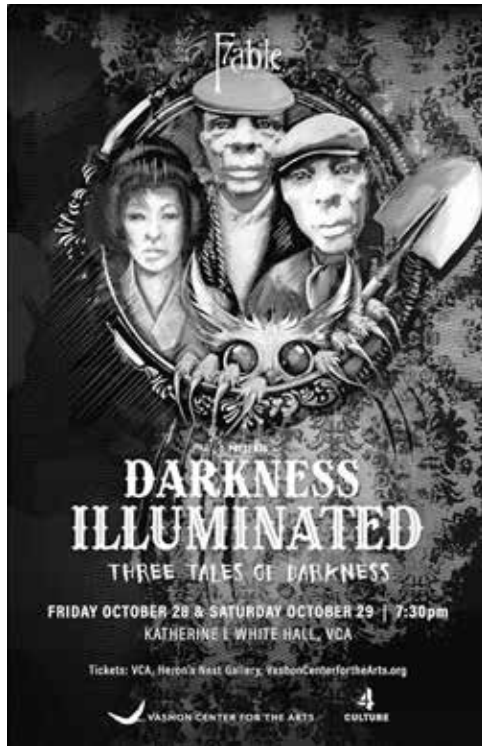


Darkness Illuminated: Tales of Darkness

Fable Collections presents “Darkness Illuminated” in which handcrafted puppets, puppeteers, actors and musicians share the stage to tell three tales of darkness. Expect monsters and beasts to come to life as each grisly saga unfolds. Local artists experiment with blurring the lines between dreams and reality to keep you on the edge of your seat.

The stories, adapted for the VCA stage in two mature audience only shows, October 28 & 29, are from Appalachia, Ireland and Japan. The artists joining together to tell these classic tales include John Browne, Jyl Brewer, Dmitri Carter, Sandra Cooper, Monica Gripman, Bernadette LaCarte, Nicole Meoli, Pablo Paeni, Michael Shook, Chai St. Marie, Craig Sutherland, David Marine, Leslie Zenz, Stan Voynick and more.

Vashon artist Monica Gripman, known for her wildly imaginative felted sculptures, is creating the show’s puppets in collaboration with master puppeteer Dmitri Carter from Northwest Puppet Center in Seattle. “Each of my



felted sculptures seem to have their own personality. I have watched people having conversations with them and waiting for them to move. This is my

Continued on Page 8

The Road to Resilience Revisiting Peak Oil

When I started writing this column years ago, it was intended to be a voice for the Transition Vashon group. We were espousing the need to plan for decreasing energy use due to the dangers of CO2 concentration and consequent global warming, and the arrival of peak oil. Peak oil is the point at which a finite geographical area has pumped out half of its total supply of known oil reserves after which production will decrease year after year. The idea was put forward by M. King Hubbert in the 1950s. He predicted that the US would hit peak oil around 1970. His theory gained credibility when the US peak appeared to have occurred around 1973. He predicted that global peak oil would occur around 2000. Credible estimates now put the date somewhere between 2000 and 2040, with most estimates ranging from 2005 and 2020.

The problem with experiencing peak oil is the economic stagnation that occurs if alternative energy supplies are not available. Our entire civilization runs on oil. All manufacture, transportation, food production, and technology depend on it. At peak oil, we are only at the theoretical halfway point in the depletion of our supply, but decreasing supply, the theory said, would raise the price of oil and, therefore, the price of practically everything else. The need to move away from petroleum to avoid severe climate change is obvious. The changes required will entail a huge investment in research, redevelopment, and new

By Terry Sullivan,

infrastructure. Peak oil was seen as an increasing impediment to making those changes by raising costs and generally destabilizing our economic and political bases.

As little as five years ago, the prospect of steadily increasing oil prices appeared to be working in our favor by encouraging us to conserve energy, develop renewables, reinvent local economies that would starkly lower transportation needs, thus making us all more resourceful and resilient to shocks in the wider world.

What has happened since has surprised all of us. We knew that the higher extraction cost reserves, such as tar sands, oil shale, and such would come into production when the price of oil was high enough. The price rose and domestic production of hard to get fossil fuels began. On the good side (from a transition perspective), prices at the pump were above \$4/gal, and we were buying more efficient vehicles and driving less. On the bad side, the extraction of these dirty and energy intensive tar sands and oil shale was causing a good deal of environmental damage. What we didn’t foresee was the fracking boom. Nobody in their wildest imagination expected that the US would become a fossil fuel net exporter once again. In just the last three years, US oil production, which was not expected to increase much, if any, ever again, has gone from under 2 million barrels per day to almost 3½ million barrels per day, only a bit less than the all-time highs achieved at the so-called peak

Continued on Page 9

The “Spaciest” Fur Ball Ever

Calling all Vashon Island pet lovers to sip, dine and bid your way through an “out of this world” evening that will entertain and inspire.

Blast off with sparkling wine followed by a spectacular silent auction, entertainment, live auction and dinner.

Our inter-stellar auctioneer Laura Michalek will be helping us soar to new fundraising heights during our live auction with her trusted co-pilot and Master of Ceremonies Geoff Fletcher.

Your journey includes small bites and dinner prepared by our own galaxy-renowned chef B J Duft and Herban Feast, prepared and served family style for you and your crew.

Cosmic costumes and festive attire are always welcome and encouraged.

“We are incredibly excited about this year’s Fur Ball, the Spaciest Fur Ball ever,” said Geoff Fletcher, President of Vashon Island Pet Protectors (VIPP) and the emcee for yet another year. “The Fur Ball is an incredibly fun and exciting event, but it is also extremely important for VIPP as it provides approximately 40 percent of our annual revenue.”

This exciting fundraising event supports VIPP’s mission to provide a no-kill, non-profit 501c3 animal rescue organization run by compassionate and dedicated volunteers. Vashon Island Pet Protectors “VIPP” is a thirty-one-year-old organization whose primary objective is to make sure there are no homeless pets on the Island.

We would greatly appreciate an auction donation to make the night a



success: a fine bottle of wine, a unique experience, a gift basket, certificate, professional services and/or travel getaways extraordinaire! To acknowledge your generous tax deductible* donation, your business or name will be listed in the auction catalogue and highlighted at the event to all attendees. You can also advertise, sponsor, captain a table or buy tickets to enjoy and support the organization.

Tickets for this event sell out quickly so purchase your tickets or assemble your

Continued on Page 6

Some’tet & KVSH Celebration



Some’tet - Shelly Hanna photo

It took the members of Vashon’s popular Some’tet band three years to create their first CD, and they’re celebrating its release Friday, October 14, at the Red Bicycle Bistro and Sushi Bar.

It took Voice of Vashon 14 years to get an FM broadcasting license, and they’re celebrating the second year of KVSH 101.9FM community radio Friday, October 14, at the Red Bike.


Together, Some’tet and KVSH (Voice of Vashon) will celebrate the culmination of five years of musical magic – and the entire community is invited to the party.

The evening starts at 8:00PM with emcee Jeff Hoyt telling the two stories – Some’tet’s rise to fame and VoV’s journey


to its current status as one of the nation’s most vital and diverse community FM stations. Then the incomparable live music begins.

Some’tet is a band that’s been filling Island venues and islanders’ hearts for three years, leading them to be Some’tet-one of the most popular performing groups around. The band includes Michael Whitmore on nylon strings, Barry Cooper on trumpet/flugelhorn, Dianne Krouse on sax/clarinet, Patrick Christie on upright bass, Dodd Johnson on percussion and jazz vocalist Christine Goering. Their music is both composed and improvised. The overall sound is mellow, almost west coast cool, with

Continued on Page 8



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 can help you live in your dreams.



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Oct 13 -- TV Auction: Dell 50" plasma flat screen, external tower speakers. Bid Start \$75

Oct 27 -- Shop at Granny's for the holidays

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Donations Hours:
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Loose Change is now booking for your summer parties.
We have dates available
Call Troy @ 206-794-9451

Now Playing Kubo and the Two Strings



Coming soon
GreenTech & VOV Present Then and Now Encore Tues., Oct 18 6pm
Magnificent Seven Starts Oct 21.
GreenTech & DoVE Present Audrie & Daisy Starts Tues., Oct 25 6pm

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

For show times and info check www.vashontheatre.com

neighborcare health

at VASHON

THANK YOU, VASHON!

We are incredibly grateful for your outpouring of support to Save Our Clinic. The new medical clinic is now open!

Together we are ensuring islanders have access to quality health care close to home, regardless of insurance or income status.

