

Full Moon Beach Walk



By Rayna Holtz

Photo by Jay Holtz

Come enjoy a full moon and stars at Point Robinson beach on Saturday evening, January 23rd, at 9pm. Vashon Beach Naturalists will be out looking for interesting things to share.

Consider this: the long nights of winter in these lands of the Salish Sea give us up to 16 hours per night of starry celestial panoramas. And the lowest tides are also happening at night, which adds a second vista right at our feet, where the low tides unveil the wondrous intricacies of the low beach communities in eelgrasses, seaweeds, cobbles and sand. If rainclouds blot out our views of the sky, the beach still offers us glimpses of living moons and stars, just as strange and beautiful as their counterparts above! In fact, rain will

provide welcome relief to them because as moisture-lovers they don't much like being exposed to the air for the extra-low tides! On Saturday night the low will be a minus 1.4 feet at 10:30pm.

The moons of the beach are big white moon snails, *Euspira lewisi*. Round and plump like the full moon, they grow to be five or six inches in diameter. If you catch one in your flashlight beam while you are wading in shallow water, you may be startled to see it glowing like a small moon, due to the luminosity of its large translucent foot and mantle, which envelop its shell as it travels.

Usually moon snails are invisible because they like to tunnel beneath

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Heart of Vashon: Telling our Story – a literary performance reading



Director Michael Barker (right) works with Michael Shook, one of the multi-generational ensemble cast of 14 Islanders who are preparing for Sunday's performance reading of Heart of Vashon: telling our story.

By Mary G.L. Shackelford

It's been a year in the making, and the time has finally arrived for the Heart of Vashon: telling our story performance reading, Sunday, Jan. 24 at Blue Heron. A 14-member multi-generational cast, directed by Michael Barker, offers two shows on Sunday, 3 PM and 7 PM. Tickets are available at Blue Heron or online at vashonalliedarts.org, and you may want to purchase in advance to assure you have a seat!

This show is one of the culminating pieces of our Heart of Vashon story project. Last summer, Shirley Ferris and I put out the call for submissions for this community project that explores what matters to Islanders about living on Vashon-Maury Island as we roll into the 21st century. Why do we choose to make our home here? What is it that makes living here special?

Over 150 people responded, and from their poems, reflections and stories, with Michael's input, Shirley and I wove together an integrated narrative that creates a moving, humorous and thoughtful tapestry of Island life. Now, Michael and the ensemble cast share the manuscript in this performance reading. We hope it will illuminate some piece of our collective community story, open hearts and make for a meaningful experience for all of us who call Vashon home.

This project is both a personal and a community journey for me. For over 10 years, I worked at Blue Heron as performing arts coordinator and grew to love the spirit that the building holds. This historic landmark is built from timbers harvested from Paradise Valley, and I so appreciate the connected, community energy that has made it such a warm and intimate performing space. I am honored and delighted to be able to present Heart of Vashon as one of the last performances that will be in that space.

The form Shirley and I used to create the Heart of Vashon manuscript revives the model I created with friends in the

1980's for VAA's literary arts series, bringing poetry and the spoken word to the Blue Heron performance space. The final manuscript for Heart of Vashon stands on the work of ALL the writers who participated. Though we have teased individual pieces apart so that it would be difficult to actually say which pieces are included, we have woven the words and stories back together in such a way that your words are my words are our words – and it's become one piece altogether – a series of community voices who share in our collective story.

It's been an intriguing, highly



creative and wonderfully mysterious process. We are very excited about how this whole project has and continues to unfold; magic is afoot.

I want to especially thank all the writers who have trusted us with their work; Michael and the 14-member ensemble cast who have worked hard in a short time to enliven the manuscript with real voices and energy; and our various sponsors who each in their own way have deepened the scope of the project:

- Voice of Vashon (on-air interviews and videography for our archives – thanks to an Art on Air grant)
- Vashon Allied Arts (historic performing space, marketing and publicity for the reading)
- All Island Forum (opportunities to gather to share our stories and read,

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The Road to Resilience Why Bernie?

By Terry Sullivan,

I am tired of having to consider voting for the lesser of two evils. That said, I will be working as hard as I can to convince all of you to get behind Bernie Sanders. Here are my reasons:

1) We tend to forget about the big crash of 2008. The original \$800 billion bailout, which is over a trillion now, was justified because the banks that got themselves into trouble were too big to fail. The two factors we have to consider here are that there was egregious criminal behavior for which nobody was held accountable and that no action was taken to break up the-too-big-to-fail banks, which are much bigger now. Why was this? Despite the attorney general claiming that getting a conviction would be difficult, no serious attempt was ever even made. In my view, it is clear that Washington is controlled by Wall Street. There are corporate shells all through the top administrative positions and practically all our politicians follow orders from the main source of their campaign funds. There is nothing subtle here: the financial sector is running the government for their personal profit. Bernie Sanders is absolutely right to name the culprit and to fight to restore control of the government to the people. This is

not something that has never happened before. FDR, over and over, expressed his opposition to the aims of the wealthy special interests of his day, and the result was the WPA, the CCC, Social Security, the FDIC, and later (in the same wave), the Gi Bill, truly progressive income tax, and growth of unions. There are many reasons why the 50's and 60's were prosperous, but these factors, if not contributors, did not hamper prosperity. In the last 30 years, there has been a steady transfer of wealth from the middle to the top .1%. This is fact. We are battling for control of the country and Bernie is absolutely right to have Wall Street in his crosshairs.

2) Clinton, like Obama and practically everybody else, has accepted a lot of campaign money from the wealthy special interests. Wall Street spokespersons have even said that they would be fine with a Clinton presidency. She has drawn a line at how far she will go to reform Wall Street. Her plans are vague and conditional, and show every sign of being toothless. Don't expect any big reforms on her watch. Sanders, on the other hand, has collected a record amount of cash donations averaging

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Get in The Loop

Submissions to the Loop

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

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 Wednesday 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.

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

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The Vashon Loop

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Auditions for Becky’s New Car

Drama Dock and Open Space for Arts and Community announce auditions for Becky’s New Car by Steven Dietz. Becky’s New Car, directed by Michael Barker, will be presented April 22-24, April 29-May1 in the round at Open Space. Drama Dock and Open Space for Arts and Community will be collaborating on this production.

According to Variety: “Becky’s New Car takes the audience on a smart, comic cruise through the perils of middle-aged longing and regret.” It was premiered at the ACT Theatre in Seattle in 2008 and has since been produced many times throughout the country.

There are parts for 4 men, ages 20-70, and 3 women, ages 20-60: Becky and her husband, their college-age son, an older widower and his mid-20’s daughter, Becky’s male co-worker, and an older female.

Auditions will be held at Ober Performance room on Wednesday, February 10, 7:00-9:00 and Saturday, February 13, 2:00-4:00. There is a script for perusal in the library (cannot be checked out). No prepared monologue is necessary.

EMBODIED LIFE with Karen Nelson

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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

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- your.kingcounty.gov/solidwaste/Vashon
- 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.



