

2017 Voyagers Auction In Our Own Backyard

Harbor School's annual fundraising event - VOYAGERS AUCTION - will be held on Saturday, March 4, 2017, at Open Space for Arts & Community on Vashon Island. It is our school's largest fundraising event of the year and one you won't want to miss! Voyagers Auction brings over 200 guests together for an evening of that celebrates our community and raises important funds for our students and programs.

What can you expect? Highlights of the evening include Silent & Live Auctions, Raffle Prizes, Voyagers Pack Game, Wine Wall, Dessert Dash and more! Doors open at 5PM. With over 200 donated items filling our Silent Auction tables, you'll want to make sure you arrive before each section closes. But that's not all! Our Voyagers Pack Game was a major hit last year and we've promised to do it again. Mystery backpacks filled with secret treasures line the Voyagers game wall. Pick up a dart, take aim, and pop the Voyagers Pack balloon to win your prize! Everyone's a winner with prizes filling the packs ranging from \$25 gift certificates to prized merchandise!

What is the theme this year? For 2017, we want to honor the exceptional education that is being offered in our own backyard. Yes, you guessed it! This



year's auction committee chose "In Our Own Backyard" as our 2017 theme. What does In Our Own Backyard mean? To our youngest students, it might mean exploring and discovering the wonderful things found right here at Jumping Mouse--Carpe Diem's outdoor learning classroom. To our Upper Elementary students, it might mean a visit to our elders at Vashon Community Care or a hike to Shinglemill Creek to look

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Sharing The Stage: Tacocat



Like a fluorescent-lit snack-aisle oasis in some desolate interstate road stop, brimming with Skittles and limited-edition Sno Balls, Tacocat's Easter-egg-hued pop-punk-pop is bubblegum-sticky with hooks, bound to brighten up the most drab stretch of bumper backroad.

The band's four-person, seven-layer-burrito came together organically: Lelah Maupin (drums) and Eric Randall (guitar) met in their native Longview, WA—two hours south of Seattle, the very town that Green Day named their breakout debut single after. Lelah's family room was wallpapered with framed Magic Eye posters, hence "Stereogram," the cross-eyed love letter to that bizarre '90s optical fad. She met lanky Eric while both worked at Safeway, wearing the chain's distinctive navy aprons before breaking north to Seattle. Eric's band The Trashies practiced and played in the basement of the 24/7 House in the Central District, where Long Beach, CA native Bree McKenna (bass) was living, amongst the dust, boxes, and spiders. Lelah met Butte, MT native Emily Nokes (voice, tambourine) in one excruciatingly early/boring graphic design class, slipping her a doodled-upon note; she soon noticed Emily's big voice while she sang along with R. Kelly on the radio. Emily and Bree hit it off one sloshy night at the Comet. Eric impressed Emily with his

reenactments of scenes from Anaconda. Sometime around 2007, via countless raucous house party shows, the legend of Tacocat was born.

The foursome would quickly make a name for themselves with their simply energizing power pop, drawing on classic Northwest energy with an uncommonly upbeat, surfy swag that could only come from gray skies and hydroponic sunshine. Their sly and unabashed '90s revivalism has, in the past, found the band pondering Evan Dando and Waterworld—and Bree herself explains finding about riot grrrl via Napster and Julia Stiles in 10 Things I Hate About You. They've described themselves variously as "Feminist sci-fi" and "Equal parts Kurt and Courtney"; oh well, whatever...NVM.

NVM—Tacocat's second full-length album and first for Hardly Art, opens up like some mystery shoebox, wistful, instantly nostalgic: snapshots of mortifying exes ("You Never Came Back") and sketchy party situations ("Party Trap"), maybe a postcard with an alien smoking a joint. Cigarette cellophane-wrapped weed nugs, pain pill crumbs and wrapped tampons ("all the girls are surfing the wave, surfing the crimson wave today"), all serve as a roadmap through Tacocat's bong-ripped reminiscences, scenarios

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The Road to Resilience Dirt!

By Terry Sullivan,

In girding our community loins for the tumultuous times ahead, we need to be looking toward maximizing our ability to subsist locally and regionally. In addition to broadening our skills and strengthening our community bonds, we will need to optimize and cultivate our resources. For some time now, we have been carefully managing our water supply. Of the sacred triad of air, water, and soil, perhaps our weakest effort is in maintaining and enhancing our soil. When in doubt, we can always look to nature as a guide and mentor. Nature builds soil from dead leaves, branches, excrement, dead animals: whatever lands on the ground and can be broken down. These are the things that we humans call waste. In the rest of nature there is no waste. Waste is a concept only the advanced intellect of a human being could conceive.

As it is, our waste is a very expensive and dangerous liability. We used to put it in a big hole right here on the island until we filled it up. Now we ship it across the water to a much larger hole, where it will hopefully remain, unable to harm us, until such a time as it gets reabsorbed by the earth or we, in our desperation, may need to make something useful of it. It so happens that the nature of a landfill is such that materials placed in them decay very slowly. I've heard reports from neighbors that they or somebody they knew had found fresh and dry newspapers that were more than 30

years old. You had to be a bit cautious about talking about digging for things in the dump. It was considered unsafe and was not allowed, although many of us couldn't resist the natural urge to acquire useful items. In fact, I've found some pretty good stuff there. I once pulled out a bike that only needed air in its tires! Building materials, kitchen utensils, you name it -- it was all there, kind of like a yard sale with no price tags. Besides that, the stuff you took out subtracted from your weight fee on the way out! You didn't want to go out heavier than when you went in though.

Although much that we throw out is plastic or chemicals that are extremely difficult to break down, we've gotten a little bit smarter about turning some of our waste back into resources. The county landfill at Cedar Grove makes compost from kitchen and yard waste. Once we have paid to ship ours across the water in big trucks to Cedar Grove, we can then purchase the recycled compost and bring it all the way back here where it came from. Makes perfect sense, no?

You may be familiar with a local group that is making plans to turn that waste into resources right here. Zero Waste Vashon has been active for several years now doing the background work to achieve an obvious win-win goal: to turn our waste into resources and to save the fuel and labor of transporting it off-island. At present they are working with

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Highlights: Opening and Keynote, Michael Hebb, Founder, Death Over Dinner •
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Medical and Ethical End-of-Life Discussion • Death Over Dinner at Burton Lodge •
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Complete Schedule of Events at www.vashonconversation.com

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Get in The Loop

Submissions to the Loop

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

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

The Vashon Loop

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Nonviolent Communication Intro/Review

Mair Alight will lead this March Wednesday 4 week class, 6:30-8pm at Vashon Intuitive Arts. Tame your inner critics. Speak your truth without blaming others. Interactive, fun class. The cost is \$97 or 2 for \$175. Come to first class and only pay if you choose to continue. Learn more and register at www.nwcompass.org.

Vashon-Maury Island Community Plan Forum

Come offer your ideas about affordable housing in the community's 20-year plan. We need your comments and suggestions!

All are welcome! Community Plan Forum
Topic: Affordable Housing
February 23, 2017 (Thur.) 6:00 – 8:00 p.m.
McMurray Middle School
9329 Southwest Cemetery Road.

If you can't attend, you can still provide input on this plan. Simply call Bradley Clark, your King County planner, at 206-477-2449 or email him at Bradley.Clark@kingcounty.gov. You can also visit www.kingcounty.gov/permits then click on "Community Service Area Plans".

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Responding To The Maelstrom: Shaping The Stories That Guide Us All Island Forum Rescheduled

All Island forum scheduled for February 23 directly overlaps with the major King County Comprehensive Plan affordable housing forum that same night at MacMurray. To avoid such a conflict the All Island Forum , "Responding To The Maelstrom: Shaping The Stories That Guide Us" will be held Sunday, February 26, from 3:00 to 5:00 PM at The Vashon Library.

