



THE VASHON LOOP

Vol. 17, #2

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January 16, 2020

The World's Quickest Theater Festival

In an event that has grown to epitomize island art, collaboration, and spontaneity, the world-renowned 14/48 festival returns on January 24th and 25th. Watch the Island's best test their improvisational and creative skills, when everything, from themes and props to directors and cast are all drawn from a hat and the clock begins to tick.

On Thursday, 14/48 participants choose a theme by completing this sentence: "Theater would be a lot more interesting if there were seven ten-minute plays about ____." In the following 48 hours, directors, writers, actors, and designers join to create spontaneous theater. The result? Lightning in a bottle.

Watch the miracle of theater emerge in a wild whirlwind of stage alchemy. Yes, it's as madcap, unexpected and sometimes absurd as you'd expect... you won't want to miss it.

Seattle-based 14/48 Projects is an internationally recognized organization that has left audiences surprised and



delighted since 1997. Don't miss it! Tickets available below and at the door.

14/48 Vashon will be performed at Open Space for Arts & Community in collaboration with Vashon Center for the Arts.

Tickets will be available online at www.openspacevashon.com and at the door.

Exciting Happenings on the Stage at Vashon Kids



Vashon Youth and Family Services is excited to announce a new program being offered this winter at Vashon Kids. Beginning on January 15, 2020, Vashon Kids will be doing a 10 week theater program for kids age 5-12 during the Vashon Kids after school program at Chautauqua Elementary School. Local theater expert Charlotte Tiencken will be leading the students in this weekly theater class on Wednesdays from 3:35-5pm. The class will run from January 22-April 1, and will not meet during winter break on February 19. At the end of the 10 week course, the last class will be performance day and parents and friends are invited to see the show on the stage at Chautauqua Elementary.

Tiencken first offered this theater class for kids this past summer at the Vashon Kids Summer Camp.

After the success of that program, Tiencken is returning to lead another session at Vashon Kids, this time during the after school program. During the summer program, the students in theater class performed the play "Why

Mosquitos Buzz in People's Ears," an African folk tale (see photo).

Vashon Kids is a before and after school enrichment care program for elementary school age students, ages 5-12. The program takes place in the multi-purpose room at Chautauqua Elementary school and is offered from 6:30-9am in the morning and after school from 3:35-6:30pm. To register for the program, visit vyfs.org/vashon-kids

Also coming to the stage this winter is Caspar Babypants! Returning for his third performance at Chautauqua Elementary School he will be performing this free community event on Wednesday, January 29 from 6:30-7:15pm on the multi-purpose room stage. Performing hits from his latest Grammy nominated album, "Flying High," Chris Ballew (Caspar Babypants) will be singing songs that both kids and parents will love. Donations for the Vashon Kids and Family Place scholarship programs will be accepted at the door, and free popcorn will be provided by Chautauqua Family and Community Engagement (FACE).

The Road to Resilience

The World Needs You

By Terry Sullivan,

There is so much in the way of peril or promise before us these days that it is difficult to know what to do first. Besides addressing the drivers of climate change, we have to address the drivers of the drivers, that is, our incessant and increasing extraction of the Earth's resources as if our planet were lifeless and infinite. Other crises with equally serious implications are income, class, racial, ethnic, and religious contests for power and control; the extensive pollution of the world with plastics and other chemicals; and the refusal to follow nature's life-affirming laws in our interactions with it. It's not simply adjusting the dials that we need to do, it is taking on a whole new world view that will save us. The people currently in power, for the most part, do not understand this and are leading us in the exact opposite direction when we have little time to waste. If we can elect a president and a congressional majority that understand, even superficially, the epic challenge of our time, we can enact laws that create economic and political systems that work for everybody and toward world peace, while addressing the concerns and priorities of our planet.

With that in mind, Indivisible Vashon is setting high priority on recruiting people to help get out the vote. In 2016, voter turnout, at 55%, was at a 20-year low. It's not a dramatic difference—voter turnout has been a little above or below 60% forever. In keeping with the pivotal nature of the times in which we live, we need to do much better than that.

Michael Meade recently said something that really stuck in my mind. Playing with familiar words, he said

that America is a dream that has yet to be realized. The "American Dream" we are familiar with is the possibility of becoming wealthy. That particular dream has proven attainable by only a few, and now even the idea of attaining it is open to question. The dream of a fully participatory democracy has yet to be realized, so we need to convince more people than ever before to get out and vote.

I see four reasons why people don't vote. Firstly, since we've had so few bumps in our road, we have evolved a custodial democracy. By that, I mean that we tend to think that the country will operate fine without much intervention on our part. Secondly, there may not be anybody running that we particularly care for. Thirdly, we feel that regardless of who gets elected, our opinions really have no effect on policy. Fourth, many people are struggling and don't have the bandwidth. All four of these are well founded.

The wealthy in this country have always skewed power in their direction by controlling the outcome of the vote. In an oft cited study by Martin Gilens and Benjamin Page from 2014, it was shown that the general public has zero influence on public policy. That's right, zero! There are, of course, many times when the opinions of the wealthy have coincided with the public, but, barring the approval of wealth, nothing from the people is enacted. This is the result of a long period of controlling who runs for office, who succeeds, and making lobbying offers that officials can't refuse. The result is a set of laws that maintain a status quo that is highly leveraged in favor of the wealthy.

Continued on Page 7

13th Annual Storytelling Festival

Vashon Wilderness Program sponsors a free family friendly event on January 26th at the Vashon Theatre.

Vashon Wilderness Program will host its 13th Annual Storytelling Festival on Sunday, January 26 at 1pm the Vashon Theatre on Vashon Island. This event is free for one and all and will feature nature-based stories - personal, mythic, and ancestral - told by VWP's seasoned staff and audience members alike.

"Storytelling is a core routine at our nature-immersion programs," explains VWP's Executive Director Stacey Hinden, "and our staff have told hundreds of stories over the years to children of all ages." 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.

Continued on Page 6

The Vashon Wilderness Program presents the 13th Annual Storytelling Festival

Tales to stir the imagination and transport us to realms of magic, myth and hero

FREE

"After nourishment, shelter and companionship, stories are the thing we need most in the world." —Philip Pullman

Stories for the community, by the community
Bring your nature-based tale to tell - personal, mythic, ancestral
Audience participation
All ages, best suited for ages 4-104

Sunday, January 26th
1pm
Vashon Theatre
17723 Vashon Hwy SW, Vashon

Vashon Wilderness Program
www.vashonwilderness.org
The Vashon Wilderness Program values and respects
beliefs and community, and the natural world.

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presents

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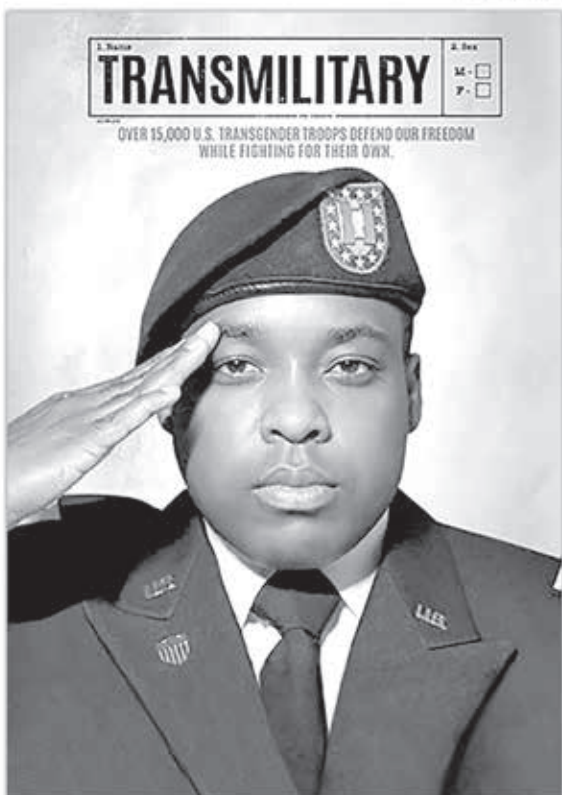
TUESDAY
January 21
6pm

LOCATION



SPEAKER

CPT El Cook

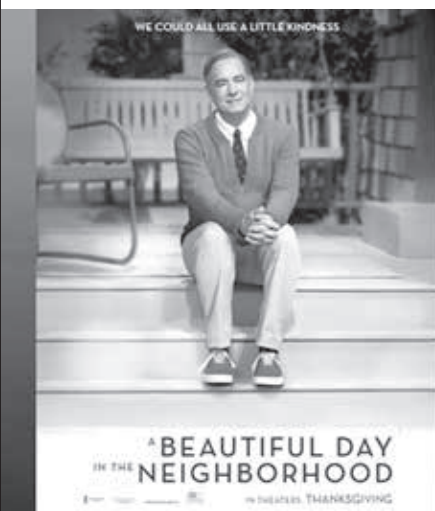


for more information visit
vashonheragemuseum.org
vashonseniorcenter.org
vashonpride.com



TransMilitary A documentary film comes to Vashon. Captain El Cook a Trans person serving in the Arms Forces will be present for a Q and A after the film.