With gratitude,
Neighborcare Health



NEIGHBORCARE HEALTH at Vashon | 206-463-3671
10030 SW 210th St at Sunrise Ridge | neighborcare.org

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

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 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.

Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for October 11 at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

Find us on Skype
Vashon Loop
206-925-3837

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

Death Cafe

Death Cafes are part of a global movement to increase awareness of death with a view to helping people make the most of our (finite) lives. The Death Café model was developed by Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz. Death Cafes have spread quickly across Europe, North America and Australasia. As of today we have offered 2398 Death Cafes since September 2011. If 10 people came to each one that would be 23,980 participants. We’ve established both that there are people who are keen to talk about death and that many are passionate enough to organize their own Death Café.

We gather in a relaxed setting, as people who are aware that one day we are going to die, to discuss death, drink tea and eat delicious treats. When we acknowledge that we are going to die, it falls back on ourselves to ask the question, “Well, in this limited time that I’ve got what’s important for me to do?”

At a Death Café people, often strangers, gather to eat cookies, drink tea and discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafes are free from ideology-no one should lead others towards any conclusion about life, death or life after death, apart from you own thoughts. Death Cafes are safe and nurturing, which includes offering refreshments. Death Cafes are accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. Death Cafes are non-profit and non-commercial. Death Cafes are confidential. No individual stories should be retold.

Death Cafe At Vashon Intuitive Arts on Sunday, October 23 from 1:30 to 3 PM at Vashon Intuitive Arts

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Parker Plaza * P.O. Box 229
Bankruptcy -- Family Law
463-6711

Advertise in the Loop!

It’s a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out October 27

Jami Sieber in Concert

On Friday, October 14, Jami Sieber (electric cello and voice) returns to Vashon for a concert with Nancy Rumbel (oboe and ocarina), 7:30 PM at VHS Theater.

Jami’s music is unique. Employing electronics and looping techniques to create sounds never before associated with the cello, she transforms her solo instrument into an orchestra of sound that opens the heart, defies the mind, and at times, sets the body dancing.

Tickets available at Vashon Intuitive Arts, Vashon Bookshop; online at Brown Paper Tickets. Advance: \$18 general; \$15 seniors/ students/ WWRL members. At the Door: \$22

The Future of Surface Water Management, Services and Fees

Join John Taylor, Interim Director of King County’s Water and Land Resources Division, to hear about what King County is doing to protect water quality through state and federally required pollution prevention programs and what the future needs are, via Surface Water Management fee assessments, to continue funding these efforts in the face of the county’s rapid growth and development.
Monday October 17th at 7pm at McMurray

Life Drawing at the Grange

The first drop-in Life Drawing studio of the fall season begins 6:30-9:30 pm on Thursday Oct. 13 at the Vashon-Maury Grange Hall, 10365 SW Cowan Rd. The studio will take place every 2nd and 4th Thursday (except Thanksgiving). The cost is \$15 per session, no registration required.

Live model, short and medium poses. Benches, boards, and lights provided. Bring your own drawing or painting materials. All levels of skill and experience welcome for this friendly, informal, uninstructed studio. Contact phone 206-567-4548.

Town Plan Forum

Thursday, October 20th from 6:30 - 8:30pm at McMurray

Come hear about our Community’s 20 year plan. King County is looking for comments and suggestions on the first draft of the Island-wide plan.

If you can’t attend, you can still provide input on this plan. Simply call Bradley Clark, your King County planner, at 206-477-2449 or email him at Bradley.Clark@kingcounty.gov. You can also visit www.kingcounty.gov/permits then click on “Community Service Area Plans”.

Rainbow Bingo!

Vashon Senior Center is thrilled to announce the return of BINGO! But this isn’t your grandma’s bingo.

The Center is bringing back Bingo but with a big, fun twist. Not only will you get a chance to win cash there’s also very – shall we say? – colorful Bingo callers to entertain you and your friends.

Have you seen the colorful posters around town advertising Rainbow Bingo? Rainbow Bingo is like regular Bingo except it’s a party! And in addition to having snacks, beer & wine for purchase there’s also rainbow and Margarita jello shots!

The first Rainbow Bingo’s theme will be “Woodstock Revisited” so break out your tie-dye and hip hugger wide legged jeans. You’re not going to want to miss the first guest Bingo caller and Mistress of Ceremonies Sylvia O’Stayformore with her pal Aunt Betty.

Your \$18 admission includes 10 regular Bingo games. Get your tickets for Saturday, October 28 at the Vashon Senior Center on Bank Road. Doors open at 6pm and the fun starts at 7pm. “Spooktacular” -costumes encouraged.

Mark your calendars and be sure to get your tickets ahead of time for what promises to be an evening of fun & frivolity.

And remember this definitely isn’t your Grandma’s Bingo... although you never know, you may see her there!

Next Edition of The Loop Comes out Thursday October 27

Deadline for the next edition of *The Loop*
Saturday, October 21

The Vashon Loop

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Our Homestead



The Mattson farm. That's my grandmother Ada, on the left.

Our great-grandparents came from Denmark in 1892 and moved from Wisconsin to Portage in 1906 where Nels Mattson bought 300 acres that extended from the Portage store to the towers at KIRO and down to Luana beach. Over the years this property has shrunk to a couple of lots and a house on the beach.

Two of his sons, John and Jim had chicken farms on the property, a third son, Dr. Bill Mattson was a top flight surgeon in Tacoma and operated a tuberculosis sanitarium at Portage, which later became Holy Names Villa and grandma Ada wouldn't allow us kids to watch the nuns bathing, it wasn't really bathing because they didn't swim around much, only cavorted in the water and splashed each other. I know, because we were watching from the bushes. They all wore white bathing caps and swam in black wool bathing suits because the water could be frigid.

Nels Mattson was a farmer, faith healer and fundamentalist preacher. His wife Christine could neither read nor write, spoke only Danish and signed her name with an "x".

Aunt Pat remembered the black horsehair recliner that he kept for his patients in the big white house on the hill.

Mrs Smith was an early school teacher and Nels built her a house which is still standing at the "Y" at Portage.

Nels and Christine had eleven children and our Grandma Ada had five children and 23 grandchildren making Portage prolific with Mattsons, Malones and Carahers. In 1950, there were 50 relatives living at Portage.

We called our Grandfather, Papa Jim. He built a beach cabin in 1920 or thereabouts, which has become our

homestead. It's on a rock bulkhead right above the tide, where one feels quite close to the waves and the tide times out your day. The original cabin remains, so it's easy to realize "Papa Jim" showing us how to make a quarter stick to the ceiling. Cousin Jim said: "There is a tack glued to the backside of the quarter which kept it stuck to the ceiling." Well, that took the mystery out of the trick.

Papa Jim spent years teaching his grandchildren how to box, sometimes even the girls. For 70 years he was writing a book that was never published: "The Manly Art of Self Defense." The sub-title read: "Mothers of America, protect your sons from unscrupulous men who would do them harm."

As kids, we didn't always give a lot of "heed" to Papa Jim's teaching. We were always laughing and cutting up, so he would have us do push-ups for punishment. He would demonstrate a one handed push up where the weight of his upper body would be supported on the extended fingers of one hand; then he would switch hands in the air, clapping as he did it and do it to the other side.

We practiced boxing with 16 ounce gloves so nobody would get hurt; we made fun of them, calling them pillows, the pro gloves were half their size. None of us went on to box professionally like he had, but it taught us coordination and how to keep our balance while waiting for the next blow of a glove. Papa Jim said he won the middle weight west coast championship in the early part of the 20th century. It could have been and was probably true.

His colors were red and green. Though his house was grey, all the trim was red and the string of lights across the front yard to the tent was red and green; hence his colors.

The tent was a tar paper shack, though I don't know why we called it a "tent." The light could be seen coming through the cracks between the hand-split shakes. It was a miracle when it rained and the roof didn't leak.

A scary white cow skull hung above the door. It had two light bulbs for eyes, one red one green, Papa Jim's colors. The tent was mostly used for naps for the youngest because it was quieter.

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

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

Permaculture Workshop

This fall on Vashon, Luke Currier, a Permaculture designer and educator from Duluth, MN will be leading a workshop on permaculture. This workshop will be helpful to people at any level of permaculture knowledge, from beginners to well-read certified designers, the theme of this workshop will revolve specifically around fruit-tree production and will be hosted by The All-Merciful Saviour Monastery south of Dockton.

