

THE LOOP

Vol. 13, #25

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December 8, 2016

Vashon Energy Catches Fire



By Steven Allen

Photo by Steven Allen

Three Vashon Energy employees were injured in a fire that destroyed the building where the business is located on December 2. The fire broke out around 12:20pm. Both propane delivery trucks were moved away from the burning building. Several small propane tanks were heard exploding behind the building. Vashon Fire and Rescue was able to prevent the fire spreading to the main propane storage tank next to the

building.

Vashon Highway was closed from Cemetery road to 204th while the scene was investigated and cleaned up.

One employee was flown to Harborview Medical with 3rd degree burns but was expected to make a full recovery.

Vashon Energy said there would be no disruption to home or business propane deliveries.

The Holidays Begin at Waterworks

By Ellen Parker

Each year during the first two weekends of December the Maury Island home and workspace of artists Christine and Darsie Beck is transformed into the hottest holiday happening on the Vashon Island Art Studio Tour. This year 19 artists come together in the festive gallery setting with their collection of fine art and crafts in a wide array of media. Kick off your holidays at Waterworks, a one-stop-shop where you can make a sizeable dent in your shopping list while enjoying some holiday cheer with island neighbors.

Darsie Beck features tranquil, Northwest watercolors, his gorgeously illustrated, instructional books on travel journaling, and the Field Easel Art Bag™ which he conceived, designed and refined before producing in water-resistant materials of Northwest hues. And Chris Beck, whose ceramics are local favorites with their fluid forms and Asian influence, offers casseroles, bowls and other functional porcelain pieces, as well as her lovely-looking and sounding bells to ring in the holidays. And in further creative accomplishments, Chris and Darsie have collected an impressive roster of local artists to curate this 19th year of Waterworks, as follows:

Textile art offerings include Lindsay Aickin's symbolic and vibrantly colored prayer flags and Donna Illo's kimono fabric textile art. And in utilitarian textiles, Zoe Cherokee's busy fingers have created warm and colorful knitted wear for adults and kids, and Cowbelle Industries (Megan Minier & Ellen Parker) offer their very Vashon line of block-printed T-shirts for kids and adults, infant onesies and tea towels.

Jewelry designer Kate Rutherford returns with her serene stone necklaces, earrings, bracelets and rings which have become a quintessential signature of Vashon, and happen to juxtapose beautifully with the bright, ornamental jewelry created by Ginny Ciszek.

Sculptural and 3-dimensional art includes more of Ginny's unique pieces, in the form of stunning collaged altars. Julie King features her clever creations for home and garden made from recycled,



reclaimed and found object materials. Dale Randles shows his carved wood wearable art and hair accessories, and in the kitchen, John Moore's carved wooden spoons made from fallen Island trees are sculptures in their own right.

In the 2-D gallery, painters Ken Fulton and Mike Maher show fresh and masterful watercolors of northwest scenery, as does Robert Horsley in addition to his evocative acrylic landscapes. Donna Romero shares still life oils and her new line of abstract collages. Last but not least, Photographers Kathleen Webster and Kim Farrell will share new work.

The Artists Tree will be chock-full of ornaments for sale, all new works by the artists, several of whom also offer holiday and greeting cards and calendars. Finally, be sure to purchase a raffle ticket for a basket of goodies contributed by all 19 artists. Proceeds will be donated to Food Access Partnership, Vashon Island Growers Association (VIGA) program dedicated to making locally grown fruits and vegetables more accessible to low-income islanders.

Don't miss the second weekend of the Vashon Island Art Studio Tour. Hours: December 10-11, 10:00 a.m.-4:00 p.m. Waterworks is #28 on the Tour Map, 7012 SW 240th St. Maury Island. Head south on Dockton Rd. and turn left on 240th (last left before the road to Gold Beach and the Country Club). 463-5633. Visit as many Tour stops as you can squeeze in this year, it's going to be a great one!

The Road to Resilience

Getting Past Tribalism

By Terry Sullivan,

We have come to a time when those with racial, ethnic, and sexual biases think that their views have achieved some level of legitimacy. The only way we can counter that opinion is by showing by sheer numbers how small—hopefully—a minority they really are. Before we can do that, we should all spend some time confronting our own biases. Are we really as progressive and tolerant as we would like to think we are? It took us a while to accept the fact that we still live in a racist society. Many of our preconceptions are so ingrained that we never really considered that there was any bias lurking there.

Now and again, I think we have all thought that if we had one world culture and everybody was a similar light brown color with similar features, we might finally get past at least the racial and ethnic aspects. I've actually seen a number of commercial TV ads with biracial couples and at least one depicting the marriage of two women. Clearly someone on Madison Avenue sees this as a positive trait that will sell product. That, at least, is encouraging.

On meditating on this for some time, I've decided that, even if the melting pot could achieve its end, it would not solve the problem. We have an innate drive to see differences between ourselves. Even if those differences are actually small and fairly subtle, we will find them. The white European society that so many long for will not give its members the automatic stature and respect they are looking for. I grew up in the 1950's, when we had a predominant white culture. Dark-skinned people and immigrants were automatically second-class citizens. The idea of LGBTQ people was so abhorrent

there were only whispered inferences about them, and even these were quickly put out of mind. So, were all of us white people comfortable and secure in our European whiteness? Not exactly. The mind abhors a vacuum. It wasn't good enough to just be white. For men, having hair that was too long or wearing a beard, were grounds for suspicion (well before the Hippy culture). Likewise, women who wore men's clothes in public instead of a dress or didn't have the proper hat for the occasion were talked about. There has always been people that were considered to be "white trash" and other cultural and class subtypes. Even if everybody was the same color and professed the same cultural values, I am fairly confident that we would always find someone to look down upon, i.e., "I really like that guy Jack; it's too bad he's a Presbyterian!"

So, now we have the other side of it: to accept and revel in the diversity. In order to be able to do that, we have to give up depending on our tribal identity for self-worth, and thinking we are better than people who are not in our tribe. In our more philosophical moments, most of us can see a basic recognizable and loveable humanity behind all the different appearances and expressions that people are capable of. Now, more than ever, we have to maintain our awareness of that front and center. This won't be easy to do; it seems we are hard-wired for tribalism.

I had an epiphany of sorts when I was in the Peace Corps, where I was exposed to, and more exacting, expected to live and work with people that had a different language, customs, housing, habits, etc. My first experience was a sort

Continued on Page 8



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Get in The Loop

Submissions to the Loop

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

Alzheimer’s Association 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 December 13 at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

Have a Story or Article

Send it to:
Editor@vashonloop.com

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

Full Moon Beach Walk

Meet Vashon Beach Naturalists at the North End Ferry Dock beach for a guided introduction to low tide beach life. Falling to a minus 1.4 feet at 8:46pm, the receding water will expose habitats of crabs, sea stars, chitons, anemones, dogwinkles, bright-eyed shrimps, sea cucumbers, clingfish, and many other critters in rocks, eelgrass, and cobbles. Bring flashlights, extra batteries, wading boots, and extra-warm clothing. Park in the lot on the hill and walk down, please. FREE! For more information contact Rayna at 463-3153.

