

Improvising While Black on Vashon Island

Join artists mayfield brooks and Karen Nelson at Open Space for Arts and Community on February 10 at 1pm for an exclusive Sunday afternoon performance Improvising While Black on Vashon Island. The spontaneous approach in this performance will tackle the poetics of racial justice, and dancing as a radical act. Tickets at the door are by donation and will benefit taking this work into the community. The show will be followed by an audience talk back.

Improvising While Black on Vashon Island brings together New York-based African American performer and dance innovator Mayfield Brooks and Vashon-based international touring dance mutator Karen Nelson, who is white, together in collaboration within mayfield's ongoing project IWB/Improvising While Black. IWB is composed of dance, movement, storytelling, singing, and visual imagery used to express and raise awareness about embodied racial justice. The work provokes action and engagement with issues of identity, diversity, and community accountability. IWB intends to create a culture of support and beloved community for BIPOC (Black, Indigenous, People of Color) and white allies.

Supported by a 4 Culture grant, the purpose of this project is to offer the Vashon community new experiences outside of the prevailing culture, and provide a context for the necessity of racial justice work through an artistic lens. The presentation, which is co-sponsored



by Vashon-Maury Showing Up for Racial Justice/ SURJ and generously supported by Open Space, is an on-going call to action, and hopes to foster racial understanding and connection in our community.

What is dance improvisation? What is Blackness in a world where most things Black and/or African are reviled, demonized, erased while at the same time desired, coveted and appropriated? What is a Black Aesthetic? Is it all made up? These are some of mayfield's

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Dr. Gary Koch Scholarship

by Michael Kappelman, MD

We would like to announce the formation of the Dr. Gary Koch Scholarship to be administered as part of the Vashon Community Scholarship Foundation. This scholarship (or scholarships depending on how much we can raise) will be awarded to graduating high school students who demonstrate high achievement and dedication in any field of endeavor with special consideration for students with broad interests, which may include the sciences, humanities, the arts or technical fields. We are hoping that enough funds might be raised to continue the scholarship for some years into the future. Since Dr. Koch's retirement from the Vashon Clinic in June 2018, many have expressed interest in honoring his many contributions to our community, and we can think of no better way to honor him than by giving back to the people of Vashon and to whom he has been so dedicated.

Dr. Koch saw his first Vashon patients in 1978 while a resident in Seattle at the Doctors Hospital (later merged into the Swedish Hospital system). A year later he saw patients at the Vashon Health Center as part of his clinical training, and then in August 1980 became employed at the clinic. At that time Vashon was considered a medically underserved region, and he started working as part of his National Health Service Corps obligation for school loan repayment. But he never left, and he soon became a committed member of the Vashon community. At the time of his retirement, he had been caring for Vashon patients for 40 years!

There are of course many who know



Br. Garry Koch

him from his role as a physician. He has truly been the "family doctor" — delivering babies, treating all ages, helping with chronic diseases and those with acute injuries. Gary was always committed to the concept of 24-hour care for the island, and he was instrumental in allowing us to provide this in all but the last couple of years. But I don't think many realize all of the other things he did in addition to patient care. He was the medical director for over three decades. This involved recruiting providers to a small island with "rural" practice demands for significantly lower pay than on the mainland. And recruit he did — including Mary Ellen Walker, Mary and John Hoagland-Scher, Gail Fulton, Kim Farrell, Laurel Kuehl, Stephanie Lee,

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The Road to Resilience

Regenerative Agriculture

By Terry Sullivan,

of an excess of carbon, so that leaves us with the land.

There are high tech solutions that involve very expensive scrubbers and extractors of carbon, which is then pumped a mile or more underground where it hopefully will not leak out. Mostly that is intercepting carbon pollution that has not yet entered the atmosphere so it isn't removing carbon per se. The more practical method is storing carbon in the biomass of forests. The trouble there is that we are probably cutting down our forests faster than we are planting them, and it takes a long time to grow significant woody biomass. There is one other medium that stores more carbon than forests: soil.

The very exciting thing about carbon sequestration in soil is that it entails many upsides and few downsides. In fact, carbon sequestration is just a side benefit of regenerative agriculture, which is all about building and maintaining healthy soil. Farmers and ranchers are turning to regenerative agriculture because it lowers costs and increases productivity. A farmer can grow a good crop without tilling, or using pesticides, herbicides, or chemical fertilizers. A healthy, living soil is more fertile, absorbs water readily, is resistant to disease, actually grows in quantity, and is

resistant to erosion in the presence of wind and rain. The fact that it absorbs and fixes carbon is merely a side benefit.

For ranchers, there is the same benefit through the use of Holistic Planned Grazing. The theory is that herbivores, plains, and predators coevolved and need to interact if there is to be healthy grasslands. It's been noted that land that is grazed in a way that mimics the behavior of wild herds is more fertile and retains water. Think of the Great Plains of North America that were stable and fertile for tens of thousands of years despite the pressure of millions of bison, woolly mammoths, horses, camels, antelopes — over 40 megafauna species in all. Improper grazing or no grazing at all both lead to poor soils and eventual desertification in dry areas. Ever since the invention of agriculture, we have been steadily desertifying the grasslands of the planet. Look at the Middle East and the Central Asian Steppes where we have a long history to see what we have done.

We can revive desertifying grasslands, graze more animals, and relieve the pressure to cut forests to create more grazing land. We have a triple win

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**Vashon's Own
Community Radio Station**

Local Weather

www.vashonweather.com

Local Rain Totals

Temperature hi/low

Wind Speed & Direction

Barometric Pressure

Weather forecasts



Windermere

REAL ESTATE

The island home experts



LIVING AS ART! Legacy property and residence with 118’ of deep, sandy beach and 2.8 acres. Home offers fine finishes and Craftsman-like built-ins. Stunning!
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WRE Vashon-Maury Island, LLC www.windermerevashon.com 17429 Vashon Hwy SW 206-463-9148



17618 Vashon Hwy SW
206.463.5959
Restaurant Hours: Mon, Tues, Fri & Sat 11:30am-9pm.
Sunday & Thursday 11:30am-8pm,
Bar Hours: Sun, Mon, Tues & Thur 11:30am-10pm
Friday & Saturday 11:30am-12am
The Red Bike Restaurant and Bar is closed on Wednesday
www.redbicyclebistro.com

Live Entertainment

St. Ophelia- Friday, 1/25, 8:30pm
Wild Moccasins & 20 Eyes - Friday, 2/1, 8:30pm

Happy Hour

Weekdays 2pm-6pm Weekends 11:30am-6pm
\$2 PBR Draft - \$3 All Draft Beers
\$3 Well Drinks - \$3 House Wine

Ladies Night Thursday
6pm to close

50% off All Glasses of Wine
50% off All Well Drinks
50% off All Draft & Bottle Beer

Now Playing
Favourite



Coming Soon

National Theatre Live: I'm Not Running
Playing January 31 at 11am

Met Opera: Carmen
February 2 at 9:55am

The Music Center Presents JONI 75 A Birthday Celebration
February 7 at 7:30pm

Protecting the Sacred: An Afternoon with Winona LaDuke
February 9 at 12pm

Best of the Seattle International Comedy Competition!!
February 14 at 7:30pm

Van Gogh: Of Wheat Fields and Clouded Skies
February 17 at 1pm

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

For show times and info check
www.vashontheatre.com

Cheeky & Oreo Need a Home

Hi, I'm Cheeky and I'll speak for my brother Oreo and me. Even though I'm smaller than he is and he has a louder meow, I've protected him from other cats, so we should be adopted together. We grew up with little kids and would make wonderful family pets. Because we're a "Purrfect Pair," whoever adopts both of us will qualify for a reduced adoption



fee. Save money and get two kitties who are best friends - what a deal!