Death Cafe

Death Cafes are part of a global movement to increase awareness of death with a view to helping people make the most of our (finite) lives. The Death Café model was developed by Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz. Death Cafes have spread quickly across Europe, North America and Australasia. As of today we have offered 2398 Death Cafes since September 2011. If 10 people came to each one that would be 23,980 participants. We've established both that there are people who are keen to talk about death and that many are passionate enough to organize their own Death Café.

We gather in a relaxed setting, as people who are aware that one day we are going to die, to discuss death, drink tea and eat delicious treats. When we acknowledge that we are going to die, it falls back on ourselves to ask the question, "Well, in this limited time that I've got what's important for me to do?"

At a Death Café people, often strangers, gather to eat cookies, drink tea and discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafes are free from ideology-no one should lead others towards any conclusion about life, death or life after death, apart from you own thoughts. Death Cafes are safe and nurturing, which includes offering refreshments. Death Cafes are accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. Death Cafes are non-profit and non-commercial. Death Cafes are confidential. No individual stories should be retold.

Death Cafe At Vashon Intuitive Arts on Sunday, February 26 from 1:30 to 3 PM at Vashon Intuitive Arts



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Next Edition of
***The Loop* Comes**
out Thursday
March 2

Deadline for the next edition of *The Loop*
Saturday, February 25

The Truck with No Engine and Other modes of Transportation



By Seán_C._Malone

Kit Bradley first heard about it from Dennis McCormick, an old buddy of mine, whose brother Glenn had a “truck with no engine” and we went to see it. We started making plans to ride our bikes from Cove to the Burma Road, the most dangerous road on Vashon, unpaved gravel with cliffs above steep canyons, sometimes on both sides. The road was so narrow, it was one-way except for a few turnouts where cars or trucks could pass and everybody honked their horns before the curves.

So Dale Bates, Brother Mike, Kit and I were getting our bikes ready to ride to the Burma Road to see the truck with no engine, no body, and four wheels on a bare frame. We heard that it could be steered. We put playing cards on our bike wheels with clothes pins, so we could make a great noise tearing down Cove Road. We thought we sounded like a plane flying by, or so our imaginations told us. The wind whistled in our ears as we dropped down to Cedarhurst from Colvos and sped over Shingle Mill Creek, where the Chinese panned for gold a long time ago.

Dale didn't have any brakes and when we started down McCormick's hill, he dragged his heels in the dirt to keep from running off into the brush. The road was very steep and heavily rutted. Glenn saw us coming and was standing by his contraption. He was later to put a D-Jaguar fiberglass body on it, though it never had an engine. The idea was that if we helped Glenn push his wreck up the hill, he would let us ride back down. It

was hard work pushing an old truck frame up that driveway and I don't remember stopping to rest or that it had any regular brakes. Glenn had bolted an old leaf spring to one side of the frame and used it for a brake. The harder Glenn pulled back on the leaf spring, the deeper it went into the dirt, slowing us down somewhat.

Kit's hat blew off and dirt was flying up from the brake as we sped down the hill, terrified at the possibility of running off the bank and into Puget Sound. The ruts held us to the road somewhat as Glenn steered the corners. Glenn and I sat on either side of the frame, Kit and Mike were sitting on the cross-member above the rear wheels, as we sped down the hill, safety was an afterthought.

And then there was “Old Bud Hake,” who was a Vashon logger. He wasn't really old, we just called him that. His logging truck lies hidden in the brush somewhere on Vashon and on the door it reads in scrawled white letters: HALF FAST LOGGING CO.

“Mom, you've got to get off the road, its old Ed Ramquist driving both sides of the road again,” my sister yelled from the back seat of Grandma Ollie's 1941 Chevy. Ed was “older than dirt,” and at least 97, so everybody looked out for him. Mom hit the brakes, and turned into Weideman's driveway just in time as Ed weaved his way by, driving the same old Ford Model A that he had bought new in the thirties and here it was 1951.

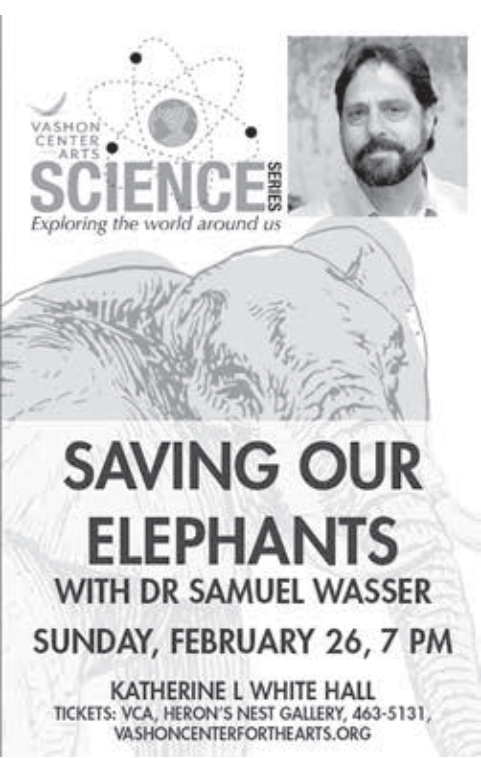
One time Dad bought a brand new “49” Oldsmobile and Mom was driving a carload of Cub Scouts down the Burma Road, probably taking Bobby Billings or Mike Kennedy home. Brother Mike was in the back seat, cutting up more than he usually did. Mom was yelling at him in the mirror to get the “hell out of the car” and she stopped and Mike got out. It wasn't twenty feet down the road, when the front wheel was caught in the soft dirt at the side of the road and over the Oldsmobile went, but not very far, for a tree was in the way and stopped us from rolling into the canyon. The Oldsmobile was on its side and we couldn't lift the doors to get out. Not long after, Mike caught up and climbed up the side of the car and helped open the doors. Nobody was hurt and Dad tried to get the Oldsmobile repaired, but the frame was bent and the heater leaked. The car looked like we were driving down the highway sideways.

I also had a “doodle-bug,” an engine fired scooter with a centrifugal clutch that

Saving our Elephants

Roughly 50,000 African elephants are now being killed each year from a population of fewer than 500,000 animals, driving these magnificent animals toward extinction. Poaching is a major organized crime, with wildlife trade forming the fourth-largest type of transnational crime. Pioneering a method to extract DNA from ivory, Dr. Wasser can compare this to a genetic map, pinpointing where the contraband originated, which directly informs policing and policy. Dr. Wasser is conservation biologist biology who directs the UW Center for Conservation Biology.

Sunday, February 26, 7 pm
VCA SCIENCE SERIES: Saving our Elephants. Vashon Center for the Arts
Katherine L White Hall
Individual Lecture Tickets: \$16
Member/Student, \$18 Senior, \$20 General



Win a Fabulous Vacation in Amsterdam



A generous Islander, Andrew G Niss, has kindly offered a 7-night stay on his elegant two bedroom houseboat in central Amsterdam as a fundraiser for the Vashon Senior Center. Andrew has blocked out most dates between

June 1-Nov 1 in both 2017 and 2018 to accommodate the raffle winner. The houseboat, called True Love, sleeps four and typically rents for \$460/night. In addition, the Senior Center is throwing in a \$2,000 travel stipend. Check it out at <https://www.vrbo.com/857990>.

Amsterdam is a fascinating city and is a great jumping off place to explore more of Europe. The houseboat is located on a scenic canal less than a mile from the Central train station. Think about it: 7 nights in Amsterdam plus a \$2000 stipend for free! Well, almost free. You have to buy a \$50 raffle ticket.

The Vashon Senior Center is selling only 300 tickets so you have a good chance of winning a \$5,200 vacation! And, if you don't win, you know your money will go for good things for our elders. The winning ticket will be drawn at noon at the Senior Center on St. Patrick's Day, March 17th. You don't have to be there to win. One of you is bound to find the pot of gold at the end of the rainbow. You can purchase raffle tickets at the Senior Center M,T,W,F 9am-3pm.