Co-sponsored by Vashon Beach Naturalists & Vashon-Maury Island Audubon. Sunday, December 11, 2016, 7:30pm.
Full Moon Beach Walk

Island Community Marches to Affirm Unity

On Sunday, December 18, from 8:30-9:30am, hundreds of proud Vashon-Maury Islanders will march arm-in-arm and sing to a pre-recorded anthem called “Into The Infinite”. The song, recorded by 16 Island musicians, is about celebrating diversity, human dignity, and the power of unity in the face of change. The march will be videotaped by Peter Ray to be made into a YouTube music video accessible to all.

The town blocks from Vashon Theatre to Bank Road will be closed that Sunday morning so that hundreds of Vashon-Maury Islanders can assemble as One to march.

Island nonprofits, churches, schools and business groups are invited to bring one and all - along with a group/organization banner to wave with pride.

The video will be shot with a drone and at the song’s finale the drone will swoop upward for a grand shot of all the people, the town, Outer Quartermaster in the distance - and even Mt. Rainier - for a glorious and hopeful finale!

Please come, join us, and share the joy of affirming our love of and our immense pride in our Island community and to express our collective selves in a musical, visual, gratifying and - enduring manner.

What a wonderful gesture of amity and unity from our beautiful Island community to send out to the rest of the world!

Community Holiday Sing-A-Long

A holiday tradition; Join us as we carol together complete with the 12 dogs of Christmas. Doors open at 5:30, December 20 at the Vashon Theatre. singing starts at 6:00, about 1 hour and 15 minutes. Craig Returns as our Singing Santa and Randy Burse plays grandmas piano.

Vashon Island Pet Protectors Holiday Bake Sale

Between Ace Hardware & Thriftway
Sat. December 10th 9a.m.-1p.m.

Stop by to purchase an array of goodies baked by some of the island’s best bakers & help Vashon’s 4 legged friends at the same time. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 10th. For more information please call Victoria 463-5381.

Project Manager-Vashon Fresh

Vashon Island Growers Association (VIGA) seeks a part-time project manager for Vashon Fresh—an on-line market connecting residents with locally grown food via a mobile website.

The position is responsible for operations including farmer participation, marketing to consumers, establishing a base of subscribers and an aggregation/distribution facility, managing inventory, and reporting to the board and

funder.

Experience managing produce, distribution, logistics, plus tracking and reporting financial information is desired. Interest in supporting local agriculture essential.

This is a part time employment or contract position beginning in early 2017 with funding through September 2017.

Send statement of interest and qualifications to jobsearch@vigavashon.org by Dec 12.

Orca Lift, Apple Health, Food Stamp sign up

Miguel Urquiza from King County Health continues to serve Vashon signing people up for Orca Lift, Apple Health, and Food Stamps.

Wednesday December 21st, 2016. 11am - 12:30pm at the Vashon Maury Food Bank and 1:30pm - 3pm at the Vashon Library.

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

Grady

31 October 2001 — 27 November 2016

It is with much sorrow that we announce the passing of Grady. He was an introverted shy angel with an uncanny ability to touch those clearly in need of an emotional boost. His intelligence had to be witnessed to be appreciated, words do it no justice. Born on Halloween fitting any Spook worth his calling, he held out long enough to enjoy Thanksgiving at the table. Grady’s headstones were picked from 9-11 Ground Zero shipped by a dear friend. Thank you to Minglements, Luna’s, Ace, the BookStore and so many more local vendors who generously provided Grady with treats and with special



thanks to all the Saturday Market crowd who adored him with much love. His last moments were guided by the caring and loving hands of his UCD Vet, Dr. Dana Ness whose professionalism made his last hour very special.

He will be missed beyond reason.

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Next Edition of The Loop Comes out Thursday December 22

Deadline for the next edition of *The Loop*
Saturday, December 17

The Vashon Loop

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Published every other week
by Sallen Group
©December 8, 2016 Vol. XIII, #25

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M-R-Cocoa 2-2 Black

By Seán_C._Malone

As my mind soars over things that happened a long time ago, I find myself using these thoughts to write a story that may be mostly true. My strongest memory was the time Mom caught me carving my initials in the rail of the Ground Observer tower on Sunrise Ridge. She told me that I was defacing government property and never to do that again. Those were her words and it scared me.

The tower was a shifty old thing because it had been old Elijah Morgan’s water tower with a big wooden tank on top. He kept chickens and that is how they got their water. The tower was on Morgan Hill and sat on the top of one of Elisha’s brooding houses and fed by a 100 foot well, the walls of which are in the basement of what they now call the “fairly house”. The next house to the East was built from one of Elisha’s chicken houses.

Elisha got out of the chicken business and was the first to plant peach trees on the island and had 1,100 trees. The old water tower was used by the Ground Observer Corps during WWII.

The tower up Elisha Lane turned out to be an earlier tower than the one on Sunrise Ridge where Mom and I served in the 1950’s. That tower could have been about where the baseball diamond is,near the Food Bank.

The Ground Observer Corps was a band of civilian volunteers who manned wooden towers clear across our border with Canada and down the West coast, scanning the skies for aircraft both day and night. We were told that we were back-up for the DEW line (Distant Early Warning line) that was clear across Alaska, protecting our skies to the North. We were called Ground Observers.

As a 10-year-old volunteer, I wasn’t allowed to make use of the phone to the plotting table at Seattle Tacoma Airport, 8 miles to the East, where they received our sightings. Mom would have to do that and then I would listen in as she gave our call sign and the particulars of the sighting: “To the North, 20 degrees above the horizon, probable military,” was her report and then they signed off. Mom was very cool and business like. We identified the aircraft using the “wheel” which was a plastic circle with black and white silhouettes of all the aircraft that we might see. The “wheel” can be found today at the Heritage Museum.

M-R-Cocoa 2-2 Black was our call sign, at least that is what my cousin told me and he’s a lawyer in Tacoma.

Sometimes it was cold outside on the rail, as Mom asked me to identify a plane we were watching. When the night was black with lots of moonlight, it was easier spotting. On a night like that,I was outside



Photo curtesy Vashon Heritage Museum

on the rail, the one I had carved my initials in, when a strange light appeared over to the East about 30 degrees above the ground. Mom saw it too and called it in as a UFO (unidentified flying object). Then two more lights joined the first, moving slowly, then they all shot off into space at an alarming speed. I thought it was neat and told the story at school. Nobody believed me. My friends said I had seen the search light at the airport bouncing off the clouds in the night. I know what I saw and there were other confirmed reports. The government doesn’t tell us about what they hide. I guess it doesn’t matter.

I was proud to be an observer and they gave us small silver wings that read Observer Corps. I know an octogenarian in town who has different wings because she served before my time.

Sean@vashonloop.com

Now Playing Doctor Strange



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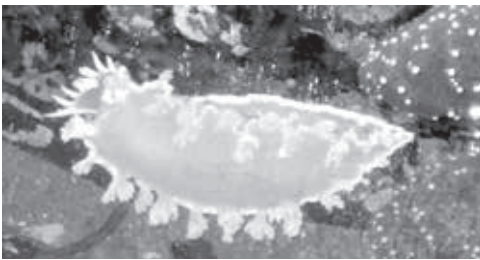
Walk on the Winter Beach

by Rayna Holtz

You can go to another world without leaving Vashon. By spending a winter evening on the shoreline with a flashlight you will soon find a little-known yet vast community of living intertidal beings under and near the north end ferry dock. The moon will be almost full, so if the clouds part we will have dim silver light from stars and moon to limn the other-worldly habitats consisting of pilings, watery eelgrass beds, boulders, and sand.