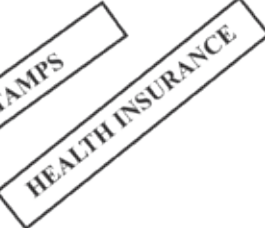



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Wednesday February 17th, 2016
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Wednesday April 20th, 2016
Wednesday May 18th, 2016

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Places: 1:30pm - 3pm
Vashon Library

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FOOD STAMPS
HEALTH INSURANCE: sign up for Apple Health, fix any problems you may have with qualified health plans



se habla español

Next Edition of The Loop Comes out Wednesday February 4

Deadline for the next edition of *The Loop* **Friday, January 29**

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

Hunting for Crab

Bob T. was my best friend and we managed to get into a lot of trouble together such as the day we stole some pigeons from old man Therkelsen and Sheriff Starr made us take them back to the henhouse we had stolen them from. We were guilty.

Bob lived with his family on the East side of Vashon with a high bank and a no name creek bubbling down the hill. Near the bottom of the hill, the old ram pump or water hammer, went kerchunk every few minutes and kerchunk again as a small piston drove another cup of water to the supply tank at the house. Water pressure from the creek caused the cylinder to fill, pushing the piston back against springs and shaking the ground at the next “kerchunk”, making a noise to be heard for a quarter mile, no motor, no electricity.

Down near the beach, an old Maple tree leaned far out over the water with a huge rope hanging from a big branch some 30 feet above the ground and at high tide and by dragging the rope up the clay bank behind the tree, we could get a swing that threw us 40 feet out into the cold water, with lots of screaming as we reached the end of the swing and let go.

Once while out fishing from his Dad’s rowboat, Bob yelled: “There he is. I see one”. We were after crab and Bob wielded a 12 foot long spear with a trident head as he leaned out over the bow of the boat. The 3 pointed spear was barbed so the crab or fish couldn’t get off. He let his spear down towards the bottom being careful to aim a foot or two behind the crab as light refracted the spear under water, causing it to appear to be bent up. Many a good shot had been taken with no good results because the spear was not where it appeared to be. Sole or flounder were other species



conductive to good spear fishing.

Mom and Dad hunted Dungeness crab with their friends and we weren’t allowed to go. They used a pitch fork to scoop the crab from the bottom in water that wasn’t too deep to wade. In Winter, the very low tides are almost all at night and the best crabbing was at Ellisport where they would build a huge bonfire to fend off the cold. Dad’s waders were chest high and he trailed a galvanized tub on a rope behind him to hold the crab he scooped up from the bottom on his pitchfork. The two mantle Coleman lantern he carried had a piece of shiny tin behind the glass to reflect the light down into the water.

A loud scream came from far out on the tide. Dad was in trouble. The crabbing was so good that night, that he had filled his tub to the brim and there were more crab on the bottom ahead of him. In his excitement, he started dropping the crab down the front of his waders and one of them grabbed him right in the stomach. There were lots of guffaws around the fire when Dad made it to shore, after a successful night of crabbing.

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 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!

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.

For more information about the Vashon Wilderness Program, visit the website: <http://www.vashonwildernessprogram.org>

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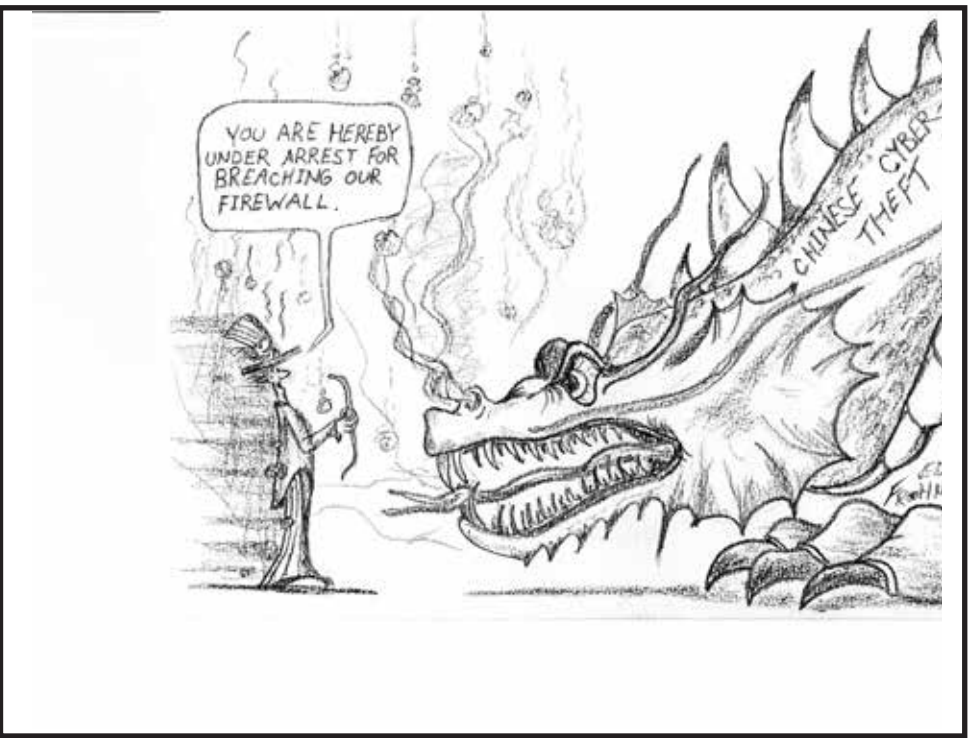
VCC Residents
Mary Lou & Tom

Thank you to these wonderful people for their generosity!

By Peter Ray
pgray@vashonloop.com

He comes out again, but I only see him as a blur of movement in my right side peripheral vision. Along with the movement, he is making the noise and rustle of so-called food packet re-stocking-I do not watch him closely at all. This time though, instead of returning to his door, he continues across the morning room to the wall where the notice of the missing dog has been placed in the window that

What I do know is that soon I have to go out into this post-industrial New England arctic. I do have to scrape off the lumpy ice which formed on the windshield overnight. But in doing this, in standing in the swirling snow and scraping the lumpy ice, I do know that I can then get in the car that has been running- warming, and get away from this place. For some reason my thoughts are mostly now with the missing dog that is out and lost somewhere in the arctic of this post-industrial New England place as I finish my oatmeal and am warmed against the cold about to be confronted. I pick up my plastic tableware and head for the trash receptacle on the way out of the morning room. As I reach the threshold I hear the door in the corner open once more. I do not look back.



Ten Babies

Tragically, the researchers noticed



Thanks to everyone who called about the dead California Sea Lion at Cross Landing. To our frustration, we were unable to retrieve it. Please support the



Newborn Baby J55 with Samish (J14) and Hy'Shqa (J37), 1/18/16. NOAA/NWFSC photo.

