

An Evening with Stephen Tobolowsky

There are some events on Vashon Island that you just DON'T WANT TO MISS. This is one of them. Stage, film and television actor Stephen Tobolowsky is coming to Vashon again to tell his entertaining stories.

This is the third visit for Stephen and he has taken Vashon to his heart. This benefit performance will be sure to sell out (as it has in the past). In the last year, his popularity has surged again with two new TV roles, as well as his popular podcast and his new book, *Adventures with God*.

Tobolowsky is known for film roles such as annoying insurance agent Ned Ryerson in *Groundhog Day* and amnesiac Sammy Jankis in Christopher Nolan's *Memento*, as well as such television characters as Commissioner Hugo Jarry (*Deadwood*), Bob Bishop (*Heroes*), Sandy Ryerson (*Glee*), Stu Beggs (*Californication* and *White Famous*), and Action Jack Barker (*Silicon Valley*).

Stephen has a monthly audio podcast, *The Tobolowsky Files*, of autobiographical stories of his acting and personal life. In 2015, he co-hosted a short-lived second podcast, *Big Problems - An Advice Podcast*, with David Chen.

He has also authored three books: *The Dangerous Animals Club* and *Cautionary Tales* are based on original stories from his Podcast *The Tobolowsky*



Stephen Tobolowsky. Photo by Jim Britt

Files. My *Adventures With God* (Simon & Schuster April 18, 2017), a humorous, introspective story collection about love, catastrophe, and triumph, all told through the lens of Tobolowsky's evolving relationship with the mystery that is "God."

The event is a fundraiser for Safe Grad Night for the Class of 2019. In addition to hearing Stephen's delightful stories, you will get to participate in a

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The Nutcracker Returns to Vashon Center for the Arts

Vashon Center for the Arts is proud to present the performances from students on stage this holiday season in *The Nutcracker*, December 7-10 and *A Charlie Brown Christmas*, December 15 and 16. Audiences of all ages will enjoy these holiday treats.

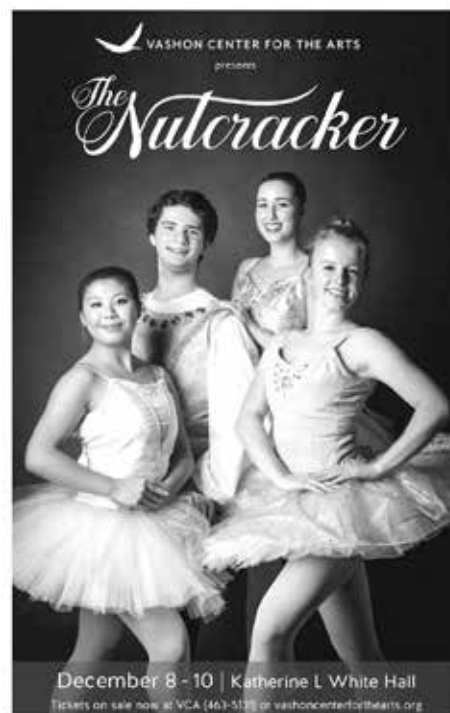
The *Nutcracker* graces the Katherine L White stage with dancing snowflakes, mischievous mice, waltzing flowers and stunning dances. A loving family has a party, dolls and toy soldiers come to life, a nutcracker is transformed into a prince by magic, a little girl dreams of a land of sweets and good overcomes evil. It's all in a day's work for the dancers at Vashon Center for Dance.

Vadne Domeika, Director of Dance, is honored to be at the helm of this dance establishment. "Most dance organizations have a much larger population to draw from. It is a testament to the quality of our artistic community, and something to be proud of, that we do a production like this every December. It rivals much larger dance organizations," notes Domeika. When asked why *The Nutcracker* is performed every year, she explains, "The *Nutcracker* is more than a beloved ballet that millions of people see every year. To the dancers, it is also an annual measurement of personal achievement. They begin as a mouse, and aspire to someday dance the lead roles. It becomes a large part of their lives as they progress in their dance training."

This year the role of Sugar Plum Fairy is shared by Grace Derrer and Kelsey Morrison. Domeika smiles and remarks of the two high school seniors, "Kelsey has the beautiful long lines and charm of traditional classical ballet dancers. Grace is regal, dynamic and sprightly, like today's contemporary ballet dancers. Both are gorgeous and bring different aesthetics to the role." Duncan Barlow returns as the Cavalier after a year of training and is sure to impress audiences with his artistry and strength. The role of Clara is danced by Catherine Ellison and Audrey Shirk; Gus Holmes returns as the *Nutcracker Prince*. To perfect their parts, "They are at the studio when I arrive. They know that they cannot work enough. I feel blessed to have such dedicated students in our program," says Domeika.

Audience members will recognize familiar choreography and will be delighted by this year's updates. "Our Waltz is completely new," explains Domeika. "I did not have plans to change it. Christine Juarez's choreography was lovely. We were goofing around with ballroom lifts after ballet class and I was inspired by Emma Rose DeSantis and Duncan Barlow, who took to these moves like fish in water. A new Waltz was born, allowing me to showcase Emma's talents and stage presence." In addition, Tappers have a newly integrated part in the show and the Modern dancers have updated roles and choreography. Domeika says of Crissy Baker, Kathleen Bonner and Vanesa Wiley, "Our choreographers are fabulous artists. I threw out ideas, and they ran with them."

This year sees a return of the ornate



Victorian living room, breathtaking Snow Scene and serene Land of Sweets, first seen on the stage last year, designed by architect Robert Wright. New costumes by Kate Guinee and Gail Nispel make their debut, and other surprises await. Catch the holiday spirit, be mesmerized by artistry and enjoy Vashon's tradition of *The Nutcracker*.

Also at VCA this winter is the VCA Youth Musical Theatre performance of *A Charlie Brown Christmas*. The musical is performed by a cast of 23 enthusiastic students, ranging in age from first to fifth grade, with special appearances from a few younger siblings.

Each student in the cast brings to life a character from the Charles Schulz cartoons. Look for Charlie Brown (Eban Tracy), Linus (Cooper Tantau), Lucy (Bella Blankenship), Snoopy (Mimi Dawson) and many more beloved characters in this holiday favorite.

Director Marita Ericksen and assistant director Elise Ericksen, with the help of VHS students Gabriel Dawson and Cypress Sechrist, have created a show sure to please both kids and adults. There will also be a holiday sing-along!

Vashon Center for Dance
The Nutcracker
 Thursday December 7, 5:30 pm (Dress Rehearsal) \$5
 Friday, December 8, 7 pm
 Saturday, December 9, 1 pm & 7 pm
 Sunday, December 10, 1 pm
 Katherine L White Hall
 \$12 VCA Member/Student, \$14 Senior, \$16 General

Youth Musical Theatre
A Charlie Brown Christmas
 Friday, December 15, 7 pm
 Saturday, December 16, 1 pm
 Katherine L White Hall
 \$6 Student, \$10 VCA Member/Senior, \$12 General

Tickets to all VCA performances and lectures can be purchased by calling the front desk in the Katherine L White Building at 206-436-5131 during regular business hours Monday or through Friday 10 am to 5 pm and Saturday noon to 5 pm or online at

www.vashoncenterforthearts.org

The Road to Resilience

Re-examining The Season

The winter solstice has always seemed to me to be more meaningful than the summer solstice. The promise of longer days at the darkest and coldest time of year is more heartening than the beginning of shorter days in the summer. The darkness of December lends itself to stillness, introspection, and peace: *Silent Night*. From the very beginning, when humans first reflected on such things, I believe the winter solstice has been the most important time in our yearly cycle. Once we were confident that the sun would return, it became a time of celebration. It is no coincidence, then, that the early Christians decided to celebrate the birth of Jesus at this time. It was convenient for the Roman Christians to substitute Christmas for the Roman holiday of Saturnalia.

