



"Ober Beauties" enjoy one of Ober Park's free concerts, courtesy photo.

Parks Levy Supports Wide Community Effort

by Mike Collins

Over the past few weeks you received your ballots for the November 3 election. One choice you have to make is whether to vote for a Park District Levy which will ensure you continue to have available all the resources and activities currently provided by the Park District. If you haven't yet voted, here is some information which may help you in making your decision.

Continued on page 11

What's Your Take on Tourism?

by Christine Beck, Outreach Committee/ Vashon-Maury Island Community Council



I Love Vashon, photo by Christine Beck.

In the September Town Hall of the Vashon Maury Island Community Council, Island residents highlighted Tourism as one of the hot topics that merited further community discussion. Join fellow Islanders on November 11, 2009 at 7:00 pm for a special Town Hall at Courthouse Square to discuss the positive aspects and potential impacts of tourism on Vashon.

Continued on page 8

District 19 Race Sticks to the Issues

The election for Water District 19 presents two candidates keeping the race amicable and on the issues. In these pieces the two candidates present some specific ideas for meeting the water needs of especially the "downtown" business district of the Island. -editor

Aggressively Identify and Incentivise Commercial Conservation

by Bob Powell

Our water resource must be valued and used with care. If elected, my priorities are to protect our water resource, our



Bob Powell, courtesy photo.

environment, and our economic health. These three essentials can pull in different directions, but we must balance them thoughtfully for our community's future.

Continued on page 9

Flexibility is Required

by Marty Liebowitz

Over the past several weeks, I've toured the Water District 19 facilities, and had a chance to speak to many Islanders about specific issues related to the policies of the District. One such



Marty Liebowitz, courtesy photo.

discussion was about how we allocate water to businesses in our Commercial Core and how we could make the policy a bit more flexible for new businesses.

Continued on page 9

Sympathy for Brick and Mortar

Until I feared I would lose it, I never loved to read. One does not love breathing. — Harper Lee

by Mel Alyn Michaels

The time has come folks. In less than five years you won't be able to smell it. Touch it. Browse it. No, you won't even be able to purchase your 16 oz. caramel macchiato and walk across the street during your lunch break to feel them. You won't be able to enjoy Mozart or Nina Simone overhead. Take pleasure in them while you can. Celebrate us while we're still around.



Mel Michaels, owner of Stranger Than Fiction, courtesy photo.

Bookstores are going to be obsolete; a rare breed much like the Yangtze River Dolphin. Books will cease to exist. Instead, your holiday list will say "Pick up Kindle for Tommy. Make sure to purchase Amazon gift card for Suzie. Get Nook for Jimmy."

It's all about E-books; your entire library in your backpack. How do you feel about that?

Imagine walking into your neighbor's house and not seeing one single book around. No magazine. No newspaper. Nada.

Continued on page 10



Photos for Rebecca Douglas last year's photo shoot for Halloween at Cafe Luna.

Douglas Creates Halloween Portraits at Café Luna

by Eric Horsting

Island photographer Rebecca Douglas will, as she has done the past several years, take free Halloween portraits of children and/or families from 4 to 7 p.m. Saturday, Oct. 31, at Café Luna.

The service will be offered on a first-come, first served basis, and all images will be uploaded to a website for easy viewing and ordering.

Continued on page 9

Brother, Can you Spare a Paradigm?



by Kyle Cruver

For many, the financial crisis of 2009 has had grave personal impacts as monetary valuations tanked. Investments? Gone overnight. Foundation grants? Toast. Retirement plans? In your dreams. Maybe it's time to buck the almighty buck and return to a method of exchange with a decidedly more equitable touch: Local, or Alternative Currency.

Continued on page 15

Turn Fear Into Fun

See Toastmasters on Page 7



Seattle Comedienne (and Toastmaster), TK Kasnick, courtesy photo.

Get in *The Loop*

Submissions to the Loop

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Fun Family Night! HARLEM AMBASSADORS VS. VASHON'S PRIDE BASKETBALL

Come be entertained and watch the next generation of the Harlem Globetrotters! Dazzling ball-handling tricks, high-flying slam dunks, and lots of comedy, laughter and chance for prizes!

**Sunday, November 8th at 6pm
at the Vashon Island High School Gym.**

Adults: \$10 Children: \$8 (Under 2 free) \$2 More at the Door. Tickets available at Books By The Way, Vashon Bookshop, and the Chamber. Brought to you by Vashon Maury Chamber of Commerce and Vashon Island Community PTSA. Concessions to fund the Hoopsters Booster Club supporting the VIJB league.

Eat with the Harlem Ambassadors!

The team with will be eating at the Quartermaster Inn and Pub. Call the Quartermaster Inn at 463-5355 or the Vashon Maury Chamber of Commerce at 463-6217 for a reservation!

Being with Baby

Being with Baby infant massage class - for not-yet-walking babes and their parents...

Spend some time with your little one focusing on how to creatively express respect and love through nurturing touch. Through this ancient art, the connection between parent and baby can flourish. Benefits include improved sleep and digestion, improved immune function, enhanced respiration and circulation, increased relaxation, and reduced stress hormones.

Tami Brockway Joyce, licensed massage therapist and certified infant massage instructor, will be teaching this 5-week series Saturday mornings from 10-11:30 at the Vashon Playspace beginning November 7th. The class is \$150 with a 20% discount for Playspace members. Childcare will be available at the Playspace for older siblings for a small fee. Contact Tami at 206-898-1874 or tamisplace@gmail.com.

Youth-Adult Dialogues

Fall is here, school has begun, wood gathered and time for the Youth-Adult Dialogues to begin their 6th season. All are welcome to come on Nov. 3 at 5:30 at the Playspace to talk about What If.....

The topic for this year's opening Youth-Adult Dialogue is: What If.....? The dialogue offers a chance for us to come together, young and old, to talk to each other about our dreams, hopes, and visions for Vashon in an atmosphere of good will, playfulness and respect.

The Youth-Adult Dialogues have been happening for 5 years and grew out of community response to a tragedy. They evolved through the years into a forum where folks, differing widely in age, come together to share their perspectives on a variety of topics.

There is a free dinner (please bring your own plate and utensils). Youth who attend will receive a coupon that is good at Movie Magic for a free movie or a drink. The dialogue ends at 8:30.

Besides the Youth Council, DOIT, and VIPIT, these dialogues are also co-sponsored by King County Community Organizing Program, Vashon Parks District, Vashon Youth and Family Services and a host of interested volunteers. If you have any questions, call Maryam Steffen at 462603.

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Raising Cain: Boys in Focus

The Harbor School presents this free film at the Vashon Theatre on Sunday, November 15 at 1:30 p.m.(doors open at 1p.m.), a 30 minute discussion period following the film.

America's boys are in trouble. They are the most violent in the industrialized world. Many are unable to express their emotions. On average, boys are doing worse in the classroom than they were 10 years ago.

Who is responsible for this situation? How do we learn to listen to and support our boys? How can we guide them on the path to becoming responsible, caring men?

The documentary, Raising Cain: Boys in Focus, provides answers, insights, ideas, and hope. Hosted by

child psychologist Michael Thompson, Ph.D., co-author of the best-selling book Raising Cain: Protecting the Emotional Lives of Boys, the film explores the emotional development of boys in America today. Thompson consults with some of our nation's most respected psychologists, social activists, researchers and educators to probe the issues facing boys and find solutions to their dilemmas.

This two-hour documentary provides surprising new research about boys' inner lives, dispelling a number of commonly held misconceptions, and highlights innovative programs that are bringing out the best in boys. For more information call the Harbor School at 567-5955 or visit their website at www.harborschool.org.