20-year-old Tsuchi (J31) off by herself carrying something pink, presumably a fish. Upon closer inspection, the tiny form proved to be a dead neonate, her first known calf. Tsuchi held on to the baby for hours, for the duration of the research encounter- a humble reminder that orcas grieve just as we do. From a non-intrusive distance, the researchers got video. J31 still had the lifeless body with her when they had to leave for the day. We rarely witness this tender behavior, but it undoubtedly occurs more often than we know. Tsuchi's mother Blossom (J11) died in

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

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Spiritual Smart Aleck



By Mary Tuel

Homeless Sweet Homeless

I don’t often use this space to plug organizations, but today is an exception.

The other day I heard that the Powerball Lottery was over a billion dollars, an amount I cannot comprehend.

I thought of the famous quote of Senator Everett Dirksen, “A billion here, a billion there, and pretty soon you’re talking about real money.” He was in Congress, back in the day when Congress actually did something. For example, he was one of the people who got the Civil Rights Act through the Senate. He was a Republican. Think of that.

What would I do with my billion (900 million after taxes, I hear)?

Set aside ten per cent to give away as I see fit. Wahoo!

Then, after setting up trust funds for the kids, buying new cars for them and me, buying myself a locomotive-sized RV that I could use to do the travel I can’t afford now and setting myself up with a comfortable but not ridiculous annual salary, which, unlike Social Security would have an annual cost-of-living raise, there would still be a few hundred million bucks left.

So then what?

I have a fantasy of a safe place for chronically homeless people on Vashon. A compound with tiny houses, and camp sites for tents. It has been done in some cities.

People on Vashon have built some low-income housing communities on the island in the last twenty-five years or so, so I stopped fantasizing and picked up the phone and called Nancy Vanderpool, whom I know is involved in the Interfaith Council to Prevent Homelessness (IFCH).

I asked her if there were any plans for such a community for the homeless on Vashon. She replied that there are a lot of conversations going on around the subject of affordable housing for people.

Conversations, and getting off dead center and building housing.

For example, Vashon Household is going to begin building at the Sunflower property on SW Beall Road, a planned community that has been on the back burner for some years but is set to break ground this year.

Nancy said that there are rentals on the island, but there are not many low cost rentals. This makes it tough for the poor and working poor (I accept that making \$12 an hour makes you working poor these days) to find a place to live.

Then I called Emma Amiad who was able to give me some more information. She pointed out that Vashon is not a city. A city can own property which can be used to provide housing, but as part of unincorporated King County, we have no such public entity that owns property here that could

be developed, and as many of us already know, “It takes years and years to get permits.”

Turns out Emma has a dream, too. If she won a billion dollars she would buy 400 park model homes and put them behind every house that is in the Vashon Sewer District and on Water District 19. Why there? Because they could hook up to the sewer, and they would not need a separate water share.

“We would have to entice the homeowners to charge very low rent,” Emma said.

In one case of which she is aware, homeowners were given loans to build backyard or mother-in-law cottages and if they kept the rent very low, after ten years the loan was forgiven. Of course, no one is offering to give this kind of loan on Vashon Island at the moment.

You may have heard talk of mother-in-law cottages being encouraged in Seattle, but again, we are not a city. The rules and requirements would be different here.

Emma said that the IFHC and Vashon Household have managed to house 50 or 60 chronically homeless people in the last ten to fifteen years, which is a pretty amazing accomplishment in my opinion, but, she said, “There are some homeless people who are unable to live in houses. They feel safer sleeping in a car, or elsewhere.”

That being so, we will continue to have people living on the street or in the woods, and my original fantasy about sleeping cabins and camping sites sounds reasonable to me again.

The big Powerball lottery is over. There were three winning tickets, so each winner will end up with a paltry \$300 million or so. Still, I think a person could do a lot of good with that kind of money. Maybe I should have bought a ticket.

(NOTE: As many people pointed out the last couple of weeks, you don’t have to win the lottery in order to help the homeless or otherwise be generous. You can donate to IFCH at their site, ifchvashon.org, or put a check in the mail to them at IFCH, P O Box 330, Vashon WA 98070. You can contribute to Vashon Household at their site, vashonhousehold.org. Click on the “Contribute” tab. And if you are struggling to find housing on Vashon, check out the same two sites for assistance and possibilities. They really do amazing work.)

The 2nd Annual UMO Circus Spectacular!

An event for the whole family! Full of tumbling, performances, prizes, music, desserts, music and more!

All to Benefit the UMO Ensemble and UMO School of Physical Arts!

WHEN: Saturday, February 6th; Doors open at 6pm

WHERE: Open Space for Arts & Community, 18870 103rd Ave SW, Vashon.

The UMO Circus Spectacular will be full of spectacular fun: performances by UMO School students, the UMO Ensemble, our good friends Acrobatic Conundrum, and fabulously quirky music from Miles and Karina.

In true midway fashion, kids will be able to play the hat toss for prizes - and try out some circus fun with UMO instructors on our tumble trak and balance beam!

The evening will unfold with fun for all ages, kids and grown-ups alike. From 6pm to 7pm the Circus Midway will be open for play - with snacks and beverages available for purchase - as Miles & Karina serenade the crowd, and everyone has a chance to buy RAFFLE tickets.

At 7pm, fabulous performances will begin, followed by a chance to support the work of UMO, a Dessert Dash at 8pm and Raffle Drawing!

All proceeds from the evening will support the UMO School of Physical Arts - including purchasing equipment for our new Parkour course, scholarships, and additional classes.

UMO students have the chance to learn extraordinary skills at the School. One longtime student says:

“I don’t want to do anything where you win or lose in public. Aerial and circus gives me a chance to pursue a challenging sport AND a form of expression in one activity. I don’t have to beat anyone in order to perform



UMO student Mada at Open Air

- the more the merrier. And I can go as high as I want to go.”

The evening will also benefit the artistic work of UMO Ensemble, including future performances of the acclaimed FAIL BETTER: Beckett Moves UMO - which recently won its second Footlight Award from the Seattle Times.

The artists of the Circus Spectacular are just that - spectacular. UMO advanced aerial students have been studying for over 7 years and are truly glorious to watch.

Acrobatic Conundrum, Seattle’s premier contemporary circus arts company, creates ensemble-based performances that engage and amaze audiences with virtuosic circus skill, dance and physical theater. You can visit their website at www.acrobaticconundrum.com/ for a glimpse of their spectacular artistry.

Miles and Karina are a delightfully quirky musical duo, whose most recent work includes composing silent film scores the Seattle International Film Festival and more. Visit www.milesandkarina.com/Home.html for a taste of their music!

And the UMO Ensemble artists will pull tricks both old and new out of their deep, bold sleeves of physical, outlandish art.

Tickets are \$25 for Adults, \$10 for youth, and \$50 for a family (including up to 2 adults and up to 3 kids). Tickets are available at <http://circusspectacular.brownpapertickets.com> and at the Door.

For More Information, visit www.umo.org.

Club O - Come dance off those wintertime blues!

