

## Comedy Night Is Coming



By Jim Farrell

In our lifelong pursuit of work and mediocrity we often lose sight of the little weird pleasantries that punctuate our brief tenures on this planet. In recent years this problem has become so severe that, as a society, we have offshored the job of silly-seeker to those already employed in the fine art of explaining to you what it is you are experiencing when you are experiencing Life. Thus, the comedian wears two hats (but no underwear). By turns, a comic excites your central nervous system by tricking your brain into laughing, while he simultaneously unravels some of the deepest folds of your brain and, by holding up a graffiti-covered mirror, shows you what you really are--a mostly hairless, scared, weak ape.

It is because the role of comedian in our society is so difficult that you should come to Comedy Night at the Red Bicycle Bistro on Friday January 22nd. Because you are functionally hairless you should wear warm clothing. Because you are physically and existentially scared you should bring a bunch of your friends with you to protect you from the other violent members of your species and so that you can constantly reconfirm with them that, yes, you do exist as a meat-based being outside of the confines of your own head. It is because you are scared that you should try a new beverage that you've never had before. And it is because you are an ape that you will laugh at three or

*Continued on Page 4*

## Masters Tell Tales at 9th Annual Storytelling Festival

Vashon Wilderness Program will host its 9th Annual Storytelling Festival - Fundraiser and Dessert Auction on Sunday, January 31 at the Open Space for Arts and Community on Vashon Island. Starting at 1:30pm, attendees can experience their Sensory Forest, make nature crafts, and start bidding on their favorite sweet-treat at their Dessert Auction. Beginning at 2pm, storytellers Roger Fernandes, Bonny Moss, and Ted Packard will delight all with an imaginative afternoon of storytelling; complimentary food and beverages will be served during intermission. The proceeds will support the VASHON WILDERNESS PROGRAM mission to provide nature immersion experiences for Puget Sound youth.

"Storytelling is inseparable from human life," explains Stacey Hinden, executive director of VASHON WILDERNESS PROGRAM. "For generations, we have been telling story - be it around a fire to convey lessons for survival; at the dinner table to relay a funny happening from our day; or snuggling up in the dark night to whisper a bedtime tale of wonder. The Storytelling Festival will stir the imagination of all who listen, allowing our unconscious to take flight into sensuous realms of magic, myth and hero."

This is Vashon Wilderness Program's biggest community celebration of the year, drawing hundreds of people from Vashon and beyond to share in the ancient and powerful practice of the oral storytelling tradition.

It's also their only live fundraising event of the year, where folks like you have helped them to give over \$100,000 in scholarships to date, and ensure that they remain a vital community resource



*Roger Fernandes (Kawasa)*

for deep nature connection mentoring on Vashon!

Don't miss this wonderful, family-friendly event! Join your friends and show your support for Vashon Wilderness Program!

**Roger Fernandes** (Kawasa) is a member of Lower Elwha Band of the S'Klallam Indians from the Port Angeles area of the state of Washington. He is a Coast Salish storyteller, artist, tribal historian, and distinguished recipient of a folk life award from the Washington Arts Commission for his work in teaching about Coast Salish art. Roger brings old stories alive again, offering their teachings to today's children and adults, with a traditional approach allowing each group to find interpretations and knowledge at their own level. He offers stories that lead to a spiritual and emotional understanding of how to live in the world - in balance with family, community, and nature. Roger has recorded a CD "Teachings of the First People" that shares several of the stories he tells in his performances. More information about Roger can be found at Turtle Island Storytellers.

**Bonny Moss** has been telling tales and spinning yarns in word and movement since she was just a wee one. She is a bit of a story nerd, in fact, and thinks of most of her life as a tale, a thread woven into the tapestry of the great Story of which we are all part. She spent her youth organizing and performing

*Continued on Page 5*



*Bonny Moss*

## The Road to Resilience A time To Act

Throughout the time I've been writing this column, I've tried to point out ways in which we as individuals and as a community could become more resilient to changes that are and will be occurring in our world. I've also attempted to convince you that unprecedented change is, in fact, occurring. This year, I'm going to be talking a lot about the November election at the national level because we may be presented with starkly divergent choices of direction that our country could take. One direction could take us to a positive, cooperative future in which power and resources are shared by all. The other could take us to a future in which we further give up power and freedom for security and survival. This latter direction represents a surrender to our fears, real and manufactured, and we must not allow these fears to dictate our future.

We have to understand that fear-mongering is a powerful tool in the arsenal of the corporate interests. Whether it is fear of bodily harm, loss of your job, lack of access to food or medical care, or loss of your home, security is a drug they can dispense at will and know that we will pay whatever it takes to get it. For instance, consider the life saving drugs for which

By Terry Sullivan,

the prices have been raised from say \$5 per dose to \$5000 per dose. Consider the TTP and the TTIP free trade agreements with Asia and Europe. We are being asked to forfeit our national sovereignties to a private trade commission that will overturn our laws if they happen to impede private access to resources and profit. We are asked to do this in exchange for a vague assurance that this is the only way our future can be secure. We are being convinced that terrorist groups, characterized by different ethnic, racial, or religious affiliations, are trying to kill us and bring down our civilization. It is not that some such groups don't exist, but our decision to respond in kind will perpetuate this crisis. It will also perpetuate our surrender of freedom for security.

Ben Franklin said, "Those that give up liberty for temporary safety deserve neither liberty nor safety." The original context of this quote was a commentary on a pending decision by the colonial government of Pennsylvania to tax the extensive land holdings of the Penn family in England to help pay expenses for the French and Indian War. The Penn family offered the colony a one-time lump sum in

*Continued on Page 9*

## Live Local Weather [www.VashonWeather.com](http://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](http://www.wunderground.com), [www.pwsweather.com](http://www.pwsweather.com) and Weather bug Back yard. The easiest way to view the weather information is to go to [www.vashonweather.com](http://www.vashonweather.com). Live weather information is also used on the [www.vashonloop.com](http://www.vashonloop.com) website and its sister site [www.vashonnews.com](http://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](http://www.vashonweather.com).





# Windermere

REAL ESTATE



## Windermere Vashon

Energetic, resourceful, and responsive local experts in Island Real Estate. Perhaps you are ready to downsize, or your family is growing and you need to upsize, or maybe you just want a different view. No matter what the motivation, Windermere Vashon is here for you

Your Windermere Team:

Beth de Groen	JR Crawford	Dale Korenek
Dick Bianchi	Connie Cunningham	Kathleen Rindge
Linda Bianchi	Cheryl Dalton	Mike Schosboek
Dan Brandt	Nancy Davidson	Sarah Schosboek
Mary Margaret Briggs	Rose Edgecombe	Mike Shigley
Heather Brynn	Julie Hempton	Sophia Stendahl
Sue Carette	Denise Katz	Deborah Teagardin

[www.WINDERMEREVASHON.COM](http://www.WINDERMEREVASHON.COM)

206-463-9148 [vashon@windermere.com](mailto:vashon@windermere.com)

## Granny's Mid-Winter Break BLOW OUT!

### January 7th Vintage!

Furniture - Clothes - Collectibles

Granny's will be closed January 26 to February 6

**January 21**  
50% off everything!

**January 23**  
75% off everything!

**January 25**  
Make Offer

Stay Calm! Granny's will Re-Open February 6th

**Granny's is at Vashon Plaza!**  
**17639 100th Ave SW, Vashon**  
**[www.grannysattic.org](http://www.grannysattic.org) 206-463-3161**

**Retail Hours:**  
Tues/Thurs/Sat 10-5



**Donations Hours:**  
7 days a Week!  
9am-5pm



**17618 Vashon Hwy SW**  
**206.463.5959**  
**[www.redbicyclebistro.com](http://www.redbicyclebistro.com)**

Sunday - Thursday  
Bistro & Sushi service  
11:30am to 9pm  
Lounge is Open  
11:30am to midnight

Friday & Saturday  
Bistro & Sushi service  
11:30am to 10pm  
Lounge is Open  
11:30am to 2am

**Live Entertainment**  
**Friday, January 8, 8:30pm**  
**High and Lonesome**

**Friday, January 15, 8:30pm**  
**Hot Lava**

**Friday, January 22, 8:30pm**  
**Comedy Show**

**Friday, January 29, 8pm**  
**Love Duets IV**

*Rick's* Diagnostic & Repair Service, Inc.

As per RCW 46.55.130 The following vehicles will be sold at public auction at 9919 SW 178<sup>th</sup> St, Vashon WA on Wednesday **December 16, 2105** at 11AM viewing starts at 10AM.

**None have keys**

1995 Pontiac Firebird Vin#2G2FV22PLS2248779 AWA9446 WA  
1989 Ford F150 2WD Vin#1FTDF15Y6KPB47597 C47829A WA  
1979 Chevrolet SW Vin#1W35J9R5008679 193-ZQV WA

Phone (206) 463-9277 Fax (206) 463-6212

# ISLAND ESCROW SERVICE



Dayna Muller  
Escrow Officer

Patrick Cunningham  
Designated Escrow Officer

**206-463-3137**  
[www.islandescrow.net](http://www.islandescrow.net)

**Serving Washington State since 1979**

Notary  
Insured, licensed and bonded  
*Discount to repeat clients*


**Want To Get Rid of That Junk Car or Truck?**  
More Often Than Not We Can Haul It Free!

*Rick's*  
Diagnostic & Repair Service Inc.  
206-463-9277

Washington Hulk Hauler's - License #0463-A  
[www.ricksdiagnostic.com](http://www.ricksdiagnostic.com)

*Find us on Skype*  
**Vashon Loop**  
**206-925-3837**

**Now Playing**  
**Hunger Games: Mocking Jay Part 2**



**Coming soon**

Shakespeare's "Henry V"  
Dec. 10 at 1pm, Dec 13 at 12pm

Elf  
Dec. 11 & 12 at 4pm

Star Wars: The Force Awakens  
Starts December 17

Its a Wonderful Life Free Showing  
December 20 at 12pm

Sing A Long  
December 22 at 6pm

**Vashon Theatre**  
**17723 Vashon Hwy**  
**206-463-3232**  
**Call for Times**

For show times and info check  
[www.vashontheatre.com](http://www.vashontheatre.com)

## Buster Needs A Home...

Maybe you tell from my name that I'm not some shy little kitty-cat. I've got a big personality with a purr to match. I do all right with submissive cats, but I guess you'd call me an alpha male. It's better if I stay away from other guys who think they're gonna be the top cat.

I do like people a lot, though. In fact, I grew up with children. Right now I'd probably prefer older kids to little ones. How about giving ol' Buster a chance? (I'm not really a tough guy, it's just an act.)



