



VASHON

# THE LOOP

Vol. 6, #24

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

November 27, 2009

## Theatre Suffers Loss

by Leslie McMichael

The Vashon Theatre was burglarized on Saturday night and lost its digital projector, the flat screen lobby TV, all its DVD players, and concession cash. (No digital projector so the VFS screening of CRUDE last Sunday was cancelled). Oh yeah, and the burglars stocked up on CANDY on their way out.

In a rotten economy, and particularly in a close-knit community like ours, this event is the equivalent of a sucker punch. Many Island businesses are suffering, and some have closed their doors. We don't want to lose our community movie theatre. Nobody likes to hear the same sad song again and again, so instead, imagine an up-tempo number.

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Vashon Theatre photo by Marty Shafer.

## Father Says No More Hard Drugs

It is no secret that hard drugs, including heroin, are readily availability and addiction is a growing problem on the Island. As one father told The Loop: "Most Islanders may not feel like this problem affects them personally, but it does. Property crimes are sure to increase as addicts get more desperate for cash. I don't know any of the details of the theft at the Vashon Theater, but I would not be surprised if it were drug-related. It is clear that our safe community will become less so unless we confront this problem head-on. Schools and educators are doing a good job on the 'demand' side of the problem - teaching kids about prevention of drug use and the disease of addiction."

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## Art Studio Tour Returns

by Douglas Mesney

The big question in the minds of Island artists is whether the Vashon Art Studio Tour will be a *bellwether* for better times. Everyone is trying to come to terms with the "new economy." We're all looking for clues so here are some "terms" to consider:



Doug Mesney in his studio, courtesy photo.

*Bellwether* is derived from Middle English and refers to a bell around the neck of a castrated ram (a "wether") leading its flock of sheep. The bell could note the movements of the sheep before the flock was in sight.

Being an artist in these times has felt a lot like that castrated ram. Our flocks have been feeling sheepish and our bells have not been ringing. But sales savvy artists

can hear bells ringing and they are hoping it's the sound of cash register drawers opening.

*Continued on page 4*

## Chamber Prepares NEW Heart of the Sound Map

by Debi Richards

Every year, the Chamber of Commerce produces a business guide and map, but the 2010 issue shows potential of the best ROI on this piece - ever! The Chamber has been listening closely to its members as well as other Vashon business owners to see how it can better serve the Vashon community at large. One of the results is an aggressively redesigned Heart of the Sound, which offers participation to non-members as well as Chamber members. A benefit not available in past publications.

The map will include 3 area blowups, Vashon Town, Center and Burton, giving it the feel of a convenient walking map in addition to a street map.

The map which typically includes most street names, the locations of parks & trails, dog friendly parks, ferry docks, gas stations, post offices, the health center, airport,

*Cont'd on page 11*



The Giraffe Global Gallery and Giraffe Guest Suite is one of the Island businesses featured with a photo in the new Heart of the Sound Map. Courtesy photo.

## Weatherize on a Budget

by Reed Nicholson, certified energy auditor, home retrofitter and consultant, 463-1755.

Weatherization is the practice of protecting your home from the elements which preserves the life of your home. Other benefits include reduction in energy use and cost, greater comfort, greater health, and a more valuable home.

First, think of your house as an envelope. You live inside of that envelope. The goal is to seal the envelope to within a safe level. This can be done through weatherization. You can save money by doing the weatherization yourself, or you can have a company perform a thorough pre- and post-energy audit and retrofit.

Let's focus on a do-it-yourselfer with a budget under \$500.00. Since air sealing provides the greatest return on investment, we will consider this primarily. Most air seal leaks can be found by doing a little investigating. Consider areas in your home that may be uncomfortable or drafty. The illustration below gives examples of where homes commonly leak. *Cont'd on page 11*



Sharing the Burden by Sivam Paramasivam, courtesy photo.

## Surprises Exist Everywhere

by Margaret Heffelfinger

It was the story of the man with a violin that got me thinking. This man, I was told, stood playing in a Washington, DC metro station on a cold January morning a couple of years ago. He played six Bach pieces for about 45 minutes, and about two thousand people passed him in that amount of time. The man collected \$32 in the hat at his feet. When he finished playing, no one noticed. No one applauded. No one cared. The violinist was Joshua Bell,

*Continued on page 12*



# 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.

## Deer Processing Demonstration

The Vashon Island Food Security Working Group invites you to attend a Deer Processing Demonstration. Vashon Island, as we all know, holds a bountiful population of deer (How much of your garden/flowers/orchard did they eat this year?).

Perhaps you have thought of harvesting a deer to supplement your family's food supply, but did



not know what to do with it. Or, perhaps you thought of using deer as a means of food security during times of emergency, but were uncertain how to process it.

Come and learn hands on how to process a deer. Ask questions, share experiences, and learn from each other.

When: Sat., Dec. 5, 2009 from 10:00 AM – 12:00 PM

Where: 9330 SW 204th St. (The Church of Jesus Christ of Latter-Day Saints parking lot)

Bring/wear: Clothing to weather the chill (we will have a large canopy set up outside) and recipes to share

Any questions can be directed to Gene Kuhns (206) 408-7188

## Compost the Loop

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

## The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins.

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Paid advertisements in *The Vashon Loop* in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Come eat at the Q...again and again!

