

# THE LOOP

Vol. 14, #1

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January 5, 2017

## Greta Matassa

One of the most beloved and talented vocalists on the Northwest music scene, Greta Matassa's stunning versatility, remarkable interpretive skills, unflinching rhythmic sensibility and diverse repertoire make her a consummate entertainer that can grab and hold a crowd like none other. Often called 'Seattle's busiest singer', Greta sings all over town from jazz clubs to concert halls, tours internationally, and has recorded eight CDs.

Honored as Earshot Jazz Magazine's "Northwest Vocalist of the Year" for seven years, and inducted into the Earshot Jazz Hall of Fame in 2014, she is known for her perfect pitch and encyclopedic knowledge of songs. An electrifying performer who glides effortlessly from songs originated by Sinatra, Ella Fitzgerald and Billie Holiday, Matassa has been described as a voice chameleon. She is joined by



longtime collaborators Darin Clendenin (piano), Clipper Anderson (bass) and Mark Ivester (drums).

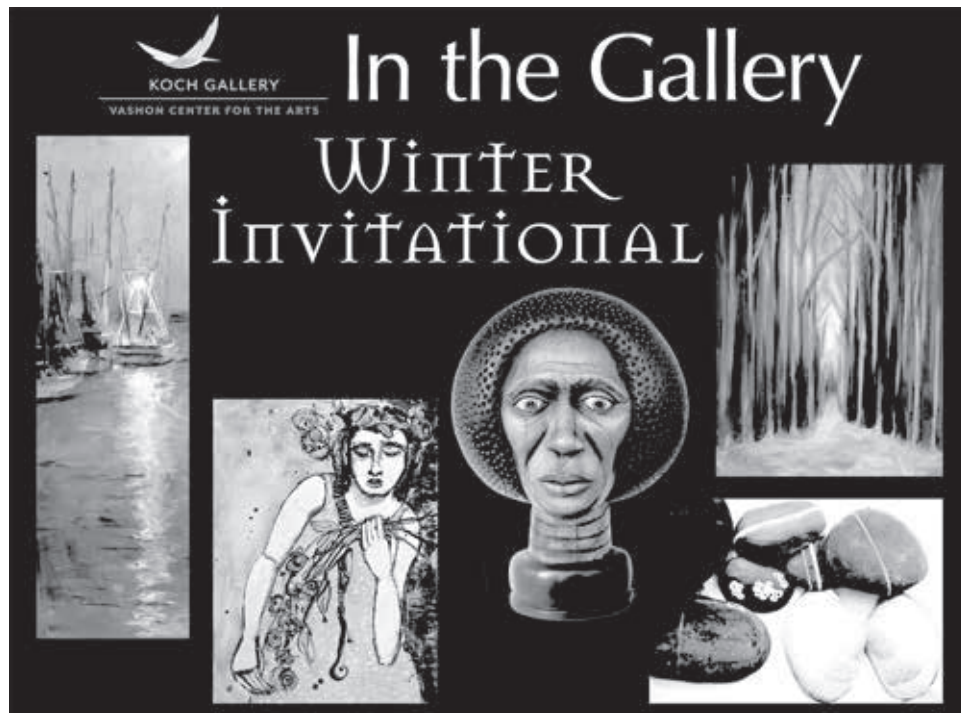
Greta Matassa

Vashon Center for the Arts

January 21, 7:30PM

\$20 General; \$18 Senior; \$16 VCA Member

## Winter Invitational



By Jenn Reidel

Koch Gallery's Winter Invitational features Pam Ingalls, Kristen Reitz-Green, Elena Korakianitou, Shawn Nordfors and Jane Spakowsky. The first show of the new year has inspired new work for many of these accomplished local artists working in oil, porcelain, jewelry, wood, acrylic and mixed media.

Pam Ingalls has traveled to many countries in the pursuit of her artistic subjects. She is highly regarded as an oil painter and teacher, well known for her simple and powerfully poetic portraits, still life and interior scenes. So isn't it ironic that for this show she found a new challenge - something she has never painted before right in her backyard - a sunrise. "I have lived on the east side of Vashon for years, and I've never painted sunrises," Ingalls said. Her new painting, "Sky Fire," is the biggest one she has ever done - 72 x 28 inches. "It is challenging and inspiring to paint something that is so stunning in life," described Ingalls.

Before passionately taking up oil painting about eight years ago, Kristen Reitz-Green worked as a Juilliard-trained French horn performer. In the past decade, she has created many bodies of work that include realistic renderings of simple loves like shoes, food and candy. Now she has turned to her "mind's eye," exploring abstractions of nature. This new work is inspired by her love of trees, adding, "Nothing is in front of me. I'm interested now in painting things that bring me peace."

Elena Korakianitou's installation of rocks made out of clay flows along the wall in "Song of the Sea." Born and raised in Greece, she always collected rocks, and now on Vashon she continues to gather them. To Korakianitou, the rocks have their own life. "They are born by the earth and the sea just like us. In this installation the rocks have their own story to tell, and each of us can interpret it the way it touches their imagination," she said.

Sculptor Shawn Nordfors is known for his wood-carved portraits, or what he calls "heads," ranging in size from six feet to life-size. He uses salvaged lumber or fallen trees for his sculptures, which emerge from pieces of memory, imagination and sketches. Recognized for his talents at a young age, Nordfors attended Cornish on a full scholarship. His love of travel has taken him around the world, including Ghana, West Africa, on a Fulbright Research Grant for sculpture. His home is Vashon, where he will show his work for the first time.

Jane Spakowsky, who grew up on Vashon, offers new mixed-media paintings on wood of women who are sirens of sorts, she said. Painting is a way she processes her thoughts and emotions, much like in a diary. "In my paintings, wings are a symbol of strength, protection and mobility. I tend to focus on the depth of a woman's feeling, as well as her power. That is the theme of this body of work. That is where I am at in life," said Spakowsky.

## The Road to Resilience Resolutions

By Terry Sullivan,

In case you've been procrastinating on your New Year's resolutions, I have a few suggestions. This was a tough year, and 2017 looks like it could be worse. The ball is definitely in our court, and we have to decide whether and how we are going to put it in play.

Resolution #1) No matter how much or how little, we all must definitely put our own personal ball into play. This is no time for spectators nor for people that find the situation to painful to think about.

Resolution #2) Be as informed as we can be about what is happening. I watch and read some mainstream media (PBS Newshour, Seattle Times) because I want to see what most of us are seeing. I find that the online sources I look at are much more comprehensive and come at the news with a perspective that makes sense to me. For me, these are progressive sites like Common Dreams, Alternet, Nation of Change, FAIR, Yes! Magazine, The Nation, Project Syndicate. We should all try to find responsible conservative news outlets to put our assumptions to the test. I've recently checked out freerepublic.com for a variety of conservative bloggers, and amongst many things I found infuriating, I've also found things worth considering, although often for reasons other than the author's.

In depth knowledge is even better. There are a lot of good books out there by people that have really researched and thought about our predicament. Naomi Klein's latest book, *This Changes Everything*, gives a wonderful perspective on the many fronts we are skirmishing on and how they are all related. All of David Korten's books are very readable and will give you a lot of insight into the big picture. If you are looking for someone who can decode economics for you, my favorite

is Dean Baker, followed closely by Joseph Stiglitz, Jeffrey Sachs, and James Galbraith. If you think economics is just too boring and mundane, *Sacred Economics* by Charles Eisenstein will blow your mind.

I suggest that we become really well informed, but not because we will then be able to win arguments with people who think differently than us. The chances of that are slim. The purpose for being informed is to motivate us to do something and to decide what that something should be. That "something" doesn't have to involve changing other people - just about anything that leads to solutions and/or doesn't worsen things would be good. As they say, deeds speak louder than words.

Resolution #3) Join a group! One of the amazing results of the election of the orange guy is that groups are popping up like weeds here on Vashon. There is nothing like camaraderie for making you feel a little better about the mess we are in. When you realize that there are probably fifty like-minded people for every one that shows up at a meeting, you realize that most of us are really decent people, and, if so, we should be able to override much of the lunacy that the non-thinking orange one may try to impose on us and the world. I'm fairly certain even most conservatives bristle at the thought of his orangeness being our face to the world.

