Internet, mobile technologies, and social media all but eliminating such costs in many sectors, this economic structure is bound to change.

Indeed, in the United States and across Europe, vertically integrated value chains controlled by large companies are already being challenged by new consumer-orchestrated value ecosystems, which allow consumers to design, build, market, distribute, and trade goods and services among themselves, eliminating the need for intermediaries. This bottom-up approach to value creation is enabled by the horizontal (or peer-to-peer) networks and do-it-yourself (DIY) platforms that form the foundation of the "frugal" economy.

Two key factors are fueling the frugal economy's growth: a protracted financial crisis, which has weakened the purchasing power of middle-class consumers in the West, and these consumers' increasing sense of environmental responsibility. Eager to save money and minimize their ecological impact, Western consumers are increasingly eschewing individual ownership in favor of shared access to products and services.

As it stands, nearly 50% of Europeans believe that, within a decade, cars will be

By Terry Sullivan,

consumed as a "shared" good, instead of privately owned, and 73% predict the rapid growth of car-sharing services. BlaBlaCar, Europe's leading car-sharing service, now transports more passengers monthly than Eurostar, the high-speed rail service connecting London with Paris and Brussels. And the better-known service Uber is causing panic among taxi companies worldwide. Despite recent controversy, the company, founded in 2009, is valued at more than \$40 billion.

This shift in consumer attitudes extends far beyond transport. The peer-to-peer home-sharing service Airbnb now rents more room-nights annually than the entire Hilton hotel chain. And the peer-to-peer lending market, which bypasses banks and their hefty hidden fees, surpassed the \$1 billion mark in early 2012."

"The nature of horizontal networks ... [is such that they] ... begin working long before they reduce transaction costs. By enabling ordinary people to do at home what, a decade ago, only scientists in large labs could do, the Internet economy is lowering the costs of research and development, design, and production of new goods and services in many sectors.

Thanks to low-cost DIY hardware kits like the \$25 Arduino or the \$35 Raspberry Pi, people are increasingly building their own consumer devices. Moreover, customers can now design and manufacture industrial-caliber products by using shared high-tech workshops – so-called "fab labs" – equipped with CNC routers, laser cutters, and 3D printers.

Such changes are propelling the so-called "maker movement": a legion of tinkerers who collectively can create products faster, better, and more cheaply than big companies can. Together, the

Continued on Page 7

Spring into a new sailing schedule March 22

Washington State Ferries sails into its busy season with the spring schedule starting Sunday, March 22. Peak season surcharge fare increases go into effect May 1.

Three-boat service on the Fauntleroy/Vashon/Southworth route returns on Saturdays and Sundays, plus five minute sailing time adjustments during weekday a.m./p.m. commute hours.


Annual peak-season fare surcharges begin May 1 and remain in effect until Sept. 30. Surcharges apply to single-use vehicle and driver fares only. Customers using multi-ride tickets are exempt.

Annual peak-season fare surcharges begin May 1 and remain in effect until Sept. 30. Surcharges apply to single-use vehicle and driver fares only. Customers using multi-ride tickets are exempt. All routes (except in the San Juan Islands) will carry a 25-percent peak-season surcharge.

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
2003	188	--	\$312,700	--
2004	209	11%	\$365,000	17%
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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Linda Bianchi

Heather Brynn

Sue Carette

JR Crawford

Connie Cunningham

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Live Entertainment
Friday, March 20, 8:30pm
The Rumble Strips

Friday, March 27, 8:30pm
Danny Newcomb

Saturday, April 11, 9pm
Publish The Quest

Saturday, April 18, 8:30pm
The Washover Fans

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

Vashon Drum Circle, a free monthly gathering, meets Friday, March 13th, 7-8:30 PM at Vashon Intuitive Arts (VIA). Join Buffalo Heart, the big community drum, and members of the Vashon Drum Circle for singing, drumming, and community. Sponsored by Woman’s Way Red Lodge, this gathering is open to all ages and experience.

Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for Tuesday, March 10th at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

Find us on Skype
Vashon Loop
206-925-3837

The Vashon Loop

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The DoVE Project Open House

The DoVE Project is hosting an Open House at our new office (19001 Vashon Highway SW) on Saturday, March 28th from 12 – 4 p.m. We are thrilled and proud to open our doors and show off our new office to the entire Vashon Community and children are welcome ! www.vashondoveproject.org

Job Opportunity: Food Bank Farmer

Are you a farmer without a farm? An outgoing people person that loves to get people excited about growing food while being very patient in working with all skill and ability levels? We are **HIRING** a new Food Bank Farmer. Interested yet? Please send in a cover letter and resume to yvonne@vashonfoodbank.org. Spring is in the air and we’d like to get things moving soon. The position will be open until filled.

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.

Vashon Social Dance Group Monthly Dance & Lesson

WHEN: Saturday, Mar 21st, 2015
7:00-8:00pm: Zydeco Lesson We’ll begin with the basics of both open and closed position for the hot SW Louisiana two-step dance and then build on, adding a few moves and styling. The music is hard-driving and playful roots music with elements of Cajun, Blues, Rock ‘n Roll and Afro-Caribbean rhythms. The dance creates beautiful connection and yet allows for inspired individual play and freedom. There’s a good reason it’s popular from coast to coast!
8:00-9:30pm: Variety Dance - Lilli Ann offers a mix of zydeco, swing, blues, rock ‘n roll, waltz 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



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YOGA-TATION

A Gift to the Community from Rj’s Kids

Yoga-tation, a combination of simple yoga stretches and mindful meditation techniques, is being offered by the newly formed foundation Rj’s Kids in memory of islander Rj Ontiveros. The two separate classes are designed for people of all ages who would like to learn a few basic skills to feel better, manage personal stress and clear the clutter in the mind. The classes are being hosted at Vashon Intuitive Arts on Thursday March 26th from 7:30 – 9 pm OR Sunday April 12th 4 – 5:30 pm. Mats will be provided and chairs will be available for those who prefer to sit. There is no charge for the class but space is limited. To reserve you spots email Judith.neary@gmail.com or call 206-661-5902. Funds to sponsor the yoga-tation class were raised from the massage-a-thon in February also held at VIA. Donations are always welcome to support the next Rj’s Kids event. You can also donate online at www.rjs-kids.org.

“I believe if we have the ability to help someone in any way large or small, then it is our responsibility to do so.” - Rj Ontiveros

Vashon Presbyterian Church Heindsmann Family Endowment Scholarship

Vashon Presbyterian Church is accepting applications for the 2015 Heindsmann Family Endowment Scholarship award. This award is granted from an endowment created by Virginia and Ted Heindsmann to a deserving student based on financial need, academic promise, and dependability. Consideration will be given only to students who have completed two or more years of higher education or who are seeking special training or retraining. This award is not intended for high school seniors. Application packets can be obtained at the church at 17708 Vashon Highway SE (across from Zombies). The office hours are Monday through Thursday, 10 AM to 2 PM (463-2010). Completed applications must be returned to the office by Monday, April 27. As part of the selection process, finalists will be scheduled to meet with the church’s Scholarship Committee in early May.