When the ebbing tide reaches its low of -1.4 feet around 8:45pm, we may be able to see some of the fancy orange sea pens that live where they can enjoy the extra current from ferry propellers near the deep end of the dock. One of their predators is the lovely diamond-back tritonia, Tritonia festiva, about two or three inches long. With its white stripe connecting ribbon-like curlicue gills, it looks like a translucent gift-wrapped surprise, a Christmas treat for beachwalkers. These nudibranchs eat soft corals, and the orange sea pens, Ptilosarcus gurneyi, are a species of octocoral. When a sea pen is approached by a diamond-backed tritonia, it does not think of Christmas gifts or Santa though! If it thinks of anything other than escape, it thinks of monsters! A sea pen can deflate and bury itself in sand, or it can uproot itself and float away—effectively eluding some hungry sea stars—but sometimes too slowly to avoid losing some of its polyps to a hungry nudibranch that is already upon it.

There are many engaging creatures and seaweeds of many colors and textures on our shorelines, and most play out varying dramas involving life and death, hunger and escape, hunting and reproduction. We may see nudibranch eggs of several species clinging to pilings or rocks. We will also see barnacles, chitons, limpets, and rockweed clinging to these hard surfaces. In the sand and



Diamond-back tritonia, Tritonia festiva.
Photographed January 2013 at the north end dock by Rayna Holtz.

shell around the pilings we may see bright-eyed shrimp and tiny decorator crabs with spindly legs and tufts of algae growing on them for disguise. From the large red rock and kelp crabs under the dock and in the eelgrass, down to small porcelain and black-clawed crabs hiding under big rocks, there are a dozen crab species living in the vicinity. Sometimes there is a tiny octopus or a squid. Many species of shellfish have left their shells in the sand for us to admire, and we often see small periwinkles or a big moonsnail. We will hope to find some healthy sea stars, survivors of the Sea Star Wasting Disease that killed off most of their kin over the past three years.

The Vashon Beach Naturalists will be wearing bright yellow-green vests with reflective strips, eager to answer questions and look at what you find. If someone in your family gets chilly, there will be hot chocolate and tea at the illuminated booth on the north side of the dock, along with a few chairs and a pile of beach guides. Dress warmly, wear knee-high rubber boots, and bring a flashlight with extra batteries. And be sure to park in the lot on the hill, so that you don’t use spaces meant for customers at La Playa. We welcome whole families! For further information call Rayna at 463-3153.

Oh, Vashon gals won’t you come out tonight,
come out tonight, come out tonight?
Oh, Vashon guys won’t you come out tonight,
and glance by the light of the moon?

Audubon’s Birds of Vashon calendar

Calendar features photos of Vashon-Maury Island birds

Fifteen local photographers contributed photos to Vashon-Maury Island Audubon Society’s 2017 calendar, now on sale as a fundraiser for the organization.

All the photos were taken on the island, at places like Fern Cove, Mukai Pond, KVI beach and photographers’ backyards. The photographers are Sherry Bottoms, Greg Bush, Jim Diers, Ann Donahoe, Sarah Driggs, Michael Elenko, Barb Gustafson, Jamie Hatten, Claudia Hollander-Lucas, Rusty Knowler, Harsi Parker, Ray Pfortner, Peter Ray, Ed Swan and Randy Turner.

Proceeds help support Audubon activities, including a Chautauqua fourth-grade educational program, classes, a Christmas Bird Count, and Vashon High School scholarship.



Calendars can be purchased at the Vashon Bookshop, Thriftway (customer service counter), and online at VashonAudubon.org.

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Island Life Normal

By Peter Ray
pgray@vashonloop.com

I have been in Vietnam recently- the only reason I am not there now is because I am here writing this. Of course, I did not mean to mislead about my whereabouts- I wasn't really "in" Vietnam. It is just that I have been immersed in hours of video and photos and listening to stories about one person's experience of that war- hopefully soon I will be able to share this, but not yet.

In many ways this is a bit of a schizophrenic dance- going back in time to when I did the interviews, which also involved the subject's going back to another time in his existence. And then to go uptown to the Friday artwalk and meet the person in the interviews and talk about where I had been earlier in the day in his life, and to talk with someone earlier in that evening about someone else who I had seen even earlier in another part of one of the clips and to hear that that person had recently suffered a health problem that was not apparent or expected back when the tapes were being recorded. It is an odd existence, not unlike Kurt Vonnegut's Billy Pilgrim, who at random would become unstuck in time and place in the pages of the book Slaughterhouse Five, although I feel as though my grip on where and when I am is a bit more firm than Billy's was as he bounced from life on another planet with a porn star to being the sole survivor of a plane crash to being an eye witness to the fire bombing of Dresden. Somehow, I guess, the common ground in all of this still gets back to war.

To be sure, Billy Pilgrim's life as described was nowhere near normal. On the other hand, at the time my friend was heading off to basic training and then on to southeast Asia back in 1966 (and way before I knew him), my life was somewhere in the realm of Leave it to Beaver and the film Pleasantville, which is sort of interesting since the town just south of where I grew up was named Pleasantville, THE Pleasantville that was a part of the mailing address for the Readers Digest, whose headquarters actually was in my town, which now is where the Clintons reside, which I'm sure has left Chappaqua, along with the forty years or so that has passed since my leaving, anything but normal or at least recognizable since I was there. One of my recollections of that time revolves around my time in school and a slogan button I had, since many words and phrases of all sorts found their way onto buttons back then. Two that come to mind are "Frodo Lives!" and "The Great Society: Bombs, Bullets, Bullshit". But the one I'm thinking of had a much more benign message, and that was: "I don't want to be normal". As I was far from the rebellious type back then, this seemed to be the extent to which I was then willing to step away from the crowd. I do remember though that on one of the days I wore this button to school, the only memorable comment I got on it was from Coach Mica, my P.E. instructor. His comment came almost immediately after he read it, and that was: "Ray, being normal is not something you have to worry about". In looking back, I guess my departure from the middle of things had begun before I even knew of it.