I had picked up by some shifty trading. It didn't need to be licensed because it couldn't go very fast and had to be pushed up our driveway from the peach orchard because the fluid clutch just couldn't take the hill. It did have a throttle but the brake was broken, causing the rider to drag his feet to stop the scooter. You pulled a rope to start the 1 ½ horse engine and it trailed a plume of blue smoke behind it. When it was running, I would trail behind the other guys down Cove road, as the bikes could go a lot faster.

We also got around by hitch hiking, which was totally accepted on an island where most of the people knew everybody else

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Next Loop comes out March 2

Fever Dreams

By Peter Ray
pgray@vashonloop.com

Last week, if nothing else, was an eventful one here on the farm, or whatever it is. As it was, we were named as the first family to lose power by the folks who came to get the troublesome half of the madrona off of our powerlines. It was Wendy who first noted that as a follow up to the airborne fir branch that took out part of her glass sunroof in that wind storm last October, that now a snow laden section of our majestic Nothofagus dombeyi had stripped her driver side mirror from the door. It was not until I ventured forth after the rains had dissolved most traces of show from my car’s roof that I noticed that I had not totally been spared the wrath of wood, snow and gravity, and that I had been graced with not one but two divots along the top of my rear hatch. In truth, it all could have been much worse.

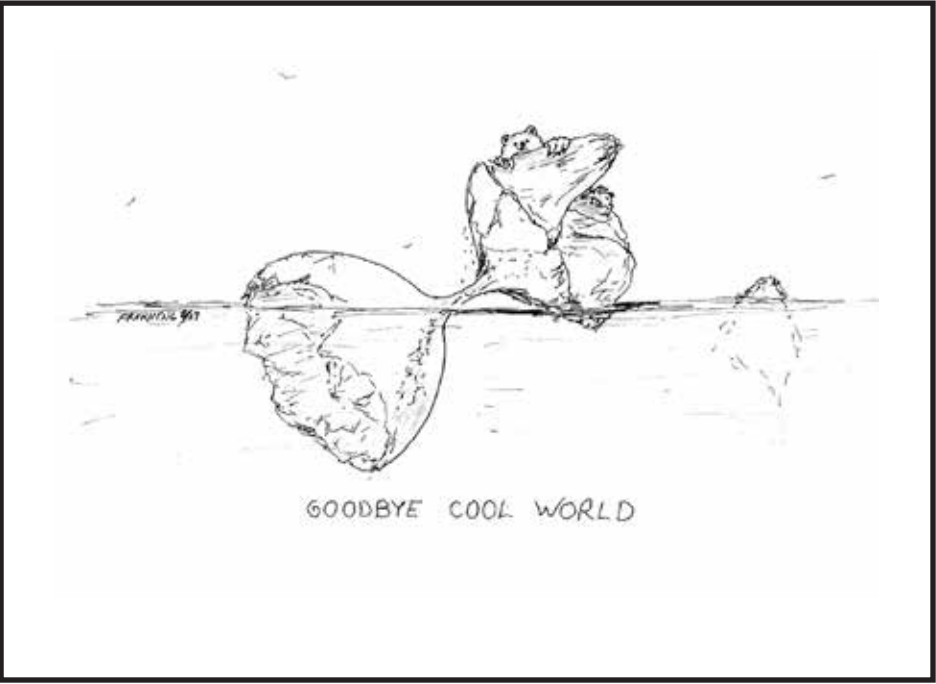
This all would have been plenty to give that week a less than favorable rating, if it weren’t for the fact that I was down with “that crud”, whatever that was, and I was mostly unable to sit up, let alone function in any form of normalcy. My appetite disappeared, and in the lemonade from lemons philosophy of treading water in the slop, I did manage to lose a few of those unwanted pounds I had been threatening to do away with somehow in this mostly unresolved new year. I had thought that, in my involuntary inactivity, I could have also made an attempt at turning the pages of Matt Taibí’s latest tome titled ‘Insane Clown President’, but whatever it was that had taken me down would not grace me with the ability to view and comprehend written words and sentences. Once the power was back on I toyed with the idea of venturing into daytime television, something I normally avoid like the plague. I will be one of the first ones to exclaim that there is indeed nothing on TV, in spite of the multitudes of available channels. I had however also just mentioned something somewhere about how news organizations were seemingly giving an extended pass to the current administration of the president known as 45* in these parts, so I decided to see if that might be changing and surfed over to the gang at MSNBC.

What I found upon tuning in midweek and mid-afternoon was a lineup of news programs that focused solely on various aspects of the current administration and its missteps. The celebration over our state attorney general’s victory in the 9th Circuit court was just starting to lose a shade of its luster when presidential spokesblonde and self-appointed queen of alternative facts, Kellyanne Conway offered up what she termed some “free advertising” for first daughter Ivanka’s eponymous clothes brand on national TV. While I believe it was George W. Bush who implored the American people to go shopping following the events of 11 Sept. 2001, his intended encouragement was meant to help stimulate the stagnant and wounded economy of the time. Ms. Conway’s shilling for the Ivanka

brand was in response to Nordstrom’s dropping of the Ivanka brand because of a precipitous drop in sales. It was met throughout the rest of that broadcast news cycle with both incredulity and a statement from most lookers on that “I don’t think you can do that.” As various guest commentators joined the conversation throughout the evening it seemed that all were in agreement that a fairly major ethics violation had just occurred. The next day it was noted that Ms. Conway had been “counseled” and that that, as they say, was that.

It was not long though before yet another disturbance in the 45* force shook the MSNBC lineup. This time it was the Russians and the discussions National Security director Mike Flynn had had with them about the sanctions the Obama administration had put on them because of their hacking and manipulation of the recent presidential election. Up until now, the whole Russian thing had kind of seemed to me to be secondary to the damage that Republicans had done to American voting rights as far back as the redistricting and manipulation that had gone on under Tom DeLay and Newt Gingrich in the mid-nineties. And then there were the various repeals of voting rights acts and blatant acts of voter disenfranchisement and suppression that had gone on throughout the country in this election just gone by. So I thought, why should we be bothering with what the Russians might have been doing when the home grown voting rights terrorists in the Republican party had not even been held accountable for the damage they caused? None of that really seemed to matter, and when Flynn finally resigned because it was kind of hard to deny any of the allegations against him because all the evidence was on wire tap tapes from our own intelligence agencies, house oversight committee chair Republican Jason Chaffetz then said that there would be no further investigation into the whole Russia thing because “it’s taking care of itself”.

Which all comes back to the question: what is to be done about all of this? You can have all of the reporting and reporters in the world shining a light on all the nonsense coming out of administration 45*. You can have the organization Politifact testing the verity of what president 45* says and coming up with the result that 69.9% of it is not true. You can have the statement from a reporter covering the 45* White House, saying that: “This is what makes covering Donald Trump so difficult- what does he mean when he says words?” There are times when glimmers of hope emerge from the panels and the pundits that banter back and forth on the afternoon and evening talkathons, but for the most part it all seems like so much of a bad fever dream that one is caught in, neither able to wake from nor discern what it is all about. As it is, the night has fallen and the shows have begun. It’s time to go and see if more dominoes have toppled or if another shoe has dropped, and if either offer any hope that this fever dream has a chance of ending anytime soon.



Attention Water Protectors

By Mary G.L. Shackelford

There’s an issue right here at home. It affects all of us. There is a recommendation for our community plan update to allow “density bonus” zoning in the town of Vashon that far exceeds our water availability. It represents a big and unsustainable change in density from what is currently allowed in the town of Vashon. There simply isn’t water to supply this level of development. If we build out beyond what our water resources can supply, what happens?

Unfortunately, it’s being presented as a necessary response to the serious affordable housing crunch we are experiencing on Vashon. Friends, seniors, young families, people who make a difference and contribute to the character of our community can’t find a place to live – yes, we’ve got a problem.

I’m concerned too – and support more flexible and creative solutions to encourage affordable housing that align with realities of water availability. Let’s recommend setting guidelines that are definitive about the priority to safeguard our water while advocating for flexibility in building codes, financing, better use of

accessory dwelling units – maybe there’s some way to discourage the conversion of rental housing to airbnb or vrbo.