A big part of the celebration included countering the dark with light: bonfires in the beginning and, now, lights of all kinds. It has become a time to get together with friends and to give to each other. Earlier people had much more darkness to counter than we have now. Electric light has virtually eliminated the most dramatic feature of this season that the rest of life observes: the peace and stillness of the dark time.

There is one tradition developed in the last hundred years that I would like

By Terry Sullivan,

to be rid of. At some point, the desire to give to friends and family came to be seen as a business opportunity. Before there was so much stuff to buy, people gave of themselves, as there was not much "stuff" to buy. Somewhere in the 1920's or 30's, the idea of consumption as an end in itself took hold. I understand that when Henry Ford wanted to increase car production, his workers declined higher pay for longer hours because they were already making enough money to buy what they needed. They would rather have shorter hours and more free time. It was at this point that the idea of creating and actively selling new products, convincing people that they needed things that they heretofore had no use for, became the norm. Having more stuff to buy than money to buy it with created an endless hunger for more work time, more money.

This from the introduction of *The New Hedonism: A Post Consumerism Vision* by Kate Soper:

"Consumerism is the major cause of global warming and wrecking the planet for future generations. It is driven by a growth economy that favors the ever-expanding consumption of the already very affluent and has allowed the gap between the richest and poorest to grow to inflammatory proportions,

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December 17 at 12pm

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Starts December 8 - 14

Royal Ballet London: The Nutcracker
December 24 at 12pm

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The Vashon Loop

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Friday, December 8, 8pm
Comedy Night!

Friday, December 15, 8pm
Subconscious Population
Ron Hook Birthday Bash

Friday, December 22, 8pm
Will Sing For Vashon Benefit

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.

Revolution Vashon

Revolution Vashon meets the third Tuesday of every month. We focus on issues, activities and possibilities to forward the Progressive point of view. . All welcome. 19834 Vashon Highway - 6:00 to 8:00pm. Questions call 206-496-4174.

Have a Story or Article

Send it to:
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Next Edition of The Loop Comes out Thursday December 21

Deadline for the next edition of *The Loop* is
Saturday, Dec. 16

Local Weather
www.vashonweather.com
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Fire Commissioner Candy Thanks You!

Thank You Vashon voters! Thank you for re-electing me and approving the levy tax increase. It was impressive to have such a large number of registered voters cast their ballots in support the future of Vashon Island Fire & Rescue.

It is an honor to serve our community, and I am thankful for your confidence in me. I'll do my best to make you proud.

Thanks to Jan Mulligan for a civil campaign, and for her commitment to making and keeping Vashon a safe place. I thank her for continued efforts in the management of the Community Emergency Response Team, which works hand-in-hand with Vashon Island Fire & Rescue to promote our community's emergency preparedness.

Finally, to everyone involved in either campaign: thank you for your integrity, civility, enthusiasm and commitment to our shared mission."

Sincerely,
Vashon Island Fire & Rescue Fire Commissioner
Candy McCullough

It's Gonna Get Ugly



It's Gonna Get Ugly at Vashon Senior Center on December 9 at Ugly Sweater BINGO. Sisters of Perpetual Indulgence, Glo and Bebe, will be the callers. Doors open at 6PM. Play begins at 7PM. Buy your tickets now at Vashon Senior Center M,T,W or F 9AM-3PM. Tickets cost \$20 for non-members or \$15 for members. Hurry, this event will likely sell out!

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Saturday December 16th, 11:30am - 5pm
Wednesday December 20th, 12:30pm - 3pm
At the Vashon Library

Vashon Island Pet Protectors Holiday Bake Sale

Indulge in freshly baked treats from some of the island's best bakers while helping Vipp through this important fund raiser. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 16th. VIPP is also holding our Annual Pet Food Drive at the Holiday Bake Sale. Please call Victoria 463-5381 for more information.

Vashon Island Pet Protectors Holiday Bake Sale
Saturday, December 16th
In Front of Thriftway
9:00 AM - 1:00 PM

Happy Holidaze! Vashon Social Dance Group Monthly Dance & Lesson

Saturday December 9
Vashon Social Dance Group Lesson & Dance
Zydeco and/or Cajun Waltz Dance Lesson at 7:00 pm
with instructors: Dianne & Roger, Variety dance 8:00 - 9:30 pm
Ober Park Performance Hall 17130 Vashon Hwy SW 98070
No partner needed! Come alone or bring others
Suggested Donation \$10 No One turned away due to lack of funds.
For you experienced dancers, please come and assist the new comers and meet some new dance partners!
Questions? Contact Candy McCullough 206 920-7596

DSHS

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Date: Tuesday December 19, 2017

Time: 11:00 am to 3:30 pm

Place: Vashon Market Fresh IGA
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Hidden Danger



By Seán_C. Malone

Resourcefulness was a rule among the kids of Vashon. The insularity of the island from the city and the fact that Vashon was mostly woods gave us an edge in creating something from nothing. We had safe play and we did dangerous things.

Take a driftwood fort that took all afternoon to build and amounted to nothing but carefully placed sticks and logs, we could drag to a site above the tide line. Sticks and boards stuck in the gravel to keep them upright made a good wall, much like the shacks the Indians built with vertical cedar planks with the cracks filled with moss; only their houses were practical and ours weren't. You could see the sky through the 5 foot cedar shingles the Indians used for their roofs but no rain came in. It was a mystery to us. Our roofs leaked like a sieve.

We found that large sheets of moss rolled up like a lawn and placed inside the shelter made for a good soft bed that smelled nice. The roof of small sticks wouldn't keep out the water, but it did let the light through. An upside down rowboat with the bow propped up by two vertical sticks made a good shelter and an oar stuck in the gravel made a good flagpole, only if the wind didn't blow too hard.

The inherent danger of riding a beach log to catch the waves of a passing freighter scared the daylights out of us. Kit Bradley, our neighbor, was halfway across Colvos Passage with only a stick for an oar; when he disappeared behind a giant wave, only to appear on the top of the next one. The current in Colvos Passage is very strong and always flows north. By the time Kit made shore again, he was all the way to Cove, a half mile

up the beach.

Brother Mike told me the following story as an example of some of the hair brained things we did; absconding Grandma's rowboat without permission was one of them.

"Hey Mike, let's take Grandma Ada's boat out," Cousin Jim yelled from the beach. "The wind is up and it's out of the North." So Brother Mike and Jim lashed a crossbar on a short pole which was then lashed to the space between the bow and the front seat. An old tattered blanket served for a sail and Mike and Jim shoved off from the beach at Quartermaster, to be caught by the wind in a sea of white-caps. They used an oar to steer-by as they sped down the beach, almost as fast as Jim's dog; "Spooky" who ran along the shore. The white caps made a hiss as the wind blew the tops off the waves and made the boat hard to steer as the following waves kicked the stern from side to side, threatening to capsize the boat. Just the kind of foolish danger that young ones love and mother's hate.

It was at that time that Mike and Jim decided to take down the sail and row for shore. Instead, they turned around off Raab's Lagoon and rowed against the wind to get home to Portage. The waves were lifting the bow of that little boat so high, and then sliding down the other side. Water came into the boat and Jim bailed with a coffee can while Mike rowed. They could take it no more and got out of the boat, close to shore and stayed in their tennis shoes, to keep from getting cut by the barnacles and proceeded to pull the boat up the shore to Portage and the Homestead, where Grandma Ada was waiting with a big stick. Mike yelled at Jim who cocked one hand to his ear, so he could hear in the wind, "You couldn't learn to ski, if you didn't fall."

