



THE VASHON LOOP

Vol. 15, #1

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January 4, 2018

8 Borders 8 Days: The Realities of Fleeing War 8 Borders 8 Days: The Realities of Fleeing War



Backbone Meaningful Movies and the Vashon Resettlement Committee are bringing an award-winning documentary to Vashon Theatre, Tuesday, January 9th at 6 pm. The film, 8 Borders 8 Days, tells the story of a single mother who faces the consequences of America closing its doors to families fleeing war.

Following the film screening, members of the Vashon Resettlement Committee will speak about their work to assist three Syrian families resettle on Vashon Island.

In the documentary, Sham – a single mother with no answer to her

application for resettlement in the US, and every other path to safety closed off – decides that a smuggler’s raft to Europe is the only way out. The film reveals the enormous challenges faced by refugees like this fiercely-determined mother; viewers will better understand the realities of why parents are willing to risk their children’s lives for a better future.

Says the Director Amanda Bailly, “I first saw Sham’s bravery in action the day I arrived in Lesbos, Greece, in September 2015. We were outside

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11th Annual Storytelling Festival

By Stacey Hinde

Vashon Wilderness Program will host its 11th Annual Storytelling Festival on Saturday, January 27 at the Vashon Theater on Vashon Island. Door open at 2:00pm and the tales begin at 2:30pm. Local professional and amateur storytellers will delight an all-ages audience with an imaginative afternoon of storytelling. Audience members will have a chance to spin their own tales in the One-Minute Story-thon, and interactive group storytelling improv games.

This year’s Storytelling Festival will feature Paul Che oke’ ten Wagner, Coast Salish Storyteller & Native American Flutist, and Allison Cox, internationally known storyteller and founder of the Healing Story Alliance.

Paul Che oke’ ten Wagner is an internationally performing presenter of traditional songs and stories of his Coast Salish tribal ancestors. Che oke’ ten is a member of the Wsaanich (Saanich) Tribe of southern Vancouver Island, British Columbia. An award-winning Native American flutist, his songs have come to him with visions of healing and prayer for all relations (tree people, animal people and human people).

Che oke ten’s debut Native flute CD “Journey of the Spirit” has been honored with the Best Native American Album of 2009 JPF Award, a CD-Baby-affiliated international award. Che oke ten has shared the stage and collaborated with many prominent artists such as Eyvind Kang, Gina Sala, Bill Frisell, Andre Feriante, Kitaro and Seattle Symphony Orchestra. His CDs are widely used by practitioners of meditation, massage and tai chi.

Allison Cox is an internationally known storyteller, and is passionate about using stories to heal. She is a founder of the Healing Story Alliance (www.healingstory.org) and edits their journal Diving in the Moon: Honoring Story, Facilitating Healing. She is also the author of the acclaimed Healing Heart anthologies on storytelling for encouraging international, community and personal development. She has traveled the world, telling healing stories, folk tales, and true stories, and also offers house concerts around the Puget Sound and beyond. Allison makes



Vashon Island her home.

Each year hundreds of people of all ages from Vashon and beyond gather to share in the ancient and powerful practice of the oral storytelling tradition.

“Storytelling is inseparable from human life,” explains Stacey Hinden, Executive Director of VASHON WILDERNESS PROGRAM. “For generations, we have been telling story for survival, connection, community, healing, and wonder. The Storytelling Festival is ‘by the community, for the community’ and we invite everyone to participate with their listening heart and courageous voice. It’s a wonderful warm, community event! There’s nothing else quite like it!”

The Storytelling Festival is best suited for ages 4 and older. Guests are encouraged to arrive early at 2:00pm to purchase snacks, sign up for the 1-Minute Story-Thon, and settle in with family and friends.

VWP (a 501c3 non-profit) provides nature immersion programs for people for all ages from Vashon and surrounding Puget Sound communities. Storytelling is a core routine at VWP: mentors practice oral traditions to inspire and instill lessons and to help cultivate a learning community that values each person’s life story; and VWP students practice sharing their story of day to both help deepen their learning journey and discover their authentic voice. To date, VWP has helped more than 1300+ children, teens,

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The Road to Resilience Credit Where Due

By Terry Sullivan,

In the article in The Beachcomber about housing prices on Vashon, several things seemed clear to me: 1) demand far exceeds supply, 2) properties always go to the highest bidder, 3) low and moderate incomes lose out, and 4) everybody seems to think this is an inexorable situation like the tides or the seasons.

Actually, this system is as arbitrary as the color of your house (if you have one, that is). Many traditional societies operate without money. In most societies other than our modern capitalistic ones, most people manage to get shelter however primitive it might be.

Thirty years ago, Rose and Dutch Ballen introduced me to the ideas of Henry George. A self-styled thinker, primarily in economics, he was known for the book Progress and Poverty: An Inquiry into the Causes of Industrial Depressions and the Increase of Want with the Increase of Wealth: The Remedy (1879). Its popularity in the late nineteenth century was exceeded only by The Bible. He earned glowing accolades from the likes of Leo Tolstoy, George Bernard Shaw, and Albert Einstein. Many think his book was the initial spark of the Progressive Era. When he died in 1897, he was so loved and respected that his funeral in New York rivaled that of Abraham Lincoln’s. So why is it that practically none of us have ever heard of this guy?

Well, his basic idea would have thrown a great big wrench into the capitalistic machine.

His basic premise is that property appreciation does not accrue to the owner but to the community in which it is situated. Say you came out to Oregon in the 1840’s and built a cabin at the confluence of the Columbia and Willamette rivers. You may have had to gain permission from a local tribe, but the property itself would have been of minimal monetary value. A hundred years later, your heirs would find themselves in downtown Portland, and the property would be worth many thousands of dollars per front foot. Henry George is saying that the appreciation of that property is not due to the owner’s effort but to the community that grew up around it. The value due to the owner of that property should be what he paid for it plus what he may have personally invested. The rest of the appreciated value should go to the community in the form of a rent tax. With this arrangement, leaving property with potential lucrative use vacant would not be wise because you would still be subject to the rent tax. Failing to maintain any improvements on a property would be failing to preserve the only appreciable investment you have in that property. In any case, there would be

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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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VASHON BUSINESS - ZOMBIEZ is a profitable restaurant with a business plan, menu & loyal clientele. One of the best commercial kitchens on the island!

#1224226 \$175,000



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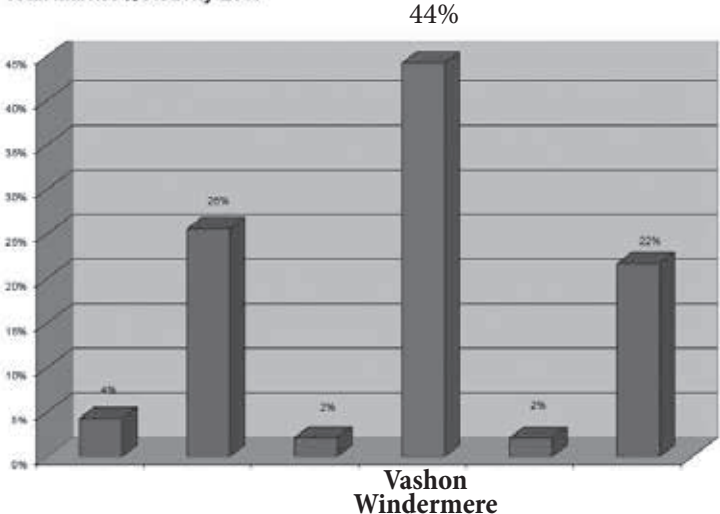
OUR 2017 SALES STATS

Total sales on Vashon - 250

SOLDS Representing Sellers: 118

SOLDS Representing Buyers: 88

Total Market % Activity-2017



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Coming Soon

METropolitan Opera: The Exterminating Angel (Ades) new production
January 6, 10am

NTL: Follies
January 7, 12pm

Greentech: 8 Borders 8 Days
January 9, 6pm

Land Trust & Scenic Film Fest
January 13, 12pm

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

For show times and info check
www.vashontheatre.com

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

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is good for composting.*

The Vashon Loop

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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

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Live Entertainment
Friday, January 5th, 8:30pm
Saint Ophelia

Friday, January 19, 8pm
Jealous Dogs &
Little Creatures

Friday, February 9, 8pm
Love Duets VI

Get in The Loop

Submissions to the Loop

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

Alzheimer’s Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month, 1:00 pm to 2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at 206-355-3123.