**Go To [www.vipp.org](http://www.vipp.org) Click on Adopt**

## Adopt A Cat Day!

**Vashon Island Pet Protectors**  
**Saturdays 11:30-2:30**

Our VIPP Shelter is open for adoptions every Saturday. Visit our website [www.vipp.org](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085



# 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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Alzheimer’s Association Offers Caregivers Support Group

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

### VCC Caregiver Support Group

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

### King County Police to Hold Community Forum

The King County Sheriff’s Office in their ongoing efforts to increase and improve relationships between the citizens that they serve and protect will be holding a community meeting on Vashon Island. The focus of this endeavor is on improving our relationships by increasing regular communication between citizens and law enforcement on the Island. In that regard, future quarterly meetings are being planned. Discussion topics at this meeting will center on general operations on Vashon Island, officer conduct/complaint investigation process and what your rights are as a citizen when interacting with the police. These topics and some question and answer time will hopefully lead to discussion topics for the next quarterly meeting.

Wednesday, January 13, 6:30 – 8:00PM  
McMurray Middle School – 9303 SW Cemetery Rd

### Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for January 12, at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

### EMBODIED LIFE with Karen Nelson

7 class series Vashon-Maury Island at Hanna Barn, Monday eves 6:30-8:30pm, January 11- March 7 (\*no class Jan 25 and Feb 1\*)  
Feldenkrais influenced movement lessons, meditation, and listening-speaking practices call 503-740-0523 or email [heartgreen@yahoo.com](mailto:heartgreen@yahoo.com) or go to [www.explomov.weebly.com](http://www.explomov.weebly.com) for more info. fee \$20-40 per class; no one turned away for lack of funds; lets chat

Law Offices of  
**Jon W. Knudson**  
Parker Plaza \* P.O. Box 229  
**Bankruptcy -- Family Law**  
463-6711

### Vashon Friends of the Library Annual Meeting

This past year proved to be a vital and exciting new adventure for Vashon Friends of the Library. We held a movie event with a showing of “Big in Japan” directed by local resident, John Jeffcoat. We hosted a “High Tea for Book Lovers and Book Clubs” ably executed by Christine Millican leading a crew of about a dozen and half with a humorous presentation by Edna Bastien-Wennerlind, former head of adults and teen services at our KCLS branch, and Gretchen Gannett has refreshed our book sales and created several pop up book shop sales. Strawberry Festival found many of you buying our high quality and versatile book totes and fun tee shirts created by the Island’s very own Wagons of Steel design and production team.




Saturday January 23, 2016 is your chance to join us in the fun. The annual meeting will be held from 10AM-12Noon in the library. It will , of course, include necessary business but is also your chance to share your ideas for supporting literacy programs here on the Island through our Vashon Library.

This community supports and utilizes our library and programs from Opera forums to Late Night, to Family activities in highly committed numbers. Come be a part of the behind the scenes team that makes it all possible. Mark your calendars now and come join us!

### Vashon Island’s 25th Annual Dr. Martin Luther King Jr. Commemoration

Join Emma Amiad and other speakers to celebrate the life of Dr. Martin Luther King on his birthday, January 15th. For 25 years this Vashon event has featured notable speakers from all walks of life. In years past there have been musical programs, guest lecturers and many other program ideas to honor Dr. King. This year’s event will take place at the Presbyterian Church, Friday, January 15th at 7:00PM. Sadly, this past year has shown a serious rise in prejudice against refugees and religious minorities. Our program will feature voices from the Vashon community speaking about their experiences, concerns and ideas to help create the world Dr. King envisioned over 50 years ago.

Public Health  
Seattle & King County



KING COUNTY HEALTH DEPARTMENT IS HERE

Dates:

Wednesday January 20th, 2016  
Wednesday February 17th, 2016  
Wednesday March 16th, 2016  
Wednesday April 20th, 2016  
Wednesday May 18th, 2016


Times & Places:

11am - 12:30pm  
Vashon Maury Food Bank  
1:30pm - 3pm  
Vashon Library

You can apply for:

ORCA LIFT: Metro reduced fare program  
FOOD STAMPS  
HEALTH INSURANCE: sign up for Apple Health, fix any problems you may have with qualified health plans

se habla español



The Vashon Loop

Contributors: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley

Ad sales and design: Steven Allen  
Phone 206-925-3837  
Email: [ads@vashonloop.com](mailto:ads@vashonloop.com)

Editor: Steven Allen  
Email: [editor@vashonloop.com](mailto:editor@vashonloop.com)  
Publisher: Steven Allen  
PO Box 1538, Vashon, WA 98070  
Phone 206-925-3837

Published every other week by Sallen Group  
©January 7, 2016 Vol. XIII, #1

Loop Disclaimer  
Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers. We reserve the right to edit or not even print stuff.

Yard and food waste pilot program  
at Vashon Recycling & Transfer Station

Bring your yard and food waste (separated from garbage and recyclable materials) to the Recycling & Transfer Station (18900 Westside Hwy. SW). Yard and food waste will be composted at Cedar Grove Composting in Maple Valley, WA. During the one-year pilot (Oct. 2015 – Sept. 2016), your participation will help determine if a permanent program is feasible.

Yard waste

Branches, grass clippings, leaves, weeds, Christmas trees (No flocked or artificial trees; no garland, tinsel, or ornaments) Branches and trees must be less than 8 feet long and less than 4 inches in diameter.

Food waste

Fruit and vegetable scraps, breads, pastas, bones, fish, meat, cheese, egg shells, coffee grounds, paper coffee filters, tea bags

Fees for yard and food waste



Lower than garbage fees

- Minimum fee: \$12 per entry – covers up to 320 lbs.
- Per ton fee: \$75

More information

- 206-477-4466 / TTY Relay: 711
- [your.kingcounty.gov/solidwaste/Vashon](http://your.kingcounty.gov/solidwaste/Vashon)
- [www.zerowastevashon.org](http://www.zerowastevashon.org)

Desechos de jardín y comida ahora son aceptados en la Estación de Reciclaje y Transferencia de Vashon. Para más información, comunicarse al teléfono 206-477-4466.



### Next Edition of The Loop Comes out Wednesday January 21

Deadline for the next edition of *The Loop* Friday, January 15



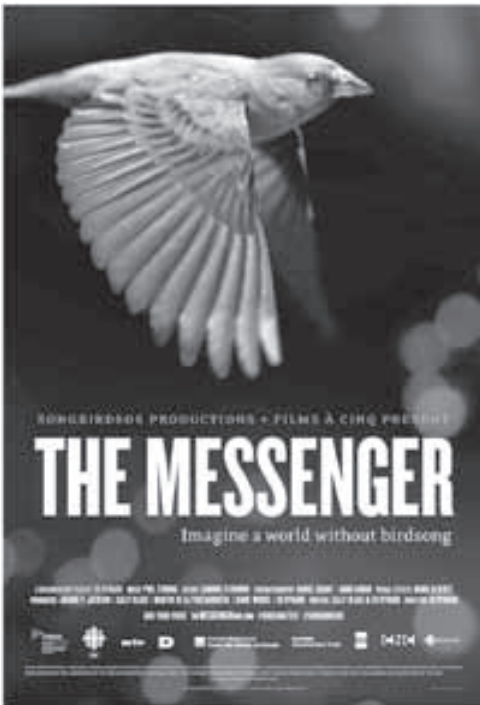
Vashon Maury Island Audubon Society Presents

The Messenger

Su Rynard’s contemplative documentary THE MESSENGER explores our deep-seated connection to birds and warns that the uncertain fate of songbirds might mirror our own. Moving from the northern reaches of the Boreal Forest to the base of Mount Ararat in Turkey to the urban streets of New York, THE MESSENGER brings us face-to-face with a remarkable variety of human-made perils that have devastated thrushes, warblers, orioles, tanagers, grosbeaks and many other airborne music-makers.

According to international experts featured in the documentary, we may have lost almost half of the world’s songbirds in the past fifty years ago. THE MESSENGER is an engaging, visually stunning, three-act emotional journey, one that mixes its elegiac message with hopeful notes and unique glances into the influence of songbirds on our own expressions of the soul.

Ultimately, THE MESSENGER is about what the birds have to tell us about the state of our planet and our shared future.



Free and Open to the Public. Families welcomed. Sponsored by GreenTech and Vashon Theatre. Tuesday, January 19th at Vashon Theatre, 6:00pm

Onions in the Stew

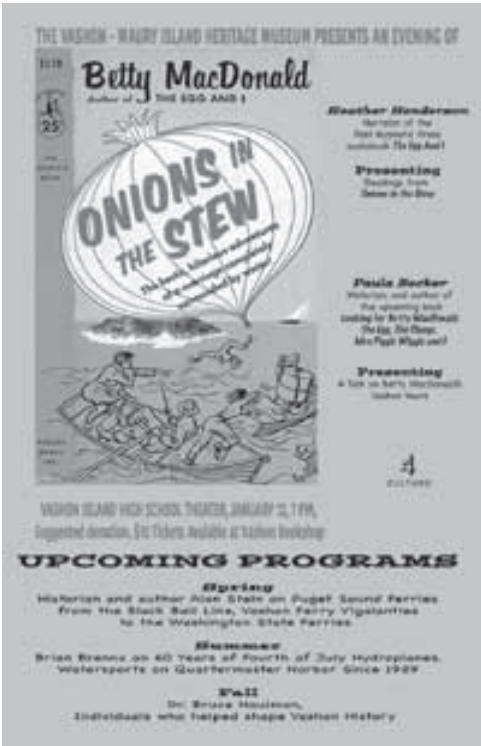
The Vashon-Maury Island Heritage Museum Presents: An Evening of Betty MacDonald. At Vashon High School Theatre

Heather Henderson, award-winning audiobook narrator, will present an evening of readings from Betty MacDonald’s beloved memoirs series, focusing on Onions in the Stew. Henderson performed the voiceovers of this series for Post-Hypnotic Press Audiobooks.

Historian Paula Becker, author of the upcoming biography Looking for Betty MacDonald: The Egg, The Plague, Mrs. Piggie-Wiggle and I, will lead off the program with remarks about Betty’s life on Vashon Island in the 1940s and 50s.

Note: this event is not suitable for children; the readings will all be from Betty MacDonald’s memoirs, which have adult content.