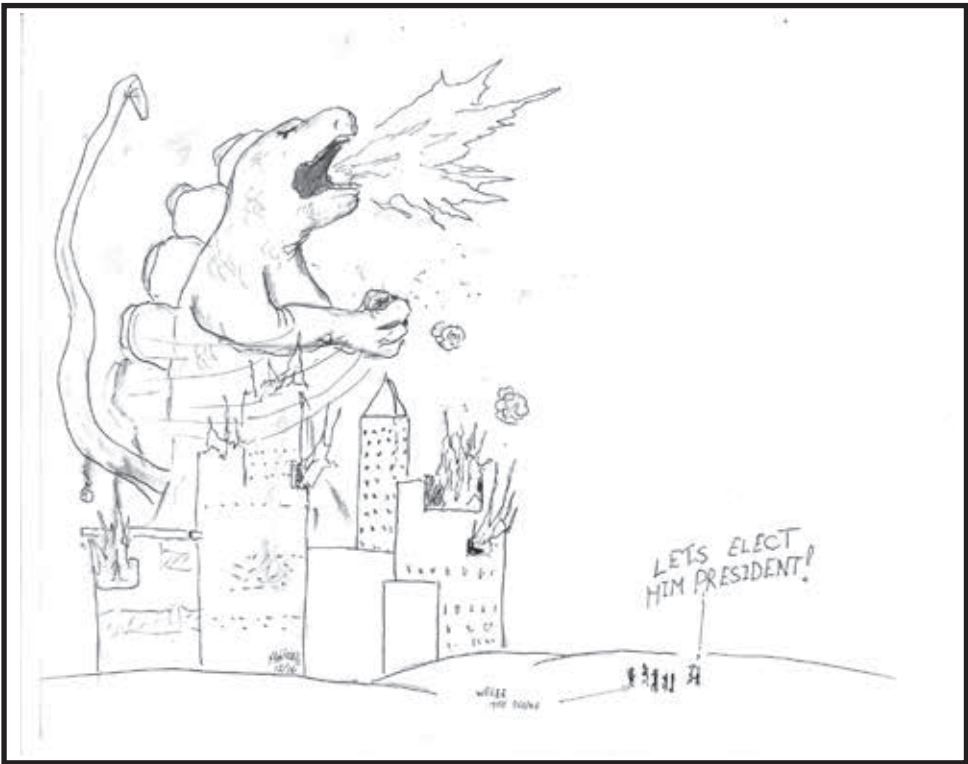
There is a reason why I have travelled back in search of normal here, and that is because there is much talk now about "not normalizing" our current state of affairs with the not so popularly elected buffoon in chief. It is a subtle shift from passive acceptance (as in get over it, he won) to actively striving to make constructive advances

from a status quo that is set to experience some sort of tectonic shift when a certain orange headed sociopath is sworn in as supposed commander in chief in seven weeks or so. But while it sounds good and seems empowering to personally not accept the changes and perceived reversals about to be wrought upon the system, one needs to first be granted the right to question the system that allowed this to happen. At least something, but perhaps not quite enough of that something, has been made of the fact that NBC was complicit a number of years back in normalizing the bullying tactics of Donald J. Trump in their series known as 'the Apprentice'. I never saw it, but lots of people did, and I guess NBC made a lot of money from it, which I guess justifies, in their minds, the giant pass that was granted Trump in the minds and living rooms of the American electorate. And now there is the great recount and rigged election debate, which should not be a debate at all since it has been documented that the Republicans gutted the Voting Rights Act, which in turn disenfranchised thousands if not tens of thousands of voters who could more than likely have otherwise turned the election around in any number of places. There are the documented sweeps of redistricting that have taken place around the country which again shifted the balance of power to the right. And there was the continued use of electronic voting machines with no paper trail record of the votes that passed through them. This was a proven problem back when the head dude at the Diebold company said he would "deliver the votes" to George W. Bush, and apparently did. There was much noise and many calls at the time to change back to a system of voting that created a paper trail of how the people voted on these machines, and while some places fixed the problem, many did not.

There is a saying that people like to repeat because it feels like by doing so you have at least done something. It has to do with defining insanity as continuing to repeat an action just as one always has while at the same time expecting a different result from that action. It is funny, in a sad sort of way, that on both sides of the coin of this recent election it was Trump who claimed both that if he didn't win that the election was rigged and that when he did win, but not by a majority of the popular vote, the electoral process was rigged as well. One would think then that by recounting the votes one could be assured that all went as it should have in our model democracy, although it is Trump again who says that a recall is worthless. With that in mind, there is also much hand-wringing now over the inadequacy and unfairness of the Electoral College, but not much is said about how a much smaller body, the Supreme Court, decided what the will of the people was back in the Bush years. It seems that instead of normalizing hope through critical thought and change we have looked around and decided that if it ain't broke, don't fix it. The problem as I see it is that we have already normalized broke, which doesn't bode well for making much of anything great.

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Deadline for the next
edition of *The Loop* is
Saturday, Dec. 17



Metro launches 'Transit GO Ticket' mobile app

Riders who don't want to pay cash to ride transit now have a new way to pay. King County Metro Transit is launching the Puget Sound region's first-ever mobile ticket app - Transit GO Ticket - allowing riders to buy and redeem transit tickets on their mobile device without needing cash to ride. Under a six to 12 month pilot project, tickets can be purchased for use on King County Metro buses, King County Water Taxi, Seattle Streetcar and Sound Transit's Link light rail and Sounder trains.

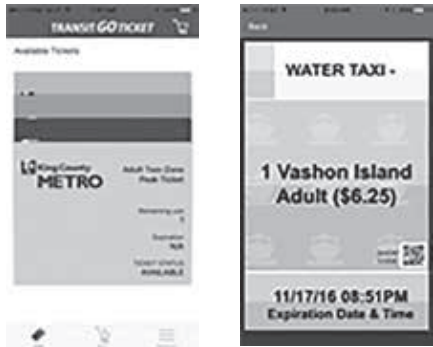
Currently, riders pay cash, purchase tickets or use an ORCA card to ride transit. Having an app is designed to be more convenient for infrequent transit riders - including visitors, sports fans or those who would otherwise pay cash.

Riders can simply use the app to purchase a Transit GO Ticket on an Apple, Android or Windows mobile device and show it to a transit operator, fare collector or fare inspector.

"Transit GO Tickets are the latest example of innovations that make transit easier for our customers," said King County Executive Dow Constantine. "We look forward to hearing from the community about mobile tickets as we continue to make sure Metro and Sound Transit offer seamless, efficient service across town and across the region."

Mobile tickets are the latest milestone in Executive Constantine's efforts toward greater regional transit integration between King County Metro and Sound Transit. This includes joint regional planning and the bus and rail integration as Sound Transit extended Link light rail to Capitol Hill and UW.

How does it work?



Riders who don't want to pay cash or purchase an ORCA pass can:

- Download the Transit GO Ticket app for Android, Apple or Windows mobile devices.

- Create an account

- Purchase one or more tickets through the app using a credit card or debit card.

- Activate the tickets needed just prior to boarding, there is no limit to the number of tickets that can be activated at one time.

- Show the mobile display to a transit operator, a water taxi fare collector, or have it available if requested by a fare inspector on RapidRide, Link light rail or Sounder.

- Transfers are allowed between Metro buses within a two-hour window.

The Transit GO Ticket app pilot project was created under contract by Bytemark, which has similar systems in use in Austin, Texas; New York Waterway; Massachusetts DOT, Atlanta, Toronto and York. With its partners at Sound Transit, the City of Seattle and King County Marine Division, Metro will evaluate the performance of the app and gather rider feedback through November 2017. The results also will guide further developments of mobile ticketing.

Georgie Girl Needs A Home...

My name could just as well be "Gorgeous Girl." I'm a long-haired Siamese mix with very pretty markings. Of course, my personality is more important than my good looks. I'm eager for people to pay attention to me, and I love to be petted and held.

Stop by the shelter so we can get acquainted. All you have to say is "Hello, gorgeous!" and I'll know you've come to see me.



Go To www.vipp.org Click on Adopt

Spiritual Smart Aleck



By Mary Tuel

Joyful Resistance

This morning the cat gingerly, tenderly, on little cat feet, balanced on top of my radio and inserted his head into the dog biscuit bag, and came out with a dog biscuit in his mouth. He carefully backed off the radio and over to the hutch where I feed him, broke the biscuit up with his teeth, and ate it.