Now Playing
**A Beautiful Day
In The
Neighborhood**



Coming Soon

Jumanji: The Next Level
Starts January 18

Little Women
Starts January 34

Backbone Greentech: Soundtrack for a Revolution
January 28 @ 6:00 pm

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

For show times and info check
www.vashontheatre.com

The Vashon Loop

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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.

New After School Nature Program - Spring Session

Herbal Kids is Vashon Wilderness Program's newest offering for children ages 7-10. Every Tuesday, 4-5:30pm kids make wild edibles and medicinals, learn to cook outdoors, practice survival skills, play games, hear stories, sing songs, and more! Space is limited; register now for our Spring Session: Feb 4th - May 26th. More information: VashonWilderness.org



Zen Center Events

Intro to Zen. January 19, 1:00 pm - 2:30 pm. Whether you meditate frequently or you've never tried meditation, bring your curiosity, your questions, and a friend. All are welcome at our free Intro to Zen. Havurat Ee Shalom Building, 15401 Westside Highway. More details at pszc.org.

Lets talk about living and dying

It's time for the first session of 'Let's Talk about Living and Dying' for 2020. This session is titled 'Death with Dignity' and will be held Sunday, February 2, 2020, 1:00 to 2:30 PM at the Land Trust Building, 10014 Bank Road.

Kathryn Crawford and Donna Klemka, Client Advisors from End of Life Washington will discuss end-of-life care options. As Vashon Client Advisors, they are available to help patients and families seeking information and support for end-of-life care. They can provide information on health care advance directives, dementia and Alzheimer's directives, and on voluntarily stopping eating and drinking. They can also help with talking to loved ones about dying, finding hospice providers, and understanding all options to achieve a peaceful death. One of those options is Washington's Death with Dignity Act. This act allows terminally ill adults to request a prescription for life-ending medication from physicians. Patients must be Washington State residents, have less than six months to live, be capable of making an informed decision, and have the ability to self-administer the prescribed medication.

End of Life Washington provides advocacy, education and support for people who want to explore end of life care options. The organization advocates for patient-directed end-of-life care, expanded choices for the terminally ill and optimal pain management. The goal is to help people understand their end-of-life choices so that they can die on their own terms.

There will be time in small groups to talk about your thoughts and reactions to the presentation. We hope you can join us for this next session.

'Let's Talk about Living and Dying' meets quarterly and is a part of Vashon Conversations that focuses on supporting people to finish their Advance Care Directives. It evolved from the Death Café 3 years ago. For more information call Susan Pitiger 206 818-4232; Jane Neubauer 206 567-5404; Kim Eckhardt 206 678-2204.

Community Song Bath

Community Song Bath at NEW TIME

Vashon's Threshold Singers will share soothing bedside songs with the island. Come relax in a zero-gravity chair and listen to the group's calming a cappella harmonies. Great way to reduce stress and the winter blahs.

Friday, Jan 24 from 6:00 to 7:00 PM at

Gather (old Heron's Nest)
17600 Vashon Hwy
Questions? Call Barb at 206-567-5264.

Passing of my Best Friend



Awakened from sleep very early, middle of the night
thinking dawn was very far away
I came into the living room
and my cat Lito who had not eaten
in over a week
who had become thin fur over bones
who had stopped drinking water just
yesterday
Had somehow unfurled his fragile body himself
to find his way to a lonely food bowl and was eating.
Then he wandered, leaning his thin body to and fro,
to the water dish
and after drinking plenty
went to his litter box to pee.

Able to hold himself up
he looks at me fully and long.

Grateful am I
to be with him more
until another day, another time
we part.

Jo Ann, on Vashon

My best friend Miguelito (Lito) died December 26, 2019
Birth 2002 and passing December 26, 2019

Zen Full Day Retreat

Come spend a lovely winter day with us, meditating and contemplating Ordinarity. Nansen famously told Joshu, "Ordinary mind is the way." What did he mean, and what does it tell us about our practice? Join the Puget Sound Zen Center for a full day of sitting at the beautiful Joan Hanna Barn on Vashon Island. Koshin Chris Cain will discuss Becoming Ordinary. January 25th, 8:30-4:30 pm. Registration is open to the entire community; no previous meditation experience required; all cushions, chairs, etc. provided. Space is limited. \$55 for PSZC members; \$75 for nonmembers. Lunch included. To register go to www.pszc.org. Questions? Contact registrar@pszc.org.

Free Community Celebration Storytelling Festival

For the community, by the community! Share in the ancient and powerful practice of oral storytelling. Vashon Wilderness Program's experienced storytellers will delight audiences of all ages. Bring a nature-based story of your own to share - personal, mythic, ancestral! Join our One-Minute Storython, play story improv games, and more. Sunday, January 26th, 1p.m. at Vashon Theatre, 17723 Vashon Hwy SW. For more information, visit: VashonWilderness.org

Next Edition of The Loop Comes out Thursday January 30

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

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information or
Article and get
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Hopkins Pass Outhouse

By Sean Malone and John Sweetman

'Hey there! How deep do i gotta dig these holes?' I asked John.

'dig 'em 'till ya run outta shovel!' John answered.

'Well how come you got the short shovel.!' ..? i replied.

'That's ' cause i'm on the bottom side of the bank and you're on the top of the slope!.

Thus began our mutual construction adventure into the modern outhouse world.

John and i agreed to construct an 'outhouse' for a close friend.. It was to be not merely an 'outhouse' but one with insulated walls, hardwood floors, wifi, dish tv and a fold down cot .. the outhouse, or 'throne' room as well called it, also included an antique port hole conveniently located such as to provoke contemplative thought when seated at the 'throne', which was a high tech marine style incinerating potty.

John and i were into the project as we had negotiated a superb deal. We offered to work half as fast for twice as much per hour as anybody else. In actual fact, high school kids made more per hour raking leaves than we did, but we had the freedom to use the prime cedar from L and S and also spend hours making mortise and tenon joints. 'We used not one nail in the structure except for marine bronze ring shank nails used to install the special 12 inch tapered siding that Loren at L and S allowed us to hand select, and while Loren was initially skeptical.. the success was that the roof has held up for many years. We used nearly clear tapered siding cedar that we treated against moss and we then covered the peak of the roof with bent 14 gauge pure copper sheeting, with a ground rod. One can never be too careful about potential lightning strikes in an outhouse.'

Neither of us claimed any good sense in the fine art of actual carpenter work, both of us had a lot of boat and log cabin experience and liked the complex old ways of woodwork. We both had a certain reverence for wood.

However, we did not exactly have a reverence for 'outhouses' or 'privies' as both of us had early and not necessarily good experiences with the concept.

John said, 'well at least we won't have to move this one and dig a new hole!' I agreed while digging out the last hole for the forms to be set in. We did not look forward to the hand mixing of the bags of concrete we had to haul downhill.. And thus working together with the usual banter and sniveling about one thing or another we both recalled various early memories of our past.

John remembered that in the early days on the islands, most places had indoor plumbing, but were usually connected to primitive systems that failed due to high tides, high rainfall or just lack of maintenance and small diameter cast iron outfalls. Many systems were just buried old barrels that slowly rusted and leaked into the ground. It was always handy to have an outhouse in times of high demand since most houses had only one bathroom.

John recalls his grandfather's outhouse as being well ventilated and well appointed with outhouse accessories. It was made of oiled cedar and had a wooden seat plus a small bench for literature to be displayed. Next to the seat was a bucket of ashes to help keep the outhouse "sweet." In addition there was a kerosene lamp for reading, or useful for contemplating a stack of magazines. There were copies of 'True', which was full of manly adventure stories and the occasional pictures of alluring and scantily clothed women, painted by Vargas.

Hanging next to the seat were Montgomery Ward catalogues with various ripped out pages suspended by string in addition to a string of dried and rubbed corncobs. It was years later when John realized the purpose of the corncobs and said: "People must have been tough in



those days." Perhaps it was a coincidence but the outhouse was built next to an active bee hive. Later John came to realize that the location may have been designed by his grandfather to promote solitude and privacy, since the women rarely used it. Even though there was always a copy of Sunset magazine out there and another copy of 'good housekeeping'...For "display" purposes only, as they say. John once discovered a small jug of late harvest 'apple' jack on a high shelf that was probably used for medicinal purposes only. Maybe his Grandfather had anticipated the modern "man cave" well before the advent of 60 inch TV's and televised football.