An Evening of Betty MacDonald  
Vashon High School Theatre  
January 12th 7pm



Vashon Allied Arts Presents:  
Forged in Fire

For nearly two decades, Preston Singletary has created an extraordinary body of work sculpted in luminous glass, translating the visual vocabulary and narratives associated traditionally with Native woodcarving into stunning glass creations. Mastering European glassblowing techniques and learning the secrets from local and Italian glass legends, his work incorporates and interprets the rich cultural images, myths, legends and spirituality of his Tlingit ancestry, blended with the dynamism of the Northwest Studio Glass movement, and modern art. Recognized internationally, Singletary’s works are included in museum collections such as the National Museum of the American Indian, Museum of Fine Arts (Boston, MA), and The Seattle Art Museum



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

*Make a date with Vashon!*  
www.VashonCalendar.com  
Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
www.vashoncalendar.com

**Next Edition  
of The Loop  
Comes out  
Thursday  
January 21**  
Deadline for the next  
edition of *The Loop* is  
**Friday, January 15**  
**Compost the Loop**  
*The Loop’s soy-based ink  
is good for composting.*

Comedy Night Is Coming

Continued from Page 1  
four dick jokes by the end of the night. Not so bad.

We have a boatload of local talent to thrill and delight you, and a couple of mofessional comedians from Seattle, Washington. How mofessional? How about Seattle-based storyteller and comedian Emmett Montgomery? Maybe you’ve seen him? Maybe it was that time you went to a cafe and swore that there was a man there that exuded such gentleness that you actually considered curling up in his beard and taking a nap. Maybe it was on Season 9 of Last Comic Standing. Emmet was also voted Seattle Weekly’s Best Comedian of 2015 and one of City Arts Magazines 2015 Artists. Nice! Emmett has appeared on podcasts like Put Your Hands Together (stand-up), Risk! (storytelling) and Competitive Erotic Fan Fiction (gross) and appeared at festivals across the country including Bridgetown, Sasquatch and the Women In Comedy Festival (Nice!). Mr. Montgomery tells jokes from his heart, his heart is usually full of hope, but sometimes is full of spiders.

Emmett’s carpool buddy will be Travis Nelson. Travis tours all over the country looking for the perfect place to take a selfie and telling jokes in comedy clubs, colleges, corporate settings, stinky-ass bars and, as of Jan. 22nd.,

at least one sushi restaurant. Expect anything from heart-opening sincerity to cynical sarcasm. Travis is loaded for bear and he doesn’t much care what he shoots.

On the local front you can expect new material from local heroes Steffon Moody, who recently foiled a bank robbery while he happened to be dressed as a 17th century french dandy, and Pearce Cobarr, who just blew the whistle on secret government plans to harvest the toejam of local children. You’ll also catch Richard Moore, who discovered a way to harvest infinite energy from slinkies and Kevin Kim-Murphy, who just last week threw himself in front of a bus in order to save an elderly nun carrying a kitten. He says it actually fixed the back pain he had been having. How fortunate!

Your host for the evening is Jim Farrell. And if upon reading that you just thought to yourself “Well that settles it. I’m not going.” Well, I don’t blame you one little bit. But aren’t you at least a little curious what they’ll say? These are heroes and professional joke-tellers, for goodness sake. I went out and found you guys a 6-foot Nine-inch comedian! The biggest one I could find! Don’t you want to know who it is? (It’s Travis)

Comedy Night at The Red Bike  
Fri. Jan 22nd, 8 P.M. \$8 Cover

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom  
Custom framing~ Do-it-yourself~ Posters~ Photo Albums~ Gifts~ Cards  
Frame of Mind  
Tues-Sat, 10-5  
463-3933  
9926 Bank Road (next to Cafe Luna)

**Advertise in the Loop!**  
ads@vashonloop.com or call 206-925-3837  
Next Loop comes out January 21



## Island Life Finish

By Peter Ray  
pgray@vashonloop.com

Part of my morning ritual here and elsewhere generally includes the washing of the dishes. This is not because I am obsessed with cleaning, as a few people know all too well. It is because in a world cluttered and compelled by a variety of projects, it just feels good to wake up and finish at least one of them on a regular basis. On a relative scale, dishwashing can hardly be considered a task of monumental importance, unless of course one has failed to address the issues revolving around soiled utensils and plates for several daily meal cycles in a row. At that point, one might be willing to consider the value of the dishwashing machine we do not have, although the sense of accomplishment of overfilling the drying rack after conquering a many-meals encrusted dinnerware pile gone critical has its benefits in the feelings derived from not only finishing, but finishing strong as well. That is a phrase that rattles through my brain caverns a lot- finish up strong. It was something that has echoed down the corridors from my prep school days as we were always urged to “finish up strong”, and continue to be reminded of that as each year finishes and donations to the cause are strongly solicited. I take peculiar pleasure in linking dish washing with this particular inspirational phrase, because I kind of believe that clean plates were never high on any of the headmasters’ lists of accomplishments that might serve to make any of us “worthy of our heritage”, another of those phrases we find welded to our conscience bin by prep school pep talks, and kept always at the ready as we continue to muddle through the mire.

So, while the year has just officially passed, that is not the reason I have begun to think of the word “finish”. As it turns out, the minute movie group I belong to was recently tasked with constructing sixty seconds worth of cinema concerning anything we deem appropriate in visualizing what a finish is. Is it a stop, or is it a win, or is it a surface and texture one applies to something in order to finish it? Is it a punishment, as some might consider that the command “finish your vegetables” could be? As with many things like this where something is brought to your attention and suddenly that thing or word begins to appear everywhere, in contemplating the idea of “finish” it soon began to appear as an echo repeated all through this past weekend in the commentary around the various holiday football games, with the talking suits on any given network all earnestly debating a team’s ability to “finish”, which in most cases had more to do with not choking than it did with showing strength and

perseverance all the way through to end. As it is though, I just fired off an email to a friend in Seattle and asked if he would be willing to commit to the digital flickers with one minute’s worth of expounding on what it means to finish a painting. I have asked him in the past if he would be willing to be hounded by a camera from start to completion of a new work, an idea he was less than enthusiastic about participating in. But it sounds as though he is interested in this shorter project- we will see where that goes.

In the mean time, there is an event which is fast approaching that could result in a finish to an ongoing process which has been discussed here on and off for the last year and a half. I am sick of talking about it and have even less enthusiasm for living it. With that in mind I am hoping that my imminent sojourn to New Hampshire, so that I might soon sit in a room separate from my sister and with all our respective legal counsels in tow whilst yet another legal personage shuttles back and forth, eventually sees a mediator person arrive bearing tidings of something resembling agreement and settlement. Hopefully. What it all has felt like for these long months is something akin to John Barth’s ‘Frame Tale’ in his book ‘Lost in the Funhouse’. For those unfamiliar, this particular story consists of the front and back of one page, along with words which are printed vertically along the edge of that page so that if one wanted they could cut the printed part out and, with a single twist and some glue or tape, attach the two ends together to form a Moebius strip, one of those curious items that should maybe not exist in the real world, since with that simple twist the front of the strip now connects with the back of it, seemingly creating a three dimensional object with only one side. The words that create the Frame Tale- ONCE UPON A TIME THERE printed on the front and WAS A STORY THAT BEGAN on the back- are then locked in a continuous loop once the ends are joined after applying the twist. This of course is the one-sided fairy tale that my sister has created on her own regarding her misguided duties and self-serving antics with the family estate. As the family lawyer was a co-trustee in all of this, I have struggled from this end with the grand “complicit or negligent” debate. None of this has really made any sense, and so I am ready for it to finish. Most of the talk of late has been of my being made whole at the completion of it all. But unlike a competition where a hard fought victory brings so much more to the finish, there is still the hole left in that potential whole that this journey has brought to the table. When I walk out of that room in a few days I am hoping it will be without that three-sided blade that has been stuck in my back for far too long now. It is still to be seen if the finish does anything more than just mask the damage done way beneath.



## RJ's Kids Kenpo Karate Classes

Kenpo Karate self-defense spring season classes for adults and children will start January 11 and 12 at the Ober Park Performance Room. Classes follow the curriculum of the American Kenpo Karate System. Participants who attend this course regularly will develop street awareness and prevention skills in addition to learning practical self-defense techniques. Participants of all abilities, ages, and experience are encouraged to attend.

Beginner children’s classes, ages 5-12, will meet from 4:00 to 5:00 pm every Tuesday starting January 12 until May 10. Tuition fees for 16 classes will be \$80 and will take them to the continuing level class in the next season.

Continuing children’s classes will meet every Monday and Wednesday from 4:00 to 5:00 pm from January 11 until May 25. Tuition fees for 36 classes will be \$180.

Adult classes (ages 13+) will be from 5:15 to 6:15 pm every Monday from January 11 to May 23. Fees will be \$90 for 18 classes.

Registration and payment by cash or check for all classes begins 30 minutes before the first class meets. Participants



may join at any time during the season if space is available. There will be no classes the weeks of February 15-19 and April 11-15. Wednesdays, from 5-6 pm, are free drop-in classes for all students with once-a-month sparring offered for all students above yellow belt.

The classes will be taught by Senior Instructor Alex Echevarria, American Kenpo Karate 4th Degree Black Belt. Mr. Echevarria has over 27 years of experience in the martial arts and is a retired public school teacher.

For more information, visit the Vashon Park District website and Vashon Kenpo on Facebook. Sponsored by RJ's Kids: an island-centered nonprofit for the young people of Vashon.

## Masters Tell Tales at 9th Annual Storytelling Festival

*Continued from Page 1*

in Islewilde, Vashon’s community art festival, went on to perform locally on various stages, and found her way to Sante Fe to be a belly dancer. Bonny is honored to have been an apprentice in VWP’s Nourishing Nature program, and is the parent of a super happy Fire Tender student for the past three years ... and counting.

Ted Packard has been telling stories since he could talk; some of them have even been true. When he moved to Washington in 2011 to become a self-sufficient, nature-smart, outdoors superhero, he left behind a life on stage as a multi-instrumentalist, singer, and storyteller. After rooting in the wet, green, glory of this land, he learned that self-sufficiency is best found in community, and that mentoring kids and teens into adults that are nature-connected and self-aware was his true calling. A recovering Almost-History-Teacher, Ted practices storytelling as a tool in mentoring and as an art in of itself. Ted works with the Vashon Wilderness Program and Quiet Heart Wilderness School, and runs a free after-school program on Vashon.

Major sponsors for the 9th Annual Storytelling Festival include Vashon

Wilderness Program (VWP), Artisan Electric, Aruba Tileworks & Pottery, and Forest Halls.

VWP (a 501c3 non-profit) provides nature immersion programs for youth ages 4-17 from Vashon and surrounding Puget Sound communities. Storytelling is a core routine at VWP: mentors practice oral traditions to inspire and instill lessons and to help cultivate a learning community that values each person’s life story; and VWP students practice sharing their story of day to both help deepen their learning journey and discover their authentic voice. To date, VWP has helped more than 800 children, teens and adults transform through Coyote Mentoring, an approach to deep nature connection mentoring which has been touted by award-winning author Richard Louv as “... good medicine for nature deficit disorder.”