Hidden Cruising Gems in South Puget Sound Tech Talk

While overshadowed by the national recognition of the San Juan and Canadian Gulf Islands, south Puget Sound is a hidden gem right in our back yard. Best of all, for those in the under 40’ boat crowd, the south Puget Sound marine weather provides more visiting opportunities than you might expect. Winter, spring, summer or fall, south Puget Sound is a rich cruising ground. Few have attained the expertise of Quartermaster Yacht Club life member Frank Zellerhoff in exploring this area. Join us to learn about that special get-away spot, avoid the hazards on the way while maximizing use of your Quartermaster Yacht Club reciprocal privileges! Bring your own south Puget Sound hideaways to share at this Tech Talk hosted by Kevin Jones and Frank Zellerhoff on Wednesday, January 17 at 7PM in the Vashon Library meeting room.

RJ’s Kids Kenpo Karate Classes

Kenpo Karate self-defense spring season classes for adults and children will start January 8th and 9th at the Ober Park Performance Room. Classes follow the curriculum of the American Kenpo Karate System. Participants who attend this course regularly will develop street awareness and prevention skills in addition to learning practical self-defense techniques. Participants of all abilities, ages, and experience are encouraged to attend. Beginner children’s classes, with recommended ages from 7-12, will meet from 4:15 to 5:15 pm every Tuesday starting January 9th until May 15th. Tuition fees for 16 classes will be \$95 and will take them to their yellow belt and continuing level class in the next season. Continuing children’s classes will meet every Monday and Wednesday from 4:00 to 5:00 pm from January 8th to May 23rd. Tuition fees for 34 classes will be \$180. Adult classes (ages 13+) will be from 5:15 to 6:15 pm every Monday from January 9th to May 21st. Fees will be \$95 for 17 classes. This class is for beginning white belts to expert black belts. Registration and payment by cash or check for all classes begins 30 minutes before the first class meets. Participants may join at any time during the season if space is available. Every Wednesday, from 5-6 pm, are free drop-in classes for all students with once-a-month sparring offered for all students above yellow belt. Kickboxing and Kenpo Concepts will be offered on other days. The classes will be taught by Senior Instructor Alex Echevarria, American Kenpo Karate 4th Degree Black Belt. Mr. Echevarria has over 28 years of experience in the martial arts and is a retired public school teacher. For more information, visit the Vashon Park District website and Vashon Kenpo on Facebook. Sponsored by RJ’s Kids: an island-centered nonprofit for all the people of Vashon.

Vashon Progressive

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

IFCH needs your help

The Interfaith Council to Prevent Homelessness (IFCH) has been helping our island neighbors stay in their homes for years. This year the request for help with rents have become critical. IFCH’s mission is to respond to the needs of those who either are homeless or are at risk of becoming homeless. The housing crisis has hit Vashon. Rentals are hard to find and are extremely unaffordable to many. I believe there is a misconception of who these people are. The people who come to IFCH are the working poor in our community whose income has not kept up with the cost of living. They are often one illness or other tragedy away from losing their housing. IFCH helps with rent when a crisis hits a family. We try to keep people in their homes. The vast majority of the people served only need help once or twice. In the last two months alone IFCH has spent 60% of their yearly funds on rent subsidies. The year end money in the bank is at a critical low. IFCH is a total volunteer organization. All money donated goes to directly to help with rent, utilities, medical expenses and other short term needs. Please consider donating NOW. You can make checks payable to IFCH or Interfaith Council to Prevent Homelessness and mail to PO Box 330, Vashon, WA 98070 or go to the website and donate on-line www.ifchvashon.org

Vashon Island Chorale

Vashon Island Chorale begins its next session on Tuesday, Jan. 9 and will register singers beginning at 6pm that evening at the Presbyterian Church with rehearsal beginning at 7pm. Singers are welcome without audition for the session entitled “Legacy” featuring a newly commissioned work by composer Giselle Wyers plus “Country Wedding” by Buzz Brusletten and several Shaker tunes. info@vashonislandchorale.org

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

VALISE Gallery Presents DISRUPTION

VALISE Gallery is pleased to announce a new group show for the month of January. It includes works from many artists exhibiting on Vashon for the first time. An Open Call for art on the theme of Disruption generated responses from around Western Washington. Fourteen of them were chosen for the show with interpretations ranging from political to formal and styles from representational to purely abstract. Don’t miss DISRUPTION with works by Ieva Ansaberga, Michelle Friars, jennifer hawke, Shannon Hobbs, Lin Holley, Jack Johnston, Gloria Lamson, Kelda Martensen, Allison Morton, Mary Schossow Schumaker, Cynthia Wessling, Lenard Yen and Kaitlin Young. The show will hang from January 5-27, with Artists’ Reception on First Friday, January 5th.



Nevertheless, She Persisted
Ieva Ansaberga

Next Edition of *The Loop* Comes out Thursday January 18

Deadline for the next edition of *The Loop* is Saturday, Jan. 13

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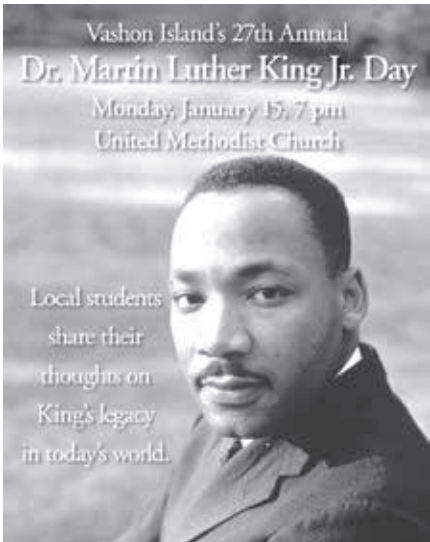
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Get In The Loop
Send in your Art, Event, Meeting
Music or Show information
and get included in
The Vashon Loop.
Editor@vashonloop.com

Celebrate Peace, Love and Hope

This is the 27th year that we have held a commemoration event to honor the life and work of Dr. Martin Luther King. This time we are letting our high school and middle school young people speak and share their thoughts on the words of Dr. King and the possible lessons for us today. In addition there will be a show of art and some hands on projects from our elementary school age kids.

Monday January 15th at 7:00pm
United Methodist Church
Free to everyone.
Cake and coffee after the program.



Bob Shacochis: Kingdoms in the Air

Best known for his sweeping international and political fiction narratives, including The Woman Who Lost Her Soul, winner of the Dayton Peace Prize and finalist for the Pulitzer Prize, Shacochis is novelist, essayist, journalist and educator. He started his career as a pioneering journalist and contributing editor for Outside Magazine and Harper's. His latest book Kingdoms in the Air brings together the very best of his culture and travel essays in one collection that spans his global adventures from Kathmandu to Siberia.

Vashon Center for the Arts:
Katherine L White Hall. 19600 Vashon Highway SW
January 21 @ 6:00 PM - 8:30 PM
Phone: 206-463-5131
www.vashoncenterforthearts.org



Dancing in Tune

Bringing together brilliant color, passionate sound and textural, costumed dancers, Dancing in Tune explores relationships of the senses. Part of First Friday Gallery Cruise, Westphal Color & Texture, musician Ike Harmon will be joined by dancers Margo Ginger, Karen Nelson, Luke Parkhurst, Rosemary Carroll, Karen Daly & Carmen Udias Calvos at VIA gallery.