Go To
www.vipp.org

To view adoptable Cats
and Dogs



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

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

The Vashon Loop

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

Volunteers Needed

We are in need of volunteers to assist in working with adults with Alzheimer’s. Could you give us a morning or afternoon of your time? We meet on Tuesdays and Fridays at the Lutheran Church. No skills required, just bring your heart and share it with those in need! Please contact Ann Scafe (206-852-4543 for more information.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

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

Next Edition of The Loop Comes out Thursday February 7

Deadline for the next edition of *The Loop* is **Saturday, February 2**

Vashon opened its heart

Vashon opened its heart – and its pocketbook – to the Food Bank and its customers this holiday season. Many thanks to:

- Vashon Cohousing for conducting an auction and the artists of Waterworks Studio for organizing a raffle, with proceeds from both going to the Food Bank.
- Vashon Events, for hosting its annual “Will Sing for Vashon” concert that benefitted the Food Bank and other non-profits.
- Vashon High School students, for organizing a holiday food drive that produced an astounding 2,600 grocery items for Food Bank customers.
- The Vashon Chamber of Commerce, for graciously including the Food Bank in the annual Tree Lighting Ceremony and Santa Parade, providing us an opportunity to solicit groceries and cash.
- The organizers of the first Vashon World AIDS Day, for donating a portion of the proceeds from that four-day commemoration.
- Windermere Vashon, for extra food donations.
- John L. Scott Vashon, for letting us use their truck for extra trips to Seattle warehouses to pick up groceries to meet the increased seasonal demand.
- Thriftway and IGA, for letting us set up camp outside their doors one day each week in November and December for food drives; and
- Thriftway customers, for buying more than \$5,500 worth of “care cards” – donations to the Food Bank -- at checkstands. Thriftway matched that with \$5,000 of its own!

One of every seven households on Vashon came to the Food Bank for groceries and other essentials at some point last year. These aren’t strangers – they’re our neighbors and friends.

The community’s generosity this holiday season reaffirms our belief that Vashon truly does care, and shares our commitment that no one on this island should go hungry.

In gratitude,
Robbie Rohr
Executive Director
Vashon Maury Community Food Bank



VASHON ISLAND
Chamber of Commerce

**Lodging
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**Visit the Vashon Chamber on line
at www.VashonChamber.com**

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

Old Man Winter raffle winner



Voice of Vashon’s Old Man Winter raffle winner, Julie Hempton seen here with VoV Board President, Rik Reed. The raffle proceeds will be used to help fund VoV’s Emergency Alert System broadcasts on 1650AM, VoiceOfVashon.org, Facebook and the VoV app. Julie has generously given back to VoV a portion of her winnings as well as using some of the money to aid the Vashon Food Bank. VoV thanks Julie for her generosity and community support.

Indivisible Vashon

You are Invited to Indivisible Vashon’s First Monthly Meeting
Wednesday, February 6th
7:00–8:30 pm (Doors open at 6:30 pm)
Vashon Co-housing Common-house, 10421 SW Bank Rd.
We worked hard to change the balance of power – now help pass progressive legislation in 2019!
With Special Guest Speaker Sharon Nelson!
Questions? Contact indivisible@indivisiblevashon.org
www.indivisiblevashon.org

Learning the native language of our Salish Sea

While learning the native language of our Salish Sea, also make native gifts to be given to the Lummi tribe, hosts of the *Native Canoe Journey 2019: see <https://blueheroncanoe.com> ~ these gifts are both traditional and allow students to give thanks for the privilege of learning a Coastal Salish language and culture, on island.

Michael Evans, Father of the Blue Heron Canoe and Chair of the Snohomish Tribe, will teach this continuing conversation class in the local indigenous language, Lushootseed, which was also Chief Seattle’s language. It is a rare opportunity to gain insight into the wisdom of the people who lived on and around Vashon (traditional territory of the Puyallup Tribe) and Seattle for thousands of years by speaking this living language: Local animal, plant and place names; greetings and basic conversation in the context of story and song.

Cost \$100 for six Thursdays: January 24, February 28, March 28, April 25, May 23 and June 27 from 5-8 pm ~ first class will meet at Vashon Heritage Museum. All others will meet at Vashon Library. Please pay by check in class.

TRASH TALK

Skip the receipt! They’re bad for you and the environment. Creating receipts uses 10 million trees, 21 billion gallons of water and creates 686 million lbs. of waste in the U.S. alone. On top of that, they are made using BPA which gets into your bloodstream and makes them not recyclable. Unless it’s a something you may return, say “No receipt, please.”


www.zerowastevashon.org

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Scratchy AM



By Sean Malone and John Sweetman

“I’m going to tell Mom what you’re doing,” Molly whispered from behind the screen door. It was freezing cold and Brother Mike and I were in our pajamas on the porch. Each of us was holding a milk bottle and licking the column of cream that had forced its way out of the top of the bottle. After licking the cream up, the paper cap would be replaced to cover our larceny, Molly was no help.

Smith Brothers Dairy is as old as the hills and delivered its milk products from house to house. Each family had a metal carrier with a handle over the top that carried six bottles. It was so cold, down in the 20’s that the milk in the bottle froze and forced a column of cream out the top carrying the round paper cap with it. Mom always saved the cream for Dad’s coffee or one of her cooking projects. Molly squealed and Mike and I were grounded again.

Now a little more description of the stack of cream from frozen milk... it towered a few inches above with the cardboard seal on top... We licked the seal, before we put it back... Hoping mom would never notice. Ha! She always saw lick marks and knew what was going on because we stealthily only licked half of the bottles... in order to cleverly conceal our surreptitious theft.

Bank Road Pond was what we called it in the “old days” and that was where we skated when the weather got cold enough. The ice was thinnest near the edge of the pond and that’s where I fell through. Our feet were changing size so fast that we bought “new skates” from Good Will every year. They had bins and bins of them. The fires we had were formidable and built from a pile of cedar fence posts that had rotted out and were of no more use.

It got so cold that year that the ice froze at Portage so hard that the deer could be seen walking on it. There was a blizzard after an unusually warm November...Big snow started in January and waves of cold came down from the Frazier River. The worst part of winter ended sometime in February.

That year the winds blew from the north. It got so cold we actually tried the “sticking your tongue to the flagpole”

trick except it was the metal railing at school. Poor Kit Bradley was squealing horribly until the teacher came out with a glass of water to release Kit’s tongue from the hand rail. We all got in trouble “cause we wouldn’t fess up to “whodunnit.” Mom made us put newspapers in our boots to help dry them inside. Mittens froze on your hands! It was so cold the snowballs were flakey and soft and would not stick together... powder... funny that a tongue would stick to a steel railing but snow would not form a ball... until the class bully poured water on a snowball and made it so hard it knocked a kid senseless.