Tickets for the 9th Annual Storytelling Festival are \$40/family & \$20/individual (advance) or \$45/family & \$25/individual (door). All tickets include admission, entrance to the Sensory Forest, nature crafting, and complimentary food and beverages. Tickets can be purchased from Brown Paper Tickets or Vashon Bookshop.



**Next Edition  
of The Loop  
Comes out  
Wednesday  
January 21**

Deadline for the next  
edition of *The Loop* is  
**Friday, January 15**



# Spiritual Smart Aleck



By Mary Tuel

**Widow 101**  
My husband died two years ago today, as I write. That sad ending was a new beginning, although I certainly did not think of it that way at the time.

It's a sunny day today, as it was two years ago, and as it has not been here lately. It's been raining heavily or it's been cloudy the last weeks.

How do you learn to live without someone? Same way you get to Carnegie Hall: practice, practice, practice. The habits and familiar old shoe feelings you had are gone and you have to form new habits, break in the new life. There are pains in the process.

It took a long time to really "get" that he was dead. Not simply gone, but dead and gone. I don't know why it takes so long to wrap your head around the fact of someone's death, but it does. Perhaps because it is an absence so total, so unthinkable, that the mind refuses to accept it. I think I understand now, in the deepest part of my heart. No more lame jokes about, "he never calls, he never writes." No. He doesn't, and he won't, and I get that now.

Well, I think I get it. You never know what illusions, delusions, or vain hopes your clever busy brain will devise. The brain can be a trickster.

I have pondered whether it's harder to lose someone to death or to a divorce or other break up. I don't have an answer. Loss is loss. All I can say for sure is that it changes your life no matter how it happens, whether it feels like a tragedy or a great escape when it happens. Suddenly everything is different, everything you knew, all the rules you lived by, are tossed in the air, and it takes a while for everything to land and settle into a new order.

There were times when going on without him seemed too hard and I understood why he had expressed a wish that we could go out together. I've known other couples who have said the same - they can't imagine life without each other, and they don't want to leave their partner to mourn, or be the one left to mourn. Boy, I really get that now. Mourning sucks. Sorry about that language, but there it is. Life is hard any way you live it, and learning to live it without your partner and

friend who was always there for you, with whom you laughed at everything, is almost beyond bearing.

It is beyond bearing for some people, and I don't blame them. For the rest of us, however, we accept it, and we go on living.

You learn how to go on, if not for yourself, then for other people who would mourn your going. There are people who need you to go on being you, so you pull up your socks and keep going. Eventually you have to do it for yourself, but until you get down to that bedrock, you can come up with plenty of reasons to go on living, especially if you believe that you are here to serve some higher good than your own happiness.

You think about your children, who mourn their loss of a parent. It's pretty tough for them, too. You might feel alone, and you might be alone a lot of the time, but you're not the only one going through grief. Both of my parents are gone, and I know that's a huge event and process, getting used to them being gone. It changes you.

I have been asked by people who have lost their partners more recently than I, "Does it ever get better?"

The answer is: I don't know for anyone else, but in my experience, yes, in time you'll be able to go outside, go to the store, function in the world without being numb or breaking down in tears, and without being furious at the hand you've been dealt or with the person who has died. All those extremes of unbridled emotion do settle down.

No, you will not ever lose the deep and abiding sadness of their being gone.

Two years out I still find myself trying to bargain my way out of this. I try to think of something I might have done that would have kept him here longer. I fantasize sometimes about his being here now, being his whole, funny, sardonic self. Wouldn't that be nice? Then I acknowledge I couldn't save his life then, and I can't save it retroactively, but that's the kind of thing you think about sometimes. You have lots of time to think when you're alone, and your brain is so clever.

Two years, and counting, and the new life goes on.

Listen in the Kitchen serves up delicious, homespun harmony at the Vashon Bookshop from 7-8:30 p.m. for the year's First Friday Gallery Cruise, to be held this month on January 8, 2016.

If this group were a food, it would be a rich stew cooked for hours on your mama's woodstove: a little rustic, familiar, and old-fashioned, but deeply felt and flavored, blending styles, genres, and stories into tight, ancient harmonies that feed our modern hunger for balance and unity.

Five women of a certain age stir the vocal pot: Erin Durrett and Linera Lucas, who also craft the group's arrangements; Mary Rose O'Reilly, also on fiddle, and autoharp; Mary Litchfield Tuel, also on guitar; and Lynn Carrigan, also on guitar and mandolin. Listen in the Kitchen celebrates the simple gift of friends making music together with loving concentration and bold strokes of imperfection. Their harmonies reflect their musical tastes: high and lonesome, Appalachian, Celtic, folky, bluegrass, old-timey, uninhibited and sometimes untethered.

Amid their duties as writers, poets, scholars, activists, mothers and grandmothers, they make time for themselves as singers, to transform the mysteries of life into familiar and unfamiliar tales of romance and lust, betrayal and loss, layered with hope, endurance, and faith. They view music as a necessary counterweight to sorrow, valuing the raw sound that comes from decades of heartbreak and grit. "We sing with the voices we have and are not apologizing," says Mary Rose O'Reilly.

These five Islanders all met at Vashon's Episcopal Church of the Holy Spirit, where they deliver glorious hymns in the choir, women's schola, and at monthly Vespers services, under the leadership of lyric soprano Erin Durrett. The music ministry there is a powerful force for healing, and spawned LITK as an informal way to bring comfort to homebound parishioners facing illness and death. Soon they were performing at church services and functions like the infamous CHS Hoedown of October 2014, complete with country get-ups, and added bass, piano, and slide guitar for contra dancing. In various configurations, they joined the great pool of island minstrels at houseparties, Snapdragon, and the Coop, and officially debuted at Treasure Island for First Friday in September 2015.

Durrett's ear, honed in cathedrals, is the guiding force of Listen in the Kitchen. With her background in Medieval and Renaissance music, Erin brings a vast repertoire, knowledge of vocal dynamics and training in body mechanics, to her coaching. Her sensibilities are guided by deep love for the "harmony of the spheres," which might be defined as inherent musical



vibrations that underlie and bind together all of nature. Her own voice is sublime, maybe the best on Vashon, but her concentration on the spiritual well-being of singers, rather than on perfection, enables those under her direction to relax, enjoy themselves, and listen to each other. "Sing to the center," she says, and the results are magic.

Mary Litchfield Tuel, writer and editor, is perhaps the best known member of Listen in the Kitchen. Mary has been on the music scene here since the 1970's, when she moved north from San Francisco. Her original songs, warm, pure alto voice, and acoustic guitar became a mainstay in an earlier group, Women, Women, and Song, whose recordings can still be purchased locally. Mary was most recently featured in this past fall's Simon and Garfunkel tribute, "Like a Bridge", that played Seattle's Town Hall after opening on Vashon. Author of the popular "Spiritual Smart Aleck" column in the Loop, Mary is highly respected by islanders for her expressive, accepting approach to daily challenges, including the 2013 death of her beloved husband Rick Tuel and her journey through grief. Her reappearance in the Vashon music community is a phoenix-like gift.

Mary Rose O'Reilley is a Buddhist Quaker novelist from Minnesota who moved to Vashon two years ago because of its reputation for rural simplicity, permaculture farming, and creative diversity. A retired college English professor with an affinity for American roots music, Mary Rose has brought Shapenote singing to LITK and the broader Vashon community through monthly sings at the Grange. The lyrics are darker and more inclusive of the range of human emotionality than many

classically styled European hymns, and are performed with the full-throated passion typical of American tent revival worship. A former spiritual director herself, Mary Rose infuses songs of every style with that same concentrated energy and devotion, in a clear alto voice that can find harmony anywhere.

Linera Lucas, a published poet and retired creative writing teacher, is a Northwest Native who brings to the group a high soprano and playful hankering for country swing and honky tonk. She contributes a lively attention to narrative arc, organization and detail, and planning for group events. She can be the most surprising of the group, with her sudden wide grin, wicked humor, and steamy moves that accompany some of her earthy solos and delight audiences.

Lynn Carrigan, a retired professor of social work and medical ethics, has been a guitar picker and singer since the 60's folk revival. Raised in the South, Lynn is most interested in the power of song to portray universal struggles and advocate for peace. She played Irish music with the Vashon Celtic Players and her small ensemble Innisfree for ten years. Lynn is now a part of the Old Time music group Tuesday Nights, and occasionally sings with Vashon's Free Range Folk Choir. Her deep second alto voice can reach the tenor range, bringing a drone-like quality that in music terms means hovering on a low, sustained note or sound that supports the melodic lines above.

Together, Listen in the Kitchen is a feast, a banquet of sound and story, as comfortable as a campfire sing-along on a cold night. Come hear the wit, wisdom, and wonder of songs old and new, sung by women with experience, free of charge.



## Espresso

Latte and Wisdom To Go

**Monday - Friday 5:30am - 3:00pm**  
**Saturday 7:00am - 3:00pm**  
**Sunday 8:00am - 2:00pm**

17311 Vashon Hwy Sw

**Cash & Checks Welcome**



## Barber & Beauty Shoppe

**(206) 463-7212**

Family Hair Care ~ Sensible Prices  
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway





**Aries (March 20-April 19)**

You stand at a branching of the ways in your own life. One road leads toward appearances, glitter and glamour, and the other leads toward self-realization. Life is not normally so black and white, though a great wave of energy is about to come through your life, and its raw power is inherently neutral. It will carry you far and fuel your endeavors, in whatever direction you choose. You are the one who gives it meaning, and who harnesses it for the purpose that you designate. In other words, you choose what to do with the vital force that powers your entire being. And now that vital force is rising, and you will have great surges of energy, as will many around you. Yet the path of least resistance will be to stay on the surface; and many will do that, transfixed by shiny objects. The more challenging path is to go inward. Part of why it's challenging is that 'inward' is such strange territory these days. For many it's entirely alien, and for most it's unfamiliar, intimidating and chaotic. Do not be intimidated by yourself. Leave that to others, if that's how they feel. You are who you are inwardly, and you are being challenged now to go inside and stay with yourself for a while. If you seek understanding, and self-respect, you will indeed find them.