This performance event will range from 6:30-8:30 and will highlight Ike Harmon's world-class sound as found in his newest CD "These Mansions Made of Sky" a high-concept and sweeping work full of passionate and articulate intensity. Ike holds music as the highest possible expression of truth, beauty and harmony and feels blessed to be able to pursue his musical vision with unre-mitting passion and complete freedom.



The music and visual art will converge with movement artists whose art is known to break bounda-ries and expectations. Based in improvisation and following a collaborative process with practices that cross pollinate artistic genres (dance, music, theater, poetry, visual arts...) the dancers will ex-plore space, sensation, composition, emotional and physical responses as well as the themes of "color and texture".

Margo Ginger's training in ballet, gymnastics and tap, eventually incorporating modern, contempo-rary, choreography and improvisational performance and contact improvisation as well as consist-ently returning to yoga, contemplative dance practice, and a wide range of somatic movement and bodywork practices inform her work.

Karen Nelson is a dance artist living on Vashon who performs, teaches and shares her work cur-rently through Dance Sensoria a 2018 mini-school held partially on Vashon. Karen and Margo Gin-ger have collaborated in various projects including "Passage" a 1998 dance improvisation perfor-mance at the Blue Heron crafted using tuning scores to inform the dancing.

Luke Parkhurst is a contact

improviser from Pinole, Ca. He is learning to listen with his whole body and enjoy's contact's playful and occasionally rebellious spirit.

Rosemary Carroll based in Seattle, began dancing with Miss Joan Patti in Rhode Island and the Providence Plantations, and has never stopped moving since.

Karen Daly, author of the memoir Joy Ride, lives in Eugene where she cares for her Mom in be-tween dancing tours. Karen Daly was a long-time participant of Diverse Dance Research Retreat held on Vashon during the 1990's.

Carmen Udias Calvos is an improviser and curious traveler advocating for movement as a vehicle for social change. Born and raised in Spain, she recently moved to California and is living on a permaculture farm in the North Californian wilderness.

All the performers will work with tuning into the moment, exploring textures in sound, visual art and physical movement— from sparse to active; from brlght color to neutrality; from smooth to rough; from transitions to arriving. Live art brings new dimensions to the gallery at VIA on First Friday.



QUARTERMASTER YACHT CLUB
Tech Talk Series

Hidden Cruising Gems in South Puget Sound with Frank Zellerhoff

▪ Attend this Tech Talk to discuss:



- Secret Coves
- Reefs, Rocks and Shoals
- Free Moorage with Reciprocal

Where: Vashon Library Meeting Room
17210 Vashon Hwy SW, Vashon, WA 98070
When: Wednesday, January 17, 2018, 7 to 9 PM
Why: Your winter boating destination!

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

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Vashon Library Events
Art & Music Events
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Snowflake Needs A Home...

How about that snow last week? I always lived outdoors until I was trapped, so this was the first snowfall that I wasn't cold and miserable. Being around people is something new for me, and I haven't warmed up to them yet. Maybe I will. Stranger things have happened - it snowed in Florida the other day!



Go To www.vipp.org Click on Adopt

Island Life Cover Up

By Peter Ray
pgray@vashonloop.com

I have been staring at the floor now for years, even though it has not been a pretty sight. While the collective sprawl of white pine decking came along to replace the pressboard sheets that had made up the first floor in this house just about thirty years ago, the wear and tear of garden shoes and scurrying dog feet did not appear to wreak total havoc upon the finish until a few years ago. At that point the decline was swift, and I have been repeating the “I need to do something about that” mantra for quite some time now. In part, it seems that a vast accumulation of these musings are what it takes to finally act on something of this nature around here, as there are many such points of disinterest that are now begging for attention these days. What seems to help to get something onto the action item list here is disgust, embarrassment, alignment of the stars and moon and a lack of too many other choices of things that need to be done now. One must also consider the magnitude of challenge factor when attempting actions that don’t fall within the realm of previous experience- it is always daunting to face the slippery slope of yet another learning curve.

Fortunately for this project and proficiency test, I had just completed a fairly successful go at tackling a small corner of the white pine yardage as previously noted here regarding our recent bathroom rebuild. Following that experience, confidence was fairly high that yet another round of sanding, scraping and finish spreading on the floor in the kitchen expanse would result in yet another vast improvement in the list of things here that have slowly but surely gone to hell. What also helped was that the wall calendar in the kitchen was about to undergo a complete and total makeover, so it just seemed like a natural flow of events that before one could rightly replace a year’s worth of spiral bound days and months with a new one for counting down 2018 that one should be able to walk across a smooth and gleaming floor space in order to poke another thumbtack in the drywall to support the new book of days for the new year. This lack of a renewed floor surface, of course, had not prevented previous wall calendars from being changed on time and without much fanfare, but it does point to a certain theory of inertia that has sway around here, and that is the quantitative obstacle theory.

Perhaps more than waiting for proper moon and stars, having to find a place for other things tends to delay or squelch certain efforts at making relative progress on the to do list here. As it is, there is always at least one thing that needs to find either a new or temporary home here before the go card can be handed to any given project in these parts. More often than not, it is an entire regiment of things and stuff that winds up needing a serious shuffling before anything can happen. What life often feels like is one of those plastic game frames with side-slotted letters and one available open space, and everything has to be shifted back and forth, up and down, before anything can proceed. With no basement or garage or accessible attic, the open space needed to work in needs to be carefully manipulated within the confines of what is left of available living space in order to both do a project and live within redefined parameters. Sometimes that just seems like too big of a sacrifice to allow for progress or improvement. The proper position of stars can be way more easily ignored than temporary piles

of shuffled stuff.

As was the case in the kitchen, the daunting task of moving various counter residents, like the forest of antique bottles gleaned from the former residential dumping ground out in the backyard or the ever expanding collection of rocks, seashells and transient knick-knacks on the windowsill, had for a long time been one of those malingering obstacles to doing anything in the kitchen. But as is the case with many a project, the appearance of a fresh perspective in coping with obstacles brought about a solution resembling a modified version of Christo’s Running Fence, combined of course with a heightened sense of disgust and embarrassment and a new year. All of this conspired to move the project forward to the imminent stage. Instead of moving everything out of the kitchen, it was decided that sheets of thin plastic be hung from the ceiling to the base of the cabinets just above the floor so that the massive amount of sanding and resulting sawdust would theoretically be contained within the nearly square, visqueen bubble. This, combined with the dust capturing device on the belt sander that I was using, seemed like a good way to avoid the grand shuffle blocking obstacle, whilst aiding and abetting the advancement of the brighter kitchen floor concept. As it is, sometimes these work-arounds allow for a certain suspension of reality so that projects can blunder ahead. I have no doubt that the dust factor would have been much worse had I not poly-tented the kitchen, at least that’s what I tell myself.

It should be stated that sanding like this is hard. Following a belt sander around the floor for hours at a time seems to be tiring. One also has to switch at times to the smaller, square, orbital sander to get at the more difficult to reach areas. And coming into the kitchen there is the one step, and two back risers, that mostly had to be done with a manual sanding block. There is also the stopping to shop-vac, and the chasing out of the way of the curious and helpful puppy and the curious and indifferent cat. There is the occasional changing of the dust mask and the necessary ritual removal of sound-quieting earmuffs between power tools, as well as the realization that no matter how soft the knee pads are that one is wearing, there comes a point where the pain can only be relieved by clawing oneself to the standing position and trying as best one can to reach for the ceiling and side to side to gain whatever stretch is required so you can get back down and do it again. There was the 36 grit sand paper to level the worn wood grain to a flat surface, and the progression of 80 and 120 grit to smooth the surface to a fine plane. And since the spirits could not do this all in one night- or day- there was the daily repair of human tread and dog play to gain back the advantage one had sanded for the previous day. I think it took two four-hour days, and then a marathon of six to seven hours of hand sanding to finally be able to say, “let the staining begin.”