Surely there is a scale of development that is appropriate to our needs and consistent with what is sustainable – for community, individuals, non-profit or entrepreneurial business, the land, the water, the earth.

You can’t squeeze water from a rock – or in this case from a pile of glacial till. In our upcoming community plan update, let’s make sure to include a policy that clearly states that development on Vashon MUST be in quantity and scale that is consistent with protecting our natural resources. Let’s make a commitment to support better business models and creative alternatives to provide affordable housing at a scale that is consistent with what the Rock can actually provide.

Please look into this yourself. Review the recommendations that are being proposed. Send comments to Bradley.Clark@kingcounty.gov and cc: JoeMcDermott@kingcounty.gov. Attend the community forum on Feb 23 at McMurray.

Senior Center High.... not a School for the Naive

By John Dunn

If our turbulent culture is beginning to seed discontent even with Vashon’s smilings, look upon the Senior Center as a community antidote. At the Senior Center you will find senior citizens helping each other with a fellowship seasoned by ample amounts of coping skills. The fellowship shared by folks talking over coffee, partaking in the four-day per week lunch program, and the many activities and presentations, fill the need for community in many seniors. For isolated elders, the chance at group activities is an important ingredient to improved social health and outlook. A happy senior, or at least one who knows where it is safe to vent some heart-felt grumpiness, is more likely to be healthy and exuberant. Social involvement is the catalyst that creates enhanced self-worth. Contented cows may yield more milk, but contented senior citizens yield a multitude of smiles and can ward off depression. Such a senior will also be less condemning of the young as well as less frustrated with new

things such as alternative facts.

Programs at the Senior Center involve the mind and heart, and include topical discussions, card games and mah-jongg, watching a movie with friends now and then, a weekly yoga session, a most chirpy knitting circle, and always working on the well-worn gift of gab with trusted friends. All of this works wonders in widening the scope of the squirrel cage between senior ears.

The Senior Center is also a magnate for volunteerism that knows no age limit. The island Meals on Wheels meets and works out of the Center. This program is instrumental in meeting the nutritional needs of our housebound islanders while tackling the task of accounting for the supplies involved. Other volunteers help with the lunch program and various presentations. This brings the satisfaction of helping, sharing and making a difference, the very basis of community. Try it out;-you’ll like it. The weaving of a well-turned conversation with the cogent and witty staff or engaging with other seniors is worth the effort.

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday.

Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

Spiritual Smart Aleck

Living in the 19th Century

So, dear hearts, how long was the electricity off at your house last week? In my neighborhood, it was out for almost exactly 53 hours. Give or take an hour. I woke up around 4 a.m. Monday when the power went out. That was the first day.

Fifty-three hours is a long time to go without my accustomed critter comforts. Yeah, I know, those of you who went longer are saying, “Poor baby.” Remember the Hannukah Eve storm when the whole island was out? We went five days without electricity that time. It was tedious.

So here we were with no electricity, no internet, no hot water and therefore no laundry washed or dried, and ditto the dishes. The small stock of firewood I had was gone by the first night, and then I started buying bundles of wood at the grocery stores. It burned as fast as paper and put off about as much heat as paper.

Still, at least it was some heat, and I was able to boil water for coffee and for other uses. One of the plusses of my wood stove – I can cook on it.

There was a scary moment when a large branch broke off the big fir next to the house and crashed onto the roof. That sucker was a good thirty feet long and five inches in diameter at the trunk end, and took out parts of smaller trees as it came down. Yep, that was exciting. For some reason it did not knock the chimney over, for which I was grateful, and it didn’t break the window against which part of it came to rest. If you’re going to have big chunks of tree fall on your house, it was not so bad, but the impact made a big impression on my grandson and me, as well as the dog and the cat.

The hardest part for me was not being able to use my CPAP machine. I have sleep apnea, a condition in which I stop breathing. The CPAP machine blows a gentle breeze into my nose and mouth, and that keeps me breathing, and sleeping, and not dying. When I am unable to use the CPAP, I do not get much rest and drag through the next day fog-brained. I was unable to use the machine for two nights in a row.

Note: Next time I promise I will take my friends up on their offers to stay at their homes that do have power. I swear it. This



By Mary Tuel

time my grandson was coming down with a cold and I was reluctant to spread pestilence.

The second day we went up to town to charge our phones. Us and most of the rest of the island. I’ve never seen the library so crowded. I was so grateful that I got a 1997 Subaru named Belle back when I had the money to do so. Belle has served us well this week. Yay, Belle.

The third morning I was getting pretty fed up with living in the 19th century, even if I do have a Subaru now and we can go up to town to charge our phones. I was sitting on the couch close to the wood stove, sulking and feeling sorry for myself, when the lamp on the end table lit up.

Ah! Angel choirs singing, “Hallelujah!”

No longer powerless, my grandson and I plugged in all our electronic devices. To my astonishment, the internet was up, also. From the 19th century to the 21st century, just like that. So I got back to signing petitions and calling legislators, because I don’t care for the 19th century in my country and culture any more than in my living conditions.

I hope everyone is genuinely “empowered” now on the island, and that we all made it through without too much catastrophe.

A huge THANK YOU to all the repair people who were out day and night moving trees and branches and re-connecting wires and just generally getting us back into the 21st century. You people rock.

And I have the cold now, so that’s all I have to say.

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

Dirt! The Movie



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.

Celebrate Mid-Winter with a Dance Party!

Club O, Vashon’s all-ages venue at Open Space for Arts & Community, serves up music to move to curated by local DJs Alex Craighead, Nicky Wilks and Luther Martinez. Club O after hours starts at 10 pm for ages 18 and up! Check out the VIP Teen Zone and the just-for-kids’ space. Club O dance night is only \$5, or pay what you can. It’s about community and it’s about dancing!

Open Space for Arts & Community, located at 18870, 103rd Avenue SW, is committed to bringing arts to everyone on Vashon Island.

Mid-Winter Dance Party!

Friday, February 17
8-10 pm • After hours 18 & older
\$5 cover or pay what you can
DJs: Alex Craighead, Nicky Wilks, Luther Martinez

Open Space
for Arts & Community
18870 103rd Ave SW - OpenSpaceVashon.com

Sharing The Stage: Tacocat

Continued from Page 1

all-too familiar and hilariously improbable. There’s the notoriously inconsistent #8 Metro line (“F.U. #8”) and the accountability-allergic, black-clad brick-heavers of “This Is Anarchy.” The protagonist of “Psychedelic Quinceañera” – based on Bree – just wants to dance with rainbows, mind-expansion style, instead of having to wear a frilly dress in front of her whole family. Emily daydreams of a “Bridge to Hawaii,” where even the destitute could walk their asses to paradise – before being snapped out of it by cat-calls from construction workers,

business dads, and drunk hobos (“Hey Girl”); sweaty jerks telling her that she should smile!

NVM all that, though: you should, and will, smile – either a wry little corner-lifter or a big ear-to-ear equator – and shake what’s yours, when you hear the whippet-smart latest album from the world’s favorite palindromic band. Text a friend.

Friday, March 3rd, 8:00pm
Sharing The Stage Presents: Tacocat. With local student openers to be announced

The Red Bicycle Bistro & Sushi, All-age’s ‘till 11pm, 21+ after that. Cover charge: \$15.00 for adults, \$7.00 for students

Find us on Skype
Vashon Loop
206-925-3837

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

Advertise in the Loop!

It’s a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out March 2

PERRY’S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

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

Best Burger in Town!

For a Burger Emergency
463-4-911

Gluten Free Buns!



Aries (March 20-April 19)
You’re in an unusual position to see and experience the world from the viewpoint of a close partner. It’s one thing to think you’re doing this; it’s another to actually get into the emotional space to witness what you cannot usually perceive. It takes willingness and some conscious submission. You’ll know you’ve found that spot when the world changes a little, and when you feel the intricate emotional predicament that someone you care about is in. Meanwhile, it helps to listen, to be helpful without being patronizing, and to tread gently on the territory of the relationship. You can also safely assume that you don’t get it, rather than that you do get it. Assuming you understand where someone is coming from, and what they feel, vexes many relationships; but nobody can stop this in your life except for you. In the coming weeks and months you will learn more, if you’re willing to.