As John related this story, I remembered an unusual outhouse event.

It was cold that night when the pack string pulled into Hopkins Pass to make camp, that camp functioned at different levels if you know what I mean, now you take old Frank Martin who blew himself up while powder-monkeying, the construction of the North Cascades pass, but this was years before, in the summer of 1960 and I was 20 years old. Frank was pushing 60 in the 10 weeks I had to put up with his mouth. He made me so mad one day, I stepped outside the cook's tent and they said later that I chopped a pile of stove wood, 5 feet high. Sunday was my only day off, building trail to the Canadian border, just five miles north of Hopkins Pass. We were surrounded by mountains in the Pasayten Wilderness Area and that day, I had picked Three Fools Peak and it is no lie that part of the climb to the mountain was called the "devil's staircase."

When I climbed Three Fools Peak and made it to the top, I pulled a cap and fuse out of my pocket and rammed it into a stick of dynamite, lit it, and threw it down the mountain. When they heard the noise in camp, they knew that I was on my way back and not to worry. Frank stopped me at the cook tent. "Where have you been," He demanded. "Three Fools Peak," I replied. "Impossible!" he said. "You didn't have time to make it there and back." Frank made me so damn mad!

We had a crew of ten of which I was the chief, when all I had to do was to make sure that the tread was 24 inches wide and that excluded the use of "duff" or dirt from the trail building effort, because if the trail was soft toward the outside edge of the tread, the forest service inspector would walk his horse near the edge, to see if the bank held or not.

I found a place for my tent, not too far from the little lake and in the meadow where we shot our camp meat, another one of my duties, I can't remember if I was licensed or not, probably not. Frank asked me to build an outhouse, so I found two trees not too far apart and proceeded to dig a hole between them. For a seat, I lashed two pine poles between the trees and over the hole, just the right space apart. I could have rigged a tarp or manny with a diamond hitch, as it is called among the packers, my memories are fading and starting to lose that desire for perfection and attention to detail.

Frank was our powder monkey and we dug holes under the stumps for him to set his charges. We ran for cover when the first charge went off down the trail, throwing a big stump 75 feet in the air, as Frank leaned over to light another fuse, for now we could see him walking towards us as an

2020, the Age of Clear Vision

Like it or not, President Trump is our representative face on the world, whether we think he is hot stuff or can't stand him.

He is providing a mirror for TRUTH by showing the World its opposite. (Latest tally on the Fib-o-meter: 15,000+) He is shaking our very sense of what TRUTH is and from its burning embers, TRUTH will, I expect, emerge naked and unafraid, stronger by the challenge. Gandhi said, "TRUTH and love have always won."

Democrats find themselves on the easier side of TRUTH with facts to back them up, while Republicans are hanging on to loyalty to their arch-fibber through covering up what is already out in the open and calling the fibs true or "unimpeachable". In an effort to stay in power, they have sacrificed their own personal integrity and credibility in the world. The TRUTH is still the TRUTH. What is unfathomable is how many people believe the fibs and the fibbers!

TRUTH requires that we are humble enough to admit it when we are wrong or ill-informed. We have all told a fib or two, especially as children, when, if properly corrected, we likely decided that lying was a bad idea. Most of us are not serial fibbers, but who doesn't lie to themselves on occasion?

Lies allowed to fester cause distrust, separation and injustice. Multiple lies told multiple times are destroying our sense of good and stability in the world.

We are all susceptible to lies which may have made their way into our consciousness early in life. The most damaging ones are buried and hard to get to. But the work is worth it, because painful or not TRUTH does set us free. Kill a lie and the TRUTH emerges.

Our most damaging lie is that we are separate from the Divine and thus from each other and our own deeper nature.

Cultivating a deep and reverent relationship with our Creator is the key to unlocking the experience of ourselves as spiritual beings and that is the one thing that will save us as we scramble to survive our own follies on Mother Earth.

To get past our own resistance to this TRUTH, we need a map home. The ancient lineage of King Salomon provides just such a map. By walking this path, we are empowered to re-discover our TRUE and deeper nature and what we came here to be and do! It is available through Modern Mystery School and I offer the first steps here on Vashon.

Life Activation, spiritual initiation and specific daily practices of prayer, meditation and ritual are tools which can

apparition, as he came striding through the smoke and dirt billowing up behind him and that same ugly frown on his face as he stooped to light the next fuse.

Porcupines came into the camp at night to lick the salt off the poles where the guys, being guys, had missed their pissing aim in the dark and the constant nibbling of the porcupines had begun to weaken the poles until one morning there was some awful screaming coming from the outhouse, where Frank had fallen through my porcupine chewed poles.

Working together, with 100 years of experience between us, we have found great satisfaction in the construction of conveniences without a flush.

Sean@vashonloop.com

release us to our passion, our joy and the clarity of our unique contribution in the healing of ourselves, our communities and our Mother the Earth. If you are already engaged in purposeful work, the practices can help you up-level your game.

With all the needs of the world crying out to us, it is essential that we discover and accept our unique identities and contributions in the grand scheme of healing our planet and ourselves! Imagine a world where all of us know that sacred connection within and reflect it outward and engage in the purpose we were born to manifest. Our very survival requires this transformation and that is what this ancient pathway can empower us to, individually and then collectively.

The TRUTH. We each have our own personal TRUTH. In addition, we carry a particular viewpoint on the deeper and wider TRUTH that we share. It takes maturity, heroic integrity and real guts to reveal and stand for that TRUTH. That is what will take down the great fibber, his supporters and his house of flimsy fib cards, the TRUTH and those who stand up for it.

Many years ago, I attended a workshop on muscle testing and TRUTH. We all made statements and the more TRUE they were, the stronger our muscles became. Deep down in each of us we know what is TRUE because TRUTH makes us stronger, healthier and more peaceful.

Whenever we see "2020", let that remind us to stand for TRUTH and the clarity of vision to know the difference.

If you are interested in the map I mentioned, let's have tea.

Marnie Jones-Koenig

Guide, Healer and Teacher certified by Modern Mystery School

And owner of Star of the Sea Center of Light, Vashon

Starofthesea.center

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Next Edition
of The Loop
Comes out
Thursday
January 30

Deadline for the next edition of *The Loop* is

Saturday, January 25

Advertise in the Loop!

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

ads@vashonloop.com

Next Loop comes out January 30

Island Life In Color

By Peter Ray
pgray@vashonloop.com

I am guessing that, like the revelation that happens when winter snows melt away to expose all that was hidden through the season, when the piles of stuff that are slowly but surely consuming my so-called studio are finally deconstructed and put in proper places, my first DVD copy of 'It's a Wonderful Life' will emerge- a little bit dustier, but still playable. When all the obvious piles of where the disc might have been had been rummaged through on a recent search, though, this effort yielded nothing. So on the chance that it was one of the dogs who decided that the disc and case needed to go out into the yard for some recreational chewing, and having missed the screening up at the theatre, I decided to order a new copy. It arrived days later and I sat down for a viewing, only to find that when the disc began whirling in its tray, it turned out that what I had mistakenly ordered was a colorized version of this seasonal classic. I was slightly disturbed when the opening title cards had reds and greens instead of what had been the usual shades of gray of any old black and white film. My thoughts then turned to turning this off, but curiosity and the immediate desire to see this film prevailed- I watched on.

Remember when the colorization process was just coming out, and how, at the time, I was a bit horrified at the thought of what I had known in shades of gray, white and black, being transformed into semblances of what might be called living color. My first few months working at the International Museum of Photography at the George Eastman House back in 1975 had been spent cleaning the Dryden Theatre by day (among other things) and then coming back at night to see a wide array of classic films from the European masters. Antonioni, Bergman, Bunuel, DeSica, Fellini- all of them in basic black and white and all with subtitles. Dubbing of these wonders was bad enough, but adding colors seemed to be sacrilegious. As it was, I don't know that any of these were actually to be threatened with the digital coloring set. But it was the American black and white classics that were most likely to

get the cinematic Crayola treatment, since the distributors and perhaps the studios felt that "modern" audiences were more likely to flock to the formerly colorless classics in droves if any kind of colorization would now be a part of the viewing experience.