While I used the oil-based polyurethane in the bathroom, it was decided we would try the water-based version in the kitchen. It seemed that the quicker drying and the odorless nature of this formula would be better suited to life in food land. As it was, the three coats went on within a few hours and all appeared to be right with floor world. It was noted that while the bathroom coating had slightly darkened the wood there, the kitchen coating was clear and barely changed the light color of the pine at all. It was noted however that it seemed to be a bit more slippery than the bathroom floor, which proved to be a bit of a challenge to slidey dog pads. The enthusiasm with which the dogs had been used to bringing it to the kitchen



Vashon Audubon Program

Vashon Maury Island Audubon Society presents Maria Mudd Ruth and her two recent books on Thursday, January 11th at 7 pm. Event is free and open to the public.

Curious about clouds? Mystified by Marbled Murrelets? How do you begin to learn about something you know nothing about? Olympia natural-history author Maria Mudd Ruth will discuss her latest books, *A Sideways Look at Clouds* (2017) and *Rare Bird: Pursuing the Mystery of the Marbled Murrelet* (2013) and the role of curiosity and “sideways” perspectives in understanding the natural wonders around us. The program will feature a selection of slides featuring stunning Pacific Northwest clouds and elusive marbled murrelets, and an update on murrelet conservation in Washington.

Books sales and signing will be available before and after the presentation.

Maria’s range of subjects reflects her “interest in restoring our awe in the natural world. She is a member of the Black Hills Audubon Society Conservation Committee, an active advocate for marbled murrelet conservation, a



volunteer pigeon guillemot surveyor, a supporter of Olympia city parks, and a United Way reading buddy, along with other involvements.

The event is cosponsored by Vashon Land Trust and Vashon Nature Center.



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VoV Smartphone App

Voice of Vashon

proved to be a test for their stopping and turning capabilities, and a few times made for some comical maneuvers. What I didn’t notice at the time, and what changed my perception of their comedic actions, was that the trade off for chemical odors and quicker drying was much less resistance to scratches. As I looked closer at the floor, where all that fine sanding had left a smooth surface, there now appeared a disappointment of fresh claw marks in the wood. We were soon off to the paint center to see if oil-based floor coating could reside over a water based one.

The internets said that this was a possibility, so we got a can of the tougher stuff and came home to give it a go. After a light sanding and vacuuming, a fresh coat went on, and we waited, and waited, and six hours or so later it was a sticky,

glossy “dry”. The next morning it was not much better, so I put the hand sander to the floor and came up with a weird mix of dry paint dust and these odd, dark strings of material that apparently was made of the not totally dry floor coating which had congealed together while being rolled under the hand sander. The belt sander was rolled out and I began the process of the undoing down to bare wood. And then I remembered I had to write this. And so it is that I cannot say yet how this turned out- the slippery slope of this learning curve has turned a bit slicker and steeper, thanks to dog claws and a need for speed. Hopefully this will fix things, since there is that porch railing project that needs to get done before the insurance adjuster comes back for pictures.

The Cascadia Protocol

#5: Points of Reference

By Rod Smith

One way to think about our thinking is that at every level, from sensory perception to the highest levels of abstraction, it involves an act of comparison to a point of reference. At the level of sensory perception, an incoming stimulus is compared to the threshold of stimulation of a neuron. If the signal is not strong enough...if it's not above the threshold...the neuron will not fire. The signal will go no further.

At higher levels of abstraction, new ideas are compared to existing beliefs which may be either conscious or unconscious. When we are challenged with new ideas that are at odds with our existing beliefs we may experience what is referred to as cognitive dissonance. The conscious choice of those reference points, which we are able to choose consciously, is then a matter of critical importance.

I contend that points of reference are ultimately chosen on the basis of some aesthetic preference and are therefore never absolute or "self-evident". Points of reference or frames of reference may be chosen at very low levels of abstraction (such as A440) or at very high levels of abstraction such as the whole of Nature as a reference for context.

Let's take a closer look at this particular reference point, the standard pitch of the note A Above Middle C, (which is the reference pitch for our musical system) and is taken to be 440 Hz. First of all, why A Above Middle C? The story I've read is that this note became the reference pitch because back in the day when orchestras were first booting up, the oboist would play an A Above Middle C which could be easily heard by everyone and they could then tune their instruments. It was convenient. It was easy. This is what I mean by an aesthetic choice.

This means that the pitch or frequency of the note A Above Middle C is set and then all the other pitches for all the other notes above and below that A are

Meaning The
Context Structure
Message of Sense

calculated based on that. There is nothing special or magical about this number. It was convenient or otherwise aesthetically pleasing for someone at some point to adopt this as the standard pitch. It's just a convention. And it's not universal. In fact, most digital tuners now will all you to set the standard pitch across a wide range of frequencies.

There is always a danger of oversimplification when points of reference are chosen at "low" levels of abstraction. The oversimplification being the assumption that these lowest level "entities" have an existence of their own, independent of their context. This is a mistake. I take these "low" level distinctions to have meaning only within the context of the whole of the system. For example, the definition of a particular word (low level abstraction) is dependent at the very least on its use in a sentence and it likely depends on a lot more than that. So-called subatomic particles are another good example from a different context.

Other examples of reference points... Doctors use 98.6° F as a point of reference for healthy human body temperature, surveyors and aviators use sealevel for the measurement of elevations, carpenters use plumb and level as reference for construction of building, and etc. (Note that these last two are referenced to the Earth's gravitational field.)

Rod Smith, creator of The Natural Philosopher ~ A Curriculum for Ecological Intelligence, may be reached at rodsmith40@hotmail.com. The Cascadia Protocol is a model for self-directed, ecologically structured learning, and deep local Nature connection, in the context of a natural, bioregional mode of human social self-organization.

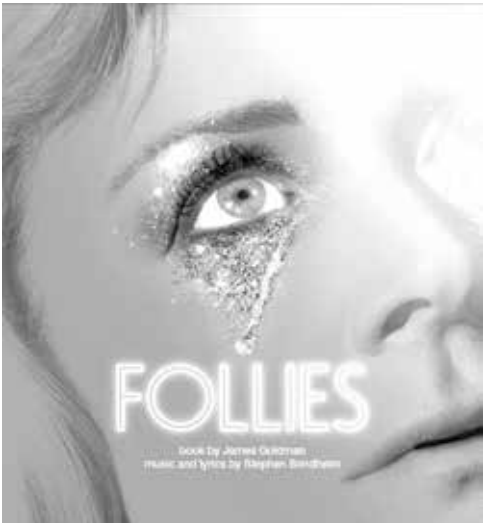
National Theatre Live Presents: Follies

Stephen Sondheim's legendary musical is staged for the first time at the National Theatre and broadcast live to cinemas. New York, 1971. There's a party on the stage of the Weismann Theatre. Tomorrow the iconic building will be demolished. Thirty years after their final performance, the Follies girls gather to have a few drinks, sing a few songs and lie about themselves.

Tracie Bennett, Janie Dee and Imelda Staunton play the magnificent Follies in this dazzling new production. Featuring a cast of 37 and an orchestra of 21, it's directed by Dominic Cooke (The Comedy of Errors).

Winner of Academy, Tony, Grammy and Olivier awards, Sondheim's previous work includes A Little Night Music, Sweeney Todd and Sunday in the Park with George.