Sean@vashonloop.com

Vashon Island Art Studio Tour

Holiday 2017

December 2-3 & 9-10
Saturday & Sunday
10 am to 4 pm

Maps and brochures
available at Island businesses.
To preview the art & plan your route, visit
VashonIslandArtStudioTour.com

Point Robinson, watercolor by Ken Widmeyer at Morgan Brig Studio #7

Vera Boy Needs A Home...

I'm a proud torti but without the torti-tude that some of my peers have. Shelter volunteers compliment me on my friendliness and great purr. Since coming to VIPP last week, I've been busy playing with different toys. Other times I like to keep an eye on things from the top of a cat tree, so I hope there's some "vertical territory" in my forever home. I won't stay up there all the time, though; I really like being with people, and I'll climb down in a hurry to be petted!



Go To www.vipp.org Click on Adopt

An Evening with Stephen Tobolowsky

Continued from Page 1

Silent Auction at intermission. This will be a delightful night for parents and also fans of Stephen's.

The performance is Thursday, December 14, 6:30, the night before school break begins. What a way to launch the holidays! It will at the Vashon High School Theater and tickets are available at brownpapertickets or at Vashon Bookshop. <https://www.brownpapertickets.com/event/3160220>

Thanks to Stephen Tobolowsky for giving us his time and talent once again! We are glad to have him and his wife Ann "come home" to Vashon!

Get your tickets soon as they will sell out fast! Tickets: \$40 (\$25 Students/Seniors). Vashon Book Shop and Brown Paper Tickets

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Saturday, Dec. 16

A New Chapter for the Heron's Nest

Vashon Center for the Arts is pleased to announce that Kathy Raines and Whitney Rose, current co-managers of Heron's Nest Gallery, will take over the gallery space in downtown Vashon. They will open a new gallery, Gather Vashon, early next year.

The new retail shop will showcase distinctive, handmade artisan jewelry. In addition, other forms of art by Vashon artists will be featured. A classroom and workspace is planned where people will learn new skills or work on projects in the comfort of the shop's friendly, relaxed atmosphere.

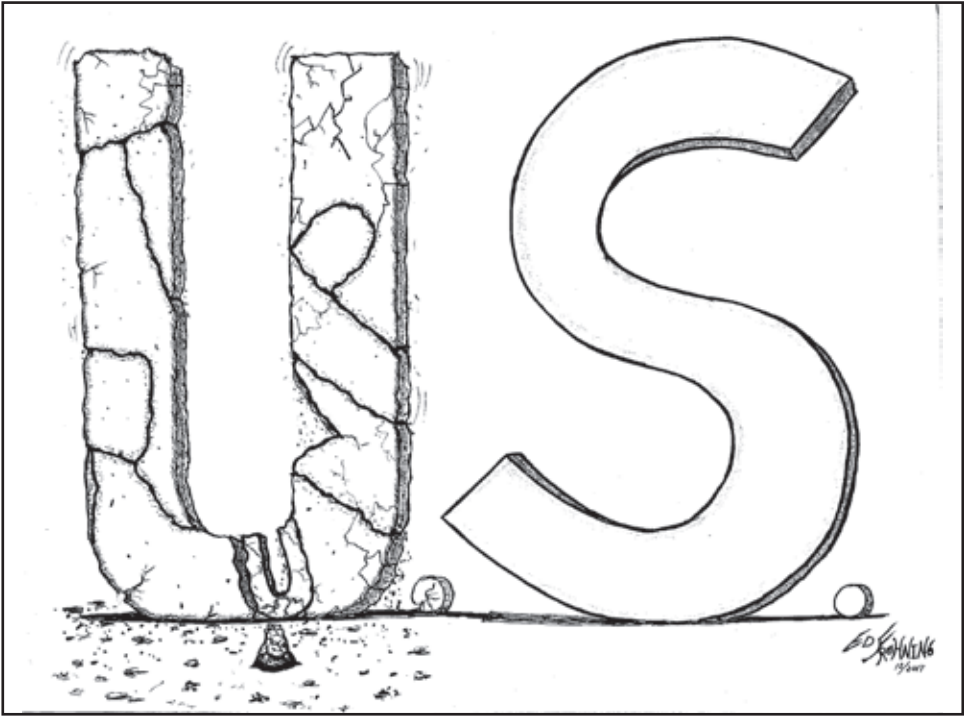
"I am grateful to VCA for giving Whitney and me the opportunity to continue to support Island artists. In this world of electronic communication, we also look forward to creating a welcoming place for people to gather to explore common interests, and build a sense of purpose and connection," said Gather co-owner, Kathy Raines.

"This is a perfect transition for the Heron's Nest. It's great to be able to


support Kathy and Whit to stretch and grow with this unique opportunity. We wish them all the best on this exciting adventure and know Vashon artists will be in good hands," said Susan Warner, VCA Executive Director. "VCA is committed to continuing to support all of Vashon's artists and will be offering special art and craft shows as well as art exhibitions in the Koch Gallery, in the grand lobby of the Katherine L. White Hall, and in the Blue Heron Education Center. We are the center of nurturing and presenting art in our community."

Heron's Nest Gallery will continue to offer Vashon artists' work through December 24, 2017. Artists will be able to pick their artwork up at the Nest from December 28 through December 30. Those artists who aren't able to make it into the Nest will find their artwork at Vashon Center for the Arts after January 1.

Gather Vashon plans to open in early February 2018.



Things happen. Learn what to do before it does.







Tues, Dec 12 | Vashon Library | 6:30-8:00pm

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The Cascadia Protocol

What is Epistemology?

Meaning

Context

Message

The Structure of Sense

By Rod Smith

The Natural Philosopher project is fundamentally an exercise in the domain of philosophy known as epistemology. Epistemology is often defined as “the theory of knowledge”. It is knowledge about knowledge or ideas about ideas. I would argue that epistemology is indeed the basis of a human operating system. We talk a lot about operating systems for computers, but we don’t stop to notice that we have need of one, too. With good epistemology we are able to build knowledge that is sound, systematic, useful and hopefully, wise.

The majority of people I meet are not familiar with this term and the fundamental place epistemology holds in all of our thinking. Here’s a quote from the eco-philosopher, Gregory Bateson,

“...epistemology is the great bridge between all branches of the world experience - intellectual, emotional, observational, theoretical, verbal, and wordless. Knowledge, wisdom, art, religion, sport, and science are bridged from the stance of epistemology. We stand off from all these disciplines to study them and yet stand at the center of each.”

So you see, it is subject with vast implications. So where might we begin? Again let’s look to Bateson whose lifelong intellectual quest was to answer the question “How does Nature think?” or “How does Nature process information?” - because Nature is working whereas human civilization is most certainly not working. Thus Nature’s epistemology, Nature’s operating system seems to be a good model. The Taoists and indigenous cultures throughout time would agree.

So let’s look at an example of how Nature thinks, how Nature gathers and processes information. Yes, some natural epistemology in action. We will look at information gathering and processing in our own nervous systems.

Bateson pointed out that, in Nature, when there is important information to be gathered, natural systems will often get double or multiple descriptions of the phenomenon under consideration.

We have two eyes. Because we have two eyes we get two different descriptions of the visual field. This is the double description part.