As reported by David Church, we had snow four feet deep during the winter of 1949-50 and the schools were closed for three weeks. The temperatures at night plunged to 8-10 degrees. When the thaw came, the road going west past the old telephone building disappeared in a trench that was 10 feet deep and 16 feet wide...caused by heavy runoff from a Chinook wind that took all the snow away. Engel’s tow truck pulled the school buses through a mud hole in Vashon highway between the old telephone building and center.

Bradleys lived next door to us at Cove and they had a field above their rickety old house that was flat and covered with virgin snow. We stomped out a giant wheel with many paths to the center where we played “Fox and Goose,” a game of tag in the snow.

A blizzard excited us while we listened in the early morning to “scratchy-AM radio,” KOMO or KIRO for news of which schools would be closed. We cheered when Vashon schools were reported closed. When the busses did run, I remember my teacher getting to school early to make hot chocolate for us all and the dissipating smell of twenty-mittens times two and overused double socks and soggy boots as they were placed on radiators to dry.

After the blizzard, we turned back to listening to AM radio after school to “The Lone Ranger,” “The Green Hornet,” or other programs as we waited for the first green of spring.

Arts & Humanities Series Lecture with Rick Barot

The Personal and the Political

We’re living in tumultuous, grief-struck times, and poetry’s role as a catalyst for redress has never been more necessary. As we process each day’s onslaught of news, many of us struggle to reconcile our roles as artists, citizens, agents of resistance, conscience, and care. In Rick Barot’s presentation and discussion, we’ll look at a handful of poets whose works illustrate the ways we might pivot—whether messily or fluidly—between the personal and the political, the private and the historical. The poets to be discussed will include Lucille Clifton, Danez Smith, Layli Long Soldier, and others.

Rick Barot was born in the Philippines and grew up in the San Francisco Bay Area. He lives in Tacoma, Washington and directs The Rainier Writing Workshop, the low-residency MFA program in creative writing at Pacific Lutheran University. He is also the poetry editor for New England Review.

Barot has published three volumes of poetry: The Darker Fall (2002), Want (2008), which was a finalist for the Lambda Literary Award and won the 2009 Grub Street Book Prize, and Chord (2015), all published by Sarabande Books. Chord received the UNT Rilke Prize, the PEN Open Book Award, and the Publishing Triangle’s Thom Gunn Award. It was also a finalist for the LA Times Book Prize. His work has appeared in numerous publications, including Poetry, The New Republic, The New



York Times Magazine, Tin House, The Kenyon Review, The New Yorker, and two editions of the Best American Poetry series. He has received fellowships from the Guggenheim Foundation, the National Endowment for the Arts, the Artist Trust of Washington, the Civitella Ranieri, and Stanford University, where he was a Wallace E. Stegner Fellow and a Jones Lecturer. His fourth book of poems, The Galleons, is forthcoming from Milkweed Editions in 2020.

Sunday, January 27 | 4 pm
Tickets: \$18 Member | \$20 Student & Senior | \$22 General | All Tickets at the Door: \$24

Improvising While Black on Vashon Island

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questions that collaborate with Nelson’s long standing body of work exploring dance as a place to unravel personal identity, narrative, and whiteness. For both artists, spontaneous movement and dance improvisation offer a vital frame in which representation can be questioned, fear and hate investigated, and skepticism and self-preservation explored.

Improvising While Black on Vashon Island will be the first live performance to come out of the cross-continental collaboration between brooks and Nelson, who met five years ago on Lasqueti Island in British Columbia. Since meeting they have made videos, published collaborative interviews in Contact Quarterly and have negotiated BIPOC + allies spaces in workshop settings, and continue to research together intermittently across geographic

hurdles. This upcoming reunion in February is an especially vital and heart-felt boost to their collaboration.

“The death rattle of all that sits between real love and the end of love is purely a mistake, and any injustice knows this about itself.” (mayfield and karen)

“The design of brooks’s ‘Improvising While Black’...breaks the framework for presentation. It is not one thing; it is different things. People gather not to just watch people do stuff but possibly do stuff themselves. Anything originally planned for one point in time might easily show up in another. And we all bring ourselves to it because it can’t exist without us.”

–Eva Yaa Asantewaa, Infinite Body
* (mayfield brooks uses the pronoun they, as well as lower case letters for their name.)

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

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www.vashonNews.com
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Weather forecasts
All the Vashon Headlines
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www.vashonweather.com
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Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

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

Youth Mental Health First Aid training



Peggy Rubens-Ellis and Woody Pollock have a couple of cool projects that we want to tell you about. We both work in the field of mental health, are board members of VARSA (Vashon Island to Reduce Youth Substance Abuse), and are committed to making Vashon Island a healthy and fun place for kids to grow up.

Youth Mental Health First Aid Training
March 28th 4-8
April 4th 4-8
McMurray Middle School Library
Must sign up by March 14th
Please e-mail Sue Wyder at swyder@valleycities.org
253-426-5957
To find out more: www.MentalHealthFirstAid.org
Clock hours available for educators.
Cost: FREE

We are teaching a FREE Youth Mental Health First Aid training that is open to anyone and everyone that works with or interacts with youth. This class is paid for by King County Department of Behavioral Health. Mental health challenges that the class covers includes

depression, anxiety, eating disorders, behavioral challenges, and suicidal thoughts. You will learn a simple five step plan for helping a youth in need get help. The goal of the class is to learn the plan and be able to use it in both crises and non-crises situations and to break down the stigma of mental illness.

We have broken the class into two four hour segments and snacks/coffee etc. will be provided.

Island Tribe Radio--Peggy and Woody talk parents, programs and good clean island fun

The two of us also have a radio show on Voice of Vashon. Our show airs on Saturdays from 12-12:30. However, the episodes can be found on Voice of Vashon's website under shows and hosts, so you can listen at any time. We have a casual chat with each guest about their philosophy and life experiences. They share a parenting tip and something they love about Vashon.

Our first shows include Slade McSheehy our wonderful superintendent, Alex Craighead from Journeymen, Camille Coldeen a piano teacher, and Wendy Finkleman the education director at Vashon Center for the Arts.

VCA Board Elects New Officers

Vashon Center for the Arts is pleased to announce the election of a new Officers of the Board of Trustees, effective January 2, 2019. Officers serve one year terms and may stand for election for three successive terms.

John de Groen has been elected President of the Board of Trustees. John is a small business owner interested in the arts. He has performed with the Vashon Chorale, Opera and Drama Dock. John and his wife Beth support all the various arts as well as other not for profit organizations.

"Vashon Center for the Arts is a vital part of our island community," says John. "It's an honor to be part of this board and to have the chance to play

a role in guiding the future of VCA as board member and officer."

Joining John on the Executive Committee are Jenny McMurdo as Vice President, Wendy Kearns as Treasurer, Mary Margaret Pearson as Secretary, and Marcia Bruya as Member at Large.

Leaving the Board at the end of 2018 are Anne Nicklason, Jon-Eric Schafer, and Tim Roden. Denise Katz, outgoing VCA Board of Trustees President, will remain on the board to continue to provide her excellent guidance and leadership skills to the Board of Trustees. The current list of Board members may be found at <http://vashoncenterforthearts.org/about/board-and-staff/>

Art Time for Children

On Saturday, January 26 from 12-2PM, Harbor School will host a community-wide ART TIME for children ages 4 - 8. Families are invited to join us and explore creative activities that bring art alive for young minds as well as an opportunity for interested parents to learn more about Harbor School's K-3 Carpe Diem program. Head of School Mark McGough will be on hand to engage with parents and answer questions, while children participate in a variety of arts and crafts projects led by Andrea Braganza, K-3 Teacher and Art Instructor.