A chance to move on Vashon’s biggest dance floor, to music from the Island’s finest DJs, MirageSix & Whitmore, aka m2domus productions.

An ALL AGES event until 11pm - and then 21 and over after 11pm.

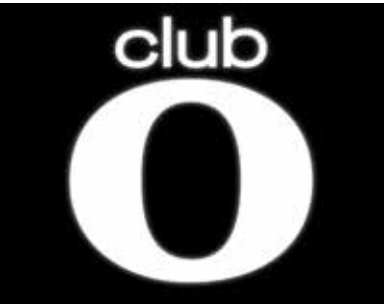
Families, teens, couples, singles - all are invited to come and dance, hang out, visit and

dance some more.

TEEN VIP room, plus a kids’ play area.

\$5 Cover at the door, no one turned away for lack of funds.

If you’re a Club O regular, you know how fun it is - if you’ve never been, now is the time - it really is one of the greatest all-ages spots on the



Island...

Open Space for Arts & Community, 18870 103rd Ave SW, Vashon, (206) 408-7241 openspacevashon.com



AJ'S
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Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm
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Planet Waves



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

Aries (March 20-April 19)

In Star Wars, Luke Skywalker – restless and eager to leave the confines of his home planet – complains to C3PO that, “If there’s a bright center to the universe, you’re on the planet farthest from it.” He says this at a crucial point in his life when he is yearning to claim his own identity and assert himself, in spite of not knowing the full truth about who he is. The current astrology suggests you find yourself at a similar juncture. Unless, of course, you have already matured (like Obi Wan Kenobi) and are looking for closure regarding older responsibilities and unfinished business – which would allow you to move on and become an initiate again, but at a higher level. Either way, what you are looking for is probably just around the corner, even if it seems long ago or far away. Yet, passivity won’t get you there; teach what you would learn, to orient and advance yourself past your current proficiencies.

Taurus (April 19-May 20)

What you or others have come to think of as your predilections now deserve to be thought of as having become something more. It was not without cause or merit that you have long favored quality over quantity. It is not a sign of decadence if your partialities have developed into devotions. There is no character flaw if your heartfelt inclinations have advanced into dedication. More than most people, your biases are informed by virtue, and it’s high time that you became secure enough in your standards to stand up for them. For in a world where cold discipline is over-valued and cynically manipulated, your warmer and more passionate style will now serve to liberate you from a mad and maddening crowd.

Gemini (May 20-June 21)

Pay attention to what reflections are passing through your mind, no matter how idle they may seem. Take pains to note details about people passing through your life, in spite of how insignificant your interactions with them might be. Yours is an exceptional perspective right now. Though it may sometimes seem as if the world has passed you by, nothing could be further from the truth. While you may sometimes feel isolated, your lot may in fact represent an enhanced connection with ways of knowing that has long been neglected by our kind. Even if your mind tells you that you are falling behind, your heart knows the ways in which you are, in fact, far ahead in connecting dots and adding things up.

Cancer (June 21-July 22)

Don’t rely on the talking heads of television to tell you what’s going on in the world; they have an agenda that is not in your best interest. Neither should you depend on authority figures in your life to set your private priorities for you, for their motivations do not take your unique nature into account. While it may seem arbitrary and even impulsive for you to do so, try experimenting with declaring your independence regarding how you meet your emotional needs, and address your personal issues of comfort and security. Once you have reclaimed your inner spaces, then proceed to let them serve as a template by which you evaluate external events. Don’t be surprised if the world looks better as a result.

Leo (July 22-Aug. 23)

If you can see your way clear to make it so, the coming weeks would be a good time to call a moratorium on additional commitments. That would mean, at least in part, learning how to rein in your magnanimous nature. Take a cue from wise parents who teach patience to their children by showing patience in the face of strident requests and urgent demands. In other words, there are alternatives to saying “no” available to you. If it comes down to there being no other way to keep more from being heaped onto your full plate, however, you will almost certainly find that a clear and rational declaration of boundaries will be met with acceptance and respect so you can catch up.

Virgo (Aug. 23-Sep. 22)

The real world is not perfect or permanent; there is give and take. Sometimes the world gives, as do you. Other times, the world takes – just as you do. In the long run, things even out, but you need not wait for that. The short-term alternative is a recognition that you can return what the world gives and recover from what the world takes on a schedule that suits your needs. In this way, both creative and crucial times can be experienced with equanimity. So long as you do not default to discouragement, you are currently in a position to make the most of all that is both given and taken, so as to actually come out ahead at least as often as you break even. And that, as Martha Stewart might say to you, is a good thing.

Libra (Sep. 22-Oct. 23)

As you know so well, balance is rarely conferred as a matter of course. Rather, equilibrium is usually attained. You also know that some degree of oscillation on either side of balance is not only something to be expected, but something to be desired. It is the rigid and unyielding that will ultimately fatigue and break. Being supple and adaptive, on the other hand, allows for correction and recovery even if it does not always maintain an even keel. In the case of your own personal conduct, however, you might want to refrain from bending rules set by your own conscience. There may someday be a time when situational ethics is appropriate for you, but that time is almost certainly not the present.

Scorpio (Oct. 23-Nov. 22)

Whether you call it “influence,” “juice” or “power,” chances are you either have access to or possession of a substantial amount of it for the foreseeable future. Therefore, if you are feeling impotent, hapless, helpless or hopeless right now, try on the idea that your subjective perceptions are somehow masking the reality of your leverage in the world. Consider the possibility that any crisis you are experiencing now is, at least in part, implicitly brought on by a lack of confidence in your own talents and skills. Not so long ago you had sound reasons to believe in yourself. Do your best to go there again. Those reasons are still valid, and you are, if anything, more vital now than ever.

Sagittarius (Nov. 22-Dec. 22)

While you may not have access to the same technology employed by the fictional Doctor Who, it appears as though you have come into some of

the same facility with regard to time and making it work for you. But first you must change your perception of what time is. Thanks to the work of Albert Einstein, you can make a good start. It was Einstein who realized (and apparently proved) that space and time are the same thing. Therefore, begin by organizing the spaces that are yours alone. Get places such as your desk, the interior of your car, and your private residence under control. If Einstein was correct, time should then begin coming under control for you as well.

Capricorn (Dec. 22-Jan. 20)

You have made a lot of progress in knowing your own mind, and acting as your own person. Yet, you should still be aware of the extent to which you remain highly impressionable, and how that need not be a weakness. Indeed, your willingness to be influenced at this time in your life is a great asset, which you will not always have to the extent you do now. The key to remaining your own person is developing your ability to consciously pick and choose from among the many persuasions vying to steer you. That means being stronger under pressure, and less vulnerable to flattery. In the end, you will be better off influenced by those who hasten to support you than those who endeavor to persuade you.