Crystal Singing Bowls event

Join us for the Spring Equinox Global Harmonization Ceremony done each solstice and equinox with the Circle of Sound. The bowls will be played holding the intentions of Unity, Compassion, Harmony, Joy, Acceptance, Love, and Appreciation among all beings of the planet. This gathering will be from 9:30 am til 11:30 am on Saturday March 21, at Vashon Intuitive Arts (VIA). It is a wonderful way to drop deeply into a spacious meditative place of being, and join your intentions to with others around the world. Come to this work for Mother Earth. All are invited and welcome. Bring your crystal bowls and other sacred instruments. We will vibrate the planet with our sounds. Join the Circle and share the sounds from wherever you are! for more info. call Jacqui 715-8074

Volunteer opportunity for Picnics in the Park

It is Spring and we are already planning for summer! Picnics in the Park will be happening 5 days a week for 10 weeks this summer. What does that mean? It means kids will be able to get lunch even more often, in the park with friends (Ober Park, by the library), AND, it means we want to bring even more activities to the park to go along with these picnics. Our goals: have some kind of activity/activities every day. Have some activity options that can engage older kids as well (that can happen at the same time that another activity, better geared towards younger folks, is going on). Make these picnics fun and positive for all. We are looking for activities that can go about an hour or so, starting about 12:30 or 1pm, on weekdays from June 22nd to August 28th. Amelia Lincoln, KCLS children’s librarian will be planning on doing storytimes some days - which the younger kids love - outside under the big tree, so those days especially it would be great to have a different activity for the older children. You can volunteer to do an activity as often as you like or as little as one time only. Come join the fun - in the sun - and in the park. If you have something you would like to share or coordinate, a game, music, easy art or science projects, a mini-workshop please contact Yvonne Pitrof: Yvonne@vashonfoodbank.org

Bean-Hole-Beans

By Seán C. Malone

There is nothing more fragrant than the steam from an open pit of bean-hole-beans drifting thru camp. There were three gold colored cans in the pit and each weighed 30 pounds loaded. They were used to pack frozen strawberries in before the scouts got them. It took two or three Boy Scouts with shovels to lift one of the cans of beans from the ashes in the 4 x 6 foot hole. By sliding a shovel under the can, one could drag the beans out the end of the pit and it was hot work.

Bean-hole-beans took place every summer at Camp Thunderbird off Nicholson Creek. Before Camp Thunderbird there had been Lost Camp up Shinglemill Creek. We looked for Lost Camp, but never found it. It's probably still lost.

The fire pit for the beans was dug the day before and filled with 4 foot logs and branches. It took hours for the boulders that lined the pit to get white hot. The lidded strawberry cans were set on the ashes and the hole covered. For hours it smoked and fumed while the beans cooked. By midmorning the smell of the ham and beans had drifted all over camp.

The cooking of the beans took place at a jamboree of a local nature. Few of the Vashon scouts had money for uniforms. We stood out at the big Boy Scout Jamborees like the one at Three Tree Point, across the sound from the ferry dock on the north end of Vashon Island. It was where we learned to tie knots like the sheep -shank, square knot or bowline. In order to teach us that you can't push a rope, the leader laid one out on the ground and showed us how it could be used to pull things. He then asked one of us to take the other end of the rope and push it back to where it was. The rope couldn't be pushed. It just gathered itself in a series of loops. We were totally frustrated.

Near the campout, somebody shouted, "Stand back, the thing is losing its parts". There was an old guy there ,who had build himself a gyro or helicopter out of lead pipe. I guess they called it a gyro because it gyrated. The old man wasn't there because he was part of the jamboree. He may have come down to fly his gyro because he knew the Boy Scouts were going to be there or he just heard all the noise. We couldn't see how the thing could ever fly. It had two little red-ram-jets, fired with a spark plug and made quite a racket as the jets twisted the home made rotor blades around in a circle. It made the lead pipe affair rock from side to side, but couldn't get it up off the ground. It sounded like 50 elephants all breaking wind at once.

The Boy Scouts on Vashon weren't much for rank, more like renegades who would rather make camp and cook than earn merit badges. There were more than 30 of us. When we stood for the colors, every three-fingered salute looked different.

If you have ever slept in a lean-to out in the cold, you will understand that the open front is an invitation to the wind. At Camp Thunderbird each patrol had a lean-to and each lean-to had a name. The Eagles were out on the snout of a ridge. You couldn't even see the bottom of the canyon; the brush was thick. The Panthers were on the same ridge about 100 feet toward the main camp with trails intersecting. The Bear

and Raccoon patrols were on the other side of the camp from the Eagles, with the council hut in between. They didn't get much sun. The council cabin was two or three times the size of the other cabins with a covered fire pit in front of it. The shake and pole cover was 10 feet high, if memory serves me. The gate to camp was a totem pole; the Thunderbird was on top with his wings outstretched.

There were 6 or 8 guys in each patrol and each lean-to had the same number of canvas bunks or more. Uncle Bruce was our Scout leader and he worked in a shipyard where they were taking apart ships from WW II. Troop ships didn't have very fancy sleeping arrangements as the bunk consisted of a piece of canvas strung on pipes with rope. The canvas served our purposes well as we used a rectangle of poles to support it. Most of us had a blanket roll that couldn't keep out the cold. One scout had a black Labrador that would sleep down at the bottom of his sleeping bag and keep his feet warm. It was tough when there was snow on the ground.

The scout meetings were held at the Youth Center, which was North of town where the county library is now. We always had a big fire in the stone fireplace. A field just north of the building was mostly filled with Scotch Broom and a good place to hide when we played capture-the-flag. We stormed the hill of our enemy, little white rags streaming out of our pockets, as we stealthily crept up to the place where the flag of the enemy was held. If one of the other half of the troop, the enemy, was to grab the white rag out of your pocket, you were considered to be dead and no longer of any use.

Bruce Briton wasn't called sergeant because they don't have sergeants in the Scouts. To us he was Uncle Bruce; and he taught us most of what we knew about the out doors and at the end of the evening, the scouts would all sit around the stone fireplace with a roaring fire and listen to Uncle Bruce tell stories of boys who lived in caves at the beginning of time and how they hunted mammoths on the ice. He learned the stories from books and would always come back to the next part of the story at the end of the next meeting.

When the beans were ready we had so many mouths to feed that the people coming back for seconds were waiting at the end of the line for more.

Community Cinema Vashon presents a free screening of The Homestretch



Three homeless teens brave Chicago winters, high school pressures, and life on the streets to build a brighter future. Against all odds, they recover from a life of abandonment to create new, surprising definitions of home.

The Homestretch follows three remarkable homeless teens as they fight to stay in school, graduate, and build a more stable future. Each of these smart, resilient teenagers – Roque, Kasey, and Anthony – challenge stereotypes of homelessness as they work to complete their education while coping with the trauma of being alone and abandoned at an early age. Through haunting images, intimate scenes, and first-person narratives, these teens take us on their journeys of struggle and triumph. As their stories unfold, the film explores their plights within the larger issues of poverty, race, juvenile justice, immigration, foster care, and

LGBTQ rights. The Homestretch is part of American Graduate: Let's Make It Happen, a public media initiative supported by the Corporation for Public Broadcasting to help local communities across America address the high school dropout crisis. A co-production of Spargel Productions and Kartemquin Films, The Homestretch premieres on Independent Lens on Monday, April 13, 2015 at 10/9c (check local listings) on PBS.