The dog watched this action intently. You could almost hear her say, “Nooooooooo!” when the cat’s head came out of the bag and there was a biscuit in his mouth. I had given the dog three of those little biscuits moments before in our morning ritual: “Sit.” (biscuit) “Spin around.” (biscuit) “Lie down.” (biscuit). Dogs are not capable of saying, “I just had three biscuits. It’s okay if the cat has one.”

Dogs do not think like that. Nor do dogs and cats worry about who won the election. I envy them.

Our president-elect is appointing people in his administration who will work together to make the rich richer, and the rest of us poorer. This crew will also attempt to step on the necks of the poor, women, the LGBTQ population, immigrants, people of any skin color other than white, and people of faith who are other than the right kind of Christian. I apologize if I missed your group.

This oppression has gone on for years. Now there will be no stopping it. The bullies have the power.

I am sad that the idea of public service has been so far forgotten that our government has public bullies instead of public servants. Being a public servant seems like such a quaint, antiquated notion now, straight out of that 1939 Jimmy Stewart movie, “Mr. Smith Goes to Washington,” which, by the way, protested against political corruption and cronyism in its day. I am trying to decide if it is any consolation that corruption and cronyism were part of the US government eighty years ago. Whether it is consoling or not, it tells me that each new generation must be vigilant and fight for freedom.

The initial stun of the election’s outcome is wearing off. I have stopped flinching every time I hear the term “president-elect.”

I heard today that the Army Corps of Engineers is backing off from at least a piece of their pipeline through sacred land in North Dakota, perhaps in response to the veterans who have shown up to stand with the First Nations people in the freezing cold.

I shall wait to see what happens at Standing Rock, and on other native lands. Pardon

my cynicism. The behavior of the Army Corps of Engineers, etc., up until today, not to mention the various levels of government all the way to the top, has looked like Indian Wars, circa 1875, to me. The behavior of this country’s rulers toward indigenous peoples has been consistent for centuries. Forgive me if I have a hard time thinking that everything changed this afternoon.

Not taking much for granted these days. I am watching, and waiting.

Meanwhile, the sun continues to come up, the world is still beautiful, our loved ones still bring us joy and pain, the cat still steals dog biscuits. Life goes on, and we find beauty and joy and humor in it, and each other.

Therefore, cynical as I am feeling right now, I exhort you to love your life and your people and your animals and your plants and your world. To be deeply joyful in your good work every day, and to resist the encroachments of the evil and stupidity which are running amok in the land. Recognize one another as the embodiment of a human spirit that does not give up, and does not accept less than the human dignity that exists within each of us.

Oh, yeah: and don’t forget to breathe.

In my faith, I am taught that my goal is not to succeed, but to be faithful. I’m an old human. I’m a mess. My knees hurt and I get tired fast. Within the confines of my limitations I am called to be faithful. I am called to do what I can. These days I feel called to a joyful resistance, because what’s a life for, anyway?

If our government does not serve us, we must serve each other. We must start where we are. I don’t know if signing petitions, making phone calls, sending emails to politicians, singing songs, writing essays, and protesting will make a difference.

I will do those things anyway, because a rock could not stay silent now, and neither can I.

MarchFourth: Spectacular, genre-breaking 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 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.

PERRY’S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

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



Best Burger in Town!

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Gluten Free Buns!

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Art & Music Events
Submit your Event on line at
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Aries (March 20-April 19)
Belief is useful to the degree that it’s flexible. It’s even more useful if it’s acknowledged for what it is: a notion of what might be true. More often, belief is like a shield against truth, or the inconvenience of having to find out. This week, make no compromises in this regard; play no games with yourself or with others. You’re likely to encounter information that challenges what you believe, and this is an opportunity to make some adjustments. Be willing to discard what you discover not to be true. Be willing to embrace the new reality that you face. If it seems that precious ideas are being taken from you, or like your bubble is being burst, stand back from the process and open your mind to learning. You are growing much faster than your present beliefs can contain, and you therefore need to expand your mind to embrace who you are becoming.

Taurus (April 19-May 20)
You’re not being asked to make any unreasonable compromises. The more you resist, though, the less reasonable they will seem. At the same time, your astrology is all about your taking leadership. Your chart is unusual in that your idea of taking charge has a collective or group approach. You will still need to set a clear example, which is one of cooperation and of listening. Let other people provide you with their ideas and their input, and then craft an original response based on what you’ve learned — and on your own best judgment. In a real sense, whenever you’re in charge, you answer to ‘the people’, though the people don’t always understand the necessities you or your organization face. So keep the conversation going; keep the floor open to comments; and remember that nothing you decide will be popular with every last person. Take the word of naysayers with a sprinkle of salt.

Gemini (May 20-June 21)
In the realm of sexuality, too much emphasis is placed on power and pain. Too little is placed on communication, pleasure and healing. You have the ability to shift the conversation toward loving, creative ideas. You can set the agenda; though if I may give you a clue, here’s how it will feel when you do: like you’re venturing into taboo territory — and that’s because you are. It’s perfectly acceptable to cast relationships and sexuality in terms of victimization. Where people tend to panic is when things get sensitive, and where the only valid path involves honesty. You get to lead the way. In any discussion requiring two or more people to open up, be the one to speak your heart and soul. Take the risk of vulnerability. Admit your desire. Admit what you need. Offer your assistance in any form that you can give it. One such place would be your willingness to let go of jealousy as a form of gospel truth.

Cancer (June 21-July 22)
Lately you’re in the role of getting people together. This is the proverbial herding of cats; of building consensus; of getting people to agree that there is such a thing as the common good. Hey, someone has to do it. Remember, the idea that we all might share some common needs is not agreeable to everyone. Sometimes one person will try to block a plan that benefits many others, for no good reason. Here is where you’ll need to be a master politician. The chances are, anyone who objects to a plan wants more input. Therefore, listen and incorporate their ideas, but only as relevant. Focus on the positive; keep

your emphasis on listening; make sure you know what is truly necessary, and gently guide the outcome in that direction. Remember that you can always use power where persuasion won’t work, though it would be better to avoid that. Coffee and sandwiches work better.

Leo (July 22-Aug. 23)
If you want to have fun, then you must be willing to push your boundaries and take some personal risks. Don’t worry about your dignity. Go out with your hair a mess and notice how warmly people respond to you. You don’t always have to be seen as someone who has everything together all the time. Your astrology is suggesting that you hang a little loose, and give yourself permission to do what might not please the abundant parental figures that populate the world. Speaking of: who is playing that role in your life? Who, in your mind, might be concerned if you have ‘too much’ fun, or get friskier than usual? Check your relationship agreements carefully. Remember that if you have to ask permission, you’re not relating to other people as adults, nor are they to you. The deeper theme of your project of having more fun than usual is about establishing level ground with the people who surround you.

Virgo (Aug. 23-Sep. 22)
You have an opportunity to have one of those delicious conversations wherein you bare all and discover who you are in the process. In the midst of such an experience, the inner game is: don’t hold back. Go toward what you might be reluctant to say; rather than running from what might be embarrassing, try going toward it. The deeper truths and the greater pleasures are concealed right behind that veil. There is unusual satisfaction in standing in your truth. I don’t mean the truth of being right, but rather that of being who you are; of owning what you feel. Those close to you will either respond in kind, or they will be frightened. On the long journey to personhood, you will be dealing with those two options fairly regularly. You are, in truth, doing people a service by opening up and being real, as this is a powerful example to set. But don’t do it for them — do it for yourself.