Then, our nervous system does something quite remarkable. From this double visual description our system then creates depth perception. Thus a new species of information is created. You don’t get this with just one eye. This building of a new layer of knowledge upon the basis of an act of comparison is the fundamental epistemological act... the fundamental knowledge building act. It is common to refer to such an act as a process of abstraction.

Observe the icon for Double and Multiple Description that I’ve included. It illustrates this creation of depth perception from the comparison of the pictures created by our two eyes.

We have two ears that similarly give us two different descriptions of the sound environment around us. When a sound is created both ears pick it up. There’s the double description part. That sound will most often strike one ear a fraction of a second before the other ear and with more sound pressure. This difference, the nervous system then uses, to establish the direction from which the sound emanated. Again, through an act of comparison a new species of knowledge (sound direction) is created.

Now, imagine you’re in the produce section of the grocery store and someone picks up a melon and thumps it. By employing yet another double description (whereby you are using both your visual and auditory systems) you can ascertain whether or not that melon is ripe without having to contact it yourself. You see its color and you hear the sound...double description... Epistemology in action.

Bateson pointed at another double description process going on in the nervous system, the components of which I’ll discuss in more detail as we go along. These processes are what we might refer to as logical thought which is usually associated with the left brain and relational thought which is usually associated with both the right brain and the gut.

Logical, or linear, thought we understand fairly well in this culture. The data for this mode of processing is fundamentally chunks of language. “This, therefore, this...”

The relational process we don’t understand that well and we refer to it with words like feeling, emotion, aesthetics and the like. The fundamental data that this process is crunching is data having to do with relations. Think about it...a painting can be beautiful regardless of its content. The beauty is communicated through the relations of parts to parts and parts to the whole. Think about it...when your feelings get hurt, it’s because you’ve discovered that your relation to another person is not what you thought or hoped it was.

Indeed, a deeper understanding and a more refined focus on this relational processing is the foundation of ecological intelligence.

Rod Smith, creator of The Natural Philosopher, may be reached at rodsmith40@hotmail.com.



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Drama Dock presents Berkeley Breathed’s beloved Red Ranger Came Calling

By Pamela McMahan

Searching for a special holiday treat to enjoy with friends and family of all ages? Drama Dock’s holiday play is a delightful, warm-hearted family musical about Vashon’s very own “Bike in the Tree.” Red Ranger Came Calling runs Dec. 21, 22 and 23 at Vashon High School Theatre. Based on Berkeley Breathed’s popular Christmas tale, Red Ranger takes place on Vashon in the late 1930’s. Breathed (of “Bloom County” and “Opus” fame) lived on Vashon for nearly a decade, and his wondrous illustrated book is inspired by his father’s depression-age childhood, and his obsession with his radio and movie hero, Buck Tweed, Red Ranger from Mars. Breathed’s supreme gift of outrageous, glowing imagery lights up his funny, provocative characters and text. Brought to stage life by music and movement, the show, directed by Charlotte Tiencken (33 Variations), features an all-ages cast of expressive, musical Islanders. The original musical adaptation is the work of Myra Platt, Edd Key and Seattle’s Book-It Repertory Theatre.

Red is an irascible 9-year-old boy from New Jersey whose parents banish him to his Aunt Vy’s house on damp, faraway Vashon. Disillusioned with adults, grumpy and sulky, Red reimagines himself as his beloved movie hero from Mars. “It was that universe,” Breathed writes, “cluttered with space Nazis and princess nabbers, that seemed to need him more than his own.” All he desires is a flashy red superhero bicycle, sitting in the Vashon Hardware Store window, to become that hero himself.



But the bike eludes him. Though Red is a cynic, he takes a risk, and the story unfolds with true belief, compassion and joy.

Drama Dock Presents:
Red Ranger Came Calling: A Guaranteed Christmas Story
Thursday-Saturday
Dec. 21, 22, 23 at 7:00 pm; Dec. 23 matinee at 2 pm
Vashon Island High School Theatre
Tickets at brownpapertickets.com or Vashon Bookshop
\$20 general; \$18 Drama Dock members, seniors, students
\$12 youth 12 & under

VCA Youth Musical Theatre presents Charlie Brown Christmas

Bring the whole family to the VCA Youth Musical Theatre performance of Charlie Brown Christmas! The musical will be performed by a cast of 23 students, ranging in age from first to fifth grade with special appearances from a few younger siblings. Each student in the cast will bring to life a character from the Charles Schulz cartoons. Look for Charlie Brown (Eban Tracy), Linus (Cooper Tantau), Lucy (Bella Blankenship), Snoopy (Mimi Dawson) and many more beloved characters in this holiday favorite.

Director Marita Ericksen and assistant director Elise Erickson, with the help of VHS students Gabriel Dawson and Cypress Sechrist, have created a show sure to please both kids and adults. There’s even a holiday sing-along!

Friday, December 15th at 7:00PM - 8:00PM & Saturday, December 16th at 1:00PM - 2:00PM

For more information and to purchase tickets, please visit our event webpage at:

www.vashoncenterforthearts.org/event-cal/vca-youth-musical-theatre-charlie-brown-christmas/



Or call the Katherine L. White Hall lobby front desk at: 206-463-5131



Aries (March 20-April 19)
It may be difficult to articulate what’s bothering you. Yet it’s more difficult dealing with the consequences of not speaking up, which are both short-term and long-term. So do what you can to put your thoughts in some form that others can understand, which will also mean putting them into a form that you understand. Note that once you do that, you’re responsible for what you know (and that, incidentally, is one of the main reasons people keep quiet). Though there are many possible ways to define the theme of what you’ve got on your mind — such as emotional, relational or sexual — the core issue would seem to be spiritual. What exactly does that mean? I would propose that involves your relationship to existence: that is, how you feel about your life, why you think you’re here on Earth, and the most basic and elemental values you possess. For example, are people or things more important? What is more powerful and why: love, or jealousy?

Taurus (April 19-May 20)
You will need to keep your agreements flexible, and evaluate them frequently. This is different from the usual way of the world: rigid expectations, which are rarely thought about, and not grounded in reality. There’s little you can take for granted right now, and if you don’t make the mistake of doing so, you will be in much safer and more solid territory. The easiest way to run into trouble will be turning your back on your commitments, or shutting down communication (for whatever reason). If you stay open and available, you will discover that people are only too happy to help you and offer whatever support they can. It would be wise of you to return the favor, and keep the emotional energy moving; make sure everyone around you has what they need. Check in regularly, debunk all your assumptions, and keep the important issues right where you can see them.

Gemini (May 20-June 21)
What is your relationship to your sense of injury or to what you think of as your wounding? Is it something that you live with, something that you strive to heal, or something that drags you down? If you’re suddenly experiencing any turbulence in your life, or if old issues have surfaced, these are the questions to ask yourself. Injuries have many possible uses. They can motivate people to become healers, whether or not they attend to their problems. They can serve as a means to keep others at a distance. They can be used as weapons. They can serve as agents of change. I suggest you take the latter approach. It’s easy to use pain in ways that delay or derail progress. It is more difficult to connect yourself to your healing process and stick with it; not only until you get some results, but rather until it becomes a fixture of your identity and life purpose.

Cancer (June 21-July 22)
Focus on work, and keeping things going smoothly. Nip problems in the bud, before they grow larger. Then make sure you’re keeping on schedule, and maintaining your core priorities. As part of this, it will be essential to take care of your health and wellbeing. That may mean, over the next week to three weeks, less emphasis on play and romantic activities, and more on making sure that the basics are covered. For example: an evening in and an early night, so you get a good start on things in the morning, may be much more important than going out. Eat real food, and drink actual water. Keep your work and food-preparation spaces tidy. Make sure you have clean laundry. Make sure the people closest to you understand

what you’re up to, and sidestep or avoid those who don’t feel a need to cooperate. If you mind the small stuff, you’ll keep a handle on the bigger things, and the minor points won’t escalate or go out of control.