Vashon groups:

*Revolution Vashon* (Check on Facebook or contact me, meeting Jan 10, Sheila and Brian Brown's, 19234 Vashon Hwy SW, 6-8pm), Berniecrats carrying on the revolution

*The Resistance!* Meeting Jan 7 (angslondon@gmail.com) Issue focused discussion on action

Continued on Page 8



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# Granny's Attic

## Happy 2017!

## Holidays Over!

## New Items In!

## See what's New and Old

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Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
[www.vashoncalendar.org](http://www.vashoncalendar.org)

### Coming Soon

**Zona Intangible**  
Friday, January 6, 4pm

**The Curious World of Hieronymus Bosch**  
Sunday, January 15, 2pm

**Greentech and Women's Way Red Lodge Present "Embrace"**  
Tuesday January 17th at 6pm

## Vashon Theatre

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

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




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

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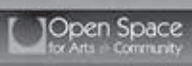
[www.vashonweather.com](http://www.vashonweather.com)  
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Temperature hi/low  
Wind Speed & Direction  
Barometric Pressure  
Weather forecasts


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



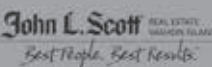
## Labor of Love

### 2nd Annual Gala Auction

Feb 4, 5:00-9:00pm at 



To Purchase Tickets Visit  
[vashoncommunitycare.org](http://vashoncommunitycare.org)  
or call 567-4421

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It's a great time to get back in the Loop.  
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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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for January 10at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

### 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:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

### Capital Project Q & A

The Vashon Island School District Board of Directors will hold a number of community engagement events about proposed Capital Project improvements that would appear on a bond in the near future.

Upgrades include Vashon Island High School Track and Field renewal as well as various district-wide facility improvements. The public is encouraged to drop by one of these events to ask questions and interact directly with board members who will be drawing up the bond. They will have information and hand outs. Events are as follows:

Community Engagement Q & A: Saturday, January 7th outside of Granny’s and IGA Market from 11am to 2pm.

Community Engagement Q & A: Saturday, January 14th outside of Thriftway from 11am to 2pm.

Community Forum: Saturday, January 21st at Vashon Island King County Public Library beginning at 10am.

### Life Drawing at the Grange

The winter life drawing season begins 6:30-9:30 pm on Thursday Jan. 12 at the Vashon-Maury Grange Hall, 10365 SW Cowan Rd., adjacent to the north end ferry parking lot. The studio will take place every 2nd and 4th Thursday through April. The cost is \$15 per session, no registration required.

All levels of skill and experience are welcomed for this friendly, informal, uninstructed opportunity to draw or paint. Each studio session will have a live model; poses will be short and medium duration. Benches, boards, and lights are provided. Bring your own drawing or painting materials. For more information, call Will Forrester at 206-567-4548.

### Anchoring, Basics & Beyond Tech Talk

Ride quietly at anchor in a distant cove which is all yours for the day! For those who can successfully “throw out the hook” their boating experience is rich with alternatives and options that the dock-bound boater can never duplicate.

This Tech Talk will discuss anchors and anchoring systems – their advantages and limitations. Learn where and how to place your anchor and, importantly, how to retrieve it. We will discuss unique situations like stern tie, steep-to and multiple anchor scenarios.

No Tech Talk is complete without discussing the safety aspects of your anchor. Traveling north to Canada? Whether it’s seeking a shelter from a blow or waiting for slack tide to occur in the rapids north of Desolation Sound, anchoring becomes an essential skill for safe travel where docks are few and far between.

Bring your questions and experience to this important Tech Talk hosted by Kevin Jones and Bob Underwood on Wednesday, January 11 at 7PM in the Vashon Library meeting room.

### Chorale Registration



The Vashon Island Chorale will hold registration for singers (without audition) on Saturday, Jan. 7 from 10:30-noon in the Windermere office located behind the coffee stand. Singers can also register by arriving early to the first rehearsal on Tuesday, Jan. 10, 7-9:15pm at the Presbyterian Church. Dues are \$55 and music costs are \$25. Two concerts of Franz Joseph Haydn’s “Lord Nelson Mass” and Abraham Kaplan’s “Song of Songs” will take place in the Katherine L White Hall on Saturday, April 29 and Sunday, April 30. [info@vashonislandchorale.org](mailto:info@vashonislandchorale.org). Photo by Emily Browne

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

**Dates** Wednesday January 11, 2017

**Times** 10:30am to 1:00pm

**&** **Maury Community Food Bank**

**Places:** 10030 SW 210th

2:30 pm to 4:30 pm

Vashon Market

17639 100th Ave SW

AT THIS EVENT, YOU CAN APPLY FOR:

- Cash Assistance
- Basic Food Assistance
- Medical Assistance

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.

### 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](mailto:ads@vashonloop.com)

**Editor:** Steven Allen  
Email: [editor@vashonloop.com](mailto:editor@vashonloop.com)  
**Publisher:** Steven Allen  
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### Next Edition of The Loop Comes out Thursday January 19

Deadline for the next edition of *The Loop*  
**Saturday, January 14**



# Puppy Love on the Rock



By Seán C. Malone

Cynthia and Sam were twelve years old when he rode by her on his bicycle coming down Ellisport hill. “Wanna go to a square dance?” he yelled. “Don’t think I will,” Cynthia replied. But Sam couldn’t hear, he was too far down the hill, which didn’t stop Sam from asking Clara the next day and the day after that. What was a boy to do?

Vashon Island was a lot more rural in the 1950’s, lots of people with chickens, growing strawberries or raising hay. It just follows that we had a square dance club and we called it the Shoe-Busters. It was for us young people in our early teens and I don’t recall ever having had a live caller. Older people would teach us to square dance to a record played on a phonograph about the size of two shoe boxes and sometimes a little scratchy.

If you went to Vashon Grade School, there was a good chance that there were plenty of kids from Burton Grade School that you wouldn’t know, even though the two schools were only five miles apart. Just as Vashon and Maury Islands were isolated from the mainland, the little fishing or steamer communities on Vashon were insular from each other. The mosquito fleet brought the mail to sixteen post offices around the island. The eighth grade was taught at the high school and consisted of the graduates of both grade schools, Vashon and Burton. About the only time the Burton and Vashon kids were together was on the school bus, taking them to the 8th grade at the high school, swimming lessons at Dockton or at a meeting of the Shoe Busters.

Square dancing was the first time that the guys had had physical contact with the girls and the boys were embarrassed and clumsy as they learned, “Partner left and corner right, Do-Si-Do with all your might. Allemande left with your left hand and Promenade to the Promised

Land. “ It was all gibberish to us who had trouble taking orders or were just slow learners. We liked the slow dances where you could pull the girl in tight, if she let you.

Mrs. Clark was our fifth grade teacher. Every year she picked two students to represent Vashon at the P.I. Quizdown in Seattle. It was on the radio and she only picked the very best students to go. Cynthia was the smartest person in class, but Sam didn’t have a clue why Mrs. Clark picked him, his interest in school work was negligible. Cynthia did very well with her questions, but Sam missed a question because he thought the deepest part of the U.S. was Lake Superior when the correct answer was Death Valley. They both came home with brass badges from the P.I. Quizdown and Sam has kept his to this day.

Carla wasn’t in the Shoe Busters, she was four years older and beautiful, and Sam was twelve years old and in love with her, even though she was the eighth grade teacher’s daughter. Carla was tall and looked really good in shorts, which she was wearing as they drove to Ellisport to run the log boom at night, a very dangerous sport. If you fell through the logs and they closed over you, you were a goner. The raft of logs was huge, the furthest logs being two or three hundred feet from shore. The boom logs forming the outside of the raft were the most stable as they were chained together end to end and that is where Sam stayed as he watched Carla running across the logs in the middle, oblivious to the danger.

Carla’s mother, Mrs. Crosier, our eighth grade teacher, was as mean as “Billy-Blue” and never hesitated to punish the whole class for the mistake of one. Mrs. Crosier had one of those blond oak desks and pulled the middle drawer out one day to find a snake. She demanded to know who put the snake in her drawer, while the girls screamed and stood on their desks as the snake slithered across the floor. Nobody in her eighth grade class would give away the secret that her stepson had done the “deed”, and we all had to sit at our desks all through the noon recess for punishment. Mrs. Crosier asked one of the boys to remove the snake to the bushes behind the school.