The event will be held at Harbor School's Carpe Diem classrooms in the Presbyterian Church - 17708 Vashon Hwy SW on Vashon Island.

ART TIME is also a great opportunity to meet new friends and see what Harbor School has to offer. This event is free and open to the public.

If you'd like to RSVP your child's attendance, please email Harbor School



at office@harborschool.org.

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Deadline for the next
edition of *The Loop* is
Saturday, Feb. 2

Make a date with Vashon!
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Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

Have a Story or Article

Send it to:
Editor@vashonloop.com

Advertise in the Loop!

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



The Mobile Community Services Office is Coming!

Date: Wednesday, February 20, 2019

Time: 11:00 am - 3:30 pm

Place: Vashon Market Fresh IGA
17639 100th Ave SW
Vashon

At this event, you can apply for:

- Cash Assistance
- Basic Food Assistance
- Medical Assistance
- Medicare Savings Program

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



Spiritual Smart Aleck

Life Is Not Fair

Don't kid yourself. AIDS is not gone, even if its news cycle is. The Center for Disease Control's current statistics are not comforting. By their reckoning, 38,739 people were diagnosed as being infected with HIV in the United States in 2017. At the end of 2015, about 1.1 million people in the United States had HIV, and



I need to get back to my prayers for my dear one. Blessings to you all. May life be unfair to you in good ways!

KVSH
101.9 FM

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of Vashon

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2019 Salish Sea Early Music Festival

Jeffrey Cohan has received international acclaim both as a modern flutist and as one of the foremost specialists on transverse flutes from the renaissance through the early 19th century. He won the Erwin Bodky Award in Boston, and first place in the Flanders Festival International Concours Musica Antiqua for Ensembles in Brugge, Belgium with lutenist Stephen Stubbs. First Prize winner of the Olga Koussevitzky Young Artist Competition in New York and recipient of grants from the Martha Baird Rockefeller Fund for Music and the French Government, he has performed in more than 25 countries. The New York Times has heralded his ability to "play several superstar flutists one might name under the table".

Sunday, June 16 at 2:00 PM - Late
18th-Century Quartets: Jonathan Oddie
(harpsichord), Stephen Creswell (violin
and viola), Caroline Nicolas (cello) and
Jeffrey Cohan (one-keyed flute) perform
little-known quartets by J.C. Bach, Joseph
Haydn, C.P.E. Bach and others.



John Lenti



Jeffrey Cohan

Thursday, May 23 at 12:00 noon –
Bach's Triple Concerto: Carrie Krause
(baroque violin), Courtney Kuroda
(baroque violin), Steven Crewell (baroque
viola), Caroline Nicolas (baroque cello)

All concerts take place at Bethel Church at 148th Ave SW & 119th Street (14736 SW Bethel Lane) on Vashon Island. Please see www.salishseafestival.org/vashon for additional information or call the church at (206) 567-4255. Admission is by suggested donation: \$15, \$20 or \$25 (a free will offering), and those 18 & under are free.



Planet Waves



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

Aries (March 20-April 19)

Our society has come to the point where it’s impossible to do much of anything without imagining how it might be perceived by some vast public, or one’s idea of the public. Yet it’s essential now that you conduct your creative or sexual experiments in the sanctity of your inner space. While in one sense that means not broadcasting everything you think and do, there’s a deeper level to this challenge: setting aside your notions of what others might think or how they might perceive you. I don’t mean to present a “don’t think about chocolate cake” kind of Zen koan. Rather, I’m here to encourage you to stay within yourself, and to go as deep as you can without coming up for the air of social approval. This is not the kind of thing you can do all at once. It is in part a growth process, though it’s also about the cultivation of a working method that allows you to work with your inner alchemy, and to inhabit a space within where you’re unfamiliar even to yourself.

Taurus (April 19-May 20)

You’re discovering that you’re more confident than you thought — if you can get past the occasional panic attacks. The two are related. Tapping into your inner power can stir up your deepest insecurities. When I say confident, I am not talking about being brassy, cocky or foolhardy. I’m talking about the willingness to dare, and a sense of urgency that you connect to the need to be sincere. This is not about impressing anyone; rather, it’s about connecting to a biological-level need to be vulnerable. Today’s eclipse in Leo may bring you right to that zone, where it might seem you have no choice but to take some kind of chance you don’t necessarily want to take, or which you’re not sure will succeed. That is the point: confidence means proceeding in the face of no external assurances, and perhaps without any precedent for having succeeded at such a thing. You’re being called to accomplish what you never have before, and it will help if you stay close to your edge.

Gemini (May 20-June 21)

It’s essential that you step fully into honesty being not just the best policy, but the only one. Your words have meaning, they have impact on others, and they will either strengthen or weaken you. If you could see how this looks energetically, you would be impressed: how the essence of your words lingers around you, and either nourishes or depletes your integrity. This is entirely dependent upon your sincerity, which means more than good intentions. Consider the words you say. Consider the promises you make, no matter how seemingly small or casual. Going forward, a wholesome guide would be to commit to nothing to which you’re not fully devoted. Don’t sign any contract you’re not able and willing to comply with; make sure you understand entirely what you’re committing to. And if you need to be released from an agreement, make sure that a negotiated settlement — or at least a sincere conversation — is involved. You are well past the point where it’s appropriate merely to walk away.

Cancer (June 21-July 22)

It’s essential that you step fully into honesty being not just the best policy, but the only one. Your words have meaning, they have impact on others, and they will either strengthen or weaken you. If you could see how this looks energetically, you would be impressed: how the essence of your words lingers around you, and either nourishes or depletes your integrity. This is entirely dependent upon your sincerity, which means more than good intentions. Consider the words you say. Consider the promises you make, no matter how seemingly small or casual. Going forward, a wholesome guide would be to commit to nothing to which you’re not fully devoted. Don’t sign

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Leo (July 22-Aug. 23)

Don’t let your personality get in the way of being who you really are. Your true being is not a collection of tendencies or traits, of likes and dislikes, or of your personal style. Rather, your deeper and innermost self is connected to what you’re doing on Earth. A series of eclipses in your sign (or rising sign) in the past two years has pushed this issue and stretched you in many new directions. Yet there remains the simple matter of getting out of your own way, and today’s eclipse of the Moon in your birth sign will help reveal how easy this can be. Let someone emerge from within you: someone perhaps unfamiliar, though one whom you will recognize when you feel their presence. Look at your relationships through fresh eyes, releasing what you believed yesterday about the people in your life. Invite new people into your world, to explore unfamiliar facts of yourself. This will challenge you to call forth the warmth and loyalty that are so close to the essence of your being. Yet there is one other thing you must summon and cultivate: courage.