In reviewing my viewings list over the years, I would have to say that it was a screening of a brand new 35mm print of 'Casablanca' at the Dryden, on a New Year's Eve in the later seventies, would have to rank as the highpoint of my film watching throughout the eons. First of all, it was the first time I had ever seen it. Secondly, its newness meant there were no scratches or splices or any flaws at all. And thirdly, it was and still is simply an amazing film. What I remember most were the night shots with the rich, dark night sky and whatever else stood in well lit, stark contrast to it. In truth, I am not recalling whether or not I saw this before or after being at Penland and having my favorite instructor there, Evon Streetman, exclaim whenever one of us produced a worthy print that she just wanted to lick it. Everything about that showing of Casablanca was lickable and certainly was in no need of any type of pigmentation to make me like it any more than I already did.

The only color that was added to Woody Allen's opening to his black and white classic, 'Manhattan', was George Gershwin's 'Rhapsody in Blue', and that was all that was needed. More recently, Alexander Payne's black and white meditation on getting old in the middle of the country, 'Nebraska', had amazing daytime skies and Bruce Dern and Stacy Keach and a great story that was anything but colorless. In looking up Nebraska on the Imdb I see that Payne did produce an alternate version that was in color to appease the studio's concerns- I did not know that, but can't see how it could hold a candle to the one in black and white. It got an airing on the teevee, the colored version- or the version that was in color, but as far as I know did not get to the theaters. In googling David Lynch's 'Eraserhead', I was a bit shocked to see a headline that stated that Lynch had just released a colorized version- until I saw that the article referenced was in the Onion. In 1979 I rode the subway to nearly its last stop out of Toronto because I saw an ad in the paper that simply said "Eraserhead- Bizarre". Nothing but black and white would have made that possible. And a few years later, Francis Ford Coppola made 'Rumble Fish' mostly in black and white with isolated flecks of masked colored objects within- it would not have had the impact it did with any more color than that.

But getting back to Wonderful Life, I did wind up watching it through to the end without convulsions or vomitiation. Even though I have since opted for a dry January and points beyond, I was having a few movie beverages at the time of this viewing, so my recollection of its entirety is perhaps not as it should be. I

Sold-Out Concert Raises Funds for Local Nonprofit



Pictured above, left to right, are Veronica Aristeo, Open Space Youth Programming Coordinator; Jiji Saunders, Open Space Executive Director; Heidi Jackson, Vashon DOVE Project Executive Director; and Kyle Britz, Advocate/Legal Specialist for The DOVE Project.

Last fall, Open Space for Arts and Community hosted a successful benefit for LGBTQ+ youth. After the event, Open Space for Arts and Community donated \$1,000 of the proceeds to DOVE, and used additional funds to benefit Open Space's new youth center, ORBIT. DOVE is a nonprofit on Vashon that works to prevent domestic violence and gender-based violence, increase awareness and support healthy relationships.

Last February, co-creators of the In and Out Exhibit at the Vashon Heritage Museum Stephen Sihla and Ellen Kritzman, along with Open Space co-founder David Godsey, conceived of a benefit concert for LGBTQ+ youth.

David, Stephen, and Ellen chose DOVE to receive a portion of the proceeds because of its programs and services for LGBTQ+ youth.

The performers included Jami Sieber, innovative electric cellist and vocalist, Cris Williamson a prolific artist who created the first woman-owned, woman-focused record company, and Ferron, one of Canada's most famous folk musicians and influential writer in women's music.

The fundraiser was part of Open Space's continued partnership with local organizations to support shared goals for the community.

do remember cringing as Harry Bailey headed towards his icy, almost grave on that shovel, and thinking that the pastel colorings of skin tone and stage set flora made the whole thing look a bit Hallmark card-ish. It made me wonder if this film had originally come out in color, if its box office would have been better, and if it might not have achieved its same status as a Christmas classic that it eventually worked itself around to attaining. Apparently, according to the Wikipedia thing, Frank Capra was originally on board with having it colorized until the people who were doing it figured out, with Wonderful Life now a public domain property, that they could just color it and cut Capra out of any royalties. This for some reason turned Capra into an anti-colorist.

A couple other scenes I am recollecting are, first of all, the whole sequence where George slowly figures out why no one in town knows who he is, thanks to Clarence's never-been-born hocus pocus. Perhaps the most obvious undoing of George's madness that was wrought by the added color was the scene where George is cast out by his no-longer mother at the Bailey Boarding house. With the coloring on his face, the crazed look George sweeps past the camera in wide angle and close range, almost comes to look like an out of time and place, somewhat goofy selfie, rather than expressing the frenzied madness of having one's secure and safe world become a hostile and unforgiving nightmare for no apparent reason. All of this in the original is enhanced by the light and shadow of the black and white. The other scene that comes to mind is George's bloodied mouth after the fight in what was no longer Martini's place. For some reason seeing it as red was further confirmation for me that it did not need to be seen as red to get the point across.

As it was, Wonderful Life was not a Christmas "thing" when I was growing up. The main movies I recall seeing at the time were the Alistair Sim version of 'a Christmas Carol' which originally was called just 'Scrooge', and the 1934 Laurel and Hardy classic, 'March of the Wooden Soldiers', both of which have since been colorized, although I've never seen those versions. Both of these have dark elements of ghosts and boogie men, which in some ways should call into question one of the main reasons given as to why Wonderful Life never took off at the box office when it was originally released in 1946, that is was too dark a vision for the holiday season. According to the wiki however, the FBI put out a memo about Wonderful Life, saying that because it portrayed Barrymore's Potter the Banker as a scrooge type, and supposedly suggesting therefore that the rich class was mean and despicable, that the film had Communist influences and leanings. Apparently, when it did go to public domain in 1976 it was grabbed by teevee stations to show as something for Christmas because it was now royalty free and cheaper to broadcast.

As I go to add another log to the fire, I do note the oranges and reds of the glowing bits of logs that fortunately have not burned to ash whilst pondering my next set of sentences here. In looking out the window I see that our late-to-the-party, white Christmas weather has turned everything to a mostly black and white scene all around, except for that patch of ochre and brown on the Madrona in the distance that is briefly being lit and highlighted in the late afternoon sun. As of now, everything out there is a colder shade of wonderful, and without an apparent Capra narrative to carry us on we look for color where we can find it.

Local Weather

www.vashonweather.com
Local Rain Totals
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Wind Speed & Direction
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Weather forecasts

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Vashon's Own
Community Radio Station

Rizo Returns

Singer-sophisticate Rizo returns to Open Space for Arts and Community on Friday, January 31st. A Manhattan fixture with global acclaim, Rizo has earned a name for herself by transforming nightclub-pop into soulful and theatrical cabaret performances.

Rizo was heralded in The New York Times as "SENSATIONAL... A fierce but kindhearted fusion of comedy, burlesque, performance art and rock 'n' roll." The Times of London also offered five-star praise and declared: "Rizo boasts a powerhouse set of pipes and personality galore."

Rizo has brought her unmistakable and unmissable talent as a chanteuse from London to New York and from Spotify to TED Talks. In 2017 she released her second album, Indigo, and has collaborated with Moby, Reggie Watts, and Yo-Yo Ma on his Grammy-winning album Songs of Joy & Peace.

This January, Rizo returns to Open Space by popular demand. Backstage VIP tickets are \$60 advance, and \$70 at the door (if available). Reserved Table Seating is \$38 advance and \$45 at the



door (if available). General Admission is \$26 advance and \$30 door. Tickets to this 21+ event are available at the door and on OpenSpaceVashon.com.

RiverBend

RiverBend is Paul Colwell, Peter Larsen, Chuck Roehm, Dave Lang, Dick Gordon and Mike Witmer. Paul is well known for playing many years with Island groups as well as Internationally with the "The Colwell Brothers" and the "Up with People" groups. Chuck & Peter, played for many years as part of the island band, "The Garage Boys" and Peter played in the island group, "Down Yonder" before the Garage Boys as well as a popular German group called "Kampfire" in Hamburg. Dick has a wide breadth of musical talent; he was part of the popular Seattle band "Rag Daddy" in the 1970's, played at Sound Food, Al and Tony's Pizza, with Mindy Little, the Garage Boys and also the Geezers. New to the band is Mike Witmer on bass.

RiverBend
Vashon Island Coffee Roasterie
Saturday, January 18th
10:30am-1:00pm



13th Annual Storytelling Festival

Continued from Page 1

"Storytelling is inseparable from human life," notes Hinden. "For generations, we have been telling story - be it around a fire to convey lessons for survival; at the dinner table to relay a funny happening from our day; or snuggling up in the dark night to whisper a bedtime tale of wonder. The Storytelling Festival will stir the imagination of all who listen, allowing our unconscious to take flight into sensuous realms of magic, myth and hero."