We also had the brand new Vashon theater where we could date and hide in a dark corner. One cold Saturday in winter it was John Wayne, shooting his way out of another mess, when an explosion shook our seats and shortly after, the theater started to get cold.

I’ve been informed by a good source that the manager and projectionist walked down to the basement which was 14 feet underground to look into the problem. Us kids thought the explosion was just part of the movie. The door to the furnace room wouldn’t budge until the projectionist put his shoulder to it and pushed it open to find the furnace blower and motor up against the other side. The furnace had blown up and shot the blower and motor clear across the basement and we continued to watch John Wayne until we swaggered out of the theater pointing our fingers at each other as if they were guns.

Sean@vashonloop.com

Deadline for the next edition of *The Loop* is  
**Saturday, Jan. 14**

# Vashon Community Care Foundation’s Labor of Love Second Annual Gala Auction

Come celebrate with your Island community at Vashon Community Care Foundation’s Second Annual Auction. The Labor of Love Auction has been an Island favorite on-line event until it went “live” last year at Open Space.

Find many of your long-time favorite items at our Silent Auction table. Remember those delicious, specially prepared rum cakes? Their back. Want to take a weekend trip to Suncadia? Bid on a gorgeous condo package at our live auction.


Dance to the music of Portage Fill.

Dine on a scrumptious meal provided by Herban Feast. Raffle ticket prizes, a fun-filled Dessert Dash and more!

Tickets are \$50 per person and can be purchased on-line at [vashoncommunitycare.org](http://vashoncommunitycare.org). Questions? Contact Verna Everitt at [verna.everitt@providence.org](mailto:verna.everitt@providence.org), or call 567-6164.

Vashon Island, February 4th, 5:00-9:00pm at Open Space for Arts and Community.

All proceeds to benefit the residents of Vashon Community Care.

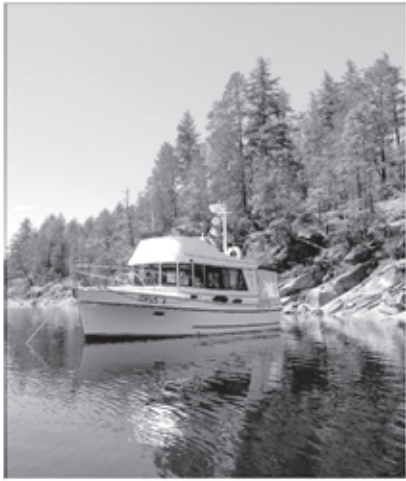


## QUARTERMASTER YACHT CLUB

### Tech Talk Series

Anchoring, Basics & Beyond with  
Bob Underwood

To distant lands  
And open doors,  
To bright white sands  
on distant shores!  
A boat and an anchor,  
The world awaits!



- ❖ Anchor systems, options, pros & cons
- ❖ How to set and retrieve your anchor
- ❖ Special situations – stern tie, multi-anchor
- ❖ Anchoring in emergencies

Where: Vashon Library Meeting Room  
17210 Vashon Hwy SW, Vashon, WA 98070

When: Wednesday, January 11, 2017, 7 to 9PM

Why: Discuss recreational & safety anchor use

## Pudge Needs A Home...

I’m a quiet, good-natured guy looking for a home with adults. Other cats would be fine; I get along with my roommates (especially the ladies). With my long, soft fur, I look and feel like a plush toy.

I want people to pay attention to me, but I’m more comfortable when they let me decide the right time. Sometimes I just want to be by myself, thinking mysterious cat thoughts. Lately I’ve been thinking about New Year’s resolutions. I hereby resolve to find a new home in 2017. Will you help me keep my resolution? Please?



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

## Adopt A Cat Day!

Vashon Island Pet Protectors

**Saturdays 11:30-2:30**

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

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# Island Life Far, Far Away

By Peter Ray  
pgray@vashonloop.com

I don't know that I have ever really been a fan of anything, in the sense that I have come to understand fandom anyway. I do remember becoming a Smokey the Bear ranger and getting a bunch of stuff from that club, but I don't remember why. As it was, I really didn't like the Beatles that much with all the girl-fan-screaming and the exclusive song releases that happened on a regular basis on WABeatleC out of New York, where they played whatever new song it was of theirs that had just been released about every hour, and constantly announced throughout each spin that "you heard it here first". I didn't really like them-the Beatles that is- until Sgt. Peppers hit the scene, and while that changed my mind, I now look back on their Revolver album as being perhaps the most significant rock album of all time with an array of displays of world music and audio experimentation. This is not a point I would choose to argue about, which is why I have a hard time seeing myself as a fanatic about most anything.

This holds true for the entirety of the Star Wars franchise. You will most likely never find me camping out on a theatre doorstep far in advance of opening night- which would pretty much hold true for anything, not just Star Wars. I doubt I would attend a Star Wars convention or ever get dressed up as any of the characters from that never ending tale, except maybe possibly as Yoda, even though I know that would not work because, well, too big I am. So far as I can recall, I have not really been excited by the films that have followed the first four, and I wasn't even all that enthused about a couple of those. The latest in the core series- something about the force awakening- was fun, but essentially a rehash of that very first Star Wars- the one that was originally just called Star Wars, and which in a bit of revisionist marketing became Star Wars- the New Hope, episode IV, four years after its original release, which really made no sense at all- to me anyway.

In truth, I went to see Star Wars soon after it was released in the summer of 1977 with the expectation of seeing the first feature length version of another sci-fi space classic- Star Trek. In this time before the Internets, personal computers and cell phones I was also spending this entire summer in the remote reaches of western North Carolina as a work-study student at a craft school where the workshops changed every two to three weeks, and as the population changed, so did the news from the outside world. This is how I first heard of the death of Elvis, and it was at one of these changes of the guard that the talk in the dining hall turned to Star Wars. I had heard before heading off into the wilderness that there was a cinematic Star Trek revival in the works, and so I just assumed that this was what everyone was talking about. On a trip into Asheville one day I saw a theatre where it was playing and decided to see what it was all about, but was confused by the poster displayed outside the theatre which showed some guy with a glowing sword towering over a sultry babe in white, with no sign of Kirk or Spock or Bones or anything remotely resembling a space ship designated as NCC-1701. In many ways it was the perfect situation in which to step into the Star Wars realm, since I was completely clueless as to anything about it.

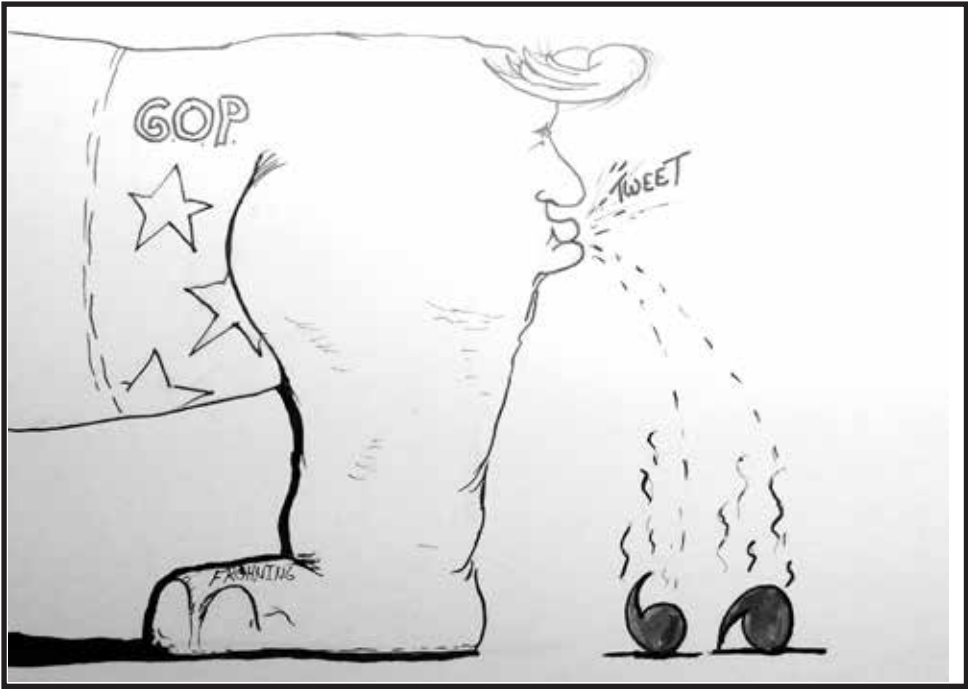
What I remember most about the experience is being the only one in the less than packed theatre who was laughing- at all. It is true that some parts are not necessarily humorous, but how can you not laugh at an on-screen conversation between a gold robot speaking like an English butler while what passed as a modified, rolling trashcan responded in beeps and whirs,