**Taurus (April 19-May 20)**

Not everything in life is about power over others, though there's currently quite the campaign being waged to convince us that it is. Every time you see a news story, it's about what one person or entity may do to another, just because they can. This is not your way; though, in order to evade and even transcend this, you will need to think clearly and be clever. This you can do. You are currently bestowed with a kind of intelligence that is both deep and unusually perceptive. But now it will be necessary to make decisions and to move faster than you normally want. As the events of the next four seasons emerge, you will need to be flexible and strong. It's also essential that you have some version of a game plan, by which I mean a basic sketch of your strategy. The most meaningful part of that plan is having a direction in which you're headed. You will change and correct this, though you still need a point of orientation: at least one guiding principle to focus around. It would be far better if that principle were not about another person. You need an idea about your life that is yours alone, which you then bring with you into every situation. The theme of this year is learning to trust yourself — which, like any skill, is gained with practice.

**Gemini (May 20-June 21)**

Aspire to what has lasting value. Since the future is becoming increasingly difficult to see, you must do this in the present. Yet this does not merely mean going for immediate satisfaction. In material goods, purchase what is of high quality, of real use, and built to last. Yet where you invest your energy must also match the other kind of value — that which you personally possess. You're being guided as if by cosmic forces to slow down your mind, to see beneath the surface, and to probe deeper into your personal truth. You could say this is about getting real with yourself. Scrupulous honesty with yourself is required, as is acting on authentic goals that match who you know you are. For this you will need to sort out wishful thinking from observing where you actually connect with existence. Which brings us to the most important theme of your year: living every day. The only way to deal with the vast uncertainty of the world is to focus on what you must do, now. As you do, it's essential to notice whether what you're doing is working for you, and whether it serves the 'greatest good for all' factor as well. It is the quality of your individual days, and individual tasks, that amounts to the quality of your life — and the strength of your foundation for the future.

**Cancer (June 21-July 22)**

Your goal seems to be to feed the world, whether literally or in some symbolic sense. To do that you must be well-nourished, well-rested and well-informed. The pressure that you're feeling to succeed in your mission is not some passing whim or fancy. It's as if the time for a certain level of action has arrived, which comes with a level of dedication and devotion. As a result, you may feel driven like never before. And as a consequence of that, it will be necessary to stir up some chaos, and to deal with things that don't go according to plan. You've been living with that for a while, though now it's time to maximize that factor. Many great successes are adaptations to instability and uncertainty in society. That's another way of saying that necessity is the mother of invention. The rate of change in the world is maddening, and you would do yourself a favor by admitting that it's impossible to keep up. But what is possible is to identify patterns that provide you with opportunities to connect with the world with a viable purpose. As an essential ingredient of that, you will need to bring your vulnerability. Most of the struggle on the planet right now involves coldness and lack of empathy. Your success will depend on calling forth these qualities you possess and, indeed, respect the most about yourself.

**Leo (July 22-Aug. 23)**

Not everything is about money. Money is important, but it's also necessary to remember its inherently symbolic value. In other words, you cannot eat the stuff, and if it has any meaning at all, it's the meaning we give it. Your charts this year are, in many ways, about discussions and negotiations over resources. It may seem that other people are in a better position than you are, yet if you look closely enough you will see the many advantages that you hold. One of them is that you are resourceful, which means inventive. Another is that when you're under pressure, you can be brilliantly creative. Yet you can also be naive, particularly in your business dealings; and it's now essential that you be realistic. This includes in all matters where resources of any kind are exchanged. The deeper the exchange, the more complex this can become — for example, where both sex and money are involved; where inheritances are involved; where your creative work product is connected to finances and your self-esteem. What you must bring to the table is a mix of your passion, your talent and your stone-cold analysis of who holds what cards. As part of that breakout, make sure you notice who has invested so significantly in you. Someone has — and they have just as much faith in you now as ever.

**Virgo (Aug. 23-Sep. 22)**

Looked at one way, your solar charts describe you as being guided by the fates and the winds of fortune, subject to their whims. Yet seen another way, you've never been more firmly grounded in your sense of commitment and your drive to do what is right. How can both exist at the same time? The answer, in a word, is perception. Fate, fortune and purpose may be stories you tell yourself, but they are not equal in value. The closer you get to purpose, the closer you get to a conscious and intentional meeting with the world around you. This is about a relationship, which must be a mutual endeavor. Your charts state strongly that this must be practical before it is mystical. Your mind, your observations and your choices determine the course of your life. Even if there are other forces at work, you are the person guiding yourself among them. This calls for rising to a new level of responsibility. You must also proceed with some confidence, even though you might feel a bit (or more) out of your element, or like you're wearing clothes that are a little too tight. As you grow accustomed to your new level of self-direction and decision-making, that firm, tight cloth will begin to soften and loosen up. As that happens, fate will begin to feel more

like warm, caring spiritual guidance.

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

We hear the word 'security' a lot these days. If you were some observer not directly associated with our society, you might think it was a product sold by the pound — we spend this much, we feel this good. Yet authentic security is nothing of the kind. You know this because for a number of years, you've experienced what seems like every possible challenge to your grounding and stability. Libra is famous for its love of balance. You have been living in an earthquake zone. But what you've learned from living there is that ultimately it is your own choice to feel secure. No amount of lawyers, guns, money or shoes can change that. Often the people of the most impressive means are the ones who feel the most threatened by little changes. You are becoming accustomed to feeling secure in the midst of huge changes. For all your life you've wanted to stand on your own feet. You've wanted to take responsibility for your own decisions, and reap the benefits. And you've wanted to serve the world around you in the way that works for you. That is what you are finally getting to do. And now, as this story develops, you're being called upon to rise to a new level of challenge, and of talent, with a mix of Libra's two best qualities — elegant finesse and gritty determination.

**Scorpio (Oct. 23-Nov. 22)**

What will it take not to be trapped in your insecurities? You want something else. If you tap into that wanting, and cultivate it like a tree, that desire will grow up and bear fruit. The past two years of Saturn in your sign have brought many enforced changes. You've had to rise to occasions that otherwise might have held you down. You've been shaped and tempered, and you've done a lot of growing up. As a wise astrologer once wrote, Saturn always gives more than it takes away. Now Saturn has moved on to Sagittarius, and the emphasis is on your self-esteem. Were I bestowed with magical power to heal one thing on the planet for everyone, self-esteem would be that thing. Now you get to work on this. Do not take respecting yourself for granted. It's easy enough for you to do, though now it seems like you're being tested. You might feel like there's not enough of you to go around, even for yourself. The planets in their courses are guiding you to experiment with this idea: the opposite of depression is expression. You are being squeezed; and from that pressure, you will discover many openings through which beautiful and seemingly new manifestations of yourself may emerge. When you feel the crush — or feel scarcity in any form — express, express, express. And in the process, you will gain a rare and beautiful kind of confidence.

**Sagittarius (Nov. 22-Dec. 22)**

Can anyone ever plan to be on top of their game? Preparation and focus can get you pretty far. Ambition and a sense of mission can take you even further. The last and most challenging factor is the emotional piece. Imagine if you could feel good every single day — you would be unstoppable. One method that's worked for you in the past has been detachment. That, however, now verges on impossible. Your solar chart is so emotionally connected that you have no choice but to get in the water and swim. I think that full immersion in your feelings is the way to get you into that play-to-win mode. It is easier to feel than to resist, because resistance consumes precious energy. There is something else that would help, which is to see all of your motives, desires and aspirations not only as valid but as aspects of the same thing. You are one unified, holistic being. As you gather the seemingly different facets of yourself, and consider them all valuable assets, you will concentrate your energy. And you will discover how many small things it takes to make a lot. Remember that while the details matter and must be attended to, your overall vision matters a heck of a lot more. Stay in contact with yourself and rise to your own true level.

**Capricorn (Dec. 22-Jan. 20)**

For quite some time you've been dealing

with undeniable forces of change, which have pushed and stretched you. You've made major adjustments, you've made progress and you've sustained some losses. You know all of this was necessary, because the result has been focusing your life on your evolution. You're now entering a more introspective time, when outer pressures and chaos will be less influential. Your direction of movement is inherently inward. Even if you're the outgoing kind of Capricorn, the chances are that in truth you're an introvert. You are now being pulled deeper in, closer to your spiritual core. You know you're tapping into aspects of existence that many people around you neither notice nor acknowledge. But here is the thing. Ultimately you are being pressed, guided and compelled to a state of clarity. That, your charts suggest, is going to come in the form of language. While it may seem there are realizations too sacred to be spoken, or too difficult to put into words, you simply must make the effort, for your own sanity. Your inward draw is only as helpful as the ideas that you focus — no matter how challenging, imperfect or imprecise. Leave yourself and others a record of your inner journey, one word or one page at a time, as necessary. As for love, I can sum it up in a sentence: Intimacy is introspection that we share.

**Aquarius (Jan. 20-Feb. 19)**

How exactly do you hold onto your ideals in a world where it seems like the whole game is rigged for greed, competition and conformity? I never thought you'd ask! The answer is: it's challenging, but you must. It may be five times harder to reach for your truth as the madness of our society reaches a new peak. And in the end it will get you double your investment, because you are building a strong foundation that will be there when the world is in calmer times. Before then, you know you're being true to yourself, and you cannot live with yourself any other way. The current struggle of our world translates to energy loss, depression and confusion in most people, and it could easily do so for you — which is why you must keep your grounding. And your grounding is in your ideals. I would propose that the one that's closest to the core is existing in a way where you see the needs of the many, the needs of the few, and your own personal necessities. If you at least acknowledge that they exist, you will have perspective. The one rapidly disappearing element of the world is that of mutual benefit. Practice and apply this concept in everything you do. And while you do that, notice who cannot see past their own personal hunger, and steer clear of them.

**Pisces (Feb. 19-March 20)**

The emotional details of your relationships are of the essence now. Your success engaging with your fellow humans, and your advancement in the world, are intimately dependent on one another. You must make that delicate move from an orientation on the past to emphasis on the present. Rare and unusual aspects describe the narrow path you must walk in order to be responsive and patient with the sleepy condition of the world. You must tread the way between avoidance, to one side, and cynicism, to the other. If you can do this, you will establish a refuge from some of the worst human failings. You'll also facilitate your own process of building something designed to last. It had better be, given how long it's taken you to get where you are, and to have learned what you've learned. You're going beyond the usual description of spiritual, in that everything you do must accomplish both loving intent and practical use. It's not enough to 'be a better person' or to 'have integrity'. You are here to participate, and to innovate. You have been charged with the responsibility of making actual improvements to your wider environment. And no matter how you may feel about it, this includes exerting actual leadership in a time of profound moral crisis. Yet this is nothing less than what you've prepared for all your days.

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



# Positively Speaking

## Scales and Arpeggios and Facials -Oh my!

All that was needed was a little distance, a little perspective. Well, and I had to start taking piano again and commit to regular facial cleansing.