Bi-Weekly Digital Imaging Seminars

Digital Imaging Seminars will now be held twice a month instead of only once. By popular demand the now biweekly sessions are held Wednesday evenings from 7:00pm to 10:00pm. The next is October 28. Participants are invited to bring along a picture and watch Douglas Mesney prepare it for printing at the Vashon Island Imaging studio using a series of techniques called 'Pre-Press.' The seminars cover digital imaging as it relates to photography, PhotoShop and the giclée printing process. The format is Q&A and issues raised by audience questions

steer the discussion. Mesney demonstrates 'pre-press techniques' using pictures brought by participants, explaining how the adjustments improve the quality of the picture's output, especially for giclée printing.

A \$15-dollar 'honorarium' will be requested for each seminar. Interested people should call Douglas Mesney at 567-5800 or douglas@vashonislandimaging.com

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

Compost the Loop

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

The Vashon Loop

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Don't miss an issue. Really.

We are in our 6th year of publication and still not bankrupt! (Yet) Wow!



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Positively Speaking

To the Beach

by Deborah H Anderson

The clouds and the water shift with parallel subtlety. It is the first night at the Beach.

Gray and blue and pink support the repetitive motion of the floating birthday cakes known as ferries. I imagine I will soon learn to recognize which boat is which.

There is in this place one chair, two stools of differing styles, a breakfast tray, kitchen supplies, food and a king size mattress covered in borrowed bedding.

Through a most annoying fluke Comcast has messed up my appointment which means for two weeks I camp out. The whole move to the beach has been an exercise in accidental blessings which, try as I might, I cannot get upset about. And so I find myself on this third evening at the beach watching an episode of *The Vicar of Dibley* followed by the movie *Death at a Funeral* in the dark.

Sunset is finished. I move my chair in direct view each night. In my childhood there was a Golden Book called *Grandpa Bunny* in which he teaches his little bunnykins to paint the sunset. The illustration is marked for its striated pinks and oranges, purples and blues. Sunset now looks like that picture. As I gazed at the full length of the Olympics with the fiery orb descending, I suspend my sense of the present to rest in that moment when the sun sinks and the sky in joyful admiration sends fireworks in all directions to signal the light has now cannonballed into the horizon.

Before sunset, there is an hour when, if the sun is shining, everything turns to a shade of blue; the lightest pale cornflower to ancient blue spruce. Water, sea, sky, trees and mountains.

Idyllic isn't it? Yet here is my truth. If it had been left to me, I would be in another place. So in the morning when I rise renewed and refreshed and recognize again it is the first time in my life I have lived in a house that gave out energy that drew me into life instead of despair (truly), and the beach stretches out like a blank canvas before me, I think on that moment when I threw up my hands and said, "God, I give up. You choose."

Somewhere there is a Christian reading this that is titch titching because that's what we followers of Jesus are always supposed to say. Somewhere else there is a non believer who is saying, "Sheesh...these people that just leave it all to God." Somewhere else there are believers in another who say, "wow...so close and yet so far' Reserve your judgment. You've been there and you know it.

And you also know what happens when that happens. You get your socks blessed off.

And so the water has become my metaphor. I am reminded that God



knows I'm a water baby. The water teaches me. At night when I return and the Sound is filled up to my glass sliders out the living room door, I resonate with how full my life feels. Sunset lowers the shades on my day and says, "Go to bed." Leave it all and sleep. But then there is a final message for me.

Above the back deck at water's edge, the Big Dipper appears as if written with disappearing ink that has suddenly had warmth blown on it. Huge and surreal, I pass on my cares and utterances that need to be respoken the next day to the God who has created this monstrously huge vision of hope and direction to so many. The drinking gourd speaks to me of the Glory and Love of God for us.

The days ahead, when the furniture came and the world returned to me electronically proved a test for my ability to surrender. The earthquakes in Indonesia showed up in my backyard as the water level rose to the top of the rockery. All my concerns about moving into the place...downsizing, furniture that's too big and plentiful, the rumbling of the ferries which sounds like the start of an earthquake all surged forward to seize the peace and tranquility of those first days and weeks.

I realized this. God has moved me into a place which not only is resonates with life but is the reflection and encouragement of my truest self. Everywhere I lived in my "inland retreats" as a real estate agent would term it, I had spent much time trying to figure out where I would put the pool. God said, "You need more water than a pool."

The last gift of this place is the direction of my eyes to overtown. No longer is overtown associated with industry. I pray for the ferry crews and the people they transport, and the animals that swim alongside. I look at the sculpting of the mountains and sing 'How Great Thou Art.' I stand at the edge of the deck with no railing and know God is trustworthy.

Throw up your hands. Let God choose and notice what God's choice says about you. It does not matter what people do to you or what happens or what mistakes you make. Even in illness and distress, if you let God choose and mindfully (in the most non trendy meaning of that word) with your heart observe what God has given you, you will discover there are no accidents or coincidences in life.

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She turned to me two days after I threw my hands up and said, "How many people live with you? I have to move. Would you move into my house?"

Love
Deborah



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We've Got a Lot of Kids Hopped Up on Handfuls of Milk Duds

by Kevin Pottinger

Christmas was probably invented by grandmas. All the Christmas gatherings are steeped (or more like boiled) in tradition, and the traditions involve lots of singing of songs, eating fruitcake, drinking foul-tasting rum drinks made with raw eggs and suet, and getting the strongest male members of the family to haul huge fir trees indoors to be decorated with boxes of ornate and very fragile glass ornaments. There's getting all dressed up to go to church at midnight, traveling long distances to fidget silently in overstuffed furniture and eating a huge stuffed flightless bird and bizarre cookies made from recipes that have been handed down from mother to daughter since the mid-to-late Bronze Age. Near the end of the whole weighty ordeal of tradition comes the payoff for kids: several hundred dollars worth of toys along with the usual underwear and socks, allegedly delivered overnight by a mythical dead-ringer for Grandpa-God-rest-his-soul, dressed up in a prissy red, ermine-trimmed wool suit. Clearly, grandmas invented Christmas.

Thanksgiving may have been invented by Moms: a gigantic meal served on the best china, gathering family members you only see once or twice a year, and after waiting around all afternoon smelling supper cooking, everyone eats in twenty minutes, then rushes off to get in line for the boat, leaving Mom and Dad to smile wistfully at one another and start cleaning up the kitchen with a big pot of turkey broth already simmering on the stove.

Halloween, on the other hand, was clearly invented by kids: dressing up in costumes that scare the crap out of their little brothers and sisters, walking around the neighborhood in the dark like hooligans-in-training, shaking down the neighbors for candy. Straight and to the point; the lines from preparation to payoff are short, and the payoff is fantastic. There aren't any dumb Halloween songs to sing, no slices of Halloween fruitcake to hide in your napkin (unless a particularly unlucky kid rings the wrong doorbell at the wrong old lady's house), no Halloween church in the middle of the night, no traditional Halloween meal on the best china. For a kid that tends to his knitting, there's grocery bags stuffed full with candy and a chance to dress like a super hero. Who wouldn't like to do that?

The preparations and pre-functions for trick-or-treating can last all week. For our five-year old

twins, my wife Maria has several cute, cuddly bunny and puppy little-kid costumes that they can choose from. The kids try them on and stagger around the living room, trying to push the itchy headpieces out of their eyes with furry mitten paws. Our eight-year old boy is making his own freaky mask this year, after studying a few face-melting designs on the internet.

In the week before Halloween, there are several Halloween parties for each of our kids, and all our kids are often invited to all of them, multiplying the hysteria logarithmically. Each dizzying party takes them one rung higher; by the time Halloween arrives, they're on all fours braying like donkeys, hopped up on handfuls of Milk Duds.

Halloween is invariably the first insufferably cold early evening of the year. Every year our family heads uptown, to join the roving bands of elaborately costumed kids with chattering teeth, dragging their soggy bags of candy and their glazed parents with perpetually frozen grins behind them, as they trudge from business to business collecting their handfuls of penny candy or taffy (that vanilla taffy in the blue wrapper is excellent) or fun-sized or even full-sized candy bars (tip: check out the insurance office). There's very little to disappoint the kids; no dinky boxes of raisins or wads of eco-Amish soy something-or-other with weird hand-lettered labels, this stuff is modern commercial candy made of cane sugar or high-fructose corn syrup and processed palm oil or cocoa butter.