Virgo (Aug. 23-Sep. 22)

If you’re filled with an ominous feeling of some kind, it’s just an eclipse in your 12th house. This is an invitation to pay attention to yourself, to your needs, to your innermost thoughts. The sense of the ominous is your own presence. One of your skills is the ability to keep secrets from yourself, and this is a moment where you will benefit from being totally open. For example, you want to know what you are dreaming, even if it’s weird. In truth, it’s the most direct method your inner mind uses to communicate with you. Integrating your dream life and all that it’s saying will help you be a whole person. There’s no need to blot it out or handle it with gloves and tongs. The same is true of your erotic reality. Go past any sense of embarrassment you may feel about your desires; brush it aside like a veil, and go right to your desires. You don’t need any barriers between you and yourself. And you don’t need to be who anyone expects you to be. Make peace with being in flux.

Libra (Sep. 22-Oct. 23)

You probably feel like you live in an earthquake zone, where nothing stays the same for even a day — particularly your feelings. You may feel insecure, and with that, feel like the appropriate response is to barricade yourself somewhere you feel safe. However, in earthquake zones, people tend to live in light structures that won’t hurt them if they fall down. Following that metaphor, a tent may provide a better place to retreat than a fortress — I mean this spiritually, and in some sense, physically. Experiment with being outside, even if it’s chilly where you live. This tends to be a time of year when people hunker down and go out unwillingly. Make sure you get outside every day, and if you already do, explore someplace new. That might mean getting off at a different subway stop, or driving home by a different route, or going into a store you’ve never been in. Stop unfamiliar places, get out and look around. And for the next few weeks, make a point of encountering people you’ve never met before.

Scorpio (Oct. 23-Nov. 22)

You may need to make an important professional decision today, something that snuck up on you or that you had previously ruled out as impossible. Meet the confrontation with optimism and a sense

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of taking hold of your destiny. You have your options open. You have the freedom to choose new objectives for your life and, moreover, to choose who you want to be. This is not so easy for you, as one born under a fixed sign; so much seems so permanent, so intractable. Yet this is more about your ideas than anything else; in particular, your ideas about yourself. You might want to retreat to some place where you can hold onto some of those, because so much seems to be changing so fast. Yet that is the beauty of the moment, which you will perceive if you can step back from the over-loud discussions about nothing, and listen to what your inner voice is telling you. It’s not so complicated as it may seem. And you will know you want something because you keep coming back to wanting it over and over — then you must find out if you’re right.

Sagittarius (Nov. 22-Dec. 22)

The imminent eclipse of the Moon takes place in a region of your chart associated with your long-term plans, and your beliefs about existence. You can think of those as being the same thing: you will project into the future based on what you believe is possible. What happens over the next few days will represent actual learning, which is about discovering something is possible rather than thinking it is so. And with that information in hand and in mind, you are free to adjust your trajectory, honoring your revelation of some deeper truth about yourself and about the world. To the extent that you reassess your plans, and act on your new ideas, you are investing faith in what you have learned. What I am suggesting here is that faith is an investment. It’s not a thing or a thought — it’s a long process of integrating yourself with existence, in a fully aware way. You are being called to do this, as a gesture in support of yourself; in support of what you want to be real.

Capricorn (Dec. 22-Jan. 20)

Now and for the long foreseeable future, your astrology describes you as being under considerable pressure. You may be living with the experience, coming from deep within your cells, that time is running out. Of course, this is true: for all living creatures, time is finite. The question is what to do with the time that you have, whether you choose to measure in hours, in days or in years. Recent events have focused you on using your time wisely and well — or at least you’ve been called to do so. At this stage of your life, it’s essential to draw some distinctions: such as between being busy and being productive; between agreeing to do something and being committed to it; between the appearance of being appropriate, and doing the right thing. The one clear direction your astrology is pointing you is toward your personal constitution, the code that you live by. Here in the age of image, you must understand what is truly right and wrong for you: what you do, and what you accept.

Aquarius (Jan. 20-Feb. 19)

You’ve had more than enough changes in your life the past few years, and are no doubt ready for some stability. We could well ask whether this is even possible in the world right now, with everything seeming

to be in flux, and worse, so many people seemingly committed to their antisocial ways. Well, they can all do their thing. If you want consistency in your life, focus on the people who are already doing that, and take them as your mentors and as your guides. Learn from those who don’t need to be ‘made’ to do anything, persuaded or pushed. People act of their own accord, and that’s what you’re interested in: those whose accord is in accord with your accord. You cannot motivate anyone; you cannot change anyone’s mind; it’s questionable whether it’s even possible to teach except by example. Even then it can take ten years for someone to ‘get’ the lesson. The forthcoming eclipse in your relationship house is advising you to observe your environment carefully. Notice any new openings. Notice who comes toward you and who moves away.

Pisces (Feb. 19-March 20)

Amidst all the turbulence of the world, and the over-abundance of aspects and the second of two eclipses happening overnight Sunday to Monday, you are under some distinct astrology: Jupiter square Neptune. This particular aspect occurs every six years, though this one stands out as Neptune is in your sign (the modern ‘ruling’ planet) and Jupiter is in Sagittarius (classical ruling sign, though Jupiter also rules Pisces). Both are well placed, meaning strong, effective and available (this all translates to resources). Sally Brompton, my colleague at the New York Post, called the tune on this aspect in a recent daily column for Pisces. She said simply: you’re making important decisions right now, and you must stick to them. There’s no way to say this better. Delineations of this aspect that you might read elsewhere may not be especially keen on it, as it can have a nebulous quality; but this is your territory. Pisces is connected to the Earth just as much as to the ethers. Your job is to give form to your ideas — and for certain, to stick to your decisions. Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

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Keltoi in Concert

On Saturday, February 9 the Church of the Holy Spirit on Vashon Island welcomes the band Keltoi in a concert of Celtic music to celebrate the feast of Saint Bridget and the coming of Spring! Keltoi’s spirited interpretations of Scottish and Irish dance music and soulful vocal harmonies are innovative, entertaining, and uplifting. Ranging from the fiery to the poignant, Keltoi’s music reflects the passion and experience of its members. Bill Woods has written four books on the bodhrán and folk percussion, is in great demand as a teacher, and also plays in the band Iona Abbey. Fiddler Brandon Vance has garnered premier awards for Scottish fiddling, enjoys a career as a Baroque and contemporary violinist, and holds an M.M. degree from the Cleveland Institute of Music. Cameron St. Louis’ driving and percussive flute playing draws inspiration from North Connaught flutists Packie Duignan and Patsy Hanly

and his singing style evokes the Stan Rogers and “sean nos” songs he heard growing up. Guitarist David Rivers is a graduate of the Berklee College of Music, has played guitar with Abby Mae and the Homeschool Boys, Irish fiddler Erin Hennesse, and is an assistant pastor at Calvary Chapel in Sequim, Wa. Rich Hill has been teaching and singing in Scottish Gaelic since 1989, is a founder of Slighe nan Gaidheal and Féis Seattle, and is also well-known in Seattle’s early music scene.

Please welcome Keltoi to Vashon and join them on February 9 for an evening of foot-tapping tunes and songs from the heart of Gaeldom!”

8pm, Saturday, February 9, 2019
\$20 suggested donation/
\$10 seniors & students
Church of the Holy Spirit
15420 Vashon Highway SW

The Posies Duo



Ken Stringfellow and Jon Auer of The Posies

Ken Stringfellow and Jon Auer of The Posies are playing an intimate show at Home Sweet Home / Snapdragon.