Leo (July 22-Aug. 23)
It’s essential that you calculate the physical risks you take during the next few days to a week, and that you err on the side of caution. It’s especially important that you play it safe wherever alcohol is concerned, and that you actually know and trust anyone you have sex with. Your chart is bubbling over with the potential for mistaken judgments. However, you can compensate for this by raising your awareness level and not letting anything impair your intelligence or power of observation. Do not let yourself be persuaded by people. Delay decisions if you feel pressured, particularly financial ones. Mercury retrograde just began today (Dec. 3), and it’s developing in an especially sensitive angle of your chart: a crossroads where your business and professional lives intersect. It’s not possible to say how much is on the line, though this is one of those rare instances when an abundance of caution in all matters, even seemingly minor ones, is appropriate.

Virgo (Aug. 23-Sep. 22)
If you’re addressing family matters, don’t be fooled into thinking that it’s just about what people are saying and doing now. The origin you’re seeking is likely to be somewhere in your great-grandparents’ generation. This is not designed as an excuse to blame current circumstances on the past, but rather as a means of orienting yourself on a discernible cause, and identifying a functional solution. Recognize that people have been dealing with the same problems for eons, and that families in particular hand down emotional, genetic and karmic baggage. Then, the less conscious among us act out that material in various dramas, which seem to have neither end nor beginning. You might count who that serves: whose interests are protected, whose mental habits, whose alcohol abuse or inability to have some self-control. The important thing right now is that you concentrate your wits and on your commitment to growth, and not let yourself get dragged into what is not your issue.

Libra (Sep. 22-Oct. 23)
Mars in your sign is urging you to take a diplomatic approach to whatever you do. This is your usual style, though your chart is particularly assertive these days, and you’re not in the mood to brook anyone’s nonsense. However, you would be well advised to find a way to do that without ever going blow for blow. Things could easily get out of hand, and even a minor disagreement could enlarge into something disproportional. Therefore, back away rather than engage, and be particularly cautious of anyone under the influence of alcohol. Note that you have two main channels of thought you can subscribe to: one is chaotic and contentious, and the other is calm and easygoing. The difference will be like that between a thunderstorm and sunshine. Take note that many people are looking for a fight at the moment, not knowing where to direct their angst and hostility. You are often a people-pleaser, though this is not the time to give them what they’re looking for.

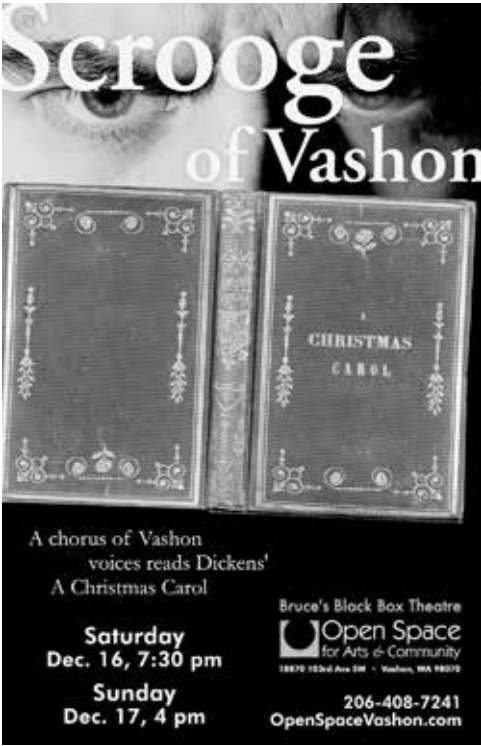
Scorpio (Oct. 23-Nov. 22)
You need to do very little to have your life go well. The main thing you must do is stay out of your own way. Another way to say that is to feel good about yourself and who you are, despite the prevailing turmoil

Scrooge of Vashon: A Chorus of voices reads Dickens’ A Christmas Carol

Return to the literary source that inspired many renditions for stage and screen; Open Space for Arts and Community brings a staged reading of Dickens’ A Christmas Carol to life in Bruce’s Black Box Theatre.

A delight for the senses and imagination, experience a Vashon ensemble’s staged reading of this contemporary adaptation by director Anthony Winkler. Transport yourself to a Victorian London holiday with Dickens’ rich prose. Be touched by the timeless story of a crotchety, old sinner who finds redemption in the eleventh hour.

Saturday, Dec 16 7:30 pm & Sunday, Dec 17 2 pm. Open Space for Arts & Community in Bruce’s Black Box Theater
Tickets:
\$10/pp
<https://www.brownpapertickets.com/event/3122530>
and Vashon Bookshop



of the world. Thankfully, you don’t need to feed at the trough like so many people you observe. You’re also blessed in that you don’t need people in quite the way that others do; you have the ability to hang out alone and keep your own company, which you most likely prefer to the company of those who are inappropriate or unfriendly. Use or develop that skill now, if you need to. As a general rule, notice how you feel about yourself when you’re with someone else. If you start to dislike or distrust yourself, you’re in the wrong company. There’s one other point, which is to be careful with money, your possessions, your wallet, your keys and your phone. Keep your belongings close to you. Read any credit card slip (or anything else) that you sign.

Sagittarius (Nov. 22-Dec. 22)
Mercury is now retrograde in your sign, and this will be an unusually revealing, perhaps complex, week. For you, Mercury is the planet that represents both relationships and partners. Questions of attachment and commitment are likely to come to the surface. Discussions might verge on going out of control, and you would be well served to wait three or four days before engaging people on intense issues, or letting them engage you. You have a right to keep some distance, and you happen to have that skill as one born under your particular sign. Take the distance you need, gather information, and figure out where people are coming from. You may decide that certain individuals have a good point, and that others are being truly ridiculous. Within the sphere of your own life, you’re the judge of that. You must be, because nobody can do it for you. One other thought: you might consider avoiding alcohol for a few days, and the people who use it.

Capricorn (Dec. 22-Jan. 20)
Over the next few weeks, you get an opportunity to sort out a diversity of personal matters prior to Saturn entering your sign. You may feel a need to make important decisions as a result of that, though I’ve developed what I call the “Saturn rule” in the course of my long astrological practice: Let Saturn make the first move, then respond. For you, this means delaying any action until Saturn has entered your sign on Dec. 19; then add a couple more days for solstice and Mercury stationing direct; and then a few more days for Mercury to come out of storm phase, right around New Year’s Eve. This

is a roundabout way of saying take your time, gather information, make decisions and give yourself a chance to revise them before putting them into action. A lot is about to change in your life, which in many ways means improve. But not if you rush matters, or make irreversible moves with incomplete information.

Aquarius (Jan. 20-Feb. 19)
You may have noticed the ease with which you can find yourself in the middle of utterly meaningless controversies. There’s a little storm brewing around your ruling planet Saturn, and it’s taking place in one of the most visible parts of your chart. Rather than go into hiding, I suggest you practice your mastery and learn how to handle yourself in public situations like a pro. Be mindful of all the misinformed weirdos scampering about, pretending to be experts in everything until they blow up the neighborhood. Keep calm, and make sure everything you say is put into language so clear that there’s absolutely no mistaking your meaning or your intent. Stay focused on your purpose. You have made many gains the past few years of your life, and now the age is about to turn. Other priorities will soon take over, though it’s important to preserve every last bit of what you’ve gained. Do so gently, intently, and mindfully.