After an evening gorging on whatever they can cram in their mouths, or their brother's mouth, or ears, Maria commandeers the catch. At Maria's sensible, yet relatively niggardly daily allotment, each grocery bag of candy should last the kids until college.

Many thanks to the Chamber of Commerce and all the Vashon-based businesses for organizing the fabulous Halloween trick-or-treating

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Vashon Special Families

Vashon Special Families get together. Monday November 9, 2009 7-9pm, VYFS Play Space (Cove Road and Vashon Hwy). Come meet other parents/caregivers and family members of Vashon youth with special needs. We will start a dialogue about how this group can best serve the needs of our families in areas such as advocacy, socializing, shared stories and support. Childcare available if notified by Fri 11/5. Questions, please contact Heather Flanery (463-1529) or Shannon Flora (463-5008), or beachglass@singingheartranch.com.

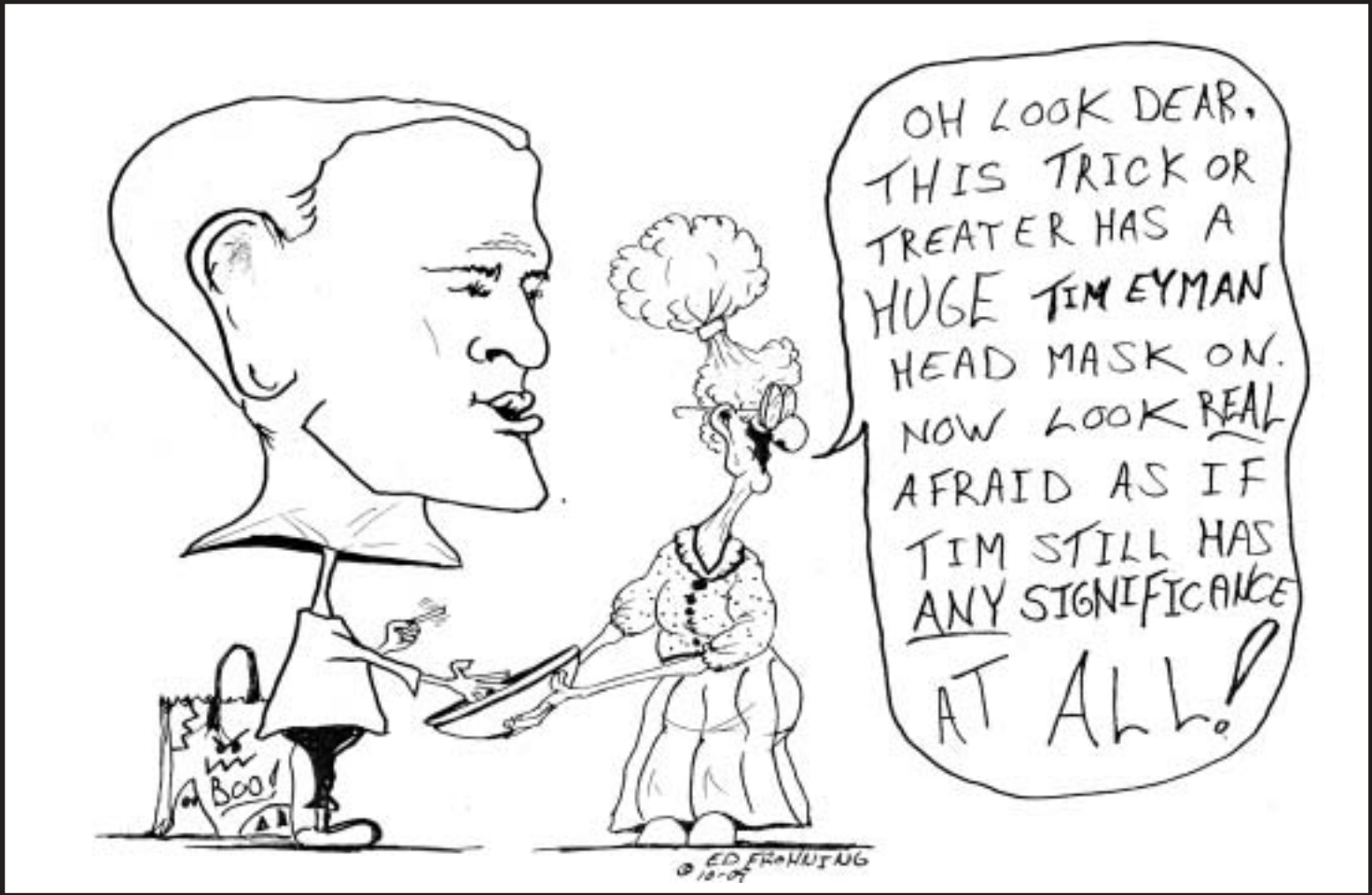


Loopy sez: Deadline for the next edition of *The Loop* is
Friday, Nov. 6.

New Date for H.A.R.T. Orientation

Rick Barr will be coming to the island for a community orientation on Thursday morning, November 19th at 8:30am at the Playspace. It was originally slated for Tuesday evening on the 17th. It will be an orientation to the HART program on Vashon as run by VYFS and will be informational and provide a networking opportunity for professionals who work with youth. Refreshments will be provided. Please RSVP if you plan to attend. 206-463-5511 ask for Daniel or Marianne.

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Aries (March 20-April 19) It's not change that most people fear, but rather the anticipation of change. It's the mere idea that something might be different tomorrow, or that an influence we don't understand will enter the scene. Most of the time, that kind of anxiety belongs to someone else. Here's the question: is another person's fear or prior history of loss interfering with your ability to be close to someone? The static or distortion can take any number of forms, and you might not recognize it for what it is. The most likely form it will take this week is anger; and remember that anger directed at yourself shows up as guilt. Who would that 'someone else' be? Ask yourself who, as a child, taught you the most about relationships, both by her example and the words she said to you.

Taurus (April 19-May 20) If we held our relationships to the standard of whether they nourish us, and whether we enjoy nourishing them, Match.com would suddenly be more popular than Facebook. However, we might ask what gets in the way of that exchange of nutrients, and a likely answer would be resentment. Who do you know who really, truly enjoys taking care of someone without a trace of that old stuff? Are you able to sincerely receive the gifts you're offered without either guilt, or taking them for granted? Such is possible, and by this point in your life you may be getting in contact with something that verges on actual, conscious need for contact. As long as you don't perceive that need as a weakness, you will discover a dependable friend.

Gemini (May 20-June 21) There's no way to avoid an emotional issue now; whether you stuff yourself or starve yourself won't change the situation. However, you'll have a dependable measure of your emotional state based on looking at what you eat and why. This would include the foods you crave, and how much care you put into feeding yourself as a healing method rather than as an indulgence. Gradually, you are beginning to recover from a long phase when you thought you had lost faith not only in yourself but also in people who you hoped would be dependable. You can venture into territory now that seemed impossible just a couple of weeks ago. You can, in fact, take care of yourself, and you will feel better merely as a result of the intelligence of that gesture.

Cancer (June 21-July 22) Like your fellow water signs Scorpio and Pisces, you morph in and out of whether you feel like you belong on the planet based on whether others resonate with you emotionally. You've been doing well in this regard, given how few planets are in water signs lately. This may be because you're so committed to rethinking your concept of what a relationship is, what a partner is for, and whether there's someone unusual enough to actually make contact with you. I would suggest this, however: you can reach out. You can reach out to more than one person if you want, or (in another take on the same aspect) develop something with a person you consider truly unusual. Have confidence in your inner guidance, which is quieter than your emotions. Be aware that you've come a long way toward recognizing what is truly important to you, and allow trust in love to be an expression of that awareness.