Community Cinema Vashon presents a free screening of THE HOMESTRETCH on Tuesday, 3/31 at 6pm at the Vashon Theatre.

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Island Life Raise the Roof

By Peter Ray

For some reason the writing of this piece has been a bit like attempting to move dried clay through a cake decorator bag, when it should have required much less effort. It seems though that for the moment I have run out of that vim and vigor that drives the bouncy cheerleader within to perform countless front and back flips while selling the soap of public good. Along these lines, I also understand the ridiculousness of pleading for people to come to a single Park District meeting to demonstrate interest in the swaying of a vote or to voice concern about bad park stewardship by certain members of the board, because I know full well from a couple of years of being there myself that saying that anyone should endure these meetings is a bit like saying that someone should take a chair out into the back yard and watch a pile of fresh dog turds crust over in the noon day sun. The sad part is that by forming that crust, those lone dog droppings have accomplished more than the park board does on many occasions.

The other side to my lack of word movement on the page is a nagging sense of uncertainty that is fueled in large part by the whims of the weather in a Pacific Northwest spring. It is one thing to invite people to a pool party of sorts- it is another thing to add that it is outdoors on Saturday, April 4th. There are a number of reasons that I and the Friends of Vashon Pool, along with pool manager Scott Bonney have decided that this is a good idea. The first is that Mr. Bonney has spent the winter months maintaining the cleanliness and the quality of the pool water so as to minimize what in the past has been a series of backwashes that are required to remove algae and decomposed leaves from the filter system after a season of non-usage. This year after a winter of basic maintenance and filtration, the water is so clean that no backwash is necessary, and all that is

really needed to make the pool swimmable is to heat the water up. Since the Vashon Pool just received a set of new thermal pool covers, Mr. Bonney thought it would be an interesting experiment to get the pool up to temperature, put the covers on, turn off the heat and then see how long the pool retains its warmth.

It might be said that this open day, which is free to all, is both a teaser and a vision of what could be if the pool were covered and open year 'round. Beyond the extra month of open time that the Friends of Vashon Pool requested and received, this open day is a glimpse at what could be. Indeed with the retractable roof in place, the entire middle section of the pool could be exposed to the great out of doors on any warm day of the year in just a few minutes, and on any inclement day prior to July 5th or after the rain festival begins in October, the inside could be sealed from the elements for whatever water activity is scheduled and sought after.

For April 4th, the pool will be open for lap swim from 11am until 1pm, with recreational swimming from 1-3pm. Admission will be free and both the pool and the locker rooms will be heated. Hot soup, hot tea and hot chocolate as well as cookies will be available for free as well. And early bird 2015 season passes will be available for purchase. The Friends of Vashon Pool see three main reasons for doing this, the first being to thank Vashon for supporting the pool. We will also be there to provide information about the new, four month season which this year will run from May through September. A key feature in our information booth will be a rendering of what a cover on the Vashon Pool will look like. Having said all that, I'm kind of feeling all warm and fuzzy about this again. I will not be doing any back flips any time soon, but I will be there for lap swim. Vashon has been asking for a covered pool for almost as many years as the pool has been here- it's time to show up and help us move forward with this vision.



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Call Your Mother

By Orca Annie Stateler, VHP Coordinator

Matriarchy and mortality are recurring themes in my Loop articles. Typically, I attempt to decipher the potential ramifications of births and deaths in Southern Resident orca matriline. I fret most about the impact on surviving podmates when mature, elder females die. In 2015 thus far, I have been preoccupied with the untimely demise of my own mother. I am struggling to make sense of how Mom's surviving "podmates" will get by without her.

Odin, Nashoba, and I recently returned from a protracted road trip to Arizona. Dear readers, if you called or emailed us between mid-January and mid-March, pardon our slow reply. We are in the process of responding to our messages. The trip was stressful enough without the added irritation of email, so we rarely checked it while we were gone. To the callers who reported the dead sea lion at Sunset Beach, we could not find it when we looked for it on March 16. Has the tide reclaimed it?

I guess I look like walking wounded. Occasionally on the trip, a hotel clerk

of what we would do together. She made a cryptic comment about impending death and wanting to see me while her mind was still reasonably clear. I may never recover from the anguish of not getting there in time to see her or talk to her again. My mother was one of my best friends.

Mom had a serious stroke in September 2011, from which she never completely recuperated. That marked the start of her decline -- that and a persistent battle with diabetes. My dad and my sister told me that Mom was telegraphing her death in recent months, making morbid pronouncements such as "I'm going to die soon." In retrospect, we were all in varying degrees of denial. I know I was.

Dad is 86; Mom was only 77. Dad

or a barista would ask, "Is something wrong?" or "Are you OK?" I need a button that proclaims, "My Mother just died and I feel lousy." Nothing adequately describes the sensation of losing a beloved parent.

Oddly, we had decided to visit my family this year before April, when the desert heats up, and before The Inevitable deprived me of either parent. The Great Recession of 2008 shithammered us, so a costly trip of this magnitude was out of the question until now. In the last conversation I had with her in early January, Mom sounded thrilled that we were finally coming to Tucson. We spoke

told me he fully expected that she would outlive him. Instead, he found her one winter morning, immobile and incoherent on the floor near the bathroom where she had fallen several hours earlier. She had been sick for several days with flu-like symptoms. She argued with the paramedics, insisting that she did not want to go to the hospital. Her blood sugar, however, was off the charts. That was the last time she talked to anyone. DKA - diabetic ketoacidosis -- had her in its lethal grip.

The updates from the ICU were
Continued on Page 6

Spiritual Smart Aleck



By Mary Iuel

The Second Year

There used to be a custom in British and American culture of literally wearing your grief. For a woman who had lost a spouse the rule was to wear full mourning, i.e., all black, perhaps including a black veil, for at least one year. In the second stage, half-mourning, you were allowed to move on to lavender and gray.

This custom was pretty much gone by the mid-20th century, except for the convention of wearing black at a funeral. The old color codes don't have the meaning they once had. In a way I think that's too bad. It was a way of letting people know that you were grieving, and they should respect that. Nowadays if you wear all black you might be taken for a Goth. Or a priest.

At the end of my first year of grief, I had a moment of bright clarity in which I thought the color code was a good idea. I briefly wished I'd worn black all year, and could now transition to the slightly less mournful purples and grays as a visible sign that things were literally lightening up. Too late to do that, but then the color code implies that there is a steady and predictable progression of grief. After fifteen months, I know that is not so.

Grief is disorderly, if not drunk. You experience all the stages of grief, but you never know what stage you'll be experiencing on any given day, or if you'll be experiencing a stage that didn't make the list.

Grief in the second year becomes not less subtle but a little less persistent. You get to have moments of actual happiness, and dare I say it, lightheartedness. I do, anyway. And then you step on a grief-mine, put your foot right in that load of hurt you're still carrying, and bam, the tears rise and if you're in public people are either lovingly sympathetic or go stick their heads into the frozen vegetable section and pretend they didn't see you do that embarrassing thing - that is, have a deep feeling.

