Vol. 13, #24

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November 23, 2016

Owl: A Year in the Lives of North American Owls

Award winning photographer Paul Bannick will present a new program featuring video, sound, stories from the field and several dozen new images from his brand-new book: Owl: A Year in the Lives of North American Owls.

Paul uses intimate yet dramatic images to follow owls through the course of one year and in their distinct habitats. We will witness the four seasons on territory, as each stage in an owl's life is chronicled through rare images: courtship, mating, and nesting in spring; fledging and feeding of young in summer; dispersal and gaining independence in fall; and, finally, winter's migrations and competitions for food. His program shows how owls use the unique resources available to them in each habitat to face those challenges.

All 19 species found in N. America are featured in photos, video and narrative throughout the book, with a special focus on the Northern Pygmy Owl, Great Gray Owl, Burrowing Owl, and



Snowy Owl. Owl is a stunning follow-up to Bannick's bestselling title, The Owl and the Woodpecker, giving bird lovers yet another gorgeous photographic tribute, engaging natural history, and a compelling call to preserve the habitats that sustain these most iconic of birds.

VMI Autobaun -Paul Bannick:

Owl: A Year in the Lives of North American Owls. Tuesday, November 29th - 6 PM, At Vashon Theatre.

Program is free & open to the public.

MarchFourth: Spectacular, genrebreaking extravaganza



With exceptional musical quality and a visual kaleidoscope of stilt walkers, hoopers and Vaudeville-style dancers, MarchFourth whips audiences into a celebratory frenzy with an over-the-top spectacle of high-energy compositions, colorful costumes, and irresistible charisma! This is not a band that simply "puts on a show." MarchFourth delivers a multi-faceted, indelible experience of pure joy.

This special event is being held as a benefit for Vashon Seals. The Seals aim to raise money to give some much needed love and attention to Vashon's outdoor pool prior to the May 2017 opening. Funds will help with a renovation project that will include retrofitting the existing boiler and other equipment needs.

"The pool is such a great community asset, and while the SEALS may use it in the early morning for training and water polo, we are just one user group," commented Lisa MacLeod, SEALS coach. "The pool plays host to a variety of activities throughout the day, from lap and open swim to school activities, camps, senior exercise, and of course Red Cross swim lessons. We see keeping the pool operational as a part of our community service, making sure it is accessible to the whole Island."

"MarchFourth is an amazing band, and the show will be spectacular! This is a great opportunity for the Island to turn out to dance and tap toes and celebrate the beginning of winter break. Proceeds from ticket sales will benefit the pool as well as a raffle we're putting on for a handful of big prizes," said Karin Choo, SEALS board president. "Windermere has kindly sponsored the show, and we are also partnering with Open Space for Arts & Community and Orca Eats. It is a don't-miss event."

Sunday, December 18, doors will open at 5:00pm for this all ages, family-friendly event. Arturo Playzmusic will begin spinning at 5:00pm, and food from Orca Eats and raffle tickets will be available for sale.

The main event starts at 6:00pm.

MarchFourth is an internationally-acclaimed, genre-breaking FORCE in the world of entertainment — a sonic explosion delivered by 20 musicians, dancers and artisans who travel the world, year-round, taking audience members of all ages, from all walks of life, on a joy-inducing, foot-stomping, booty-shaking, soul-stirring journey that defies categorization.

What more can you ask for to set the mood for the holiday season - an amazing evening while raising funds for the pool!

Tickets are \$18 General Admission, \$21 Day of Show. Reserved seats are \$30. Tickets available at BrownPaperTickets. com and Vashon Bookshop.

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon Island. For directions and more information, please visit www. openspacevashon.com.

MarchFourth is a mobile big band spectacular, propelled by electric bass, a diverse percussion ensemble and brassy horn section. Visually enhanced by costumed dancing beauties, acrobatic stilt walkers, unicycles, fire arts, life size marionettes, and many more theatrics, M4 invokes dancing in the streets and beyond! The sound is huge, melodic, and

Continued on Page 8

The Road to Resilience

The Roller Coaster

A year ago, who could have imagined that a perfect storm of discontent, fear, and blind folly would land us in the world we have today? I've always said that this is one of the most exciting times to be alive, and our current scenario fits that description in spades. The idea of excitement for me has always been something that seems scary but is actually reasonably safe, like the big plunge on a roller coaster. What we have is the big plunge without knowing for sure that there is any track beneath us.

One thing we know for sure is that NOBODY knows what is going to happen next, and I'm not going to be so foolish as to speculate. I think we can maybe analyze why it happened and empower ourselves some by starting to put together a plan for how we can personally and communally address it.

We know that fearful racists, misogynists, xenophobes, and homophobes are exultant today. I could be very wrong, but I think the majority of the people that voted for Trump were not these people. I think most were voting against Clinton and/or the political and major media establishment elite that she was the poster child for. I attribute no malice to Hillary or the establishment elite that she (and we, to some extent) is part of. I do indict them (and us) for refusing to see that there was a call for fundamental change, and insisting that they knew better than the people what was needed. The radical notion of democracy is believing that the people, the basic rank and file, actually have the wisdom to make momentous decisions about the directions that the country is going in. This is really a radical notion! Rather than take their cue from the public, our educated elite

By Terry Sullivan,

pushed their own agenda, thinking that certainly the public, in a calmer state, would see it their way. Our experiment with democracy is still in place and the people have spoken. It is unfortunate that the only option available to throw out the status quo was an ill-prepared, unstable, egomaniac. We know for a fact that some Trump supporters voted for Obama in the last two elections and were basically willing to throw the dice rather than continue with the status quo.

Because of encouragement by Trump in the campaign, we can expect the fearful ones to continue to act out violently against cultural "outsiders", but I'm hoping that they are still a marginal group in our society. Our actions can not add to this violence. We need to lead from a position of kindness, but with a steel hard resolve not to tolerate behavior that is not respectful of the dignity of others. When I say "we" I really mean all of us. Only a deluge of disapproval will drown out cultural supremacists in a peaceful and non-violent fashion.

I just saw a Youtube video that bothered me. A man came into a Starbuck's announcing angrily to all that he voted for Trump. He called the person of color that waited on him "trash" and continued to be rude and menacing to all. Aside from one person calling him an a**hole, nobody got up and intervened! The one that confronted him there almost instigated a fight. If everybody got up and confronted him non-violently, the point that that kind of behavior is unacceptable would have been clear and nobody would likely have gotten hurt. That is what we all need to do if we see someone being bullied or disrespected. Our only strength is in numbers. We

Continued on Page 8



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Weather forecasts

The Vashon Loop, p. 3 November 23 '16

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.

Have a Story or Article

Send it to:

Find us on Skype Vashon Loop 206-925-3837

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

Marine VHF Radio Use Tech Talk

The marine VHF radio is the "go-to" communication device for mariners. Marine VHF Radio Use, the second of our Marine Safety Tech Talk topics, will show you how to use this essential system for both safety and recreation needs.

We will discuss the capabilities and features of the marine VHF radio, including which channels to use and how to access current marine weather data. We will then describe the key elements of how to use the system. How to follow important marine notices from the Coast Guard, how to hail other boaters and marinas and, critically important, how to make an effective distress call.

Finally, we will provide a VHF radio call scenario to each Tech Talk attendee. Learn the VHF radio basics and then practice VHF radio calls using realistic scenarios that you are almost certain to encounter while on the water.

Bring your questions and experience to this important Tech Talk hosted by Kevin Jones and Bob Underwood on Wednesday, December 7 at 7PM in the Vashon Library meeting room.

The Triangle: Improving Service on the F/V/S Route

The new Triangle Service Improvement webpage is up at: https://www.wsdot.wa.gov/ferries/outreach/triangle. This will be our online home for all updates, documents and information regarding the upcoming public process. If you would like to share this information this more broadly, please feel free to send this link to others who you think would be interested in the process.