Taurus (April 19-May 20)
You contain many potential expressions of yourself. In a sense, you can be anyone you choose to be. The question is what basis you would have for your choice — and I would say that experimenting is as good a basis as any. Try on being anyone you want to be. Usually this is done with style elements — clothing, hair color and so on. I suggest you experiment with persona and communication style. Mercury in Aquarius is moving across the professional angle of your solar chart. This presents opportunities for leadership, which would happen through you being a kind of group-conscience and communication vector. You are the one who can focus the topic and initiate the conversation. You do indeed have the right idea. But the presentation style you use is important. Make sure you understand your audience before you open your mouth to speak. Underplay how intelligent you are, just a little. Give other people credit for your ideas.

Gemini (May 20-June 21)
There are times of the year when you seem to have a wide perspective, as if you’re viewing your life and existence from a mountaintop. Mercury and the Sun are moving through the angle of your chart that relates to your personal vision and your worldview. Slow down and consider your life as a whole. The world may be going insane, though there is such a thing as a future — and many people are waking up to some real priorities. Rather than planning your life, focus its philosophical theme. Get clear with yourself why you’re alive. Then start living for that purpose, and only that purpose, every day. As you do, you will meet people whom you understand, and who understand where you’re coming from. That is the necessary precursor to action. Your language skills suit you to be in a position to take charge of some mission, one that’s truly based on a higher calling. You may be the one among many who hears that calling first.

Cancer (June 21-July 22)
Last Friday’s eclipse of the Moon took place in the finances and resources sector of your solar chart (called the 2nd house). This is a direct reminder to keep your focus on the money issue, though in truth that relates to something much larger. Many people are self-employed, they aspire to be so, or they must supplement the income from their main gig. Two additional thoughts arise from your 2nd house. One is to use all of your resources. Before that, you need to remind yourself what they are. They include your

knowledge, your experience, the tools of your trade and, yes, your money and lines of credit. I reckon you’ve recently had some reminder to be true to your values. You must take the risk of being real, of doing what’s real, and investing in what you know actually matters. Check in with yourself regularly, as in daily, to remain on course.

Leo (July 22-Aug. 23)
What happens in one of the fire signs happens to all of them. And the fire signs are indeed on fire right now, with such amazing events happening in Aries (the Uranus-Eris conjunction, the presence of Venus and Mars) and Sagittarius (Saturn conjunct the Galactic Core and too many minor planets to fit into an article). But what about Leo? Ordinary astrology charts reveal nothing, though that’s not true. A slow-moving mystical point is there, called Sila-Nunam (a binary, co-discovered by my favorite astronomer, Jane X. Luu). I don’t talk about it much, but every time I think of Leo, I think of Sila-Nunam. And what is this thing? Here’s a tidy summary from Wikipedia: “The two components are named after Inuit deities. Sila ‘spirit’ is the Inuit [Eskimo] god of the sky, weather, and life force. Nunam or ‘earth’ is the Earth goddess, in some traditions Sila’s wife. Nunam created the land animals and, in some traditions, the Inuit people (in other traditions Sila created the first people out of wet sand). Sila breathed life into the Inuit.” End of quote. Please tell me if this reminds you of anything about who you are and what you’re doing.

Virgo (Aug. 23-Sep. 22)
You may be expecting changes in a relationship. That’s because there’s an eclipse of the Sun coming in Pisces, which is your partnership zone. The theme of this eclipse is “see what you’ve been missing.” That insinuates you’ve been living under certain conditions that you cannot identify and may not understand. It’s almost as if, anytime you get a clear view of your life and your relationships, a fog rolls in. Then you see a beacon in the distance, or your psychic GPS starts working again, and you find your way, till the next fog rolls in. What happens over the next few weeks will take you above this cycle, to the level where you have a pulse on what’s actually happening. You will get information about who is in your environment, and how they influence you. You’re likely to get additional data about other environmental factors, anything from sound to light to any toxins that might be present. This is not self-activating information. You must take action; that’s why you’re being shown these things.

Libra (Sep. 22-Oct. 23)
In The Book of Your Life, the 2017 annual reading, I called the Libra chapter “The True Mirror.” The metaphor involves this thing we call the mirror image, which is a reverse-image from what other people see. (This is based on an actual invention, easy to search out.) Your astrology is presenting you with several options here, where your reflection is concerned. In a sense, everyone and everything is your reflection — especially if you take a philosophical view and treat it as such. Whomever and whatever you encounter reveals something about you, to yourself. This is not typical astrology — it’s actually quite unusual, owing to the forthcoming Venus retrograde (developing story; more soon). The world is offering you a perspective of yourself that can, if you let it, change your life, feed your growth and enhance your relationships. Open

An Island Tour for Islanders & their guests

by March Twisdale
Ask most islanders and they will tell you exactly why they love living on Vashon or Maury Island. Whether you grew up here and have a long list of secret places reserved for the locals, or whether you just moved here a few months ago...everyone has a reason for being here. Right? Well, this is not simply a modern phenomena. People have had “reasons” for decades, and the best way to discover the changing landscape (natural, cultural, and humanmade) of our beloved island is to join Chris Austin for a humorous, tantalizing, relaxing and surprising Vashon Tour!
It’s easy to do and worth your while!

your eyes and look honestly at what you see. Listen to what people say. Imagine everyone is you, talking to yourself.

Scorpio (Oct. 23-Nov. 22)
Your chart at the moment is the fusion of art, work and pleasure, meaning sex and other forms of adventure. For most people this doesn’t happen all by itself; work is the last place someone is likely to associate with creativity and passion. There are a couple approaches you can take; both are holistic. First, you can start living as if everything you do is about passion and productivity. Even if you work as a file clerk in an insurance office, you can still do this. You can bring color and personality and curiosity to your work — though if you do, you might find yourself working somewhere else soon. That’s the whole point. Raise and fully inhabit your energy and you’ll find somewhere you belong. The second idea is to take a room in your house and clear out everything but the bed, then move in all your art supplies and musical instruments, and a bottle of wine (or, you know, whatever) and go to town. Do that artist thing and soak yourself in your creative process, every minute that you can. This is what your chart looks like.

Sagittarius (Nov. 22-Dec. 22)
The thing to remember about this time in your life is that you have options. You are never boxed into your reality. Of course, Saturn in your sign may convey the feeling that you’re being held down in some way, though it’s not true. Saturn’s role is to help you give shape and form to your ideals. Meanwhile, Sagittarius’ ruling planet Jupiter is in Libra. These two placements form what’s called a mutual reception: Saturn is in a sign that Jupiter fancies, and Jupiter is in a sign that Saturn fancies. This is a rare and beneficial condition, which is the main reminder that you’re never trapped. You can always find a way to make things work; there’s always Plan B, which may be better than Plan A. So live as if your options are open, and don’t be afraid to commit when the time and place are right. You can still honor your commitments and have the flexibility that you require as a basic mode of existence. Whenever you need another way, say out loud: there is a better way.

Capricorn (Dec. 22-Jan. 20)
Your solar chart suggests you may be feeling edgy, like you’re under some pressure you cannot see or identify, but which is following you around. The reason it’s following you is because it’s coming from inside you rather than some external source. One way to describe it is the sensation that you might lose control at any moment. At the same time, other influences are conspiring to make sure you

Go to vashontours.com and tell Chris Austin which upcoming tour you’d like to join. Our home is so broad, long and diverse that he can’t manage it all in one tour. There are various tours, generally geared toward the interests of the group. Not to mention, a few lucky tour-goers get to enjoy a Downtown Walking Tour in the Summer. Oh! And if you’re having a special event and want to arrange a private tour, you can do that, too!
All in all, if you love history (like I do), love the island (who doesn’t?) and love to laugh (yes, yes, and yes?)...then your Vashon Tour with Chris Austin will be an adventure to remember!

loosen up your reality and stop keeping such an absurdly tight grip on yourself, particularly your feelings. You’re under cosmic influences that are teaching you to embrace passion rather than avoid it. If you’re playing the approach-avoid game with anything or anyone, ask yourself what you’re feeling guilty about. You’re not being held to the standard of perfection, though that’s different from fidelity to yourself and to your cause. Be faithful and sincere. A little focused intention and effort goes a long way these days.