The emotion feels unexpected because you were going along minding your own business, feeling pretty good about not being a full time basket case anymore. Even though grieving is a normal, common state of abnormal, who wants to feel like a full time basket case? It feels good not to be sad all the time, and in the second year

you may not feel sad all the time. You cannot mistake this change for a cure, though.

I'm talking to myself here. I've always had a tendency to think that whatever my emotional state is, it's permanent. I know better, but as I once heard someone say, that few inches between head and heart is the longest journey in the world.

Driving home the other day I realized I was feeling sad. I thought, well, of course I'm sad. My husband died. I am feeling what anyone would feel in the circumstance, and there is nothing wrong with me for feeling it.

Then I thought, what if every time I felt sadness over the years, I'd realized that being sad made perfect sense and there was nothing wrong with me? Childhood was hard, and lonely. Early adulthood was also hard, and lonely. Growing older has not been a picnic. Like most of us, I have taken some hard knocks. Of course I am sad and angry at some of the cards I've been dealt in life. Who wouldn't be?

Isn't that nice and neat? I laugh. Life is not nice and neat. Anything but. Like a wagon with a couple of crooked wheels on a potholed track, we straggle along, and occasionally we have a necessary and appropriate break down.

We get up and keep going, though, because we still have things to do and people to love, and people who love us.

If I could convince you reading this of one thing, it is that you matter profoundly. It's not because you are a hero, although you probably are in some ways, and it's not because you're good all the time, because nobody is good all the time. You are important because you are the one and only, unique, irreplaceable you. When you lose someone dear to you, you understand to a degree that you never did before how much that person mattered and how connected they were to everyone who knew them as well as the world of people who did not know them.

It's my second year and I'm beginning gradually to move into the world again. I'm sticking around to see what happens next, to sing a few songs and write a few essays, and, of course, keep the squirrels off the bird feeder. It's good when life has purpose and meaning.

Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is coming home to Vashon for another epic show at the Red Bicycle Bistro!

Jacob Bain, frontman for the group and also a founder of the all-Islander ensemble Trolls Cottage, grew up on Vashon and lives here now. The group plays an energetic and danceable mix of blues, rock, ska and world pop.

A passion for social and musical outreach has taken the group around the globe. Working with a nonprofit called Learn Africa, Publish the Quest has made several recent trips to Cape Verde, Zimbabwe, Mali, Poland, Portugal and Spain, where band members have played in festivals and music halls, recorded with local artists, and conducted music workshops and jam sessions with under-privileged children. On a recent trip to Zimbabwe, the band brought along a trove of donated instruments and soccer balls to give to kids in Harare and Hatcliffe Extension, a slum just outside the city.

An impressive roster of international stars has collaborated with the band — Femi Kuti, Nneka Lucia Egbuna, Matt Chamberlain, Eyvind Kang, Radioactive, Oliver Mtukudzi and Vieux Farka Touré have joined forces with the group on recordings and in concert. A recent single, "Sodade," was recorded with Cape Verdean vocalist Laise Sanches, with all proceeds



from the sale of the song going to benefit the cause of arts education in Africa.

Bain said he has found great inspiration in working with kids and musicians in Africa — people he said had "an insatiable appetite for music." To share the healing aspects of music with children in Africa, he said, has been a joy.

Publish the Quest's latest album is called "A Thousand Kinds of Gold", and Bain said he is currently working on a short film that will document the band's work in Africa. This comes after a recent successful Kickstarter campaign to raise money to fund these projects.

Opening for Publish The Quest is duo "Moe & Tom". Acoustic and eclectic folk duo, Moe & Tom, is a Moe and Tom (2) compilation of

Audrey Weatherstone, Shayne O'Neill, lots of strings, hybrid instruments, and vocal harmonies. The girls have been best friends since the school bus in kindergarten, and began playing and writing music together at age 15. Residing in Warwick, New York, Moe & Tom continue to perform, write music, and promote their debut album, "The Earth Is Much Like You and Me".

The show starts at 9 p.m. at Red Bicycle Bistro. It's an all-ages show until 11 p.m., and for ages 21 and older after that. I.D. is required. There is a \$8 cover charge.

Saturday, April 11, 9pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

THE DORSAL SPIN

Continued from Page 5

infuriatingly contradictory. A nurse asked us about an end of life directive. Two days in, a doctor opined that Mom was improving. Unrealistically, I latched on to that misguided assessment. My dad and my sister said she was mainly unresponsive and the situation did not look promising. Apparently, Mom went into cardiac arrest enroute to the hospital, and some time during the four days she was there, she had more strokes. She never regained consciousness.

We were not suitably prepared to deal with the tsunami of grief and the onslaught of demanding, intensely emotional decisions we were forced to make at the hospital, at the mortuary, for the memorial service, in dealing with the aggressive organ donation folks and the indifferent Social Security office, ad nauseum. Let this be a cautionary tale.

Princess is the cutie with the light fur and fuzzy face in this week's photo. The Jack Russell is my baby, Nashoba. Princess was my mother's constant companion. Princess



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was also the last family member to interact with Mom while she was still lucid. We tried to lavish her with attention; she seemed to enjoy her play dates with Nashoba. Our adorable pups provided welcome moments of comic relief during a tragic time. Now, go call your lovely mothers.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL

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



Aries (March 20-April 19)

If you think you’re unstoppable, you probably are. But you have to be clever about it. In particular, use your mind first, rather than banging your head on anything. You have a number of tools at your disposal. The most important of which is your ability to conjure and invent. You’re also working with an abundance of energy. You have a gift for penetrating the veils of illusion with understanding. And finally you have charm going for you. That may be the most valuable of the bunch, and the easiest to use. You’ll get the most economy out of calm confidence and optimism. Be generous with how much you like people; you don’t always need to say it, but make sure you convey that through your approach to others. One last tool -- you have a touch of clairvoyance going for you. Trust your hunches.

Taurus (April 19-May 20)

I suggest you keep your focus off of yourself and on others for the next week or so, so that you don’t get lost in your own head. Keep the conversations going. Explore the world and challenge yourself with what is unfamiliar to you. If you’re one of those people who can do your job on your laptop, work in social environments where you can see others and they can see you. One interesting thing you might notice is for conversations in these settings to go unusually deep. You won’t even need to guide them that way. You just might find yourself talking about some taboo subject surrounded by people. My suggestion is to act as if this is perfectly normal and pay no mind to the fact that others might hear what you’re saying. In this simple gesture there is strength and integrity.

Gemini (May 20-June 21)

Go out of your way to take responsibility for what happens on your watch, whether you’re at fault or not. This is not about acting guilty, or feeling guilty. It’s about being willing to recognize issues for what they are and to take the steps to make things right. If you can do that, and make no excuses, you will find that your influence only increases. You might think that you’re taking on what’s not yours, but when you’re in a position of leadership that concept changes considerably. In fact it can often reverse itself, where your role is to be accountable for the actions of both yourself and others. Anyone in a position of greater authority is going to be looking for your willingness to do that, and to act confidently, and to learn from your total environment. Said in a phrase, the name of the game is respect.