The presenter, Luke Currier is a lifelong gardener with experience in orchard management, animal husbandry, landscaping, and sustainable forestry. He has a Permaculture Design Certificate (PDC) through Midwest Permaculture, and is completing advanced permaculture training at Chaga House in Duluth, MN. In addition to his permaculture certification he holds a BA in Theology from St. Katherine College in San Marcos, CA, as well as an MA in Social Justice from Kilns College in Bend, OR.

Permaculture is a word that means "permanent agriculture," but in order

to have a permanent agriculture, a permanent culture is also necessary. After all, what good is food if people don't recognize it or use it as such? Permaculture deals with all relationships: spacial, functional, personal, utilitarian, etc. to help design human food production and living spaces, while also decreasing work, restoring the natural environment, building soils, purifying water, and much more. These perennial-based systems are useful to humans, livestock, and wildlife.

There will be an introductory talk on Friday night, November 18, to get everyone up to speed. Saturday the 19th will be an in-depth look at fruit trees, pest management strategies, harvest, preservation, and much more. It will be a mixture of lecture and hands-on experience. Monday the 21st will be a focused earth works and planting day to help the monastery increase fruit production.

For more information, please contact The All-Merciful Saviour Monastery at: (206) 463-5915.

Defeating Racism Today: What Does It Take?

Does the eradication of racist laws really combat institutionalized racism? How does subtle and sometimes hidden institutionalized racism affect the citizens, economy, and future of Washington state? Abram talks about the history of racism and how it affects specific groups in our society today. She explores how the painful experiences of Jim Crow laws and slavery might ultimately support the pride and achievements of contemporary generations of African Americans. She also discusses how the invisible divide of racism – fed by both knowledge and ignorance – continues to exist despite progress to eradicate it made in recent decades. Conversation and cooperation can inspire progress and action to defeat that divide, and during this discussion, Abram makes suggestions on how to achieve that goal.

Eva M. Abram has performed in schools, theatres, and history museums throughout the northwest. As an actress, public speaker, and avid lover of history, Abram writes and performs stories about people and events that have shaped our state and our nation. Using the crafts of acting and storytelling, she creates dramatic presentations that explore race and race relations. She presents compelling, little-known stories of

VASHON CENTER FOR THE ARTS

DEFEATING RACISM TODAY:
What Does it Take?



A conversation about institutionalized racism, and what can be done to eradicate it.

Eva Abram
Actress and Storyteller,
Sharing American History
from an African-American
perspective.

Thursday, October 20, 7 pm
Katherine L White Hall, VCA
FREE ADMISSION

humanities
WASHINGTON

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Sustainable Vashon
www.vashoncenterforthearts.org

African Americans as well as stories that examine how business, government, and public policies affect social practices.

Co-presented by Vashon Center for the Arts, Humanities Washington and Sustainable Vashon.

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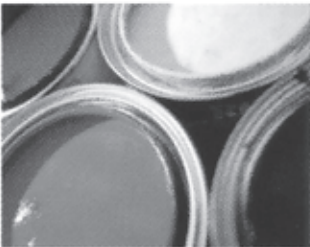
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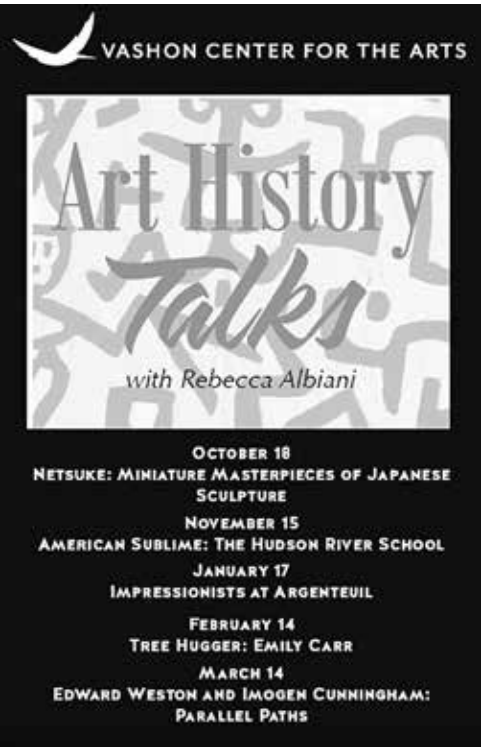


Art History Talks with Rebecca Albiani

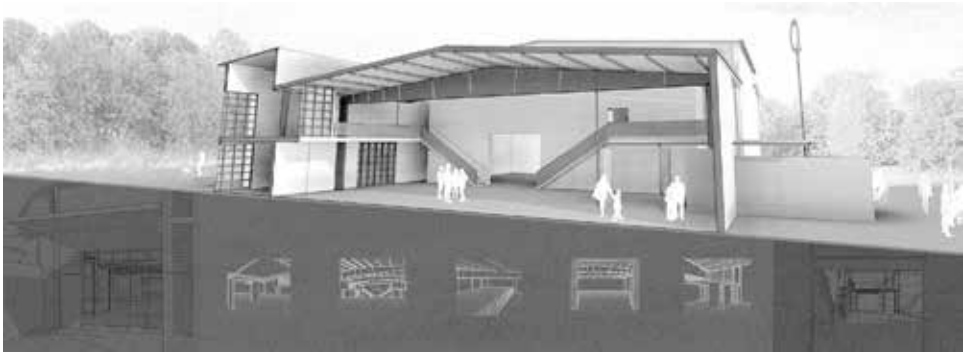
Nature has been an irresistible subject matter for artists ever since humans began painting bison on cave walls. This series will explore how a range of artists have taken on nature-inspired themes.

Originating in 17th-century Japan as toggles for the silk cords attaching utilitarian objects to pocketless kimonos. These tiny, elaborately detailed carvings, often featuring animals or other natural objects, became status symbols in the Edo period.

5-Talk Series
\$60 VCA Member/Student, \$70 Senior, \$80 General
Individual Tickets
\$14 VCA Member/Student, \$16 Senior, \$18 General
Tickets: VCA, The Heron’s Nest Gallery, VashonCenterfortheArts.org
Tuesday, October 18, 11:30 am
Art History Talks with Rebecca Albiani. Netsuke: Miniature Masterpieces of Japanese Sculpture



Open Space Open House



Rooted in the heart of the community we serve, Open Space is where Vashon gathers to celebrate the bond between arts and community. Inspired by the creative, compassionate and ‘can do’ spirit of our island home, we co-create extraordinary artistic and community building experiences that enrich and inspire all involved.

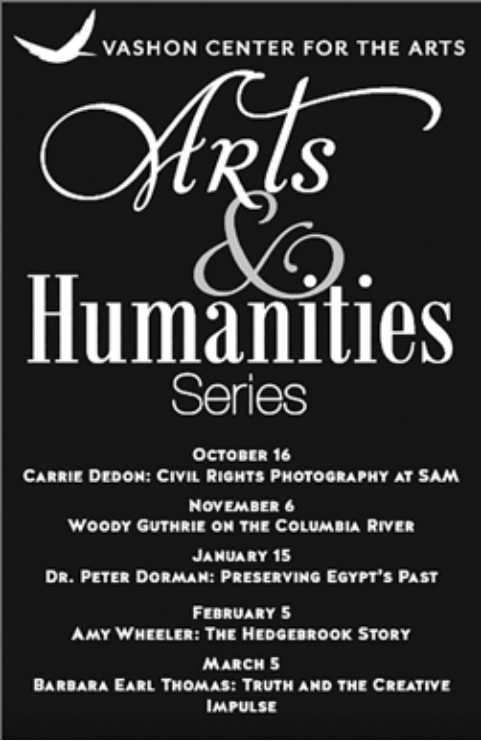
We are excited to share our Renovation plans with Vashon! Please join us at one of our October Open House events - Saturday and Sunday, October 22 and 23, 2pm to 4pm - to learn about our exciting plans to make an even better, more comfortable Open Space. Look, listen, ask, comment - help us shape how we use our new spaces.

A sneak peek: our two existing, connected warehouse buildings will be converted and upgraded into a community arts facility that is fun, festive and fabulous. In addition to revitalizing the Grand Hall, a new 100 seat Black Box will be created in what is now the Community Hall space. This new space will provide a more intimate experience for the performers as well as attendees. The scope of work also includes new HVAC, new restrooms, a new entryway, new classrooms, and more.