January 29th, doors open at 5pm, show starts at 5:30pm

Tickets: \$20 and can be purchased at the book shop or online at BrownPaperTickets.com, it’s general admission - standing room only.

All ages are welcome in the gallery side and 21 over in Home Sweet Home, The Bar.

Following up on the success of their 30th Anniversary Tour in 2018, The

Posies’ founding members Jon Auer & Ken Stringfellow embark on a West Coast run of shows as a duo. Stripped down to two guitars, two voices and the occasional turn at the piano, the pair enjoys presenting their songs in this fashion, as an alternative to the full band assault that their four-piece shows are known for. Here, the focus is on the band’s brainy and heartfelt compositions and melodies, and their unmatched penchant for vocal harmony. This show is presented by Debra Heesch.

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Road to Resilience

Continued from Page 1

without even taking into account carbon sequestration and climate mitigation. Without getting into the argument about whether or not to eat animals, we have to understand that those herbivores have a vital role to play in keeping grassland healthy. In a later column, I want to get into Holistic Planned Grazing and that whole conundrum of our relationship to animals. As with renewable energy, regenerative agriculture does not work well in the large capital-intensive industrial context. Industrial agriculture accounts for as much as one third of our carbon emissions while destroying our soil and toxifying our food and water. The multiple benefits of regenerative agriculture will bankrupt the industrial ag barons and return farms to families while sequestering carbon and limiting climate change. No need to depend on government regulations, fines, and prohibitions.

Of course, it won’t be as easy as I make it sound. Nobody gives up power without a fight. But having economics, science, and philosophy on your side is a big plus. What we can do personally is mind our own piece of land. If we use pesticides, herbicides, or chemical fertilizers, we are killing the soil, which then becomes a carbon emitter rather than a carbon sequesterer. All those chemicals end up in Puget Sound where Salmon, Orcas, and everything else are ingesting them and dying. If you don’t have heavy, hooved animals grazing your lawn, you will need to mow your lawn occasionally, fertilize it with compost, and aerate it. Without aeration, our lawns form a dense mat that excludes water and starves our soil microbiota of oxygen. Better yet, get some sheep to do it all for you. It’s their job.

Comments? terry@vashonloop.com

Dr. Gary Koch Scholarship

Continued from Page 1

Jeff Hans Petersen and many others (and including, of course, me in 1983). It seemed that whenever there was a shortage of providers or illness, Gary would step in. He also was a clinical instructor for numerous nurse practitioners and medical residents in training, notably including Kimberly Scheer who went on to set up her own clinic and Katie Konrad who continues now to see patients on Vashon.

Gary was also the one responsible for communicating and negotiating with the Vashon Health Center and Granny’s Attic Boards. Especially in the first 20 years, he was closely involved with Vashon Island Fire & Rescue, which for many years operated with only two medics and an active volunteer organization. He always let the aid crew know they could call with questions at any hour and that we would see their patients if needed. Gary was the supervising doctor for the nurses at Camp Sealth for many years, and he was the point person for the school nurses as well. And he always had a heavy load of patients at the Vashon Community Care center, spending many “off hours” tending to their needs.

As is painfully obvious today, primary care is a struggling field. It is critical to our health but very poorly reimbursed. Indeed, this problem resulted decades ago in the original formation of the Vashon Health Center along with the Granny’s volunteers to support it, and eventually it forced the Health Center to merge into Highline, then CHI and now Neighborcare. For the same reason other clinics have had to close or not take the full range of medical insurance. When Gary started working on Vashon, we were a formal “underserved area.” In an odd way, we remain so today with no 24-hour availability and limited general care options. Despite all of these travails over many years, Gary always seemed to have

incredible optimism. He would never quit looking for an answer to a logistic problem (even when we could not always find one). He made sure we had clinic parties to celebrate the staff, and he organized our Vashon Health Center parades at Strawberry Festival.

This is only an abridged version of his contributions to health care on Vashon. But there is more to his community involvement. Gary has been an active member of the Lutheran Church and on several search committees for its pastors. He loves music and has sung with the Vashon Chorale for many years, both as member and soloist. He has been in plays and sung in operas and for chamber groups, fundraisers, funerals and weddings (including my own). And in almost all cases, he is as excited as a kid in a candy shop to be doing them.

We are proud to establish this scholarship fund to honor Gary and hope those who have been touched by his care and community involvement will consider contributing to it. No donation is too small—or too large!! The Vashon Community Scholarship Foundation is a 501(C)(3) organization. All donations are tax deductible to the extent of the law. Contributions may be made by check to the Vashon Community Scholarship Foundation (or VCSF) and sent to PO Box 1413, Vashon, WA 98070, or through their website at www.vashonscholarshipfoundation.org. Please indicate on the check or online form that it is to the Dr. Gary Koch Scholarship Fund. Please tell all whom you think might be interested. Thank you so much.

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Island Epicure



By Marj Watkins

A Recipe from where it’s Always Summer

We’re talking about the capital of Thailand, home of Pad Thai and other noodle dishes. It’s capital, Bangkok, also known as Krung Thep, is little more than 13 degrees north of the equator. It’s always summer there. Cools down to about 80 degrees Fahrenheit at night. Cooks there spend lots more of their kitchen time selecting menus, chopping vegetables, and soaking noodles so they’ll cook faster. They spend only a few minutes actually cooking. (You may want to clip and save this column for when our hot weather arrives.)

The other night I made Bangkok Noodles. The thread-thin noodles, soaked for 15 minutes in very hot water and then drained, cook in 2 to 5 minutes. You can prepare the rest of the ingredients ahead, pull them from your refrigerator just before supper time, and very quickly have your main dish ready for the eager forks awaiting the meal.

- Bangkok Noodles
- Serves 4
- Sauce:
- 1 ½ cups coconut milk
- ½ cup ground meat
- ½ cup small shrimp or large

shrimp cooked, shelled and cut in pieces

Red curry paste to taste

In a quali or heavy saucepan bring the coconut milk to a boil. Stir in the ground meat. Reduce heat and simmer until meat is done. (At this point you may be tempted to add salt. Don’t do it Add red curry paste, stirring and tasting until the degree of spiciness pleases your taste buds. There will have been salt enough in the red curry paste to salt the whole dish.

Stir in the shrimp. Cook just long enough for the shrimp to be heated through, 2 to 5 minutes. Pour into a serving dish and store in your oven with the heat set at Warm.

- Noodles:
- ½ cup coconut oil or olive oil
- 1 red onion halved and cut into strips
- 1 pound rice vermicelli, a.k.a. cellophane noodles, soaked in hot water 15 minutes then drained and reserved
- 8 lettuce leaves washed, dried and arranged on a platter
- 2 eggs well beaten, cooked as an omelette, and reserved
- 2 limes microwaved 1 or 2 minutes and then cut in wedges
- Chilly sauce or red hot pepper flakes
- Bean sprouts, optional
- Heat the oil in a wok or large, deep saucepan. Stir-cook onion. Adde the bean sprouts if using.
- Add the vermicelli. Toss as the threadlike noodles as they cook for 5 minutes. Mound them on the lettuce. Arrange the lime wedges around the edges. Decorate with omelette strips. Diners squeeze lime juice on their portions. This dish makes a very pretty presentation, and the blandness of the cool lettuce leaves provides a pleasant counterpoint to the spicy noodle and meat dish.