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*Don't miss an issue. Really. We are in our 6th year of publication and still not bankrupt! (Yet) Wow!*

## Seattle Mandolin Orchestra at Havurat Ee Shalom

The Seattle Mandolin Orchestra makes its first visit to Vashon Island for a special holiday concert at Havurat Ee Shalom. This charming venue is home to the island's only Jewish community. We'll welcome the first night of Hanukkah with traditional tunes—but this night is for everyone, so expect plenty of

Saturday, Dec. 12, 7:30–8:30 p.m., Havurat Ee Shalom, 15401 Westside Highway, 206.567.1608

Admission: \$9 adults, \$5 children under 18, \$25 family (1–2 adults & 2 or more children under 18). Produced with Assistance from Two Wall Gallery. Tickets available at Vashon Bookshop and Books by the Way.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Dec. 11.**

## Christmas Broadcast & Cookie Exchange!

The Church of Jesus Christ of Latter-Day Saints cordially invites the entire Island to a Live Christmas Broadcast with music and the spoken word on Sunday, December 6, 2009 @ 5:00 PM. The Church is located just east of the High School on SW 204th St. (9330 SW 204th St.)

Music will be provided by the Mormon Tabernacle Choir & Orchestra, with Christmas messages by church leaders from Temple Square in Salt Lake City. “Nothing puts me in the Holiday Spirit as does the Christmas Broadcast. The music is always uplifting and the messages inspiring...helping us remember what this season is truly about.” (Gene Kuhns, 1st Counselor, Vashon Branch Presidency)

Following the broadcast, indulge your taste buds with a variety of desserts, provided by your fellow islanders! We ask that if you plan to attend, please bring your favorite dessert to share, and possibly a copy of the recipe.

We will also hold a Christmas Cookie Exchange! Bring your favorite Christmas/Holiday cookies and exchange them for a variety of others. Bring as many as you wish, and leave with the same number...only now, you will have a huge selection to share with your family and friends.

If you have any questions, you may call Gene Kuhns @ 206-408-7188.

# Have Your Holiday Parties with Us!

Vashon Country Club invites Island businesses, families and groups to make the Club the place for holiday parties, functions and meetings. Large or small, formal or casual, make your holiday festivities memorable with our beautiful venue, great food and spectacular service.



Competitive prices, call me today!

206.463.9410

## Vashon Liquor Store

Temporary Holiday Hours  
December 1st - 31st  
Mon-Thurs & Saturday  
10am - 8 pm  
Friday 10am - 9pm  
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## Pt. Robinson Open House

The Keepers of Point Robinson, the volunteer group that works with the U.S. Coast Guard and the Vashon Park District to keep Point Robinson Light watching properly, announces the annual and now-traditional Open House. The event this year will be held on Sunday, 6 December, in Quarters A, Point Robinson Light Station.

This year, a special opportunity comes to link the open house with “An Evening With Berkeley Breathed”, to be held the night before at the Open Space. Point Robinson is the lighthouse featured in the book that Mr. Breathed will read, “Red Ranger Came Calling”. The lighthouse will be open for tours, the two sets of quarters will be open for prospective guests to

inspect, and the Ship's Store will be open for Christmas shopping. Holders of tickets from the “Evening.....” may receive a 15% discount, as well as members of the Keepers on presentation of their membership card. And if you would like to become a member, we can arrange that, too.

The highlight of the day, as every year, is the arrival of the Lighthouse Santa, at about 1 PM. While you are waiting for his entrance, enjoy a buffet, including Captain Joe's homemade chili. The event, a gift of the Keepers to the Island community and our visitors, starts at high noon, eight bells of the forenoon watch, and goes until 4pm. There is no charge for this event.

## All Island Middle School Holiday Art & Craft Sale

Handmade, affordable gifts and art will be available for purchase from Island students in sixth through eighth grades. Students from Family Link, The Harbor School, Home Schools and McMurray Middle School were invited to create their unique crafts to raise money for Island charities and for personal fundraising.

Celebrate the season with homemade gifts. First Friday/Open House, Dec. 4th 6:00 p.m.-8:30 p.m. Saturday Dec. 5th 10:00 a.m.-3:00 p.m. in the Gallery between Vashon Island Bookshop & Kronos.

Find the *Loop* on-line at  
[www.vashonloop.com](http://www.vashonloop.com).





# HOME TEAM REALTY

## Troy and Marie Move South

**Marie:** Hey Troy, should we tell the folks about our plans to move our office to Burton?

**Troy:** I guess we should. Otherwise how will people know where to find us?

**Marie:** That's just it. These last few months we've both spent a lot of time running between the Quartermaster Inn and the office. Especially me! I've put more miles on my car than one should be able to do when living on Vashon.

**Troy:** That's why consolidating our operations makes so much sense. We'll set up our office right next door to the Quartermaster Inn, and then we can both continue to work without spending so much time traveling back and forth. Plus, we'll cut way down on overhead.

**Marie:** That certainly makes sense in light of the economy. I'm looking forward to it. And I'm looking forward to seeing who might be interested in our building. It's a great location, with plenty of parking, which is not a small thing on Vashon.

**Troy:** If you know someone who is interested, have them give us a call. We are easy to find! Just call 206.463.LIST (5478) and one of us will be happy to talk with you.

## Prime Downtown Commercial Space

Rare opportunity to buy or rent a corner lot commercial property in the core of Vashon with ample parking, great signage, and recently refurbished interior. Suitable for a variety of businesses. Owners are licensed agents in the State of Washington. Call 206.463.5478 for more information.