Cancer (June 21-July 22)

This is certainly an ambitious and adventurous time in your life -- one where many accomplishments seem not just possible but inevitable. So keep doing whatever you’re doing, and be bold about it. At the same time, a new level of depth and intrigue have entered both your erotic relationships and your creative expression. If you have not noticed that yet, you’re likely to soon. One thing I would remind you of is the power of Eros and art to transmute darkness and shadow. I don’t mean to say that this is possible but rather that it’s essential and necessary. I recognize that most people are deeply distrustful of their sexuality and their creativity. You don’t have that luxury. You have a magnificent opportunity to unravel that over the next few days, and it will begin with taking the risk of speaking from your heart and soul, which would start with speaking your mind.

Leo (July 22-Aug. 23)

The Sun is the celestial body associated with your sign, and it’s now moving through the last seven degrees of the

zodiac. That suggests the completion of a phase of your life, especially when you consider that on the Sun’s last day in Pisces it receives a total eclipse from the Moon. I suggest you make contact with everything and everyone you want to move on from. Be clear with yourself. By everything I mean tendency, pattern, habit or phase of your life. By everyone I mean that nobody is automatically off the list. Then there’s something more significant, which is your vision for yourself. There is an exchange happening, which is what you’re leaving behind and its relationship with what you’re beginning. So I suggest you have equally clear visions for both of those things. The feeling associated with this process is not casual or superficial. It should feel a little like being at the edge of a cliff, where you look over the edge and glimpse at yourself at around age 90.

Virgo (Aug. 23-Sep. 22)

Take the time to have the important conversation as soon as you can. Doing so will give you some influence over a situation that might otherwise be out of your hands. You know by now that influence does not mean control -- it means shared awareness that can allow you to find some common ground, and present an idea or two. Such also includes listening and sharing your response. Without taking advantage of these accessible, ordinary human things, you might feel as if your whole life is being controlled by the winds of fate. There are indeed certain natural features in the cosmic landscape that are influencing you, in a profound way at the moment. Yet if that is true, it would make obvious your need to be aware of your environment so that you can be responsive in real time, not with a seven-second or seven-year delay.

Libra (Sep. 22-Oct. 23)

Just when you decided that there is no telling what you’re going to do next, someone else has demonstrated what it’s like to live with that reality. That’s actually a pretty good way to live, as long as everyone agrees that there is that certain factor of unpredictability in the universe. So get that onto the table, while everyone agrees that it’s true and has evidence proving that it’s true. This will allow you to get over any lingering belief that a relationship is a choreographed thing, or that there is a script and a musical score to go with it. You are in perhaps the best position of your entire life so far to engage with reality as it is now, and live your moment, as you are experiencing life now. Remind yourself that the universe is a dynamic place with every force acting on and responding to every other force. Nothing stays the same for long, and amen to that.

Scorpio (Oct. 23-Nov. 22)

The question you seem to be confronting involves faith in yourself. You might think that means faith in something larger than yourself. I suggest you not split hairs, since in any event you would be the one allowing the process to happen. And as many mystics, great and small, have said, your faith, when expressed, will meet up with some larger kind of faith, though it’s you who must take the first step. When you do, you may encounter some thought form akin to, “But it’s all so dark,” or, “How am I possibly worthy?” or, “What am I going to do with all this karma?” or “My god, look at the state of the world!” Yes, yes, yes, yes, and yes. Then you can look through those things as if they suddenly turn into transparent images that let through the light that is behind them. It is there and there’s plenty of it.

Sagittarius (Nov. 22-Dec. 22)

You’re going through a catharsis that’s directly associated with your ability

to express yourself sexually and creatively. I would point out, though, that in our particular age, most people don’t get the connection, and that it’s rather easy to get caught in the dark side of these seemingly different things. Let’s stick to art, since that’s less threatening, though only by a shade. Art involves more than expressing oneself. Often there is a transmuting of something fearful into something loving. That could be static nervous energy. It could be something truly terrifying. It could be going beyond the stuck futility and ‘why bother’ energy that seems to have swallowed much of our society at the moment. Imagine you’re going to look right at the root cause of that. Imagine that it’s the one essential ingredient in this process known as setting yourself free.

Capricorn (Nov. 22-Dec. 22)

Whatever shook up your world over the past few days taught you something about the nature of your own insecurities. Play back that whole scenario day by day, scene by scene, and note what you believed on what day. Then notice how fast it all changed and became something else. It’s that process of ‘changing and becoming something else’ that I suggest you work with as a conscious process. It’s about to happen again in some provocative ways. There really is just one intervention, which is awareness. I know this is often proffered as the solution to everything, and so far nobody’s proven that it’s not true. The most effective awareness over the next few days will come in through your senses, particularly hearing. Reading and writing count for a lot right now as well. All factors seem poised to get you thinking and feeling on a level that most people avoid. Remember that if you get the opportunity to go there and then hesitate.

Aquarius (Jan. 20-Feb. 19)

You will need to make an effort not to judge yourself over the next few days. That may prove to be more of a challenge than in the past, though the reward will be greater than usual. The problem with judgment is not that it’s wrong, but rather that it’s incorrect. The issue with that is that it can (and usually does) obscure the truth behind the illusion. If there is one theme associated with your quest for self-esteem, it involves what you’re really responsible for. In the most child-like terms, that translates to the question ‘what is your fault?’ In adult terms, it translates to ‘what are you responsible for changing?’ This kind of question needs to hang in the air for a while. There are many possible answers and not all of them are applicable to you. We could start by saying that you’re not responsible for changing other people, simply because you cannot. And that certainly narrows down the possibilities.

Pisces (Feb. 19-March 20)

Pisces is the sign that by definition contains all the potentials of humanity, in a way similar to how more than 100 elements are contained in ordinary seawater. You may need to make contact with, and peace with, the seemingly darker shades of your nature. That runs directly contrary to the love and light equals enlightenment spiritual school. And it remains true that love is the only force in the universe that can guide a person out of the darkness, be it their own or imposed on them. Sometimes this is as simple as just loving, and sometimes it’s necessary to be bold about discovering what the other possibilities are. There is a common psychological move: ‘I don’t want to be that way so I’m not going to admit that I contain that potential’. The thing is, you want to contain that potential, whatever it is, because to exist in your full strength, you need every resource available to you. And that’s what you have.

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

Road to Resilience

Continued from Page 1

maker movement and peer-to-peer sharing platforms are empowering once-passive customers to become active “prosumers,” thereby spawning a frugal economy that can create value in a more efficient, cost-effective, socially inclusive, and environmentally sustainable way.

Recognizing these benefits, some communities are actively supporting the maker movement and accelerating the development of frugal economies. For example, mayors of major cities – including New York, Tokyo, Rome, Santiago, and Oslo – are seeking to host Maker Faires, where ordinary citizens showcase their ingenuity and engage with other makers.

Last June, US President Barack Obama hosted the first White House Maker Faire – declaring that “Today’s DIY is tomorrow’s ‘Made in America’” – and appointed a senior adviser to determine how to turn the maker movement into an engine of US economic growth. And New York City Mayor Bill de Blasio, who proclaimed September 15-21, 2014, “Maker Week,” and Barcelona Mayor Xavier Trias, who wants to build a “Fab City,” are trying to put their cities at the forefront of the global maker movement.