Aquarius (Jan. 20-Feb. 19)
Take advantage of the Sun’s last few days in your birth sign. You’re likely to make a valuable connection today that will help you make up for lost time. Make sure you do something very un-21st-century and treat the people you meet with respect, particularly older folks. If you’re too lost in your own head, you could easily overlook the presence of someone who knows quite a bit and would be willing to help you, if only you were to pause and have a real conversation. You cannot just trust to luck, pluck and derring-do. You need to develop human connections and cultivate a relationship where you are the learner and someone else is the teacher. Mercury is currently in your sign, and this is cautioning you to know when you don’t know. The first thing to do, therefore, is stop assuming you know; and instead, open your mind to facts and opinions that you need.

Pisces (Feb. 19-March 20)
In a few days, the Sun returns to your sign. Until then, the Aquarius Sun is shining its light on many previously concealed details of your life that you may have overlooked during the past few seasons. You’re getting to see much that you were missing. Persist in that spirit: open up closets, look behind the books on your shelves, go up into the attic and down into the basement and poke around. Be eager to discover all that is unknown and discoverable: then you’ll be able to clear out some space and make room for your new goals and new ideas. This will, if you keep yourself focused, be a year of high achievement and progress toward your professional aspirations. Make sure you have them. Make sure you know what you want to be doing, and where you want to be. But along the way you need to keep your mind clear, which means uncluttering accumulated karma, filling trash bins and letting fresh air and sunlight into dark and musty places.

Read Eric Francis daily at
www. PlanetWaves.net

Suzanne Hubbard

Survive what John Runyan describes as the Maelstrom, and Terry Sullivan in The Road to Resilience (Loop 2/2)—encourages discovering a way of life that is “close to the way that Nature functions” at a weekend weaving/journaling/conversation workshop/retreat. Reclaim the different strands of your life as your personal ecology which when woven into a whole fabric produces a stabilizing effect. This also weaves a new personal story from a weaver’s perspective. This view sees in the process of weaving an ecological and sacred message, we are mutually related and mutually defining—this interdependence will permeate the rows of a personal life that weaves into a whole fabric. No prior weaving experience is necessary.



Instructor: Suzanne Hubbard
Class: Whole-Fabric
location: Vashon Center for the Arts
Date/time: March 10 Fri: 6:30-8:00;
Sat: 9-5; Sun: 9-2
Cost: members \$180; General: \$200
+ 10 materials fee.
go to: vashoncenterforthearts.org;
click Classes

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 jazz-tinged 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

2017 Voyagers Auction In Our Own Backyard

Continued from Page 1

for spawning salmon. To our Middle Schoolers, it may mean an experiential trip to Port Townsend to learn digital photography or planting native trees to nurture Judd Creek. To our auction committee, In Our Own Backyard means local delights and flavors, Pacific Northwest experiences, outdoor games, camping on the Olympic Peninsula, beautiful paintings of Evergreen landscapes and handcrafted Native Arts, and so much more! We can’t wait to transform our auction venue into a backyard filled with Pacific Northwest fauna and flora!
Celebrate an amazing island school.

Right here, in our own backyard! Open Space for Arts & Community, 18870 103rd Ave SW, Saturday, March 4.
TICKETS: \$50 per person / \$100 couple / \$25 alumni (must be 21)
Purchase tickets online at <https://harborschool.ejoinme.org/voyagersauction>
We hope you will join us on March 4th as we raise our paddles and celebrate Vashon’s only independent school serving kindergarten through grade 8.
Thank you in advance for your participation and support of Harbor School. We look forward to seeing you on March 4!

Advertise in the Loop!

It’s a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out March 2

Tenebrae: Prayer in Song

St. John Vianney Catholic Church is presenting a Lenten concert of sacred music, March 4, 2017 at 7:00PM, at the church: “Tenebrae: Prayer in Song”.

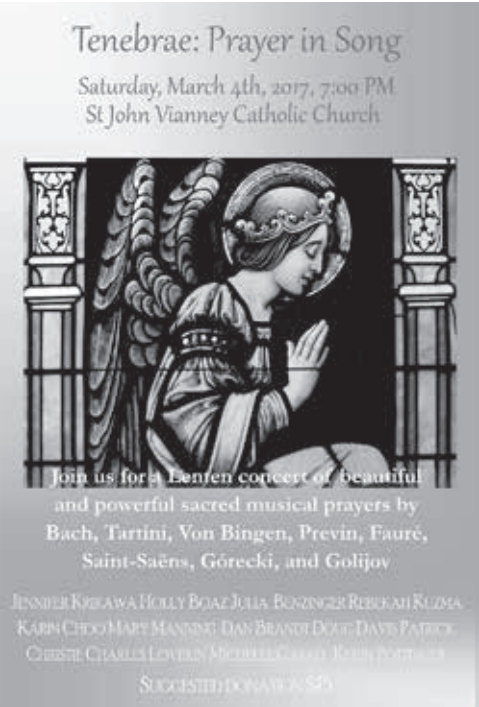
The Season of Lent is an important period in the yearly calendar of the Church, a time of spiritual renewal through prayer, fasting and good works set amid the first green buds and yellow daffodils of early spring. A fresh start and new life are ours, should we want it.

A Tenebrae Service is a liturgy of divine readings and prayer. In Latin, tenebrae means “darkness”. During a Tenebrae service, there are a series of readings and songs, while a set of candles are successively extinguished one at a time, until complete darkness is obtained. At Easter, that light returns.

For this sacred concert, the pieces have been chosen with care . They include excerpts from a 20th-century Tenebrae Service by the Argentinian composer Golijov, as well as other beautiful and prayerful works from the very early baroque and late Classic/Romantic periods—Hildegard Von Bingen, Tartini, Bach, Faure, Saint-Saens, Gorecki, Previn.

Jennifer Krikawa has assembled a stellar group of singers and musicians for this sacred concert. Those familiar with Vashon Opera productions may recognize Jennifer, as well as Julia Benzinger, Holly Boaz, and Rebekah Kuzma, with Karin Choo leading a string quintet comprised of Karin, Dan Brandt, Mary Manning, Doug Davis and Patrick Christie. Regular St. John Vianney musicians Charles Lovekin, Michelle Casad and Kevin Pottinger will provide keyboard accompaniment.

Last year, at roughly the same time of year, this same group performed Pergolesi’s Stabat Mater in its entirety. It



was a powerful and moving meditation on Christ crucified, Pergolesi’s master work.

Folks who join us this year will be in for another special evening of musical artistry and powerful yet contemplative musical prayers. The pieces in “Tenebrae: Prayer in Song” will allow listeners to experience for themselves the music that moves the heart, and deepens the experience of prayer. The concert is so titled to reflect the idea that joins the individual compositions and the final work together: beautiful, powerful prayer.

Please join us for this special evening of beautiful songs performed by exquisite artists. All are welcome.
Saturday, March 4 7pm. Suggested donation \$15.

Road to Resilience

Continued from Page 1

the county to determine how much waste we produce, and they are experimenting with different methods of making compost and biochar from that waste. They are considering the feasibility of setting up an anaerobic digester to produce methane, yet another useful product that we are frittering away.

Getting back to self-reliance, we need that compost to create healthy soil. Our glacial till is pretty deficient in nutrients, and our layer of healthy soil tends to be pretty thin. Local farmers have worked wonders with that soil by building it up with compost.