Libra (Sep. 22-Oct. 23)
You may find it challenging to say what you want to say. A few things may be happening, one of which is that you’re having some difficulty putting your message into words. You might feel it’s too large or encompassing to communicate accurately or meaningfully. Consider that you won’t ever get it ‘perfect’, and that you don’t need to. You mainly need to capture the spirit of what you feel and relay it as best you can. Then guide the conversation onward, even if it takes several days or a week to get there. You’re working your way through some layers, down toward something that resembles a core truth. Rather than being some concept or abstract idea, this is about you discovering who you are in the process of trying to describe who you are. Follow your feelings toward that core inner truth rather than your words. It’s true that words count, but not as much as what you’re feeling.

Scorpio (Oct. 23-Nov. 22)
It will help if you take a diplomatic approach to family or household issues. You’ll save yourself grief, time and effort if you sidestep any contention or controversy, and avoid provoking it as best you can. The fuss leads nowhere,

Eagle’s Santa Brunch & Book Exchange

Eagle’s Santa Brunch & Book Exchange. Santa Brunch with a festive kids menu, build your own hot cocoa, Christmas crafts, Book Exchange and Photos with Santa on Sunday, December 18th 9 a.m. until 1 PM.
Santa will arrive at 10:30 until noon for photos and a big Ho! Ho! Ho! Suggested Admission price is two new or gently used children’s books. One to exchange and one to donate to the Back Pack Pantry...but no one will be turned away from Santa or the festivities.
Sunday, December 18th
Vashon Eagles Club
Time: 9am-1pm
Santa Photos: 10:30 - noon

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and you have it in you to take a clear-headed approach to the question. The thing to remember is that you’re not a child. This is something that it would help all people to remember all the time, as most negative reactions come from the perspective of being powerless (like a child). Remember that people value your presence in their lives for a reason. Keep that reason in mind, and quietly, subtly, use it as leverage. If you’re going to explain to anyone why something is in their best interests, only do that once. Anyone who doesn’t get it the first time needs to be approached differently.

Sagittarius (Nov. 22-Dec. 22)
Be conscious of where you direct your energy. Your words and your ideas have more impact than you may imagine. Resist the temptation to argue on your own behalf, especially if you know you’re right. In that case, let the power of truth do the work for you. You might say, “I don’t think you’re correct,” or, “Let’s take a deeper look at the facts,” though that’s not quite arguing. Stay in control at all times. Your vibes are more persuasive and have more impact than your words or your ideas at this particular point, and that’s very persuasive indeed. Given that, you might take up the causes of those who don’t have your voice or your power. This can include in your intimate relationships, where you recognize subtle (or not-so-subtle) injustices and speak up on behalf of the underdog. Take the occasion to notice any way you might be being unfair to others and correct that first.

Capricorn (Dec. 22-Jan. 20)
You would be wise to address the notion that you must be pure, or perceived as pure. You know you’re not; everyone else knows you’re not; and there’s no such thing as purity except maybe in an air-locked laboratory or in the mind of the pope. But purity is different from integrity. And someone as intense as you are, with opinions as strong as yours are, needs integrity. But what is that? I think of it as having the various parts of yourself in agreement with one another. It’s about noticing when you contradict yourself. There’s the bit about having the same expectations for others that you have for yourself. And it’s about letting your deeper truth out into the room rather than having to stuff it down into the dark. There



seems to be something you absolutely must reveal about yourself, and it will prove that you might not be ‘pure’, but you possess genuine integrity.

Aquarius (Jan. 20-Feb. 19)
It’s probably not worth fighting with others, though it’s a temptation. Instead, proceed with your agenda. You are your own master, as long as you maintain the standard of basic responsibility to others. That’s different from doing what they want, or even thinking you have to stop and think about it for too long. It’s also different from trampling over anyone. You must carefully find the middle way, and then proceed with confidence. Part of that confidence is trusting yourself. That seems to be a sticking point lately. Confidence is based on understanding your motives. This one theme is perhaps the most challenging aspect of your current astrology, and the issue isn’t going anywhere soon. However, you will respond to a process of seeking an understanding of why you do what you do, and making peace with that reality. Self-deception is toxic in any form. Once you get clear on what’s driving you, you will be more compelling to everyone around you.

Pisces (Feb. 19-March 20)
You must make your definition of success. Once you do, you’ll know what you must do to get there. Make sure you have a definition that encompasses not just financial success (which is actually the easiest kind to attain), but things like peace of mind, and your ability to bring your true being into your work. Until you get there, I suggest you define success as covering the basic necessities of life, of art and of business. Do you have space to live and work? Do you have food to eat, and to feed your kids and critters? Do you have water for washing, drinking and tea? Do you have an internet connection? Can you get through the day? If you answered yes to these questions, you’ve made the top 10% of the human condition. Now, play your advantages. Use your ideas, your wits, your commitment and, most of all, your time.

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

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

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

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
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



Vashon library December Events

Children & Families

Brick Builders
Monday, December 5, 12, 19 and 26, 4-5pm. Family program, all ages welcome with adult.
We’re having a block party. Come build with us! All materials provided.

Family Story Times
Tuesday, December 6, 13, 20 and 27, 11:30am-12pm
Newborn to age 6 with adult.
Stories, songs and fun!

Make It! Winter Luminaries
Tuesday, December 6, 4-5pm
Ages 5 to 12 with adult.
Drive away the winter darkness with a luminary you can keep or give as a gift. All materials provided.

Adults

Great Books Discussion Group
The Daughters of the Late Colonel by Katherine Mansfield
Monday, December 5, 6:30pm

One-on-One Computer Help
Thursday, December 8, 6pm
Have computer or software questions? TechTutor Volunteers are here for you.

You may bring your own laptop, but TechTutors cannot provide hands-on or hardware assistance.

A Pioneer Christmas: Traditions Across America
Sunday, December 11, 2pm
Presented by Tames Alan, Living History Lectures.
Explore the various traditional celebrations of the Christmas season as they might be found across this country during the latter part of the 19th century. As people moved westward, they brought their traditions for celebrating the season with them and learned to adapt them to their new environment. When people gathered to celebrate the holiday there would be music, dancing, and the singing of carols. There will be an opportunity for the audience to sing some traditional carols that were popular during this era!
Sponsored by Vashon Friends of the Library.

Join KCLS in Supporting Toys for Tots! November 12 through December 5
Drop off your Toys for Tots donations at all KCLS libraries!
All donations will be delivered to KIRO 7 on December 9.

John Craigie Returns to Roasterie



If John Prine and Mitch Hedberg had a baby, the resulting product would resemble something very close to Portland, OR singer-songwriter John Craigie. Musically comparable to Prine, with the humor and wit of Hedberg, the humble, gracious, and hilarious Craigie is one of the best storytellers of our time. It’s no wonder that Chuck Norris sends him fan mail, and Todd Snider brings him gifts on stage.
The vagabond troubadour has charmed audiences in all 50 states and throughout much of Europe, with a DIY spirit seldom seen these days. 075A0827While touring solo and with the likes of Todd Snider, the Shook Twins, Nicki Bluhm, and ALO, Craigie has taken the stage at festivals, sold out venues, intimate house concerts, center camp at Burning Man and even Gregory Alan Isakov’s farm. Although based in

Portland, Craigie’s true home is on the road, and just like that he’s on to the next town, playing and singing and telling stories to everyone who wants to listen.
He’ll make you laugh and make you cry, all in the same song. With a fan-base that is more of a continually-expanding circle of friends, John Craigie’s true passion is connecting with people through shared experiences, stories, and song.
John Craigie with acoustic set by Loren Sinner and Emmett Sherman. December 16th - 8pm. Vashon Island Coffee Roasterie.
\$15 tickets purchase at Vashon Book Shop or online at BrownPaperTickets.com. A portion of ticket sales will be donated to the island’s community run radio station Voice of Vashon. Presented by Debra Heesch.