- 1200 sft
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\$600,000 to buy    \$1500 per month to lease



## Incredible View

Look at this view! One and a half acres of rolling lawn and woods command a sweeping eastern view across Quartermaster Harbor, Dockton and Maury Island. Beyond, the Cascades frame the view, and to the south, Mount Rainier peeks through fir trees. The property includes an older but nice three bedroom, two bath manufactured home and a newer two car garage in great condition. A second tax lot of about 1/3 acre of the bluff is also included, ensuring control of your view.

Call us and ask about MLS#29035811    **Offered at \$279,000**

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This spacious single level condo is just perfect. Bright and quiet end unit with a small private yard and a deck is tucked away in a peaceful residential area within a short easy walk to town. Two bedrooms and two baths plus a fireplace, vaulted ceilings, and lots of windows make it bright and inviting. Great opportunity to buy in a neighborhood with little turnover. Take advantage of the rare opportunity to buy with owner financing.

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# Positively Speaking

## Best Wishes for a Happy Thanksgiving

by Deborah H Anderson

These agencies are important to support so that they can help families in need during the winter holiday season:

**Vashon Food Bank:** P.O. Box 1205  
**Interfaith Council on Homelessness:** P.O. Box 330  
**Wednesday and Monday dinners:** c/o Vashon Episcopal Church, 15420 Vashon Highway SW  
**Vashon Youth and Family Services:** P.O. Box 237  
**St. Vincent de Paul,** C/O St. John Vianney Church, P.O. Box 308



Love Deborah

# Madame Toujours

Dear Madame Toujours,  
Geez, will you please explain to me why a guy can't have a rational conversation with his wife without her getting all emotional. Last week, I came home from work after a long day when everything seemed to have gone wrong and all I really wanted was to put my feet up. I passed my wife's car and noticed there was mud on the bumpers. She said she knew there was some mud but she'd been too busy to hose it off when she got home from running errands, and anyway it was raining so hard she was in a hurry to get inside before she got soaked.  
Well, I pointed out that I would love to have the freedom to run around shopping all day, but I have to work, and if she were the one paying the bills, she would have more respect for the car I bought and paid for. She actually laughed. She said she probably wouldn't since she never had been any good taking care of cars before we met and it wasn't likely she'd start now at her time of life. Naturally, I told her she was stupid. That was when she left and went to her mother's. All she will say is that I have no business calling her "stupid." I explained that obviously, I wasn't saying *she* was

## Growing Through Grief

Providence Hospice of Seattle is offering a bereavement support group on Vashon for adults coping with the death of a loved one in the last two years. The group, facilitated by a grief specialist, focuses on general tasks of grieving, considers ways of providing self care and creates an environment for mutual learning as group members share their experiences of loss. The group will meet for six weeks beginning on Wednesday, January 6, 2010 at JG Commons. Please call Jane Fleming at 206.749-7704 for pre-registration and information.



stupid; I was saying she was stupid if she didn't *agree* with me. That's the last I heard from her.  
Why can't my wife manage a rational discussion of a household issue without flying off the handle?  
Sincerely,  
Trying to be Logical

*Cher M. Logical,*

For the general rule, it is never the very good idea to be making the helpful adjectives such as stupid when you are residing in the regions with the laws about the community properties. Usually, it is better to be ignoring the unfortunate dirtiness of the automobiles and simply saying to the wife person, "I am having the extremely bad day and require the sympathy and the comfortings." The sensible wife will then be saying, "Poor baby," and other helpful remarks of this sort and then you are not feeling cross and disagreeable and picking the unpleasant quarrels.  
As for the automobile, what for are you expecting the female person to be washing the trivial, unimportant dirt from the inanimate objects. The female type person is being much too busy taking care of animate persons and any number of household pets and children to remember to think about the automobiles which are mostly not coming home from work and making the big fight because somebody was forgetting to wash the dirt.  
Washing the automobiles is the job of the loving husband who hates to be cleaning the house and shopping for the groceries and the toilet papers.  
*Bon Chance, M. Logical.* Grovel to the wife, and next time you are noticing the dirt, pick up the hose and wash the car and remember to be grateful for the wife if you are still having one.

Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com).



Amber Tjemsland is featured in this photo from Rebecca Douglas' show Vashon Women: Maternity in Nature at the Vashon Womens Health Center.



206.463.2777

17407 Vashon Hwy SW  
[www.vashonwomenshealth.org](http://www.vashonwomenshealth.org)

*Blending traditional medicine and complementary/alternative approaches to provide preventive health care.*

Presenting a photo gallery of images by Rebecca Douglas in December. Stop by to enjoy a cup of tea and Rebecca's beautiful photographs.

Joanna Gardiner

Loving care for animals,  
plants and homes

567-0560



## Art Studio Tour Returns

*Continued from page 1*

The bell went off in my head at the Art Auction. So much sold for so little. It hurt. But pain is what drives great Art forward. What do they say? "No pain, no gain?"  
Let the pundits peer into Stock Market stats for clues of what's to come. For my money, the Art market is the leading indicator. Not just of consumer confidence but so much more. Art engenders our way of life and our culture and community. Can you define yourself without it?  
Artists are the first to feel the pain ...but they're the first to reap the gain. Artists' sales are the first to go when the going gets tough... but they're the first to return when the tides swing, as they always do. It's a question of when, not if.  
Now might be the "when" judging from the confidence of Island artists that I talk to at Vashon Island Imaging. Artists are our customers and orders are up indicating that art is beginning to sell again.  
Confidence is returning compounded by a pent-up desire to shop again and the actual need to buy things right now (read Christmas). To justify this "indulgence" shoppers will be looking for extra value.  
Art is perfect for these early days of recovery because it has more value for the buck. Art gifts have lasting values that go far beyond price. It's what makes the best art "priceless."  
Clued in artists know that shoppers are as skittish as the winds