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Jason Everett and the Seattle Metropolitan Chamber Orchestra

Island composer and bass guitarist Jason Everett and the Seattle Metropolitan Chamber Orchestra (SMCO) have collaborated on a new program called “From Spain to India: Contemporary Instrumental Masters,” which brings together Everett’s love of Indian and Flamenco music with SMCO’s mission to “feature a unique mix of music for chamber orchestra and small ensemble of all eras, with a significant focus on contemporary and rarely heard music. The ensemble is dedicated to exploring the future of music, premiering new works of gifted young composers, and showing audiences how powerfully relevant classical music is to our world.”

Everett, who trained as a classical bassist before discovering his passion for Indian and Flamenco music, recently recorded the CD “Playing with Fire” with his Indian fusion band, Deep Energy Orchestra. Two of the band members also play with SMCO, and they recommended Everett to SMCO conductor Geoffrey Larson.

“SMCO musicians often perform with a wide variety of other musical groups around the Northwest, from Seattle Symphony and Symphony Tacoma to Macklemore and Ryan Lewis,” Larson said. “Indian classical music has always interested me and other members of the orchestra, so we jumped on the chance to take on



Fareed Harque, who has toured with Paquito D’Rivera and Sting and is known for his wide-ranging collaborations. The other musicians will include Trey Gunn, who is a guitarist of the rock group King Crimson and plays a 10-string Warr touch guitar. Performing on electric violin, Radhika Iyer has been praised for her successful blending of traditional Indian classical music with contemporary sounds. These musicians will join SMCO to explore the connections between the Indian and Flamenco styles.

“We will be creating a show that is unique, one of a kind,” Everett said. “I’m very excited. It is an opportunity of a lifetime. I feel blessed that they reached out to me.”

The program will include Manuel de Falla’s Suite from “El amor brujo” and the music of Ravi Shankar, Anoushka Shankar and Jason Everett.

Tickets available at VashonCenterForTheArts.org

Sunday, February 3 | 4 pm

Advance Tickets: \$10 Student |\$18 Member | \$20 Senior | \$22 General | All tickets at the door: \$26

a project that explores Indian styles.”

Everett dove deeply into the collaboration, scoring music for 20 musicians 12 hours a day for the last six weeks.

“The drone and bass note of the Indian music and the rhythmic Flamenco are opposite, but they blend well,” he said. “SMCO wanted to embrace the two styles of music and asked me to articulate those in a modern fusion.”

Everett will be a soloist along with special guest artist and legendary classical guitarist

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Valentine

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GAMES START AT 6PM

WITH CELEBRITY BINGO CALLERS

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TICKETS AVAILABLE AT THE CENTER.

On Saturday, February 9, let Miss Informed and Miss Guided spark your Valentine heart with their witty commentary and bingo ball prowess. Doors open for snacks and drink at 5PM. Bingo balls and your luck in love take off at 6PM. Wear costumes if you wish. Tickets are available at the Senior Center, MTW&F 9AM-3PM. \$15 for members and \$20 for non-members. The Center thanks Palouse Winery for their support!

St. Ophelia



Saint Ophelia brings an Alternative Folk Rock sound to the stage with their original songs that run the gamut from rocking to spacious. Singer-songwriter Joseph Panzetta and vocalist Rebekah Bevilacqua Kuzma front a stellar band that includes Dan Tyack on pedal steel and Wesley Peterson on drums. They will be joined by Chuck Keller on bass.

The uniqueness of Saint Ophelia’s sound lies within the blend of its vocals, musicianship, and eclectic original songs within a vast range of styles. This makes listening to Saint Ophelia a unique and visceral experience.

One of the band’s stand-out qualities are the harmonies of lead singers Rebekah and Joe. Rebekah’s vocal talent comes from years of classical training, singing in choirs and being a church cantor. The two sang together for the first time on the Voice of Vashon radio show, Live on the Highway, and came away knowing they had to collaborate more. From there, they say the band just happened.

As an audience member, you

hear their sound in the totality of finely tuned collaboration. They are all using their instruments in innovative and masterful ways that blends together into a harmonic presentation that is something quite different and enjoyable.

The fun is visible in their live performances. The bandmates are connected and are locked-in with each other as the songs seem to move through them more than coming from them. Michael Marcus’ jazz training is evident in his masterful bass playing, and Dan Tyack takes the songs to new heights with his leads. Tyack, a consummate innovator on the steel guitar, who has performed and recorded with artists such as Derek Trucks, Jackson Brown, Graham Nash, and Bill Frisell, said, “this is the best playing I’ve ever done. This music just explodes at you with all these ideas you haven’t heard before. This is the best music I’ve ever been involved with.”

Friday, January 25th, 8:30pm. St. Ophelia

The Red Bicycle Bistro & Sushi. All-ages ‘til 11pm, 21+ after that. Free cover!

February Gallery Shows at Vashon Center for the Arts

Opening reception Friday, February 1 at 6:30pm

In the Koch Gallery
Katherine McDowell
ABSTRACT SEASCAPES

Katherine McDowell’s one-of-a-kind monotypes celebrate her love for the colors and textures of nature. Her show “Abstract Seascapes” explores color relationships, while their compositions hint at abstract seascapes. Her images give pause, communicating differently, depending on what the viewer brings emotionally to the scene.

Becky Knold MEDITATION PAINTINGS

Becky Knold’s exhibition “Meditation Paintings” are her personal expression of the positivity in the face of a world that recently seems to be losing its direction and balance. Because her art is abstract, the particular ‘inner vision’ she experiences through meditation are perceive then depicted as shapes approximating circles, orbs, spheres, as well as various marks and lines, each with particular meaning.

Seth Sexton CURRENT OBSESSIONS

Central to Seth Sexton’s “Current Obsessions” meticulous pen and ink drawings are repetition and pattern. The images are iconic, abstract and craft-like, reminiscent of Moroccan tribal rubs or aboriginal dream paintings – a symbolic roadmap from the inner working of the body to the stars above.

In the Fong-Wheeler Atrium
Neil Berkowitz
QUESTIONS OF IDENTITY
Neil Berkowitz,



photographer, applies digital tools to traditional darkroom techniques such as multiple exposure and slow shutter shots utilizing intentional movement. His photograph show “ Questions of Identity” demonstrates art’s ability to influence modes of observation and interpretation in everyday life.

In the Joy & Chai Mann Gift Shop

QuarterMaster Press
SEALED WITH A KISS

Seven members of Quatermaster Press will present a Valentine inspired show, “Sealed with a Kiss”. The subject matter and techniques will be as unique and varied as the individual members, Pat Churchill, Debi Shandling Crawford, Brian Fisher, Lisa Guy, Christina Nichols, Rachael Osborn and Deborah Taylor. The show will include original prints (framed and matted variety) and cards that make for a perfect gift for your loved one.

National Theatre Live

VASHON THEATRE

Streaming LIVE
11:00AM
Thursday
January 31st

I'm Not Running

a new play by David Hare

Tickets \$20/\$18

I’m Not Running is an explosive new play by David Hare, premiering at the National Theatre and broadcast live to cinemas.

Pauline Gibson has spent her life as a doctor, the inspiring leader of a local health

campaign. When she crosses paths with her old boyfriend, a stalwart loyalist in Labour Party politics, she’s faced with an agonising decision.