Leo (July 22-Aug. 23) First I would like to speak to all the Leo moms who may be reading, and acknowledge that motherhood is something that comes with many mixed emotions. Not only is there not a standard of perfection, your own responses to the at times overwhelming responsibilities of a child or children can be inconsistent. Give yourself some space for the full spectrum of possibilities, and no, you're not losing your mind if you feel many things within a single hour or a single day. For all cats: this is a reminder that emotional mastery begins with awareness. You may not know it, but others perceive you at the moment as what is sometimes called an intense person. I don't suggest you hold back, but I do suggest you measure your words.

Virgo (Aug. 23-Sep. 22) The narrow ledge you seem to be walking along involves a concept of who you are; and this concept is not big enough to contain who you actually are. Most people try to live up to something outside them. You often brutally try to enforce an inner standard, which involves successfully meeting a checklist of qualifications for personhood. Attempting to follow this list may feed the obsessive side of your nature, but it does nothing to make you a better person, or a happier one; and generally leaves you in the position of being your harshest critic. One thing you can do now is to notice this tendency. Give it a name; any name but your own. When you see it operating, step back, take a breath, and consider that something else is possible.

Libra (Sep. 22-Oct. 23) Hopefully, you'll remember you read this. In less than one week, Saturn moves into your birth sign. This is a truly rare transit that comes with the feeling that the Earth itself is moving. Changes that you thought were inconceivable will suddenly seem not only possible, but probable or even inevitable. Here is the thing to remember, and not forget. At this point nothing, including any developments that may surface as this transit happens, is permanent. This is more of a test run, a boundary check and an energy check; it is an experiment in what is possible; and a chance to see how flexible you really are. It is not, however, a time for 'permanent' decisions, and this of course will be good news to any Libra. That time will arrive; now is a moment to actually explore the alternatives.

Scorpio (Oct. 23-Nov. 22) You have the moxie, the charm, the style, energy and most of all, the personal integrity required to succeed in the way that you want to. In fact, you can forget about everything on that list except for the last item. I also know you have your doubts, and let me be the first to tell you that Scorpio self-doubt is just about always misplaced. Success does not usually happen fast, and we have good reason to question the kind that does. What I am telling you is that you have solid reasons to have faith in yourself. So what if various elements of your romantic life make about as much sense as two jigsaw puzzles mixed together. Who cares if there are those nights you feel like you're holed up in a raft floating on the ocean of your own existence. You actually know who you are. You actually believe in yourself.

Sagittarius (Nov. 22-Dec. 22) You don't usually present yourself to the world as a peculiar, unfathomable person steeped in the vast unknown of the

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cosmos. Sometimes you even fool yourself into believing you're the happy-go-lucky person you read about on your own Twitter feed. But if that's true, then what exactly is the source of this unshakeable faith you have in yourself? What's the source of your incredible passion that comes from deep in your core and never seems to run out? I know there are the deep kind of faith and the shallow kind, and they both work pretty good. This is the time of year that you're reminded just how deep your commitment to yourself is; but I assure you that you have not seen anything yet. Remember the goals that were so meaningful to you in the spring. They will soon be back, with ten times the mojo.

Capricorn (Dec. 22-Jan. 20) For such a serious, focused person, you have an odd ambivalence about your goals. At times you've adopted the position of letting your most important decisions be made for you. Other times you respond to necessity, which is not that different, but at least it's practical. Neither of those options is viable now, and at this stage of your life, neither is honest. You know that your choices must be based on who you actually are, and that the process of making decisions is one of the ways you make that (ongoing) discovery. Therefore, if you find yourself in a position of being compelled to decide what you must do, shorten the loop and strive to understand who you are. Even if that is a work in progress, focus on your reality in this moment: not who you were, or who you plan to be.

Aquarius (Jan. 20-Feb. 19) Information is on its way; it may be

coming right now, but you may not be listening. I say this because your charts hint strongly that you're walking around telling yourself, "It's not time; I'm not ready." I would suggest that it is indeed time, you are indeed ready, and that the information you're getting is designed to provide an essential element of preparation. You've figured that the universe doesn't run on a train schedule. But the planets do move in a logical way, and one thing that logic says is that you've prepared long enough for a new assignment that will take you far and wide, and prove your competence in the tasks you've chosen to undertake. It would help a lot if you didn't try to convince yourself otherwise.

Pisces (Feb. 19-March 20) As regards other people, such as relationship partners, they appear to be figuring out something that you've known is true for a long time. Yet is that what's happening, or are you getting into alignment with your own truth, and therefore making room for the people around you to be in alignment with theirs? Either interpretation is true enough. Let's assume the second possibility, because it keeps the cause of what you perceive within yourself. At this point, the more responsibility you take for everything and everyone in your life the better — most particularly yourself. Your commitments carry more energetic influence now than at any moment in recent memory, especially the ones you make to yourself. Your inner guidance is impeccable. Practice trust, day and night.

Island Epicure



Comfort foods for Cold Days: Bread Pudding

by Marj Watkins

This column is dedicated to Carol Eckart who asked for a recipe for a really great bread pudding. Her request brought to mind the bread puddings of my childhood, and of my children’s’ childhoods. I said, “I don’t know if I still have a bread pudding recipe. I may have to invent one for you.”

That same evening I did, and remembered other bread puddings my family loved.

Why have I not made one in so long? Now that we’ve all reached the ages where we count carbohydrates and limit sugars, our desserts are usually simply fruit, possibly accompanied by blue cheese or Gorgonzola.

Guess what? When I analyzed the standard bread pudding recipe I still have, dated 1965, I found out it’s a high-protein, reasonably low carb dessert, and such a healthy dish you could eat it for breakfast, and I did. I put a few dabs of plain yogurt and a splash of half-n-half cream on it.

It was delicious. Eaten at 7:45 a.m. it fueled me until time for my elevenses.

So, here you are Carol. This is my 2009 version of a 44-year old recipe. In those olden days I was cooking for a family of six. This is my old recipe, augmented with an extra egg for richness and high quality protein, and made with 100% whole grain bread. I used my homemade sourdough rye bread. You can use any kind of bread you wish (cinnamon raisin bread makes an especially good pudding), and leave out the extra egg, and it’s still a tongue and tummy pleasing comfort food with good nutritional qualities. A peasant type artisan bread would work well. If shunning gluten, try the rye with sunflower seed bread from the frozen food case. It has a lighter texture than the unfrozen rye & sunflower seed bread.

NOT-SO-PLAIN OLD BREAD PUDDING

- Makes 4 to 6 servings
- Preheat oven to 350 degrees
- 2 cups 100% wholegrain bread cut in ½-inch cubes
- 2 cups whole milk
- 3 eggs
- 1 teaspoon cinnamon
- Dash salt
- 1 teaspoon vanilla
- ½ cup brown sugar, not packed down
- ½ cup raisins (omit if using raisin bread)

Put the bread cubes in a 7 ½-inch or 8-inch round baking dish.

In a large mixing bowl, beat the milk, eggs, cinnamon, salt and vanilla and brown sugar. Pour the mixture over the bread cubes. Let them sit 15 to 20 minutes to soak up liquid. Stir in the raisins.

Place filled pudding bowl in a baking pan more than 1-inch deep. Pour in warm water to 1-inch depth. Carefully place in preheated oven. Bake 45 minutes, or until a sharp knife inserted halfway between center and rim of pudding comes out clean. Serve warm or at room temperature.

Nutrition per serving, if 6 servings: Calories 192.2 with raw brown sugar, Protein 7.8 grams, Carbohydrates 77.42 with raw brown sugar, also some Calcium from the milk, and B vitamins from the bread. Brown sugar also yields some Potassium, Phosphorous, a bit of Iron, and a little Calcium. If you sweeten with ordinary white sugar, the calorie count goes up and real nutrition is negative. It uses up some nutrients taken with other foods at the same meal. Powdered sugar contributes nothing but empty calories, but fewer of them, only 60 to raw brown sugars 68, and white sugar’s 64.6 calories per serving. Brown

Variations on a Bread

Pudding Theme:

Chocolate Bread Pudding: Use chocolate milk instead of plain milk. Make with whole wheat bread, or toasted rice bread for a gluten free dessert. Add 1 Tablespoon orange zest, from organic well-washed orange, if desired.