National Theatre Live Presents:



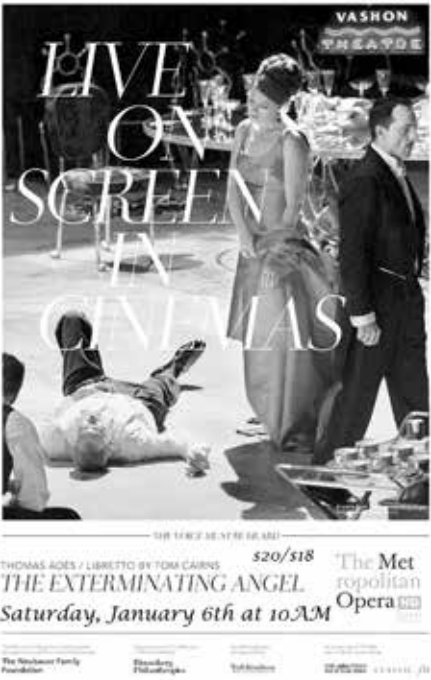
Follies
The Vashon Theatre
Sunday, January 7th at Noon
\$20/\$18

The Metropolitan Opera: Live in HD

Following the rapturous response to his last opera, The Tempest, the Met presents the American premiere of Thomas Adès's The Exterminating Angel, inspired by the classic Luis Buñuel film of the same name. Hailed by the New York Times at its 2016 Salzburg Festival premiere as "inventive and audacious ... a major event," The Exterminating Angel is a surreal fantasy about a dinner party from which the guests can't escape. Tom Cairns, who wrote the libretto, directs the new production, and Adès conducts his own adventurous new opera.

Music by Thomas Adès, libretto by Tom Cairns in collaboration with the composer, based on the screenplay by Luis Buñuel and Luis Alcoriza

Estimated Runtime 2 hrs 32 min.
The Vashon Theatre
The Exterminating Angel
Saturday, January 6th at 10:00AM
\$20/\$18



Road to Resilience

Continued from Page 1

no sitting on a property at minimal cost, waiting for the activities and investments of others to give you the opportunity to make a killing in a highly appreciated market. Is it any wonder that Henry George and his ideas have been buried in such a short time?

Here is where all this comes together. Besides our wonderful location on a finite island in the middle of Puget Sound, what makes Vashon property so sought after? A large part of that is due to our community (all of us). That especially includes: the people that take care of our mostly practical needs, i.e., teachers, clerks, farmers, fixers, cooks, cleaners, gardeners, etc., and people that take care of our mostly spiritual needs, i.e., artists, writers, musicians, ministers, naturalists, open-space preservers, friends, family, etc. We have long said we want to live in a diverse community. That diversity necessarily implies diversity of income. If we go along with Henry George, we would have to say a part of the \$100,000 our property may have appreciated last year should rightfully go to all the people in our community that helped create it through their productive effort.

The article in The Beachcomber mentioned the plight of members of our community that currently have no hope

of affording a place to live here. It failed to mention any possible solutions to this crisis. If it had, it might have mentioned Vashon Household, an organization that I helped found. Vashon Household has certainly preserved affordable housing for a fair number although far short of what is needed. However, aside from the formation of a Community Land Trust at the Roseballen and Sunflower developments, most of what we have done has only addressed the symptoms and not the economic system that is the disease.

If we really want to solve this problem, we need to create an adequate supply of permanently affordable housing that is outside of the commodity market. If we really want all members of this community to be securely housed in our community, we will have to pony up. We have ponied up for our schools, for an art center, and many other things. We can do this with a community land trust, probably other ways as well. The people that have helped create much of the value of your property and of this community deserve to share in that boon. It remains for us to work out the details of how to do this, but make no mistake: it can be done.

Comments?
terry@vashonloop.com

XENA Needs A Home

My name comes from the way I behaved when I arrived at the shelter because I sure was acting like a warrior princess! I haven't been around people, and it's going to take some time before I decide to let down my guard. Having regular meals and a warm, dry place to sleep might make me give peace a chance.



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Aries (March 20-April 19)
Over the past month, a series of planets moving into your career and success angle describes you waking up to your ambitions. Tomorrow’s Full Moon in the domestic angle of your chart is reminding you to pace yourself, and not push yourself so hard. Rather, slow, steady progress is what will work the best for you. This also means having an actual home life. You may do this; it’s certainly one of your innate personality features, to center your life around your home. However, as work commitments pick up, you may forget to do this. If you feel yourself going out of balance, the place to restore that balance is your kitchen or bathtub. So take the time to make these places extra appealing, and from the first day of 2018, make sure your life is structured in such a way that points you toward home on a regular basis. While you’re at it, make sure your bedroom is the perfect pleasure salon.

Taurus (April 19-May 20)
Everyone must have a code that they live by. With my abundant knowledge of those born under the sign Taurus, I would remind you to keep your code flexible, and subject to new discoveries. I’ll give you two examples. Attorneys talk about the letter of the law, and the spirit of the law. One is based on a strict reading, and the other is based on the purpose a law is supposed to serve. Another example is how your passport says you’re responsible for following both laws and customs in the countries you visit, which any experienced traveler will tell you is right on point. Some would even say that customs are more important than laws, since that’s what people really care about. This is a reminder to hang loose. You’re a person who really cares about your integrity. You actually grapple with matters of right and wrong; this is part of your psychic foundation. So, easy does it.

Gemini (May 20-June 21)
If nothing else this year, you will come to terms with any fears of commitment that you may have. There has been an interesting evolution in your astrology lately, which represents a significant shift from the past nine years. You’ve had a way of associating commitment with people holding power over you. In many instances, this has turned out to be true, though the deeper question involves the ways in which you give away your power. Now that Saturn, the Sun and other planets have moved into Capricorn, you can see commitment as a way to claim your power, and to use it consciously. You will need to monitor each and every transaction in your life, and notice how you handle negotiations of any kind. Do you read the contracts you sign? Do you have a rule against committing to anything you’re not sure you can do? And what about holding others to their promises to you? As you focus on these topics, the tables will gradually turn.

Cancer (June 21-July 22)
It’s amazing how much can change in how little time. The sudden influx of many planets into Capricorn, your opposite sign, does two things, mainly. One is that it shifts the emphasis from Sagittarius, which is your work-related zone, and which was (to put it mildly) in a state of high pressure going back years. You may not have any less responsibility on your plate, though you’ll feel differently about it: better able to organize yourself, and feeling less like you must do everything at once. The second is that Saturn and other planets are now in your relationship house. This might feel like a missing piece showing up in your personal life. Saturn has a way of completing Capricorn, and

will provide some solid substance into your social environment. Notably, from classical astrology, the association between Saturn and Capricorn is the strongest when it’s dark out. So get your work done and, as the old song goes, “Bring on the night.”

Leo (July 22-Aug. 23)
Everything in your chart points back to taking care of yourself. This has three components. The first and most important is emotional. At your best, you’re in contact with your feelings, and you respond to what your body is telling you. Second is making sure that you follow health regimens and medication schedules, and do all the things you need to do in order to stay healthy. Finally, there’s the matter of keeping your work in balance. Work is therapy for many Leos. It’s a way that you connect with your purpose, stay productive and do your part to hold the world together. Yet your chart now indicates that you both need and have help doing this. Don’t take everything on all by yourself. Let there be a discussion of what really needs to happen and how you’re going to work with others to get it done. Obviously you’re not the type to shirk responsibility or sacrifice quality. So there has to be another way, and that way is collaboration.

Virgo (Aug. 23-Sep. 22)
Virgo may be the most risk-averse sign. You might have been the type of kid who read the inside of the chocolate box so you knew which one you were biting into, and could select your favorite in advance. Your chart now describes you not just wanting to taste every last piece of chocolate, and not just wanting to eat them all, but also suddenly having the mad, wild passion to be a chocolatier. You want to know how it’s done — and do it yourself. That would make a fantastic way to orient your life: hand-made, homemade, the old way, as traditional as possible. You might try things like: if you’re going to make your own corn muffins, try grinding the cornmeal yourself. It’s easy to make your own yogurt, kombucha, bread and many things we take for granted. For you, this is not about being cool and artisanal. It’s about getting down to the basics of what it takes to live. It’s about making sure that you get what you pay for, and it’s truly all your own.