Open Space / Open House
Saturday and Sunday,
October 22 & 23, 2 - 4pm

The Civil Rights Movement of the 1960s saw major gains in the struggle to end segregation and discrimination against African Americans, as well as many other marginalized groups. The Seattle Art Museum’s (SAM) exhibition Go Tell It: Civil Rights Photography features major works from the collection by artists including Dan Budnik, Danny Lyon, Roy deCarava, Robert Frank, Gary Winogrand, Marion Post Wolcott, and others. Whether capturing the inequalities of Jim Crow-era segregation, documenting keystone moments and leaders of the movement, or exposing the racial injustices that continued long after desegregation, these artists used documentary photography as a tool for activism and to bear witness to the battle for equality. SAM curatorial assistant and exhibition curator, Carrie Dedon, takes us on a tour of this important exhibit, whose struggle still resonates to this day.

A&H 5-Talk Series
\$95 General; \$85 Senior; \$75 VCA Member/Student
Individual Tickets
\$20 General; \$18 Senior; \$16 VCA Member/Student



Tickets: VCA, The Heron’s Nest Gallery, VashonCenterfortheArts.org
Sunday, October 16, 7 pm
Civil Rights Photography at SAM

Punky Needs A Home...

I’m a fancy cat called a torbie, which is short for tortoise-shell tabby. Some people say torbies are Mother Nature’s idea of abstract art. Although my good looks are always in season, the orange part of my fur screams autumn, wouldn’t you agree?

Folks at the shelter say I’m chatty and affectionate. I’ll greet you at the door and tell you all about my day. Full disclosure . . . I’m not a fan of dogs and other cats. Let’s face it, I’m a people cat. Are you my cat person?



Go To 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 for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085



Spiritual Smart Aleck

First World Reflections

I was carrying a big sloppy bowl of compost out to the heap in the back yard this morning when I noticed that now that we eat a mostly vegetarian menu, the compost looks a lot like the food. It was one of those sobering moments when I paused to consider that what I throw out as waste here would in some places be considered a meal.

I have heard of people in other parts of the world who eat only every other day so they can pay for their schooling, or simply because they can only afford to eat every other day.

Which got me thinking about all the foods we eat or drink that are in some stage of decay. How do you suppose people got started looking at things that were rotting, tasting them, and saying, okay, I'm going to call that food? I'm going to go out on a limb and suggest that rotting things became classified as food because people were hungry.

It is not rotting anymore, but fermented, or aged, or cured. Thus we have sauerkraut, kim chi, kombucha, alcohol, and all the decaying milk products. Yum.

It came to my attention recently that there is a push to enlighten people on the beneficial effects of fermented foods. Yeah, okay, fine. I am old now, and cranky. All right, crankier. I have seen many food fads come and go. "You must eat this." "You must not eat that."

I have heard of the evils of trans-fats, nitrites, nitrates, sugar, soft drinks, diet soft drinks, dairy, meat, processed meat, processed anything, yeast, gluten, too many/not enough calories or carbs or fats, not enough water, and so on. If a human being has eaten or drunk it, some other human being has figured out why no one should eat or drink it.

These food rules and prohibitions seem like a first world problem to me. We have so much food we can turn up our first world noses at things we are told we should not ingest. Pretty nice for us, huh?

Presently I am stony broke, but I am stony broke on Vashon Island. I have a home. I have a car. The car has gas in the tank.

I have food in the cupboard. I throw rotting food into the compost. I go to the food bank up on the hill once a week and pick up a couple of bags of groceries. The people at the food bank are really nice.

I have clean safe water to drink, and I don't have to walk anywhere with a bucket or barrel to get the water and carry it home. It comes right into my house in



By Mary Tuel

pipes, and I can have water any time, some of it hot, by turning on a faucet. Wow.

Granted, sometimes the water service is interrupted, and sometimes we get told not to drink the water without boiling it, and sometimes the hot water heater needs to be replaced. What a pain.

It's first world pain, people. If a pipe breaks here and you lose your water, there are people working frantically day and night to fix the problem and get the water back on. Or maybe you are the one who has to do the frantic work on your little water system, so not so far from the third world, eh?

I have a dog and a cat. I keep animals for affection and companionship rather than for food.

While I do worry about money, it's more gentle being poor in this time and place than it would be in a lot of other times and places. Plus, lots of things have happened in my lifetime which were worse than running out of money, which gives me some perspective.

When I was young I was often broke, and had to learn how to survive without a lot of money. I'm re-learning some of those old skills, and continuing some behaviors that have worked for me all the way along, like sitting on the kitchen porch, watching the birds, and listening to the breeze in the tall trees. The cat's in my lap, kneading and drooling. The dog is out there lying in one of the year's last warm patches of sunshine. She is feeling all the bliss of a short-haired dog in a cool climate.

We're all feeling pretty good at home.

There is life after broke here in the first world. It's good to remember that.

Self-serving commercial: because I am broke, I am looking for work as an editor again. I do line editing, proof reading, a little ghost writing and book fixing (turns out I write good sex - who knew?), and I listen to writers and respect and support their feelings. If you or someone you know needs any of that, send me an email at: mary.litchfieldtuel@gmail.com and we can discuss services and prices. Thanks.

Vashon Wilderness Programs

Coyote Mentoring: Raising Nature-Smart Kids in a Modern World, A 3-Part Workshop Series for parents, educators, and caregivers who care who deeply about the health of the children in their lives and the restorative power of nature in building healthy communities. Learn powerful, heart-centered, time-tested tools for natural learning and growth. Meets October 20th, November 17th, December 15th, from 5:30-8:30pm at Vashon Island Cohousing. \$135 covers the cost of all three workshops in the series. (Free for families enrolled in one of Vashon Wilderness Program's current programs). For more information and to register: vashonwildernessprogram.org

The Teachings of Standing Rock, an evening of stories from the inside, and messages of wisdom from the Elders. Join Mark Morey, creative artist, visionary educator, cultural engineer, and consultant who has been researching and sharing the lessons of natural models and indigenous social systems for 25 years. His work has touched the lives of tens of thousands of individuals and leaders worldwide. October 22nd, from 7:00-9:00pm at Vashon Island Cohousing Common House, Bank Road, just west of town. Please park on the south side of Bank Road and walk in. Flashlights recommended. Cost is \$15; no one turned away for lack of funds. More information about Mark Morey can be found at: www.ifnaturallearning.com and www.aconnectedleader.com Sponsored by vashonwildernessprogram.org Ancestor Feast, a free



Community Celebration, hosted by Vashon Wilderness Program. Please join us as we honor our ancestors and create connections with each other. You're invited to bring food from your family or ancestral heritage, as well as pictures/objects that honor those in your life that have passed on. We'll feast, sing, share stories, create clay sculptures, and celebrate our diverse lineages and connection to the nature of all beings. Saturday, October 29th from 4-7pm at Rounds Hall, Camp Sealath. More information can be found at: vashonwildernessprogram.org.

October 13 '16

The "Spaciest" Fur Ball Ever

Continued from Page 1

crew as a table captain for the "SPACIEST" event on Vashon!

This is your opportunity to support a local organization who is committed to helping our four-legged friends stay healthy and find great homes with loving families.

Remember to come prepared to bid, bid, bid!

The "Spaciest" Fur Ball Ever 14th Annual Dinner and Fundraiser

Supporting the Vashon Island Pet Protectors "VIPP"

Hosted at Open Space for Arts & Community. 18870 SW 103rd Ave SW, Vashon, 5:00pm - 9:00pm

BUY TICKETS - SPONSOR - ADVERTISE - DONTATE:

www.vipp.org/events/fur-ball

If you have any questions or would like to learn how you can be involved, please contact our auction coordinator Jerome Bader at

jerome@blueguardrail.com. 206-478-4645

PERRY'S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

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



Find us on Skype
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Have a Story or Article

Send it to:
Editor@vashonloop.com

TRASH TALK

FREE light bulb recycling at the transfer station! Drop off your fluorescent tubes,CFL'S and HID bulbs next to the garbage unloading area. Limit: 10 bulbs a day per person. No incandescent, halogens, holiday lights or LED's.

ZERO WASTE VASHON

www.zerowastevashon.org

TIRED OF HOW YOU
LOOK & FEEL ?



TAKE A TQI DIET CLASS,
YOU'LL BE AMAZED HOW LIFE IMPROVES!

VASHON CLASS STARTS OCT 22ND
Saturdays, 3:30-5:00 PM
Can't do Saturday? Take a live online class instead.