Pisces (Feb. 19-March 20)
Stay on top of professional plans this week. Pay attention to communications: emails, phone messages, your social media accounts and the ones you forgot about. While there’s seemingly some turbulence in the air, if you’re a skilled pilot and remain alert, you’ll be able to work with the movements and the changes. Therefore, it will help if you focus on what matters: what is timely, what’s the most important, and what directly relates to your reputation. A minimalist approach through the end of the year would be fully appropriate. Complete your outstanding commitments. Check in with people and make sure you’ve fulfilled your obligations and responsibilities. Tie up the loose ends that may remain from the many projects of the past year, and ensure the quality is up to your standards before you affix your signature and professional seal. Note that your higher-ups have problems of their own. Don’t add to them. Be impeccable.

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

Spiritual Smart Aleck

By Mary Tuel

Ain’t Nothin’ But a Hound Dog

Men are hound dogs, and suddenly it is news.

Not all men, I hasten to add. Most men are good, decent people, despite the hand life deals them, and that is admirable.

Men in positions of power, authority, or fame, though, tend to be hound dogs. Turns out it is true that power corrupts. Right now, the heat is on famous guys. Powerful guys. Guys who in the past were too big to fall. Guys who probably thought you should feel honored to be sexually assaulted by them.

Men in power, famous men, have always had the perk of using women (and men and boys) however they wished. It’s part of power, doing whatever you want to whomever you want, simply because you can.

Now women and men are feeling emboldened to speak up about what has been done to them. The big change is that they are believed when they tell their stories.

What kicked off this latest hue and cry were the accusations against Harvey Weinstein. Apparently, he’s been slime-balling his way through actresses for decades, but suddenly an actress spoke up about it, then another, then more, and wow, blink, he goes from one of the most powerful men in movies to unemployed. A guy like that going down for his sexual assault behavior? That was new and strange.

Then men started falling like dominoes.

Their individual responses to their falls made a big difference to how I felt about them. Louis C. K. said, “Yes, those stories are true, and I am sorry.” All right. No attempt to deflect or weasel out of his actions.

Kevin Spacey, on the other hand, said, “Oh, yeah, by the way, I’m gay,” without addressing the issue of forcing his attentions on young men who did not want them. My opinion of him went from “one of my favorite actors” to “eeyew.”

A friend sent a simple culpability test to me: “Part of the issue is degree - when did he do it? What did he do? Is he genuinely contrite? Is he still doing it after his 40s?

“Is he still doing it now? Shoot him.” Due process is so tedious. This same friend points out to me



that hound dog behavior is not all about power. It is also about testosterone, which begins by driving men to scatter their seed and diversify the gene pool, but can end with truly heinous behavior. I cede her that point, and give testosterone its due for its part in men behaving badly. Tip o’ the hat to testosterone.

My trouble with the current furor is that it is happening so fast. It feels like a lynch mob, and that makes me uneasy. Mistakes will be made. Also, Americans have the attention spans of cats. This will be a big deal for a while, then it will become so last year.

I have a theory that some of the passionate rage coming out now is misdirected because there is one big powerful hound dog we have not yet been able to touch. We must wait for due process, which is so tedious, while we hope and pray our military will have the sense and backbone to refuse if they are ordered to use our nuclear arsenal.

I hope this present reckoning for sexual predators will bring about permanent changes for the good. I especially hope that women, I hope that all victims of sexual assault, will continue to be listened to and believed, but I do not believe that male privilege, power, and hound dog behavior is going away. You think powerful men are going to let go of all that easily?

If they care what people think, perpetrators’ behavior will become more complex. They will go to great lengths to look like they have relinquished their abusive ways, while the abuse continues, but more deeply hidden. That’s the tactic I have seen used by lying scum in the past, anyway. They go to incredible lengths to keep doing what they’ve always done, while trying to make you think they’ve changed. They’re kind of dumb and predictable that way.

Meanwhile, back at the ranch, the Republicans have pushed their Mystery Tax Bill through both houses of Congress, so billionaires will be having even more money. BILL-yuns and BILL-yuns, as Carl Sagan used to say. And when you have BILL-yuns, you can be any kind of darn hound dog you want.

Note: no disrespect is intended to the canine species by use of the phrase “hound dog,” which is a reference to the song, “Hound Dog.” © Sony/ATV Music Publishing LLC. Songwriters: Jerry Lieber/Mike Stoller. Originally recorded by “Big Mama” Willie Mae Thornton, and quite different from the Elvis Presley version.

Vashon Library December Events

Children & Families

Please register at kcls.org/vashon or call 206.463.2069.

Tweens & Teens

Brick Builders

Monday, December 4, 11 and 18, 4pm

Ages 5 to 12 with adult.

We’re having a block party. Come join us! Build a stunning creation all your own, or collaborate with a friend and make something spectacular. The sky’s the limit!

All supplies provided.

Make It! Winter Crafts

Tuesday, December 5, 8am

Ages 6 to 12 with adult.

Come in from the cold and make something lovely to keep or give as a gift! We’ll have pine cone snowy owls and tin art decorations.

All supplies provided.

Infant Story Times

Tuesday, December 12 and 19, 10:30am

Ages newborn to 24 months with adult.

Stories, songs and fun!

Preschool Story Times

Tuesday, December 5, 12 and 19,

11:30am

Age 24 months to 6 years with adult.

Stories, songs and fun!

Vashon Library Book Club

Tuesday, December 12, 4pm

Family program, all ages welcome with adult.

Each month, explore a culture or topic by sharing a book together. In December, share Nancy and Plum by Betty MacDonald, who lived on Vashon! Nancy and her sister, Plum, are stuck spending Christmas Eve in a boarding house with mean Mrs. Monday. Still, they dream of escaping and finding a family who will truly love them. Read the book ahead of time if you can, but stop in any way for discussion and activities around the winter season.

Make It! Winter Perler Palooza

Thursday, December 14, 4pm

Ages 6 to 12.

Bring some creativity and patience and leave with some fun retro art! Follow some winter-themed patterns or come up with your own creation.

All supplies provided.

Family Movie Night: Pete’s Dragon

Thursday, December 14, 6pm

Family program, all ages welcome with adult.

Yoga for Kids

Tuesday, December 19, 4pm

Ages 7 to 10, ages 5 to 6 with permission.

Join Beth Tuttle from Island Yoga Center to move through some yoga poses and learn about breath while being still and present.

All supplies provided.

Teen Late Night

Friday, December 8, 6:30pm

Grades 6-12 only.

Enter the Meeting Room Arena because NERF GUNS are back!

We will also have 3D pens!

Use the library computers, play video or tabletop games, make crafts or just hang out.

Teens must be picked up by 9pm.

Yoga in the Library

Saturday, December 16, 10:15am

Grades 6-12, adults welcome.

Instruction provided by Island Yoga Center.

Yoga is a wonderful practice of self-care for a healthy body, focused mind and sense of well-being. This class is for teens and adults alike with gentle stretches, strength building and basic meditation techniques for destressing and centering from the inside!

Tabletop Gaming: Teen Edition

Wednesday, December 20, 3:45pm

Grades 6-12.

Unplug and enjoy gaming with other teens.

Feel free to bring your own games to share as well.

Game On!

Thursday, December 21, 1pm

Grades 6-12.

School’s out! Come play video games at the library!

Adults

Emergency Preparedness

Wednesday, December 6, 6:30pm

Join a representative from the King County Office of Emergency Management to learn about local hazards (earthquake, flooding and winter/severe storms), and how families and communities can best prepare for them, keep the community safe and mitigate their effects.

Tech Tutor

Thursday, December 7, 6-8pm

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.

