Vol. 14, #3

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February 2, 2017

Responding To The Maelstrom: Shaping The Stories That Guide Us

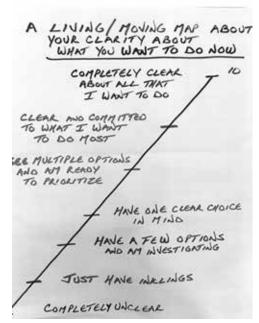
By John Runyan

The All Island Forum will host the second in a series of community conversations on "Responding to The Maelstrom" at The Vashon Library on Thursday, February 23, from 6:30 – 8:30 PM

This event builds on the great spirit and success of our January 15 forum subtitled "Change, Choice and Opportunity" when 28 Islanders gathered to explore their initial responses to the tumultuous situation we find ourselves in since the election.

We see this as another opportunity for meaningful exchange to consider how we are impacted, personally and as a community, by these divisive times. Focusing on our personal, internal experience, we hope to provide a buoying, supportive, creative, and honest environment to share our differing experiences and perspectives.

At this February 23rd forum we intend to go deeper to acknowledge and potentially re-shape our individual stories that guide each of us in the face of these political, social and moral challenges. We also want to stay very



practical by examining what each of us needs to be effective in the weeks and months ahead.

We will be asking each other questions such as:

• What is the story that orients and guides you right now? What is your own personal narrative about your situation *Continued on Page 6*

The Road to Resilience

Subsistence

The world we find ourselves in today has thrown most of us into a real quandary. The fact is that nobody knows what is going to happen next, and most of the options are not that appealing. It is easy enough to see utter disaster looming. There are possible glorious end points we might achieve, but the problem is not knowing what we will have to go through to get there, or, in the case of the climate change challenge, if we will be able to act fast enough. In a time of great change, some new avenues will open and some old ones will close. The fact is, almost all of us will have changes that will determine whether we live or die or, at least, that will directly affect our lives and lifestyle. This is tremendously upsetting.

I'd like to renovate the idea of subsistence, a concept that has gotten a bad reputation through the course of the industrial age. The dictionary defines it as a means of supporting life, and also as a means of independent existence. Our industrial age has used it to define preindustrial societies that are characterized by poverty and ignorance. To subsist has come to mean struggling to provide a bare minimum of existence. So, when we hear about industrial agriculture supplanting a third world subsistence agricultural economy, we are meant to see that we are saving these people from a life of misery and want. Unfortunately, these are the people that are driven into the big cities in search of

By Terry Sullivan,

work, the people that inhabit the huge slums that encircle every third world city in the world.

It is true that many of these subsistence cultures we have interrupted were definitely wanting in many respects. They often lack modern medicine, technology, and education that would dramatically change their lives. However, they wouldn't have persisted for thousands of years if they were unsuccessful in providing enough of what they need. Obviously, these people were able to provide food, shelter, and all the intangibles that make up a way of life worth living.

What we are finding now is that these subsistence communities have achieved a relatively independent existence free of the vagaries of world markets, remote war, or other disruptions in other places in the world. These, at least, are people that can take care of themselves if conditions in their geographic area are stable. This is very close to the way that Nature functions. If one area suffers drought, flood, fire, or other natural disaster, the rest will carry on. A compassionate humanity could go one better and provide aid to communities in need.

We are also finding that a subsistence lifestyle melds wonderfully with our new age of renewable energy. Renewable energy is, by its very nature, diffuse rather than concentrated. Modern

Continued on Page 8

Sleeping Beauty



Audiences across the globe will be able to enjoy these outstanding performances with the Bolshoi principals, soloists and corps de ballet, in cinemas only.

General Tickets \$15. Honored Citizens, Children \$ Students \$14. Groups of 20 or more \$11 each

Tickets online or at the Box Office

Presented by BY Experience and Pathe Live, Bolshoi Ballet opens its doors to North American audiences in cinemas only for a 2016-2017 season boasting impeccable classicism and daring performances. With timeless story-ballet classics, such as The Nutcracker, The Sleeping Beauty, and Swan Lake, productions signature to the Bolshoi including The Golden Age, The Bright Stream, and A Hero Of Our Time, and an evening dedicated to modern choreography, A Contemporary Evening, the Bolshoi proves it is the world's preeminent ballet company.

On her 16th birthday, a curse by the evil Carabosse causes the beautiful Princess Aurora to fall into a deep slumber for 100 years. Only the kiss of a prince could awaken her... In this resplendent and magical classic, the Bolshoi dancers take us on a dream-like journey through this classic fairytale complete with jewel fairies, a magical kingdom, a youthful princess and a handsome prince in this purest style of classical ballet. The Bolshoi's sumptuous staging with its luxurious sets and costumes gives life to Perrault's fairy tale unlike any other. A must-see!

Music Pyotr Ilyich Tchaikovsky Choreography Yuri Grigorovich

Libretto Ivan Vsevolozhsky and Marius Petipa (after Charles Perrault)

Cast The Bolshoi Principals, Soloists and Corps de Ballet.

Sleeping Beauty: (Valentines Weekend). Sunday, February 12th at 1:00pm. The Vashon Theatre

Live Local Weather www.VashonWeather.com

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to www.wunderground.com, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www. vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site www.vashonnews.com. Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site www.vashonweather.com.



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Perhaps you are ready to downsize, or your family is growing and you need to upsize, or maybe you just want a different view. No matter what the motivation, Windermere Vashon can help you live in your dreams.



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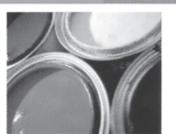
Barbara Hebert

Aaron Maxwell

Vashon Island, Wa

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Barbara 206.305.0361 Maxwell 206.582.8626



Granny's Storewide Shutdown Sale



Granny's is open again Saturday, February 4th! **Annual maintenance** complete! **Upcoming sales:** Vintage treasures and then bed frames.

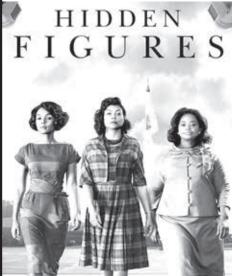
Granny's is at Vashon Plaza! 17639 100th Ave SW, Vashon www.grannysattic.org 206-463-3161

Retail Hours: Tues/Thurs/Sat 10-5



Donations Hours: 7 days a Week! 9am-5pm

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That Junk Car or Truck? Fees may apply, please call for information

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Make a date with Vashon! www.VashonCalendar.com

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

Coming Soon

La La Land starts February 10

GreenTech & Vashon Resettlement Committee Present : Luna Fest Tuesday, February 7, 6pm

Bolshoi: The Sleeping Beauty Sunday, February 12, 1pm

Vashon Theatre 206-463-3232 Call for Times

For show times and info check www.vashontheatre.com

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



Local Weather

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

Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com Or call (206) 925-3837

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.

Water District 19 Meeting

Water District 19's next regular Board Meeting scheduled for February 14 at 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

Annual Seed Exchange

Annual Seed Exchange is Feb 5th this year, from 2-4 at the Land Trust. Bring seeds or come to talk and collect seeds along with new ideas from fellow gardeners. We will have a mixture of left-over packets and home saved seeds to share. There will even be some unthreshed and uncleaned seed.

LunaFest

LunaFest, a film festival of short films by, for, about women, will play Vashon Theatre on Tuesday, Feb 7, 6-8pm as a fundraiser for the Vashon Resettlement Committee. This 90-minute program of 10 shorts includes one by Islander Jessika Satori, whose film "How Do We Want To Go Out," is a tribute to her father, an Eastern Washington farmer, poet and pie baker, with music by Cami Lundeen. Co-sponsored by Island GreenTech and the Vashon Theatre, Amiad & Associates, Vashon Senior Center, Audacious Aperture, and Woman's Way Red Lodge. Discussion and free LunaBars at the wrap. Tickets at door or at lunafest.org/vashon.