Digging deeper into one's life is always an option. Of course, so is remaining shallow and superficial. Bliss can include ignorance, but stupidity is almost always to be avoided.

I like digging deep. Self reflection, hearing and seeing other people's real stories, asking questions about how I might improve what's best for me, as a person trying to contribute good and goodness and kindness to the world, is the passionate core of my life.

As the New Year rolls in, two daily practices I'm adding in are going to create depth and meaning to my life this year and underscore my ability for self reflection.

It all started the summer my cousin had Henry Mancini's 'Baby Elephant Walk' and a piece of paper with capital letters written on it, from which she could play a whole song, sitting on the music holder of Grandad's Steinway baby grand. Classically trained, by a teacher who believed playing scales was a waste of time, popular music was not in my repertoire. Lead sheets (the piece of paper with capital letters) were gibberish to me. I could play excellently in any key. I knew nothing about the structure of the compositions I would play. It was like being fully conversant in a language, but unable to read it.

With all my heart I wanted to be able to play popular music and read a lead sheet. I wanted desperately to know the 'what' of my playing.

For decades I would tell one pianist after another of my desire. Usually, my remarks brought a blank stare with a vague smile. How could an accomplished pianist and vocalist not be musically literate? I knew the keys, but had to deliberately count out sharps and flats assigned to each. They were not committed to memory.

Married to a well educated and competent keyboardist, I would ask him to teach me what I didn't know. His very loving comment-- that would be sarcasm-- was "If I teach you music theory, you won't need me.". I composed many many songs singing the melodies and harmonies and rhythms I heard in my head, into his ear, after which he would scribe them on paper. (Side comment- abuse does not always include physical violence and yes, it took a few years, but I finally woke up and demanded to be treated differently).

I bought myself a workbook, but never got past intervals, I couldn't learn it away from the piano, from a book.

After the divorce (he left when I set

By Deborah H. Anderson



limits with how I was being treated), I hired a tutor, a grad student in the music department. I would take the bus all the way in from the Island to the local university as often as I could as a single mother. It still wasn't working. I couldn't get it.

Three weeks ago, I got my miracle. A friend, a brilliant pianist way out of my league, sat next to me and had me play scales and arpeggios. BINGO! It all made sense. Moving my fingers together along the keys saying '3' every time I play both third fingers at the same time, still physically hurts my head, but I'm getting it. The missing piece has dropped in. There are few experiences as exhilarating as the acquisition of knowledge for which you have longed. I am whole, at last. Goodness I have sought remains unrequited no longer.

Where do facials fit in? I was trained to be fat from the fifth grade on. Placed on my first 800 calorie diet that year, (Mom had issues with me developing boobs), I dieted my way right up to FAT. It wasn't until I looked at pictures of myself from adolescence ,as an adult, that I realized I had not been fat as a child or teen or college student and there was no need for dieting. I was in fact, at 5'11, a respectable size ten.

So...how do you get off 150 pounds of dead weight? Portion control and exercise and choosing the right food combos got off the first thirty five. But a lot was left. Facing hip surgery that couldn't happen until my BMI was a healthy number, this was not a cosmetic effort.

The answer came when a friend asked me to try a new facial care product line she was selling. I realized, by the third day, I paid absolutely no attention to my skin. I was the queen of freshening make up from the day before. Beginning to take care of the skin on my face, on a daily basis, changed my entire relationship with my whole body. It was no longer an entity I endured, but rather the definition of myself I now treated with care and nurture. BINGO!

Many huge resolutions have been made in the last few days. Ask yourself this. What is the smallest change I could make that would bring the biggest difference to my life? Gift yourself with that. It could bring huge results.

Happy New Year!  
Love, Deborah



# The Mask You Live In

The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Written, produced and directed by Jennifer Siebel Newsom, the film premiered at Sundance Film Festival in 2015.

There will be a Vashon one-night-only screening of The Mask You Live In on Wednesday, January 13th, 2016, at Vashon High School Theater, 7 PM. After the screening, VARSA mental health specialist Woody Pollack will lead a community discussion. Admission is free and the screening is appropriate for all ages.

The documentary presents the personal narratives of young boys and men and interviews experts in neuroscience, psychology, sociology, sports, education, and media, who further explore how gender stereotypes are interconnected with race, class, and circumstance. The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.

"Just as our culture has harmed women and girls, so too are we harming our boys, which has led to a 'boy crisis' in



America," said Newsom. "Our intention is that this film sparks a national conversation around masculinity and helps our boys overcome limiting stereotypes, encouraging them to stay true to themselves."

VASHON CHAMBER MUSIC  
presents  
**BEETHOVEN**



**VASHON BEETHOVEN QUARTET PROJECT**  
with the  
**GIRSKY STRING QUARTET**

CONCERT 3 - Beethoven op. 18 no. 2 plus  
Haydn quartet op.76 no.3  
Sunday January 10th, 2016, 7:30pm  
Vashon Havurah Building  
15401 Westside H'way SW  
Tickets at Vashon Bookstore,  
[www.brownpapertickets.com](http://www.brownpapertickets.com) or  
admission \$20 at the door,  
\$15 seniors/students  
18 and under FREE  
[www.vashonchambermusic.org](http://www.vashonchambermusic.org)



**KVSH**  
**101.9 FM**  
**Voice of Vashon**

**Listen At Home In Your Car At Work Worldwide**

**Schedule & VoV App at [VoiceOfVashon.org](http://VoiceOfVashon.org)**

**TRASH TALK**

Out of every \$10 spent buying things, \$1 goes for packaging that is thrown away. Packaging represents about 65% of household trash. We are the #1 trash-producing country in the world at 1,609 lbs. per person per year. We are 5% of the world's people generating 40% of the world's waste.

**ZERO WASTE VASHON**  
[www.zerowastevashon.org](http://www.zerowastevashon.org)

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

**Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com)**



Island Epicure



By Marj Watkins

Brain Maker Foods

Dr. David Perlmutter, a neurologist, wrote the new book Brain Maker, published by Little, Brown and Company of the Hachette Book Group. The gist of his book is that good health, energy, upbeat mood, efficient brain, freedom from chronic diseases, and joy in living all stem from eating the foods your good gut bugs like and thrive on, and avoiding sugars, wheat and other junk that encourages the bad bugs.

He sees a relationship between ADHD and gluten, artificial flavors, sugars and highly processed ingredients. “Don’t give kids Ritalin,” he says. “Change their diets. No pop tarts and Coco Cola. Give them real, whole foods.”

Vegetables top Dr. Perlutter’s list of good foods, and vegetables that grow on top of the ground top his vegetable list. He especially recommends leafy greens and lettuces, collards and kale, Brussels sprouts and cauliflower, artichokes, alfalfa sprouts, green beans, celery, bok choy, radishes, watercress, turnip greens, asparagus, leeks, fennel, scallions, and parsley.

Low-sugar “fruits” come next: avocado, bell pepper, cucumber, tomato, zucchini, squashes, pumpkin, eggplant, lemons, and limes. Fermented foods follow: yogurt, pickled fruits and vegetables, kimchi, sauerkraut, pickled herring and eggs.

He advises healthy fats: real butter made from cream produced by pasture-fed cows; extra-virgin olive oil, sesame oil, coconut oil, nuts and nut butters, cheese (except for blue cheese), and seeds: chia seeds, flaxseeds, pumpkin seeds, sesame seeds,

and sunflower seeds, almond milk, avocados, olives, and coconuts. Protein foods he recommends are whole eggs, wild fish (salmon, mahimahi, grouper, herring, trout, clams, mussels and oysters, lobsters and shrimp, meat from grass-fed animals, chicken, turkey. (For fish with the lowest amount of toxins in them, visit www.seafoodwatch.org put out by the Monterrey Aquarium.)

He recommends non-gluten grains: amaranth, rice (brown, white, and wild), buckwheat, millet, quinoa, sorghum, teff, oats from a mill that doesn’t process wheat, especially if you are gluten-sensitive or celiac – and I’d add to avoid gluten-containing foods if you have irritable bowel syndrome. He warns against foods that just have the gluten processed out of them; choose foods gluten free by nature.

Whole fruits: Berries, especially. He says, “Be cautious about how much you eat of mangos, apricots, melons, papayas, plums and prunes, and pineapples.” They have too much fructose. Avoid foods that list high-fructose corn syrup as an ingredient.

Choose herbs, seasonings and condiments that are free of gluten, wheat, soy, and sugar. (Good-bye, ketchup. It’s half sugar. Ketchup’s best use is to clean and polish copper-bottom kettles. Works better than metal polish.)

Dr. Perlmutter’s list of foods to use, ideally, just a couple of times a week: carrots and parsnips, cow’s milk and cream (use sparingly, like in your coffee), beans, lentils, and peas. Be generous with garbanzos. Hummus is good.

HUMMUS: 1 can garbanzo beans (a.k.a. chick peas); drain and reserve juice. Puree in blender or food processor. Mix in½ cup tahini, 3 to 4 Tablespoons lemon juice (fresh best; bottled okay); 1 garlic clove, pressed or minced and mashed with ½ teaspoon salt; 2 Tablespoons seedless black olives, minced; dash cayenne (optional). Add reserved garbanzo liquid as needed for desired consistency. Excellent as a dip with potato chips, vegetables, or toast strips. Makes about 2 cups. Refrigerate covered, in glass, not plastic.

Robert Burns Choral Celebration

With song, verse, ale and haggis, people the world over celebrate the birth of Scottish poet Robert Burns each January, more than 200 years after his death. What explains such long-lasting renown? What about this artist inspires such revelry?

Brad Pierson is the Founder/Artistic Director of Whateverandeveramen, a project-based ensemble



dedicated to the performance of high-quality choral literature from all musical eras. Pierson, who has hosted Burns celebrations for years, notes that Burns crafts beautiful imagery in love poems, but writes also about religion, politics and drinking with the same irreverence and playfulness.



Indeed, the bard’s reputation on the page and in song has only grown with time. “‘Auld Lang Syne’ is one people know,” explains Pierson, and “many of Burns’ poems were originally set to melodies.”

As a singer, Pierson says he fell in love with settings of “O My Luve’s like a Red, Red Rose.” As he researched the poem, he became fascinated with Burns’ story. “As I learned about Burns Suppers around the world,” he adds, “I thought it would be the kind of event that Whateverandeveramen should host.”

On January 16, VAA and Whateverandeveramen present

the Robert Burns Chorus, a night of spirited singing, storytelling and drinking. A keg of Scottish Ale brewed by Seattle’s Naked City will be tapped (so be sure to have dinner first). This show is for ages 21 and up only.