Fluffy Orange Bread Pudding: Use the ingredient list in first Bread Pudding recipe, above, but trade 1 cup of the milk for 1 cup of orange juice. Add the grated rind of 1 organic, well-washed orange. Sweeten with ¼ cup powdered sugar or 2 or 3 Tablespoons honey. If desired, add ¼ to 1/3 cup raisins, chopped dates, or orange marmalade. If using marmalade, reduce or omit sugar. Bake as described above.

Meringue-topped Bread Pudding:

Pudding: 3 cups day-old bread cubes, 3 cups warm milk, dash salt; 3 egg yolks (save whites for meringue), ¼ cup honey dissolved in the warm milk, 1 teaspoon vanilla, ½ teaspoon nutmeg. Combine the egg yolks, milk-honey combo, vanilla and nutmeg. Proceed as directed in first recipe.

Meringue: Beat 3 egg whites until stiff. Beat in a dash of salt and 2 to 3 teaspoons of powdered sugar. When the pudding is done, reset the oven heat to 300 degrees, spread the meringue atop the pudding and put it back into the oven until the meringue has cooked, 12 to 15 minutes.

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Toastmasters

You are invited to join the Vashon Island Peak Speakers Toastmasters group for a fun-spirited community Open House and Demo Meeting.

Effective communication is a key ingredient to personal and professional success. In fact, that’s common knowledge. But despite knowing this, the majority of us can name situations in which we’ve either felt too self-conscious or too “tongue-tied” to actually speak up. Or, in a word, afraid.

On Saturday November 7th the Vashon Peak Speakers Toastmasters group is hosting a community Open House & Demo Meeting at 2pm in the Vashon Library Conference room. We will be presenting a structured program including prepared speeches, impromptu talks (known as “Table Topics”), jokes and inspiration, and evaluations to help us improve

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What’s Happening with Us

By Mary Litchfield Tuel

I’m sitting here typing in my netbook while Rick has his first dialysis.

First I must thank everyone for all the love, support, prayers, and good wishes sent our way the last few weeks. We have felt upheld and loved, and we appreciate all of that.

Thank you.

It would be difficult to write about anything other than what we’re going through now. It’s as if someone has slammed us both between the eyes with a two by four. Wham! Life as you knew it is over, and renal failure is what is



Rick on dialysis, photo by Mary Litchfield Tuel.

important to you now. You cannot argue with this.

You may wonder why Rick’s kidneys have failed. If you think you know, tell his doctors, because so far they haven’t been able to pin down a cause.

We think it’s life. Life can cause kidney failure.

It’s a shock to have everything stop suddenly and realize that your life is in danger, or your spouse’s life. Really gets your attention. At the same time, you start hanging around people and places that make you realize that you are not special – there are a lot of people fighting for their lives at any given time, which is a humbling realization. It’s a part of life that is usually out of the public eye.

Watching medical shows on TV is not going to tell you anything about what it’s like to have a medical crisis. Those people are actors, those situations are scripted, and as Rick’s nephrologist says, those shows are phony.

A nephrologist, by the way, is a kidney doctor, and nephrology has

nothing to do either with Egypt or having sex with dead people. I know how you people think.

I observed the difference between reality and TV the first night Rick went in to the ER. He was given a blood pressure medicine which may have worked a little too well, and every time he made a rash move like, say, raising his head slightly, his blood pressure would plummet down to, oh, 49 over 29.

If you watch “House” you know that at least once in every show, someone cries out, “He’s crashing!” and then three or four doctors are running around the bed like a Chinese fire drill, yelling at each other to do this, do that, and then someone delivers a shot of epinephrine, or shocks the person back to life with paddles, and then the show goes on with the temporarily dead person revived to suffer more camera-friendly, viewer-manipulating drama.

That is not how it happens. The spouse (me in this case) notes the patient is looking punky, goes out in the hall and grabs Jeff, the nurse, and says, “He’s not looking good,” and then Jeff calls for help and a contingent of nurses, aides, and one (count him, one) doctor come in and they do move swiftly, quietly, intensely, professionally, and efficiently, to take care of the problem, because, guess what, this has happened before and they have a protocol.

So they pulled Rick’s blood pressure out of the basement a couple of times, and by the next morning the drug he’d been given had cleared his system, and they went to a less drastic blood pressure medication.

That was the first and only time I’d ever seen a nurse wrap a blood pressure cuff around an IV bag and pump up the cuff so the fluid would flow faster. I wish I’d taken a picture to send to the “There, I fixed it” website, but I didn’t. Still, if you want that IV to drip faster, there’s your methodology.

Rick made it through a week in the hospital with the doctors and nurses keeping him alive and watching him for signs that his kidneys would kick back in, but alas, his kidneys are done. The renal function has left the building.

So here we are at the Northwest Kidney Center, with Rick starting dialysis. This is what we’ll be doing for three days a week for the foreseeable future.

We are walking a well-worn path. Many before us, many with us, and many after us will be dealing with this particular medical crisis. We are hanging in there together, with the support of friends and family, taking one step at a time, one day and sometimes one minute at a time. One of the paradoxes is that there is nothing like having mortality

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stare you right in the eye and breathe on you with breath more fetid than that of a 12-year-old black Lab to let you know you are fully, completely alive.

Funny, that.

We’re still here, still fully, completely alive, still cracking wise and thanking God. Stay tuned for further developments.

What’s Your Take on Tourism?

Continued from page 1

The Town Hall will begin with a member from the business community speaking to the Chamber of Commerce’s proposed plan (VITAL) to encourage and enhance tourism on Vashon while another community member will speak to possible negative issues and concerns that the growth of tourism may foster. Following these introductory comments, the floor will be opened to all residents who wish to speak on this topic. While not a debate, the goal of the Town Hall is to provide a forum for open discussion, courteous dialogue and a basis for understanding, if not agreement, with the

different views Islanders have on tourism. Don’t miss this informative and focused Town Hall which will address but one of many issues important to Islanders. have questions Can’t be present but would like your email or letter read? Contact VMICC Outreach committee members Hilary Emmer at hilonvashon@yahoo.com or Christine Beck at cbeck@yahoo.com. And keep an eye on The Loop as additional special Town Halls are being scheduled to address the other hot topics Islands have raised.

We Endorse the Renewal of the Vashon Island School District Technology and Capital Maintenance Levy

Buzz and Lynn Blick
May and John Gerstle
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Daniel and Angela Luechtefeld
Kebbie and Duane Bedard
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Mary Ann Beardsley
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Shannon and Jon Flora
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Nancy and Michael Kappelman
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Michael and Donna Donnelly
Foss Miller
Anders Blomgren
Brad and Carol Jones

This levy makes up nearly 100% of the school district’s capital budget for:
-- adequate technology for students, teachers and business operations
-- major facility repairs, improvements and preventive maintenance

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Bob Powell

Continued from page 1

Water District 19’s limited water supply is not just a water rights issue but also a geologic, environmental, and economic issue. Our water supply is limited significantly by the capital cost of obtaining more water. I’ll work to balance the need to serve our community with the need to be fair to existing customers and keep costs reasonable.

District efforts already underway to develop the Beall water right and to promote conservation through incentives will allow the system to serve some customers who have been on the waiting list for years, but will not realistically serve all. I advocate a more ambitious program of incentives for voluntary conservation and efficiency. Ideally, this will make it possible to meet demand with existing water rights, at a lower cost — both economic and environmental – than pumping more water.

While I love Vashon’s rural atmosphere and don’t want to see it changed through development, I would like to see more density within Vashon Town. This would bring it closer to the vision of the Town Plan that was thoughtfully created by our own community. The lack of sufficient water for Vashon Town has nearly stopped growth in town, but has not prevented continued development of Vashon’s environmentally sensitive fringes.