with nothing apparently lost in translation between the two? I think it was at that point too that I gave up any expectation of being in Star Trek Kansas anymore. I think it was also around then that I realized that we had left the galaxy of space odysseys and had arrived at a time where almost anyone with a droid and a light saber could hop in a personal rocket ship for a quantum leap through hyperspace. It was a roadtrip in a muscle car on cheap gas and maybe it was a bit more familiar than alien, and the long ago and far away thing perhaps just gave us a little bit of hope that maybe one day we might find out how to do all that, in spite of whether it was a lost art or a new frontier not yet arrived at.

But then there was the whole Empire thing and the politics and the power that that entails. I think it was also the flashing back and forth and the filling in of details of past and future, when somehow and somewhere in all of that my faint fandom or something resembling that slowly faded away. It had gotten big and flashy and all about loud noises and blowing things up and making money-kind of like Burning Man- and I just didn't care anymore, until the release of this latest Star Wars story known as 'Rogue One'. Unlike the first one, I had heard some things about this iteration beforehand, and so I was on the lookout for ways in which this was "darker" than the rest of them, and was curious to see why certain factions of the right wing in these United States felt that the views expressed in this film should be boycotted.

As it turns out, it does seem to have a dark cast to it, both in lighting and in tone. While the colors in many ways are muted, what I found most intriguing was that all of the key, pivotal scenes were rendered in something very close to black and white. There are black sands and a white sky as we are introduced to a younger version of our heroine, there is bright light and a dark space structure as a certain black clad individual with a mechanical breathing issue is reintroduced, and there is the bright light and dark silhouettes of the ending that all mark their places in the storyline. And in reading about the issues that the right, specifically the white supremacist right, have with the film, they seem to be concerned that there is a strong woman at the core of the story, and that a basic premise of that story encourages cooperation amongst individuals with a multitude of ethnic and cultural backgrounds. One does need to be reminded- at least some do- that we are in space here, with many contacts happening between a wide range of worlds. It would seem that to expect that the vastness of the cosmos and the portrayal thereof should be filled only with white skinned, English speakers would suggest that some people, at best, totally skipped the first generation of Star Trek and its spirit of cooperation and multiculturalism as at least one example, in favor of Buck Rogers and the Day the Earth Stood Still. Perhaps though, what may be more threatening to the white right is the message here that multicultural cooperation has power. If you combine that power with talk of rebellion and hope, that could be a force to be reckoned with.

After the movie, we came home in time to catch a panel discussion on the TV on Democracy Now. As sometimes happens, some of what has just been experienced in a theatre can slip out and over into the relative humdrum of everyday life. On this smaller screen and out of their on stage discussion about the current state of affairs, it was civil rights advocate and entertainer Harry Bellafonte who seemed to link with what we had just seen with Rogue One, and summed up in life what we had just seen in fiction in two quotes. These were: "...without the rebellious heart we will always be distracted by the trinkets of capitalism..." and "the real nobility of our existence resides in whether we are willing to die for the cause." May the force be with you.



So many tears; so much heartache and mourning in 2016. In a malicious parting shot, the final devastating blow was struck in late December of the \*Deplorable\* Year: Granny (J2) is gone, missing since October. Words are insufficient to address the profound loss of our inimitable, beloved Granny (J2). A few appellations for Granny: Supreme Matriarch, Culture Bearer, Orca Sage, Clan Leader, Wisdom Keeper, Legacy Builder – J2 is and was all of these and more.

Granny now swims eternally with an overwhelming number of her relatives who died in 2016: newborn J55, male Nigel (L95), matriarch Samish (J14), mother Polaris (J28) and her baby son Dipper (J54), male DoubleStuf (J34), as well as the neonates of Tsuchi (J31), Deadhead (K27) and another unspecified. Some died painfully and horrifically. The Salish Sea is emptier. Truly, we cried all year – and not just for our precious orcas.

An extended, more articulate tribute to all of the departed Southern Residents

## Nothing Compares 2 Granny (J2)

By Orca Annie Stateler, VHP Coordinator

relatives at the annual Orca Sing concert. During an epic mid-July encounter, Granny guided a mixed matriline consortium of J14s, J19s, K13s and K14s up Island (north) on a vigorous afternoon flood tide. Many of the slow moving orcas, including J2, were within 40 yards of the Lime Kiln Lighthouse. In the tradition of Ruffles (J1) when he was alive, Granny's devoted male escort Onyx (L87) was a mile offshore by the whale watching armada. Perhaps it was his turn to divert the boats while everyone else chilled.

Judging by a bird perched on a log swept along in the swift water, the speed of the current was about 8-10 mph. When the killer whales reached Bellevue Point north of the park, they milled for twenty minutes or so and, after a few spyhops, breaches, and tail slaps, they returned to the lighthouse. A group of kayakers loitered at the point, parked in the path of the whales -- maybe their presence influenced the direction change.

Some observers marveled at the orcas' decision to buck the tide and swim against the strong current. Odin and I sat with the interns who help Bob Otis with his summer research. One proclaimed that he hoped Lobo (K26) would come



Revered and adored Granny (J2), est. 1911 -- 2016, pierces the veil and pierces our hearts. Summer 2016 photo by The Whale Museum.

will ensue after the utter distress and raw grief subside. For now, I excerpted part of a previous Dorsal Spin, "Granny Bucks the Tide," that illustrates, to some degree, Granny's greatness. From 2015:

"Granny (J2) perpetually blows my mind. Granny, of course, is our supreme Southern Resident orca matriarch. Previously, J2's birth year was estimated to be 1911, but recent genetic testing shows she is more likely of the same vintage as fellow elder matriarch Ocean Sun (L25), born circa 1928. Whether she is closer to 87 or 104, Granny rocks!

Odin, Nashoba and I have been privileged to visit Granny's summer domain many times. Every June at the Solstice, we make a pilgrimage to Lime Kiln Point State Park and Lighthouse on San Juan Island to perform for J2 and her

into the kelp, to which I responded, 'Call me predictable, but I want to see Granny (J2) in the kelp!' Granny is a master 'kelper.'

Suddenly, under our noses, J2 popped up cork-like from the echoing green depths, in the kelp bed, and inhaled forcefully. The crescent shaped nick in the trailing edge of her dorsal fin was plainly visible. I blurted out, 'Hi Granny, beautiful lady!' She looked fit and fabulous, after all.

Now, it could be that Granny was merely pursuing a juicy salmon, or luxuriating in the nearshore kelp. Our First Nations ancestors, however, taught us to value the consciousness of killer whales. I am grateful for whatever drew Granny close to us that day at Lime Kiln."

Continued on Page 6



# Spiritual Smart Aleck



By Mary Tuel

## Ready or Not, Here We Go

Today, as I write, December 29, 2016, at 2:20 pm PST, my husband Rick will be gone exactly three years.

Each anniversary is different. The first year I was steeped in my grief. The second year surprised me by unexpectedly not being so sad. This year I am called to solemn contemplation of Rick’s death and the life I am building without him.

He is physically gone, but lives on in my heart and memory, and in the hearts and memories of the many people who knew and loved him. He was a musician, a cartoonist, a true friend. He was funny, and ribald, and angry, and wise, and loving.

He worked on island water systems for almost forty years. By the end of his life he was digging up pipes he’d put in during the seventies when he worked for Mr. Mukai. He was completely dedicated to bringing people safe drinking water.