There are few new things to note about the webpage:

Updated listening session document: The page links to latest Editor@vashonloop.com PDF of comments received during the listening meetings we hosted from Oct. 24 to Oct. 27. The new version includes clarifications and corrections from commenters. If you see anything else that needs to be revised, please shoot me an email, and we will update the document

> **Comment form:** At the bottom of the page, there's a link to our new online comment form where you can submit questions and comments and sign up to receive future updates. Using this form will help WSF and the taskforce more efficiently track and review public input in the future.

> **Updates:** It's not much to look at right now, but this website is a living document. We will update the page with new information, including details of upcoming meetings, as it becomes available. WSF will send notifications to this email list when we make updates.

> **Next steps:** WSF is working to answer to many of the questions asked during our listening sessions, and we are also putting together the task force structure. We'll let you know as soon as we have more information on both points.

The Vashon Loop

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

Original art, comics, cartoons: DeeBee, Ed Frohning

Ad sales and design: Steven Allen Phone 206-925-3837 Email: ads@vashonloop.com

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

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Vashon Island Pet Protectors Holiday Wreath & Swag sale

Stop by & purchase one or more of Vipps' Holiday Wreaths/ Swags starting at \$25. Each year our all volunteer crew craft these holiday delights out of fresh fir, cedar, holly & lots of extras which is then topped off with a beautiful bow. To pre-order a wreath or swag please call: 206-271-5693

Vipp will also hold our annual "Nikki Champlin Neighbor to Neighbor Pet Food Drive". Items in particular need are:

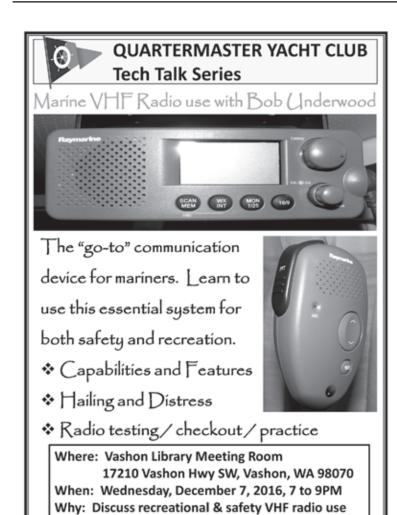
Wet or dry cat food

Wet or dry dog food

Clumping litter

Please drop off any donations at the Land Trust Building during the Holiday Wreath Sale.

The Land Trust Building Fri: Nov 25th 12-4p.m. Sat: Nov 26th 10-4p.m. Sun: Nov 27th 10-2p.m.



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

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Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com **Next Loop comes out December 10**

Next Edition of The Loop Comes out Thursday December 10

Deadline for the next edition of *The Loop* Saturday, December 5

The Ways of the Crab

By Seán_C._Malone

It was 1952, or thereabouts and Bob Gregg and I weren't very far from Ridge Road and down on the beach. The sound of the ram pump in the woods above us echoed down the creek. The creekdriven ram pumped water 200 feet up the hill, a tablespoon at a time, day and night, to a thousand gallon tank on a 20 foot tower providing a gravity feed to the families living on the ridge. "Kerplunk" and five seconds later, "Kerplunk" as the ram pushed the water up the hill.

We were going crabbing as we pushed his Dad's rowboat into the water. The beach was relatively flat as we searched for dinner in the waving seaweed on the bottom. Bob was in the bow with a 12-foot, trident-tipped spear. The three points of the trident were sharp and barbed so the crab or flounder couldn't get off.

"Go straight out," Bob called from the bow of the rowboat. "I think I see one in the grass." Timing was crucial, for a crab can scurry along the bottom almost as fast as a boy can row. With the spear about halfway to the bottom, the light was refracted causing the spear to appear bent in the water. It could throw your aim off if you didn't remember to lead the crab or follow him, I can't remember which. Down went the spear as Bob jabbed it to where he thought the crab ought to be. The crab scurried into a bed of sea weed where we couldn't see him. We did catch a flounder that day, but no crab. "Kerplunk, Kerplunk"

In the old days, the crab season was extended. i.e. you crabbed when you wanted crab. Modern day fishing for crab with a pot requires more knowledge and more gear, but can provide a lot more crab. The kind of bait can be crucial, salmon scraps being the best choice, but clams from the beach were okay too. People also use old chicken that is next to rotting for the high smell it gives off. Cat food can work in a pinch.

The bottom of Quartermaster Harbor runs 30 to 90 feet deep until you get out to the buoy at Manzanita where it drops to 250 feet in a very short distance. The crab come in with the tide and they push themselves off the bottom to be carried by the current for a foot or two. Sometimes the trap is full of females, non-keepers, which must be put back in the bay, while the males may travel by themselves, a common phenomenon in nature. We throw the female back because one male can serve many females, mandating protection for the females.

The wire traps we use to catch the crab have one way gates that swing up

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to allow the crab in and close behind him to prevent the crab from getting out of the trap. If your trap sinks to the bottom and lands on a slope, gravity will allow a gate to remain open, granting the crab free access to your bait and a way out of the trap. When your trap comes up light and empty and your bait is gone, you know this happened.

Another way to get crab is to wade at night in a minus tide when they are feeding close to shore. With a gas lantern and a pitchfork, Dad would walk along the bottom at Ellisport and scoop the crab up and drop them in a wash tub he towed on a rope behind him. His waders were chest high which allowed him to hunt quite deeply. He filled his washtub with crab and was so excited, he began dropping the crab down the front of his waders, which turned out to be a very serious mistake. Crab pinching can break a finger, "Kerplunk".

Yogathon!

Open Space partners with SPOKE in a day-long Yogathon on Saturday, December 3, from 9am to 9pm. Island yoga teachers will offer 6 classes in those

In an effort to fundraise in healthy, different ways, Open Space co-founder Janet McAlpin has joined with SPOKE's Abby Enson to create Vashon's first Yogathon. All net proceeds will benefit the new renovations at Open Space, including new bathrooms, 5 new classroom spaces with windows facing south, new heat, an intimate flexible black box theater and many other fantastic details for using our space in many different ways.

We hope that you can help by supporting us.

9 -10:30 Hot Yoga with Abby Enson 11 -12:30 Yoga with Christine Nelson 12:30 - 2 Pilates with Esther Edelman 2 - 3:30 Yoga with Lynelle Sjoberg 3:30 - 5 mat class and Barre with Arlette Moody

5 - 6:30 Yoga with Nicole Grey 6:30 - 8:00 Yoga with Ronly Blau

Registration fee \$20 includes unlimited participation in any and all

Please Register at brownpapertickets.



9am to 9pm For More Information, contact Janet or Abby:

janet@openspacevashon.com or abzinia@gmail.com or call (206) 408-7241

Stoke Your Inner Fire

Pick up pledge forms at Spoke or Open Space, or they will be sent to you after online registration.

Drop-ins welcome for single classes on a first come first serve basis. Priority will be given to registered participants.

Please arrive 10 minutes before class

For more information, please visit openspacevashon.com.

Now Playing Fantastic Beasts and Where to Find Then



Coming soon

Bolshoi Ballet: The Bright Stream Sunday, Nov. 27, 1pm

Greentech and VM Audubon Present "Paul Bannick: Owls of North America" Tuesday, November 29 at 6pm

Vashon Film Society presents "Brides to Be"

hursday, December 1 at 8:30pm Friday, December 2 at 4pm

Vashon Theatre 17723 Vashon Hwy 206-463-3232

Call for Times

For show times and info check www.vashontheatre.com

Make a date with Vashon! www.VashonCalendar.com

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

Fresh Water Fest! A Benefit/ **Fundraiser for Standing Rock**

In the pain of these times i am finding purpose, the warrior in me says Finally, and the lover questions how long it will

We have an amazing lineup of Vashon Locals joing forces to help raise Funds and Vibrations for the water Proctectors of Standing Rock.