A gathering of Remembrance

A gathering of Remembrance – Providence Hospice of Seattle –Vashon invites you to join us for a time to remember and honor those you have loved and lost. Saturday, February 11, 2017, 2:00 pm. Vashon Maury Island Land Trust Building. Please bring a photograph to place on the memorial table.

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

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The Vashon Loop

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Published every other week by Sallen Group ©February 2, 2017 Vol. XIV, #3

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Rainbow Bingo!

After taking January off to recover from the holidays, Rainbow Bingo at the Vashon Senior Center is back in swing! But this isn't your grandma's bingo.

Saturday, February 11th Rainbow Bingo's theme will be "Lonely Hearts" as a sort of anti-Valentine's Day party. You're not going to want to miss the guest Bingo caller and Mistress of Ceremonies Aunt Betty Malone, who will doubtless be decked out in full regalia.

Your \$20 admission (or Center members at \$15) includes 10 regular Bingo games with a cash prize of \$25 per game. Food is available for purchase and we will have a no-host bar with beer, wine and Jello shots. Get your tickets for Saturday, February 11th at the Vashon Senior Center on Bank Road during business hours M-W & F 9am-3pm.

Mark your calendars, call your friends and stop by The Center soon to get your tickets ahead of time because this event sells out! Doors open at 6pm and the fun starts at 7pm.

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

Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY February 11

Vashon Social Dance Group Lesson & Dance

Ober Park Performance Hall - 17130 Vashon Hwy SW

(Vashon Park District Office Building)

 $7{:}00$ - $8{:}00$ pm Dance Lesson Night Club Two-step with Whitney & Candy

8:00 - 9:30 pm dance to a variety of deejayed music provided by Candy

No partner needed. Come and bring anyone interested in dancing!

Suggested donation: \$10 No one turned away due to lack of funding. Join Us!

Hope to see and dance with you then.

Come alone or join us for a wonderful evening of social dance.

NO PARTNER NEEDED!

Why Eating Locally and Protecting Trees Matter

Join us for a lecture with Profesor Matthew Dickerson about the lessons we can learn from the environmental vision portrayal in Tolkein's Middle-Earth and C. S. Lewis's Narnia. Profesor Dickerson teaches at Middlebury College in Vermont, and is the author of Ents, Elves, and Eriador: The Environmental Vision of J.R.R. Tolkein and C.S. Lewis (and other titles in this genre).

Why Eating Locally and Protecting Trees Matter Saturday, Feb. 4th, 1:00 pm

Bethel Church (14756 SW Bethel Lane Vashon WA 98070)

Cover Charge: N/A - Donations accepted

2nd Annual "Labor of Love" Gala Auction

Vashon Community Care is the Island's only full-service senior care facility. We devote ourselves to the independence of our Island seniors, to keep them as healthy and active as they can be. Without Vashon Community Care, our oldest generation in need of our services would have to move away from their Island, their families, neighbors and friends to find care somewhere else. We are doing everything we can to keep them here, at home on Vashon. VCC is proud to honor our founder's promise: if you move in and outlive your financial resources, we'll find a way to make ends meet because we're a community that takes care of its own. Come celebrate community on February 4, 2017 and give back to those who labored before us!

Saturday, February 4, 2017, 5 pm

2nd Annual "Labor of Love" Gala Auction

Live Music, Dining, Silent and Live Auctions

Benefitting Vashon Community Care Foundation

Open Space for Arts & Community, 18870 SW 103rd Ave SW, Vashon, WA . Tickets | Sponsor | Advertise | Donate | Volunteer 206-567-6164

Next Edition of The Loop Comes out Thursday February 16

Deadline for the next edition of *The Loop*Saturday, February 11

The Vashon Loop, p. 4 February 2 '17

Glissading and Arrowheads



Vashon Scout Troop 294 - 1951 Paradise Valley

About a quarter of the way down we

saw a group of mountaineers climbing the

glacier, with clown white all over their faces

to protect them from the sun and hooded

parkas and dark glasses. They were all

roped together and very safe looking as

we skied the glacier in shorts and shirtless,

looking for snow bridges where we could

cross a deep crevasse, the theory being that

we were skiing so fast that we could cross

the crevasse before the snow bridge caved

in, an unproved and doubtful theory at

best. The mountaineers were a lot more

liner with a thin poplin cover, the kind of

sleeping bag the Navy would use in the

tropics. The scouting trip to Denny Creek

would teach him a valuable lesson. Always

ditch your tent on the uphill side lest the

law of gravity soak you, your war surplus

sleeping bag and everything else in your

two-man pup tent, which consisted of

shelter-halves which had been buttoned

together, army surplus, and cheap at the

Everything in our tents was soaked and

Troop 294 headed for sunnier skies on

the east side of the mountains. The rain

stopped as soon as we got over the pass.

We were on our way to a fish pond on the

Cle Elum River, just outside the old mining

town of Roslyn. The local hunting club

had dammed up ponds beside the river

and stocked them with Rainbow trout.

There were rickety boardwalks held up

by stilts for kids to fish from. The problem

being that the fish were so well fed from

stealing the bait from unknowing kids, that

fished for food, not sport. A one-foot-long

trout was inches away from Dales wiggling

worm. He couldn't figure out why the trout

wouldn't take his bait. The water was clear

and only three or four feet deep. The other

fish hid under the shade of the boards we

were walking on and wouldn't come out.

of Snoqualmie pass and the town of Roslyn

where the coal had run out long ago and

the miners, mostly Croatian, would bide

their time in the Brick Tavern, the only

tavern in Washington state that served

beer on Sundays. The liquor control board

couldn't make their "blue laws" stick; the rough old miners wouldn't let them close

Ellensburg and down to the Columbia River before the dam was built and flooded

the flats down river from Vantage. The

area was covered with flint chips, where

the Indians had chipped away their

arrowheads for centuries and we were

looking for trophies. The flats were 200 acres of nothing but flint chips and it got the

young scouts to thinking of the Indians as

they looked for possible arrowheads among

the chips. I never found an arrowhead but

think of those acres and acres of chips every

time I cross the river at Vantage.

We left Roslyn and drove through

We did find sunshine on the east side

Dale was fat and from Cove and only

they wouldn't bite.

the tavern down.

So much for getting rained on.

3-GI'S, a surplus store in the 1950's.

All John Davis had was a wool blanket

conscious of safety than we were.

By Seán C. Malone

Jack Church yelled at me:"You are never going to eat that and I'll bet a quarter that you can't do it." I picked up my fork and consumed a pancake that was five fork-lengths across and I have the picture to prove it; somewhere. It happened at Paradise on Mt. Rainier in 1950, and we had camped out there for our assault on the Nisqually Glacier. Uncle Bruce Brinton had helped us cook pancakes for breakfast and had a lot of batter left over, thus the bet.

The greatest part of climbing to Panorama Point was glissading down the steeper slopes of the glacier. For 25 cents apiece, we rented alpine stocks from the rental place at Paradise. They were 6 foot long poles of hardwood, shiny and scarred from heavy use. Our leader, Uncle Bruce was a tried and true mountaineer and showed us how to stick the alpine stock in the snow behind us, lean on the bottom of it about a foot above the snow and steer with our feet as we cascaded down the slope.

"Bail out, bail out," Uncle Bruce yelled at Kit Bradley as he was going too fast and headed for the rocks in the middle of the slope. "I can't stop," Kit yelled back and he let loose of his alpine stock and went headover-heels, barely stopping before the rocks in front of him. Steering with your feet was the toughest to learn and slowing down was done by digging in with your heels and leaning back hard on the alpine stock.