Meanwhile, in Vauban – a neighborhood in the German city of Freiburg – 65% of electricity is produced by solar panels and a co-generation plant established and operated by local citizens. And Helsinki is building a “mobility on demand” system that seamlessly combines multiple shared- and public-transport services in a single payment network, with the goal of eliminating private car ownership by 2025.

A self-organizing frugal economy could generate billions of dollars in value and create millions of jobs in the medium term. But, of course, there will be losers: the large Western companies whose “more for more” business models, backed by huge R&D budgets and closed organizational structures, are not designed to serve the needs of cost-conscious and eco-aware consumers seeking more – and better – for less. In order to survive, these established companies will need to reinvent themselves as frugal enterprises that integrate digitally empowered “prosumers” into their value chains and strive to address market needs in a more eco-efficient and cost-effective way.

The transition to a frugal economy is happening. Traditional companies must get on board – or risk becoming obsolete.”

Comments? terry@vashonloop.com (writing directly to me saves the editor having to forward it)

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Send To: Editor@vashonloop.com

Positively Speaking

Kneeling at the Cross: A Protestant Looks at the Crucifixion

It's two hours past my bedtime. The building is quiet and in my little office cubby covered in chatchke of my narrative, the last four edits, teeny tiny minutiae of details having to do with the text, have just been sent to the printer. We are hours away from uploading to the distributor. I have used everything I learned from the Artist Trust Edge Professional Development Program for Literary Artists to get my book of poems to readers throughout the world.

Previously, a writer of poetry could wait until hell froze over before a marketing committee might decide such a compilation was ready for the public and take it on. Now, any author can have their voice spoken in the world.

I have the good fortune, the blessing, of a phenomenal production team. It takes a team.

But now, as I sit with a sense of accomplishment of a race, a very difficult race run to the finish line, I think back to the first night I tried to get on the Island.

The ferry line was clear back to the Texaco it seemed. I didn't know any of the protocol. I had an interview and I drove past the line and stopped as it turned into the ticket selling area. There was a cop directing traffic (do you remember those days?) and I got out of my car on that rather warmish night and asked, 'Is it always like this?' The cop lied and said 'No, this is very unusual' and two drivers with their windows down behind where I was standing burst out laughing. It was not a good omen.

Most of you, I suspect, moved onto the Island volitionally and have stayed enjoying some sense of paradise and productivity and increase. Not me... time to start telling my big truth. I had been asked to apply for this particular job on the Island by higher ups and got really bad advice about moving my kids over in the middle of the school year (which I took because at the time I had zip confidence in my own thoughts and ideas) and thus began twenty years of living hell. Straight from the pit where old red legs lives, dark as evil can be, horrible in every way, hell.

So wait...that's not the whole story. Eventually I'll tell you how I found more good people than ever, became strong through adversity and reached what some might call a happy ending. Me, I'd call it a 'beat the odds' ending.

The book I mention at the top of this column is the 'how' of making it through hell. Now here, in this little hamlet I've experienced more spiritual and personal persecution than I could conceive of in my imagination. Let's see, I've been accused of being a slut who comes on to men, which doesn't explain nineteen years of joyful celibacy. I've been accused of being an embezzler, which doesn't explain why I've been living below the poverty level for almost all of the same number of years. I've been accused of being an abusive child beating mother, which doesn't explain why I teach parents how to train up their children using the thinking chair and positive reinforcement and have been employed happily by so many people in their homes loving and supporting them and their children.

Mostly I've learned to let time work things out. I've learned to stand

By Deborah H. Anderson



in my truth. But why haven't I exacted revenge? Why haven't I gone after the people who hurt me? Well...let me tell you about my breaking point.

Three weeks ago, I discovered myself at the middle of a huge hoax someone was trying to involve me in and I had absolutely had it with the underbelly of bottom feeders. I knew I was going to snap. Life is a gift people. You don't waste it on deceit and cowardice and greed.

I called everyone I knew, like they say you're supposed to do, and told them, by voice mail mostly couldn't get anybody face to face, that they needed to be very worried about me because I had absolutely had it.

And then I moved through the next week minute by minute knowing that only my enormously sane mind was going to keep me from exacting revenge. To this day there are about three dozen people carrying me because I couldn't carry myself. BUT... and this is a huge BUT. This was all happening simultaneously with getting this book to print.

You know how I survived twenty years of living hell? Well...prior to coming to said shady bucolic rural village and surrounding tree engulfed 'burbs, I had spent three years cantoring the 5 PM Saturday Mass at St. Benedict's in the Wallingford District and conducting their children's choir which I actually created. Now if you want to talk injustice and persecution, Jesus on the cross, especially a thirty five foot tall Jesus on the cross kinda sums it up.

As I became acquainted with liturgical worship, I wrote a set of poems about it.

What tipped me over the edge was hearing someone who had been delivering a carefully rehearsed performance go off script and start to quote one of my poems about my childhood. Nobody gets to tell my story, or steal it. I have a story that is full of victory. Horribly abused for most of my childhood and adolescence, I healed myself so none of my kids ever knew that kind of abuse. Horribly crippled in a car accident at the age of nine, exactly fifty four years ago as this goes to press, I defied the odds and carried two children to term and delivered the first one in two hours and the second went from 3 centimeters dilated to delivery in forty two minutes and, am still not in a wheelchair.

With a mentally ill mom, and a clinically diagnosed depressed, with underlying anxiety disorder, spouse, I survived divorce and have endured everything bad with a positive attitude and more love for the human race than resentment and a fierce determination and cheerful hope because of those three years talking to Jesus hanging on that cross.

The poem I wrote that was quoted is called 'By His Stripes' (and essay). It begins

"When I was a little girl, my mother would take the belt or wooden spoons to the backs of my thighs till there were welts. I cannot imagine hitting a child thus. Now I know there was such sorrow in her soul, she was capable of enormous violence upon her

Rouge & Paulina need a home . . .

Paulina says, "We're thinking of changing our names to Bogie and Bacall. Rogue looks kind of scruffy, but that's because he had a tough life before we met in the shelter. He fell for me because, as you can see, I'm gorgeous. I was attracted to him because I was looking for an older man who would worship me. When we think shelter volunteers aren't looking, we snuggle and play together."



Rogue says, "We wouldn't HAVE to be adopted together, but it sure would be great if that happened. Both of us were pretty shy when we came to the shelter, but we've made a lot of progress and we appreciate what people do for us. If we came to live with you, it could be the beginning of a beautiful friendship."

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only daughter. It was not lost on me that my three brothers were never hit. I took it personally.

Part of me remained in defensive suspension until I saw the movie The Passion of the Christ. The flogging scene held me spellbound. For the first time in my life, I knew Jesus Christ knew my pain. And by His stripes I was healed. He became my Savior. He became my Personal Savior. I realized...

By.....actually, the very means by which I'm healed. No substitution, not metaphorical or mystical, not through, or in spite of or because of, but BY. His.....no one else, alone, bracing for each direct hit, drawing His breath in to absorb the sting, over and over, again and again, pulling into Himself for the strength to keep from passing out, aware there are spectators which only increases His solitude.

Stripes.....the skin separating to reveal lower fleshy layers where blood seeps to the surface. Leather snapped so harshly it embeds itself, creating an etched crevasse, one crisscrossing the other. Forty random gashes meant to make death come more quickly.