Celebrate the life and work of poet Rabbie Burns, Scotland’s favorite son, in what is becoming a Vashon institution.

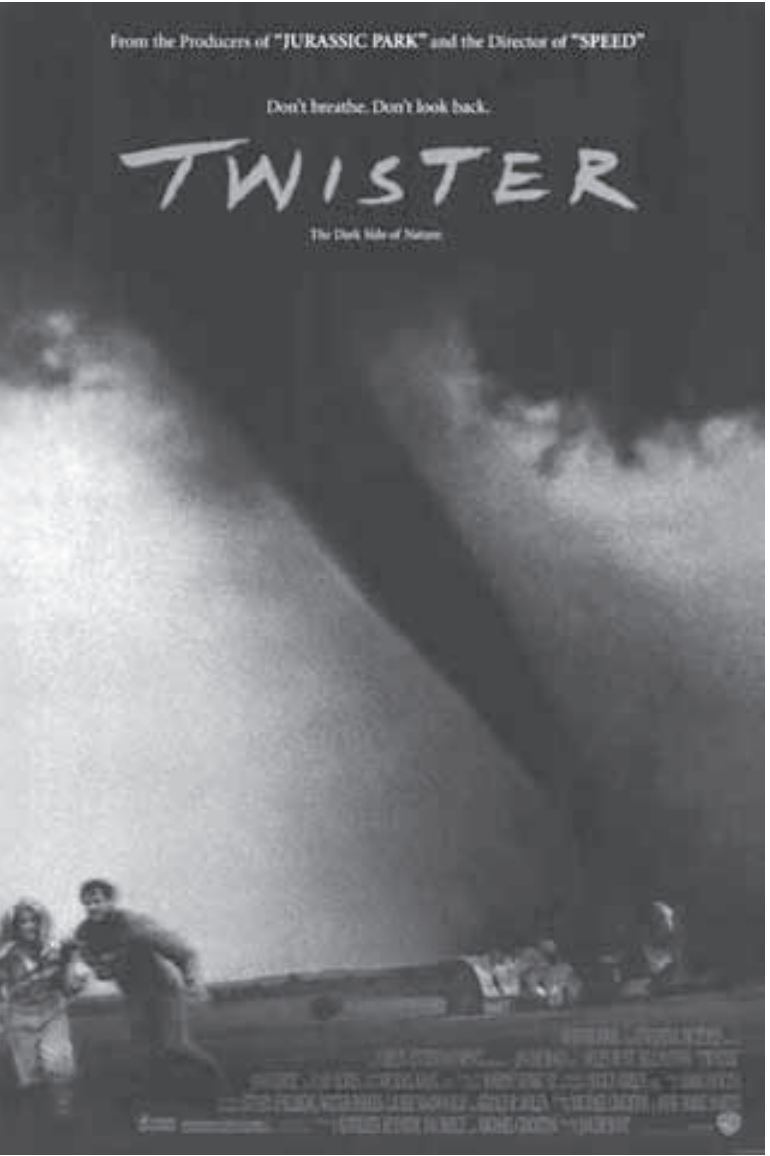
– by Roderick McClain

Robert Burns Chorus  
Saturday, January 16th,  
7:30 pm  
Vashon Allied Arts  
\$14 Member, \$16 Senior, \$18 General

Twister

During the approach of the most powerful storm in decades, university professor Dr. Jo Harding (Helen Hunt) and an underfunded team of students prepare the prototype for Dorothy, a ground-breaking tornado data-gathering device conceived by her estranged husband, Bill (Bill Paxton). When Harding tells Bill that Dorothy is ready for testing -- and that their privately funded rival Dr. Jonas Miller (Cary Elwes) has stolen the idea and built his own -- Bill rejoins the team for one last mission.

GreenTech invites you to join us at the Vashon Theatre in Support of The Bailey-Boushay House, Tuesday, Jan 12th, 6pm



Road to Resilience

Continued from Page 1

exchange for their agreement to give up any right in the future to tax Penn property. I believe that today Franklin would tell us that nothing is so threatening that we should give up our freedoms for a vague promise of safety.

On the other hand, we have a movement around the world that espouses peace, justice, cooperation, and equality for all the Earth and the beings that inhabit it. We see it asserting itself throughout much of South America, in many countries in Europe, and in groups in virtually every corner of the planet. It is an appeal to our higher nature: to deny it for fear would be a horrendous mistake.

I’m not trying to say that the future will be trouble-free if we just follow our better nature. We have done bad things to the planet and to each other, and I can’t deny the likelihood that there will be a reckoning. We will

all have to do our utmost to be brave, imaginative, resourceful, and hopeful. We will need to be steadfast in our knowledge that Love conquers Fear. There really isn’t any acceptable alternative.

Now, as pertains to the coming presidential election, in my humble opinion, there is only one candidate that recognizes that the accumulation of power by the wealthy few is standing in the way of equality, social justice, and the welfare of all. Bernie Sanders is the only candidate that will state flat out that he intends to lead the battle to take our power and wealth back from the few. Let’s make one thing clear. Bernie is not a silver bullet who will make everything right. We are at war. Those that have the power and wealth will not give in easily. The President is powerful but is only one man. Our government is filled with elected and unelected servants of the wealthy few. Changing a paradigm is a monumental task

that will take much time and effort by all of us. But, it is vitally important that we take this first step and get Bernie elected. There is no telling when the opportunity will come again.

Getting Bernie Sanders elected president may not be easy. For now, it is encouraging to see how well Bernie’s message resonates with, not only active progressives, but also cynical citizens that have long ago given up hope and conservatives that understand that we must unite in the battle with the wealthy few. Getting Bernie elected is just a first big step and a chance for us to physically manifest the strength of our numbers. We must not give in to the counsel of the status quo that he can’t win. We have to maintain the courage and imagination to see that we are in fact in sync with where humanity wants and needs to go.

Comments?  
terry@vashonloop.com

*The Island's Business Center*

# VASHON PRINT & DESIGN

Faxing • Internet • Printing • Web Design  
Photocopying • Graphic Design

17627 Vashon Hwy SW • Vashon Island • WA • 98070  
Phone: 206.463.6100 • Fax: 206.463.6137 • vpd@vashonprint.com



## High and Lonesome



The High and Lonesome Band is a group of friends who've played together nearly 30 years. They've been together so long that some original band members have even been replaced by their offspring. With roots firmly planted in American Ethnic music, High and Lonesome brings an intricate, tasty brew of bluegrass, blues, and Bakersfield-style country music.

Islanders will recognize John Schubert on guitar and vocals, with Tab Tabscott on

dobro and pedal steel. Will McSeveney will play the banjo, Pete Martin on fiddle, mandolin, and vocals, Terry Enyeart on bass and vocals, and Jim Bluhm on a variety of instruments.

Get ready for some good time dance music in a folky/country vein.

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

## Classical Concert Series Sibelius, Aulin, Gade And More

Classical Concert Series  
Sibelius, Aulin, Gade And More

Nordic composers are highlighted in this program featuring violinist Svend Rønning and pianist Lisa Bergman. Rønning is associate professor of music at Pacific Lutheran University and Concertmaster of the Tacoma Symphony Orchestra, recording and performing throughout the world. Bergman is one of the Northwest's most passionate advocates for classical music as radio announcer on Classic King-FM, and is Artistic Director of the Mostly Nordic Chamber Music Series.

Classical Concert Series  
Sibelius, Aulin, Gade and More  
Sunday, January 17, 4 pm  
Vashon Allied Arts  
\$20 Member, \$22 Senior, \$24 General, \$5 Student  
T i c k e t s :    V A A ,  
VashonAlliedArts.org



## Hot Lava

Seattle's B-52 Tribute Band! Musically unmistakable and visually unforgettable, the B-52s embody the very definition of party-out-of-bounds. Hot Lava is excited to bring the ultimate party music of The B-52s to the people of Seattle and beyond. Look out... it's about to erupt!

Hot Lava formed from a shared appreciation of the B-52s dating to the late '70s. Stu had long wanted to form a tribute band dedicated to their music, even coming up with the name and designing the logo years ago. In late 2014, the pieces finally fell into place to create the ideal lineup.



Friday, January 15, 8:30pm.  
Free Cover!  
At the Red Bicycle,  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

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

Family run business for over 30 years  
17611 Vashon HWY SW  
206.463.0940

Live Music

Homestyle Breakfasts  
and  
Plate Size Pancakes  
Breakfast served till 5pm  
Fri, Sat & Sun

Sports on  
5  
HD TV's

Open 7 days a week 6 am til 2am

• Custom Manufacturing, Machining, Welding, Fabrication, Repairs  
• Short & long run production  
• Prototyping  
• Length Meters for Wire & Cordage  
• Cunningham Air Whistles

Your Vashon Neighbor Since 1946  
Monday – Thursday, 7:00 AM – 5:30 PM

16901 Westside Highway SW  
Vashon, WA 98070

Phone (206) 463-3604  
www.olympicinstruments.com  
www.cunninghmainwhistles.com

## PERRY'S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

### 17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday  
12pm to 5pm Sunday

For a Burger  
Emergency  
**463-4-911**

Gluten  
Free  
Buns!