Libra (Sep. 22-Oct. 23)
You may feel like the Master of Ceremonies for the holiday, though do your bit and then get off the stage. You have more important matters to tend to, mostly involving family and household. Your leadership is needed, and it turns out you’re the one person many people with different opinions and viewpoints have in common as someone they respect. This is something meaningful to remember about yourself, and why you need, at least, to maintain the appearance of objectivity. There are relatively few people in the world who are trusted by those who disagree on major points of discussion, and you have that particular asset. So, you must always present yourself as objective, which means willing to hear people out, and then do your best to evaluate all situations equitably. However, indecision is not an option; you must always seek, and find, a compromise that works for everyone — if you remember that there’s such a thing as the right thing.

Scorpio (Oct. 23-Nov. 22)
You may be feeling everything all at once, but you cannot say everything all at once. That may be complicated, because you also have a lot to say. You might start by shifting your speech to all that is friendly and loving. Emphasize the positive in everything. It’s easy to be a critic, and more challenging to see the one genuinely

Vashon Chamber Music series

The second concert of the 2017-18 Vashon Chamber Music series at the Kay will be on January 14th at 7:30pm. In a repeat of his wildly successful recital appearance last year, principal cellist of the Seattle Symphony, Efe Baltacigil will perform, again with pianist Jessica Choe, this time the works of Beethoven, Stravinsky and Shostakovich. The Seattle Symphony All Stars series then continues on March 11 with Romantic string music of Schumann, Franck and Dvorak, performed by Elisa Barston on violin and Meeka Quan di Lorenzo on cello. Tickets are available at Vashon Center for the Arts, either online, by phone (463-5131) or at the door. Special price of \$10 for students.



impressive thing about whatever anyone is doing. This same attitude will shine its light back onto you, as you notice what you’re doing right rather than what’s not going so well. You may feel it’s insincere to focus the discussion on the beautiful element of what otherwise might be lacking, though there’s a philosophical issue underneath that: in making improvements in anything, do you fix what’s wrong, or develop what works? There’s more to this question than is obvious. An extended real-time experiment is in order. Anyway, no matter how much one fixes or eliminates what’s wrong, that does not create a positive. Also, humans proceed most successfully on the basis of motivation.

Sagittarius (Nov. 22-Dec. 22)
If you’re concerned that you might take things too far, go out of control, or lose your cool, you can test that out and push your limits — on every topic but one. That one thing would be alcohol, or any seriously mind-bending substance. This “weather advisory” will be in effect for months. It’s saying, essentially, err on the side of caution. That doesn’t mean go straight-edge; it means use your common sense. Respect the idea of moderation, and keep tomorrow in mind. You’re still early in a phase of your life where some heavy constraints have finally been lifted. You’re now off-leash, free-roaming and unregulated, except by yourself. So you need to dial the responsibility piece up by just a little, and make sure your actions are in accord with your values. Check that your values, in turn, are flexible enough to adapt to any new situation. The best place to do any potentially risky or adventurous experimentation is safely behind your front door.

Capricorn (Dec. 22-Jan. 20)
Stop yourself every time you notice yourself saying, “But what would my [mother/father/family] think?” This may be subtle; it may be below the level of tangible inner dialog, though the message will still come through. It might relate to any aspect of your personality from work-related choices to the fun you want to have to your most intimate relationships. One point of growth you’re experiencing is your desire to open up your sexual horizons, right when doing so might encounter the nagging voices of authority figures from the past. This could be such a seemingly natural part of your psychic makeup that you’ve just learned how to live with them. But now there’s a showdown: how long are

you going to let yourself be caught in the spider web of taboo, especially if you know that web (and the spider) is in your own mind? On our planet, anyway, there’s no approach to self-actualization that does not involve fully claiming, owning and setting your own standards around sexuality. And having your own rules usually means breaking everyone else’s.

Aquarius (Jan. 20-Feb. 19)
One of the great themes of this era in your life is noticing the ways in which what seem to be your own choices, life patterns and personality traits are really a response to someone else’s needs and desires. Your chart describes you in a state of questioning and releasing those patterns, only to be taken deeper, so you can investigate their source. There’s no reason why, today, you should be walking around worrying about the same things that troubled your ancestors two or three generations back. There’s no actual reason why you should be stuck in their hang-ups, their political views, and their turf wars over what is true and what is not. If you are seeking independence, foster that first as your ability to see, and then question, the influence of the past on the present. Life is not about living up to anyone’s expectations, or expecting the world to live up to yours. It’s about something a lot better.

Pisces (Feb. 19-March 20)
On New Year’s Day, there’s a Full Moon in your fellow water sign, Cancer. This is a reminder, valid through the year, to emphasize having a good time. You have invested plenty of energy into your work, reputation and career, which seemed to reach a frenzy in the second half of 2017. I’m not suggesting that you slack off, but rather set yourself into cruise mode rather than climbing mode, and devote some of the excess energy to the pleasures of living. You are a Pisces. Pleasure-seeking is a form of spirituality to you, perhaps the most important one. There are plenty of influences guiding you to be pure and wholesome, to maintain a good image and to be grounded. Those need to be counteracted by your conscious choice to have fun. In this project, discipline will come in handy. Work before play is a useful ethic, as long as you remember to do both every day.

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

Deadline for the next
edition of *The Loop* is
Saturday, Nov. 18

**Have a Story
or Article**
Send it to:
Editor@vashonloop.com

Spiritual Smart Aleck

By Mary Tuel

Buy Dirt

“Buy dirt,” says my cousin Charlotte. “Dirt is the only sure thing.”

A lot of people who had to sell their homes at a loss in the last ten years might disagree with that sentiment, but it has worked for Charlotte. She stood her ground, er, dirt, through the recession, and now her dirt is worth more than ever.

Her point is that what goes down will come up in the real estate market.

Vashon Island dirt has gone up in price. An off-island real estate firm recently sent me an email advising me that my house is now worth over half a million dollars. Boy, I got a good laugh out of that one. They’ve been sniffing glue or something.

They were trying to light the fires of greed and get me to list my house, I suppose, but I’m holding on to my house for my kids. That’s what you do in my family. I received an inheritance back in the 80s that kept our family afloat, or as Rick said, “Clinging to the soft white underbelly of the middle class,” during some tough years.

My inheritance came about because of the Salvation Army.

My mother and her siblings grew up in a Salvation Army orphanage in Texas, and my Aunt Della, my mother’s older sister, went into the Salvation Army when she graduated from high school. She was sent out to San Francisco, and then down the coast to a little town named Watsonville (which is not the artichoke capital of the world. That is Castroville).

In Watsonville, she was one of the Salvation Army lassies who sold the War Cry, the Salvation Army’s magazine, at businesses around town. At one auto repair garage there was a guy who always wanted to buy a War Cry, and wanted to talk to her. One thing led to another, and she ended up marrying him. She was twenty, and he was thirty-six.

They never had children.

When my mother graduated from high school in Texas at the age of fifteen, she got on the train and came out to Watsonville to be near my aunt. I think Watsonville looked like Eden to her after



El Paso.

My aunt and uncle lived in a modest little house in town, and my aunt, being canny, acquired over time two more houses as rentals. She was fond of telling us to put aside something for our old age, as she was doing.

It was a good thing she did. My uncle lived to be 92. My aunt died first, worn out from taking care of him, and he spent his last years in a nursing home. She had saved up enough to cover those expenses.

When they were both gone, I learned that, being childless, they left everything to my mother, my brother, and me.

It turned out that dirt on the central California coast, and the houses on the dirt, appreciated quite a bit between the 1930s and the 1980s.

I was stunned. It was the first time in my life I had some money. I invested my share and made it last a few years, but in time it was all gone. That was a great ride. It helped us to raise the kids for a few years, and not live in want. It got Rick a pickup which is still running, twenty-seven years later (Nissans are underrated).

A tip o’ the hat and profound gratitude to my Aunt Della and Uncle Mike, God bless them. I did nothing for that money, I didn’t deserve it, and it made my life and my family’s life so much better for those years. I am so grateful.