Audience members of all ages are invited to bring a prepared 5-minute story, or spin a tale in the One-Minute Story-thon, or join the fun, interactive group storytelling improv games.

The Storytelling Festival is best suited for ages 4 and older. Guests are encouraged to arrive early to purchase snacks, and sign up for a tellers' spot.

VWP (a 501c3 non-profit) provides

nature immersion programs for people for all ages from Vashon and surrounding Puget Sound communities. To date, VWP has helped nearly 4,500 children, teens, adults and families connect deeply with themselves, each other, and nature through their transformative nature mentoring programs, camps, workshops, and trainings.

In addition to the Storytelling Festival, their next free seasonal community celebration is on April 26th: the "Spring Feast and Bizarre Bazaar" is a magical evening 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's Storytelling Festival, visit the website: <https://vashonwilderness.org/>



Joy Goldstein
VCC resident since 2015

As one of the founders of Vashon Household, Joy has left a legacy of concrete action in behalf of those who can't help themselves. Today she thinks a lot about her past. "I'm reflecting on my childhood because my parents raised me on the advice of B.F. Skinner, who told parents to avoid handling their children when they cried. There I was, a little kid, and when I cried nobody came. But when I got here to VCC, I learned that when I pulled the cord somebody would come! And they would say 'what can we do to help?' The staff here is 99 and 44/100^{ths} percent caring and they've been trained to express it." Her message to the VCC staff is "You may not realize it, but you're embarked on a healing process here."

Our Island. Our Seniors.
For Generations to Come.

Help us keep the VCC Promise. Please give today.

www.vashoncommunitycare.org

or mail a check to

PO Box 2114, Vashon WA 98070

Photo: Julian White Davis



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Louie Needs a Home

I'm a big friendly guy looking for a new home because of family illness. Two of my favorite things are chasing around little balls and having someone brush me.

I'm a little bit cross-eyed, but that doesn't slow me down at all. In fact, it gives me something in common with a movie star. A lion named Clarence was the hero of a 1965 movie called "Clarence the Cross-eyed Lion." He won a very prestigious award, the PATSY (Picture Animal Top Star of the Year).

The only prize I want is a family to love. What would I do with a trophy anyway?



Go To www.vipp.org

To view adoptable Cats and Dogs

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**Aries (March 20-April 19)**

You need some new goals. Use your imagination. Anything that does not require you to be the hereditary heir to the throne of Fiji will do. You are a bold and ambitious person when you're not too busy nursing your insecurities. One thing I suggest is that your aspirations include reaching people, and communing with them, rather than being a hermit. You may not be feeling this now, though you want to do something that is social. Your true leadership capacity comes not from your authority but rather from your gift for relating to people. Train your ability to be receptive: to take all viewpoints onboard. People trust those who listen to them, and who care what they say. The beauty of it is, you can, and you do. Put this to work and take a fresh approach to establishing your social networks, preferably far away from the internet. You want as much face-to-face as possible.

Taurus (April 19-May 20)

Much of the world is in a trap right now, and it goes like this. "If I believe it, then it's true." You are in a crisis of belief, and seem to be doubting much that you took for granted in the past. That is a wholesome place to be. The idea is not to be a skeptic, believing that the truth cannot be known. You don't want to be a cynic, thinking that the truth is useless and does not matter. Rather, you are firmly on your quest for your personal understanding of yourself and of reality. Since you're unlikely to come up with this formula on the first go or even the 10th, you want to keep a moving perspective. This means that if you're curious about a tree, walk around it a few times. Look up at the leaves and down at the roots. Feel the trunk and pick up the vibes. Avoid the trap of clarity: of thinking you know something you don't understand. Do not "believe." Rather, find out.

Gemini (May 20-June 21)

In any situation where your interests are at stake, keep negotiating. Do not give up. Do not sell the store. Do not sell your car or your guitar. Do not sell your soul; it is not for sale or lease. You must drive a hard bargain, and make sure others give to you what is your due. The pattern of counting yourself out, and for feeling guilty when you stand up for yourself, is very, very old. It definitely goes back to childhood and it may go back lifetimes. There are approaches for getting out of this situation. They all begin with stopping the process in the moment, with any new agreements, and in any situation where any of the terms are still pending. Then you go through a process of cleaning up all current agreements. Know your terms. Know which points are negotiable and which are not. This is not about business. This is about profound self-discovery.

Cancer (June 21-July 22)

A new cycle of your relationships has begun, by which I mean, there was everything up to this point, and now there will be everything after it. This counts no matter what your situation, or what arrangements you may have: the ground has shifted. You are living in a different world, under different social laws and rules and properties. It's about time. The world has been growing colder and more paranoid through many of the best years of your life, and you've been a direct witness to these changes. Yet you are also going to be the first beneficiary of the new attitudes and values that are taking shape. You are likely to be a forerunner, because you not only can sense what has been developing; you are also in contact with your emotional needs and desires in a way that many people are not. You have felt the absurd limitations of our time in history more keenly than others. And you truly need the change that is about to enter your life.

Leo (July 22-Aug. 23)

You are a taskmaster, and it's time to focus your power. Do not think about the long-term rewards, or even the immediate ones. Rather, focus on doing what you do as excellently as you can, for its own sake. Get into the work, and stay late at the office if you have to. Honor the schedule as much as you do the quality of your efforts. It's time to move into 100% adult territory where your professional activities are concerned. That means doing more than you're paid for, as long as you have enough to live. There must not be a modicum of greed or the quest for power in what you're doing. It is absolutely about service and learning, in perfect tandem, with most of your learning devoted to your current tasks. There is nothing you cannot do, if you set your mind to it. The world is falling apart at the moment and you are on the team who will not only hold it together but also birth the new environment and the new ethic.

Virgo (Aug. 23-Sep. 22)

People claim they are not creative. I hear that all the time, and I refuse to believe it. I concede that many do not access their creativity, or apply it when it's needed the most. And I notice many people fail to experience the pleasure of their creative process, and instead focus on consuming the results of the creativity of others. I suggest you reverse that process and make your own fun. Here is the thing, and a thing I have noticed can get in the way. When you tap into your vital force of ideas, what comes through can shake you. When you become the vehicle for something new, it can be as exciting as the first time you have sex. This does not sit well with dullards or those (like most of us) who are conditioned to be dim bulbs. When you turn up the juice, you turn up the light and the heat, and this can feel risky. In that case, live dangerously.

Libra (Sep. 22-Oct. 23)

It is one thing to desire security, and another thing to cocoon yourself, and insulate yourself from experience. Security, such as it exists, is a means and not an end. You will feel better if you accept that you are currently situated on rapidly shifting ground. This is both psychological ground, and also something involving your somewhat tense relationship to your family. Most of what we call being secure means acting in a way where we believe we will not be rejected. It's based on the illusion of being acceptable. This is a trap. Once someone falls for that (and many do), there is neither safety nor access to one's potential. You are not acceptable for conforming to your notion of what others expect of you. Simply put, you must personally affirm your whole being. Then you must push some limits. If you don't get in some trouble, you're unlikely to be doing that. So allow yourself to be confrontational, and challenge the nearly invisible thing called the status quo.

Scorpio (Oct. 23-Nov. 22)

One would think that the least dense thing in the world is consciousness, subject as it is to change. Yet it turns out that it's often easier to blast through solid stone than to change one's own mind, much less that of someone else. What is this about? I'm not sure; it differs for everyone, but these reality bubbles so many people now inhabit are threatening the planet and society, and are not making your life any easier. One place you can start is to be sincere in all of your communication. Sincere means "without error," and in common speech, it means being real. You know when you're compromising your truth, whether it's to be polite, for convenience, or to give you a power advantage. It's time we all accept that this is a compromise in integrity that is gradually and steadily eating our souls.

You are bigger than this, and better than it. Be honest at all costs. Pay the price. Reap the rewards.

Sagittarius (Nov. 22-Dec. 22)

Be grateful if your insecurities are triggered; this way you know what they are. The thing not to do is take them too seriously. They do not own you and are not your master. Be especially vigilant about guilt, as this is the most toxic of the control devices. It is also the subtlest form of fear. Be aware that there are potentially dishonest emotional influences in your life. There are people who are in a position to take advantage of a certain weakness that you have, and this is likely to be triggered when you assert yourself or your desire. You cannot push this down, however. You've likely done that many times. Let it come up and out, and confront it. If you are having any trouble with this, read a book called Radical Honesty by Brad Blanton (the original, by that exact title). As for guilt, I can tell you this. It is something that was done to all of us before we remember. Seek to understand its dynamics and you will take away the power it seems to hold over you.