ALL PROCEEDS WILL GO TO STANDING ROCK VIA the Secure paypal account set up by the leaders of resistance of the Sioux Tribe.

MUSIC Brotha Nature Torbjorn Frizz Christian Hasson Sarah Christine Ralph Reign GypsyWolf Adrian Xavier Subconscious Population Also we will Have an Art Raffle, and

Intention setting ceremony. The Get Down, Ralph Reign, and

Gypsy Wolf PRESENTS: Fresh Water Fest! A Benefit/Fundraiser for Standing



Rock. Saturday, December 10th, 5pm (4pm doors)

\$5 cover/donate what you can SPOKE (next to Sea Change Tattoo)

Compost the Loop

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

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

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

November 23 '16

Island Life Good Fences

By Peter Ray pgray@vashonloop.com

"Before I built a wall I'd ask to know What I was walling in or walling out, And to whom I was like to give offence..." Robert Frost Mending Wall

Some of you may have noticed that I have not been contributing here for some time now. I cannot remember the moment exactly, but there was a point where I had said enough and set my cursor and keyboard to other uses. For the most part I did not miss it as I had plenty of other ways to occupy my time, but there is something about the exercise of writing that is important-perhaps even vital. It is a way to sit with oneself and contemplate what is passing by while testing those running waters for temperature, clarity and volume from the safety of one's own space and time before perhaps leaping in or choosing to staying safe and dry. But there is something else beyond that, and that is that writing is a bike ride or a swim or a jog for the mind, and since I have been neither writing nor doing much bike riding as of late, I have felt the flab creeping in to all quarters, and it seems to be now time to drive it back out and away again.

As it was, a month or so back we were scrambling to put in a field fence around part of our back yard. The greatest motivation for this was a puppy who had recently joined on here with Team Black Dog, but who had not agreed to the terms of invisible fencing. As she had also taken a liking to following cars up to the Highway, it seemed that a physical barrier would be necessary to contain the puppy enthusiasm before that translated into having to endure more loss and disaster-perhaps more than one could bear.

There was also the issue of the intruding deer, which was the original reason that this particular fence project had been envisioned a number of years ago. There had been the chard plants that would grow and thrive and then one morning many of them would be quite a bit shorter and missing most of their leaves. There would be lush growth that filled the upper reaches of the dwarf apple trees that again, upon a stroll by where a day before all was well, one might pass a day later to find the branches snapped and stripped bare, and the thought would creep in about having to start things all over again, kind of like Sisyphus or life under Donald Trump. But we try not to think about that too much, and live in the hope that, although a six foot fence is only a slight challenge to a deer and no match for a cougar, at least our puppy is no longer tempted to roam, and is also no longer a slave to the probes of a shock collar that allows the invisible radio fence to do its insidious bidding out on the border.

But it was while the preparation for the fence was going on, which also involved the clearing of years of fallen trees from our pond as well as a fair amount of shrub clearing to make way for the fence to run through, that I once again heard the voice of Poet Frost in my head droning that line: "Good fences make good neighbors". In truth, none of this fence comes close to any shared borders, and part of the plan in laying it out was to use whatever natural foliage was left after clearing the way to hopefully render most of the six feet of wire field mesh mostly invisible to us as well. As it turns out, at a distance even the exposed bits disappear into the background- we will have to wait till spring and the advent of the temptation of new growth to see how it is perceived from the outside by senses of marauding deer.

As is usually the case when I get

something stuck in the gray matter I have to go and look into it, and so it was that a search of Robert Frost's poems brought me back to Mending Wall. As is usually the case with revisiting experiences of the past, a rereading of Frost's poem brought up many new insights and questions that I hadn't thought of before- at least not that I remembered. What struck me the most initially was the difference in perception each of the two neighbors on their own sides of the wall had of both the wall itself as well as the purpose of their individual tasks that day. It seemed that the narrator saw the process and purpose as a bit of a lark, setting stones back to a place that time and frost heaves had made them fall from. He notes that where they are walking and repairing there are apple trees to his side and pines on his neighbor's and the likelihood of these trees taking advantage of any breaks in the wall to intermingle or eat of each others fruit is little to none. On the other hand, it is the neighbor that speaks of good fences as if this tumbledown collection of rocks in a line had the same powers as a great wall on a border in China or elsewhere. To the neighbor it is emblematic of an impenetrable barrier- to the narrator it is a reason to engage with the neighbor, even for just a day, in a common task.

And there seems to be the assumption that perhaps this wall has always been there, and that the ritual of rebuilding it has some sort of bearing on their continued existence. There is no mention of where this wall came from, as if it always was there and always should be. As this was undoubtedly a New England stone wall, the origin story of this and most others there had to do with clearing fields for plowing the soil and growing crops and needing a place to put all the rocks.

Another tale comes to mind in thinking about this, and that is a film titled 'Monsters' from director Gareth Edwards. It came out a few years back and tells the story of how space aliens found their way back to earth on a ship we had sent out and now they were wreaking havoc from the dark reaches of northern Mexico. In some ways it is a very telling allegory of another illegal alien problem, and significantly enough there is a vision of a wall between the U.S. and Mexico that is an eerie rendering of perhaps what someone has in mind as a solution to one of our perceived problems. There is a statement and a suggestion made by one of the two main characters as they view the wall for the first time that rings truer in these times than perhaps the director had anticipatedas it is key to the plot, you will have to see it on your own rather than my having to do the spoiler thing in these pages. Instead, I will leave you for now with the last lines of 'Mending Wall'- they actually follow on, directly below the lines quoted back at the start. I have a vague recollection of the visage of Robert Frost reading a poem at JFK's inaugural- perhaps if Frost were still around this could have been selected as one that was ripe for another go round at an inauguration soon to come.

"Something there is that doesn't love a wall,

That wants it down. I could say 'Elves' to him,

But it's not elves exactly, and I'd rather He said it for himself. I see him there Bringing a stone grasped firmly by the top

In each hand, like an old-stone savage armed.

He moves in darkness as it seems to me-

Not of woods or shade of tree.

He will not go behind his father's saying,

And he likes having thought of it so well

He says again, "Good fences make good neighbors."



Trunk Show with Vashon Collective

First Fridays - December 2, Trunk Show with Vashon Collective and Studio Tour Show Dec 3, 4, 10 & 11! Join us from 6-9 pm on December 2 for unique pieces from luxe designers Kimberly Baker Jewelry, GRACE GOW and Moth and Crow! One night only trunk show with refreshments and one of a kind, locally made finds for holiday gifting including handmade jewelry and leather goods.

Then join us for the first two weekends in December for the Studio Tour, with etchings and paintings, by Brent Houston. The studio tour will feature new work and favorites from the artists studio. December 3, 4, 10 & 11, from 10 - 4 pm - Extended shop hours Sundays!

Hinge Gallery is located at Vashon Hwy & 174. Regular shop hours are Tuesday - Saturday from 10 - 5 pm. Extended hours for special events. hingegallery.com



Etching by Brent Houston - Studio Tour Stop #12



Claw Cuff by GRACE GOW.

Find us on Skype Vashon Loop 206-925-3837

Deadline for the next edition of *The Loop* is **Saturday, Dec. 5**

Martin Needs A Home...

If I wrote my autobiography, I'd call it Confessions of a Cat Burglar. I was living on my own when I started to follow two other cats as their owner took them for walks. Their house looked like it might have some good stuff inside, so I began to sneak through the cat door at night. I enjoyed all the comforts of home while avoiding the humans until the day I decided to explore a room without a cat door. Oops! That was the same day I learned what a cat carrier is.

I definitely like hanging out with other

felines; after all, that's how I lost my freedom. I'm still shy and not yet ready to be petted, although I'm way more comfortable around people than I used to be. If you'll be patient with this ex-offender, I just might steal your heart.