For me, this experience led to a lifetime of skiing that began with friends climbing part way up the Nisqually Glacier and skiing back down to Paradise. It took six hours of climbing with our skis tied with strings to our belts as we pulled them up the steep slope, marking carefully where the deadly crevasses were so as not to ski into them. After we climbed as far as we could, we sat in the snow to refresh ourselves with "snow cones" made from frozen grape or strawberry juice. It was very refreshing as we began our long sweeping turns down the Nisqually Glacier to Paradise.

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themselves, their crew and their boats to encounter adverse wind, wave and current conditions. Why? If you do much boating, you will eventually be exposed to the challenges of Mother Nature. This Tech Talk stresses avoidance and preparation - where to find weather and

storm information and how to know what your boat can handle. We will also review important boat and crew preparation steps for when that stormy weather cannot be avoided. Specific boat handling maneuvers to deal with wind, wave and current effects will be discussed, including different strategies for sailboats and power boats.

Boat Handling in Adverse

Conditions Tech Talk

Despite your best efforts to avoid them, the prudent mariner needs to prepare

Bring your questions, your experience and most importantly your crew to this important Tech Talk hosted by blue water sailor Tom Baker and Captain Mike Lawson on Wednesday, February 8 at 7PM in the Vashon Library meeting room.

QUARTERMASTER YACHT CLUB **Tech Talk Series**

Boat Handling in Adverse Conditions with Tom Baker and Mike Lawson

Adverse Condition Avoidance & Preparation

- Where to find adverse condition information
- How to know the conditions your boat will handle



- Crew preparation
- **Boat preparation**
- During the storm



Dealing with Adverse Conditions

- Wind Effects
- **Wave Effects**
- **Current Effects**
- Riding out the storm

Where: Vashon Library Meeting Room

17210 Vashon Hwy SW, Vashon, WA 98070

When: Wednesday, February 8, 2017, 7 to 9PM

Why: Be safe on the water

Tully Needs A Home...

Maybe you drink Tully's coffee; I don't, but I do eat a special kind of cat food to keep me healthy. What else is special about me? I'm super-affectionate. I try to hug people, and I like to be petted from my head to my tail. I've got an idea you can hold your coffee cup with one hand and pet me with the other. How does that sound?

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Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

Island Life The End of Words

By Peter Ray pgray@vashonloop.com

I sat down to write something for this past issue, the first of the year, and there was nothing there. It was not because there was no there there, or that it depended on what one meant by the word "is", or because a mission was "accomplished" and there was simply nothing more to say. As I stared at the page in a manner that is not unfamiliar, daunted by the blankness that beckoned to be filled, all I saw was the futility of mining for words that would mean anything following the inauguration of someone who has claimed to have "the best words" and shown that all he can do with them is construct sentences or fragments of sentences littered with words that collectively wind up meaning the opposite of their intended use.

As an escape from this anomaly, we went up to our Island Theatre last night to see a constructed unreality in the form of the film 'Arrival', which seems to have arrived on the screens around the world at a fortuitous and serendipitous moment. For those who don't know, it is about first contact with aliens, and the various attempts to established some sort of communication link between us and them. In many ways, the film felt like what we have just experienced with the arrival of the person, who Penn Gillette has described as having hair that looks like cotton candy made of piss, in the office normally occupied by a person usually referred to as the most powerful person in the world- the President of the United States. Evidently, the Alien Orange One sees himself as something much more than that, while in reality, his actions and words make him out to be so much less. As a result of the swirl of his words that have been flowing voluminously out the White House in the ether of the interwebs, this person has been responded to and referenced by a number of names- many of them common expletives or combinations thereof. Some have obviously been arrived at through thought and clever contrivance. Some favorites in the bunch that come to mind at the moment are: Agent Orange, Trumpelthinskin, Popular Vote Loser, Biggest Liar Of The United States or more simply as BLOTUS, and the best that I have seen so far-Hair Twittler. While the comedic relief is a welcome respite from the rest of it, I don't think he deserves the effort or the time for a naming, and believe he should be referred to simply as 45*- neither as a name nor a word, but rather as a number in question that requires much explanation.

Since the president known here as 45* is also a former reality show star, it should be noted that in this case, the old saying that truth is stranger than fixation might well apply most handily here. It should also be noted that most, if not all, reality shows are scripted to varying degrees, leaving one to question whether fiction or reality is indeed stranger. As it was, one of the granddads of the documentary film form, Robert Flaherty, was known to have scripted the entirety of his classic, 'Nanook of the North', and one of his later films, 'the Louisiana Story', about oil production on the Bayou, was financed by who else but the Standard Oil company, now known as Exxon-Mobil.

In talking about characters known by their number, one that comes to mind in regard to musings on truth is a character from the book and movie 'Cloud Atlas'. I do not know whether the words regarding truth that were uttered by the fabricant Sonmi-451 came originally from author

David Mitchell or the screenwriters Lana and Lilly Wachowski along with Tom Tykwer, but they are profound and relevant all the same. While imprisoned and being questioned by an archivist about her rebellious actions she is reminded that "your version of the truth is all that matters." To this, Somni-451 replied, "Truth is singular, all other versions are mistruths". One can say that there are truths, personal truths and universal truths, and then spend the rest of one's life philosophizing about it. It seems that truth can be influenced by beliefs as well as facts. Problems generally tend to arise though when one's personal truths are informed by one's own personal, alternative facts. It appears now that even the dictionary people at Merriam-Webster have stepped into this beyond semantics debate by stating that "A fact is a piece of information presented as having objective reality". In the week since 45* assumed the presidency, reality seems to now have its provenance in the subjectivity of a lunatic.

While 45* has been busy undoing things in the past week, I have been doing the same. I have unsubscribed from pretty much all the political action email crap I have been getting claiming that we can stop Trump if you just click on this and send some money. Obviously, that didn't work. I have however friended Dan Rather and his efforts to revive the Fourth Estate by flying in the face of 45* and his minions who continue to bolster his words while calling for the media to shut up. When the rest of the media decide to do their job in the tradition of Mr. Rather's old school journalism instead of rolling over and giving 45* a pass, then I will feel compelled to do something other than sit here and type. When the government officials who have been tasked with running this mess, in particular the members to the left who should be opposing most of this nonsense but aren't, stand up and do something about it, then I will do something besides just sitting here and typing. I would like to be optimistic about any of this, especially with the massive evidence of concern being voiced by the population through open protests in the streets, but until both the media as a whole (I know there are a few brilliant exceptions) and the congress as a collective (again, with a few members excepted) stop saying that while they're a little weird, the emperor's clothes are fine as they are, then I will just keep typing because that's all I can do, in spite of how futile it seems.

The reason I mentioned the fortuitive and encouraging nature of the arrival of 'Arrival' at our theatre is that it constructs a narrative of two alien cultures making a major effort to communicate through a common idiom, despite the enormous differences in their physical forms, their language and their circumstances. One could say that it is a metaphor for this time, or at least for what could be. To be sure, it tells a tale of mutual intent to cooperate and understand each other that is light years away from what we are experiencing with this latest so-called transition in our government. Instead of Arrival, it seems that we are living something more akin to Tim Burton's 'Mars Attacks!', with the aliens true intent both hidden by the invaders and lost in a bogus and illconceived translation stating that "we come in peace". It seems highly unlikely that, like in Mars Attacks!, something as simple as widely broadcast cowboy vodeling music will save the day. But then again, with 45*'s apparent narcissistic personality disorder, it's possible that repeated, loud and persistent reports of how small his inauguration crowd was by the media and other outlets, along with other drumbeats that spell out his insignificance, that the toddler in chief might just go and find another sandbox to play in. Until then, I will just keep typing. That is all I can do.