Road to Resilience

Continued from Page 1
of trial-by-fire during training. We were all shipped down to Mexico and given instructions to find a Mexican family to stay with for a couple days. The prospect of this was so frightening to me that I was physically sick before the bus left our training center. Once in the town I was assigned to, my sheer ineptitude was enough to attract the attention of a young man who took me to his home, where I was permitted to stay a few days. Except for the front parlor, the home of this family had a dirt floor. They were by no means prosperous but were making ends meet. The language was strictly Spanish, but the hospitality and common experience was universal. Our Peace Corps trainers, in their wisdom, saw that this experience was essential if we were to be successful in our mission.
We have to give up striving to be like others or fretting over people who are not like us. There’s nobody better at being you than you are, so you can

feel good about that for starters. On the other hand, there is so much to be appreciated in the talents and qualities of everyone else, we might consider feeling enriched rather than threatened. Maybe we’ve been unconsciously stumbling over tribalism for thousands of years, but that doesn’t mean we’re necessarily stuck with it. Time for us to get out of our comfort zone and immerse ourselves in somebody else’s world.

Comments? terry@vashonloop.com

Make a date with Vashon!
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Art & Music Events
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TRASH TALK

Could you be the new Mr. or Ms. Trash Talk?
We’re seeking a new volunteer to create these tidbits in *The Loop*. It’s fun, you’ll learn a lot & be helping our community reduce, reuse & recycle.
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Next Loop comes out December 22

Island Epicure



By Marj Watkins

Pain-safe Foods And Pain Triggers

Nobody wants to have to cope with pain in December with all there is to do to get ready for Christmas, or at any other time, really. Two herbal remedies will take the edge off it: ginger and devil’s claw. Just stir ½ teaspoon of powdered ginger into a cup of herb tea or green tea and sip it. Or cut a slice from fresh ginger root, sliver it and chew the slivers slowly one by one until the pain goes away or at least slacks off. Devil’s claw comes in capsules. If Minglement doesn’t have it, www.swansonvitamins has it in their herb section.

Also, all painful conditions can be lessened, banished or made worse by your choice of foods. Below are some common triggers to avoid if your body hurts without having had any injury: You probably already know the symptoms and will nod your head when you come to the food on this list that causes you trouble.

Dairy products. What gives you trouble may not be the lactose in milk. Many people lack the enzymes to digest its proteins, casein and albumin. Try yogurt instead. Its lactobacilli will have already digested the proteins. You get the benefit of the calcium. Almond milk spiked with extra calcium supplies that need, but has little protein. You will need to get extra magnesium and protein from other sources if you choose to pour almond milk on your cereal.

Some other pain triggers:

Chocolate. Some people get headaches if they eat too much of it.

Eggs. Again, the protein is indigestible to some people. Can cause evil-smelling belches.

Citrus fruits. Their acidity can cause rashes.

Meat: beef, pork, chicken, turkey, fish, etc.

Seafood: shrimp, crab, lobster. Oysters, clams

Wheat: What’s grown as wheat in America bears little resemblance to the wheat in the psomi mavro (wholewheat bread) we safely enjoyed in Crete and the white bread baguettes in France. American wheat has been GMO for decades.

If you have migraines, two suggestions: 1. Give up gluten-containing grains--wheat, rye, barley. 2. Eat safe grains: Rice, millet, and quinoa, teff, etc.. Swap wheat products in your diet for those safe grains.

You may have to switch to a vegan diet, But if you’ve ever had chicken pox that won’t work either.

I tried that and got shingles. The first time it happened, I thought it a coincidence; the second time, I saw the connection. A little research confirmed that. My body, conceived, gestated, and raised by meat-eating parents, requires at least some meat.

Other common headache triggers for susceptible people, but not all of them will bother every susceptible person: Dairy products, chocolate, eggs, citrus fruits meat (see above), wheat, nuts and peanuts, tomatoes, white potatoes, eggplant, onions, corn, apples, peaches (maybe), bananas.

Pain-safe foods:

Brown rice (maybe), white rice

Cooked or dried cherries, cranberries, prunes.

Cooked green or orange vegetables: artichokes, asparagus, broccoli, chard, collards, lettuce, spinach, string beans, summer or winter squash, sweet potatoes, taro (as poi).

Water, plain or carbonated. Not other beverages; even herb tea can be a trigger for some people.

Condiments: salt, maple syrup, and vanilla.

Bon appetite et bon sante.

P.S. Sugar makes any pain feel worse. Avoid it.

Ugly Holiday Sweater Rainbow Bingo

Ugly Holiday Sweater Rainbow Bingo

Featuring Celebrity Callers “The Famous Filson Sisters”

Saturday, December 10th
Doors open at 6:00pm

Fun and Games begin 7:00pm

At the Vashon Senior Center
10004 SW Bank Road

Admission \$18 / \$15 for Center members

10 Regular games

Advance tickets available at The Center

Ages 21+ only

Snacks, wine, beer and non-alcoholic beverages

Join your fellow crazies at the Saturday, December 10th outrageous Rainbow Bingo fundraiser for the Senior Center. Wear your ugliest holiday sweater, play some fun bingo games, chug a jello shot or sip a glass of fabulous Palouse wine, enjoy a slice of pizza, but get your tickets now before we sell out.

“This ain’t your grandma’s bingo!”

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



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

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Deadline for the next edition of *The Loop* is
Saturday Dec. 17

The S Curves & The Straightaways

The S Curves came together in the summer of 2013 as a result of a fun and funky “traveling performance party” called “The Swamp Bottom Jamboree.” Their debut performance included cocktail dresses under hip waders in the middle of a pond by candlelight, accompanied by the boisterous bass of a croaking bullfrog. The next summer they revisited that pond in a rowboat dressed in nightgowns. Unexpectedly, the bullfrog made a repeat performance. Cleaned up and dressed up (and generally sans frog), the S Curves trio is comprised of seasoned Vashon and Seattle performers whether at the O Space, Red Bike, Drama Dock, Vashon Opera, Seattle Opera, and various gigs over town. The S Curves – Arlette Moody, Elaine Ott, and Stephanie Murray – are Sure to Send you Swaying.

The S Curves are backed by The Straightaways, an acoustic swing combo that puts a nostalgic spin on even the most modern tunes, but isn’t afraid to bust out a beat when they need to. Steve Meyer on upright bass and Marshall Murray on the cocktail drum kit are seasoned performers who provide the backbone. Andre Sapp adds mandolin, ukulele and guitar, depending on what and how many strings he can handle at any given time. Christopher Overstreet joins the band for this show and brings a stunning array of piano chops, classical technique and avant-garde sensibilities. Gary Milligan on horn adds some sass and splash. Other special guests are not yet under contract but may be announced at show time.