Go To www.vipp.org Click on Adopt

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Those Who Do Not Learn from History

When I was young, I used to wonder why the people of Germany didn't up and leave during the 1930s, when they saw how things were going in their country. Many of them did leave, but I understand now why many stayed. It was their home. They and their families had lived there for generations. They could not imagine how bad it would get. They assumed that somehow the country would right itself.

There were some who lacked the resources to leave.

There were those who stayed because they were all for the Nazi policies. Hey, let's get rid of the Jews, the homosexuals, the crippled, the mentally deficient, everyone who is not part of the Aryan master race, and everyone who does not agree with us. Does any of that sound familiar?

My late husband, Rick, was an Army brat, and lived in Japan, Austria, and Germany as well as the United States when he was growing up. He and his family lived in Germany for two years, 1960-62, before they returned to the States and his father retired from the military.

I once asked him what the Germans had to say about World War II. He said they did not talk about it. He got the impression that children born after the war were not told what their country had been, and had done.

Last night I read this remark by Andrew Hummel-Schluger online, and asked if I could quote him, and he said yes, so here it is:

"In 1964, at the age of eight, I moved to Marburg, Germany. I lived there for most of a year. At eight, I didn't understand why, but I could feel an overwhelming sadness in the German people.

"It took a number of years before I realized that it was out of bewilderment and guilt. How could a country that they loved so much ... a country of such strong, positive people ... how could it have done such horrid things? How could it have turned away from every standard of decency in the world? How could the people of Germany allow that to happen?

"The United States is facing the same challenge. How can we, the people, allow our country to turn away from every standard of decency in the world? Will we, like the Germans of 20 years after WWII, wonder how we could allow our country to become a symbol of Evil across the world?"

Thanks, Andrew.

Last week high school, middle school, and college students all around Seattle walked out and demonstrated their rejection of Trump's election. It happened on Vashon, too. About 50 or 60 students went downtown and commandeered the four corners at the main intersection and held



By Mary Tuel

up their signs and chanted for over an hour

Most of the people who drove by tooted their horns in support, did fist pumps, or thumbs up, or simply smiled and waved. A couple of adults who came to stand and watch had tears in their eyes and spoke of how seeing the kids gave them hope for the future.

Of course, a few people drove or walked by with their faces set and grim.

To the woman who was screaming at the kids, and others who flung insults and rude gestures at them: Your actions were a lesson to the kids on what happens when you stand up and speak your mind. I am grateful that the violence was only verbal. To the man in the camo jacket who tried to calm the screaming woman: thank you.

Fortunately, the first amendment is still in effect and the kids had a right to peaceably assemble. They gave some people a case of the gripes. One Washington state senator is going to attempt to make some protests a felony. Talk about sore winners.

A friend of mine told me recently that she knows some quite elderly Germans who did, in fact, get out of Germany in the 1930s, and thereby survived. They have told her that they recognized that the time to get out of this country was during the last Bush administration, but they were too old to go anywhere and start over again.

I am too old to go somewhere and start over. And where would I go? The tide of fascism is rising, here and in Europe. When Hitler and his cronies set up the Third Reich and his armies marched over Europe, millions perished, but the Allies opposed and defeated the Reich.

I can't help but wonder who will oppose fascism this time.

I think it's down to us.

Community Conversations: Unpacking Classism In Unusual Places

December 2016: The Overworking of America's Youth

By March Twisdale

Why are Worker's Rights important?

Today, in America, there is a strong effort to maintain the 40 hour work week. This is largely based in a desire to maintain health. Psychological, emotional, familial, physical... health is improved when humans have balance. Cooking a healthy meal and sitting down to eat it together takes far more time than throwing crap in a microwave and shoving it down one's throat before leaving for a second job. Interestingly, as we fight to maintain the 40-hour work week (a benefit of the hard-won class wars of the past century)...European cultures have gone one further and, in some cases, have instituted a 30 hour work week!

What Matters?

Consider the importance of valuing our health, our lives, our relationships, the work we get paid to do, and our free time outside of work. Next, consider that your nation requires its children to work both a full-time 40 hour work week AND a part-time job (called homework). Then ask, "Why are we doing this?"

Full-time School is Enough.

An effective school system strives to meet the needs of all students. Perhaps one student loves her photography class so much that she joins the school newspaper as a photographer and hikes on weekends to practice landscape and nature photography. This student is "naturally passionate" about photography. But, another student finds that it's just not her thing. So, she does in-class work, takes photographs during free time, etc. This student is not bad or lazy. She's just not interested, and in-class assignments should earn her a passing (C) grade.

The Purpose of School. Figuring out who you are is

job #1! And, during a student's 40-hour work week, he may discover that he loves history, finds botany interesting, hates anatomy and flees math like the plague. Great! Welcome to thyself! But, now...what happens after school lets out? In their free time, young people discover even more about themselves! From climbing trees to playing music to dancing to performing theatre to reading books to writing stories to long walks to sleeping in to late night adventures in the forest to relaxing with friends...after school is over, the learning doesn't end!

The Grading Rubric Matters!

The grading rubric comprises the "rules" by which students and teachers are bound. And...it is created and designed by the teacher. You may assume a "good" teacher assigns homework in order to increase student success in exams. If so, check out what the CPE (Center for Public Education) states:

Myth 2: Without excessive homework, students' test scores will not be internationally competitive.

What researchers say: Information from international assessments shows little relationship between the amount of homework students do and test scores. Students in Japan and Finland, for example, are assigned less homework but still outperform U.S. students on tests (Organization of Economic Cooperation and Development 2004).

The Walmart Effect.

Walmart routinely asks employees to work overtime without pay. Their notorious method of using "loyalty" to elicit unpaid overtime has led to many lawsuits. When hourly-paid employees are pressured to work more than 40 hours a week...is it a surprise that we have schools doing the same to children?

Schooling Sets Expectations For Life

IF government funded-schools demand that students work more than 40 hours a week, and the adult/parent community backs them up... THEN we are normalizing the ethic of overworking, unpaid overtime, sleep deprivation, anxiety, cheap/fast food, caffeinated drinks and bingerecreating as a response to endless stress.

What Do We Get Back?

- (1) These habits contribute hugely to our nation's plague of lifestyle-caused diseases.
- (2) Japan, and other high-pressure cultures, have skyrocketing youth student suicide rates.
 - (3) High Schools in large,

American cities struggle to achieve even a 50% graduation rate. Over 1.2 million students drop out of high school in the United States every year. That's one student every 26 seconds – or 7,000 a day!

(4) And kids who do graduate (by doing all that homework) and land in a nice college? They are remarkably (and frighteningly) ignorant of the most basic issues! Go to Youtube and look up "Politically Challenged Texas Tech, George Mason, OSU)."

Reminding Ourselves That LIVING Matters.

There is so much more to life than government schooling, and homework deeply interferes with those important aspects of becoming a whole person. In a very weird way, it's almost as if our society "fears" free time...which is ultimately the only form of "freedom" that really matters. I've even heard teachers say, "Well, if I don't give them homework, they will just go home and play video games or watch TV." When did it become a teacher's job to manage (or judge) how children spend their time outside of school?

A Compulsory Schoolteacher's Job is Straight Forward.

Ensure that the learning environment in their classroom is effective enough to provide a passing C level of education for all students who attend school full-time.

Homework Hurts Teachers & Impinges on Their Ability to Teach.

The time spent on "designing homework" and "assigning homework" and "collecting homework" and "grading homework" and "chasing missed homework" is a HUGE burden on our teachers. And our children's education suffers. I have personally volunteered at McMurray Middle School, and watched while the teacher spent the entire class period grading homework.

Final Points:

- (1) If the school gets to control my child's life for 40 hours a week, then the school has an obligation to ensure that time is not wasted.
- (2) The grading rubric should ensure that full-time engagement at school will result in a C, passing grade.
- (3) Homework should be 100% optional & rare; ensuring our youth have enough free time to discover themselves and recover from the rigors of their full-time job.