When you marry someone, you vow to stay with them until “death do you part.” How lightly we say those vows on happy wedding days. We were married a little over thirty-four years and I ended up thinking that happily ever after sure didn’t last as long as I thought it would. So many of us spent our youthful energy and purpose looking for true love, as if that was life’s main goal. Turns out it isn’t.

True love is a great thing, a wonderful thing, an extremely challenging thing. It is a great blessing to live with your one true friend.

Living with another human being will stretch you in ways you could never imagine in your youthful flailing toward your destiny. No one else (except your children) could make you feel so happy, or so angry. Sometimes you feel the intense gratitude of having met your match. Sometimes (rarely, thank the Lord) you wish you’d never met them, or their family, or their family’s dog. That’s all part of marriage, or lifetime partnership or friendship, or whatever label you use. Living with humans is hard.

So I spent my twenties looking for my partner, and now he’s gone. So now what? For the first year or more I was so lost in grief I couldn’t even

ask that question.

But now, three years down the road, the answer for me seems to be playing and singing music, and writing. These are the things to which I have always returned, the steady threads and colors of the fabric of my life.

I’m not looking for a new partner. After spending so much of my adult life looking for love and then living out the results of finding it, I am on my own. I have no wish to be a caregiver again, or to saddle some nice person with being my caregiver. My children are grown up and living their busy adult lives. My grandson is on his way to adulthood. I have time to reflect on who I am alone. I am not an extension of or corollary to someone else.

The kids came home for Christmas, and that was lovely. We had a quiet weekend hanging out together. Before they came I meant to clean the house a bit, but I got that cold that was going around, and that flattened me.

An old friend from college days once said to me, “House cleaning has never been your long suit.” Hah. That’s an understatement.

So I looked at the mess and thought, at my age, am I going to change and suddenly become tidy? I don’t think so. I think this is it. I’ve felt such shame about my messy house, but you know what? It’s my mess, and I’m at home in it. It will be hard acquiring the habit of accepting who I am, who I have always been, and how I have always behaved, but I don’t know how much time I have left, and I don’t want to spend that time busting myself for something I am not even interested in taking the time or energy to change.

And if you want to live with me, and you don’t like the mess, you’d better bring the money to pay for a cleaning service when you come. If you are a tidy soul, God bless you. I envy you and wish I was more like you, but I’m not.

My calling in life now is to love the people I love, and sing songs, and write songs and essays. That seems to be who I am without Rick. I’m okay at those things, and I’m okay with spending the rest of my life trying to get better at those things.

So happy new year, friends, and courage as we go into the uncertain future. We’re going together, ready or not.

# Embrace your Body! “This body of mine is not an ornament, it’s a vehicle.”

Woman’s Way Red Lodge brings the documentary film “Embrace” to the Vashon Theatre, Tuesday, January 17th at 6 pm, followed by a post-film discussion.

Body image activist Taryn Brumfitt wrote, produced and directed “Embrace” after an unconventional ‘before and after’ photo she posted in 2013 was seen over 100 million times and sparked an international media frenzy. But it wasn’t the type of transformation you’d probably expect: Her before photo shows off her fit physique on stage in a figure competition, while her after shot shows her body once it evolved back to its natural shape. According to our media/ cultural standard, Taryn had achieved a “(near) perfect” body – and found that it’s not all it’s cracked up to be.

“Embrace” is told from her point of view as she traverses the globe talking to experts, women in the street and well-known personalities about the alarming rates of body image issues that are seen in people of all body types.

Taryn’s work and her story are at Body Image Movement. She writes,

“A negative perception of our own body is both destructive and unhealthy and can result in a damaged sense of self or poor self esteem. So the message here is – accept your body.

“I am a regular every day mum of three children who has the energy of a rocket and more optimism than I know what to do with. Life is bloody brilliant and I want you to feel the same. I truly love women, I believe we



have many remarkable qualities but sadly we are often anchored down by negative thoughts that ‘sideline’ us from being all that we can be... until now!

“Throughout my body image journey I’ve been asked a lot of questions. How did you learn to love your body? Why is body image an issue today? Why do I feel this way? How do I change the way I feel so I can love my body?”

“Embrace” uncovers why poor body image has become a global epidemic and what

women everywhere can do to have a brighter future. Join Red Lodge for a respectful and much-needed conversation about what we can do to embrace body diversity, love our bodies and to prioritize true health and well-being.

Admission is by donation, with no one turned away for lack of funds. The screening is made possible because of generous support by the Vashon Theatre and Island Green Tech. For questions, contact Amy, amy@wwrl.org.

## The Dorsal Spin

Continued from Page 5

I love Granny as I love my aunts, grandmothers, and, yes, my mother. That’s how we roll as First Nations – we regard our Kéet relatives as we regard our human kin. Surely, J2’s orca family loves her and misses her immensely. How is Granny’s devoted escort Onyx (L87) processing her death? How will J Pod and the entire Southern Resident Community heal and adapt to losing their venerable leader? An icon ascends, an era ends, and we are all diminished by Granny’s passing.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago by Mark Sears. Send photos to Orca Annie at Vashonorcas@aol.com.

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

In the world there are two main forms of power: official and informal. Official power would be the president of a college, who gives orders and must be obeyed. Informal power would be the most popular student on campus who gets things done because people like him or her and are willing to help. People tend to over-emphasize official authority and forget about informal lines of influence; you must remember both. On any question you may have, or task you want to accomplish, a combination of both is necessary. When dealing with people who have actual control, it’s necessary to work with their official capacity and their human aspect. That means listening, being helpful and doing what you’ve agreed to do (and a little more). Tapping unofficial power means keeping your ear to the ground so you have up-to-date information. And it means making sure that your allies are ready to help you when you need it.

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

Faith is more than just belief. That’s the thing about it. And it’s more than hope, more than wishing, more than dreaming. But what is it? It’s the thing you need the most, and it’s difficult to describe by anything other than its results. Faith contains healing power. It has the ability to reach from one mind to another, transcending the body-level of communication. It’s about aligning with your highest truth that, in turn, aligns with something that’s wider, deeper or more powerful than your individual strength -- and then you tap into that greater strength. It’s possible to get there; many people have, and many are right there, right now. You might say that faith is the opposite of fear. It is love that holds the world in a safe place, and can be directed toward specific situations and people. Just remember, it’s easiest to identify by what it’s not: neither hope nor desire nor wishing nor dreaming.

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

You appear to be headed for a breakthrough in a negotiation process where you may lack any clear advantage. Don’t let that deter you. Consider the wider circumstances that surround your situation. Consider everyone involved; ask yourself what’s motivating them, what they want and what they need. Then you will understand the actual position you’re in. Two factors will work in your favor. One is information. Learn everything you can, whether it’s from reviewing your own notes, research, or asking for information from others. Discover everything about every person involved. And then ask people older and more experienced than you what they think. Listen carefully to the opinions you disagree with the most vehemently: they are likely to hold the very best clues. You’re trying to do something that will require some thought: rebel and fit in at the same time.

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

There’s no predicting most other people right now. The best you can do is work with existing people in your life to focus their most basic commitments to you, and to keep the lines of communication open. Whether they will show up for more is anyone’s guess. The best thing you can do is to keep your own house in order, which means honoring your top priorities. The less you count on people right now, the better. Nobody is truly self-sufficient, though it’s possible to be less dependent on others, and to focus those dependencies on people or businesses that have proven

themselves to be reliable partners. At the moment it may seem like you’re treading water, or trying to hold things together. Take it lightly. This won’t last forever, and soon enough you will be focusing on the next great thing you are ready to accomplish. For now, conserve your energy, do what’s necessary and stay right with yourself.

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

You’re inclined to give people the benefit of the doubt, though now would be a good time to make sure that people prove themselves. This is not about being mean or untrusting; it’s about taking care of yourself. Your situation is somewhat complex right now, particularly at work. There don’t seem to be any problems you cannot solve, nor challenges you cannot rise to. Yet any person in a position to assist you can also hurt you, particularly for the next month or week or so. That translates to taking it slowly before handing anyone your keys, your password, or care of your kids or critters (especially them). So, screen people carefully, and test them on small projects before you give them bigger ones. If nobody is up to the task, do it yourself, or wait till you find someone appropriate. This goes for all facets of work. ‘Tis the season when mindfulness is essential.