Tabletop Gaming: Adult Edition

Sunday, December 10, 2pm

Ages 15 and younger must be accompanied by an adult.

Unplug and enjoy gaming with other adults.

Feel free to bring your own games to share as well.

PANDORA'S BOX

Christmas and New Year’s approach.
We’ll be here for all your furry and feathered loved ones needs.
Don’t forget to stop by Santa’s Cottage and say hi to Chief Elf, Bedwards.

Bo’s Pick of the Week: Well, he’s the only one who doesn’t like the new BFF OMG line. Everyone else who has tried it has liked it. There’s no accounting for taste.

(206) 463-3401
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Island Epicure



By Marj Watkins

Stay Free of Colds and Flu

To remain healthy through this coming holiday season, we need to pamper our immune systems. Iron feeds the immune system. Think red meat, the best food source. Think zinc gluconate, a 13 milligram lozenge of it at the very start of a cold, every two hours for up to a week but not longer. Too much zinc actually weakens immunity says Reader’s Digest book 1801 Home Remedies.

Enjoy and benefit from Vitamin C in its live, natural form--oranges, tangerines, minneolas. Drink hot lemonade sweetened with honey to soothe a sore throat and head off a cold. Lunch on hot, salty chicken soup. Chicken soup thins mucus. Add 1 finely chopped garlic clove to your bowlful. Garlic kills germs instantly.

Get some rest. It’s difficult, I know with all the Christmas shopping and gift wrapping and gingerbread men baking still to do, but take a 15-minute break every couple of hours. Tired people are more susceptible to germ attacks.

Above all, keep a jar of my antibacterial, antiviral Magic Potion handy. I make a strong tincture of it and put a couple of tablespoonfuls into my morning tea when I wake with stuffed-up sinuses. It’s effective against the fever of a flu, or any other fever. My cleaning woman suffered a recurring fever that kept her from going to work, over and over again. Besides the misery if it, she could ill afford the financial hit.

I gave her the recipe for my cinnamon and clove potion. She made some of the tincture base of it and drank it undiluted. “It tasted terrible,” she said, “But it worked!” And her fevers never came back. Whatever caused them, whether viral or bacterial, it seems to have been routed for good.

My son John, here for the Thanksgiving feast, was feeling wiped out. He suspected he was coming down with some malady. When he went back to Seattle that afternoon it was with a care package of leftover turkey and a little jar of my Fresh Cranberry Relish. It’s just a pound of cranberries, sorted, washed, and food processor ground with a peeled and diced orange, one-fourth teaspoon ground cloves, and honey to taste (about half a cup). The relish has medicinal value, too. Cranberries contain an acid that prevents germs from clinging to one’s bladder wall and causing an infection. Oh, yes, John’s impending malady went away.

My Magic Potion has appeared in my columns before but is still news to some readers. I hope new Islanders will see this for the first time and be saved from a pre-holiday season ruined

Road to Resilience

Continued from Page 1

both within the nation-state and globally. Today 16 percent of the global population consumes 80 percent of its resources. Americans alone are responsible for around 25 percent of global carbon emissions, and their ecological footprint is five times the global capacity of 1.8 hectares per capita.”

You may or may not be as adamant as Soper, but you have to admit that she has a point.

I know that some of you are going to call me the Grinch for what I’m about to talk about. The giving portion of this winter season has been coopted by commercial interests and has been blown way out of proportion. For many of us, “shopping,” that is, consumption for the fun of it, has become a favorite pastime. For people with excess discretionary income, this is not a personal problem.

with a bad cold or the flu, or if sick already will get well fast.

Magic Potion Tincture
Makes about 1 cup

1 cinnamon stick
1 Tablespoon cloves
1 ½ cups boiling water

Simmer until the water turns good and brown. It will reduce as it simmers. Cool and transfer to ajar that owns a tight-fitting lid. This keeps without refrigeration. The cloves are both antiseptic and a topical anaesthetic for a sore throat whether you gargle or sip it. To use, dilute with three parts water to one part Magic Potion for a gargle. Or put a couple of tablespoons of the tincture in a cup of tea, lemonade, or whatever hot beverage you wish to enjoy and benefit from.

Bon appetite et bon sante!

Comments?
terry@vashonloop.com

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Open Space for Arts & Community return

Open Space for Arts & Community returns (although we never left!)after completing major buildingrenovation! Offering more opportunity, new spaces for all imagineable sorts of creative expression and creature comforts, all are now invited to share the wonder and excitement of:

- FOUR new, multi-use spaces with windows and light!
- Bountiful restrooms for everyone
- Bruce’s Black Box Theatre
- Reconfigured Grand Hall
- Covered entrance and two-story Atrium
- Heat!

Ribbon cutting happens at noon, then enter to discover marvelous art by Island artists featuring larger than life 3-D wood sculptures by Shawn Nordfors, textile fantasies made real by Patricia Toovey, never seen before installation & mixed media works by Cathy Sarkowsky, acrylic on canvas by Jessica Bolding, upcycled metal works by Julia Anderson, responsible apparel by Rebecca Wittman and an amazing new fir bench crafted by Hans Nelsen. Guest Seattle artist Cathy McClure brings her magical, strobe-lit zoetropes to the new Black Box Theatre.



And an interactive art surprise awaits you in the Center of the Grand Hall

Enjoy a tour, sip cider, hot cocoa and Roasterie coffee. Munch on homemade cookies and fruit and between 1 and 4 pm, see ‘live’ sculpture unfold as aerialists of all ages (from UMO School of Physical Arts) demonstrate their skills and talents in the Atrium, while circus gymnastics and Zumba happens in adjacent spaces.

Free and open to all, come, imagine and be inspired! Save the date & experience the O like never before.

art. heart. soul.

It’s A Wonderful Life

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

Genre: Drama, Family
Directed by: Frank Capra
Starring: James Stewart, Donna Reed, Lionel Barrymore
Rating: PG
2 hr 10 min
It’s A Wonderful Life
The Vashon Theatre
Sunday, December 17th at Noon
Free Showing!



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Comedy Night!

Join us Friday, December 8th at 8:00 pm, at the Red Bicycle Bistro and Bar. The evening features an all-star lineup of locally famous on-island comedians, once again reminding us and our significant others why some trips to the grocery store take much longer than they should. We dare you to run into any one of these comics squeezing melons in the produce section and not completely forget why you're there.

Comedy Night at the Bike is a lot like that and more. One moment you're settled in for a fine burger and beer. The next, you're entertained by the bravado and fearless artistry of those daring enough to bare their souls, swing for the fences and make you laugh. (Red Bike Management discourages "baring and/or swinging." Bare and swing at your own risk.)

A year ago, our island was in shock and mourning. Last time we checked, the constant barrage of synapses telling us "It can't possibly get worse" are still in overdrive. Our nation, our region, our island needs every laugh we can get. And by golly, Friday's line up of the island's most beloved comics (or at least those who could show up) is just the group to do it.

Hosted by the always charming and witty Whiskey Jim of the popular Whiskey Hour Radio Program, we'll cruise through an evening of laughter in style and substance.

Expect sparkling new material from local humorists and comedians including Chris Austin, Jim Farrell, Richard Moore and Kevin Kim-Murphy. Your headliner for the night



is none other than "The World's Laziest Comic," Pearce Cobarr. Pearce irregularly performs in Seattle when the ferries are aligned and the promoter of an event can adequately answer, "Are you certain there's no one else you can get?"

Cover charge is \$8, and the show starts at 8:00 pm, but show up early and get a seat, because as crazy as it sounds, this event is always packed!