A Vashon Conversation for the Living about Dying

"A Vashon Conversation for the Living about Dying," an inclusive, community-wide event, is planned for March 2- 5, 2017. The intent is to raise consciousness about mortality and to help residents initiate conversations about end-of-life wishes with family and friends.

This weekend of inspiration, information and connection is filled with a variety of engaging offerings, activities, entertainment and workshops appealing to all ages and interests. Events and activities will occur in venues throughout the island. Registration isn't required just participate in whatever offerings have the most interest to you. Check out the website www.vashonconversation. com for a description of events, activities and presenters. Circle the dates on your calendar: Thursday and Friday evenings, March 2 and 3; all day, March 4 and 5. Except for the Death Over Dinner event, all offerings are free. Here are a few things to consider right now.

Songs To Die For . . .

Let us know what song you'd like to hear as you head for the Great Beyond . . . what song would make you laugh, cry, sing as you reach the end of your life? Or, is there a particular song that captures the essence of who you are, inspires you or condenses your philosophy of life? On Friday night, March 3, three Island music groups have offered to play and sing those songs for our whole community to enjoy.

Our goal is to have a list of 100 songs by February 14. Send us your song at: vashonconversation@gmail.com. We'll share the list with our generous musicians Kat Eggleston, Loren Sinner and Cherrywood Station. Then come

"A Vashon Conversation for the ing about Dying," an inclusive, March 3 between 6:00 and 9:00 p.m. to hear our collective longings.

Death Over Dinner . . . Don't Miss Our Keynote Speaker on March 2 and A Big Family Gathering on March 4. On Saturday evening, March 4, Island residents are invited to a convivial community gathering to discuss death over dinner at the Burton Lodge, 6:00 -8:30 p.m. We invite you to participate in the most important dinner conversation America is not having. Death over Dinner gives people the permission to discuss their choices and thoughts on end of life. This uplifting, interactive dinner will help transform the seemingly difficult conversation about death into an intimate, shared experience.

Death Over Dinner was created by Michael Hebb to encourage people to have conversations about end of life at the kitchen table rather than in the Intensive Care Unit (ICU), when it's too late. Michael will be the keynote speaker at the Thursday evening opening ceremony, 7:00 at Vashon High School. Death over Dinner has already become an international movement. In two years, more than 100,000 people in over 30 countries have gathered to dine and discuss their views on issues that matter to them. Now Vashon will have the opportunity to toast loved ones and engage in rich conversation while breaking bread together. Dinner tickets are \$20.00 per person. Sit with friends, family, neighbors at tables of six or seven and let the conversation begin! Tickets can be purchased at the Vashon Senior Center or email us at vashonconversation@gmail.com for tickets and information.

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Spiritual Smart Algek

Cedars and a Foolish Example

The alders, the maples, the horse chestnut, and the apple tree have all lost their leaves. This is the time of year I can see some of the sky, though the evergreens still block some of the view.

The cedars and the firs stand tall and green on three sides of the house. There is a straight line of five cedars standing on the edge of my neighbors' property. They were there when I arrived here almost forty years ago, and at that time there was a parallel row of five firs that marched along next to them on our side of the line.

The firs gave up and fell over years ago, probably because there was a drainage ditch that ran next to them, and eventually their roots could not hold on. So now the cedars stand alone. I was looking at them today, seeing how they have grown in almost forty years, broader in the trunk and taller in the sky.

Those trees have always been a mystery to me. It was clear that someone planted them on purpose in those two parallel lines a long time ago. Who, and why, and why in those lines and that place, are the mystery. I am pretty sure I will not find out the answers to those questions.

There is another cedar outside my bedroom window that was about seven feet tall, with spindly branches, when I came here in 1977. That tree is now about the size those cedars were then.

I especially love cedars, and I'm not sure why they seem so much more compelling to me - romantic, if you will - than the firs and hemlocks that also populate the forest. Those are perfectly good trees, some of them majestically tall, quietly doing their good work cleaning the air. But the cedars, with their flat fans of prehistoric-looking looking branches, hook me in somehow. Maybe it was that line from an Ian Tyson song, Summer Wages, that I sang long ago:

"Through the great fog bound straits where the cedars stand a-waitin' ..."

I learned the song about the time I moved up here, and I don't know why. It is the song of a young man who loses his woman while he's away working. Not exactly a natural choice for a woman singer/ songwriter who was beginning to get uppity feminist ideas.

But the image of those cedars stuck with me, and I saw them here and up in Canada when I traveled there, and they surround me here at home.

What has that got to do with anything? I don't know. To be honest, I've been awfully depressed and anxious lately, which is not unusual for me.



By Mary Tuel

There doesn't have to be a reason. The trees seem to soothe and calm me. It was warm enough to sit on the kitchen porch and drink coffee this morning, and contemplate the sky and the trees.

Life seems so overwhelming sometimes. There's my personal life, we won't go into that today, and on top of that there's the pass to which our country has come. Our new president seems to be declaring war on freedom of speech and freedom of the press, and on Chicago.

Well, I heard he said he was going to send troops to Chicago, then said afterward he was "trying to open a dialogue."

It makes me sad to think of the world in which my children and my grandchild live, and what's to come. Not to mention my own fears about losing my Social Security and my Medicare. I don't have much, and those two things are keeping me going. So, yeah, depression, anxiety, and a preference for the company of my dog and cedars.

The cat, now - he can go to hell. Just once I'd like to sleep through the night without him attacking my hands and arms like they're his personal chew and claw toys.

In other news, spring is coming. Oh, it's a little early to start dancing nude in the dell, but spring will come all the same. The crocuses, the crocosmia, the columbines, and of course the buttercups are all reaching for the sky. I love the foolhardiness of spring bulbs - every year they come up in January and I tell them, "Go back, it's still cold," but they persist and in a couple of months they'll be blooming.

As usual, I shall follow their foolish example and persist, and maybe even, in time, bloom a little.

Dirt! The Movie

This documentary film tells the story of Earth's source of fertility. The fate of humans has always been linked to dirt, our planet's skin. Soil is alive, teeming with organisms typically so tiny we ignore them. Stories from around the world show how we can re-connect in a beneficial relationship to our soil. Wes Jackson, one of the many global experts interviewed in the film, comments, "It's the end of a destructive economy and time to live within our means."

Vashon has mineral rich glacial soil that often has witnessed degradation by the repeated clear-cutting of forests and planting agricultural monocultures. This movie is a call to local action with its message of hope and restoration.

Zero Waste Vashon is sponsoring the film. ZWV seeks to educate and engage islanders



in converting our local organic waste into a local resource to improve our soil. Last year we started a 3 year Waste to Garden (W2G) project to help us learn how local waste resources can be converted and employed as beneficial soil amendments. The first year was a rousing success providing over 600 pounds of nutritious food from poor, clay fill dirt. The W2G project is recruiting volunteers now to help make 2017 even better by further building the soil. Time to dig in: your help makes us strong. Join ZWV to help promote and work toward a

low-carbon, sustainable future.

Dirt! The Movie shows at 6 pm on Feb. 21st at the Vashon Theater. Admission is by donation. Doors will be open at 5:30 with info about Zero Waste Vashon at the door and during Q and A afterwards. This Tuesday night showing is hosted by Vashon Theater through Vashon GreenTech Night. Neither Island GreenTech nor Vashon Theater have approved, authorized, or sponsored the program content and are not affiliated with the sponsoring organization.

songwriter/playwright Kat Eggleston teams up for a night of song, stories, fun and so much more!

It will be an intimate, funny & powerful concert!

7 PM Friday, February 10th @ the Havurat EE Shalom. 15401 Westside Highway

Tickets are \$20 available @ Brown Paper Ticket. Tickets are \$25 available @ the door.

www.vashonloop.com

A night of song & stories

Vashon Island Singer/ with Internationally known Singer/Storyteller Jim Page

SW Vashon

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Shaping The Stories That Guide Us

Continued from Page 1

in these times that organizes how you think, decide, and act?