DETAILS & REGISTRATION AT:
TQIDIET.COM

Find us on Skype
Vashon Loop
206-925-3837



Planet Waves



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

Aries (March 20-April 19)

The big break in one’s career usually comes gradually. Years of effort eventually lead somewhere, though usually the rewards are collected more like interest on an investment and less like winning the lottery. Then there are times when you must focus and push toward a specific goal, and sometimes that can result in an acceleration of results. That’s the phase you’re in now. Over the next 10 days you’re coming under the influence of an aspect that will drive your ambition. However, I suggest you convert most of that power into productivity, pragmatism and service. If you allow yourself to get into the mode of conquering or even competition, it could backfire on you. Therefore, I suggest you be extremely cautious around the issue of power, and instead, strive to make yourself useful. That can include setting specific goals, though you will succeed based on cooperation rather than on competition. That includes cooperating with people in positions of authority, whether you like them or not.

Taurus (April 19-May 20)

You seem to be facing a question of commitment. The thing to remember is that commitment comes from the inside. No matter what contract you might sign or promise you make, you will do what you do because you want to. You can sign a contract for a fitness club, but actually working out is a matter of your own inner drive. This applies to every facet of your life, particularly a relationship situation. You cannot be held to anything; you can only decide that it’s the right thing to do. You might feel like you need to filter out your own emotional needs in order to make room for those of someone else, but the real solution to such a puzzle is to work from a place of mutual desires, and yes, needs. You might listen to what people are saying and ask yourself quietly and carefully whether it’s true, and for whom. There is a meeting point between your interests and those of everyone in your life, no matter how special they may or may not be; that’s why they’re in your life. Your role is to find, and work with, that common ground.

Gemini (May 20-June 21)

You can afford to come out of your shell. In fact, it would seem to be the very thing you want to do the most, and being responsive to that will benefit you. For a couple of months it would seem that you’ve been lost in your own sauce, more concerned with a kind of inner reflection than with expressing yourself. Maybe it felt productive; maybe it was frustrating; I reckon you learned something important about yourself in any case, particularly about your insecurities. Now you get to collect the results of that work, which will come in the form of expressing yourself. That means a form of freedom you haven’t had for a while. Freedom is something you take, not something you’re given. This will require courage, and shifting out of some old patterns — though you have help, and you have incentive. Still, you’re the one who must take the seeming risk of expressing yourself, which means opening yourself up to the potentially significant rewards.

Cancer (June 21-July 22)

It’s time to have a party. Your home is where the fun is. You’re a private person by nature, but that inclines you to do your socializing in your own space and on your own terms. Yet the

party does not need to be any more than you — that is, celebrating your physical space, caring for it, and making sure you feel at home there. The forthcoming Aries Full Moon is suggesting some unusual and exciting developments in your career, and one of my theories of life is that work goes better when one is more grounded and comfy in one’s home environment. Home is the true foundation of achievement in the world, and it’s the thing that holds the ship upright when a good wind is blowing and the currents are moving quickly. You will almost surely be investing your time in a kind of breakthrough project as these days and weeks unfold. And as that happens, you’ll be grateful that your home is in order and supports you spiritually, emotionally and, most of all, physically.

Leo (July 22-Aug. 23)

As the Full Moon builds to a peak, I suggest you invest your energy three ways: one is listening, another is being articulate, and the third is listening. Your solar chart describes beautiful opportunities to relate to others. You also seem to have an emotional situation where you need to tune into a domestic partner or close relative. Take special care with this situation. Someone is feeling more than they are letting on, and they may have the feeling of being muted or unable to express their needs. This is why I suggest you listen for clues and bring subjects up delicately. To some extent this may describe you and your relationship to your feelings about someone you live with. No matter how questionable your emotions, all you really need is a dialog. Get the discussion going and all paths will lead to healing.

Virgo (Aug. 23-Sep. 22)

TPay close attention to money, in any form, particularly shared finances. There’s an unusual amount of energy moving through your chart and it’s just about all focused on the financial zones. This describes potential, and it describes risk. It’s up to you to balance the two of them. The thing to remember is that from the look of your solar chart, in any partnership, you’re likely to be the one with most of the wealth. So you would be taking most of the risk, but the rewards would be split evenly (since that’s your style). The prudent thing to do would be to limit what you invest into others, or into situations involving others. Preserve most of what you have, and take sensible risks when it comes to having more. The question in any financial or business partnership is: what are the parties bringing to the table? In some rare instances ideas are enough, but there’s little risk in that; and therefore, little reason to follow up the idea with work and focused intelligence.

Libra (Sep. 22-Oct. 23)

You’re experiencing some of the most vibrant, alive astrology in many, many moons. One thing I’ve noticed is that sometimes even the very best aspects can get mixed results. So I’m here to tell you what’s available: a whole world of possibilities is right within reach. You’re likely to be attracting interesting, exciting people. Let them shake your tree a little. You don’t need to be conservative or withholding — you have plenty to go around, and the more you share the more you’ll realize you have. As for what dark streaks might be coming through, the thing to watch for is jealousy in any form. It’s most likely to be sexual or emotional,

and it’s the thing you want to address first — if you happen to be feeling it. Be generous with people by reminding them they are free to pursue their lives, their interests and their pleasure. Those who come to you as part of that quest are the people you want to share your time and space with.

Scorpio (Oct. 23-Nov. 22)

A truly unusual mixture of energies simmers down your need to speak up for yourself. You are processing some deep feelings, and if you don’t express them, you’re likely to explode. That would not be productive. Yet if you’re able to say, ‘I think’, ‘I feel’, and ‘I want’, you will be a much happier person. By ‘say’, I mean, ‘say calmly but sincerely’. The problem with most emotional communication is that it happens close to the boiling point, where there’s a sensation of needs being neglected. Where this elusive thing called needs is concerned, though, it’s essential that they be as self-met as possible, and that relationships be more the purview of voluntary fulfillment. This reverses the usual logic. There are still actual needs in relationships, and to the extent that is true, you need to learn the language of emotions, and gain enough clarity to say what you mean and mean what you say.

Sagittarius (Nov. 22-Dec. 22)

This is your week to be a star, or rather to become one. You have a positively gorgeous alignment of planets in the sweet spot in your chart, which is Libra. It’s your most social angle, and also the one that describes legitimate respect for what you do in the world, and the proceeds from business enterprises. All of these things are glowing with opportunity. What will add something to the equation is your willingness to take creative risks. Smash the mold and do what you think is shocking or stunning or unusual or weird. Whatever you do for art or pleasure, do it in a new way. Challenge yourself to come out of all your safe zones and formulas and let yourself stretch, burst or explode. This is how you’ll reach into yourself and make contact with that deeply original core you contain. This is not territory for the meek, mild or timid; thankfully you have nothing to worry about there.

Capricorn (Dec. 22-Jan. 20)

At the moment, there is an unusual conjunction happening in your sign: Mars, the planet of energy, drive and desire, is meeting up with Pluto, the planet of soul and transformation. This is happening after a long buildup — something that’s been developing all year. This is a description of you coming into a new level of your existence, a new idea about who you are, and what you might think of as an increase in your personal power. Yet you must handle this with care and caution. Your words count

for three times the potency as usual. Your emotions are exponentially stronger. As this develops over the next week or so, you must practice consciousness and restraint, and be selective about how to express your energy in healthy ways. No doubt some of them will be sexual, because you’re finally making contact with what you want, and are willing to admit it. But be kind to people, and try not to burn anyone as they touch your gorgeous flame, or get touched by you.

Aquarius (Jan. 20-Feb. 19)

Lately I’ve been reminding you to open your mind and consider the possibilities for your life. Clearly you need and want change. There are basically two ways for that to happen: some event occurs to you and you’re compelled to deal with it. Or, in the alternate, you unfurl your imagination and expand your vision and move into it. Right now your chart is perfectly suited for doing just that. The thing about a vision is that it must exceed who and what you currently are. That presents a real challenge for many people. For example, they might wonder how they’re going to make that thing they want to happen. That’s exactly what not to worry about right now. It doesn’t matter how you’ll get there or even whether you will. What matters is getting your ideas flowing and being real about what you want to do and become. Of note, certain aspects are doing their best to help you dig out of any old ideas you might have about yourself, or that you inherited from your elders. This is demolition work, but don’t let the noise frighten you.