## Advertise in the Loop!

It's a great time to get back in the Loop.  
ads@vashonloop.com  
Next Loop comes out January 21

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

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

Make a date with Vashon!  
www.VashonCalendar.com  
Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
www.vashoncalendar.com



# Salish Sea Early Music Festival

Happy New Year! to lovers of period instrument renditions of familiar and rare early music on Vashon Island. Johann Sebastian Bach walked for days to hear the organist at the Marienkirche in Lubeck, Germany. You need amble only to Bethel Church to hear Hans-Jürgen Schnoor (Buxtehude’s successor at the Marienkirche during 2016) as well as German harpsichordist Bernward Lohr and German baroque violinist Anne Röhrig from Hannover and Nuremburg, baroque violinist Ingrid Matthews and many others from around the country and the Pacific Northwest



in six contrasting 2016 Salish Sea Early Music Festival performances from January through June. These are passionate explorers of musical landscapes and expressive realms of great variety, and we are excited that you share our enthusiasm for chamber music both familiar and rarely if ever heard on period instruments. Most of our funding comes through your admission donations at the door, but it is not sufficient. Might you consider helping us bring together these fabulous musicians on Vashon by contributing any amount towards their airfares, visas and many other festival expenses? Most of all, we appreciate that you take the time to experience this music with us. We are committed to providing an opportunity for everyone to do so. The concerts are all open to the public regardless of contribution (truly a suggested donation) at the door. All those 18 and under are free and we encourage university students to attend for a \$5 donation. Fifty-four concerts comprise the Festival in 2016 alone, from Vancouver to Tacoma. We may be the largest presenter of early music, or chamber music of any kind for that matter in terms of number of events, in the Pacific Northwest and have no administrative expenses whatsoever. The Salish Sea Early Music Festival is a non-profit organization in Washington State established in accordance with 501(c)3 regulations, and donations are fully tax deductible. Should you be able to offer an additional donation it would be of great help to us, either by mailing a

check to Salish Sea Early Music Festival, 20614 Maupin Road, Mount Vernon, WA 98273 or through the PayPal link below or at any one of our concerts. On Monday, January 11 at 7:00 PM at Bethel Church, Oleg Timofeyev, America’s leading performer on the Russian 7-string guitar popular in Beethoven’s day, joins violist Stephen Creswell and Jeffrey Cohan playing an 8-keyed flute from 1820 in a program of rarely heard trios to open the 2016 Festival. Please take a look below at the complete schedule of performances on Vashon Island, and we hope to see you! If

you wish, your additional donation will be deeply appreciated as well. All 2016 concerts at Bethel Church at 148th Ave. SW and 119th Street on Vashon Island:

- Monday, January 11 at 7:00 PM
  - A Beethoven Band: Trios for Russian Guitar, Flute and Viola • Oleg Timofeyev ~ Russian 7-string guitar, Stephen Creswell ~ viola, Jeffrey Cohan ~ 8-keyed flute
- Monday, February 29 at 7:00 PM
  - Baroque Trio Sonatas • Bernward Lohr (Germany) ~ harpsichord, Anne Röhrig (Germany) ~ baroque violin, Jeffrey Cohan ~ baroque flute
- Monday, April 4 at 7:00 PM
  - Fortepiano & Flute • Henry Lebedinsky ~ fortepiano, Jeffrey Cohan ~ late 18th and early 19th-century flutes
- Monday, April 18 at 7:00 PM
  - A Musical Offering • Hans-Jürgen Schnoor ~ harpsichord, Ingrid Matthews ~ baroque violin, Jeffrey Cohan ~ baroque flute
- Monday, May 9 at 7:00 PM
  - 1700: Versailles • John Lenti ~ theorbo & baroque guitar, Joanna Blendulf ~ viola da gamba, Jeffrey Cohan ~ baroque flute
- Sunday afternoon, June 5 at 1:30 PM
  - 1800: Virtuoso Guitar & Flute • John Schneiderman ~ early 19th-century guitar, Jeffrey Cohan ~ 8-keyed flute (made in London in 1820)

# Bolshoi Ballet The Lady of the Camellias

A young bourgeois, Armand Duval, falls madly in love with Marguerite Gautier, a gorgeous courtesan celebrated by the Parisian high society. Despite her infidelity, Armand will do all he can to win the beautiful woman’s heart and convince her to leave her indulgent life. The Bolshoi breathes new life into John Neumeier’s tragic masterpiece, inspired by Alexandre Dumas’ novel and accompanied by Chopin’s exquisite score. This production assumes a new emotional and dramatic texture that only the Bolshoi’s dancers can deliver. “Neumeier’s character-rich ballet has found a company that is equal to its challenges” – Financial Times. Estimated Runtime: 3 hours and 5 minutes (185 minutes). Choreography: John Neumeier. Cast: The Bolshoi Principals, Soloists and Corps de Ballet. Bolshoi Ballet. January 10th, 2016 1:00pm at the Vashon Theatre.



# JD Hobson at Snapdragon

You may have seen JD with his full band at the Red Bike at the beginning of December. Now’s your chance to see this recent transplant to Vashon Island in a solo performance at Snapdragon! When Outlaw Country and Americana meet the Delta Blues you get a whole new genre. JD Hobson takes his Virginia Appalachian blues roots and combines it with Seattle’s Americana and rock scene, and a sound is created that has gotten people standing up to take notice. “Hobson’s brand of bluesy Americana is steeped in rich outlaw tradition.” (Seattle Weekly Reverb Magazine) Somewhere out there on the road between Seattle, Austin, and Memphis is a man on the run. Whether from the law, or just his own personal demons, it’s hard to say, but he runs as though the boogie man himself was on his heels, or as Robert Johnson put it in his famous song, “there is a Hell Hound on My Trail.” Maybe every man has felt a little like this in his life, and JD Hobson expresses this feeling in what he calls the Outlaw Blues.



JD Hobson was born and raised in Seattle, yet his father comes from the Appalachian blues country of Virginia. The music that drifted up from a juke joint named the Dewdrop Inn in Martinsville Virginia made a permanent impression on JD’s father when he was a child. The seed was planted in JD as he grew up listening to his father’s music on the radio. Studying under greats like John Jackson, David Honeyboy Edwards, and John Cephis at Centrum in Port Townsend helped JD hone his craft. The end result is that JD has an exceptional feel for most roots music. His ability to grasp every nuance down to the minutest inflection has become his hallmark. “This music is about reaching down deep and coming up with something authentic and timeless. The trials, sadness, and triumphs of people here in America continue on today only dressed in different clothes. Times have changed, but we inherit the blues.” – JD In JD Hobson’s music some will say they swear they hear the rootsy goodness of Bob Dylan and the Band. Others will say they feel the bluesy rockin’ groove of the Black Keys. Still others will say it reminds them of the roadhouse vibe of Howlin’ Wolf with a little Willie Dixon in the rhythm section. What’s unanimous is that the music is infectious. Enough

groove to move your feet and enough passion to move your soul. JD played for years as a solo artist. Multiple guitars in multiple tunings with a stomp box to hold down the foot tapping beat. From sweet slide, to intricate finger picking, he proved his skill and versatility in the trenches. His efforts didn’t go unnoticed. JD was nominated for best solo/duo blues act by the Washington blues society’s “Best of the Blues awards.” He also was South Sound Blues Association’s Back to Beale Street Competition solo/duo winner in both 2010 and 2011, and represented them in Memphis at the International Blues Challenge. A wounded soul with a gentle heart and a fire in his belly, JD is a visionary on a mission to create American roots music with his stamp on it. “This music is something I need as much as want to play. It has saved my sanity time after time. Hopefully I can move people, while having fun at the same time.” –JD DJ’s nationally and internationally stood up and took note in 2013 when JD Hobson’s “Where the Sun Don’t Shine” hit #8 on the Freeform American Roots Chart, and #26 on the Roots Music Report chart in addition to hitting #3 on KEXP’s Blues chart. Stop on by and enjoy some great food, tasty beverages and wonderful music! Saturday, January 16th, 7-9pm JD Hobson Snapdragon

**Local Weather**  
[www.vashonweather.com](http://www.vashonweather.com)  
Local Rain Totals  
Temperature hi/low  
Wind Speed & Direction  
Barometric Pressure  
Weather forecasts

Find us on Skype  
Vashon Loop  
206-925-3837

**Next Edition  
of *The Loop*  
Comes out  
Wednesday  
January 21**

Deadline for the next  
edition of *The Loop* is  
**Friday, January 15**





R

REALTOR®

Professional,  
Knowledgeable  
Fun & Friendly  
to work with.

360-393-5826

cerisenoah@windermere.com

W

Windermere

Windermere Real Estate/Whatcom, Inc.

We are celebrating

WET WHISKERS

GROOMING SALON'S

10th

Anniversary!

Monday, January 11<sup>th</sup> 2016

1-6 PM

Door prizes! Swag bags!

Cake!

Free toys for your dog or cat

while they last!

Rick's

DIAGNOSTIC &  
REPAIR SERVICE, INC.

206-463-9277

Shop Hours

8am-6pm

Monday - Friday

24hr Towing &  
Road Services



Lockout Service,  
Flat Tire Change,  
Gas Delivery and  
Jump Start.



We Have Rental Cars!

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

Conveniently located uptown in Vashon.

Vashon Rental Cars, Inc

463-RENT (7368)

VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME

HISTORIC ROASTERIE

THE VASHON ISLAND

COFFEE ROASTERIE

40 YEARS OF ROASTING HERITAGE

ALL ORGANIC PASTRIES,  
BREAKFAST & LUNCH FARE.

ESPRESSO & TEA BAR

COFFEE ROASTED DAILY

OVER 350 BULK HERBS,  
SPICES & TEA.

VASHON HIGHWAY & CEMETERY ROAD · (206) 463-9800 · WWW.TVICR.COM



Next to the Post Office  
10015 SW 178th St.  
(206) 463-0555

Island Security Self Storage

Full line of moving supplies

Radiant Heated Floor · On-Site Office · Rental Truck  
Climate Control Units · Classic Car Showroom  
Video Monitoring · RV & Boat Storage



ISLAND  
FORESTRY

TREE REMOVAL, TOPPING, LIMBING, ETC  
LICENSED, INSURED, FREE ESTIMATES

206-653-5415

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO  
206-463-9041

Vashon Hydrophone Project  
Orca Annie Stahler and Mark Sears  
Vashonorcas@aol.com  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
vashonorcas.org

Make a date with Vashon!

www.VashonCalendar.org

Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
www.vashoncalendar.com

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

Next Edition  
of The Loop  
Comes out  
Thursday  
January 21

Deadline for the next  
edition of The Loop is  
Friday, January 15

Loopy Laffs

Sammy and Oscar Need A Home...

We are a mother (Sammy) and son (Oscar) looking for a home where we can continue to live together. Because we're a "Purrfect Pair," VIPP will give a discount on the adoption fee to someone who adopts both of us. Save money, and bring home two cats who already get along - what a deal!

Sammy says, "When I'm not snuggling with people, I enjoy the company of dogs - oh, and hanging out with Oscar, of course. We chase each other, watch bird videos together, and we even eat treats out of the same bowl."

Oscar says, "OK, I guess I AM a mama's boy. I sure did inherit her easygoing, people-loving personality. One of my favorite places to sit is on a computer chair with a person. Do you need tech support sometimes? Maybe I can help you with that."

We're friendly, affectionate and eager to find a new forever home. Read more about us on VIPP's website.



Go To [www.vipp.org](http://www.vipp.org) Click on Adopt

PANDORA'S BOX

And the new year arrives.  
What will it bring?  
Doesn't it just seem like yesterday everyone was wringing their hands over Y2K?

Bo's Pick of the Week:  
Health and happiness for all.



(206) 463-3401

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

Sniff! The Holidays are over and I've had SO much fun. But now, all the decorations have to be taken down and packed away.

Lo! I am the Specter of FREE MARKET PAST and THE SPIRIT of the FREE MARKET FUTURE. Although the message of the Christmas Season is that of reflection and redemption, I bring...

...the venue of celebration, music, gaiety, light, and pageantry to ennoble that message...

...and I'll be back next year!