District 19 Race Sticks to the Issues

New rural homes far from services, often on hillsides and with long driveways, have a far greater impact on our local environment than clustered development in town. This situation is harmful to our economic health, because it results in most new housing stock being disproportionately expensive, and provides few options for those who prefer to keep their environmental footprint smaller. I’ve written about these issues at <http://dogpatch.com/kcprop/>.

I’d like to see a coordinated policy among the water district and other public agencies to allow purely free-market agreements to transfer water rights from our fringes to Town. This could allow creation of more idyllic, walkable, small-footprint housing clusters such as Cohousing and Sunflower.

Water conservation is the key to meeting demand and keeping costs down. The district has already implemented the easy conservation incentives. There are ways to conserve far more water, but they are harder to quantify and so more difficult for the district to offer. I’d like to create additional free-market conservation incentives for outdoor irrigation systems and commercial users. These could potentially save enough water to meet all our needs.

Stewarding our water resource requires a thoughtful balancing of priorities to protect our water resource, environment and

economic health. I have thought through the issues, and would be honored to serve our community.

Marty Liebowitz

Continued from page 1

To have a vibrant Commercial Core in the Vashon Town Center, Water District 19 should attempt to find some way to include flexibility in their water availability evaluations of new businesses. Currently, when the water needs of a new tenant are reviewed by Water District 19, a report is made by a consultant which projects what the new business’ water consumption will be compared to that of the former business. If the new business water consumption is the same as or less than that of the former business, the District gives their approval for the new tenant’s use of the space. If, however, the new tenant is projected to use more water than the former tenant, then the District can withhold their approval of the use based on inadequate water availability for this new business. The landlord can then choose to either appeal the decision of the District, litigate if they believe they were treated unfairly, or tell the tenant they cannot lease the space.

If I’m elected District 19 Commissioner, I’d like to investigate a new policy where we analyze the Water consumption of all the current businesses in the Town

Center, and then come up with a way of averaging the consumption among all these businesses. A new business could then be allowed their water availability in an existing building as long as they could prove they would not consume more water than either the average of all the other commercial businesses in the Town Core, or of the old business which they’re replacing, whichever is greater. This would provide greater flexibility for both landlords and tenants.

This new policy, if it passes the required scrutiny, would allow for greater flexibility in the variety of new businesses permitted in our commercial core, and would remove some of the uncertainty associated with the current policy.

Douglas Creates Halloween Portraits

Continued from page 1

All those whose portraits are taken must be in a Halloween costume, and the pictures will become the November exhibit on the walls of the Café, with an opening on Friday, Nov. 6, from 6 to 9 p.m.

Douglas can be reached at 206-390-6074 or at www.rebeccadouglas.com.

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

Madame Toujours

Dear Madame Toujours,
I will be going to New England with my fiancé Skyler to visit his family for the holidays and I am feeling a little anxious. Skyler’s father has written several rather tasteless letters to Skyler about “wetbacks.” Most of my great-grandparents were born in this country, but Skyler’s father evidently considers this to be a technicality.

When Skyler’s grandmother heard about our engagemnet, she said, “Hidalgo! But that’s not an Aryan name,” and if she decides she doesn’t like me, she will cut Skyler out of her will. Skyler says he doesn’t care since she can’t touch his trust fund from his mother’s family. I’m told Skyler’s aunts and uncles are excited to meet me. His Uncle Wesley told Skyler not to worry about Granny because she’s a potty old bat and will probably leave all her money to a home for hairless cats anyway, but I don’t want to come between Skyler and his family. I love Skyler, but if anybody makes derogatory remarks about my background, I might just smack ‘em upside the head with an enchilada pan. Is that wrong?

And what if Granny asks what my father does for a living? He is a pretty successful artist, but when I was thirteen, he decided he could save rent money by moving into a coyote hole in the park in San Francisco. The coyotes keep him warm when the nights are chilly, and the alpha bitch thinks he is her mate.

Should I back out of the engagement, or is there some way to get through the holidays without having a nervous breakdown?

Sincerely,
Donna

Chere Mlle. Donna,
Assuredly, there is being no reason for breaking the engagements or for causing the concussions with the ethnic baking implements. If anybody is asking about the antecedents, you can be telling everybody that your ancestors were owning half of the state of California before the illegal immigrants were taking it from them. Mention that in the old days your family would never had allowed you to be marrying into the Anglo family without any of the royal lineages. Look adoringly at *M. Skyler*.

Be very grand. Expect people to wait on you. Ask with the puzzled expression if they are giving all the vassals time off for the holidays. Be very gracious when you realize they do not have the household servants. Remark frequently how quaint it is to put the dishes into the dishwasher with your own hands. Profess to enjoy the novelty immensely. Brag to everyone that you made your own bed in the guest room this morning. Do it badly. Even if they do have the household servants, pretend to think it is the very small number. Be obviously too polite to call attention to the poverty of the family.

If you are being asked to explain the activities of *M. Hidalgo pere*, always, the truth, she is best. Simply explain that your father, he is the successful artist who is immersing himself in the studyings of the images of the trickster gods in the American cultural heritages with the particular emphasis on *M. le Coyote*. Say that he is very committed to his art.

Bon Chance, Mlle. Donna. By the time everybody is discovering your little exaggerations, you will be finding out that the in-laws, they are not being as grand as they are liking for everybody to believe.

Sympathy for Brick and Mortar

everyone (the world) was hooked up to this Bluetooth like device. And with this device you could just plug-into the “stream.” Everyone was hooked in! They all thought identical. All information was translated and received on one level. All ideas were equal, except for one man who had some type of illness that prevented him from plugging in. Anyhow, a virus developed and wiped out all the information. Those who were plugged in couldn’t recall or remember anything. The only person who had an intellectual ability was the one person who couldn’t plug in. And he was the Librarian. There’s something magical that happens when you’re in a bookstore. Your bookseller is a shaman in a way.

This article is a plea. Do you know how important reading is? Books exist because of the power of human ideas. Books stimulate the imagination, increase your vocabulary. Books nurture your

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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 6.**

Continued from page 1
No, instead you’ll see a Kindle stashed in between a cacti plant and coffee mug.

The future of bookstores lies in electronic delivery. I imagine the bookstores of the future will be downloading stations. Plug in and get out.

I’m horribly wounded and distressed by what is inevitable, because I remember typewriters and rotary phones. And it wasn’t that long ago when some of us had 8-tracks and record players. I’m not saying that the future is bleak. I’m just bothered by this substitution. With a book, one doesn’t need to worry about battery life. With a book, it’s always there.

I was just talking with this gentleman who came into my bookstore a few minutes ago and as we were talking about E-books he was reminded of a Twilight Zone episode he saw when he was younger. In this particular episode,

emotional development and improve self-esteem. Literacy is central in learning to understand one another. I’m not saying that Kindle or Nook will contribute to a loss of interest in reading and I’m certainly not saying that people will stop reading, but what I am conveying is that I fear that people will forget altogether that they can read. If there are no more bookstores around, will you remember to read Emily Dickinson or James Joyce? Bookstores are your community’s dog-ears. They say, “Psst! You! Come on in. Get lost with me.”

I’ve been in the book business for well over a decade and in the past six months I’ve seen readership numbers dwindle. Can I blame the economy? Definitely. But, the truth of the matter is, is technology. This is a point and click generation. I won’t be around next year because there are simply not enough readers to clothe and feed me.

Support your local bookstores while you can. Go inside, talk with us. Feel the book. Smell the book. Do these so that you may remember what it was like to walk into a bookstore and purchase a book. I’d like to think that the one remaining thing not consumed by technological advancement is the ‘book’. Albert Einstein was on to something when he declared, “It has become appallingly obvious that our technology has exceeded our humanity.” Can’t we just slow down? Can’t we just keep books where they belong?

Pick up a book today. We are providing you with a precious commodity.