of change. They've sharpened their pencils as well as their perspectives. They are "dialed" now for our "new economy" and ready for shell-shocked shoppers. There will be no "sticker shock" this year.  
Still, "dollars will get you donuts" if this year's Vashon Island Art Studio Tour isn't a "tour de force" ... that's a French expression meaning three things: an exceptional creative achievement, a particularly adroit maneuver, or a difficult feat. All three certainly apply to the Art Studio Tour.  
Hard times have moved artists to exceptional creative achievement because they know that only the best survive. Too, selling art in this market certainly could be called an adroit maneuver, eh? And there's no question about it being a difficult feat.  
But is it all just "*trompe l'œil*?" — which is French for "trick the eye". That technique was borrowed by the Federal Reserve, together with a lot of money, to paint a rosy picture of recovery. Real or illusion?  
For the record it's "A Question of Balance" and something the Moody Blues knew a long time ago... that we'll never know what is an illusion.  
Nor does it matter because there's two sides to everything. Ask that ram. He may be castrated, but he's still hangin' with the flock ringin' his bell. and that's what Island artists are going to be doing in a few weeks hence.  
Let's hope the community chimes in because their bells toll for thee.





# The Dorsal Spin

## Pod Puzzlers

By Orca Annie Stateler, VHP  
Coordinator

Our killer whales are on a surprising schedule again this year. Since an October 22 encounter with J and K Pod members plus the L2 matriline, the VHP briefly observed a reticent group of eight female and juvenile Transients, gingerly navigating through noisy seiners in Colvos Pass, on November 3. As soon as we confirmed they were Transients, they disappeared. Mark Sears encountered J and K Pods north of Seattle, off Kingston, on November 12.

Southern Residents returned to Island waters on November 21 and

observed Ruffles (J1) “working the end of a gill net” to pick off a few salmon. Ruffles, don’t you know, is a wise elder! Mark also photographed Polaris (J28) with her newborn, J46. We can hardly wait to see that picture!

At Loop deadline, through a combination of the VHP’s shore-based work and Mark’s boat-based work, we can confirm J Pod whales were present, and we surmise 15-20 L Pod members were with them. We are still examining photos for additional IDs.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com). As ever, thanks to everyone who calls! We are grateful to our dedicated VHP spotters, who endured lousy November weather to inform us of the orcas’ abrupt direction changes. Ferry commuters, we want to hear from you; please do not assume somebody else called the VHP, because few commuters do. Our number is always in The Loop, or find it at [Vashonorcas.org](http://Vashonorcas.org).




Gaia (L78), Tsu'xiit/Luna's uncle, near Seattle on 10/22/09.  
Photo © Mark Sears.

22. In tracking their erratic travels and determining IDs, we had our work cut out for us. No research boat was available on November 21. As Odin and I scanned East Passage, we spotted at least 25 orcas widely dispersed across the Sound, milling and foraging for extended periods around the Vashon ferry lanes and other hot spots. Chez VHP had two restless nights, listening for vocalizations on the hydrophone that would aid in solving the pod puzzle.

If the orcas transited Pt. Robinson on the 21st, they did so after dark. On the 22nd, the whales shifted direction in mid-afternoon before reaching the point. When the Southern Residents are so spread out and I see this behavior, I speculate that other whales are up Sound, communicating with their southernmost podmates: “Hey, the fishing is better up here,” or something like that. This behavior pattern is a common sight in summer, when the Southern Residents do the “West Side Shuffle,” hitting the lucrative Haro Strait feeding areas along the west side of San Juan Island.

Mark Sears was our Orca Hero on the 22nd. He braved the wind and chop in his small research boat to take ID photos and collect samples. Off Bainbridge, he

This holiday season, support the VHP and Wolftown by purchasing artwork from Tlingit artist Odin L o n n i n g , [www.OdinLanning.com](http://www.OdinLanning.com). Select killer whale and wolf-themed pieces are on display at the Vashon Island Coffee Roasterie. Odin is skilled at creating custom pieces if you have another favorite animal: eagle, raven, humpback whale, porpoise, otter, frog, beaver, horse, hummingbird, blue jay, fox, cougar, weasel, turtle, lizard, dragonfly, butterfly, to name a few design requests he has fulfilled over the years. Help the whales; help Wolftown’s critters; get a scrumptious piece of Native art – such a deal!




# GIRAFFE

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## Vashon Neighborhood Mission

In celebration of Vashon Neighborhood Mission’s first anniversary, we would like to invite you to donate funds to support this community service providing a soup and sandwich supper, and basic help with non-diagnostic medical concerns each Monday from 5:30-6:30 p.m. at the Village Green. This service is for anyone who has no permanent shelter. The mission is staffed by volunteers and 100% of donations go to providing food and basic medical supplies. Blueridge Company, located on Vashon Island, will match up to the first \$1,000 of donations made. Please send your donation payable to VNM to: SCS, Inc., PO Box 920, Vashon, WA 98070. Attn: Zack Krieger.