Why compost? Soil is so much more than a growing medium with nutrients added. It is more like a metropolis with all the numbers, variety, and complexity that entails. When compost is applied, you are not merely adding nutrients. You are introducing a whole community of micro plants, animals and fungi. In a single teaspoon of healthy soil or compost, there are millions of creatures and thousands of species. In fact, we still haven’t catalogued the incredible variety of life in the soil, much less how they all interact to create a fertile growing medium.

ZWV will be sponsoring Dirt! The Movie, on Tuesday, Feb 21st, at 6 pm, at the Island Theater. Dirt is an appropriate name for this movie because

it exemplifies how badly we have mischaracterized it. We’ve grown up to believe that dirt makes up the ground, and when we get it on ourselves, we are “dirty” and must clean ourselves. Find out how industrial fertilizers are destroying the soil, polluting our air and water, enabling global warming, and making us more dependent on fossil fuels. These conditions lead to global instability, death, and mayhem. Healthy soil sequesters five times as much CO2 as forests. Healthy soil may be the single most important element in our future. Come to see this movie, and understand why turning our waste into healthy soil is so important.

I’d also like to plug, as well, the movie coming to the theater the following Tuesday. Seed: The Untold Story brought to us by VIGA. It tells the story of how our rich heritage of seed diversity is being decimated and the remaining varieties bought up and controlled by big Ag corporations.

Comments? terry@vashonloop.com

Deadline for the next edition of *The Loop* is **Saturday Feb. 25**

Compost the Loop

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

Island Epicure



By Marj Watkins

A Real Anti-Diabetes Diet

Diabetes recently surged to the top of nutrition writer Brad Lemley’s list of his readers’ main health concerns. It’s no news that overweight, the “standard American diet” and even the American Diabetes Association’s diet, ostensibly designed to prevent or remedy diabetes, pre-diabetes, and/or an overweight problem--well, it does not. It makes no mention of reducing carbohydrates.

About the only thing the ADA list of okay foods got right was that it includes tomatoes. The ADA is staffed by physicians, who have a conflict of interests. They do want to make their patients better; they just also want them to keep coming back. They will tell you that diabetes is incurable, and encourage you to follow the ADA’s diet and take metformin and other drugs they prescribe to keep your diabetes “under control.”

And yet, my late husband, just by counting and reducing his intake of carbohydrates, brought his diabetes down

to where his doctor was able to reduce his metformin prescription to one-fourth of what it started. Unfortunately, he died of something else before he completely overcame diabetes. So here is a list of low-carb foods for all of us who are trying to avoid diabetes or get over it. Remember, we need some carbs for energy. If we cut them out completely our hearts would stop.

- Low carb foods:
- Fish
 - Beef or chicken livers
 - Pork
 - Chicken
 - Eggs
 - Avocado
 - Broccoli,
 - Cauliflower
 - Cabbage
 - Kale
 - Chard
 - Spinach
 - Bok choy
 - Red bell peppers (great Vitamin C source)
 - Full fat dairy: yogurt, cheese

- Foods to avoid or go very light on:
- Sugar, desserts
 - Grains, Bread
 - Sweet potatoes
 - Parsnips
 - Citrus foods
 - Sweetened beverages
 - Alcoholic drinks

In an upcoming column, I’ll give you some menus and recipes for eating well while staying slim or getting slimmer. Gourmet foods need not load you up on calories and carbohydrates. They can be eye-appealing and delicious without those.

Jovino Santos Neto Quinteto

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 Ear Awards by Earshot Jazz.

Friday, Feb 17th, 7:30pm



JAZZ SERIES: Jovino Santos Neto Quinteto
Vashon Center for the Arts
Individual tickets \$20 General; \$18 Senior; \$16 VCA Member/Student

TRASH TALK

Clean up Household Cleaning Supplies
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Talking about Living and Dying

Seven months ago, a few like-minded islanders sat around a picnic table on a sunny afternoon and discussed the possibility of having a “death fest” on Vashon. That small group grew into a determined, passionate team who transformed the vision into reality. That reality, now called a Vashon Conversation for the Living about Dying, is scheduled for March 2 – 5. It is a feast of wonderful offerings with one intent in mind: to raise consciousness about our own mortality and to connect to life and death and each other, reducing the silence, fear and isolation that too often surround the topic of death and mortality.

Sandwiched between an opening event with keynote speaker Michael Hebb, founder of “Let’ Have Dinner and Talk about Death”, on March 2 at Vashon High Theater and a closing Celebration of Life and Remembrance in the OpenSpace meadow on Sunday, March 5, there are a variety of offerings. Consider participating in whichever ones have interest. The team is hopeful that many islanders will join them.

Some possibilities:
Friday, March 3, Gallery Cruise 6:00 – 9:00 p.m. Galleries and other venues will feature art created especially for this weekend, focused on life, love, loss, death and grief. The creativity, thought and heart invested in this wonderful offering is a gift to all. Spend time engaged with the artists and one another, exploring what the art evokes in you. Don’t miss the Before I Die Walls interspersed between art at Two Wall Gallery. Pick up a piece of chalk and publicly share your hopes and dreams -- a wonderful form of interactive art that children and adults can participate in. Thanks to Vashon Rotary Club for financial support and elbow grease!

Luminaries will guide you to the Sugar Shack where you’ll hear Death Comes Calling and Other Stories . . . Cozy up to stories from diverse traditions that guide us to deep wisdom and on to pathways of resiliency and hope. Stories will be woven together with harp strings. Story tellers Jane Valencia and Allison Cox will charm you with myth, folklore, beautiful music that touch the heart and celebrate life.

Then come to the Vashon Senior Center to hear songs requested by islanders who’ve

told us what music would make them laugh, cry and sing as they reach the end of their lives. Three Island music groups will play and sing our collective longings for the whole community to enjoy. Musicians and vocalists: Loren Sinner, Kat Eggleston and Cherrywood Station

Saturday, March 4 at the Land Trust Building:

10:00 A.M. – Noon, It’s All Ceremony: A Workshop about End of Life Ritual This session will assist you in planning and putting into writing your wishes for your end of life ceremony. What makes for a meaningful powerful ceremony that not only pays tribute to the dead, but also enlivens the living? Components of ritual such as story, silence, symbols and music will be explored. Resources will be shared for you to take home. Facilitators are Rev. Carla Pryne and Erin Durrett, both of whom have had extensive experience creating meaningful end of life celebrations and rituals.

12:30 – 2:30 P.M., Meaningful Funeral and Burial Options

Supporting families facing the death of a loved one is sacred work and can be made even more so when engaging family in the process. Learn about meaningful funeral options: traditional burials, home funeral, green burials, modified green burials, living memorial or even a simple scattering ceremony. Panel: Char Barrett, founder, Sacred Moment Funeral Services; Jodie Buller, Cemetery Manager, White Eagle Memorial Preserve; Lisa Ryan Devereau, Licensed Funeral Director, Island Funeral Service; Len Burton-Hardin, Licensed Funeral Director, Howden-Kennedy Funeral Home. Moderator: Susan McCabe, Voice of Vashon Station Manager

3:00 – 4:45 P.M. End of Life Care – Quality vs. Quantity

Consider the challenging ethical decisions faced by patients, families and the health care team at the end-of-life. Can we move beyond medicine’s fixation on conquering death to a vision of end-of-life care focused on the quality of the patient’s experience? What ethical questions and issues might arise as we make end-of-life decisions for ourselves and our loved ones? Presenters: Mark

Fredericksen, ND and Ryan Pferdehirt, Bioethicist, with facilitator Collin Hennessey, Pharm.D., MPA

3:00 – 4:30 P.M. Tour of Vashon Cemetery

Take a stroll around Vashon’s beautiful cemetery and hear fascinating stories about residents who are resting here. Have you always wondered where the oldest gravesite is? Stories about how families remember their loved ones? Don’t miss this chance to hear Lisa Devereau tell about one of the most interesting properties on the Island. Meet at Vashon Cemetery Parking Lot

At the end of the day, from 6:00 – 8:30 P.M., Let’s Have Dinner and Talk about Death. Join friends and neighbors at tables of six or seven at Camp Burton Lodge to toast loved ones and engage in rich conversation over a simple, delicious meal. Don’t wait until you are in crises to talk about what matters most to you in your living and dying. Dinner tickets are \$20.00 per person and can be purchased at the Vashon Senior Center.