Capricorn (Dec. 22-Jan. 20)

Beginnings are challenging in part because we humans don't do endings well. You are now most decidedly approaching a beginning, and yet you may have important past material to resolve. If you are up-front about this with yourself and with others, it will be much easier. You probably have an idea what this is; you may be intimately familiar with it. Ending implies completion, and completion requires being forthright with yourself and with others. You may have something to say, you may have demands. What you say may not be received; your demands may not be met. That does not matter. What matters is that you get all of it out on the table, and acknowledge the response. This is a reality check. You will know where you actually stand, and then that is that. It is then up to you and nobody else to move your life forward.

Aquarius (Jan. 20-Feb. 19)

You want desperately to feel free within yourself. That can happen if you want it, though it will help if you acknowledge just what it is that is holding you down. The chances are it has much less of a grip on you than you may think; you are the one who has a grip on it. Also, if you're feeling anxiety around your situation, it's probably because you are keeping certain aspects of your feelings in a dark closet rather than unpacking them on the kitchen table. Due to the planets involved, I suggest you do an inventory of unresolved family situations. You don't need to hold onto these, and you need an honest self-assessment about what your actual obligations to others really are. Work this out, with wise, objective (and possibly professional) help if you need it. This is a situation where understanding will lead to a lessening of your worries and an increase in your ability to make tangible decisions. That, ultimately, is what you must do.

Pisces (Feb. 19-March 20)

You are currently living with two versions of yourself — one that is old and

Road to Resilience

Continued from Page 1

We need only a majority in both houses and a willing president to overturn all the laws that have delivered our country to the wealthy and have allowed business to rape and pillage our planet with no regard for the future! Without political control, we have no peaceful way forward.

With that in mind, you can support candidates that are willing to take up the fight, and you can help discouraged voters gain some faith that their vote will matter this time.

You or your group can go to events or public gathering places and register new or relocated voters. You'd be surprised at how many have just not bothered to do it yet and will appreciate the opportunity that you give them. Indivisible Vashon can train you and suggest locations.

You can call, write postcards, or send text messages to energize voters here or in targeted states around the country.

You can canvas door to door in highly contested areas. This is the best and most rewarding way to connect with people.

You can fundraise to support our efforts or those of people in important districts around the country.

You can also get on an email list to comment at critical moments on important legislation.

To connect up, go to indivisiblevashon.org, click on "Take Action," and then "Get Out the Vote Factsheet."

If you agree with us that this is a critical point in the history of our country, and, arguably, of the world, then please consider lending a hand to see that this important juncture takes us to a positive future. This is the fight of our lives and the time is now!

Comments?

terry@vashonloop.com

outmoded; and a new one that might feel a bit untested. You have, however, been some similar places before, and you're currently at a tremendous advantage. You have all of the benefits of experience, which will serve you brilliantly if you use it as an information source rather than a law you must follow. At the same time, you are getting to explore the territory in a whole new way, as if you're arrived somewhere you've been many times and are seeing it entirely differently. You have the benefits of both familiarity and beginner's mind at the same time. Now you may use this dual perspective to far exceed what you've done in the past, meaning to do something beautiful and useful here in our benighted world. As a Pisces, your spiritual connection runs strong and deep. That is your gift.

Read Eric Francis daily at www.PlanetWaves.net

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Spiritual Smart Aleck



By Mary Tuel

Nor Be Overcome by Adversity

“Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen. - The Book of Common Prayer, page 137, In the Morning

It has been a long time since I have specifically mentioned my Christian faith. I was aware from the beginning, eighteen years ago, that I was not preaching to the choir in this column. I determined early in my adult conversion that I would not apologize for being a Christian, nor would I push what I believe on anyone. What I believe is my business, what you believe is your business. Peace.

As we all know, some people are incapable of keeping their beliefs to themselves, and want everyone to believe exactly as they believe, and become extremely upset when that is not the case, and go on and on at tedious emotional lengths about what is wrong with what others believe and what is right with what they believe.

Atheists, I'm looking at you. We get it. There is no god. Give it a rest.

Christianity has made a terrible name for itself. No argument there. Other religions have not done well in the peace and love department.

Still, my faith has led me to believe in kindness to, and respect for, the other. Not that I don't pop my cork. I do. I probably think to myself that someone is an adverb moron at least once a day.

I am a Christian, and a human being, which is why I came to the concept of being a spiritual smart aleck, a Christian with a potty mouth and a dark and sometimes sick sense of humor. I try to behave, but if anyone needs Jesus, it's me.

It is hard to bring together two apparently impossible things, trying to be the presence of Christ in the world but instead being me in the world. I “practice my faith.” You build faith the same way you get to Carnegie Hall: practice, practice, practice. It is faith that sustains me in the hard times, faith and grace, which so often comes through the love of wonderful people.

That faith and those people have carried me the last few days, as our country has slaughtered people in Iran, and Iran has retaliated.

This exchange of hostilities is frightening to us because it means that we are being sucked into another endless war in the Middle East, and we don't know yet what will be the scope of that war, and we don't know what terrorist attacks will happen here.

In this war, in the ongoing never-ending war, it is us, our kids, our family members, who will die or be maimed or commit suicide.

Please keep in mind that some people in this world have been living with war in their countries forever. We've all seen pictures of people howling over their dead children.

Some of us in this country are already the people howling over their dead children.

We have casualties in these distant wars, and we do have people in this country who mow other people down as efficiently as they can, people with guns and knives, until they are stopped, or stop themselves.

Not to mention the violence of a country that splits up families and imprisons children and shows no sign of stopping or listening to people who protest this inhumanity.

These things bludgeon the heart and mind.

How do I take in the grief of knowing what is happening, and keep going on? How do I not “be overcome by adversity?”

There are many traditions that speak to these hard times, traditions of meditation, and prayer, of breathing and movement, traditions and practices that have been worked out and gone over by our ancestors for centuries and are now well-worn paths.

What I am doing now: I pray. I acknowledge the horrors. I fold them into my heart and soul, I take deep breaths, in and out, and get up, and go on, carrying what I know and feel. I embrace life and fold the beauty and love and joy and kindness of this world into myself along with the grief, and endeavor to do what I can to connect with you and remind you and me that we are all in this together.

Because we cannot mend the world if we allow ourselves to be defeated by the evil of the world.

We are all in this together. You, me, even Tom Brady, who I think is an adverb moron for saying God takes sides in football games.

MLK Jr. Day program

Join us for the second annual celebration of the work of Dr. Martin Luther King, Jr at VCA! The afternoon will include presentations from Trish Dziko, co-founder and Executive Director of Technology Access Foundation and Karen Dhaliwal, Director of Development at the Freedom Project; and performances by Just Speak, a student group using spoken word as a vehicle to examine identity and social justice; local singer Alexandria Davis; and Wes Brenner, musician and VHS graduate.



Malea Dickerson, student member of Just Speak. Courtesy photo.

Our afternoon will be emceed'd by poet, performer and teaching artist, Daemond Arrindell. Student art from Chautauqua Elementary School and The Harbor School inspired by Dr. King's work will be featured in the lobby following the presentation along with food, conversation, and community.

Please join us for this inspirational event and make a commitment to furthering the work of the visionary Dr. Martin Luther King, Jr.

January 20, Kay White Hall
Doors open at 3:30 pm | Presentation 4-5 pm

Food, Conversation, and Community 5-6:30 pm in the Lobby. \$5

TICKETS:
VashonCenterForTheArts.org

Enough

Do you feel good enough in the world? Have you had enough? Where you do feel like mostly enough in life? Being in community and conversation help us to tackle these questions together.

This event—presented by Vashon Center for the Arts, Women Hold the Key, and writer Shauna Ahern—will be part community gathering and part communal conversation. The first half of the evening will take place in the lobby of VCA, which will be filled with tables of Vashon women-centered non-profits, visual artists, musicians, and food available for purchase from island female chefs. The second half of the evening will be in the theater, where Ahern (author of Enough), will lead a brave and honest panel discussion with fierce, funny Vashon women who are willing to dive deep and share their lives with candor. There will also be book readings, music, and a communal experience you won't want to miss.



Shauna Ahern. Courtesy photo.

Friday, January 24th 5:30pm beginning in Lobby, 7:30pm show in theater

All tickets \$20.20
TICKETS:
VashonCenterForTheArts.org

Alastor and Lily Need a Home

We're kittens who met at VIPP's charm school. As you can see from the photo (that's Lily hugging Alastor), we love each other very much. We've been making great strides in getting over our shyness, and now we like to sit on laps and be petted.