- What happens in you when the story that guides you runs into narratives imposed by others in power or in the media?
- What do you need to stay resolute in the face of adversity?
- What help and support do you need in order to make a real difference in your communities (both local and larger)?

Just as background, our January group included community leaders, educators, artists, individual activists and concerned citizens with many different interests and causes, ranging in age from their 20's

to 90, and bringing a very wide range of career and life experiences. Using "standing, living, moving maps" and small discussion groups, we looked at how our energies and emotions had shifted over the last two months - and then at how clear we had become about what we wanted to do to make a difference in the times ahead.

Consistent with our intentions for all of our All Island Forums, we want each person to have a chance to listen, to speak and to be heard in a caring, respectful environment. We invite you all to join us in developing more and more effective responses to these challenges - and staying connected on this longer journey.

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Planef Waxes

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

Aries (March 20-April 19)

Mars, the Aries planet, has moved into your sign for the first time in two years, and it's time to pluck up your confidence. This is not a matter of faking it till you make it; rather, it's time to embrace the reality of your own courage. What stands between you and who you are? What stands between you and what you want to do? I suggest you check two places. One is your concept of authority: for example, if you think something will happen to you if you are real. Another involves the relationship between religion and sex. Yes, this one is a little like chasing roaches; however, the evidence would be found in guilt about what you want, or any form of approach/avoid behavior. Have you ever wondered about these things? Do you ever have the sense that someone is watching you, in your most intimate moments? If so, that suggests you need to claim your right to exist. That's confidence.

Taurus (April 19-May 20)

Keep your cool, especially in group situations. You must be the spiritual presence; the one who demonstrates devotion to the best of your ability. One of the themes of this year is your individual presence: how you relate to the collectives you're part of, and how they relate to you. As part of this, you have a chance to look closely at the idea of service. Notice the lines of support between you and the people around you. Notice whether you offer help, and whether it's offered back to you. Note when it's missing and see if you can get a sense of how that happens. This is advanced spiritual work, because you're in an advanced phase of learning. You might think of life this way: you are a gift to the world, and the world is a gift to you. That implies an exchange - and in that exchange you get to express your true creativity.

Gemini (May 20-June 21)

If you haven't figured out how to gain back an advantage in places where you seemed to keep coming out behind, review the events and conversations of the past few days carefully. You'll figure out where your power went and how to get it back. This applies particularly to situations where sex and money have been turned into instruments of authority of some kind. You might need to do something radical, like move on entirely. You might need to consistently speak your mind, which means from your deepest truth, not leaving anything out. Those two options might be related. Whatever may be the situation, you seem to have learned that in certain matters, there is no room for compromise. Your integrity is more important than making anyone else happy, or playing anyone else's game on their terms. You can avoid these situations by telling the truth, the whole truth and nothing but the truth.

Cancer (June 21-July 22)

Aim your sights on some achievement that's meaningful to you. Pick one; the one that you've wanted to do the most for the longest, or the new idea that you're passionate about. Then stick with it. That's the key: follow through. First, though, notice what you've already been persistent about, but which has been simmering on the back burner. Choose something you're committed to: that your mind and body come back to on a regular basis, but which is calling for completion. Let this beginning be the commencement of resolving something,

or bringing it to fruition. This will take some muscle, some time and some love, and there will be significant rewards for you, both personally and professionally. Cancer is usually viewed as a laid-back sign. But you know you can give it your full thrust when you want to — and now is the time.

Leo (July 22-Aug. 23)

You must set your own agenda. Right now, you run the risk of letting your choices be made or influenced by the people around you. Stop and ask yourself what you want, and why. Be honest about this. There are likely aspects of life that you've set aside for the benefit of others, perhaps as a result of relationship or family responsibilities. That's not going to work forever. At a certain point you need to establish a pattern of your life in which you are fully included, and that grants you some independence. Remember that many of the patterns holding you down are in your mind. They are part of your own psychological conditioning, and that's more difficult to change than any relationship structure. That's because your relationship structures are based on your own thinking. If you're wondering what's going on or what to do, that's the place to start.

Virgo (Aug. 23-Sep. 22)

The main thing missing from sex is talking about it. People do it; they avoid it; sex shapes and drives their lives in many ways. The one thing that rarely happens is a genuine conversation. That, I would propose, is the thing you need. Three factors tend to stop people. One is the lack of words, and experience using them. The second is embarrassment. The third is the potential consequences. For example, were you to say what you really want and really feel, you might fear getting a reaction that you don't want to deal with from someone. I would propose, however, that the thing binding you into your current and somewhat complicated situation is simply your need to speak up, in plain talk, about what you've done, what you want, and how you feel. It's time for Radical Honesty (which, by the way, is a book written by a Virgo author).

Libra (Sep. 22-Oct. 23)

Mars has entered your opposite sign, and it's time to get a clear policy on how you respond to people who are attracted to you. Guess what? They are! Multiple people. If you take offense at that, or if there is some 'eww' factor, you're clearly not having enough fun. If you feel disempowered people approach you, then you were already disempowered. If someone is being aggressive, you might try standing up to them and setting a boundary. The single boundary you most need is one that you can possess: a clear yes, and a clear no. Getting there takes spiritual work. It takes some soul searching. Stating a clear yes, or a clear no, means being honest with yourself. If this makes you squirm a little, you know you're on the trail. Keep pursuing that line of thought, and keep squirming. You will reach the point of breakthrough where the truth is what sets you free.

Scorpio (Oct. 23-Nov. 22)

When you focus your mind, you focus your power. Power means strength; that comes from your ability to concentrate. We live in scatterbrained times. It's almost as if ADD is a requirement for getting anything done. You must do better: you must focus, and put your

Spoke opening

This Friday 2/3/17 from 6-9 at Spoke Rachel LordKenaga will be showing abstracts and abstract figures in response to her feelings on current events. Special musical performance by free Jazz band Walrus Machine.

ideas into words. The reason this might make someone nervous is that the moment you do this, you enter a new realm of commitment. In other words, saying what you truly believe means committing to that idea. That, in turn, means you can be held to it. You're likely to have some thoughts that you're just aching to get out, to express and to make real. If you're feeling a bit edgy, or anxious, that's natural enough — though let it embolden you. As Jim Morrison said, the time to hesitate is through.

Sagittarius (Nov. 22-Dec. 22)

Mars has come storming into your house of art, play and passion, after many weeks in your house of insecurity. Venus is about to follow suit. You can now stop worrying about what might go wrong, and do your usual thing of taking action and expecting things to go brilliantly. You're being invited to take chances in art, in romance and in adventure. You may have to lead the way for others who are reluctant; don't let them stop you (you rarely ever do). You will have plenty of company soon enough. Mars changing signs represents a genuine vibrational shift for you; and if you stay alert and notice this change, you'll also discover there are many other people already on the level of awareness where you want to be. Feel your own creative passion, and notice who around you is awake and aware.

Capricorn (Dec. 22-Jan. 20)

You're about to figure out what you're angry about. It's funny how something can irritate or grate on you, and you don't even know what it is. Then when you do, you have the choice to act, or suppress your feelings. There's not much territory between. In or out are the options. However, it's not healthy to turn anger or resentment onto yourself. While it's not exactly peace-loving to turn your anger outward onto loved ones, even if they are the ones who provoked you, turning it inward results in guilt and sickness. You don't need to rage out at anyone. Going to the gym would be helpful - your present state of mind demands some physical expression. The chances are that something in your present environment is referencing, and triggering, something in the past. Ask yourself what this is about. Listen to yourself. Say what you need to say, and do what you need to do. You can.