Aquarius (Jan. 20-Feb. 19)

The weight of being fully and consciously aware of what’s right and wrong as a natural instinct is something that many can successfully avoid, deny or ignore. But not you. Not for long anyway, and certainly not without nearly immediate consequences. If there are any crosses you must bear, always knowing better is almost certainly one of them. All things considered, it’s not such a bad cross even at its heaviest. There are far worse things than being constantly present with your conscience. The main problem that comes with being conscientious is the eventual realization that some of what you have been conditioned to accept is unconscionable. When that happens, remember that it’s always better to be true to yourself than to your conditioning.

Pisces (Feb. 19-March 20)

Just as you have finally mastered seeing your own responsibilities through to completion, along comes another challenge: seeing through the nonsense that gets a pass from so many because it’s what they want to believe. The nature of this challenge for you is largely to test the boundaries of your perception, while willingly risking your ego. You have relatively little trouble (compared to many others) releasing attachments to previously untested beliefs, but accepting that your own insights have limits will be more difficult. It means taking some chances. On the one hand, you will need to indulge some speculative alternatives to conventional wisdom. On the other hand, you will have to do so with a sure and certain knowledge that sometimes you will be proven wrong – and be obliged to admit it.

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

Deadline for the next edition of *The Loop* is **Friday, January 29**

PING & PUTT!



The Newest Fun from Open Space: Indoor Ping Pong & Putt Putt. Running Friday, January 15 through Saturday January 30.

Join us for some bright indoor fun in the dark days of winter! All Ages, All Skill Levels, Families welcome!

Ping Pong & Putt Putt will be open: Tuesdays through Thursdays, 3pm to 6pm

Fridays, 3pm to 8pm
Saturdays, 10am to 4pm
Sunday January 17th 12noon to 4pm, and Sunday January 24th 10am to 2pm

PING & PUTT

Ping Pong
Table & Paddles 1hr \$6, 1/2hr \$4
Table only 1hr \$5, 1/2hr \$3

Putt-Putt Golf
1 Round \$3
Family of 4 \$10 (\$2.50 ea.add)
10 Round Card \$25 (good till 1/30)

“HAVE IT ALL” Package

1 Hour as you wish, Ping & Putt: Adult \$10, Youth (under 18) \$8 .

And as always, no one turned away for lack of funds....

And keep your eyes and ears tuned for TOURNAMENT NEWS coming SOON!!

Call (206) 408-7241 for More Information.

Thanks to Vashon Park District for helping Sponsor PING & PUTT!

PING & PUTT takes place at Open Space for Arts & Community, located at 18870 103rd Ave SW. Call (206) 408-7241 or visit www.openspacevashon.com for More Information.



Positively Speaking

Finding Your Strength; Giving Out of Your Best

Seriously, Google Analytics. Copy and paste code onto each of my web pages???? I was raised in the era when Weekly Reader declared that three mice had returned from space alive. What are you thinking I am capable of doing????

And yet...by week's end I'll bet I will find it, the knowledge.

Recently I've become the houseguest of friends who knew me years ago. One of the remarks they've made is how assertive and strong I have become. Actually at first it was a shock to them. See, in the old days I was 'Hi! I have no life. I'm in this world to serve others and put my needs second or third or not at all.' Over and over again I let myself be taken advantage of.

Something weird happened when I turned forty. Even though I'd always made fun of people who had mid life crisis, I began the search for authenticity. It could not be found in any of the people I was serving, mostly.

Now, the one thing these people were not counting on was me having any sense of entitlement to my own life or ability to set limits in any real or meaningful way that would allow me to have a sense that I could say 'No. I don't want to do that'. Suddenly I found my inner three year old. Terrible twos don't really exist but three year olds! They are the kings and queens of "No!"

It was a good thing. Well...some people didn't think so. But, it was.

Then I learned how to live with inner strength. That also is a good thing. But it makes life more complicated. People start to tell you 'you're not very nice'. What they mean is "Wait, wait! You're not letting my

By Deborah H. Anderson



life be more important than yours!"

I have a lot of blessings right now because I found that inner strength.

Now being a Good Christian Girl I really wrestled with that. I mean, we're raised with "God First, Others Second, You Last." Let me just say, that is so unChristian and unBiblical and bogus and was a concept invited in by a church that was counting on being able to exploit people. Not the church most stellar moment. It's classic abuse personality.

No... it says, "Love your neighbor as yourself". "Me" first. Quality "me". Not indulgence, nurture. Nurture yourself and give out of the best you have to give. No bubbles in the steel. No cracks during glazing.

I am filled with so many observations right now, what with the politics and the religions, and the commercials, and the crisis and the , 'not thinkings' and the 'needys', and ALL the deaths this past week.

But here's what you have to remember. Know you are Loved capital 'L'. Self Nurture, not self indulgence, tell the truth, the whole truth and nothing but the truth, and then observe what someone actually needs and discern what you actually have to give. Better equation. Not rocket science. Have a good day!

Love, Deborah



Full Moon Beach Walk

Continued from Page 1

the sand looking for tasty clams to eat. When it finds one, it wraps its large foot around the clam and begins to bore a hole through the shell with a special file-like tooth, called a radula. It can also squirt enzymes and hydrochloric acid on the shell to help dissolve it. The process takes two or three days, and then the snail dines for a day on the chowder inside. A moon snail's egg mass often puzzles beachwalkers because it resembles an old rubber toilet plunger with no handle. The eggs are hidden inside this "collar" of sand grains in a thin layer between sheets of sand glued together with mucous. From this protected position they are gradually released over several months of being tossed around on the beach by waves. After spending a few hours in the plankton, the tiny larval snails settle out in the sand to continue growing.

The stars of the beach come in many shapes, sizes, and colors. On Vashon the three species most often seen are the ochre star, mottled star, and sunflower star. The colors of the ochre and mottled stars are remarkably varied: brilliant purple, yellow, brown, orange, maroon, steel blue, and grey-green. Sunflower stars can be solid red, orange, yellow, pink, or purple, but often on Vashon they are multicolored, having a background orange or rose-red with purple stripes running from the central disk down each of their numerous rays. The sunflower stars are the fastest, largest, and softest sea stars in the world. They grow to 39"

or more, and although they start with just five rays (like the ochre and mottled stars), they add pairs until they have 45 and counting.

The ravages of sea star wasting syndrome (SSWS) have devastated many sea star populations on both Pacific and Atlantic coasts. Scientists say there's a virus involved on the east coast of the U.S, but on the west coast it is typically a bacterium (vibrio). The symptoms of SSWS also appear in unhealthy stars stressed by stranding on a high beach, living in excessively warm water, exposure to pollution, and/or effects of rising acidity. Apparently disease organisms that have been around for years can become fatal when combined with other stressors. Rising water temperatures get most of the blame.

Everyone is welcome to join Saturday's free beach walk! Park at the top of the hill and walk down to the lantern-lit canopy on the grass. Bring flashlights, extra batteries, wading boots, warm jacket and hat, and dry gloves. Hot cocoa and tea will be waiting at the booth during the initial circle-up. Red rock crabs, hermit crabs and anemones will be waiting on the beach among the moon and stars. For more information, contact Rayna at 463-3153.