Pisces (Feb. 19-March 20)

Pluck up every drop of your confidence and get ready to meet the world. The laid-back, ‘whatever happens’ attitude of Pisces is officially retired. You’re discovering that you’re a person of considerable determination and ambition. You’re discovering that you have ideas and plans and that it’s time to put them into action. That time is not in the future. It’s now. You must make friends with your own power, and with people you perceive to be powerful, without compromising your integrity. What that means is being a whole person, and being who you are, all the time, in every circumstance. Not everyone will like that, though it’s not actually your problem. If you cut through the fog and bullshit, which you seem to be doing brilliantly, you will connect with the people who want to work with you, who can help you and to whom you can be an asset and a resource. This is a moment of forming bonds and partnerships that can last a lifetime. Yet that comes from one quality only, which is being real.

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

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

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**Next Edition
of The Loop
Comes out
Thursday
October 27**

Deadline for the next
edition of *The Loop* is
Friday, October 21

Audrie & Daisy

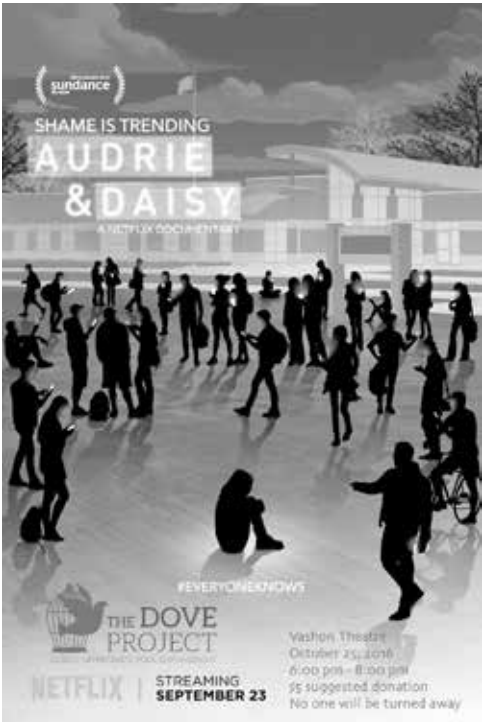
A Netflix Documentary

When the new documentary, Audrie & Daisy, debuted at the Sundance Festival this year, the standing-room-only audience was overwhelmed by a startling realization. Sexual assault is not only an epidemic on college campuses, but is fast becoming a sad reality in high schools all over the country.

The compelling documentary, acquired by Netflix and scheduled to premiere in September 2016, features two teenage girls – in different parts of the country – who were sexually assaulted by boys they thought were friends. Both incidents involved dangerous amounts of alcohol, followed by sexual assaults that were documented on cell phones, and shared widely among fellow students through social media.

While the outcomes for Audrie and Daisy are quite different, the film takes a hard look at America’s teenagers who are navigating an increasingly complicated sexual culture and coming of age in the world of social media, where everything is documented and shared.

Audrie & Daisy - A Netflix Documentary
The Vashon Theatre



October 25th, 6:00-8:00pm
Brought to you by The Dove Project
\$5 suggested donation
No one will be turned away

The FieldHands

A fixture in the Vashon Island Music scene, this four-piece plays only occasionally and bring brand new music to the show every time! Jon Whalen on rhythm guitar, and Dorsey Davis on bass, share the lead vocals and song writing duties.

The words speak to roaming from here to there, falling in an out of lust, the mundane and magical. From the sleepy beginnings 8 years back to the rough and rocking sounds you’ll hear this year, the band is on a long evolutionary curve.

Long-time island rocker Richard Lipke and up-and-comer Emory Medima-Boyajian, round out the FieldHands sound from punchy to rolling and many plateaus in-between.

Friday, November 4th, 9pm
The FieldHands
The Red Bicycle Bistro & Sushi
All-age’s ‘till 11pm, 21+ after that
Free cover!



Some’tet & KVSH Celebration

Continued from Page 1

moments of intense invention. Add a dollop of American primitivism, clusters of neo bossa nova rhythms, and some very soulful vocals – think 60’s era jazz meets KEXP dancing in Rio de Janeiro, with a whiskey & soda in hand while your Nana caters the gig under a yellow hoodoo moon.

All that and appearances from KVSH DJs and a “Weekend on the Rock” raffle for free access to Island treasures, experiences and treats.

The \$10 cover benefits Voice of Vashon. Some’tet CDs will be available for purchase. It’s the 2nd Annual KVSH Birthday Bash and Some’tet CD release party!

Some’tet and KVSH Celebrate Five Years of Music and Community. Friday, October 14th, 8:00pm.

The Red Bicycle Bistro & Sushi \$10 cover benefits VOV

Make a date with Vashon!
www.VashonCalendar.org

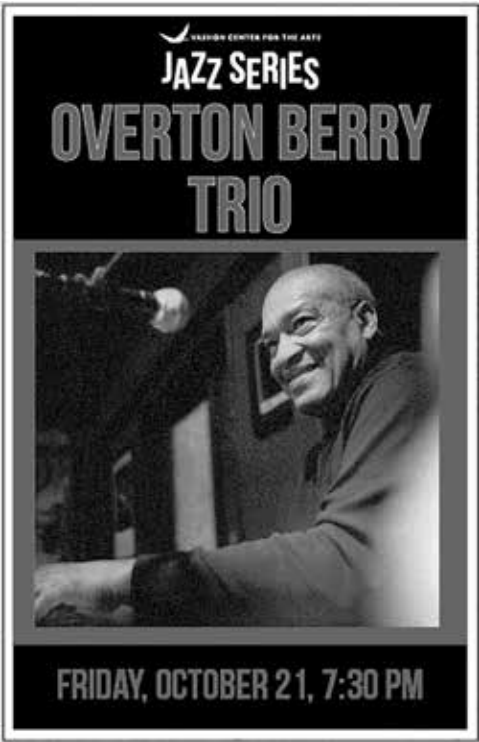
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Local Rain Totals
Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

Overton Berry Trio

80-year-old Overton Berry is a Seattle music legend, dazzling pianist, bandleader, composer and baritone whose career spans well over 60 years. A member of the Seattle Jazz Hall of Fame, Berry practiced in the black musicians union hall as a youth (the unions were integrated in 1958) and was immersed in the fabled early Seattle jazz scene since the 1950s, playing with the likes of Diane Schuur, Dee Daniels, and Andre Feriante, as well as fronting his own bands that created a legion of fans. Berry is joined by Rick Spano on drums, and Jeff Davies on bass.

Friday, October 21st, 7:30pm
Overton Berry Trio
Katherine L White Hall
4-Show Series
\$75 General; \$70 Senior; \$60 VCA Member/Student
Individual tickets
\$20 General; \$18 Senior; \$16 VCA Member/Student



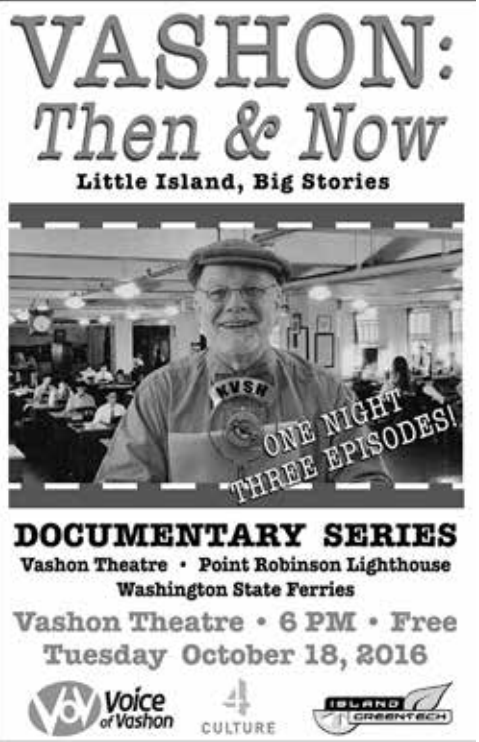
Vashon: Then & Now

Three episodes of Vashon: Then & Now, a documentary series about Washington State’s colorful Vashon Island, will be shown at The Vashon Theatre on Tuesday, October 18 at 6PM. The screening is free thanks to Vashon GreenTech and The Vashon Theatre.

Just a few minutes ferry ride from Seattle, Vashon has an intriguing past as well as a delightful present. Explore the island with historian Bruce Haulman, co-host Lisa Reeves, special reporter Chris Austin and old-timey newsreader Jeff Hoyt as they create a lively and interesting blend of history and the “au courant”.

Utilizing historical footage and photos, interviews and something called the “Insider’s Tour” VTN can be enjoyed by youngster and grownups alike.