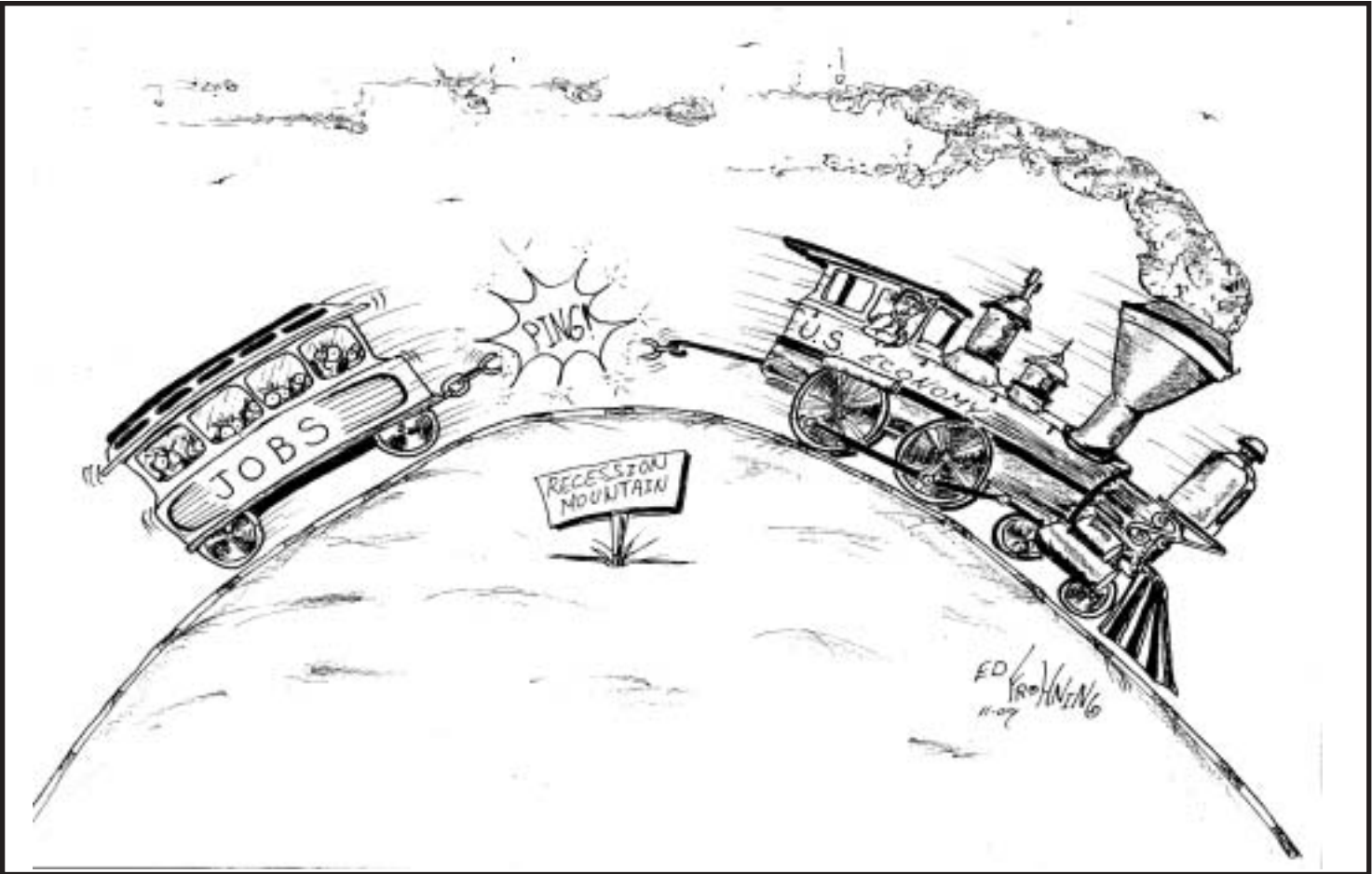
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**Aries (March 20-April 19)** Initiative is one of the keys that unlocks success, and progress, and for most people, happiness. Often it is the single most vital factor. You could say that this concept is the opposite of passivity, the game of ‘see what happens’. Both Mars and Aries contain the potential for a mind to break out of passive mode. Once we succeed at that, we get the experience of, well, of experience itself: which can include success, failure, resistance, pleasure, fear and many forms of encountering The Other. There are times lately when The Other feels like The Many, like you are somehow up against the collective mind, no matter how private of a person you may be. These encounters will go on for many months, and are designed to bring your inner being out of the alcove in which it sometimes hides.

**Taurus (April 19-May 20)** You may be recoiling at how sexual people see you as being, though I’m here to tell you that you can be enjoying it thoroughly. However, the real news is that there is a rich place between what we think of as attraction and what we think of as repulsion, which is the zone of exploring the unfamiliar. Most of what we like, we know from the past. Most of what repels us, we’re afraid of or avoiding. Part of what you are exploring is how you think others see you. The presence of Venus and Ceres in your opposite sign Scorpio is a reminder to keep pulling apart the curtains and looking past your mother’s perception of you; of who she thought you were, are or should be — a place you often find yourself trapped. What is on the other side? In sum, you are.

**Gemini (May 20-June 21)** Be careful of a tendency these days to generalize or exaggerate. It would be just as easy and advance your cause more effectively if you are precise in your speech and thought. As you focus your mind and your use of language, you will be more discerning what you take in; you will become more concerned about the differences between facts, ideas and beliefs. These are subtleties that are beginning to dissolve into the current environment of ‘say it enough and it must be true’, or ‘if I believe it then it must be true’. If you have not quite awoken to the beauty of ideas, this is a potentially rich moment. As you do this, remember: the specifics matter. One example does not prove the case — your own, or anyone else’s.