Community Conversations is written by March Twisdale, with input from fellow islanders.

www.marchtwisdale.com

PERRY'S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

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



November 23 '16

The Vashon Loop, p. 7



Planef Waxes



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

Aries (March 20-April 19)

To get what you want, turn up the passion. You don't need the ordinary kind of desire; you need the instinctual, lusty kind. This is partly about wanting something enough, or wanting it more than others. It's also about being so devoted to what you do that you draw others into your vortex and encourage them to take up your goals. This devotion starts with you, and your approach to your work and also to your existence. Right now your existence and your purpose must merge into one thing of beauty, that being you. This is one version of leadership by example. Never underestimate how important this is, even if nobody admits it out loud. Many people around you are struggling to care about anything; many strain to understand why anything matters at all. You get it; and your demonstration of commitment is essential proof of what's possible.

Taurus (April 19-May 20)

Faith can move mountains. The history of anyone who has accomplished anything unlikely or seemingly impossible has demonstrated this. Faith ranges from quiet certainty to a deep emotional alignment with what is right and true. It's the kind of knowingness you have in your body rather than in your mind. This same feeling makes a different kind of sexuality accessible. Erotic feelings that rise to the level of spiritual devotion are something you may have heard about, read about or imagined in your mind; such is a real thing in the world. Yet to go there requires deep inner focus and a kind of moral orientation that takes you beyond judgment. Ordinary ideas of right and wrong do not matter; what matters is your own affinity for your soul and how you want to express yourself, for your own sake and for the people with whom you choose to share energy.

Gemini (May 20-June 21)

Now is not a good time to make important decisions in your relationships. If you work through the current challenge, you will have another perspective more liberating and beautiful than you might be feeling now. It's not your relationships that are holding you down; it's an idea you have about them. You're in a rare phase of your journey when you can clear those tendencies out of your life. First you must see them for what they are: relationships that are more about structure than about feeling; more about commitment than about devotion. The difference is nothing less than that between what you're supposed to do, and what you want to do. If you consider this possibility and you teel the allure of freedom, and then you feel guilt, know that you're moving in the right direction. Guilt is your confirmation of what you really want.

Cancer (June 21-July 22)

You have an unusual opportunity to connect with someone in an intimate way. Whether this happens in the context of an existing relationship, or a new encounter, the experience will lead you to a deeper place. You might even wonder why connecting with others cannot be like this all the time. It can be, if both parties are willing. It can be, if both parties have as their agenda human bonding rather than a corporate arrangement. Human bonding would tend to disregard the official rules and emphasize the rare and beautiful opportunity of the moment. It's about what feels right because it is right, not because anyone is living up to a theory. The astrology I'm describing is about more than one encounter with one person. You

are looking at the potential for how you can live your life: you might say in direct relationship to existence rather than to anyone's expectations about it.

Leo (July 22-Aug. 23)

You might do what you love; you might also love what you do, whatever it may be. Both are necessary skills at different times in life. Both are possible for you now. Whatever you're doing, do it with quality and attention. And when you're done with that, then explore something that you want to do, or simply must do. This is one way to make the divide between "one's work" and "one's art" less daunting. Being an artist or craftsman means doing whatever you do with the intention of excellence. This is about you, not whomever you're working for. It's less about the product and more about how you feel while you're engaged in your activity. If you do an unpleasant job with care and love, you will soon understand that you can do even better work, and feel worthy of it. Said another way, master one task and move on to the

Virgo (Aug. 23-Sep. 22)

You're still susceptible to the manipulation and self-deception of others. There are people who would have you forget their past, or your own. There are people who would lure you into believing that there have been no consequences to their actions. You tend to fall for this because it seems easier than enduring your own self-criticism. With your tendency to service and healing, you might also think you can help people like this, though history tells us otherwise. You have options. There are people you can relate to who exist outside of your comfort zone. You will recognize them by their adherence to their own ethics. You will see a certain mirror in them, perhaps cast in a different light, but still, what seems like a true reflection. Yet to even notice their existence requires a change in perspective. Your life and your relationships would need to be devoted to learning something new about yourself, and choosing people in your life who are devoted to showing you how beautiful you are. That, and you must be willing to see.

Libra (Sep. 22-Oct. 23)

How would you live if you could be emotionally independent of your family, and of your history with them? This is so unusual as to seem impossible. Yet your growth process going back many years has been driving you in this one direction: into your own need to free yourself from your past, and in the process, develop genuine emotional independence. That means not letting your parents run your life, whether via Facebook or from "the other side." In order to do this, you will need to face your own insecurities. You will need to see your past in context, realistically. You would have to recognize that the influences that shaped you then do not need to shape you now. And, knowing that, you would select influences that you consciously want to shape you now. Such a moment is upon you. Give yourself credit for how much you've accomplished, and get ready to take the next step.

Scorpio (Oct. 23-Nov. 22)

You're learning not just how to say what you feel, but how vital that is to your sanity. Yes, you may have been trained to suppress your own voice, your own needs, your own desires and intentions. And you know that you simply cannot live your own life if you keep doing that. Aspects this week invite you to

Voice of Vashon works to Keep Islands Safe in Winter

It may not feel like it, but winter will soon be upon Vashon-Maury Islands. The October windstorm was just a rehearsal for tougher weather ahead. And, that means power outages, ferry disruptions, road closures and more. For years, Islanders have counted on VoV's 1650AM Emergency Alert Service to provide information on weather events and their impact on daily life. In fact, VoV's Emergency Alert Team members post over 150 safety and comfort alerts every year – a majority of them during the winter months.

When bad weather hits, VoV is on the air with forecasts, safety tips and power repair status reports around the clock. And, when 'the big one' hits – earthquake or storm – VoV is the Islands' lifeline to critical information. 1650AM Alert Team members participated in the regional Cascadia Rising Earthquake drill this June and helped Vashon earn high marks for community preparedness. This community MUST be well prepared – the islands could be isolated for weeks after a major disaster. And, Voice of Vashon will be there to ensure all islanders

Voice of Vashon's

"Old Man Winter" fund raising campaign starts now and runs through December 31. All donations are tax deductible and can be made online at www.VoiceOfVashon.org/Winter. Or send a check to P.O. Box 2397 Vashon, WA, 98070

have the critical information needed for health, safety and even survival.

VoV needs basic funding each year to keep the alerts going, so now through December, every islander can help to make sure 1650AM Alerts go on via AM and FM radio, Facebook, email and online. If every islander participates in VoV's Old Man Winter campaign with a \$10 or \$20 donation, the VoV structure that supports 1650AM Alerts will continue.

Participants can donate at VoV's Old Man Winter web page and, at the same time, get VoV's free KVSH and 1650AM mobile app to carry Voice of Vashon everywhere.

www.VoiceOfVashon.org/Winter

open up to yourself, and feel the pulse of your own existence — and allow that to guide your voice. When you tune into that feeling, let your voice out, any time you're inclined to use it. Feel the beauty of speaking or in any way vocalizing and of being seen and heard doing so. You need this affirmation — which is both self-affirmation and taking the risk of inviting others to say yes to you, to who you are and what you love. Follow your feeling of danger, embarrassment or reluctance rather than avoiding them. Let yourself out of your bindings and you will enter a new dimension.

Sagittarius (Nov. 22-Dec. 22)

A relationship may seem to take a serious turn over the next few days; don't take that so seriously. What someone close to you is looking for is an open ear and an open heart. They want you to be flexible in your views, and in your view of them. If you open up and offer yourself to this process, you will make some beautiful discoveries about how easy it is to relate to others, when you understand your own power. Borrowing a metaphor from something called Transactional Analysis, the current shape of the relationship might be that of a child trying to get a parent's attention. If you can shift the discussion to that between two adults, leaving out all the parent-child dynamics, you will find that the conversation goes much more smoothly. You, however, are the one who must initiate this shift, as a fully conscious gesture. Be strong in who you are, and open up to mutual reception.