After we graduate from school, we're hoping to find a quiet home together. It'll take us some time to get used to a different place, so our new people will need to be patient. Once we settle in, you'll wonder how you ever lived without us!

Go To www.vipp.org

To view adoptable Cats and Dogs

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Next Loop comes out January 30

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Island Epicure



By Marj Watkins

Love that Lamb

'Tis the season for young, lean, tender lamb. Not just mutton labeled "lamb" but real lamb. We cut the meat into ½ inch cubes and saved the bones in a freezer bag labeled 'for bone broth.' When we accumulate enough bones to nearly fill a 6-cup saucepan. We put them in with, 1 tablespoon of vinegar (to leach out the minerals), 1 or 2 sliced or diced carrots, depending on how skinny they are, plus ½ to 1 coarsely chopped yellow onion, and enough water to cover all the bones and vegetables. We simmer these ingredients until all the vegetables are cooked, remove the vegetables and eat them for supper or refrigerate them for another meal.

We do the same with bones from any meat. When the bones have simmered long enough for us to denude them of all remaining meat, we rescue that meat, toss the bones back into the saucepan and continue simmering, making sure the pan doesn't run out of water.

Those cubes of raw lamb meat become part of this recipe:

Curried lamb with Rice
4 servings

1 lb. lean lamb cut in 1/2-inch cubes and browned in
3 Tablespoons coconut oil
2 Tablespoons finely chopped yellow onion
1 Tablespoon curry powder*
1 cup bone broth, chicken broth or beef broth
1/4 to 1/4 cup thinly sliced celery, optional
2 Tablespoons minced parsley
Salt to taste

Combine all ingredients in a 6-cup saucepan. Bring to a low boil. Reduce heat to low and simmer until lamb is fork-tender. Serve over cooked rice. Our favorite is long-grain brown rice.

To Cook Brown Rice
4 servings

1 Tablespoon olive oil
1 cup long grain brown rice
2 ½ cups water
¾ teaspoon salt

Put the oil or butter into a 1-quart kettle or rice cooker. Add the rice and stir until each grain is covered with oil. Add the water and salt. Stir. Cover and cook 50 minutes or until the rice cooker signals that the rice is done.

To serve, heap the rice on a platter. Top it with the curried lamb. Complete the menu with a salad of sliced or diced tomatoes, cucumber and lettuce. Provide a choice of olive oil and red wine vinegar or balsamic vinegar or avocado dressing.

Dynamic Virtual Rock Band 'Ink To Spill' Releases The Single That Started It All - "Keys Awaiting"

Quick to follow their bluesy rock hit "Raging Hormones", Virtual Alternative Rock band Ink To Spill is ready to release their next hit "Keys Awaiting" on December 12th. The track gives listeners the story that started it all, chronicling the journey of band members Ryan and C'Quil to Gus's Music Box on Vashon Island where they had their first ever demo session. "Keys awaiting" reflects the synergy of instant friendship and brotherly love that now gets channeled into unforgettable conceptualized tracks. During the songs creation, Ryan came armed with the opening lyric line, sharing it with the band on day one. C'Quil woke up in the middle of the night that night just after three a.m. and finished it off within the hour. The song starts gently with Ryan's opening. Gus follows with his soulful story-telling about a lonely keyboard awaiting its master, and their harmonies soar as it climaxes toward the end while Ernie delivers on percussion throughout. Unlike "Raging Hormones", "Keys Awaiting" takes on a more emotional delivery, depicting the energy of that very first studio session.

"So it looks like rain on Vashon Island / So the winds are coming in fast / So it looks like rain on the island / Sure as but a vision from the past"

The song offers an



immediate embrace - it's almost as if you're right there with the band, them taking you in from the outside. The melodic strums of acoustic guitar paired with dramatic piano are perfectly placed behind their wistful visual of a young man longing to be with his girl. The music video for "Keys Awaiting" begins with a split screen of a young man sitting mournfully with his keyboard on his lap. On the opposite screen you see flashes of the good times he shared with an ex-girlfriend or lover as they make music and share special moments

together. As a first time viewer, it's easy to imagine a breakup or separation; this leads to the sorrowful mood embraced by the young man on the left. But to the viewers surprise, the ending is much more grim and frankly, unexpected. The video concept indirectly aligns with the track, providing the viewer with a refreshingly non-literal concept that keeps them guessing until the very end.

The band members of Ink to Spill live coast to coast, creating highly prolific content remotely. Their soulful vocals and elegant guitar pair seamlessly with world-renowned drummer Ernie Adams' signature percussive sound. They present a poignant examination of our world through an eclectic, alternative rock sound with influences from Soul, R&B and Funk. The group leaves no stone unturned, with lyrics that range from the deeply personal, to the socially conscious, to the downright ridiculous.



Support Senior Health and Fun -- Go To Amsterdam!

This is a trip of a lifetime with seven nights aboard the True Love, an exquisite two bedroom two bathroom houseboat in Amsterdam donated for the cause by CC Stone and Andy Niss. The raffle winner can go anytime in August 2020, plus CC and Andy have thrown in \$2500 for travel expenses. Four people can comfortably stay on the boat for the price of one \$50 raffle ticket. Purchase raffle tickets at the Senior Center or at

Vashon Parks District Office at Ober Park. The winning ticket for the True Love will be drawn at 1PM at the Senior Center on Valentine's Day, of course!

All proceeds from this raffle go towards the purchase of senior-friendly outdoor exercise equipment to be placed on the outskirts of the kids' play ground at Ober Park. Vashon Parks District has secured a grant to replace some of the failing kids' play ground equipment and,

with CC's encouragement, the Senior Center joined forces with Parks to help create an inclusive all-ages play area: "Every Body's Play Ground." Refurbishment of the play area is scheduled for fall 2020.

Play grounds for seniors are becoming more common in the United States. AARP recently featured the Trust for Public Land's work in Pinellas County, Florida where 20 parks have been outfitted with low impact exercise equipment used by older adults and others. Both Vashon Parks District and the Senior Center see an opportunity for more inter-generational activities at Ober Park. At the very least, older adults, parents and caregivers will have their "toys" to play on while the kids are engaged not too far away.

Purchasing a raffle ticket will help "Every Body's Play Ground" become a reality.

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Siobhan McComb is a speaker, consultant and educator for sustainable living, zero-waste principles and a plastic-free lifestyle. She is the owner of One Glass Jar, a zero-waste in-home consultancy & lifestyle blog.

Your Zero Waste Home
Saturday, February 29th
1:00-3:00pm

Vashon-Maury Land Trust Building
Hosted by Sarah and Michael Schosboek of Windermere Vashon

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Ticket proceeds donated to the Vashon-Maury Land Trust.

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AVAILABLE at THE SENIOR CENTER and THE PARK DISTRICT OFFICE

Everybody's Play ground! Raffle proceeds will support senior friendly exercise equipment at Ober Park.

Win a trip to Amsterdam

Seven nights on the True Love, a houseboat on Amsterdam's most beautiful canal. Includes \$2500 for travel and fun!*

Tickets: \$50 each
Raffle Drawing: 2/18/20
1:00pm at the Senior Center
10001 SW Bank Road

Vyacheslav "Slava" Gryaznov

The remarkable Russian pianist and composer Vyacheslav Gryaznov has performances in China, Australia, France, U.S., Russia, Poland, Ukraine, the Netherlands, Croatia, and Belgium this year. And Vashon Island!

"Slava" returns to Vashon Center for the Arts for his second engagement with us.

Vyacheslav graduated with honors both from the Central Music School of the Moscow Conservatory, and the Moscow Conservatory. He continued at the Moscow Conservatory as a post-graduate, and was on its teaching faculty. He later completed Yale University School of Music's Artist Diploma program under Professor Boris Berman.

He is an Artist of the Moscow Philharmonic Society and is an Artist-in-Residence with The Drozdoff Society in the U.S. Recent performances include Berliner Philharmonie,



Carnegie Hall, Ehrbar Hall in Vienna, National Center for the Arts, Mexico City; soloist with the Atlantic Classical Orchestra, Moscow Philharmonic, RTÉ National Symphony Orchestra, and Dnipro Philharmonic.

Vyacheslav Gryaznov has authored more than 30 concert arrangements and in 2014 signed a publishing contract with Schott Music (Germany). In 2018, he released a CD of his

Russian Transcriptions on the Steinway & Sons label.