What’s involved in sacrificing your private life and your piece of mind for

PSCCU First Friday

Puget Sound Community Credit Union is putting on an extraordinary show that should not be missed! Artist Susan White first became interested in photography when her let her use her Kodak folding pocket camera. Her intrest gained momentum with the beginning of digital photography

Taking a class from Ray Pfortner some ten years ago that focused ob shooting Vashon Land Trust properties.

Our musical guest is the amazing Daryl Redeker

Artist reception on February 1st.



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Next Loop comes out February 7

Vyacheslav Gryaznov Piano Concert

Classical pianist Vyacheslav Gryaznov is the author of more than 30 concert arrangements and transcriptions. His works have been performed by Boris Berezovsky, Alexander Ghindin, Nikita Mndoyants, Tomoharu Ushida, the Messiaen-Quartet, the Moscow State Chamber Choir, the Moscow Philharmonic Orchestra, the Moscow State Symphony Orchestra, and by many other musicians and collectives. They are heard in concert halls all over the world, and are chosen for prestigious international music contests like the Tchaikovsky Competition in Moscow. He performed at Carnegie Hall as winner of the 2016 New York Concert Artists Worldwide Debut Audition and recently completed recording his first CD on the Steinway & Sons label.

By special arrangement, VCA is honored to welcome "Slava" Gryaznov to our stage for an invigorating program of Rachmaninoff, Debussy and Ravel. Slava will give a pre-concert lecture on the Rachmaninoff Six Moments Musicaux, Ravel Gaspard de la Nuit, and his own transcription of Debussy's Afternoon of the Faun. The lecture is included in the ticket price.

Slava is recognized for his outstanding musical transcription of classical works for solo piano. While doing research for his upcoming Music History Lecture on Debussy, island musicologist and amateur pianist Michael Tracy first heard Slava playing his transcription of Debussy's "The Afternoon of a Fawn."

"It blew me away," he said. In fact, Tracy was so impressed by what he heard that he tracked down Slava's agent and arranged for the 36-year old pianist to include a stop on Vashon during his West Coast tour.

"We are also arranging to have a concert grand piano brought over from Seattle, courtesy of Steinway," Tracy said. "Steinway typically will offer pianos for their Steinway performers, like Slava."

Slava recorded his first CD on the Steinway & Sons label last year in addition to performing at Carnegie Hall and the Berliner Philharmonie as well as engagements in Russia, Lithuania, Netherlands, Austria and France. Slava is a member of the Moscow Philharmonic Society and author of more than 30 concert arrangements and transcriptions. He has quickly gained a reputation as "one of the most remarkable young



arrangers working today."

Musical transcription — arranging an orchestral piece of music for a solo performer — was a common practice among the great pianists of the 19th century, Tracy said.

"With transcribing, you try to keep as much of the original notes for the orchestra while knowing the limits of the piano, plus using your own and the composer's sensibilities," he explained. "Transcribing died out in World War II, but now people realize that it is a genre in itself."

The first half of Slava's program will feature Rachmaninoff, who represents the end of the 19th century Romantic period. The second half will include Debussy and Ravel, and from these two Impressionist composers, Tracy said, we can see the beginning sound of jazz and Broadway in the 20th century.

Tickets available at VashonCenterForTheArts.org

Saturday, February 2 | 6:45 pm pre-concert lecture | 7:30 pm concert

Advance Tickets: \$10 Student, \$28 Member, \$30 Senior, \$32 General | All tickets at the door: \$36

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Wild Moccasins



Wild Moccasins

Vashon Events & Tyrel Stendahl present: Wild Moccasins (Houston, TX) return to Vashon performing songs from their fantastic new album "Look Together" for what sure will be an epic all-ages dance party not soon to be forgotten! Island teen punk brother band 20 Eyes to provide support.

Fronted by Zahira Gutierrez (vocals/ keyboard) and Cody Swann (guitar/ vocals), Wild Moccasins' forthcoming third full-length serves as a new beginning for the group. Look Together tackles themes of repairing relationships, shedding insecurities, and fresh starts, with vibrant guitar and synth lines layered under Gutierrez's soaring pop melodies. The impassioned 12-track LP began to form merely a week after the release of 2014's 88 92, as Gutierrez and Swann's decade-long romantic relationship dissolved.

Healing proved to be a burdensome task, as Wild Moccasins were charted for two years of extensive touring. Gutierrez and Swann would spend countless hours positioned in a shared tour van, painfully staring each other down on stage and ultimately exchanging exaggerated he-said-she-said's through songwriting.

"When you're going through a breakup it's not uncommon for heartache to steer your mind toward resentment," Swann says. "But I never imagined how jarring it would be to hear it sung to me on stage."

Emotionally aggressive tracks like "Doe-Eyed Dancer" examine the complexities of observing an ex from afar, as Gutierrez biting sings, "And I bet you thought you wouldn't get caught/It's not entirely her fault/But she will never love you, no." The combative opener, "Boyish Wave," tackles misguided judgment through feisty guitar riffs and antagonistic percussion. Look Together's title track details love lost and the respective vows that come with the territory, while the album closes with the deeply pain-stricken, "Waterless Cup," in which Gutierrez laments through flawless vocals, "After all, I'm the one who poured the salt/The one with the change of heart/After all, it's all my fault."

Gutierrez and Swann began their writing partnership roughly a year into their romantic relationship, in 2007. The group has undergone numerous roster changes over the years, but currently exists with the addition of Avery Davis (drums) and original member Nicholas Cody (bass). The dynamic quartet's 2009 debut release, Microscopic Metronomes, is purely indie rock-driven, bolstered by dancey guitar riffs and tightly knit vocal harmonies; while full lengths, Skin Collision Past (2011) and 88 92 saw the band add more new wave influences with shimmering synth underlays. Their latest effort is highly pop-powered, with Ben H. Allen (Gnarls Barkley, Deerhunter, Animal Collective) at

the production helm. Recorded at Atlanta's Maze studios, Allen encouraged the group to revise their approach to the writing and recording process. The result is a diverse album that blends the signature, guitar-driven elements of Wild Moccasins' early discography with expansive electronic and '80s/'90s pop components.

For most romantically intertwined bands, Look Together would have never happened. Dissolving the group would seem to be the logical conclusion of their romantic split, but instead, the former couple chose to reconcile their differences the only way they knew how — working towards a common musical goal. Songwriting has been habitually engrained in the duo, and while being emotionally vulnerable with a former partner was difficult, it helped to construct the bridge between confusion and solidarity, culminating as a resilient and volatile break-up record co-written by exes.

"I think we look back on that time and take some comfort in knowing that we went through that together," Swann says. "It needed to happen in order for us to have this resolve."

"Yeah, it needed to happen," Gutierrez adds. "Now, when I sing the songs, I find myself breathing a sigh of relief."

20 Eyes is a hardcore punk band from Vashon. It's just two brothers. Frosty and Jake. They mix genres. Their influences range from Minor Threat to Beastie Boys. The bass and drums duo brings the highest energy show possible.

Get your tickets while they last! Here's the link: <https://wmvashon.brownpapertickets.com/>

Friday, Feb 1st, 8:30pm

Wild Moccasins

20 Eyes

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20 Eyes

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