Capricorn (Dec. 22-Jan. 20)

There's a kind of healing that can only happen through an honest conversation. Honest and healing begin with gentle, and emotionally grounded. That means close to the Earth, close to the center of your body, and tuned into your feelings. From there, you can tune into the feelings of those you're intimate with. In any conversation of this kind, there may be references to the past, though be clear about what they are. Acknowledge what has happened and how you feel about it; ask your conversation partner their view on what happened and how they feel about it. Mostly, keep your focus on the present, facing the future, because that is

the only direction you can travel. In any discussion, consider that you may begin with one idea about what matters most, or what you have to say, and through the discussion make a whole new discovery.

Aquarius (Jan. 20-Feb. 19)

It's now necessary, even urgent, to consider your relationship to all this technology that surrounds you. This is particularly true if you've had any kind of mishap that you attribute to something like texting or email. Or you might be figuring out what being surrounded by the digital environment has done to you spiritually. Consider your life before all this tech took over all of known reality; how did you feel, and what kinds of relationships did you have? What did you want from life, and how did you feel about the future? The remedy to all these digital robots that engulf our lives is being human. You are an Aquarian, which means quirky and highly social. Get with people, in person. Take a chance and risk face-to-face encounters. Be yourself and remember who you are.

Pisces (Feb. 19-March 20)

Put your wheels on the ground, sit down in the driver's seat and point yourself in the direction you want to go. Take leadership of your life and make the decisions you need to make. Don't talk about it: begin taking steps, and get it done. You must aim your sights high, though. Draw upon the objectives and goals that you hold most dear, and select three of them that support one another. Do not waste time wondering whether you're taken seriously. You are. Do not waste time with others who do not take themselves seriously; they are not your problem. Of all the signs, Pisces is the one that has the greatest blessing of aspiration. You also have a wide perspective, which can sometimes get in your way, because you know that everything is possible and that on one level, all things are equal. Now, indulge yourself in the art of setting priorities, and aligning yourself with specific goals that you allow to be more relevant than others. Then give it everything you've got.

Read Eric Francis daily at www. PlanetWaves.net

Eugenie Jones sings Nina Simone

2016 Earshot Jazz Vocalist of the Year, jazz vocalist and composer Eugenie Jones displays quick rhythmic reflexes, a silken tone, and real songwriting savvy that makes her stand out of the pack. With two well-received albums under her belt, Jones' singing reveals the rhythmic authority and emotional insight of a seasoned performer. Showcasing her incredible passion and talent as both a song stylist and songwriter, Jones will perform songs from Nina Simone, one of music's most influential performers, as well as tunes from her original compositions.

Friday, Dec 9th, 7:30pm JAZZ SERIES: Eugenie Jones sings Nina Simone



Vashon Center for the Arts Individual tickets: \$16 Member / Student, \$18 Senior, \$20 General

Last Stop on Market Street

A play presented by Book-It Theater, based on the Newbery and Caldecott winning book by Matt de la Pena. CJ doesn't understand why he and his grandmother have to take the bus after church and not drive a car like everyone else. On the bus, he asks why he doesn't have an iPod to listen to like the other passengers. With each question about what he doesn't have, CJ's grandmother tells him what he does have. With his grandmother's help, CJ is able to see the beauty in the world around him and appreciate the things he has.

This production will be performed bilingually in Spanish and English.

Tickets available in the Katherine L



White Hall at VCA, The Heron's Nest Gallery, by phone 463-5131 or online VashonCenterfortheArts.org

Saturday, December 10, 10:30 am Katherine L White Hall

Continued from Page 1

dynamic, taking audiences on a musical journey around the globe. MarchFourth writes and performs its own material, and also draws inspiration from an eclectic range of worldwide influences, such as Eastern European gypsy brass, samba, latin, funk, afro-beat, big-band, jazz, and rock music, as well as television, film, circus, and vaudeville.

With exceptional musical quality and energy, and the spectacle of the dancers, M4 "rocks" with the best of them, entertaining the audience with an over-the-top explosion of performance, color and charisma.

MarchFourth has played hundreds of shows in all kinds of venues, including music festivals (Voodoo Festm, Lotus Festival, Festival International de Louisianne, Echo Project Music Fest, Oregon Country Fair, High Sierra Music Festival) and high-profile concert venues (Hollywood Bowl, Crystal Ballroom, Kennedy Center for Performing Arts), sporting events (NBA halftime shows, FIFA World Cup fanfest, and Cyclo-cross National Championships) and many corporate, civic, and private events.

For more about MarchFourth, please visit www.marchfourthband.com.

Road to Resilience

Continued from Page 1

can not afford for any of us to continue to be spectators.

That, of course, is only one of the many trials ahead for us. We don't know where we are headed, but I think that acting out of kindness and compassion, articulating a concrete alternative vision, and unflinching resistance to bad decisions and acts will get us where we need to go. The rest of the world needs to know that the Trump we know now does not represent the majority of people in the US.

The second thing we need to do is what the Transition movement, and this column, have been recommending all along: build a community that takes care of its own, build and support a strong local economy, personally become more resourceful and self reliant. To really be resilient to chaos in the outer world, we have to have some measure of order and independence in our own community and region.

And, especially, right now, we need to show support and solidarity with people that are being targeted as hated stereotypes. We may also have to go beyond what we used to think was sufficient in sharing our skills and resources with others. When the foundations of society are shaken up, it's our opportunity to remold a better world.

Comments? terry@vashonloop.com

Make a date with Vashon! www.VashonCalendar.org

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

VCA Center for Dance Nutcracker Ballet

Winter at VCA means it's almost time for The Nutcracker! To match the beautiful new theater, VCA Center for Dance is creating brand new props, flats and a backdrop. We'll even have a new tree!

All the new sets and props are being designed and created by Robert Wright and his daughter, Julianna Wright (who will also perform). Everyone involved is very excited to kick off our first Nutcracker in the professional performance space with a whole new look.

Also in this year's production, there will be some fun additions to the choreography! Look for your favorite sugarplum fairies, dancing mice, toy soldiers, the mouse king, the nutcracker prince and all the rest of the gang from the Land of the Sweets.





Nutcracker Ballet

VCA Center for Dance presents Nutcracker Ballet

CHILDREN'S ABBREVIATED MATINEE

Friday, December 16, 1 pm All admission: \$5

All admission: \$5
PURCHASE TICKETS – Children's
Matinee

FULL PERFORMANCE Friday, December 16, 7 pm Saturday, December 17, 1 pm & 7 pm Sunday, December 18, 1 pm Katherine L White Hall, VCA

\$12 VCA Member, \$5 Student, \$14 Senior, \$16 General

Tickets available in the Katherine L White Hall at VCA, The Heron's Nest Gallery, by phone 463-5131 or online VashonCenterfortheArts.org

Psychological thriller "Brides To Be"

Writer-directors Kris and Lindy Boustedt will visit the Vashon Theatre for Vashon Film Society's December showings of their latest feature, the supernatural drama "Brides to Be."

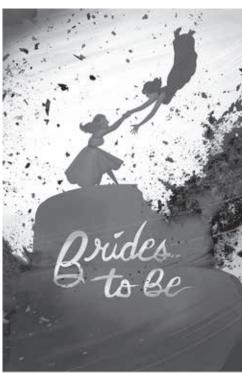
The film had its world premiere at the Seattle Pride Film Festival in June, and the Boustedt filmmaking duo just returned from Europe where "Brides" played at the Homochrom LGBT Film Festival in Germany and the Paris International Lesbian & Feminist Film Festival in France.