So, you see, buying dirt is not a bad idea, though you may not know when you buy it if it’s going to turn out in fifty years to have appreciated in value, or to be under water, in every sense of the phrase. Let’s face it. Life is a crap shoot, but cousin Charlotte has a point. As investments go, dirt is not bad, if you are interested in that sort of thing.

So, I don’t want to sell my house. I want to keep it, so my kids will get an inheritance, although I am creeping myself out here talking about things that will happen after I’m dead. I’M NOT READY, LORD.

Anyway, if I sold my house, where would I live?

Maybe I need to go back to Youtube and watch more videos of people on Social Security who live in their cars. Pick up some tips. You never know.

become as explosive as it has today, but this is exactly why 8 Borders, 8 Days is more important than ever. Sham’s story is one that can cut through fear and misinformation, and humanize the issue for an American audience. She is a strong woman determined to find a safe space where she and her kids can be self-sufficient and thrive. Her story is highly relatable: like all parents, Syrian parents want what is best for their children.

“My hope is that Sham’s story and our shared journey will inspire people to make changes in their own lives by opening their hearts and communities to people fleeing violence and persecution.”

The acclaimed documentary is an immersive experience of their eight-day journey to safety. The screening is made possible thanks to support from Island Green Tech and Vashon Theatre. Admission is by donation to Backbone Campaign; there will be an additional opportunities to support the Vashon Resettlement Committee.

Vashon Library January Events

Children & Families

Infant & Young Toddler Story Times
Tuesday, January 2, 9, 16, 23 and 30, 10:30am. Ages newborn to 24 months with adult. Stories, songs and fun!

Preschool Story Times
Tuesday, January 2, 9, 16, 23 and 30, 11:30am
Age 24 months to 6 years with adult. Stories, songs and fun!

Brick Builders
Monday, January 8, 22 and 29, 4pm
Ages 5 to 12.
We’re having a block party. Build a stunning creation all your own, or collaborate with a friend and make something spectacular. The sky’s the limit! All materials provided.

Yoga for Kids
Tuesday, January 9, 4pm
Ages 7 to 10, ages 5 to 6 with permission. Join Beth Tuttle from Island Yoga Center to move through some yoga poses and learn about breath while being still and present. All materials provided.

IdeaX: Squishy Circuits
Thursday, January 11, 4pm
Ages 5 to 12.
Explore electrical circuits with conductive and insulating dough with this hands-on learning experience. Light up an LED or maybe a few, and turn it into a fun sculpture!

Readers’ Lounge
Tuesday, January 16, 4pm
Ages 5 to 12.
Pull up a cushion, grab a snack and read awhile! We’ll have a selection of picture books, chapter books and graphic novels around holidays and special remembrances for each month, as well as bringing out some new and interesting books just for fun. In January, explore Martin Luther King Jr Day and Civil Rights Day.

After School Movie: BFG
Thursday, January 25, 4pm
Family program, all ages welcome with adult.

Make It! Bath Soaks
Tuesday, January 30, 4pm
Ages 6 to 12.
Chase away the cold days with a nice soak in the bath! Mix up some soothing ingredients and a custom scent for a finished product all your own. All materials provided.

Tweens & Teens

Game On!
Wednesday, January 3 and 24, 3:15pm
Grades 6–12.
Come play video games at the library! Hone your gaming skills with Wii U, PS4, Xbox one, and the NES.

Tabletop Gaming: Teen Edition
Wednesday, January 17, 3:30pm
Grades 6–12.
Unplug and enjoy gaming with other

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

Duct Tape Craft
Wednesday, January 31, 3:30pm
Grades 6–12.
Get crafty with duct tape and make your own zipper pouch. We have the supplies and instructions, you just need show up and have fun.

Adults

Tech Tutor
Tuesday, January 2 and 16, 6-8pm
Have computer or software questions? TechTutor volunteers are here for you. You may bring your own laptop, but TechTutors cannot provide hands-on or hardware assistance.

Opera Preview: Cosi Fan Tutte
Sunday, January 7, 2pm
This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts.

Great Books Discussion Group
The Epic of Gilgamesh by Anonymous
Monday, January 8, 6:30pm

Tabletop Gaming: Adult Edition
Featured Game of the Month: TICKET TO RIDE
Sunday, January 14, 1pm
Ages 12 and younger must be accompanied by adult. Unplug and enjoy gaming with other adults. Feel free to bring your own games to share as well.

Vashon Friends of the Library Meeting
Saturday, January 20, 10am
Vashon Friends of the Library supports services and programs at the Vashon Library through memberships, used book sales, and other fundraisers. All are welcome.

Beginning Shibori and Batik Art Workshop
Saturday, January 20, 1pm
Presented by Lisa Keller.
Ages 13 and older.
“Resist dyeing” techniques have been used on textiles by cultures around the world. Learn all about Japanese, Indian and Indonesian tie-dye techniques and dye your own fabric using non-toxic dyes. All materials provided. Please register online beginning January 6.

Yoga in the Library
Saturday, January 27, 10:15am
Ages 11 through adult.
Instruction provided by Island Yoga Center.
Yoga is a wonderful practice of self-care for a healthy body, focused mind and sense of well-being. Gentle stretches, strength building and basic meditation techniques for de-stressing and centering from the inside!

8 Borders 8 Days

Continued from Page 1

of a sports stadium among Greek riot police and more than 10,000 refugees who had rushed to the scene to obtain government permits that would allow them to continue the journey to mainland Europe. Sham approached a baton-wielding officer and demanded he make a separate line for women and children away from the men, and he did.

“This fearlessness is what drew me to Sham. I had flown to Lesbos with the intention of filming a short video about the conditions on the island, but I was so moved by her strength in spite of the circumstances that I couldn’t walk away. I saw a woman thriving at a time when everyone around her was helpless. I was curious to know what would happen to Sham because she is the best-case scenario: resourceful and fiercely determined. I wanted to show the human consequences of this.

“I never imagined that the immigration issue in the U.S. would

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

Island Epicure



By Marj Watkins

Foods That Fight Cancer

Each year, according to Brad Lemley, in his book The Secrets of Underground Medicine published in 2017, 2,00,000 people in America get the frightening diagnosis of cancer of some sort. Despite millions of dollars spent yearly on cancer research, and on treatments, the percentage of those cured does not rise. The big payoffs all seem to go to the big drug companies that produce the poisonous medicines doctors administer, drugs that cost more than the cancer patient’s insurance covers, can bankrupt the cancer victim, make him sicker, and can kill him. Quoting Lemley:

In the early 1900s, one person in 20 got cancer.
In the 1940s, one in 16 got cancer.
In the 1970, one in 10 got cancer.
Now, it’s one in three!

I find that last hard to believe. Also, where’s any concentration of information on ways of preventing cancer? There are a few ways. We know to avoid ingesting insecticides, to eat organic produce and grass-fed beef, etc.
Cancer loves sugar. It lives on it. If we could totally sift it from everything we eat, any cancer cells in our bodies would die. But sugar is addictive, and it’s added to many foods. We need to cut sugar out of our diets as much as we possibly can, and to read labels to seriously limit or avoid sugar of any kind. Any added ingredient with ‘ose’ as last syllable on a product label is a form of sugar: sucrose, maltose,

fructose, dextrose, et cetera. So are molasses and honey. Certain foods are anti-carcinogenic. Again, quoting Lemley:
Foods that actively thwart cancer:
Spinach
Shiitake mushrooms
Black cumin (source thereof: Swanson Vitamins)
Tomatoes (their lycopene works against breast, brain, cervix, colon, mouth, prostate, and rectum cancers)
Grapefruit and oranges reduce cancer risk 50%
Curcumin, a factor of turmeric
Green Tea doubles the effect of curcumin when taken at the same meal
A high alkaline diet (pH above 7.5) helps the cancer patient’s body to cause cancer cells to self destruct.
A high acidic diet can prevent cancer cell growth but give a cancer patient great pain.
Beef liver. It destroys free radicals and yields Vitamins A, B2, and B12.
Vitamin A. 1200 mcg reduces risk of melanoma skin cancer.
Daily multivitamin; reduces risk of any cancer by 12 percent.
Add for cancer prevention:
Red fruits: raspberries, strawberries, pomegranates. Also blueberries.
The ideal anti-cancer diet: Paleo-type. Feature organ meats, fish, eggs, non-starchy vegetables, extra-virgin, cold-pressed olive oil, coconut oil, butter from grass-fed cows.