Aquarius (Jan. 20-Feb. 19)

You seem to have passed a psychic kidney stone. By that I mean that your 'unconscious' mind, the one that blazes to life when you dream, has been working out a puzzle or a problem. This may have been irritating you in ways that you have not put words to yet. They will come gradually, as you make the connections. What you're feeling is likely to speak in subtle sensation before

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you're able to translate it into words. If you want to get the meaning or the lesson of what you're processing, tune into those feelings. Yet as with a dream, you need to honor the internal logic of what you're feeling, which may have nothing to do with your seemingly waking life. And what is more interesting, this whole experience may be about working out the karma of a grandparent or ancestor. In any event, some part of you wants to crack open and let your juices flow out. Bring your full emotions and your voice to the occasion.

Pisces (Feb. 19-March 20)

It's time to take charge of your money. This is, in many ways, a matter of confidence: controlling your cash flow, and focusing your energy on increasing your income. You have what it takes: talent, initiative and discipline. And you have these things in ways that you've never had them before. Take advantage of this moment. Your chart is bursting with opportunity, though it's calling for your leadership and your investment in yourself. You have the strength of mind to stop making excuses and to stop drowning in insecurity and uncertainty. Work with the idea that if you need something, you already have it or you can acquire it easily. Most of all, make yourself useful. Put your creative prowess to actual, tangible, pragmatic use. Look around at the world. There's plenty that needs to be done, and you have a skill or talent to match any purpose. Choose what suits you the best.

Read Eric Francis daily at www. PlanetWaves.net

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Compost the Loop

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

Deadline for the next edition of *The Loop* is **Saturday, Feb. 11**

Rabbit Wilde at The Vashon Island Coffee Roasterie



Photo by Lindsey Bowen

Rabbit Wilde returns to Vashon after their sold out show with the Shook Twins for a cozy, intimate performance at The Vashon Island Coffee Roasterie, presented by Debra Heesch.

Though all four members of Rabbit Wilde grew up running around wooded areas of the same small town in the farthest Northwest corner of Washington state, brothers Zach and Nathan didn't meet Miranda, the third founding member, until they had all ended up in New York City. This kind of backyard folk seasoned by the edge, polish and fervor of big-city inclinations is at the root of their high-energy sound and stage presence. The quartet revamps classic string band instrumentation with heavy percussion and the unique integration of electronic melodies, six-string ukulele and Jillian Walker on cello. With their widely varying influences, four distinct vocal styles and

copious amounts of foot-stomping, they demonstrate a sound and presence that's at once original and familiar, appealing to audiences of all generations and genres. On their 2016 full length The Heartland, Rabbit Wilde deliver on the promise made by their stellar fall 2015 EP Southern Winters; melding the choicest bits of indie rock, pop, blues, soul, and orchestral arrangement in with their trademark brand of front-porch-shaking Americana. Both albums were recorded at the famed Bear Creek Studio (Fleet Foxes, Vance Joy, The Lumineers) and are available on iTunes, Spotify and at www.rabbitwilde.com.

Sunday, February 12th, 4:30pm & 7pm

Rabbit Wilde at the Vashon Island Coffee Roasterie. Tickets are \$15 and available at the Bookshop or online at BrownPaperTickets.com There are two shows to choose from: 4:30pm and 7pm.

Vashon Library February Events

Children & Families

*Life-Size Candy Land*Saturday, February 4, 11:30am
Family program, all ages welcome with

You are your own game piece! Spin the wheel and take a stroll through a room-sized Valentine's Day version of the classic game of Candy Land.

Brick Builders

Monday, February 6, 13 and 27, 4pm Ages 5 to 12 with adult. We're having a block party. Come build with us! All materials provided.

Family Story Times

Tuesday, February 7, 14, 21 and 28, 11:30am

Newborn to age 6 with adult. Build early literacy and early learning while you enjoy stories, rhymes and songs with Amelia.

Family Movie Night

Thursday, February 9, 6pm Family program, all ages welcome with adult.

Bring the whole family to watch a free movie! Popcorn and snacks provided.

Traditional Irish Music Concert

Saturday, February 11, 11am Presented by Crumac.

Family program, all ages welcome with adult.

Enjoy the music of Ireland performed by this talented trio playing the fiddle, guitar and Irish (Uilleann) pipes. Listen to and clap along with traditional Irish jigs, reels and hornpipes that will be sure to get your toes tapping too!

Make It! Bookbinding

Tuesday, February 21, 2pm Ages 6 to 12 with adult. Learn some traditional bookbinding techniques and make yourself a custom journal or sketchbook. All materials provided. *Teen Night: 3D Pens*Friday, February 3, 6:30pm
Grades 6-12 only.

We're opening the library on a Friday night just for teens! Use the library computers, play games and the Wii, make crafts, or just hang out. Also, come play with 3d pens! The 3Doodler extrudes heated plastic that cools almost instantly into a solid, stable structure. This program is handson, plus you get to take home your creation! Free snacks and raffle prizes all night long!

Teens

Teens must be picked up by 9pm.

Adults

Tech Tutor

Thursday, February 2, 6pm Have computer or software questions? Tech Tutor Volunteers are here for you. You may bring your own laptop, but Tech Tutors cannot provide hands-on or hardware assistance.

Great Books Discussion Group The Man Who Could Work Miracles by H. G. Wells

Monday, February 6, 6:30pm AARP Tax Help Tuesday, February 14, 12:30pm Free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits. Bring picture ID, documented proof of Social Security number, and last year's return as well as any current tax documents. Drop-in service, registration not required.

Opera Preview: Kata Kabanova by Leos Janacek

Sunday, February 19, 2pm This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts. Sponsored by Vashon Friends of the Library.

The Blue Janes



The Blue Janes are a Seattle ukulele trio made up of three women's voices and three ukeleles. Veterans of Seattle's folk, folk-pop, and singer-songwriter communities, the trio sings sweet, melodic original and cover tunes, a few from the traditional Americana repertoire, and some very funny and raucous numbers. The Blue Janes are:

Arni Adler is a member of the trio Uncle Bonsai, which has released 10 recordings, and continues to perform and tour. She has composed a song cycle based on Charles Bukowski poems, teaches writing and art, and shows her paintings and collages around town. The Blue Janes is her sixth singing trio.

Kathleen Tracy is a composer, arranger, singer, choral director, teacher, and multi-instrumentalist. She has released five independently produced recordings and has created music for theater and dance. She leads the

Columbia City Community Chorus and Family Chorus. Her website is www. kathleentracy.com

Jean Mann is an Americana jazztinged folk singer-songwriter, who performs on ukulele, tenor and acoustic guitars, and harmonica. She's been touring the US since 2000 and toured Europe in 2014 and 2016. She has released six CDs. Her website is www.jeanmann. net

The Blue Janes

Saturday, February 18, 2017, 7:30 pm Vashon Center for the Arts, Katherine L White Hall

\$16 VCA Member / Student, \$18 Senior, \$20 General

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Road to Resilience

Continued from Page 1

technology does not need wires. By installing a few relatively cheap solar panels, a remote community can move from the Stone Age to the modern age. For better or worse, the folks in these communities can communicate via cell phone with the entire world.

It could be that the marriage of subsistence culture with modern, diffuse technology might be an answer to our dilemma. We are already touting the values of a locally based economy. So far, that has mostly focused on goods available to buy. If we considered our jobs in the same light, we could be performing work that directly contributed to the sustenance of our community rather than the more common disconnected jobs that serve the national or world economy. These latter jobs, the ones most of us have, are the ones most likely to be affected by the changes ahead.