Walk sponsors include Vashon Beach Naturalists, Vashon Park District, Vashon Audubon, and Vashon Nature Center.

Vashon Library February Events

Children & Families

Brick Builders

Monday, February 1, 8, 22 and 29, 4pm
Family program, all ages welcome with adult. We're having a block party. Come build with us!

Family Story Times

Tuesday, February 2, 9, 16 and 23, 11:30am. Family program, all ages welcome with adult.
Stories, songs and fun!

The Chancy and Narly Show

Thursday, February 4, 4pm
Presented by Nancy Stewart and Charlie Williams.
Family program, all ages welcome with adult. What happens when sweet songs meet nutty noises? Get ready for a wild ride as two of the Northwest's favorite children's performers team up for phonetic fun.

Family Movie Night

Thursday, February 11, 6pm
Family program, all ages welcome with adult.
Call the library for movie title.

Life-Sized Candy Land

Saturday, February 13, 10:30am
Family program, all ages welcome with adult. You are your own game piece! Take a walk through a room-sized Valentine's Day version of the classic game of Candy Land.

Masks of The Rain Forest Show

Tuesday, February 23, 4pm
Ages 3 and older with adult.
Go deep into the Rain Forest of West Africa to discover the three types of ceremonial masks that are worn there: People Masks, Animal Masks and Grotesque Masks. Immerse yourself in stories and music from author and storyteller Won-Ldy Paye that will transport you to a typical Liberian village in Africa.

Teens

Teen Night: Comedy Improv 101

Saturday, February 6, 6pm
Grades 6-12 only.
We're opening the library on a Saturday night just for teens! Use the library computers, play games and use the Wii, or just hangout. The first 15 interested students at the door can also take our Comedy Improv 101 workshop. Explore the basics of comedy improvisation: team-building, trust, character, status, active listening and agreement. Using theatre games, drills, and simple scenes, learn to be fearless and have fun on stage while working together and learning to support each other. No prior comedy or theatre experience is necessary. Free snacks and free raffle prizes all night long!
Teens must be picked up by 9pm. Teens are allowed to leave as they wish- this is not a "lock-in". However, there are no in-and-out privileges, so once teens leave they are not allowed back in to the event. Questions? Contact Ursula Schwaiger, uschwaig@kcls.org, 206.463.2069.

Adults

Great Books Discussion Group

A Letter Concerning Toleration by John Locke
Monday, February 1, 6:30pm

One-on-One Computer Help

Thursday, February 4 and 18, 7pm
Do you need extra help on the

computer? A KCLS volunteer instructor can give you one-on-one assistance on a drop-in basis. Note: Volunteers cannot provide hardware assistance with your own personal computer.

AARP Tax Help

Tuesday, February 16, 12:30pm
Get free individualized tax preparation assistance provided by trained AARP Foundation volunteers. No age or income limits. Please bring picture I.D., documented proof of Social Security Number, and last year's return as well as any current tax documents. This is a drop in service; registration not required.

Orca Lift/Food Stamps/Health

Insurance Sign Up
Wednesday, February 17, 1:30pm
Presented by King County Public Health.
ORCA Lift is a program that provides low incomes with reduced fares on Metro buses, Sound Transit Link Light Rail and the Water Taxi. (NOT THE WA STATE FERRIES).
What you need to bring: Photo ID from any state or country AND income verification- can be Provider One Card, EBT card, TANF award letter, SSI award letter, L & I statement of worker's comp or Social Security Award letter.
This program is for everyone regardless of immigration status. Assistance available in Spanish.

EVERYONE'S Talking ABOUT IT

88th Academy Awards Preview Party!
Saturday, February 20, 2pm
We all love a good party, especially for the Oscars! In anticipation of the Academy Awards Ceremony to be held on February 28, film historian Lance Rhoades will share highlights and controversies from previous ceremonies, discuss the current nominees, and even offer his own Oscars predictions! Come dressed in your own red carpet outfit if you choose and if you prefer to dress down, that's great too!
Whats on YOUR mind? Join in lively conversations about topics that matter with free programs at KCLS libraries. From pop culture to pot, from education to alternative energy and even elections talk with other community members about what fascinates you.
www.kcls.org

Opera Preview: Mary Stuart by Gaetano Donizetti

Sunday, February 21, 2pm
This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts.

Talk Time Classes

Tuesdays, 6:30pm
Practice speaking English with other English language learners, all levels welcome. Learn about your community and meet people from around the world. Classes are free, join anytime!
Registration not required.

Find us on Skype
Vashon Loop
206-925-3837

Island Epicure



By Marj Watkins

Love that Lamb

Lamb at a reasonable price is already available at Costco. Sheep are always grass fed. You need never worry that lamb comes from an animal that ate GMO food or that they are full of unwanted antibiotics. Besides, lamb meat is lean, tender, and flavorful. One of our favorite Greek dishes is lamb in a lemony sauce thickened with eggs. It’s a high protein dish.

A ragout made with diced and browned 1-inch cubes of lean lamb, sliced onion, sliced or diced carrot, and a broth based on a chicken carcass or out of a can or box, makes a little lamb go farther. If you’re a recipe clipper, you probably have the Arni Ragout recipe published in August of 2012. I’ll repeat it here, in case you missed it before or don’t clip Epicure columns.

Another wonderfully tasty lamb dish is Syrian Lamb with Celery and Lemon. My son-in-law Rich Osborne, the seller of first-quality olive oil, Chipotle salt, etc., brought me a pound of lamb. We’ll be having the Syrian recipe for dinner tonight, the one given me by a Syrian friend, Naseeb Malouf.

- Lamb with Celery & Lemon
- 3 to 4 servings
- 2 Tablespoons butter
- 1 Tablespoon olive oil
- 1 white onion, wedge-sliced

- 1 lb. lamb cut 1-inch cubes
- 2 to 3 stalks celery, sliced
- 2 Tablespoons dried dill leaves
- 1/4 teaspoon black pepper
- 1 bay leaf broken into pieces
- 1 cup chicken broth
- Boiling water to cover
- ½ lemon, sliced
- Salt to taste
- Thickening:
- 2 Tablespoons cornstarch
- 4 Tablespoons cold water

In a large heat butter and olive oil, stir-fry the onions until limp and transparent but still white. Push to one side of the pan or temporarily remove. Add lamb and more oil if needed. Brown the meat on all sides. Stir in onions. Add the celery, bay leaf and dill. Pour in water that has boiled and then simmered down. Add salt and pepper. Add chicken broth and boiling water to cover. Tuck in slices of lemon. Reduce heat to medium-low. Cover and cook slowly until lamb meat is very tender. Check water level every 15 minutes and make sure the pan never goes dry.

Bring up the heat. Stir the cornstarch and cold water to a thin sauce. While stirring, add it to the pan. Serve over steamed rice.