To get more spinach in your meals, add de-stemmed leaves to your breakfast omelet or scrambled eggs. Eat it raw as a salad green topped with diced orange and ranch-type dressing. Casserole it in a buttered baking dish as a base for oysters smothered in white sauce and baked at 375 degrees 8 to 10 minutes. Make pesto of spinach and parsley. Poach salmon and douse it with teriyaki sauce.
For delicious beef liver, marinate it in milk, dredge it in barley flour (little gluten), and saute it briefly on each side. Salt and pepper it and serve it hot.

The Opera House

The Opera House, a new documentary by award-winning filmmaker Susan Froemke surveys a remarkable period of the Metropolitan Opera’s rich history and a time of great change for New York. Featuring rarely seen archival footage, stills, recent interviews, and a soundtrack of extraordinary Met performances, the film chronicles the creation of the Met’s storied home of the last 50 years, against the backdrop of the artists, architects, and politicians who shaped the cultural life of New York City in the ’50s and ’60s. Among the notable figures in the film are famed soprano Leontyne Price, who opened the new Met in 1966 in Samuel Barber’s Antony and Cleopatra; Rudolf Bing, the Met’s imperious General Manager, who engineered the move from the old house to the new one; Robert Moses, the unstoppable city planner who bulldozed an entire neighborhood to make room for Lincoln Center; and Wallace Harrison, whose quest for architectural glory was never fully realized.

VASHON THEATRE

THE OPERA HOUSE

A SUSAN FROEMKE FILM

Wednesday, January 17th, 6:00PM

Tickets \$15/\$14

The Metropolitan Opera

11th Annual Storytelling Festival

Continued from Page 1
adults and families transform through their renowned Coyote Mentoring programs, camps, workshops, and trainings.
VWP also offers free seasonal community celebrations that have brought thousands of people together to celebrate connections to each other and the Earth. Their next one is on April 28th: the “Spring Feast and Bizarre Bazaar” is a magical evening of community celebration to share a spring-inspired potluck meal and enjoy a poignant opportunity to let go and receive at their silent trading market.

For more information about the Vashon Wilderness Program, visit the website:
www.vashonwildernessprogram.org

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Saint Ophelia



Saint Ophelia brings an Indie Folk Rock sound to the stage with their mixture of originals and select covers. Rebekah Bevilaqua Kuzma and Joseph Panzetta head up the band with their vocals and acoustic guitars. They sing harmonies and trade lead vocals on a mixture of songs that run the gamut from rocking to spacious.

They are backed up by a stellar ensemble that includes Michael Marcus on bass, Dan Tyack on pedal steel, Wesley Peterson on drums, and Tony Mann on piano. Saint Ophelia Friday, January 5th, 8:30pm The Red Bicycle Bistro & Sushi. All-ages 'til 11pm, 21+ after that. No cover!



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Jealous Dogs & Little Creatures

Two 80s Tribute Bands Play The Red Bike Double down on iconic 80s music this coming Friday, January 19 at 8pm at the Red Bike. The lineup includes two tribute bands playing highly danceable music.

First up is the Jealous Dogs, a Seattle-based Pretenders tribute band that has played on the island several times to enthusiastic crowds. Jealous Dogs lead singer and rhythm guitarist Sherri Jerome channels Pretenders front-woman Chrissie Hynde—and she does so with plenty of attitude. She's backed by several stellar area musicians including Aimee Zoey on drums, Mikel McDermott on bass, and Laurie Miller on lead guitar.

Next, dust off your oversized suit coat and hit the Red Bike dance floor for Little Creatures, a Vashon-based Talking Heads tribute band formed by islanders and hardcore Talking Heads fans Andy James (guitar and vocals) and Stephen Buffington (drums). Whether they're playing radio-friendly hits, MTV favorites, B-sides, or deep cuts, Little Creatures will serve



up the most danceable tunes in the T-Heads catalog. Rounding out the band are Dorsey Davis (bass and vocals), Alex Drissell (keyboard and vocals), Levin Pugsley (percussion) and Rick Vanselow (guitar and vocals).

The free show is open to all ages until 11 p.m., then 21 and older only. The show starts at 8:30pm. This is an all-ages show 'til 11pm, 21+ after that and there is no cover!





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Thistle Theatre presents “The Tales of Two Bad Mice”

Based on the book written and illustrated by Beatrix Potter, this spectacular puppet show illustrates the day two mice discover a dollhouse. On a search for food, Tom Thumb and Hunca Munca are driven to outrageous behavior when they learn that the delicious looking food is made of inedible plaster! They smash dishes, throw doll clothing out the window, tear up pillows and carry off articles to their mouse-hole. After finding such destruction, the child puts a policeman doll outside the front door. What will the mice do next?

4-show Series

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Thistle Theatre Presents:

The Tales of Two Bad Mice

Katherine L White Hall



Vashon Center for the Arts. 19600
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Saturday, January 20th, 2018, 10:30am

David Grisman Quintet



For nearly half a century, mandolinist, composer, bandleader and producer David “Dawg” Grisman has been a guiding force in the evolving world of acoustic music. His musical range is wide and deep, embracing many styles, genres and traditions, skillfully combining elements of jazz and bluegrass with many international flavors and sensibilities to create his own distinctive idiom of “Dawg” music, the nickname given him by Jerry Garcia of The Grateful Dead

January 27, 4:00 PM - 6:00 PM

Vashon Center for the Arts:



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COTTAGE LIVING ROOM SERIES - MALDIVES DUO

The Lodges on Vashon is thrilled to present Jason Dodson and Faustine Hudson of The Maldives for a memorable, intimate evening in the Cottage. Our first Cottage Living Room show of the new year. You will receive 1 glass of wine with your ticket and snacks are provided. Make a weekend of it and stay at The Lodges! You can book online using promo code MALDIVES for a special rate at www.lodgesonvashon.com

In the great Northwest, The Maldives are more than a band, they are an institution. With a history that goes back more than a decade (their friendships considerably longer), they have brought their cultivated brand of American rock to avid crowds across the country, gracing the stages at SXSW, CMJ, Capitol Hill Block Party, Sasquatch, and Bumbershoot.

Their newest venture, “Mad Lives,” is melodically a lushly layered, psych-folk, poly-rhythmic rock adventure through personal mythos, space, and time. It is a concept record that tells the story of a man who fell in love with the sun, is dropped to the sea, and goes blind staring at the sun, trying to find the love that was once there. A collaboration with producer Randall Dunn (Earth, Sunn O))), Rose Windows), and featuring Eyvind Kang (Lou Reed, Blonde Redhead, Bill Frisell) on strings, “Mad Lives” is a bold step into a new, even more cinematic, musical terrain for the band, driving deeper into the heart



of love, loss, and how time gets away from us.

The group’s previous work includes their debut full-length, 2009’s Americana-tinged “Listen to the Thunder” (produced by Grammy Award-winner Kory Kruckenberg), and “Muscle for the Wing” (Spark & Shine), a fist-pumping, rock and roll exploration of ballads and anthems, with producer Shawn Simmons (The Head and the Heart, Lemolo, Kithkin) at the helm.

Friday, January 12, 7-9pm. At the Lodges on Vashon, 17205 Vashon Hwy SW.

Tickets on Eventbrite <https://www.eventbrite.com/e/cottage-living-room-series-maldives-duo-tickets-41126796355>

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Thursday
January 18**

Deadline for the next
edition of *The Loop* is
Saturday, January 13



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