Kris and Lindy had great success with their earlier short films "Practical Things" and "Together Forever," which showed widely in film festivals and racked up over a million YouTube views. They knew they wanted to return to "positive representation Queer 2.0 storytelling" for this venture into feature filmmaking.

In fact, "Brides to Be" revisits the characters Robin and Jenna introduced in "Together Forever." Now the women are getting married and have just arrived at their secluded fairy tale venue to celebrate their wedding. Robin is excited to see her dreams come true. Insecure Jenna tries to shake off some strange occurrences at the old mansion as her own pre-wedding anxieties, but soon the lovers realize everything is not as

Says Lindy Boustedt, "Brides to Be' explores the creeping dread of our own insecurities, doubts and anxieties writ large though paranormal and terrifying activity."

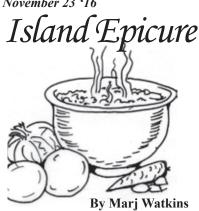
"And it's an allegory," adds codirector Kris Boustedt, "for the way



hatred and fear infect our lives with homophobia and continued resistance to marriage equality."

Lindy comments, "We wanted to buck the trend of the horror film genre by having the main characters be women with their own stories, strengths and vulnerabilities, instead of being just props or screams, plus we wanted to feature non-exploited, nonmargininalized, non-fetishized lesbian characters."

"Brides to Be" will be shown at the Vashon Theatre on Thursday, December 1 at 8:30 pm and on Friday, December 2 at 4 pm. Filmmakers Kris and Lindy Boustedt will also appear to introduce the film and answer questions.



Post-**Thanksgiving Day Turkey Treat**

Cooking the traditional centerpiece of a Thanksgiving meal is easy; the directions come with the bird. But what do you do with the leftover carcass? There's a lot of good meat on it, well worth the time to cut off that meat and transform it into a big pot pie, or a casserole. The remaining not quite bare skeleton can be cut up so it will fit into a stockpot if it's large, or cut up and put in a gallon-size freezer baggie, frozen and stored to make soup

You can probably get two or three cupfuls of diced meat and turkey bits from the turkey carcass. That's enough to create a lovely Turkey Tetrazzini. I'm pretty sure I've given you this recipe before, but not in the past four years since I don't find it in my records of what was published when. So here it is:

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

Turkey Tetrazzini

4 to 6 servings

Preheat oven to 350 degrees 2 to 3 cups turkey meat pieces

½ lb. shell pasta or linguini

1 Tbsp. olive oil

½ lb. sliced mushrooms

½ cube butter or 1/3 cup coconut oil

3 Tbsp. white wine, optional ½ cup slivered almonds

½ cup pitted small black

Cook the pasta. Drain it and toss it with the olive oil so it won't stick together. Gently stir the turkey meat into half it. Put that half of the pasta into a casserole. Brown the mushrooms in the butter or coconut oil. Stir in the wine, if using. Stir in the olives. Stir into the remaining half of the pasta. Set aside while you make the sauce below.

Sauce:

3 Tbsp. butter or olive oil

2 Tbsp. flour

2 cups chicken broth or 1 can Campbell's condensed chicken broth diluted with water to make 2 cups

Salt to taste

Melt butter or heat olive oil to shimmering. Add flour and stir cook until it changes color. Set aside to cool somewhat, or heat the chicken broth and then stir it into your flour roux. Stir cook until the sauce thickens and clears. Divide the sauce between the pasta with the turkey meat and the pasta with the mushrooms.

Top the casseroled pasta with the pasta and mushroom combo. Sprinkle with sliced almonds. Bake 20 minutes or until well heated through. Garnish with small parsley sprigs if desired.

Cranberries: Delicious raw or cooked

Down on the coast, this year's cranberries have been raked, sorted and packaged for our pleasure and good nourishment. We've enjoyed them in baked goods this month, especially these scones, made with low-gluten barley flour or no-gluten sorghum flour combined with almond meal for texture and flavor. Almond meal supplies magnesium and calcium, plus protein and is lower in carbohydrates than grain flours. Besides, it's so-oo-good. Anti-inflammatory, too.

> Gluten Free **CRANBERRY SCONES** Makes 14 to 16

Stir in a mixing bowl:

1 cup sorghum flour 1 1/4 cups almond meal

1 ½ teaspoons baking

½ teaspoon sea salt or unrefined salt

1/4 cup brown cane sugar or coconut sugar

1 cup fresh, washed cranberries

½ cup chopped walnuts or

In a 2-cup measure, fork beat:

½ cup almond milk or orange juice

3 Tablespoons olive oil 1 egg

Stir the liquid mixture into the dry mixture just until wellcombined. Depending on the dryness of your flour, you may need to add another tablespoon or two of milk. While letting the scone dough rest 10 or 15 minutes so the flour and meal can soak up moisture, preheat oven to 375 degrees.

Drop the dough by tablespoonfuls onto a parchment lined baking sheet. Bake 25 to 30 minutes, until tops are slightly golden. Give the tallest scone the toothpick test. If, the toothpick comes out clean, the scones are done. With tongs, transfer them to a wire rack. Present in a napkin-lines basket until cool enough to handle. Offer butter and jam to put on them.

Scone batter makes a good apple cobbler topping. Yet another use for cranberries is in cran-apple chutney. Sweet and spicy, it's a tasty relish to go with Thanksgiving turkey.

> CRANBERRY CHUTNEY Makes about 2 ½ cups

1 cup water

1 small yellow onion,

2 Tablespoons butter or

2 cups cranberries

2 tart apples, Granny Smith or Fuji

1 hot pepper, seeded and minced (wear rubber gloves) or ½ teaspoon red Tabasco sauce

½ teaspoon ground cloves 3/8 to $\frac{1}{2}$ cup brown sugar

1/4 teaspoon salt

2 Tablespoons minced fresh ginger root

In a saucepan or skillet that has a cover heat, but don't brown, the butter. Add the onion and cook 5 minutes on medium low, adding water as needed to prevent the pan going dry. When the onion becomes transparent, add the remaining ingredients. Bring to a low boil, reduce heat and simmer until the cranberries pop. Stir-cook to reduce liquid if necessary. Cool slightly. Transfer to a jar that holds at least three cups. Cover. Refrigerate. You can make this several days before Thanksgiving. The cloves both flavor and preserve the chutney.

Marj Watkins Holiday Recipes

After the Turkey: Pumpkin pie

The pumpkin, pie of this year's Thanksgiving feast a recent invention of mine that dodges several family members' allergies, comes with very little lactose and no gluten. No more eating the pumpkin-and-spice flavored filling and throwing away the

A favorite gluten-free piecrust is the Almond Meal Pie Shell below, a recipe from my book, "Wholegrain and Gluten Free", available at Minglement.

> Almond Meal Pie Shell For one 9-inch pie

Preheat oven to 425 degrees 1 cup almond meal

1 cup oat, sorghum, or millet

½ teaspoon salt

½ cup soft butter

1/4 cup water

3 Tablespoons olive oil

In a mixing bowl, stir the

almond meal, flour, and salt. Work in the soft butter. In a measuring cup, fork beat the water and olive oil. At once pour it into the dry ingredients. Work the mixture together. Form it into a ball. Pat it flat. Transfer it to your pie pan, mooshing it and mashing it with clean knuckles and pushing it up the sides to fit it to the pan.

Make a decorative fluted edge. Prick the bottom and the sides all over with a fork. Bake 15 minutes, or until the piecrust is crisp and its fluted edge light

> Pumpkin Filling For 9-inch pie

1 ½ cups home-cooked or canned pumpkin pulp

½ cup white sugar

1/4 cup molasses

1 teaspoon ginger powder

1 teaspoon cinnamon powder

1/4 teaspoon cloves powder

3 eggs, beaten 1 1/2 cups almond milk 1/4 cup rich cream Walnut halves

Mix all but the walnuts. Pour into prepared pie shell. Arrange walnut halves as a circle around perimeter of pumpkin filling. Bake 15 minutes if not using alreadybaked almond crust Reduce heat to 350 degrees. Bake 40 more minutes. Insert knife midway from rim to center. If it comes out clean, the pie is done.