Arni Ragout

Start out as if making the Syrian recipe above. Include a carrot, washed and sliced, but not peeled. Also add 2 garlic cloves, sliced. Sauté. Add 2 cans of condensed chicken broth plus water to cover. Cover. Simmer until meat is tender. Increase heat slightly. Stir in thickening above. Continue stirring until the sauce thickens and clears. For a richer sauce, 1/2 cup tomato sauce, or 1/4 cup tomato paste may be stirred in near the end of cooking time. Serve over rice or pasta.

Waldren Designs LLC
Awarded Best of Houzz 2016

Waldron Designs, LLC of Vashon Island has won “Best Of Design on Houzz®, the leading platform for home remodeling and design. The quickly growing design firm was chosen by the more than 35 million monthly unique users that comprise the Houzz community from among more than one million active home building, remodeling and design industry professionals.

The Best Of Houzz is awarded annually in three categories: Design, Customer Service and Photography. Design award winners’ work was the most popular among the more than 35 million monthly users on Houzz. Customer Service honors are based on several factors, including the number and quality of client reviews a professional received in 2015. Architecture and interior design photographers whose images were most popular are recognized with the Photography award. A “Best Of Houzz 2016” badge will appear on winners’ profiles, as a sign of their commitment to excellence. These badges help homeowners identify popular and top-rated home professionals in every metro area on Houzz.

“We are so honored to receive this recognition two years in a row, and have our wonderful clients to thank for providing such excellent feedback and support!” said Rachel Waldron, owner and designer at Waldron Designs.

“Anyone building, remodeling or decorating looks to Houzz for the most talented and service-oriented

professionals” said Liza Hausman, vice president of Industry Marketing for Houzz. “We’re so pleased to recognize Waldron Designs, voted one of our “Best Of Houzz” professionals by our enormous community of homeowners and design enthusiasts actively remodeling and decorating their homes.”

Follow Waldron Designs on Houzz

About Waldron Designs

Launched in 2012, Waldron Designs is a three-time award winning design that creates relaxing spaces to reflect your personality with sophistication. From interior architectural design to fixtures, finishes, and furnishings, we take the guesswork out of creating your oasis. We lend our passion and expertise to create your paradise.

About Houzz

Houzz is the leading platform for home remodeling and design, providing people

with everything they need to improve their homes from start to finish – online or from a mobile device. From decorating a small room to building a custom home and everything in between, Houzz connects millions of homeowners, home design enthusiasts and home improvement professionals across the country and around the world. With the largest residential design database in the world and a vibrant community empowered by technology, Houzz is the easiest way for people to find inspiration, get advice, buy products and hire the professionals they need to help turn their ideas into reality. Headquartered in Palo Alto, CA, Houzz also has international offices in London, Berlin, Sydney, Moscow and Tokyo. Houzz and the Houzz logo are registered trademarks of Houzz Inc. worldwide. For more information, visit houzz.com.

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New Sponsor for
Enhanced Fitness Class

In a move to save the Enhanced Fitness class for seniors, the non-profit organization Rj’s Kids became the new program sponsor as of January 1st this year.

Due to major funding cuts from the United Way of King County the Vashon Senior Center could no longer afford to run the class. Judith Neary, Rj’s mother and founder of the non-profit said, “In keeping with Rj’s motto of helping where and whenever needed, Rj’s Kids took over the sponsorship because we didn’t want island seniors to miss this valuable opportunity.”

Enhanced Fitness is a nationwide, award winning program that was designed by Senior Services (now named Sound Generations), Group Health and the University of Washington that began in 1993. It’s described as an “evidence based” class that has undergone scientific evaluation with proven holistic results.

Scientific data from the original study show that participants realized positive

results in several key areas:

- 13% improvement in social function
- 52% improvement in depression
- 35% improvement in physical functioning
- Significant reduction in re-hospitalizations and overall increased health
- Enrollees who attended EF an average of one visit or more per week had lower adjusted total healthcare costs in year one of the program.

Classes are more like four classes-in-one incorporating strength training, flexibility, balance, aerobic & cardiovascular exercises. Ramon Ontiveros, Rj’s father, has been teaching the class since last summer. He said he’d love to see more participants join the fun on Monday, Wednesday and Friday from 12:45 - 1:45 pm at the Vashon Park District Ober Park performance room. The cost is \$48.00 for 12 sessions and it’s one of the few exercise classes covered by Group Health benefits.

Road to Resilience

Continued from Page 1

around \$35, and NO MONEY FROM WALL STREET.

3) Don’t think that a vote for Clinton will mean a safe transition to another Democratic presidency. Hatred for Hillary is deep and long standing, maybe even worse than that for Obama. A lot of hatred for Obama is because he is black, but Hillary will get the same treatment because she is a woman. A lot of Democrats, like me, are also very unenthusiastic about her. In 2012, a significant number of the people that felt like Obama let them down did not vote. Less than 50% of the electorate voted that year. Hundreds of thousands of those discouraged voters, potentially many millions, have jumped back into the political process because of the obvious sincerity and honesty of Bernie Sanders. If we can get the nomination for Sanders, those people will vote, and whenever the discouraged voters vote, the Democrats win by a landslide. Polls already show that the anti-Hillary faction could throw the election to the Republicans. In most of the polls, Sanders beats

the Republican candidates by a much bigger margin than Clinton.

4) One could say that even if Sanders gets elected, he is only one guy and Congress will be the same. However, if Sanders gets elected, it will be because he has empowered a huge base of people who will have definite hopes and expectations. Chances are good that the down ballot candidates for Congress will benefit from Sanders on top of the ticket. That activated electorate would exert pressure on their Congresspersons. Jim McDermott mentioned years ago that the first task of a newly elected congressperson is to start raising money for the next election. That promised cash, or threat of lack of it, is what keeps them in line with Wall Street priorities. If, on the other

hand, they see that a successful presidential campaign can be run without accepting any Wall Street money, a lot of congress could be emboldened right away to pass on future Wall Street money and vote their conscience.

I know that we tend to dislike change and are more likely to take the bird in hand rather than the two in the bush. To fail to get Bernie nominated is a failure of courage and imagination, in my mind, and would not be a great moment in our history. In that eventuality, I will be reluctant to vote for Clinton even if Bernie supporters encourage her to take a more independent stance from Wall Street. I’m sure she is basically a good person and wants to do what is best. The question is, whose priorities will prevail?

Comments?
terry@vashonloop.com

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Live Comedy

With headliners

Emmett Montgomery & Travis Nelson

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! He 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 capture 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.” 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)

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

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

Friday, January 22, 8:pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

OneNiteStand

& The Sirens



OneNiteStand is gaining ground with more rocking tunes and incredible vocals by Terri Cole – the good news is, they’re ready to show off the new polish! This band is ‘nothin’ but rock & blues with the emphasis on classic rock tunes as well as some originals sprinkled in there. Terri’s voice certainly fits the bill of a powerful entertainer and vocalist! You’ll be saying “Oh yeah!” when you hear them! Can Blues/rock be this much fun? It is for the players and it will be for you when you join this band of musicians who will be playing the Red Bike on February 5, 2016.