More about this series at VoiceOfVashon.org/vashon-then-now



Free Sunset Yoga Series

Our first Sunset Yoga class was such a blast, we’ve decided to continue our free, community yoga series through March! Join your neighbors in the light-filled lobby of the Katherine L White Hall Lobby for a beautiful, meditative and centering (and free!) yoga class.

Admission is free, but BYOYM (Bring Your Own Yoga Mat), and anything else (water, props, blanket) that will make your class more comfortable.

Stretch your mind, your body and your heart.

Free Sunset Yoga
The last Wednesday of the month, 7-8:30PM
Classes are Level 1, with modifications
Dates and Instructors
Oct 26 – Lisa Bowman
Nov 30 – Ronly Blau
Jan 25 – Taylor Apfelbaum
Feb 22 – Emily Herrick
Mar 29 – Aimée Nicole Lewis van Roekel

Darkness Illuminated: Tales of Darkness

Continued from Page 1

enthusiastic attempt to do just that,” said Gripman.

Gripman received a 4Culture grant to create part of this new work. The puppets featured in “Darkness Illuminated” will be on display during the month of October in the Hastings Cone Gallery – Snapdragon Café along with the whimsical sculptures and paintings of deceased artist George “Greentree” Karr. Gripman herself will be making hand puppets on site throughout the month in the Hastings

Cone gallery. — Jenn Reidel
Darkness Illuminated: Tales of Darkness. Friday-Saturday, October 28 & 29, 7:30 pm
Katherine L White Hall, VCA
\$16 VCA Member / Student, \$18 Senior, \$20 General

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

Island Epicure



By Marj Watkins

Beef Eaters Delight

A lean chunk of pasture-raised beef not so much roasted but larded with garlic slivers and rubbed with herbs of your choice, then given fever therapy in slow oven produces a true beef eater’s delight. It’s aromatic and flavorful. You can time it to the degree of done-ness that most pleases you. Slow roasting keeps the meat from shrinking.

Fever Therapy Roast
Preheat oven to 225 degrees
Serves 6 with leftovers

1 3-lb lean beef roast
Zatar, Italian herb mix,
or dried crumbled marjoram
leaves
½ teaspoon fresh ground
black pepper
1 or 2 garlic cloves, thinly
sliced
Instant read thermometer

Pat the meat dry with paper

towels. Place in in a ceramic oven-proof baking dish that has a glass lid. Rub the meat with about two teaspoons of dried herbs of your choice. With a sharp knife, cut small gashes in several places on the top of the meat. Stick a slice of garlic way down into each gash.

Place the dish with the roast in it in the center of the preheated oven. For a medium-well done roast, set a timer for 3 hours. After the meat has darkened, place the lid upon the baking dish. This temperature and time will produce a medium-well done roast if your oven works like mine. You’ll want to stick your instant-read thermometer into the center of the roast. When it’s needle stops moving that thermometer will tell you whether the meat is rare, medium, or well done.

If you prefer your meat well done, you can get that result in three houres by roasting it at 300 degrees, but it will shrink somewhat.

Another way to roast beef slowly without paying it so much attention it to set your oven temp to 175 degrees and let the beef cook over night. In the morning it will be done and ready to slice for sandwiches. For better slicing, let it spend some time in the refrigerator.

Alternative use of leftovers:
Beef Cubes in Madeira
Sauce Serves 2 to 3

Road to Resilience

Continued from Page 1

in the early 1970s! The massive proliferation of fracking, along with the aforementioned more challenging reserves, with its known pollution impacts and yet unknown health and geological destabilization questions, has turned into a new fossil fuel boom that is nearly impossible to stop. All of a sudden, we have pipelines and rail lines being co-opted to get these new resources out to our coasts so we can put them on ships and sell to the highest bidder. You would think that we might want to hold our resources so as to remain energy independent, but cash flow is the name of the game.

It gets even more convoluted. Seeing a big drop off in their market share, the OPEC countries (primarily the Saudis) started over-producing their conventional reserves to drive the price down and make it uneconomical for us North Americans to work our tar sands and oil shale deposits. In addition to that, the decrease in demand as a result of the cooled down economy and the threat of climate change, have all resulted in oil prices dropping precipitously and the high extraction cost operations shutting way down. Maybe the low price environment will last long enough for us to see the wisdom of leaving the dirty and difficult to extract fuels in the ground. Maybe we will continue to heed the warnings of climate change and cut back on fossil fuel use and build renewable energy infrastructure. The fact that the low prices have tempted

us to buy gas guzzlers again is not a promising sign. If the peak oil scenario had gone the way the transition movement originally expected, it would be easier for us to leave fossil fuels behind. As it is now, we’ve created a temporary oil glut that encourages us to use more now at the expense of our future. If we continue to react like lab rats, we will burn ourselves into a climate nightmare. Our well-considered personal choices need to drive the economy, not the price of oil and the pursuit of dollars.

Between ever changing knowledge, technology, and human behavior, it is nearly impossible to predict what will happen next. We do know, though, that conserving energy, keeping as local and as self sufficient as possible (the original strategy of the transition movement) is still the best approach.

Comments?
terry@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

Advertise in the Loop!
It’s a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out October 27

Lit Lounge TANDEM

Sunday, November 6: Lit Lounge returns...

Over the past two years, Lit Lounge has become a smashing success. Islanders and visitors from all walks of life have come to share stories both moving and funny, surprising and poetic.

And we return with a very special Lit Lounge event...

Lit Lounge TANDEM
Bicycles built for two, overlapping stories, duos of all kinds... what kind of TANDEM story do you have to share?

The brainchild of Islander Cara Briskman, Lit Lounge was inspired by similar events in other parts of the country and by programs like the Moth Radio Hour. Cara began working with Maria Glanz at Open Space to craft this new program for Vashon. At our past Lit Lounge events, stories have ranged from the poignant to the outrageous. We invite tales of truth (or at least a kernel of it.) Stories should be no longer than 5 minutes.

The act of storytelling can be risky; to sit or stand in front of others and share your story can be intimidating. But there is a strength and power in speaking. For Lit Lounge, we have made a space that is intimate, safe, where you are free to share and not be judged. Lit Lounge takes place in an unusual setting, one rarely used at Open Space.

People who bring a story will drop their name in a hat at the door when they enter - and names will be drawn as the event unfolds. If your name is drawn, up you come to tell your story. Between 10 to 12 names will be drawn - and it’s up to fate and the storytelling gods and goddesses to determine whose



names those are.

Sunday, November 6th,
4pm. Doors Open at 3:30pm.

Stories are one of the most ancient ways of gathering, of making sense of life, of sharing oneself with others. Join us to share your own story, or simply to listen to others.

Admission is \$10, and tickets are available at Vashon Bookshop, brownpapertickets.com, and at the door. As always, no one will be turned away for

lack of funds.

All ages are welcome, but the event is not intended for children. Stories may include mature language or themes.

Lit Lounge was created in part due to a grant from 4Culture.

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon. Please visit www.openspacevashon.com or call (206) 408-7241 for more info.

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Sunday 8:00am - 2:00pm
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Frankenstein

For a limited time only, National Theatre Live's Encore Series brings a selection of award-winning British theatre productions to the Vashon Theatre.

National Theatre Live and the Vashon Theatre Present Stage to Screen

Tickets General \$20, Honored Citizen/Student/Child \$18, Advance Group Sales \$15

This collection of performances is filmed in front of a live theatre audience at various Broadway and London Performance houses. They are shot and recorded in high resolution giving the audience the best seats in the house!

Now Serving Beer and Wine at National Theatre shows, Doors open 30 before show start time.

Frankenstein
Sunday, October 30th at 1:00pm



140 Minutes
Directed by Academy Award®-winner Danny Boyle (Trainspotting, Slumdog Millionaire), this thrilling production features Benedict Cumberbatch (BBC's Sherlock, The Imitation Game) and Jonny Lee Miller (CBS's Elementary, Trainspotting) alternating roles

as Victor Frankenstein and his creation.

The production was a sell-out hit at the National Theatre in 2011, and the broadcast has since become an international sensation, experienced by over half a million people in cinemas around the world.

Childlike in his innocence but grotesque in form, Frankenstein's bewildered Creature is cast out into a hostile universe by his horror-struck maker. Meeting with cruelty wherever he goes, the friendless Creature, increasingly desperate and vengeful, determines to track down his creator and strike a terrifying deal.

Urgent concerns of scientific responsibility, parental neglect, cognitive development and the nature of good and evil are embedded within this thrilling and deeply disturbing classic gothic tale.