**Cancer (June 21-July 22)** You may feel like the sole survivor among your peers as the person not willing to sell out your values. Yet there are moments when it’s challenging to put those deeply held principles to work — which is the whole point. It’s not always easy; in fact, it’s usually quite challenging. I would propose one idea. Particularly where your work and reputation are concerned, you must be willing to embrace some inner chaos, and trust that this is the thing that will help you the most. In other words, to have possession of what you know, it’s necessary to encounter many other possibilities, some of which challenge you and some of which challenge who you think you are. Encountering the unknown within yourself is nearly identical to the willingness to change.

**Leo (July 22-Aug. 23)** Life is not a war and it’s not a struggle for survival — or at least it does not have to be. Of course, just because you know this doesn’t mean there aren’t many others with a bunker mentality. Here is what: don’t get caught in it. You’re a lot better off reasoning with yourself than you are trying to reason with others who don’t see the point to engaging their creativity. However, if you listen and feel your way carefully through the world, you’re likely to meet one person with a gleaming, open mind. It may be a child and/or may be someone considerably younger than you. From that conversation, you could learn quite a lot,

but mainly you will have an example of someone who is simply open to truth, whatever that truth turns out to be.

**Virgo (Aug. 23-Sep. 22)** You’re at one of those moments where you really can decide not to let fear run your life. The challenge is figuring out that this is what’s happening, or starting to happen, before the process takes over. It’s difficult to pull back, in those situations; but I would like to ask a question, or maybe it’s a suggestion, which is to notice the allure that fear has for you. Notice the aspects of life to which you are drawn and by which you are frightened (or made nervous) at the same time. You may think that you’re magnetized by the attractive quality and repelled by the fearsome quality, but have you considered whether this equation works better the other way around? Now for the bold step: allowing the fully conscious experience of pleasure in the fear.

**Libra (Sep. 22-Oct. 23)** One day when I lived in Brussels, I locked myself out of my apartment with the keys left on the inside of the lock. I had an extra key, but the one dangling from the knob on the inside prevented it from working. Then, I leaned on the door to get a sense of how strong it was. I didn’t push or bash it — I simply leaned on it, and with a cracking sound, the door swung open and took out the doorframe with it. I was stunned at how I had believed for so long in what turned out to be a total illusion of security. Every time I had checked whether that door was locked turned out to be meaningless, but then, nothing had gone wrong. So it is right now with the things you think make you safe. So it is with your belief that the key you are holding works.

**Scorpio (Oct. 23-Nov. 22)** At this moment you may be identifying with inner qualities that are different than what you normally feel and experience as yourself. This can be disorienting, even to the point where you may be wondering whether you are indeed someone different than you thought. I would propose that any of these experiences of identifying with something you think of as representing your ‘self’ are a kind of shadow play. Who, for example, is the self beneath the concepts or identities that is having the experience of inner perspectives? How you respond to this says a lot about you. Human consciousness has a disturbing tendency to define itself by what it feels different than. Projected outward, it can turn to war, and projected inward, it often appears as the terror of change. But these are merely options. There are many others.

**Sagittarius (Nov. 22-Dec. 22)** Have you considered that what you are responding to in this mind-bending way is a sense of your potential? We are given this idea that we’re supposed to get all excited when confronted with an exciting possibility for ourselves. Yet we all know how often we run from what is new, exciting or positive. And it remains one of the great mysteries of human nature why this is so. I have my ideas, but let’s first apply some cold, clear logic: if we don’t consciously explore our potential, what exactly do we do with our lives? If you choose the seemingly less challenging path, who does this benefit? And if you awaken fully to who you are and allow yourself to choose the more challenging path, who (besides yourself) does this threaten?

**Capricorn (Dec. 22-Jan. 20)** You’re not the type to trust your intuition, or rather let’s say that it’s not an everyday occasion. I suggest you make it a habit. Your uncanny sense of the past is an intuitive gift. This gift can be turned toward your perception of the present and of the future. More significantly, you can turn your perception to what is really going on with you, in these times when everyone, particularly yourself, is living

# Espresso

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under the full stress of enforced change. Think of how much it would help if you had access to an information source that guided you toward making decisions at these crucial moments. There are two aspects to this. One is recognizing that fear is just one of the voices in your mind. The voice of spirit is a still, soft voice. The other is simply trusting yourself. And it is simple.

**Aquarius (Jan. 20-Feb. 19)** You are doing a good job of working with those who support you, and what you may be figuring out is that communication is key to the process. Keep the dialog open with everyone, even those you dislike or don’t necessarily trust. Treat the people around you with as close to equal priority as you can, and remember that anyone can present you with an opening that opens the way not just for you but for everyone with whom your life is integrated. This is the concept to work with — integration, or put in another form, integrity. Every viewpoint that you hear or observe can contribute significantly to your own. This will compel you to keep a wide-open mind and enter a process of give-and-take

with your own opinions. Over the next few weeks, you will see many times that an open mind is your very best friend.

**Pisces (Feb. 19-March 20)** The correct path is often the most difficult. I know there’s a New Agey theory that when you do the right thing, everything happens like magic and with ease. Yet if you look at the world and notice who has persisted at living their truth, and achieving something significant or at least meaningful while facing the world’s many destructive tendencies, you’re likely to see it’s those who are willing to embrace adversity first and ease second. You’re closer to the ease phase than you may recognize. There are long worked-for elements of success close at hand, yet you need to recognize and be responsive to opportunity when you see it, and more to the point, be open to it. Despite the holidays or whatever else may be going on, this is the time to focus on your goals and to pay close attention to everything you do.