They’ve all got blues chops, from growling it to flat-out rockin’. And wait ‘til you hear Terri! She has pipes like nobody’s business. The band will knock your shorts off and leave you crying for more. They’ve been playing for a long time and have musical histories too long to mention here. The all-island players present a nice mix of talent:

- Luke’s guitar screams the blues like a down-hearted frail and goes raw at just the right times. And when he sings, he

knows most of the words too. Amazing!

- Our horn section of Slab and Adrian will pump out harmonies, solos and general foolishness if prompted.

- Gib, well, has that strong backbeat that keeps things smoking as he’s laying down the beat.

- Percussionist Fletcher creates those additional rhythmic pulsations that enhances Gib’s driving sounds

- Ainslie lays down our bottom end with enthusiasm and oomph!

- Terri will blow you away with the power and clarity of her great voice!

You’ll love OneNiteStand and you won’t forgive yourself if you miss this. February 5th, 2016 starting at 8:30pm. See you there!

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

Friday, February 5, 8:30pm
Free Cover!
At the Red Bicycle,
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Heart of Vashon: Telling Our Story

Continued from Page 1

listen, respond to what really matters about living on Vashon – and the original seed ideas for this project)

- V a s h o n - M a u r y Island Heritage Association (encouragement and support to create a contemporary archive of this project for the Vashon Heritage Museum collection)

And, of course, Shirley – always Shirley. Thank you!

All submissions and everything created for the project will be collected into an archive for the Vashon Heritage Museum, adding contemporary material to the Museum’s collection.

Heart of Vashon: Telling Our Story is sponsored by Vashon Allied Arts, Vashon-Maury Island Heritage Association, All Island Forum and Voice of Vashon.

Heart of Vashon: Telling Our Story
Sunday, January 24, 3 pm & 7 pm
Vashon Allied Arts
\$14 Member/Student, \$16 Senior, \$18 General
Tickets: VAA
www.VashonAlliedArts.org

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Editor@vashonloop.com

Lelavision



By Emily Browne

Photo by Michelle Bates

Music, dance, science, research, experimentation and PLAY--Lelavision creative directors Leah Mann and Ela Lamblin meld all these elements to create fun, unique and beautiful performances. Lamblin creates the instruments used on stage in their Vashon Island studio alongside choreographer Mann. Dance and music inform each other--sometimes the dance is created to serve the instrument, and sometimes movements and dance inspire the instruments.

Their instruments are often large scale and completely unique. The first instrument Lamblin made in the studio was the Stamephone--a large plant-like instrument that took years to learn to play. Both a musical element in the performance and a prop in the choreography, the instruments are always interactive.

While performing, Mann and Lamblin move in, around, through and alongside the instruments in a way that is not, but suggests a narrative. "But", says Mann, "human brains want to make sense of what we see, so stories emerge."

For the past seven years, Mann and Lamblin have collaborated with scientists at Emory University in Atlanta, Georgia, to explain and excite young people about natural sciences through their performances. They have participated in experiments in super genetics, pollination, artificial photosynthesis and HIV/ AIDS. They also worked with nurses and activists for World AIDS Day to help raise awareness.

The performances planned for VAA showcase some of Lelavision's experimental work. Wheels with crutches for spokes may roll through the crowd--and keep an eye out for the neon glow of pickles charged with electricity in a new instrument, the Pickleodian!

- by Emily Browne
Family Series
Lelavision
Saturday, January 23, 10:30 am & 7:30 pm
Vashon Allied Arts
\$14 Member/Student, \$16 Senior, \$18 General
Tickets: VAA, VashonAlliedArts.org

Art History Talks: Kathe Kollwitz

By Rebecca Albiani

Kathe Kollwitz was one of the great graphic artists of the modern era who created masterpieces using drawing, etching, woodcuts and lithography.

She limited her artistic practice almost exclusively to drawing and printmaking for the same reason she was chosen for this year's series: she wanted her work to speak to the widest possible audience.

Kollwitz's husband was a physician in a working-class quarter of Berlin and she wanted to heal souls just as her spouse healed bodies.

Inspired by politically-motivated prints from earlier artists, Kollwitz's first major series of etchings depicted starving weavers driven to revolt. A later series took the 16th-century Peasants' War as its subject and her haunting nocturnal image of a mother with a lantern searching a battlefield for her son's corpse prefigures the personal losses she would suffer in both world wars.

After World War I, Kollwitz placed



her skills at the service of pacifism in the hope that art could eventually prevail over war.

Art History Talks
Kathe Kollwitz
Thursday, January 21, 1 pm
Vashon High School Theater
\$14 Member/Student, \$16 Senior, \$18 General
Tickets: VAA, VashonAlliedArts.org

Love Duets IV

After the amazing success of the last three year's events, Allison and I are planning a show that will celebrate the most romantic day of the year, Valentines Day. We're having it a little early this year to really get everyone in the mood for their special night with their loved ones. It will be at the Red Bicycle Bistro & Sushi. This will be a Vashon Events benefit show.

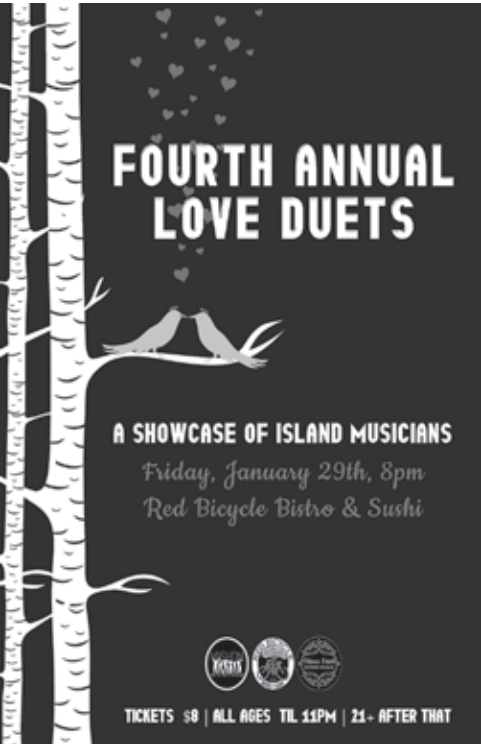
The show will be called "Love Duets IV."

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

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

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

Some of the "duets" signed up so far:
Allison Shirk & Matt Wilson
Marita Ericksen & Lauri Hennessey
Camille & Gus Reeves
Rusty Willoughby & Jennifer Sutherland
Maya Battisti & Majiah Sanson-Frey
Scott Durkee & Andrea Walker



Chuck Roehm & Paul Colwell
JD & Kristy Hobson
Trina Willard & Charlie Asmus
Rebekah Kuzma & Andy James
Louis Mangione & Kevin Kim-Murphy
Gregg Curry & Maya Battisti
\$8 suggested donation.
All-Ages 'till 11pm 21+ after that.

Friday, January 29, 8pm
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