We.....you, me, your aunts and uncles, brothers, sisters, mother, father, red and

yellow, black and white, gifted, delayed, rich, poor, conscious, unconscious, believer, nonbeliever, insider, outsider, CEO, janitor, driver, passenger, baby, toddler, child, adolescent, adult, Jew, Greek, male, female, everyone.

Are.....not a promise, reality, right now, present tense, in this very moment, currently.

Healed.....brand new, as if it never happened, restored, refreshed, cleansed, all better, ready to roll, picking up our beds and walking.

*"By His stripes we are healed!"
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Come hear the rest of the collection. Will and I are very pleased to offer hope for healing to all who so desire to receive it.

Love,
Deborah



**"Kneeling at the Cross:
A Protestant Looks at the Crucifixion"
finally...1 April 2015, 5PM
Vashon Bookshop
Release Reading by author Deborah H. Anderson
with presentation of select original paintings and drawings
by William Forrester**

Island Epicure



By Marj Watkins

Non-Inflammatory Foods

Nutritionists advise us to avoid inflammatory foods, but few tell us what foods aren't inflammatory. It would take more space than this column to give you a complete list of inflammatory and non-inflammatory meats, so I'll just list the most and the least inflammatory meats. Seafoods (except for farmed and Atlantic salmon), vegetables, and nuts are all non-inflammatory.

The information comes from The Chilton Diet. Chilton advises that all the foods one person eats in one day should add up to no more than 100 points. Chitterlings are pork guts. Yuck! Here's also a scallop recipe example that we like to eat. Yummy!

Inflammatory: points per 3 ounce:

Chitterlings.....	1,860
Chicken giblets.....	380
Beef kidneys.....	330
Turkey bacon	260
Chicken stewed	200
Turkey dark meat.....	160
Atlantic salmon, farmed	150
Chicken wings.....	110
Chicken thigh.....	100
Chicken parmesan	100
Beef Tenderloin	100
Bison.....	80

Non-Inflammatory: 3 ounce

Atlantic salmon, wild	50
-----------------------------	----

Coho Salmon	10
Rainbow Trout, wild	30
Rainbow Trout, farmed	1
Chinook or pink salmon	5
Atlantic cod, wild	5
Scallops	4
Halibut, Greenland	3
Mahi mahi	1
Seaweed, wakame	1
Pepperoni Pizza, 3 ounce slice..	20

SCALLOP STIRFRY
2 to 3 servings

- 2 Tablespoons extra virgin olive oil
- 6 ounces scallops, halved if large
- 1 medium size head nappa cabbage, cut in 2-inch squares
- 4 to 6 green onions cut in 1 ½-inch lengths
- ½ cup pea pods, strings removed, halved
- ½ red or orange bell pepper, cut in strips
- 1 cup coconut milk
- Thickening if desired: 1 Tablespoon cornstarch mixed in 2 to 3 Tablespoons coconut milk.
- Salt to taste.

Heat the olive oil. Add the onions, bell pepper, nappa and pea pods. Stir fry until nappa just begins to wilt. Add coconut milk. Heat through. Add thickening an stir-cook until liquid is slightly thickened. Add scallops. Cover. Cook 2 more minutes. Scallops should have lost their transparency, but not toughened. Serve over steamed brown rice.

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Vashonorcas@aol.com
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Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

Daughters of the Niger Delta Documentary

Woman's Way Red Lodge brings another documentary to the big screen as part of its Women's Film Series. Tuesday, March 24th, 6 PM at the Vashon Theatre, "Daughters of the Niger Delta" will show everyday life in the Delta, filmed and told by the women who live there.

Following the screening Islander Kirsten Gagnaire, founder and director of the Mobile Alliance for Maternal Action (MAMA), will speak about her experiences working in the Delta, answer questions about the challenges faced there and what we can do to help.

Daughters of the Niger Delta is an intimate film portrait of three women who manage to make ends meet against all odds. As their personal stories unfold, we come to see that the widely ignored environmental pollution in their backyard is not the only human rights issue affecting their lives.

The film radically differs from the usual media reports about oil outputs, conflict, and



kidnapping. It gives a taste of everyday life in the Niger Delta. The struggle to survive in the delta's beautiful but pollution-marred wetlands confronts us with the human impact of corporate irresponsibility, gender injustice, and failing government service delivery.

The hour-long documentary is a bottom-up film production. Rather than bringing in external filmmakers to document the lives of women, young women from the heart of the region were equipped with the tools and skills to do so themselves. They were

trained in filmmaking. The peer filmmakers did research on gender and women's human rights in their own communities. They spent weeks with women to capture their daily lives on film and encourage them to share their life stories. The result is a touching testimony of everyday life, highlighting injustices that we rarely hear about in the news. The event is sponsored by Woman's Way Red Lodge, a 501c3 not for profit, with generous support from Vashon Theatre and Island Green Tech.

Royal Shakespeare: Loves Labour Lost

Summer 1914. In order to dedicate themselves to a life of study, the King and his friends take an oath to avoid the company of women for three years. No sooner have they made their idealistic pledge than the Princess of France and her ladies-in-waiting arrive, presenting the men with a severe test of their high-minded resolve.

Shakespeare's sparkling comedy delights in championing and then unravelling an unrealistic vow, and mischievously suggesting that the study of the opposite sex is in fact the highest of all academic endeavours. Only at the end of the play is the merriment curtailed as the lovers agree to submit to a period apart, unaware that the world around them is about to be utterly transformed by the war to end all wars.

Christopher Luscombe directs one acting company in both Love's Labour's Lost and Love's Labour's Won (usually known as Much Ado About Nothing). Christopher's directing credits include The Comedy of Errors and The Merry Wives of Windsor for Shakespeare's Globe as well as The Madness of George III and Spamalot in the West End.

LOVE'S LABOUR'S LOST

Sunday, March 22nd at 7:00
Thursday, March 26th 7:00
Live from Stratford Upon Avon
A Royal Shakespeare Production
\$15 For Gen, \$14 SR/Std/Child

TRASH TALK

Leftover latex paint? Harden it & toss it in the landfill OR recycle it at a free, one time event on March 28th from 10-4 thru Second Use in Seattle. Household limit is 25 gallons. Learn more (incl. how to obtain free used paint, too!) thru their newsletter at www.seconduse.com.

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Danny Newcomb & The Sugar Makers

Danny Newcomb, former lead guitarist, songwriter, and founder of the acclaimed Seattle-based alt-rock band Goodness, currently performs original songs with his new band – the Sugar Makers, featuring his signature guitar solos. In the 1990s, Danny toured internationally with Goodness, releasing two full-length albums. Danny also writes songs and plays guitar for The Rockfords, featuring Mike McCready of Pearl Jam. Danny remarks, “I’ve always been a songwriter and a lead guitar player. Now, I’m performing songs that I can sing.” Danny recently completed recording his band’s first CD on Hockey Talker Records, which will be released in February of 2015. Danny’s band, the Sugar



Makers will back him up at the Red Bike show, featuring Rick Friel on bass, Annie O’Niell on backup vocals and Eric Eagle on drums.

This is yet another free cover show and all-ages ’til

11pm, 21+ after that.