This show will most likely include adult content, so please use your best judgment if bringing children. This is opening night of VCA's "The Nutcracker." Drop the kids off in their tutus and stage makeup, you come back to the Bike where we'll supply the real nuts.

See you there!

Friday, December 8th, 8pm
Live Comedy
The Red Bike
All-ages till 1 11pm, 21+ after that (but parents, please think twice; Pearce Cobarr is headlining)
\$8 cover

Subconscious Population Ron Hook Birthday Bash

Subconscious Population... a band that everyone knows and is a huge part of Island history when it comes to music. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps...you might have heard wisps of "Jah Lee Kali", "Funkified" or "One In A Million" floating through the air...you just might have.

Yes, one of the island's most mysterious and captivating bands ever is back at it and having a blast blazing through their classic songs, as well as creating their own spin on some very cool covers. Like Pink Floyd's "Wish You Were Here"....or Jimi's "All Along The Watchtower". These boys are having some fun and if you're lucky, you'll hear some of that from your porch, if the wind carries it just right. Now it's time we call them out for one of their captivating magical mystery shows.....

This will be a very special show as we will be celebrating Ron's 70th birthday. Expect some pretty cool surprise guests and wonderful music.

Friday, December 15th
Ron Hook Birthday Bash
Subconscious Population
With Special Guests
No cover, all-ages 'til 11pm, 21+ after that.



Will Sing For Vashon Benefit Show

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 Fifth Annual Will Sing for Vashon will take place on Friday, December 22nd beginning at 8pm. The event is always an open call for Vashon Island musicians to perform a holiday song. In the past over 25 acts perform through the night and this year is no exception.

As we did last 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 emceeding the night. It will be fun, festive and for a great cause. This is yet another in a series of many special themed shows that will be produced by Vashon Events in the coming year.

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Next Loop comes out December 21

TRASH TALK

What to do with food past the "expiration date"? Don't throw it out. "Best before" or "pull" dates on food indicate when food is no longer at its highest quality, **not** when it is unsafe to eat. Throwing out such food contributes to the huge waste of food in the US (30%), according to the USDA. For safety, check odor, color and texture of food, not the stamped date. (Infant formula is the single exception.)

www.zerowastevashon.org

Friday, December 22nd, 8pm	Presentation The Red Bicycle Bistro & Sushi
The 5th Annual Will Sing For Vashon Benefit Show	All-ages 'til 11pm, 21+ after that
A Special Vashon Events	

Betsy Rose

The Vashon Resettlement Committee is honored to sponsor a musical event featuring Betsy Rose on Friday, December 15, at the Vashon United Methodist Church.

This special event will begin at 6:30 PM with a Syrian souk, or market, offering foods, gifts, and handcrafts created by members of the Syrian families who recently moved to Vashon Island. The performance of Betsy Rose in Concert begins at 7:15 PM.

Betsy will share stories and songs from her 2016 music pilgrimage in Asia and Africa and her lifetime of organizing community singing for inclusion, justice and resistance. She has sung in Washington DC with Code Pink, in Liberia with women warriors of peace. She has empowered women recovering from the sex trade and woven song circles of healing. Now she is crafting a new resistance on the streets of Berkeley

with Choral Majority. Betsy’s music inspires kindness, compassion, resistance and healing!

In this time of global upheaval, we need more than ever to know we are part of a much larger human family, whose resilience, openness, courage and love can strengthen our own. You don’t want to miss this opportunity to come together as a community to support each other and our families during this special time of the year.

Tickets are \$15 (General) and \$25 (Family) They may be purchased at <https://betsyrose.brownpapertickets.com>

All funds raised will benefit the Vashon Resettlement Committee and our activities assisting these refugee families with housing, language training and job development.

Join us on December 15th!

Live Music at Farmers Market

The Vashon Island Growers Association offers locally grown produce at the Saturday Market, in the heart of Vashon’s town. At the Saturday Market, you’ll find about 30 to 50 vendors of food and arts and crafts, along with live music.

October 21st, the Saturday Farmer’s Market is moving indoors! You’ll find them in the lobby of the Vashon Center for the Arts!

Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market. The music is almost always from 11am until 1pm. We’d like to thank John L. Scott for sponsoring the music at the Farmer’s Market this winter! Whoop!

On Saturday, December 9th, we bring you Pat Reardon & Jenny Bell.

Pat Reardon plays original songs chock full of so many words, images, and grooves that you’ll need both ears to hear them all & both feet to tap along. He’s been writing, playing, and singing his songs since 1981 when he began busking in his hometown of Burlington, Vermont. He accompanies himself on harmonica and his powerful & beautifully soulful voice seldom needs a microphone, although he’ll probably use one at this gig. His originals defy categorization & genres - much to the consternation of DJs trying to figure out what slot to file them in. His between song impromptu stage banter verges on a comedy act. Pat will be joined by the amazing Jenny Bell. Come be entertained.

Starting Saturday, October 21st, the Saturday Farmer’s Market is moving indoors! You’ll find them in the lobby of the Vashon Center for the Arts!

On Saturday, Dec 16th, we bring you RiverBend!



RiverBend is the popular island band of Paul Colwell, Rochelle Munger, Peter Larsen, Dave Lang, Cliff Simpson and Chuck Roehm. Chuck & Peter, played for many years as part of the island band, “The Garage Boys” and suspect this may be the 25th year they have played at Festival. Paul is well known for playing with many Island groups as well as the “The Colwell Brothers” and the “Up with People” groups. Dave is known for his family Cajun band, the Seattle based band Cajun band “How’s-Bayou”, and many other Island groups. Rochelle and Cliff, who are well known on the Island and have played in many venues and styles of music rounds out the group.

This band has a wide breadth of musical experience and talent sure to please. With instrumentation ranging from Guitars, Banjos, Mandolins, Fiddles, Accordion, Harmonica and Upright Bass their songs range from traditional old-time country favorites, folk songs, Cajun, new twists on old time rock to original songs. RiverBend will provide a variety for everyone to keep the toes tapping and hands clapping.

The Van Redeker Band Benefit Concert for the Land Trust

Please join the Vashon Land Trust for an intimate evening of acoustic music with Vashon’s own Van Redeker Band, with all proceeds benefiting the Land Trust. Special guests, talented teen duo Petrichor, will be opening for the band.

The Van Redeker Band performs dynamic interpretations of songs by some of music’s greatest songwriters, including The Beatles, Annie Lennox, Joni Mitchell, Bob Dylan and Johnny Cash, as well as originals by veteran songwriter Daryl Redeker.

The concert will feature unique acoustic arrangements of popular songs from the Van Redeker Band repertory as well as new songs performed for the first time. Saturday, December 9, 6:30pm.

The Van Redeker Band are:

Daryl Redeker on lead guitar and vocals. Sara Van Fleet on bass, guitar & vocals. Sam Van Fleet on guitar, harmonica & vocals. Dodd Johnson on drums & percussion



\$25

Tickets are available at the Vashon Bookshop and online at: www.vashonlandtrust.org/event/3575/

Norris and Sliver Need A Home

We’re a brother and sister who love each other (and our sister Chloe) very much. All three of us were found as kittens. Although we’re still somewhat shy around people, we’ve made a lot of progress since coming to VIPP.



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but worried about how they would get along, you don’t have to worry about us - we’re best friends. We’ll entertain you with our antics, and we’ll be fine together when you’re away. There’s a “Purrfect Pair” discount on the adoption fee when you adopt two VIPP cats that are bonded to each other. Maybe it would be called “Tremendous Trio” if you adopted all of us - three is a lucky number, isn’t it?



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