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

Art usually happens by accident. The same holds true for most inventions and breakthroughs of thought. Of course, you do your bit. You show up in your studio or at your workbench every day that you can. You work on solving the problems that you think you understand, as best you can. You can practice music the way that you always have. Then, remember that the most likely place to make a real discovery or to come up with something original is when you make a mistake of some kind. It might violate the rules or your expectations, but it’s different, and it’s unusual. In this way, the usual process of being disciplined is the setup, and then the thing that goes wrong, or differently, or in some unexpected way, is the result. Therefore, don’t be afraid to be unorthodox, or to stretch and bend and blend colors, notes and ideas. Don’t be afraid to make mistakes. They can have brilliant results.

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

It seems like you need some passion in your life. Currently most of the energy that would become some form of love or creative expression appears to be getting burned up by worry. Most of that, in turn, seems to surround family issues or shared living arrangements. You must look out for your own interests first, and not be distracted by others who want to hand you their problems. They may have done so in the past, and they may know how to push your buttons, though that doesn’t mean you have to go along for the ride. Anything involving your own children, if you have any, requires special handling. You probably consider them a direct extension of yourself, though be aware of the ways that can be used against you, and play a clean game. Back to my original point: you need passion, not distraction; you need love, not the kinds of political games people seem to be playing.

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

Are you living your past desires, or your present ones? I mean this in two areas of your life: sexual relationships, and your creative aspirations. Go back to age 16 and ask yourself what you wanted. Then pick a date halfway between then and

# Green Dot Bystander Intervention

Green Dot Community Bystander Intervention Training Free to members of our Vashon Island Community! This 90 minute training will introduce participants to the conversation of bystander awareness and intervention, providing tools to increase knowledge of and build skills around proactive behaviors that reduce violence in our community.

The training is interactive, providing opportunities to discuss and practice different ways to intervene when a situation doesn’t feel safe or quite right to the bystander. By learning about direct intervention, distraction and delegation as techniques for bystander intervention, participants will leave feeling more aware

and empowered around knowing that even small acts can make a huge difference in making our island a safe place to live where violence of any kind is simply not tolerated.

Free to members of our Vashon Island Community!

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nyn@vashondoveproject.org or calling  
(206) 940-6430 For more information  
on Green Dot, visit: <https://www.livethegreendot.com/>

now, and ask yourself what you wanted. Now consider what you want today -- and whether you’re satisfied with your life. If you’re not, I would propose that you need some new desires; some new goals; some new reasons to be alive. You’re in a perfect position to update your files: to determine that certain older objectives and reasons for being no longer serve you, and to come up with some new ones (which you probably already have). Then you need to be brave enough, and take yourself seriously enough, to do something about it. To have progress, you must welcome change. There are two parts to that: goodbye, and hello.

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

The fewer financial moves you make for the next few weeks, the better. I mean, really, keep it simple and do only what’s necessary. First, you must conserve your resources. You have plans, and your talents are worth a lot, though no matter -- efficiency is always in order. One thing you can do is to spend less, and work with what you already have. If you need to buy something, the chances are good that you already have something that will do the job, or someone can loan you what you need for a while. Don’t be afraid to ask. I’ve said many times in this column that we live under the delusion that money can solve all problems. Well, most problems are actually solved by thought, ingenuity and the willingness to do some work. One thing that’s in order right now is taking an inventory: of what you have, including your talents, as well as what you owe to anyone. Give that a few weeks and get some real data to work with.

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

Self-discovery never ends. You never actually ‘figure out who you are’ -- but you can get to know who you are, and what your tendencies are, here in the world of forever changes. In these weeks you may make some startling, informative or genuinely useful discoveries about your tendencies. You don’t have to do anything about them; just note what you’re learning as you learn it. Notice and make friends with the process of change. Make friends with uncertainty. Being ‘certain’ is often rife with false security. So, too, is the desire for anything to be so-called permanent. The continents drift around the globe. The North Pole was once a tropical region. The Great Sphinx long predates ancient Egypt. Change is your friend, and the easiest thing to change is your mind. Let’s put it

this way: if you’re going boat shopping, you don’t need a yacht. You need a very sturdy, dependable little fishing boat. Then get up every day and see what you catch.

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

Do not, repeat, do not let anxiety get the best of you. Your chart suggests you may be worrying to the point of obsession. This may not be about anything in particular; it may be what shrinks call generalized anxiety. While I cannot describe the astrology fully in this short space, it involves the dog-and-pony show going on in your adjoining sign Capricorn (perhaps read this week’s Cap reading for additional insight). Relax and feel the passage of time. Remind yourself that you’re an intelligent, hardworking person who has the adult power to solve any problem you might become aware of. Keep in mind that as one born under the sign Aquarius, the keynote of your sign is cooperation. That means being open to helping others, and being open to assisting when you can. Your community is your most vital resource. This is true of everyone, but each of the signs has its special theme, and this is the theme of your sign. Work that for all it’s worth.

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

Don’t fret that the world seems to be such a mess. It is, though what you’re witnessing is part of a necessary transition that was going to happen one way or another. You have your role in the process. Indeed you are intimately linked, both spiritually and structurally, to this next phase of developments. You have your purpose; now you need only to focus on making it work for you. Over the next few weeks you’ll have some opportunities to consider your sources of professional income. You might start with an assessment of where your financial support has come from in the past year. You will see some patterns, and you’ll be able to develop the ones that are working. Here’s the one thing you need to remember when considering your professional options. As a Pisces, your work must be spiritually compatible with who you are. You cannot go against your deepest values. Seen one way, that narrows your possibilities. Seen another, it vastly expands them.

Read Eric Francis daily at  
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# Vashon Chamber Music



By Rowena Hammill

Vashon Chamber Music presents its second concert of the 2016-17 series on Sunday, January 8, 7:30 pm at the Katherine L White Hall. The concert features the Girsky Quartet and Jessica Choe on piano. They will perform Moszkowski’s delightful Suite for Two Violins and Piano, the electrifying Shostakovich Piano Trio in e minor and finally the Beethoven String Quartet op.59 no.1.

This serves as the continuation of the Vashon Beethoven Quartet Project which began last season. The remainder of the middle period quartets will be presented at two concerts at the Havurah Building on April 2 and May 21. (See

VashonChamberMusic.org for more details).

The third concert of the 2016-17 chamber music series will be February 12 at the Kay White Hall featuring cellist Kevin Krentz and his “Music from the Methow Festival.” Kevin has assembled an illustrious group of musicians to present a Valentine’s themed concert entitled Romantic Strings with music by Dvorak and Arensky.

Katherine L White Hall, VCA  
\$20 VCA Member/Senior/Student,  
\$25 General, \$10 18 and under  
Tickets: VCA, Heron’s Nest Gallery,  
VashonCenterfortheArts.org

# House of Waters

Drawing inspiration from Africa, India, South America, and Jazz, House of Waters is a Brooklyn based band with a global sound, and as TimeOut NY states “a sight to behold.” Composed of virtuoso Max ZT who is known as the “Jimi Hendrix” of the hammered dulcimer, master percussionist Luke Notary, and brilliant bassist Moto Fukushima, these three innovative musicians have shared the stage with Ravi Shankar, Tinariwen, Jimmy Cliff, KODO, Blitz the Ambassador, Dave Eggar and more.

A national hammered dulcimer champion, Max studied with the Cissoko Griot family in Senegal and recently returned from a year in India studying with the world-renowned santoor master Pandit Shivkumar Sharma. Luke studied with djembe legend Cheik Oumar Diabate and has just returned from a year touring the world with Cirque du Soleil. Moto’s finesse, subtlety and power attracted the attention of many jazz greats, who he has accompanied to critical acclaim.

Together, their unique style is a product of intense collaboration between expert musicians who take risks, cross boundaries, and never cease to amaze. These are shape-shifting artists, whose powerful music crosses definitions



and genres, combining Afrobeat, rock, jazz and American folk traditions into a unique sound that makes them one of the most original bands playing today.