Friday, March 27, 8:30pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

The Rumble Strips

The Rumble Strips play high-energy dance music from anywhere: West Africa, New Orleans, Brazil, and the pop charts. With full batteries of percussion, horns, guitars and vocals, it’s all hands on deck for a sound that’s sublime, ridiculous, oversized and built for joy. Not a show; a party.

Vocals: Carol Lutra-Johns, Meri-Michael Collins, Rebekah Kuzma, Guitars: Andy James, Chip Lamason, Bass: Stephen Buffington, Drums: Emory Miedema-Boyajian, Horns: Van Crozier, Dianne Krouse, Percussion: Christian Codd, Allison MacEwan, Mario Soberanis.



And, of course, special guests!

Friday, March 20, 8:30pm.
All-Ages ’till 11pm 21+ after that.
At the Red Bicycle,
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Jazz Series: Thomas Marriott

Performing in some of the world’s greatest jazz clubs, Trumpeter Thomas Marriott has played with luminaries such as Rosemary Clooney, Michael Feinstein and Spanish Harlem Orchestra. After winning the prestigious Carmine Caruso Jazz Trumpet Competition in 1999, Marriott headed east from Seattle to New York where he received acclaim through his work with Maynard Ferguson’s Big Bop Nouveau Band, with whom he has completed three world tours.

He has produced eight albums, three of which made their way onto the national jazz radio charts. Marriott is a five-time Golden Ear award winner, a skilled instrumentalist, composer and producer, and continually seeks to expand the boundaries of jazz music in all its forms.

Thomas Marriott
Saturday, March 28, 7:30 pm
Vashon Allied Arts
\$18 Member/Student/
Senior, \$22 General



Joseph Panzetta with Special Guests

Joe Panzetta is a multi-instrumentalist, composer, and singer who performs melodic, original songs with a signature percussive guitar style. His musical ventures range from singer-songwriter/folk rock, to world and mantra. He has performed and recorded since 1989 and released 7 CDs. He plays a plethora of instruments including drums, bass, harmonium, tamboura, banjo, piano and anything else he can get his hands on. He has composed music for original dance pieces choreographed by Dominique Gabella for The Next Stage Dance Theater, and most recently for Ronly Blau as part of FlashPoint, an evening of dance hosted by VAA. For his VAA concert, Joe will be performing solo and with special guests, including: Nova Devonie (accordion), Vincent



Gates (guitar), Dave Keenan (mandolin), Dianne Krouse (sax), Steve Meyer (bass), Annie Roberts (cello), Allison Shirk (guitar & vocals), and Kim Thal (violin).

Joseph Panzetta with Special Guests

Saturday, March 21, 7:30 pm
Vashon Allied Arts
Tickets: \$14 Member/
Student/Senior, \$18 General

Adopt A Cat Day!

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Saturdays 11:30-2:30

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Club 0 returns!!

Come dance yourself into Spring on
Vashon's biggest Dance Floor!

All-ages, and all are welcome. \$5 Cover at the Door, no one turned away for lack of funds!

Until 2012, islanders who wanted to go dancing club-style had to travel to Seattle. This changed when David Godsey and Janet McAlpin of the Open Space for Arts and Community decided to open Vashon's very own Club O. David recruited DJ/musicians Michael Whitmore and Marcus Fellbaum (MirageSix) to spin records. Club O was born and has been growing ever since, with regular monthly dance nights on the last Friday of each month.

Marcus and Michael complement each other in a fabulous way. Whitmore's collection of music consists entirely of vinyl records. Fellbaum works with an entirely digital format. Music played at Club O spans many decades from the beginnings of rock and roll to the latest hits. The DJs aim to create an electric atmosphere in which club-goers dance to their heart's content. Club O offers all aspects you would expect from a club: lights, lasers, and fog machines, as well



as a special VIP teen section. Dancers of all ages enjoy shadow dancing in a specially constructed light box.

Club O returns!! Friday, March 20
Doors Open at 7pm.

Sunday Swing with the Portage Fill Big Band!



It's time to Dance! The fabulous Portage Fill Big Band returns to Open Space with their fantastic live swing music for Sunday Swing, an all-ages event.

Sunday Swing was inspired by our fabulous Inaugural Ball, which had teenagers swinging and elders tapping their feet, and folks of all ages dancing across the floor. Since then, Portage Fill has brought their magic to the Grand Hall many times, and the dance floor gets busier with every visit!

Dress for dancing – whether it be your ball gown and heels, or the comfiest

clothes in your closet – whatever brings out the dancer in you! Join us to have fun and kick up your heels.

The lovely Jacqui Lown will lead a dance lesson at 3:30pm, and live music kicks off at 4pm.

Admission is \$10 Suggested Donation
at the Door - no one turned away for lack
of funds. For more information, visit
www.openspacevashon.com or call (206)
408-7241.

Sunday Swing with the Portage Fill Big Band! Sunday, March 22, 4pm at Open Space for Arts & Community.

The Crime Solved

Vashon Allied Arts is pleased to announce its sixth season of informative talks to enhance your appreciation of the arts and humanities and provide the Vashon community with opportunities for lifelong learning.

How does a writer begin to think about creating a crime novel – crafting the plot, developing the suspense, planning and timing clues to engage the reader? Elizabeth George, a master of the genre, offers insights into her creative process. George is the author of *The Inspector Lynley Mysteries*, a series of novels set in Great Britain that have been filmed for television by the BBC.

Arts & Humanities Series 2014-15

Vashon Allied Arts

Individual Tickets: Members/Seniors \$18, General \$22 (Due to popular demand, only a few tickets to each individual lecture remain.)

The Crime Solved

Sunday, March 22, 4 pm

Vashon Allied Arts



Elizabeth George

Drama Dock: The Curious Savage



Michael Shook, Elise Morrill, Cynthia Perkins, Sue DeNies, Max Lopuszynski.

Drama Dock is pleased to present The Curious Savage. It will open March 13 in the VHS Theatre. It is a sweet and witty comedy set in a mental institution for the rich and famous - the Betty Ford of the Forties.

Cynthia Perkins plays the character of Mrs.Savage, who is being placed in The Cloisters by her stepchildren alarmed by her management of their father's estate. You know there's nothing like the squabbles and conniving over inheritances to generate a barrel of laughs...!

Cynthia says, "I really like what this play says about the importance of 'play' and how necessary it is to make space for the impractical in our lives. Time for whimsy, foolery and creative expression is not just a luxury, but absolutely vital for making life feel worth living."

Others in the cast are Kirk Beeler,

Alexis Carleton, Sue DeNies, Jeff Jones, Max Lopuszynski, Shannon Mahan, Marjon McDermott, Elise Morrill, and Greg Rocheford. Michael Barker is the director with costumes by Lori Lowrance.

So please come see the show and join in the fun. Playful as it all is, it does take a lot of effort by a lot of people to mount these productions. Your presence helps turn the wheel of creation for all.

The Curious Savage run March 13-15 & 20-22. Friday & Saturday shows begin at 7:30 pm; Sunday matinees are at 2 pm. The stage is the Vashon High School Theater located at 9600 SW 204th ST. Tickets are \$15 general and \$12 for seniors. You can buy them in advance at Vashon Bookshop or simply purchase them at the door.

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

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Somehow I don't think this is much of a deterrent !!



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