If using a standard wheatflour based crust bake at 425 for 15 minutes to firm crust. Reduce heat to 350 degrees. Bake 40 minutes more Test for doneness by inserting a paring knife midway from rim to center. If it comes out clean, your pumpkin pie is done. Serve warm or cold with whipped

Happy Thanksgiving, everyone!



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Deadline for the next edition of The Loop is Saturday Dec. 5

The Vashon Loop, p. 10 November 23 '16

Rippin' Chicken

presents this power-house

rhythm section as the center

of attention, playing the music

they want to, in a style that is all

Rippin' Chicken

their own.

8:30pm

gone Rippin"

It doesn't get any better than this when it comes to a funky dance trio, coming to your right here on Vashon. The day after Thanksgiving is ALWAYS a rockin' good time at the Red Bike - people are home for the holidays and everyone is ready to cut loose...so we're bringing you something to dance to!

Formed from deep within the Westsound Union, Rippin' Chicken plays a greasy brand of funky, bugaloo and soul jazz, executed with creative ease by three funky brothers from different mothers who LOVE to play together.

After performing and recording together for the better part of a decade in groups such as The Funk Revolution, The Lucky Mystery Now Orchestra, and The Bucks (all under the direction of the great Lucky Brown), Rippin' Chicken



The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

High and Lonesome

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

Islanders will recognize John Schubert on guitar and vocals, with Tab Tabscott on dobro and pedal steel. Will McSeveney will play the banjo, Pete Martin on fiddle, mandolin,



and vocals, Terry Enveart on bass and vocals, and Jim Bluhm on a variety of instruments.

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

Friday, December 9th, 8:30pm. The Red Bicycle Bistro & Sushi. No cover, show starts at 8:30pm, all ages until 11:00pm

"A soul-food Organ trio Hallelujah! Handel's "Messiah" for Friday, November 25th, **Chorale's December Concerts**

The Vashon Island Chorale under the direction of Dr. Gary D. Cannon with ninety-five singers, professional soloists Holly Boaz, soprano, Brandon Higa, tenor and Charles Robert Stephens, bass and an eighteen piece orchestra under the direction of Karin Choo will perform concerts of Handel's Messiah on Thursday, Dec. 1 and Saturday, Dec. 3 at 7:30pm and on Sunday, Dec. 4 at 3pm in the Katherine L White theatre.

In the Chorale's twentyseven year history, this will be only the third performance of Handel's masterwork. It was sung previously in 1995 with Patricia Hudson conducting at the Church of Jesus Christ of the Latter Day Saints and in 2002 with David Kappy conducting at St. John Vianney



Church. Additionally, the Chorale sponsored "Sing-Along Messiah" events in 1994, 2005 and 2008.

According to Artistic Director Dr. Gary Cannon, "Handel's Messiah is the most loved of all choral works. Mostly that's because its story appealed to Christian Europe though

the eighteenth and nineteenth centuries. But today, it all comes down to the music itself. There is exuberance, there is weeping, there is worry, there is calm... it's like a collection of emotions that, together, comprise the human experience. This is rich, probing music that inspires both listeners and performers to share an emotional experience. And that is the whole point of music!" Dr. Gary Cannon will provide free pre-concert lectures 45 minutes prior to show time before all three concerts.

Tickets with prices ranging from \$5 to \$20 can be purchased at Vashon Center for the Arts and the Heron's Nest or online at vashoncenterforthearts.org. If still available, tickets can also be purchased at the door.





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Get In The

November 23 '16 The Vashon Loop, p. 11

Comedy Night! At The Red Bike

COMEDY NIGHT IS COMING !!! First Friday, Decenber 2nd at 8pm, at the Red Bicycle Bistro and Sushi bar. The evening is hosted by none other than Jim Farrell and features an All-Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

Lined up for the show are local comedians Pearce Cobarr, Richard Moore, Steffon Moody, Harris Levinson, Xavier Ajeto, Per Lars Blomgren & Anders Blomgren!

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

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

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

In no other performance form are performers held to such a standard. Many experienced performers, usually comfortable in front of an audience, look like a deer in the headlights when asked to do Stand Up. The pressure of evoking the laugh can be unbearable.

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



show itself.

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

The headlining comedian will be Ty Barnett!

There will be a \$9 cover charge, 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!

Florence and the Uffizi Gallery

Florence And The Uffizi Gallery is a multi-dimensional journey of the city that was once the cradle of the Italian Renaissance through the most beautiful and representative works of art of the period from Michelangelo, Brunelleschi, Raphael, Leonardo and Botticelli, with a detailed central chapter dedicated to the very treasure house containing their masterpieces: the Uffizi Gallery, including the breathtaking "Adoration of the Magi" by Leonardo Da Vinci, which will be brought back to life in 2016, after several years of restoration, and here unveiled in worldwide exclusive premiere on the big screen. Moreover, a fascinating, Gothic-flavored interlude will display much darker, more monstrous and frightening paintings, such as those by Caravaggio.

Art plays the leading role in the film, thanks to the moving narration provided by the mastermind of the Italian Renaissance, Lorenzo the Magnificent, played by Simon Merrells (Spartacus) and authoritative contributions from the main international expert in Renaissance art Arturo Galansino (curator of the Royal Academy in London and newly appointed director of the Strozzi Foundation in Florence) who signed the academic, artistic and scientific supervision of the script, and Antonio



Natali, director of the Uffizi, who will welcome us in inside the Gallery and will detail the key works.

Florence and the Uffizi Gallery A Journey into the heart of the enaissance

Sunday, December 11th 2:00pm The Vashon Theatre

Seattle International Comedy Competition Semi-finals

The Seattle International Comedy Competition is the REAL "Last Comic Standing."

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It's America's biggest touring comedy festival

The 37th Annual Seattle International Comedy Competition starts November 2, 2016 and continues nightly until a winner is crowned on Sunday, November 27 at the Seattle Center Cornish Playhouse.

There are two "preliminary" rounds of 16 comedians; each comedian gets 5 minutes to impress. The Preliminary rounds consist of 5 shows, and a combination of entertainment industry and celebrity judges and audience reaction determines who moves on when each performer's 5 best scores are tallied.

The top 5 comics from the Preliminaries make the semi-finals; all the semi-finalists win some cash, and get to compete for the title by performing for 10 minutes nightly for 5 shows.

At the last Semi-Final show the finalists are announced. Five comedians



get to go big, and five get to go home. After two days to recover and plan, the Final round begins on Tuesday November 22. After visits to theaters in Vashon, Kirkland, Bremerton and Seattle, we will have a new champion.

Seattle International Comedy Competition Semi-finals at The Vashon Theatre. Wednesday, November 23rd, 7:30pm

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Foxy Needs A Home...

Now that I'm done arching my back and symbolizing Halloween, I want a home to celebrate all the other holidays in. Do you have kids? I like kids! When people pay attention to me, I roll around and contort myself into all kinds of positions, I'm so happy.

I get along with other cats, too. And did you know that in some cultures, black cats are considered good luck? Let me bring good fortune to you!



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PANDORA'S BOX

Odd happenings continue at The Box.

Come join the mayhem.

New beds are in, new pet attire is in. Lots of treats for the holidays are coming in.

Bo's Pick of the Week: The tweakers doing car prowls during actual business hours. Brave or stupid.... it's a fine line. And, btw...KNOCK IT OFF!

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Live Entertainment

Friday, November 25, 8:30pm Rippin' Chicken

Friday, December 2, 8pm Comedy Night!

Friday, December 9, 8:30pm High and Lonesome

Friday, December 16, 8:30pm The S Curves & The Straightaways