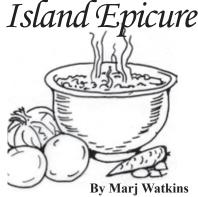
If our current situation leads to political and economic upheaval, our resilience as a community will depend on how much of our needs can be locally sourced. In a subsistence economy, the question is not "Where do we get the money to buy what we need?" but "How do we utilize our human and other resources locally to satisfy our needs?" It may mean fewer avocados or spare parts for our cars, but we will get along

by depending on each other.

This gives all of us tremendous leverage in demanding the world we want. With local resilience, we can win the war of attrition. The "powers that be" need us much more than we need them. Already, sanctuary cities like Seattle face the withholding of federal funds. If this comes to pass, we will have to learn how to get by on our own. We must not give in to the status quo logic that we need these funds to survive. There are other ways that we can work together within our region or within our state to support our major cities. If our medical insurance is terminated, we can find other ways of operating our health care system. All the personnel and equipment is here whether insurance is available or not. We have a community and region full of able-bodied, intelligent people and a wealth of natural resources. We will get along, and, I firmly believe, eventually, do a lot better than we are now.

Comments? terry@vashonloop.com

Deadline for the next edition of *The Loop* is **Saturday Feb. 11**



Have a Heart

Though I'm writing this in January, You'll be reading it in the sweetheart month, February. Everything's already coming hearts. My grandson, James, did the grocery shopping for me, and brought home something not on the list I gave him. It was half a beef heart, just under eight ounces of super-lean meat, once I'd trimmed off the hard fat on the outside. In my many decades of cooking, this was a challenge I'd never met before.

Naturally, I consulted the cook's bible, Joy of Cooking. Not much there, though I consulted both my facsimile of the first edition, a recent gift from grandson James, and my well-worn copy of the 915 page edition that came out in 1975. There was one recipe for baked, stuffed heart, but I had only half a heart, and a small one at that. Joy of Cooking deals with a "4 to 5 pound heart" that serves 6. Besides that stuffed heart recipe required 4 strips of bacon, which we didn't have on hand, and sends the cook flipping back a couple of hundred pages for the

Three-time Latin Grammy nominee Jovino Santos Neto is

a master pianist, composer and

arranger, and is among the top Brazilian musicians working today. Neto's personal style is

a creative blend of energetic

grooves, deep harmonies,

and dynamic improvisation,

inspired and informed by the colorful richness of Brazilian

music. His compositions include

samba, choro, baião, xote, forró, marcha and many more styles,

rooted in centuries-old musical

tradition while pointing to new

and adventurous harmonic

languages. In 2012 Neto was

inducted into the Seattle Jazz

Hall of Fame and in 2011, 2012

and 2016 the Quinteto was

selected as Best Northwest

Acoustic Group in the Golden

Friday, Feb 17th, 7:30pm

Ear Awards by Earshot Jazz.

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stuffing recipe, and then farther Island Epicure back for a gravy recipe. Plainly, though it would extend my bit of meat to accessorize it with these, that choice was not option.

So, I would just have to wing it. A heart is all tough muscle. It's very solid fat is on the outside where it's easily spotted and cut off. Joy recommended boiling the meat 3 to 4 hours. I preferred to shorten the cooking time by cutting the meat in ½-inch cubes and marinating it overnight. Here is my marinade. It works for any tough beef.

Beef Marinade

1 fat or 2 not so fat garlic cloves, minced

3 sliced ginger root, minced (never mind peeling)

2 Tablespoons light soy sauce ½ cup olive oil

2 teaspoons sesame oil

Combine all ingredients in a small bowl. Add the diced beef heart. Sprinkle generously with meat tenderizer. Toss well. Refrigerate overnight.

To cook:

Jovino Santos Neto

Quinteto

Place the meat in a steamer rack above ¾-inch of boiling water. Cover the kettle and put the heat setting on Mark 4. Check every half hour and pour in more boiling water to replace the water

James took over the steaming of the heart. For it to become tender took 2 ½ hours despite the tenderizing, marinating, and careful steaming. Was it worth the trouble? You bet! The meat was totally delicious. By steaming, not boiling, we retained all the flavor.

JAZZ SERIES

JAZZ SERIES: Jovino Santos

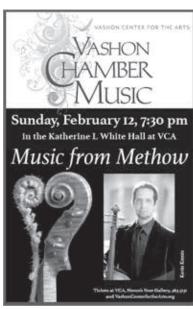
Vashon Center for the Arts

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

Individual tickets

VCA Member/Student

Vashon Chamber Music



Kevin Krentz, cellist and emcee extraordinaire, will return to Vashon to bring us "Music from Methow." Kevin will present artists from his superb Methow Music Festival in a Valentine-themed program

4-Performance Series: \$72 Member, \$32 Student (18 and under), \$72 Senior, \$88 General

Vashon Chamber Music 2016-17 Season. Sunday, February 12 at 7:30 pm

Katherine L White Hall at

Individual Tickets: \$20 Member, \$10 Student (18 and under), \$18 Senior, \$25 General

Tickets available at VCA and The Heron's Nest Gallery, by phone 206-462-5131 or online VashonCenterfortheArts.org

The Hedgebrook Story

Established in 1988 through the vision and generosity of Seattle philanthropist Nancy Nordhoff, Hedgebrook has achieved an international reputation as a retreat for a growing global community of women writers who have lived and worked in its cottages, generating thousands of novels, poems, plays, screenplays, memoirs, and works of nonfiction. From its rural, wooded, 48-acre campus on Whidbey Island, Hedgebrook offers writing residencies, master classes, and salons, as well as public programs. Hedgebrook alumnae and faculty include, among others, Gloria Steinem, Ruth Ozeki, Jane Hamilton, and Eve Ensler. Amy Wheeler, Hedgebrook's dynamic executive director, and a surprise guest or two, will share this unique story and some of the work the place has inspired.

> A&H 5-Talk Series. Sunday, February 5, 7 pm The Hedgebrook Story.





\$95 General; \$85 Senior; \$75 VCA Member/Student **Individual Tickets** \$20 General; \$18 Senior; \$16 VCA Member/Student

Tickets: VCA, The Heron's Nest Gallery, VashonCenterfortheArts.org

Art History Talks

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

Pioneering Canadian painter Carr's twin inspirations





Tuesday, Feb 14, 11:30 am Katherine L White Hall, VCA

were the majestic landscape of British Columbia and the culture of its indigenous peoples. She marshaled brilliant, expressive colors to convey her passion for the forests and native villages of her beloved Northwest Coast.

5-Talk Series Tuesday, February 14, 11:30 am Art History Talks with Rebecca Albiani

Tree Hugger: Emily Carr \$60 VCA Member/Student, \$70 Senior, \$80 General **Individual Tickets** \$14 VCA Member/Student,

\$16 Senior, \$18 General Tickets: VCA, The

Heron's Nest Gallery, VashonCenterfortheArts.org

Find us on Skype Vashon Loop 206-925-3837

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It's a great time to get back in the Loop. ads@vashonloop.com **Next Loop comes out February 16**

TRASH TALK

What to do with e-waste? E-waste (cell phones, TVs, computers, etc.) makes up 2.5 million tons of toxic trash annually in the US; only 10% is recycled. To dispose of your e-waste for free, check E-Cycle Washington <http://www.ecyclewashington.org/> for reliable recyclers. Or sell your old phone so it continues its useful life with a new owner who doesn't need the latest phone technology. Both actions keep toxins out of our garbage.

ZERO WASTE VASHON

www.zerowastevashon.org @@@@@@



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

The Glenn Cannon Blues Trio



The Glenn Cannon Blues Trio will be performing for the second time at the Red Bike on Vashon Island on Friday, 090916-glenn-cannon-bluestrio-watermarkedFebruary 17th and they'll be playing some rockin' covers from the likes of Robin Trower, Led Zeppelin, ZZ Top, Stevie Ray Vaughn and more!