Read Eric Francis daily at PlanetWaves.net.



# Island Epicure



## Frugal Feast

by Marj Watkins

Frugal does not mean meager, nor miserly, nor a feast composed of cheap ingredients though those can result in gourmet dishes. Frugal does mean “waste not, want not”, or make the most of what you have and you will not lack.

Charlemagne, King of the Franks and of most of Western Europe, had access to exotic ingredients. He brought back herbs, new tastes, recipes, and even cooks from Lombardy in northern Italy after fighting to keep the Lombard king, Desiderius, from annexing lands of the Pope’s. A favorite dessert in the Frank king’s palace back home in Aachen was Dates Stuffed with Almonds, combining sweet dates with crunchy, nutritious nuts. Bonus: making it took up little of the cooks.

Time, nor space in the diners’ stomachs at the end of a huge meal.

Here’s the menu for a simplified version of one of several courses at Charlemagne’s Christmas feast. The full-out version might contain as many as twenty dishes. The entire feast could last from Christmas Day through Epiphany, and single course would be plenty of food for one of our special dinners.

### Second Course

- Belgian Endive Salad
- Spit-roasted Venison
- With Quince or Raspberry Jam
- Fever-Therapy Roast Beef
- Stuffed Mushrooms
- Cabbage or Kale Braised in Goose Fat with Garlic
- Lentil or Pease Porridge
- Wheaten Manchets (Rolls)
- Roast Goose with Apple and Onion Stuffing
- Butter Braised Carrots and Parsnips

\*Dates stuffed with Almonds\*

### DATES STUFFED WITH ALMONDS

4 servings

- 12 to 16 dates
- 12 to 16 almonds
- Sugar mixed with powdered cinnamon

Cut a lengthwise slit in each date. Remove seed if there is one. Insert an almond in each. Roll in the sugar and cinnamon mixture. Arrange on a platter.

For a Christmas Feast, I believe Charlemagne’s cooks used expensive raw sugar imported from Sicily and costly cinnamon, almost worth its weight in gold, bought from agents of a merchant of Venice who paid

heavy shipping costs from Ceylon/ Sri Lanka. His cooks bought only cinnamon bark rolls, impossible to counterfeit.

You will get recipes, nutritional information, and fascinating historical bits from Charlemagne’s Christmas dinner and other Medieval feasts, adapted to our modern kitchens and scaled down for smaller households, at the Seminar at Minglement Saturday, December 5th between 2:00 and 4:00 p.m. Cost: \$10.00.

Join Marj Watkins  
And  
Suzanna Leigh  
For a  
Seminar:  
**The Fast & Frugal  
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Menus  
Recipes  
Food Samples  
(adpted from Charlemagne’s  
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2:00-4:00 p.m. Dec. 5th

Call 463-9626 now  
Fee: \$10 Limit: 15 people

Marj’s books will be available  
for purchase. 30% of receipts  
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Thirty percent of the money from sales of my books, *Rotaida and the Runestone*, *Royal Spy*, and *Curry Cookery*, will go to the Vashon Food Bank. The first book dramatically tells the adventures of an orphan kitchen slave in Charlemagne’s palace back when Christianity strove to defeat Saxon paganism. Called a witch-child because of her red hair, she seeks her true identity and nearly loses her life.

In *Royal Spy*, Charlemagne sends Rotaida to eavesdrop on two Saxons, but they kidnap her. That leads to her acceptance of the dangerous roll of spy for the king.

*Curry Cookery*, subtitled “Shereluck Ohmes and the Case of the Curried Cookbook” makes a great tuck-in Christmas present for any cook on your list. It has fifty recipes, most of them quickly and inexpensively made, many of them vegetarian or vegan, plus medicinal uses for cooking herbs.

The room holds only 15 people. Reserve your seat now by signing up at Minglement, or by calling me, Marj Watkins, 463-9626.

Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com).

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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## The Oatus Log, Part 2: Epoxy, Our Friend

By Mary Litchfield Tuel

Nov. 3, Wed.

I got up at 09:00, fired up Charlie Corona (our ever-faithful wood stove) and carried a cup of coffee of into the woods to help me explore.

The clouds are not so low this morning and the heavy winds have tapered off somewhat but still it spits rain frequently. At 11:00 we set a Northern course and got underway.

Outside of Manchester, *Oatus* suffered an Engineering casualty. A quick check over revealed a few possible culprits but correcting them didn't correct the problem. The gas gauge being non-operational, we sounded the tank with a piece of doweling and got nothing but dry rust on the end of the stick. That amounts to one tank full since Point Reyes Station, or about 70 miles!

After a trip into Manchester with the emergency gas can, we were off again but not for long. *Oatus* blew its head gasket and we

while trying to create something for dinner.

What a battle! I can't wait to see what tomorrow brings!

Nov. 4, Thurs.

A fair morning – full of sun! Across the road is fenced pasture with a proper enough allotment of sheep to render the scene idyllic. The pasture slopes downward and away to the West for a thousand yards towards the cliffs that fall to the beach. Out to sea, angry black thunderheads are kept at bay by a strong offshore breeze. Aboard *Oatus* at 07:30, it's a wonderful vision to wake up to, framed by my bunk porthole.