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Wisdom in Our Waters:
Vashon-Maury's Whales and Marine Mammals

By Orca Annie Stateler, VHP Coordinator

On Sunday, November 1, 2:00 PM, at the Vashon Theatre, the



Springer says, "Come to Wisdom in Our Waters!"
Photo © Mark Sears.

Vashon Hydrophone Project (VHP) presents "Wisdom in Our Waters,"

with special guests Wolftown's T Martino and orca researcher Mark Sears. The program features slides of Vashon-Maury's whales and other marine mammals, followed by Q & A with the Island experts who document whale encounters, respond to calls about seal pups on shore, and deal with live or dead stranded pinnipeds and cetaceans. In fall and winter, endangered Southern Resident orcas visit Island waters. The 2009 season started with a Colvos Pass superpod on October 11 and an East Passage encounter on October 22. The VHP will provide an update on our beloved killer whales in J, K, and L Pods.

The \$8.00 admission/suggested donation supports the conservation work of the VHP and Wolftown. Wolftown and the VHP function on countless hours of volunteer labor.

Your donations help with the considerable operating costs of our projects – equipment, supplies, and maintenance, to name a few. For the sake of whales, wolves, and the other animals we serve, please give what you can!

For more information,

contact Orca Annie Stateler at 463-9041 or Vashonorcas@aol.com.

Parks Levy Supports Community

Continued from page 1

Levy funds provide financing for the infrastructure of the Park District. This includes the staff and equipment to maintain facilities and parks as well as the administrative and financial management resources for registration, fee collection and bill payment for a wide range of activities and events hosted by user groups and the Park District. Levy funds generally are not used to pay for programs and major capital expenditures. The direct costs for programs such as youth sports, adult exercise classes and others are funded through fees. Major capital investments are mostly funded through grants and donations.

Levy funds have to be approved by you. Without them there is no other source of funding for the Park District staff and maintenance of the parks. If the levy fails, services stop when the current levy expires, and the parks will shut down.

This levy will increase the levy rate from \$.45 to \$.50 per \$1,000 of assessed value of your home. A nickel translates to \$25 a year for a \$500,000 house. The increase covers the maintenance costs of facilities added since the last levy. Youth sports fields are being improved at the Vashon Elementary School site and at Sunrise Ridge. The area at the Burton Elementary School site is being improved for a variety of activities including disc golf. Also, this year, the Park District assumed full responsibility for maintaining all

the fields (referred to as 'Vashon Commons') included in the Interlocal agreement with the School District. By having the Park District perform all maintenance and scheduling activities for commonly used sites, inefficiencies caused by duplication of staff and equipment between the two districts have been eliminated.

In addition to field maintenance for athletic activities, the Park District greatly enhances the quality of life here on Vashon. I haven't even begun to address the multitude of free programs provided by the Park District for the community's enjoyment, often in collaboration with other Island organizations and businesses. These include concerts in the park – both Ober Park Thursday evening concerts and Monday night concerts at the Village Green – as well as theater and other artistic endeavors. Last year the Park District purchased the Jensen Point kayak business to assure that this water related opportunity remained available. And, this year the Senior Center was added as a program. I encourage you to go to www.vashonparkdistrict.org to avail yourself of all that the Park District provides.

I can assure you that you are getting the maximum value possible for the funds you provide the Park District. Please vote.

Mike Collins is the chair of the Vashon Park District Board of Commissioners. — editor



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Vashon Island Pet Protectors 2010 Pet Calendar is now available for \$15 at the following locations: Pandora's Box, The Vashon Bookshop, Fair Isle Animal Clinic, Books by the Way & all Vipp fundraising events.

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Lo'py Laffs

While hiking in the countryside, my friend Eve and I spotted a huge bed of mushrooms that we knew to be edible. We gathered a large basketful and sautéed them that night. My husband Phil refused to eat them, thinking they might be poisonous. Two weeks later, Eve and I gathered some more mushrooms. This time, Phil joined us.

“How is it that you’re eating these mushrooms tonight,” I asked, “when you wouldn’t touch the ones we brought home 2 weeks ago?” What changed your mind?”

“I thought about it,” Phil explained seriously, “and I figured it would be better to be found dead with you two than to try to explain two dead women in my home.”

An older couple is lying in bed one morning. They had just awakened from a good night’s sleep. He takes her hand and she responds, ‘Don’t touch me.’

‘Why not?’ he asked.

She answered, ‘Because I’m dead.’

The husband asked... ‘What are you talking about? We’re both lying here in bed together and talking to one another!’

She said, ‘No, I’m definitely dead.’

He insisted, ‘You are not dead. What in the world makes you think you’re dead?’

‘Because I woke up this morning and nothing hurts.’

I’d offered to drive my mother-in-law to the doctor’s, but when I arrived at her house, I found her gossiping away with a neighbor.

“Mom, we’ve got to go,” I interjected, but she couldn’t hear me over the chatter. “Mom!” I repeated as I pulled her away.

“Sorry, but I didn’t know what to do,” she said, getting into the car, “That woman wouldn’t stop listening to me.”

While traveling in Quebec, my father complained that all the street signs were in French. His comments and sarcasm went on and on. Then after passing a billboard for a restaurant that featured filet mignon, he belted out, “Finally! Something in English!”

What do you call the horse that runs the city?
The mare.

After a night out with the guys, Bob was in no shape to drive his car home. So he decided to walk. As he staggered home a police officer pulled up beside him.

“Where do you think you are going at 1 am in the morning?” asked the officer.

“I am on my way to a lecture,” Bob replied.

“And who would be giving a lecture at this time of the night?” the officer asked.

“My wife.” replied Bob.

Sign on Canned Goods Aisle;
Stock up and save. Limit: one.

Eat at the...



Farewell to Rick Tuel and Offshore

Thank you Rick for all of your years of great stories and artwork. We’ll all miss you!
Are prayers and thoughts are with you as you continue to be tough and get going when the going gets tough.
Check out the Spiritual Smart Aleck on Page 8 for what’s happening with Rick.

OFFSHORE Thanks and a tip o'the hat to all you readers! So long for now! - Rick Tuel



Loop Arts

Chamber Music for Strings

Island cellists, Rowena Hammill and Doug Davis are excited about heading up the effort to develop the Vashon Chamber Music Series, similar to the popular and well established Chamber Music San Juans. Thanks to their generosity, commitment and wealth of classical music contacts, Hammill and Davis have invited two Seattle-based musicians, Roxanna Patterson, viola, Ron Patterson, violin and talented local violinist Karin Choo to perform a romantic Evening of Chamber Music for Strings, Saturday, Nov. 14, 8 pm, at Blue Heron Art Center.

Hammill organized the progressive program to begin with Mozart's violin/viola duo, a Dohnanyi trio to incorporate cello, followed by Arnensky's quartet with



Rowena Hammill and Doug Davis, cellists, courtesy photo.

a second cello and finally Schubert's String Quintet in C major will include all five musicians.

Steeped in the same vibrant Los Angeles classical music scene, Davis played chamber music with Ron Patterson when both were teenagers. They rediscovered each other recently after both relocated to the Northwest. Hammill and Davis have worked with the Pattersons on several projects, including Chamber Music San Juans.

Ronald Patterson, Professor of Violin at University of Washington's School of Music since 1999, is the violinist in Duo Patterson and Concertmaster of New Hampshire Music Festival Orchestra. He was a student of Jascha Heifetz, Eudice Shapiro and Manuel Compinsky. Since age 11, Patterson has performed extensively in the United States and Europe, performing 45 works (including six world premieres) in more than 150 solo performances. Acclaimed for his "skill, authority and imagination" by the New York Times, he has performed with the Prague Chamber Orchestra in Prague, the MDR in the Leipzig Gewandhaas, UNESCO in Paris, REI Milan, Dusseldorf Symphony, NY Cosmopolitan Orchestra, Denver

Symphony, Austin Symphony, St. Louis Symphony, Boston "Pops" and many others.