The last time they played here, the room was packed and they did not disappoint – these boys know how to rock.

Glenn Cannon is the guitar player and front man for the trio...his main band is Windowpane in Seattle, who are pretty well known around town, even for Vashon fans.

Jeff Eason, plays bass and sings in the band and also performs with Late September Dogs and Casualties Of God.

Wes Peterson, our home town boy here on Vashon Island, is on the drum kit and also plays with The Allison Shirk Band, The Cami Lundeen Band and with other projects like Skagit Valley Mafia, which includes Glenn as well.

Friday, February 17th, 8:30pm

The Glenn Cannon Trio
The Red Bicycle Bistro &
Sushi

All-age's 'till 11pm, 21+ after that

Free cover!

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The Van Redeker Band & Petrichor

If you were on the dance floor the night of The Van Redeker Band's electrifying Red Bike show last October you know you'll want to be there again, as the group returns for another evening of dance-crazed Rock 'n Roll love. The night will be extra special, as The Van Redeker Band celebrates its 2nd anniversary, debuting an expanded set list with many new dance tunes.

The Van Redeker Band performs dynamic interpretations of songs by some of music's greatest songwriters, including The Beatles, The Rolling Stones, Stevie Wonder and Bob Dylan, as well as groove-infused originals by veteran songwriter Daryl Redeker. The group features a wide palette of musical genres and is known for their energetic performance style and lush vocal harmonies.

See you on the dance floor! The Van Redeker Band is:

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.

Our Vashon Events sponsored youth opener for The Van Redeker Band will be Petrichor.

Petrichor is comprised of two students from Vashon Island High School that play covers of songs from their favorite alternative and indie bands as well as a few originals.



The Van Redeker Band

Singer and guitarist Iris Sackman has been playing guitar for just over two years, while bassist and singer Dimitrius Brown has been playing bass guitar for almost three years. Both currently take lessons from island musician Daryl Redeker.

Petrichor is the smell of the earth after the rain.

These youth musicians will all be paid by Vashon Events as our way to help encourage more youth performances for our community to experience.

Friday, February 3rd, 8:00pm. The Van Redeker Band

With Vashon Events Sponsored Youth Opener: Petrichor

The Red Bicycle Bistro &



Petrichor

Sushi

All-age's 'till 11pm, 21+ after that. Free cover!

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Loop

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information or

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Emerald Ensemble's Serenade to Music

In the first half of the twentieth century, English composers wrote some of the most richly beloved masterworks in choral history. Centerpieces including Ralph Vaughan Williams's gentle, Shakespearean Serenade to Music, composed for sixteen soloists, and the dramatic and incredibly demanding Mater ora filium of Arnold Bax.

The five spirituals that Michael Tippett extracted from his wartime oratorio A Child of Our Time include soft lament and vigorous acclamation, and his friend Benjamin Britten contributes contemplative spirituality in Hymn to Saint Cecilia. The pastoralism of Frederick Delius, subtlety of William H. Harris, and depth of William Walton round out the concert.

Benjamin Britten: Hymn to Saint Cecilia

Frederick Delius: On Craig Ddu Michael Tippett: Five Spirituals, from A Child of Our Time

William H. Harris: Faire is the

William Walton: Where does the uttered Music go?

Ralph Vaughan Williams: Serenade

Arnold Bax: Mater ora filium Emerald Ensemble's Serenade to VashonCenterfortheArts.org



English choral Masterworks Friday, February 10, 7:30 pm Katherine L White Hall, VCA Tickets: \$20 VCA Member / Student, \$23 Senior, \$25 General

VCA, Heron's Nest Gallery,



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Make a date with Vashon! www.VashonCalendar.org

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Local Weather

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Love Duets

One great singer can make make you lean in and listen, but when two voices come together in an inspired pairing... that is truly special. Two voices, one

After the amazing success of the last four year's events, Vashon Events is planning a show that will celebrate the most romantic day of the year, Valentines Day. We're having it a little early this year to really get everyone in the mood for their special night with their loved ones. Once again, it will be at the Red Bicycle Bistro & Sushi. This will be a Vashon Events benefit show.

The show will be called "Love Duets

The concept is simple – two people on stage singing a duet together in the theme of love. And in a true duet, both voices have equal importance in the song. The stage will be set for the evening and the instrumentation will be minimal. The focus is truly on the two voices. Over thirty Island musicians will pair up for the evening.....a father or mother with their son or daughter, a couple in love, best friends, or simply with someone a musician has always wanted to sing with....the possibilities are endless...

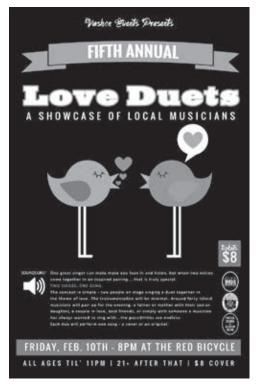
We will rotate these duo's through so there is a nice variety of music throughout the night. It'll be one song for each duo, covers or originals. Musicians can bring whatever instrumentation they need for the songs, but we have asked that it's very basic to make the transitions easier. No big bands, no drum kits....just two people, singing about love. It can be any combination of two people.

In the past, there have been many surprise and standout performances at this event. This year is no exception we're super excited about the lineup and we know you will be too. Singing this year at the show so far:

Alex Davis & Rebekah Kuzma Annie O'Neill & Oliver O'Neill Scriver

Ara Lee & Gregg Curry Camille & Gus Reeves Jenny Bell & Johann Amadeus Machetski

Kevin Joyce & Louis Mangione Kristy & JD Hobson Lauri Hennessey & Marita Erickson



Loren & Alex Sinner

Maya Battisti & Maijah Sansen-Frey Melissa & Martin Feveyear, w/ backup by Pete Droge & Jason Staczek Michael Whitmore & Christine Goering

Pat Reardon & Jenny Bell Rick Doussett & Roxanne Lyons Roger Taylor & Alexandra Drissell

Friday, February 10th, 8:00pm An early celebration of Valentine's Day. Love Duets V

The Red Bicycle Bistro & Sushi All-age's 'till 11pm, 21+ after that \$8 cover

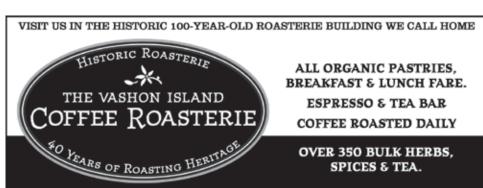
The event is a fundraiser to support Vashon Events, a nonprofit organization whose mission is to inspire and connect the community by promoting and producing extraordinary music experiences and supporting musicians by providing access to instruments, education, resources, and opportunities for paid performances.

We think it's going to be yet another one of those magical nights of music and can't wait to see what unfolds!

Pete & Allison



The Vashon Loop, p. 12 February 2 '17



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Gouda Needs A Home...

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DANDORA'S B

We have slipped and slid right through January. My Christmas decorations are still up at home. I have decided I'm just 11 months ahead of schedule for 2017.

Bo's Pick of the Week: Jenny coming back on the 6th, and Cheryl leaving on the 20th. He's very, very excited.



(206) 463-3401

\$8 Nail trimming with no appointment 17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

February is VIPP Fix-a-Cat month



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Deadline for the next edition of *The Loop* is

Saturday, Feb. 11



Sunday - Thursday Bistro & Sushi service 11:30am to 9pm Lounge is Open 11:30am to midnight

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

17618 Vashon Hwy SW 206.463.5959 www.redbicyclebistro.com

Live Entertainment Friday, February 3, 8pm The Van Redeker Band & Petrichor

> Friday, February 10, 8pm **Love Duets**

Friday, February 17, 8:30pm The Glenn Cannon Blues Trio

Friday, February 24, 8:30pm Rooster

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