Sunday, March 5 at the Land Trust Building:

10:00 A.M. – Noon, Spiritual Perspective on Dying for Those Not Part of a Faith Community

In dying, each of us approaches the edge of our knowing and enters into mystery. Explore how our path to dying may be similar to and different from our experience of living. The conversation will consider how mystery and spiritual processes beyond our comprehension might help and how we can hold space for them. Retired Hospice Chaplain Tom Craighead will facilitate and Susan Pitiger, RN will moderate the session.

Noon – 2:00 P.M. End-of-Life Resources on Vashon

Find out about the rich resources available to patients and families as their care needs increase at the end of life. Hear stories of how our fellow islanders have been able to die as they wished, living their last days as fully as possible. Presenters: Kathy Shafel, RN Providence Hospice of Seattle; Holly Shepherd, MBA, Vashon Community Care; Christine Jovanovich, Island Caregiving Network; Kay Longhi, End-of-Life WA Facilitator: Carol Spangler

It’s a feast – join us! . For information: www.vashonconversation.com

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Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

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-blues-trio-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.

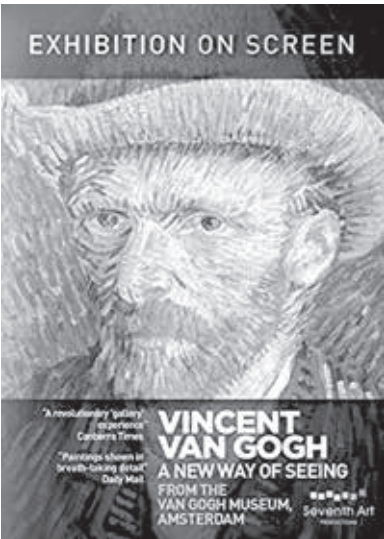
Friday, February 17th, 8:30pm
The Glenn Cannon Trio
The Red Bicycle Bistro & Sushi
All-age's 'till 11pm, 21+ after that
Free cover!

Vincent Van Gogh: A New Way of Seeing

Fathom Events, Arts Alliance, and Seventh Art Productions are elated to bring Vincent Van Gogh - A New Way of Seeing from the Van Gogh Museum in Amsterdam to select cinemas nationwide on Tuesday, April 14. Enjoy complete and unprecedented access to the treasures of Amsterdam's Van Gogh Museum in a special re-showing of the gallery's collection in celebration of the

125th anniversary of Van Gogh's death. With exclusive new research revealing incredible recent discoveries, the Van Gogh Museum has helped craft a cinema experience like no other.

Vincent Van Gogh: A New Way of Seeing. The Vashon Theatre. Sunday, February 19th, 2:00pm. More info at vashontheatre.com



Swan Lake

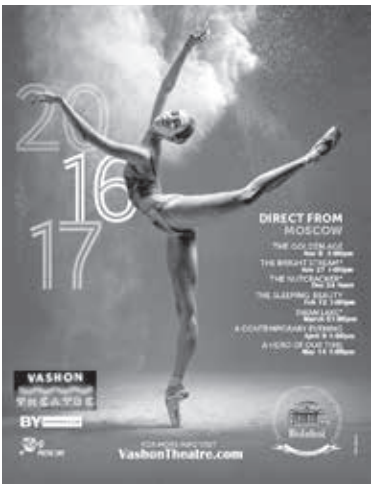
Audiences across the globe will be able to enjoy these outstanding performances with the Bolshoi principals, soloists and corps de ballet, in cinemas only.

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.

At moonlight on the banks of a mysterious lake, Prince Siegfried meets the bewitched swan- woman Odette. Completely spellbound by her beauty, he swears his faithfulness to her. However, the Prince realizes too late that Fate has another plan for him.... A ballet of ultimate beauty and a score of unparalleled perfection born at the Bolshoi in 1877. In the dual role of white swan Odette and her rival black swan Odile, prima ballerina Svetlana Zakharova exudes both vulnerability and cunning through superb technical mastery, alongside the powerful and emotional Siegfried, Denis Rodkin. Including breathtaking scenes with the Bolshoi's corps



de ballet, this is classical ballet at its finest.

Captured live on Jan 25, 2015. Running time 3:00

Music Pyotr Ilyich Tchaikovsky Choreography Yuri Grigorovich Libretto Yuri Grigorovich

Cast Svetlana Zakharova (Odette/Odile), Denis Rodkin (Prince Siegfried), Artemy Belyakov (the Evil Genius), Igor Tsvirko (the Fool)

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Rooster



Rooster plays their own unique take on a mix of “free range” rock, blues, pop, new wave, fusion, soul, and funk from the 60s though today. Nothing seems to be off limits for these guys. The group has rocked the last four Strawberry Festivals, several dates at the “Red Bike”, and Vashon’s infamous “Cat Butt” festival as well as casuals and private parties. Founders Rick Doussett (guitar/vox) and Ken Widmeyer (keys)

are joined by Andy Doussett (bass/vox) along with Stephen Cooper (drums/vox). They’ll be introducing some new originals mixed in with some familiar favorites.

Friday, February 24th, 8:30pm
Rooster
The Red Bicycle Bistro & Sushi
All-age’s ’till 11pm, 21+ after that
Free cover!

Woody Guthries Northwest Songs



Woody Guthrie traveled through the Pacific Northwest and wrote 26 songs about the Columbia River dam project in 1941. During this time, Guthrie penned his most famous and enduring songs - “Roll On, Columbia” and “Pastures of Plenty”, but the majority of those songs were never recorded. Spearheaded by Joe Seamons, all 26 of those songs are now being recorded together as an album by multiple generations of Northwest-based roots artists.

Ben Hunter and Joe Seamons are Seattle-based acoustic blues masters who beat out 94 artists from 16 different countries to be selected as winners of the 2016 International Blues Challenge in Memphis (solo/duo category). Their concert will explore the legacy of Guthrie’s songs with new arrangements and stories of Guthrie’s trip through the Pacific Northwest with special guests

George Rezendes and Christina Marie. Ben and Joe have performed at the Port Townsend Blues Festival, Wintergrass Festival, and have recorded and toured with Dom Flemons of the Grammy-winning Carolina Chocolate Drops. They have previously performed at VCA to a sold-out audience to promote their album “North Wind & The Sun”, which tapped into everything from Memphis Jug Band blues to Southern work songs and pre-war American Jazz.

Come hear these dynamic musicians as they return to Vashon with their fiddle and banjo to lay down some foot-stompin’ joy-filled roots and blues-inflected songs.

Saturday, March 11th, 7:30pm
Vashon Center for the Arts
Joe Seamons and Ben Hunter
\$16 VCA Member/Student, \$18 Senior, \$20 General



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The Blues Brothers are in the house! Well, we’re two lively young brothers, and one of us is named Blue – is that close enough? We’ve tried to impersonate the guys in the movie by wearing sunglasses, but they keep sliding off our noses. If you’ve ever thought it would be fun to have multiple cats but were concerned about whether they’d get along, we’re exactly what you’re looking for. The two of us are best friends. We’ll entertain you with our antics, and we’ll be fine together when you’re away. We’re on a mission from God - to find a home. How about yours?

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Did I mention that everything I do is amazing, tremendous and unbelievable? Before someone else adopts me, you’d better hurry up and grab this pussy!



Go To www.vipp.org Click on Adopt

PANDORA’S BOX

Cheryl and Corrine off to the land of Donald J.
I have several questions for him.
In the meanwhile, get your Ivanka Trump apparel
off the clearance rack at Nordies.

Bo’s Pick of the Week: Health Extensions canned
cat food. New. New. New. Tasty, yum.



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The Glenn Cannon Blues Trio

Friday, February 24, 8:30pm
Rooster

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