Roxanna Patterson began her professional career at age 16 as a member of the Fort Worth Symphony and the Forth Worth Opera Orchestras. She later attended the Shepherd School of Music (Rice University) and played in the Houston Symphony, Houston Opera Orchestra and served as Concertmaster for Houston Ballet Orchestra. Her teachers included Ron Patterson, Eudice Shapiro, Wayne Crouse and Karen Tuttle.

In 1979 she moved to Monte Carlo with husband/Concertmaster Ron Patterson. There she changed from violin to viola and the couple formed the unique violin/viola ensemble Duo Patterson. She has appeared on European and American television. In 1984 Patterson received the first Special Award from the Princess Grace Foundation and was recently decorated by Prince Rainier of Monaco. Viola coach for Seattle Youth Symphony, she teaches privately in Seattle and is active in the film and computer game recording industry.

Karin Choo holds Bachelor of Music and Bachelor of Arts degrees from New England Conservatory, where she studied violin performance with James Buswell, and Tufts University, where she studied economics. She teaches and performs as a free-lance artist throughout the greater Seattle area



Karin Choo, violinist, courtesy photo.

and is currently Music Director for Vashon-Maury Chamber Orchestra. Tickets for An Evening of Chamber Music for Strings are \$15/\$17 and available now at Blue Heron, Heron's Nest, Books by the Way and brownpapertickets.com. Cal 463.5131 to purchase by phone. In May 2010, plan to attend the weekend-long Chamber Music Festival at the Blue Heron.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Nov. 6.**

by Janice Randall



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Arts and Humanities Series at Blue Heron

by Janice Randall

VAA's Arts and Humanities Series continues Sunday, November 15, 7 pm at the Blue Heron Art Center when Tacoma Art Museum's dynamic director, Stephanie Stebich shares "Treasures in our Midst."

A distinguished art historian with extensive experience in the museum field, Stebich has held positions with the Cleveland Museum of Art, Minneapolis Institute of the Arts, Brooklyn Museum, and the Guggenheim Museum in New York. She has spent the past four years looking at

Northwest museums to develop a complementary niche for Tacoma. Museum-goers will appreciate her observations on the specialties of and "treasures" in the region's rich museum collections. She will also offer an insider's preview of forthcoming exhibitions. Limited tickets may still be available by calling 463.5131 or go to brownpapertickets.com.



Stephanie Stebich, courtesy photo.




Or, for show times and info, check www.vashontheater.com

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

Subconscious Population Plays for Halloween Masked Ball at the Red Bike

by Pete Welch

If this show is anything like last year's event, this is going to be THE party to go to on Vashon Island on Halloween night! Once again, The Red Bicycle Bistro is bringing back the annual Subconscious Population Halloween Masked Ball that was an Island Halloween tradition in the community for



Subconcoious Population, courtesy photo.

years and they're doing it up big, with Island band Trolls Cottage on board. Since 1980 and up until a few years ago, this annual event was the most anticipated party of the year....so the staff at the Red Bicycle plan to make this particular party bigger and better than ever before.

So.....after all the kids have been through town trick or treating and safely tucked away with their

candy at home...make your way up to the Red Bicycle for a night you won't soon forget.

There's plenty of time to think about your costume and start putting something together, because it's going to be a crazy night at the Red Bicycle. \$10 cover gets you in to the whole place so you can roam free between the bar and the restaurant throughout the night. There will be a costume contest for attendees, to be judged by the crowd and prizes will be awarded for 1st, 2nd & 3rd place.

Due to the popularity of these two bands and the fact that it's Halloween, it is highly recommended that you purchase tickets in advance either in person at the Red Bicycle or by Credit Card over the phone by calling 463-5959. Tickets will be available at the door unless the show becomes sold out due to advanced ticket sales. There are only a certain amount of tickets available for this show. Don't be left out on the street looking in the window at all those people having fun!

Save your strength for Halloween night....you're gonna need it! This is a 21+ event, there will be a \$10 cover and ID will be required at the door. Costumes are encouraged!

El Dorado Celebrates UMO's 20 Years on Vashon

UMO Ensemble, Vashon Island's resident physical theatre

casting knowing glances at our obsession with power.



The original cast for UMO's El Dorado, photo by Galba Sandras.

company, celebrates twenty years on Vashon with two performances of their internationally acclaimed production, El Dorado. The shows are Nov. 13 & 14 at 8PM in the Grand Hall at Open Space for Arts & Community. Tickets are available at Books by the Way, Vashon Bookshop and brownpapertickets.com.

El Dorado, perhaps the company's best known and signature work, toured both nationally and internationally to popular and critical acclaim. In London, The Stage described El Dorado as "Simply masterful."

UMO created El Dorado in 1992 in the style of "Buffoon Theatre." Buffoons are fantastical, irreverent creatures, derived from the outcasts of medieval society who play at humanity, mocking our follies,

In El Dorado, UMO's buffoons direct their unbridled energies into a re-visitation of the ruthless quest for the legendary "Kingdom of Gold" in the Americas.

El Dorado, along with the rest of UMO's work, was created here on Vashon. The six original members who co-created the piece, all Islanders, are Esther Edelman, Martha Enson, David Godsey, Kevin Joyce, Janet McAlpin (director) and Steffon Moody.

The wonderfully grotesque costumes for El Dorado were created by Vashon artist Patricia Toovey in collaboration with each original cast member.

McAlpin feels it is a testament to the story and to the talents of the original co-creators that this show has withstood the tests of time. "El Dorado is still artistically and socially relevant 17 years later" she muses.

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Reinventing Money

Continued from page 1

by David Godsey

McAlpin reports that this 20th anniversary remount of El Dorado includes some recasting. "With three of the original cast not available for the remount, we turned to ensemble members Kajsa Ingemansson, Lyam White and Mik Kuhlman to fill the roles. The show has the stamp of the original ensemble and fresh energy from the new cast members" she says. Guest artist Marchette DuBois will be playing the role of the music making "Pet."

The Ensemble invites audience members to join them for a twenty-year celebratory toast after each performance. They hope to see you there! For info call 206-408-7241, visit www.openspacevashon.com.



Smartypants, photo by Mark Weeks. The Seattle Men's & Women's Choruses two smaller ensembles, Captain Smartypants and Sensible Shoes, will be bringing their vocal jazz, pop and comedy to Vashon on Friday, Nov. 6. in the Grand Hall at Open Space for Arts & Community at 8PM. Doors open at 7:30PM.

Sound crazy? Or crazy like a fox? Author, entrepreneur and economist Tom Greco has some surprising insights on what can be done to turn the tide of financial uncertainty. In his new book, The End of Money and the Future of Civilization, Greco shows how communities have an opportunity to rewrite the rules of exchange in exciting and economy-stabilizing ways.

Islanders can see this dynamic in action as nearby as Salt Spring Island in the San Juans, where they're leveraging the power of local currency to protect businesses by keeping money cycling within their own shores. The concept is simple: residents exchange standard US currency for local currency at participating banks and retailers, and then use the exchanged currency just as they would a gift certificate.

Local currency can also provide an expression of the sensibilities of a community, and often feature area artists, iconography, scenery, history and even poetry and prose.

We'll be discussing the promise of alternative currency on Vashon in detail at a book signing and talk by the author on November 10 at the Red Bicycle Pub & Bistro, beginning at 7pm. Information: 206-408-8058, or www.backbonecampaign.com

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WolfTown!

Wolfstown needs your help in these critical times. We are helping others, won't you help us? Become a member for \$35 or just make a contribution. Wildlife season is upon us and we need to purchase medicines, feed and supplies. Think \$5 or \$10 bucks doesn't make a difference? What if everyone on island sent \$5 or \$10 bucks....

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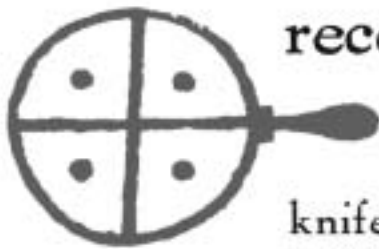
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