Sinner & The Saints



Sinner and the Saints is a rock and roll band consisting of all current or former Vashon residents. It's members have all been in many different Island groups, and they have shared the stage with each other in various combinations going back over 40 years.

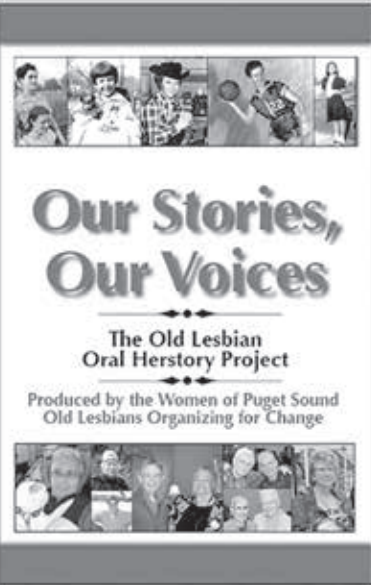
Playing everything from

oldies and rock standards to innovative renditions of modern hits, their years of experience and depth of talent are a guarantee for a great show.

Friday, October 21st, 8:30pm
Sinner & The Saints
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that Free cover!

Our Stories, Our Voices

"Our Stories, Our Voices," is part of the Old Lesbian Oral History Project (OLOHP) produced by the Women of Puget Sound Old Lesbians Organizing for Change (PSOLOC). The film is designed to develop a cost- effective outreach to better the lives of older lesbians, particularly those who are isolated, invisible and vulnerable. Narrated by Founder Arden Eversmeyer with dramatic readings of 40 excerpts taken directly from some of the Herstories, the film aims to increase the self esteem and community engagement of



older lesbians, improve their mental and physical well being, increase the likelihood of aging in place and reduce the risk of early institutionalization and significantly higher health care costs among the group. 1 p.m. Oct. 14 at the Senior Center on Bank Road; everyone's welcome.



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Close to You

the music of the
Carpenters

Considered one of the best vocalists of all time, Karen Carpenter captured the attention of a generation with her unabashedly catchy pop music. Singer Lisa Rock has compiled a moving tribute to the music and life of The Carpenters, and brings it to the stage with her 6-piece backing band.

Hailing from Chicago, this ensemble is dedicated to re-creating the true sound of The Carpenters, showcasing some of the most memorable songs of the 70's including the No. 1 hits "We've Only Just Begun," "Rainy Days and Mondays," and "Close to You." These songs still resonate with listeners 40 years after they topped the Billboard charts.

A playwright as well as a singer,

Lisa Rock has been performing to sold-out crowds for years, drawing in the audience with anecdotes about Karen and Richard Carpenter, and how some of the songs originated. Now in its seventh year performing this tribute, the band performs the music as Karen and Richard Carpenter had written them, maintainly a fidelity to the original arrangements and keys with Rock's impressive four-octave range. A memorable and stirring walk down memory lane!

Close to You: The Music of The Carpenters
Vashon Center of the Arts
October 15, 2016, 7:30PM
\$22 General; \$20 Senior; \$18 VCA Member/Student

Sounden

Sounden is a monthly gathering of Vashon friends & neighbors who come together to experience the spiritually healing nature of music through guided movement, dance, vocal toning and guided shamanic journey.

For the meditation participants lay comfortably on mats and pillows while listening to music and guided/channeled instructions offered by the group's facilitator — Eryn DeFoort.

- The purpose of Sounden is to:
- Experience a conscious connection with God / Source • Revive the body with Life Force / Chi
 - Anchor in a healthy, loving group consciousness with Vashon friends & neighbors
 - Experience yourself as much more than a physical body on Earth
 - Release dense energy from stress, fear and worry

Eryn is a shamanic practitioner and holds a Masters degree in Holistic Theology. She has been a certified Life Coach for 13 years and has led group meditations to over a thousand people across the country.

When: Monthly on Fourth Fridays 7-10 pm
Where: VIA (Vashon Intuitive Arts) 17331 Vashon Hwy SW
What to Bring: Comfortable clothes; mat, pillow, & blanket to be at ease laying on the floor, water bottle. How Much: \$33



check/cash at the door.

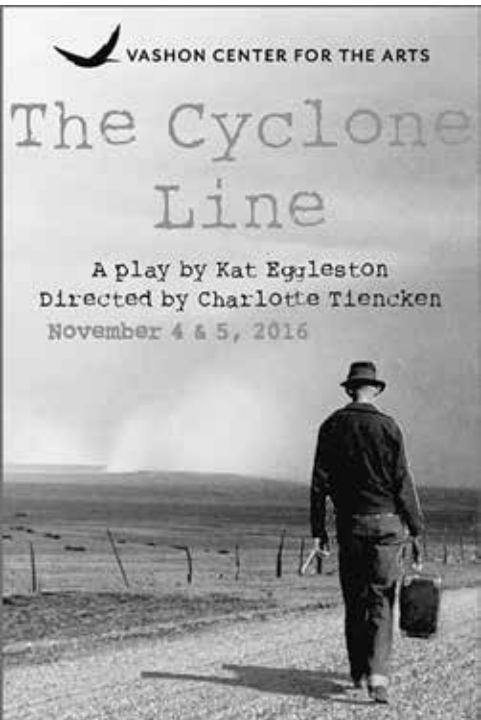
Sounden
Friday, October 28th, 7-10pm
Vashon Intuitive Arts

For questions email eryn@eryndefoort.com or call 206-939-8988
www.eryndefoort.com
www.facebook.com/vashonsounden

The Cyclone Line

In Oklahoma in the 1930's, "The Cyclone Line" was a name for the telephone when it was used to pass information on the all-important weather; the tornadoes, the elusive rain, and the devastating dust storms. Kat Eggleston has written many songs inspired by her father's memories of the Oklahoma dustbowl, and the songs have now grown into a play with music. This new work-in-progress will be performed by Kat and Seattle based actor Brian Gunter, directed by former Vashonite Charlotte Tiencken. The Cyclone Line will also have a reading at Seattle Repertory Theatre in June as part of the Northwest Playwrights Alliance.

Kat is an accomplished guitarist and singer/songwriter in the folk, Celtic and traditional music genres, having released five CDs to date. A native of Vashon, Kat spent 20 years in Chicago as a performing singer-songwriter and musical theater artist, returning to her home community of Vashon in 2008 to be close to her beloved father, an inspiration for many of her best songs. Also an actor, teacher and hammered dulcimer player, Kat has been a lead singer with The Otters and with Bohola, and recorded a duo CD with



Kate MacLeod.
The Cyclone Line
November 4 & 5, 2017, 7:30PM
Kay White Hall, Vashon Center for the Arts
\$18 General; \$16 Senior; \$14 VCA Member/Student

Tales of Peter Rabbit, A Puppet Show presented by Thistle Theatre

The Tale of Peter Rabbit and The Tale of Benjamin Bunny have delighted children for generations, and are combined in a puppet show to reveal the beloved world of Beatrix Potter. After Peter sneaks into Mr. McGregor's garden for some delicious vegetables, he realizes that he lost his new blue jacket. How will he get it back? On a beautiful summer morning the lovable hedgehog, Mrs. Tiggy-Winkle, merrily journeys to the fir tree home of Mrs. Rabbit. She is delivering the freshly washed clothes of Flopsy, Mopsy, Cottontail, and Peter. Little does she know that Peter is going to wear his clean blue jacket on a dangerous adventure in Mr. McGregor's garden! This show features Japanese-style tabletop Bunraku puppetry where the puppeteers are dressed in black and Rod Puppets are featured in the production.

Saturday, November 5th, 10:30am
Katherine L White Hall, VCA
Tickets: \$6 Child, \$8 Adult
Sponsored by Thrifty



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

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Not that the noise of such a grand event would bother me - I'm deaf, after all. So rap music, video games, even raucous presidential debates don't bother me.

P.S. All my other feline senses are just fine.



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PANDORA'S BOX

What a week.


Worn ladies panties turned up ownerless in aisle six.

A near-dead rat was dropped off for babysitting and then there was the question of chicken hooks.

I cannot make this stuff up.

Bo's Pick of the Week: Rad Cat raw cat food on sale for the first time ever! Save 10% for the entire month of October.

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Saturday, Oct. 21



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Lounge is Open
11:30am to midnight

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

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Live Entertainment
Friday, October 14th, 8:00pm
Some'tet & KVSH Celebration

Friday, October 21, 8:30pm
Sinner & The Saints

Friday, November 4, 9pm
The FieldHands

Friday, November 11, 9pm
Publish The Quest

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