Vyacheslav "Slava" Gryaznov

Kay White Hall
Vashon Center for the Arts
Saturday, February 1
6:30PM Pre-concert talk |
7:30PM Concert

\$15 Youth, \$28 Members,
\$30 Seniors, \$32 Gen

Tickets at
VashonCenterForTheArts.org

Tess Mueller fundraiser

Benefit dance concert for Tess Mueller, former VCD dance alum who has been recently diagnosed with Acute Myeloid Leukemia. Tess has been an outstanding role model in the dance community on Vashon for many years and was a huge help and inspiration to the dance program. This showcase of a variety of dance works will be a tribute to her and help raise money in this time of need for her and her family while she undergoes treatment. Her and her family dedicated so much of their love and time to our dance family and now we are here to give back to her. Please show your support and see this sweet variety show of some of our favorite dance pieces varying from classic favorites, to Original Works and even Nutcracker.



Tess Mueller. Courtesy photo

Sunday, January 19 | 1pm
\$20 suggested donation

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Pub Music

Vashon Events is really excited to be working with Cliff Goodman at the Vashon Brewing Community Pub to bring you live music at the Pub on Friday and Saturday nights!

Swing by and enjoy one of many tasty craft beers or if you can't decide which one to order... try a flight of tasters! The Pub also has Palouse wine, Kombucha, Cider and organic root beer available. You'll also find some tasty pub bites to nibble on.

For your live entertainment, on Friday, January 17th, we bring you The Pat Reardon Band!

The Pat Reardon band are fine purveyors of blue-eyed soul, rough-sanded with a double humbucker guitar and propped up with a Boston back-beat. Original songs by band leader Pat Reardon tell stories that are heavy on the one, with a funky disposition that can distract the casual listener from the tender-hearted core. Sentimental country twang and



and stops the crowd with his powerfully soulful voice. His originals jump from genre to category to decade in a smooth confident style. Pat's stage banter is as entertaining as his songs and often verges on a high wire comedy act - he works without a net, folks! Original he is, boring he is not, come be entertained.

Friday, January 24th, we bring you The Tab Tabscott Trio!

The Tab Tabscott Trio plays a nice mix of Happy Little Sad songs and Sad Little Happy Songs,



coupled with fiery and emotional slide guitar sounds.

Tab has played the dobro and pedal steel guitars for a half century and weaves a spellbinding mix of sounds on these instruments which lends a vocal like quality to his delivery. The music is augmented with delightful ukulele and bass accompaniment and lovely vocals.

Join them for an intimate evening of soothing sounds, delightful vocals, and solid rhythms from many parts of the globe.

Friday, January 31st, we bring you Gus Reeves!

Gus Reeves is a songwriter and singer specializing in a decidedly soulful brand of Americana. He has been creating and performing for over twenty years and was honored by the Illinois Arts Council with an



Artist Fellowship Award. He does music composition, lyric writing, and remote vocal work for clients around the world. A few of his influences are Hank Williams, Bob Dylan, Joni Mitchell, CSNY, Taj Mahal, Otis Redding, and Aretha Franklin. He lives and works on Vashon Island, WA.

Read The
Vashon Loop
online www.vashonloop.com

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hep-cat jazz chords are all part of the mix. It's not a straight line from the head to the heart to the booty.

Pat wrings rhythmic emotion from the neck of his guitar, moans kisses from his harmonica;

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Rise Up, the Hamilton Tribute Band!



Members of the Rise Up! Hamilton band. Courtesy photo.

Rise Up, the Hamilton Tribute Band! is coming to the Kay White Hall! Rise Up is an ensemble of top Seattle vocalists and musicians that performs the amazing music of "Hamilton". "Hamilton" is a record-breaking Broadway musical and winner of 11 Tonys including Best Musical. It is a sweeping national cultural phenomenon with music that marries hip hop, R&B and Broadway.

Rise Up delivers a performance that captures all the sophistication, detail and emotion of the music of "Hamilton". Rise Up has performed extensively in the Northwest, selling out venues including The Triple Door

in Seattle, Washington Center for the Performing Arts in Olympia, Rialto Theater in Tacoma, Alberta Rose Theatre in Portland, and many others. Rise Up was named runner up for Best New Musical Act in Seattle Weekly's Best of Seattle 2018.

Note: This is not a theatrical performance of the musical "Hamilton" but rather a live performance of the smash hit's music.

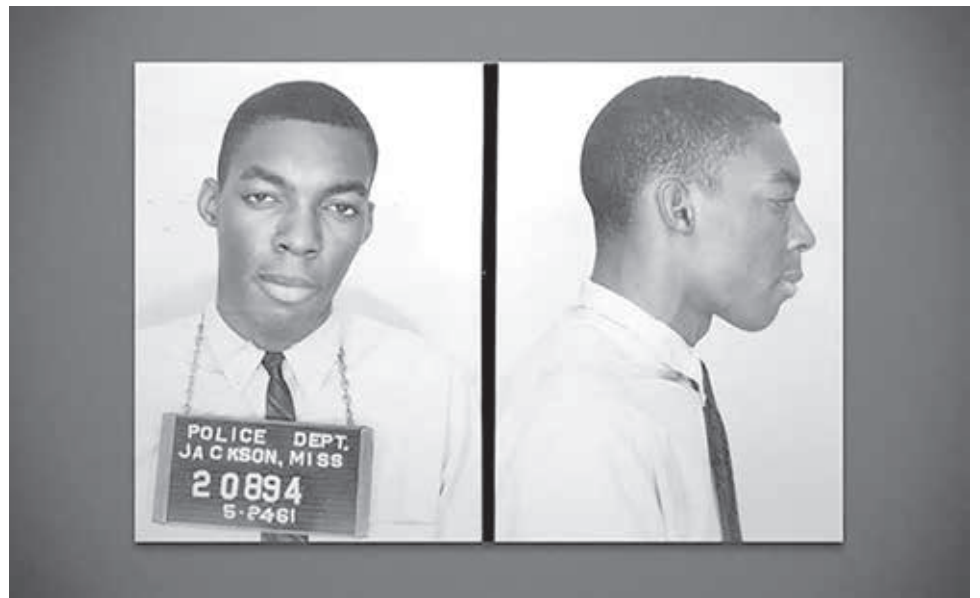
VCA Members - \$24, Sr./Students - \$26,

General Admission - \$30, Premium Seats (first 2-3 rows) at \$35

Tickets:

VashonCenterForTheArts.org

Soundtrack for a Revolution



Backbone Meaningful Movies presents a screening of the documentary "Soundtrack for a Revolution" on Tuesday, January 28th, 6pm at Vashon Theatre. The film will be followed by a performance from the Free Range Folk Choir, leading songs of justice and change. All are welcome to attend.

The award-winning film explores the civil rights struggle through the powerful and stirring songs that inspired a generation, weaving a unique mix of musical performances, interviews with civil rights foot soldiers and leaders, and riveting archival footage.

Legends of the fight for equal rights -- including Congressman John Lewis, Julian Bond, Ambassador Andrew Young and Martin Luther King Jr.'s widow, Coretta Scott King -- testify to the indispensable role that songs of rebellion and hope played in helping activists fight against brutality and injustice. In riveting studio performances, top

contemporary artists including John Legend, Wyclef Jean, The Roots and Joss Stone reinvigorate and reinvent timeless songs like "We Shall Overcome" and "Wade in the Water."

Doors open at 5:30 and the film begins at 6. Admission is free, with donations accepted at the door. The screening is in honor of Martin Luther King Jr.'s birthday on January 20th and Black History Month in February. Backbone Campaign thanks Island Green Tech and Vashon Theatre for making this event possible, and to the Meaningful Movies Project for collaboration.

Come out on Tuesday, Jan 28th to hear the freedom songs that protesters sang on picket lines, in mass meetings, in police wagons, and in jail cells as they fought for justice and equality, then lift your voice with your neighbors as we celebrate the role of music while striving for justice.

Brian Reed – Birds, Song, and Poetry

As a professor of English with a specialty in modern poetry, Brian Reed became intrigued by the way poets across cultures and ages have written about birds. He is fascinated by the way the avian species has been a rich source of poetic inspiration. Reed, the Divisional Dean of the Humanities at the University of Washington, will take us on a visual and auditory exploration of this deep and creative relationship. He is a specialist in twentieth-and twenty-first century poetry and poetics, particularly American poetry. He did his undergraduate work at Harvard University and doctoral studies at Stanford University, and is a past Rhodes and Fulbright Scholar, and the author of books on Hart Crane, avant-garde poetics, and essays on modern and contemporary poetics.



Brian Reed. Courtesy photo.

Sunday, January 26, 7:00pm
Tickets: \$10 in advance, \$15 at the door

| \$5 for youth

Tickets:

VashonCenterForTheArts.org



www.VashonEvents.org

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Bo's Pick of the Week:
 Pouting because his chief human, Jenny, has flown south for the winter.



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