House of Waters  
Saturday, January 14, 7:30 pm  
Katherine L White Hall, VCA  
\$18 VCA Member/Student; \$20 Senior; \$22 General

# Martin Luther King Jr.’s Legacy: Where Do We Go From Here?

Where Do We Go From Here? is Vashon’s 2017 commemoration of Martin Luther King Jr. Day, held Monday, January 16. Emma Amiad has organized and produced this annual event for 26 years to honor Dr. King and his legacy. Vashon Center for the Arts is proud to be a co-sponsor.

This year’s speaker is Washington State Supreme Court Justice Mary Yu. Justice Yu will address the role of our courts and talk about her own hopes for a more equitable society.

Opening the event is local favorite, singer-songwriter Kat Eggleston, to perform songs of the civil rights movement and provide her own take on equal rights. Closing the event is Wendy Marcus, cantor for Havurat Ee Shalom and former member of the Mazeltones, a Seattle klezmer group. She will share songs of hope and defiance written by musicians who perished in the Holocaust. They were defeated in body,



but not in spirit. Dr. King’s message of peace and hope will be highlighted throughout the evening. Cake and coffee will be served after the event.

Presented by Emma Amiad  
Monday, January 16, 7pm  
Katherine L White Hall, VCA  
Free Admission

# Zona Intangible

“Zona Intangible”, a new documentary about Peruvian refugees made by Seattle filmmakers Ann Hedreen and Rustin Thompson, will be presented by Vashon Film Society as January’s Art Film Series feature.

The feature-length documentary, an official selection of the 2016 Social Justice Film Festival and the Seattle Latino Film Festival, shows how a single act of generosity can ripple forward and backward through time, improving health and well-being in a community founded on nothing but resilience and hope.

Award-winning writer-director Ann Hedreen traces the unlikely connection between the people of this asentamiento humano (human settlement), and her great-uncle, a Swedish-American pioneer of the Peruvian fishing industry. Refugees fleeing the Shining Path terrorists build a new city called Manchay on the edge of Lima, Peru. A gift from an American family funds construction of the city’s first modern health clinic, inspiring other donors to send medical supplies. Against great odds, the clinic has thrived for 13 years.

The film introduces a network of teachers, volunteers, medical professionals—and one very determined



priest—who help these refugees carve a new life from an abandoned gravel pit in one of the world’s most sprawling megacities.

With an estimated one-sixth of the world’s population now living in settlements like Manchay, “Zona Intangible” addresses the challenges faced by these refugees, as well as revealing the complex ties between their future and a benefactor they never met.

“Zona Intangible” will be shown at the Vashon Theatre on Thursday, January 5 at 8:30 pm and on Friday, January 6 at 4 pm.

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# Road to Resilience

Continued from Page 1

*Climate Action* (Jan 5, 2-4pm, Library)

*Ladies’ Sewing Circle and Activist Society* (view on Facebook, meets monthly) Backbone Campaign (backbonecampaign.org), home-grown artful activism, help build puppets and props, parade duty and field trips for feisty progressives

For those that are still hanging in there, Resolution #4) Get out in the streets! This may be a bit daunting for some of us, but, fortunately, only three or four percent of us need to be out there. The decent majority in this country needs to be very visible to the rest of the world as well as to ourselves. We need to say

to all, this guy does not represent us! We are not like him. We don’t approve of his behavior, and we, as responsible citizens, will do all we can to minimize his impact here and abroad. (Can’t help noting how much I sound like some critics of Obama) We can’t stop him through Congress or the court nor do we have the time to wait for another election. The money is with him. The major media is too timid. Only massive numbers of people on the streets will convince us and the world (and the orange one) that we will not tolerate bullying and bigotry. Arguments won’t do: all we have is numbers.

Comments? terry@vashonloop.com



## Island Epicure



By Marj Watkins

### Chicken Soup Time

People these winter days are either fighting off a cold or the flu, shopping for cold remedies, turning up the heat, or looking back at all those not very healthy Christmas goodies and vowing to restrain themselves in the future as they gargle sore throats and blow their noses. It's time for grandma's cold remedy: warming, energizing, flavorful chicken soup!

The Chinese members of our extended family have their energizing, curative soup, too, and (surprise! surprise!) it, too, contains chicken. Also in it mushrooms, garlic, onion, carrot, and hot chili peppers. It's a complicated, time-consuming soup with some other ingredients we don't find in our supermarkets.

So I will give a simplified version borrowed and adapted from Judith Benn Hurley's book "The Good Herb."

*Asian Energizing Chicken Soup*

6 large servings

8 dried shiitaki mushrooms and Hot water to cover  
1 slice or small knob ginger root  
2 garlic cloves, minced  
1 large onion, chopped  
1 large carrot, chopped  
1 hot chili pepper, minced (wear rubber gloves)  
¾ cup brown rice  
6 cups chicken broth or two or three chicken thighs  
And 6 cups water  
1 Tablespoon fresh thyme  
Or 1 teaspoon dried thyme  
Salt and black pepper to taste  
1 Tablespoon extra virgin cold pressed olive oil

Garnish: minced fresh green onion or shallot

Soak the dried mushrooms in the hot water while you prepare the rest of the ingredients.

In a large stew pot, combine ginger, garlic, onion, carrot chili pepper, rice and dried thyme. Add water and chicken thighs. Bring to a boil. Reduce heat. Cover and simmer until vegetables are tender and rice and chicken are done. Add the olive oil and give it a swirl with a large wooden spoon or a ladle. Serve hot. Cool leftover soup, decant into a jar with a tight fitting. Label, date, and refrigerate. Reheat and eat within four days, or reboil, cool and store as before.

Note: Thyme yields 5 milligrams of iron per Tablespoonful.

## MarchFourth - Rescheduled

Don't miss this "must see" musical spectacular featuring the amazing MarchFourth, hosted by Open Space for Arts & Community and Vashon Seals Swim Team.

Winter weather was the culprit behind MarchFourth's inability to make it to Vashon for their December 18 concert at Open Space; a frozen tour bus part had them stranded in Winthrop, WA. Fortunately, the concert has been rescheduled!

MarchFourth will play at Open Space for Arts & Community on Sunday, January 22. Doors will open at 5pm for this all-ages, family-friendly event. Fabulous food from Orca Eats will be available, along with a raffle featuring fantastic prizes, and music from DJ Arturo. The show begins at 6pm, and the entire evening is a benefit for Vashon Seals.

With exceptional musical quality and a visual kaleidoscope of stilt walkers, hoopers and Vaudeville-style dancers, MarchFourth Marching Band 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 multifaceted, 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."

The main event starts at 6:00pm. MarchFourth Marching Band 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 brighten up January - 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](http://www.openspacevashon.com).

More about MarchFourth

Marching Band

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.

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**TRASH TALK**

What to do with all those boxes left from the holidays?  
Using cardboard boxes for weed control is better than recycling and almost as good as not using cardboard boxes at all. Cardboard boxes stymie those weed seeds waiting for spring. Cover bare soil with boxes (disguised by chips if the space is visible) so weed seeds under them won't sprout. These magic boxes save work and avoid pesticides.

  
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# Gregg Curry & Ragged Glory

Ragged Glory has evolved a sound around Gregg Curry's original songs that is uniquely theirs – a sort of of rock-and-roll minstrel show/tent revival that mixes the sacred, the profane, and the in-between into a musical stew, new and familiar at once.

They recently released their debut CD, "With a Bullet", and they are armed (and perhaps dangerous) with a host of new songs as well. Their concerts are energetic and explore a varied landscape of moods and feelings. The tunes are catchy; the words will alternate between making you laugh and giving you pause; the music will make you want to dance; and chances are, you will grin a lot – like you do when you hear a song on the radio that makes you want to turn it up.

As an added bonus, the band is frequently joined onstage by a Who's Who of



Island talent. It's been a whole year since Gregg and the band has rocked the Red Bike...come on out and don't forget to bring your dancing shoes! Friday, January 6th, 8:30pm Gregg Curry & Ragged Glory. The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that Free cover!

# Vaudeville Etiquette & The Massy Ferguson Duo

You may remember the Vashon Events produced Concert in the Park last year with Vaudeville Etiquette – it was a blast, with many of us getting to participate with our very own Vaudeville Etiquette kazoo. We're super excited to announce that this band will be coming to the Red Bike on Jan 13th, right before they head off on their European Tour! Not only that, joining them on this bill will be The Massy Ferguson Duo, with Islander Tony Mann and Ethan Anderson. Mark your calendars, this one's going to be fun!