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



Straightaways
Opener: Steffon Moody
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 Enyeart on bass and vocals, and Jim Bluhm on a variety of instruments.
Get ready for some good time dance music in a folky/country vein.
Friday, December 9th, 8:30pm. The Red Bicycle Bistro & Sushi. No cover, show starts at 8:30pm, all ages until 11:00pm

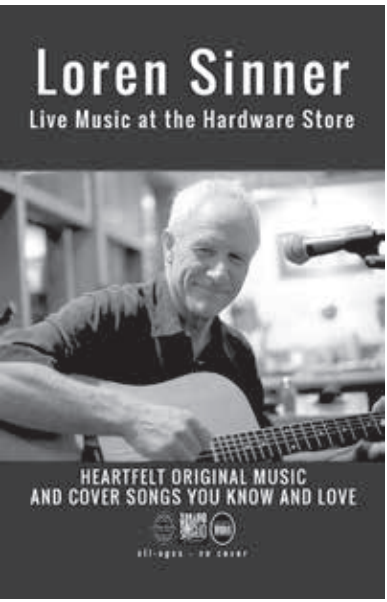
Loren Sinner at the Hardware Store

The Hardware Store Restaurant decided to start having a regular live music night once a month, usually on the third Thursday of the month and it has turned out to be a lot of fun. Our resident musician is none other than Loren Sinner!

The music takes place from 7-9pm.

We love having Loren perform at the Hardware Store - it’s a good fit for the room and everyone really enjoys his selection of music.

Loren has played in many bands in the past, most notably The Great Divide, an all-islander band that was formed in the early ‘80s and played locally for many years before hitting the “big time”, touring



with blues guitar great Elvin Bishop. In 1987 the band won

the Marlboro Country Music Talent Roundup, with a \$5000 grand prize, and the privilege of opening for Alabama, The Judd’s and George Strait in the Tacoma Dome before a crowd of 20,000. You’ll find Loren playing with local band Sinner & The Saints from time to time as well.

Drop on by, enjoy some delicious food and a tasty beverage or two...and listen to some beautiful music!

Brought to you by Vashon Events and The Hardware Store.
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The Hardware Store Restaurant
7-9pm, No Cover!
Wednesday, December 14th: Loren Sinner

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

Will Sing For Vashon

Vashon Events is once again partnering with the Red Bicycle Bistro & Sushi to host a showcase of holiday songs to benefit Island nonprofits this holiday season. The Fourth Annual Will Sing for Vashon will take place on Friday, December 23rd beginning at 8pm. The event is an open call from Vashon Island musicians to perform a holiday song. In the past over 25 acts perform through the night.

This year, Vashon Events is opening the event up to allow audience members to donate money to any nonprofit organization they choose by specifying the name of the nonprofit on envelopes that will be distributed. This way, all the nonprofits on the island can join in the fun, and benefit from the extraordinary night of song and community.

The event is produced by Pete Welch and Allison Shirk of Vashon Events with Allison emceeing the night. Musicians who want to participate should sign up via the online form at <http://www.vashonevents.com/ve-specialerevents/>. Singers must arrange their own accompaniment and musicians are asked to limit their performance to only one song as the lead singer.

Some of the musicians signed up so far are: Jessika Satori, Kristin Chambers, Kevin Pottinger, Allison Shirk, Gus & Camille Reeves, Adrienne Selvy Mildon, Amy Cole, Daryl Redeker, Scott Carness, Wes Peterson, Jamie Riley, Chuck & Jess van Norman, John Van Amerongen, Dona Munday, Michael Shapiro, Mary Litchfield Tuel, Chuck Roehm, Lauri Hennessey, Christine Goering, Kat Eggleston, Rebekah Kuzma, Joseph Panzetta, Kevin Joyce, Ainslie MacLeod, Christine Love-MacLeod, Michael Whitmore, Barry Cooper, Bob Krinsky, Loren Sinner, Kiki Means, Martin Feveyer, Sarah Howard, Harmonie Chapman, Jenn Schmidt, Jason Dean, Maya Battisti and more!

Songs picked so far:
12 Days of Christmas
18-Wheelin’ Santa
1913 Massacre
2000 Miles
A Christmas Carol



Baby It’s Cold Outside
Bow and Be Simple
Christmas in Prison
From A Burning Building (Angel Song)
Frozen Heart
God Rest Ye Merry Gentlemen
Happy X-mas (War Is Over)(John Lennon)
I’ll Be Home For Christmas
It’s Just Another New Year’s Eve
Little Drummer Boy (Bowie/Crosby version)
River (Joni Mitchell)
Rudolph, The Red Nosed Reindeer
Santa Baby
Sleigh Ride/Merry Christmas Darling medley
The Christmas Song (Chestnuts)
The First Noel
There’s Still My Joy/Joy To The World Medley
What Are You Doing New Year’s Eve
White Christmas

Friday, December 23rd, 8pm
Will Sing For Vashon
The Red Bicycle Bistro & Sushi
All-ages ‘til 11pm, 21+ after that
By Donation

It’s A Wonderful Life

It’s a Wonderful Life is a 1946 American Christmas fantasy drama film produced and directed by Frank Capra, based on the short story “The Greatest Gift”, which Philip Van Doren Stern wrote in 1939 and published privately in 1945.

The film is now among the most popular in American cinema and because of numerous television showings in the 1980s has become traditional viewing during the Christmas season.

The film stars James Stewart as George Bailey, a man who has given up his dreams in order to help others, and whose imminent suicide on Christmas Eve brings about the intervention of his guardian angel, Clarence Oddbody (Henry Travers). Clarence shows George all the lives he has touched and how different life in his community of Bedford Falls would be had he never been born.

Despite initially performing poorly financially because of high production costs and stiff competition at the time of its release, the film has come to be regarded as a classic. Theatrically, the film’s break-even point was \$6.3 million, approximately twice the production cost, a figure it never came close to achieving in its initial release. An appraisal in 2006 reported: “Although it was not the complete box office failure that today everyone believes ... it was initially a major disappointment and confirmed, at least to the studios, that Capra was no longer capable of turning out the populist features that made his films the must-see, money-making events they once were.”

It’s a Wonderful Life is one of the most acclaimed films ever made,



praised particularly for its writing. It was nominated for five Academy Awards including Best Picture and has been recognized by the American Film Institute as one of the 100 best American films ever made, placing number 11 on its initial 1998 greatest movie list, and number one on AFI’s list of the most inspirational American films of all time. Capra revealed that the film was his personal favorite among those he directed, adding that he screened it for his family every Christmas season.

It’s A Wonderful Life
The Vashon Theatre
Sunday, December 18th, 1pm
More info at vashontheatre.com

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

Deadline for the next
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Saturday, Dec. 17

Chariots of Fire

Pirate Cross Country Fundraiser: “Chariots of Fire” The Vashon Pirates Cross Country Team Invites you to a special showing of the Academy Award winning film “CHARIOTS Of FIRE” at The Vashon Theater on Tuesday, December 13th at 6pm.

Admission is by donation. 100% of donations will be used to support the Vashon High School and Middle School Boys and Girls Cross Country Team! (Concessions to be provided by The Vashon Theater) Please join us to watch this inspiring movie and support our own fabulous runners!

Chariots of Fire
The Vashon Theatre
Tuesday, December 13th, 6pm



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PANDORA'S BOX

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Lounge is Open
11:30am to midnight

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

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

Friday, December 23, 8pm
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