Vaudeville Etiquette's dynamic sound pushes the boundaries of psych-folk with grit, passion, and come-hither wit. The Seattle quintet fills timeless melodies with modern lyrics, heady harmonies, and a potent country-meets-classic-rock chemistry.

Their live performances are magnetic and provocative. Duo lead vocals and a wailing pedal steel dive from energetic anthems to wistful ballads and back again with psychedelia and fearless on-stage improvisation.

"Seattle music's bright new face." Charles Cross, The Seattle Times

One of "The 50 Bands Rocking Seattle Music Right Now" – Seattle Magazine

Vaudeville Etiquette has been covered in USA Today, CMJ, Seattle Magazine, Relix, Yahoo! Music, American Songwriter, No Depression, Vinyl District, and more, including the Seattle Times, who called Vaudeville Etiquette "Seattle music's bright new face" and a "New and Noteworthy" spotlight on iTunes.

Joining the bill is the Massy Ferguson Duo – Ethan Anderson and Tony Mann!

You know only good things can come from a band that named itself after a farm-equipment company. But Seattle's massy-ferguson2Massy Ferguson is not as hayseed as you'd expect.



Their songs are steeped in the classic Americana of the Uncle Tupelo, the Jayhawks, and the Backsliders. Rich with imagery of highways, truck-stop coffee, whiskey, road-weariness, and bad motels, Massy Ferguson make cinematic roots music about the blue-collar aspects of our nation. This is what Jay Farrar might sound like without his thesaurus

Singer-bassist Ethan Anderson says the sound is Americana that leans more toward rock than country, and that's a pretty good description. Think Drive-By Truckers or some combination of Son Volt and The Hold Steady. Think Springsteen's "Greetings From Asbury Park" or "Nebraska." Those influences, 1970s Southern rock and good-time classic rock bands like Thin Lizzy, have also helped them to land gigs at festivals and clubs in Australia, Iceland, Germany,

England and Mexico. Friday, January 13th, 8:30pm Vaudeville Etiquette The Massy Ferguson Duo The Red Bicycle Bistro & Sushi All-age's 'till 11pm, 21+ after that Free cover!



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# Shady Bottom



In 1969, the first human touched down on the moon. It was a singular moment in the history of mankind. At the same time, the face of American music was changing. Jimi Hendrix was setting the scene on fire and James Brown was in the process of converting the masses from smooth, laid-back soul to hard-driving funk. Countless bands and musicians were left forever changed in their wake. One thing, however, remained constant-Saturday Night. People have always needed to shake off the dust of everyday life, and these newly funk-i-fied masses were no different. Shady Bottom continues this

tradition of Saturday night dust shaking, hard grooving, & hip-thrusting from old school house parties and juke joint jam sessions. Inspired by the sounds and personalities of that threshold era of the late 60s and early 70s, Shady Bottom serves up gritty and gyrating songs for the modern party. If your bottom ain't shady, it should be. Friday, January 20th, 8:30pm Shady Bottom The Red Bicycle Bistro & Sushi This is an all-ages show until 11pm, then 21+ after that. There will be no cover for this show.

# Fly Me To The Moon



Back Row: Emmi Sarkola, Lauri Hennessey, Martin Feveyear, Lori Spears, Michael Shook, Adrienne Mildon Front Row: Marita Ericksen, Erica Wagner, Gretchen Neffenger, Xavier Ajeto, Sarah Cummings White, Shannon Flora, John de Groen. Photo by John de Groen.

The local theatre group, Drama Dock, presents "Fly Me To The Moon", an original production that showcases island singers, musicians and dancers as they present the old standards of Frank Sinatra. Director and Choreographer, Elise Ericksen, has loved listening to Sinatra's music over the years and she is delighted to have the opportunity to set original choreography to some of her favorite tunes. For the past five years, Elise has worked with PDX Dance Cooperative choreographing and dancing many styles of dance, including contemporary, ballet, modern, and musical theater dance. All of these styles, plus some ballroom will be present in the dances for the show. Many island singers will lend their voices to the production including, Steven Denlinger, Marita Ericksen, Martin Feveyear, Shannon Flora, Lauri Hennessey, Gretchen Neffinger and Michael Shook. Dancers include Sarah Cummins White, Emmi Sarkola, Lori Spears, Erica Wagner and guest dancers, Rachael Singer and Ismael Sonanes. John de Groen, Adrienne Mildon, and Xavier Ajeto will lend both their voices and dancing talent to the show. In addition to the many fabulous dancers and singers, we will also have a small group of musicians including Diane Krouse playing clarinet, exemplary pianist Evan

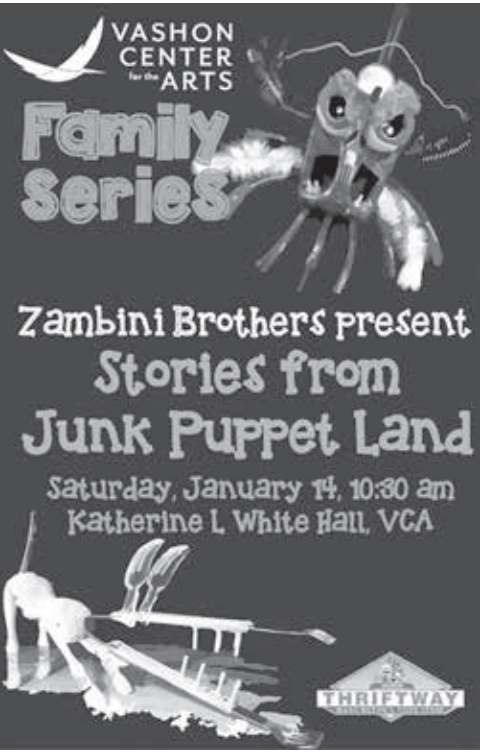


Emmi Sarkola and Xavier Ajeto. Photo by John de Groen.

Stultz, Barry Cooper on Trumpet, Todd Zimberg on drums and Marita Ericksen as Music Director. Some favorite songs in the this review include "Let's Fall In Love", "The Way You Look Tonight", "New York, New York", and, of course, "Fly Me To The Moon", just to name a few. Come enjoy the start of the new year with song, dance and merriment. "Fly Me To The Moon", a Drama Dock fundraiser around the songs of Frank Sinatra. January 7th at 7 pm and January 8th at 3 pm. Vashon High School Theatre Tickets available at Vashon Bookshop, Brown Paper Tickets and at the door. \$18 for seniors and students; \$20 for adults

# Stories from Junk Puppet Land presented by Zambini Brothers

Come travel to Junk Puppet Land, where a series of multi-cultural stories are adapted and brought to life through object puppetry, using whimsical characters constructed from pieces of what otherwise would be seen as household "Junk"! Presented with wit, invention, and a unique creativity that is the hallmark of Zambini Brothers Puppets, the brothers have performed at festivals, schools, libraries and events throughout the Pacific Northwest and beyond, including events at Microsoft, Bumbershoot, the Bellevue Arts Fair, and The Point Defiance Zoo. Bill Jarcho is one of the founders and puppeteers with a background as a designer, writer, performer and animation/video. His puppet pieces have received critical acclaim from the Seattle press and he has received grants from the Jim Henson Foundation. Bill has also written and directed many spots, commercials, and videos for MTV, Nickelodeon, and Comedy Central as well as directing episodes of the national TV show The PJ's on Fox. His commercial work has earned a variety of honors including several Clio nominations, Telly Awards, and a Broadcast Designers of America award. Junk Puppet Land is a funny and interactive story suitable for the entire



family. Stories from Junk Puppet Land presented by Zambini Brothers Saturday, January 14, 10:30 am Katherine L White Hall \$6 Youth, \$8 VCA Member / Senior, \$10 General

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Friday, January 13, 8:30pm  
Vaudeville Etiquette &  
The Massy Ferguson Duo

Friday, January 20, 8:30pm  
Shady Bottom

Friday, January 27, 9pm  
Georgetown Orbits

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