Well, we spent an exceedingly wild and rainy night in a good deal of comfort. Even in *Oatus's* primitive stage of construction, things seemed reasonably dry and secured (after a few details were attended to).

Chris gave the blown head gasket another coat of epoxy and drove epoxied wooden plugs into the vacant bolt holes; then we changed the starboard front tire that mysteriously developed emphysema during the night.

Then we sat around biting our mental fingernails while waiting for the epoxy to set up.

At 14:00 *Oatus* sputtered successfully back to life and were dubiously underway once again.

*Oatus* is a good old craft but his engineering is definitely secondhand so we decided to head for Fort Bragg for a few days while we hung engines.

~ But ~ oh boy ~ Felix the black cat put some changes on us when we stopped at Albion to refuel! Prior to pulling out, he disappeared and no amount of calling or whistling could produce him. Finally, the



Illustration by Rick Tuel

found ourselves with no choice but to tie up at the side of the road about 7 miles south of Elk.

*Oatus* is missing two head bolts up by the radiator and we are now experiencing the results of such a situation. Chris liberally coated the area with epoxy and we sat back to wait it out.

Another storm blew in after dark and our firewood began running low so I drove off into the storm towards Elk to see what I could find. Upon returning, the winds got the upper hand and began tearing the tar paper off our unfinished roof. Christ went topside with a hammer and a mouthful of nails while I fought with the leaks below decks

manager of the little store (whose tiny parking lot was filled to capacity by the combined bulk of *Oatus* and *Family Dog*) became urgently insistent that we leave.

A last circling of the area yielded no response and, as we moved out, our moods were perfectly matched with the cold, dark weather that seemed to appear rather suddenly.

Towards dusk we rolled wetly into the outskirts of Fort Bragg and pulled over to allow accumulated tailgaters to pass. Such a crowd had gathered that it was apparent we would have quite a wait. Finally, as we prepared to pull out, an elderly woman said from the side of the road, "Aww, I wanted to look at it."

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## Help Out Rick Tuel

A benevolent fund has been opened for Rick Tuel at Chase Bank. He is no longer working for Water District #19 due to health issues. Our community can donate funds to help Rick deal with his mounting medical expenses. People can contact Rick at Box 238, Vashon. Folks can also purchase a CD of Rick and his wife Mary in a trio at the website [www.threedampduck.com](http://www.threedampduck.com).



Kathy Abascal's articles on plants medicines and nutrition now appear in the first issue of each month. Her next article will be in the Loop on December....

Unmistakably friendly vibes! A precious asset! We turned the truck around and pulled into the parking lot. Minutes later we were the guests of Everett and Berta Salmi, alias "Paw" and "Granny Hip."

Berta runs an antique and bottle shop here and Everett and his long-time partner Unkie operate Ft. Bragg's A-1 Septic Tank Service. In the spring, everyone operates the Red Shanty chicken dinner restaurant; in the summer things must really be far out with all three gigs going at once and Granny Hip reading palms and horoscopes at the same time.

After coffee and apple cake and a tour of the truck Granny and Paw

determined that we should park *Oatus* out back and get a good night's sleep and meanwhile try to run down a working engine. Nothing was located today but a fellow named Brian called and told us of a possibility he would be willing to check up on and invited us to park the truck at a place off in the forests, inland a bit. He gave us directions to find the place and we made plans to drop by tomorrow morning.

The day was perfectly complete when I went out to the truck and found Felix comfortably crashed out on Chris's bunk.





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# FAT LOSS 201

by Rochelle Gravance  
NAFC Master Level Certified  
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If you tuned in and read last issue's Fat Loss 101 article and implemented the "guaranteed to work" HIIT strategy, then you are, by now, well ahead of the curve and likely a few pounds lighter. If not, what are you waiting for? Go back and read Fat Loss 101 and begin implementing the HIIT strategy for fat loss right away.

Now, onward to more enlightenment. A study completed in 2007 documented the effects of resistance training on men and women as it relates to aging. The conclusion showed that healthy, older adults displayed mitochondrial impairment and muscle weakness but this was substantially reversed after six months of resistance training.

What does all this tell us? The more we move our bodies using inherent movement patterns, the more our mind/body system will respond favorably. The next question one might challenge is whether resistance training closely mimics inherent movement patterns. My suggestion would be yes, and no.

First, the "yes". Yes, our inherent movement patterns required us to move about pushing, pulling, lifting and carrying cumbersome objects as well as general traveling to and from location to location. These objects were the resistance in addition to our own body weight. If you can accept this theory, then we may proceed to the contradicting opinion.

The "no". I strongly oppose the accepted procedure of general resistance training protocols. I have yet to find in history's texts any inherent movement patterns that can be duplicated using the modality of repetitive, machine resistance training. The body is not a machine. Why put it in one and ask it to perform like one?

One might suggest machine resistance training is the closest method we have to replicate the body's native movement patterns. I will suggest otherwise. The most underutilized, and arguably most effective form of resistance training as it relates to inherent movement patterns, is body weight training.

A well strategized, body weight training program that incorporates all the inherent musculo-skeletal movement patterns generates optimal stimulus to all moving parts of the human body. Combined with a proper stretching and muscle activation training scheme to reverse the mechanistic, repetitive patterns of modern life, body weight training is the ideal resistance training protocol.

What does all this have to do with fat loss? Another study tested the efficacy of a heavy resistance

training program on "already active" women over 60 to determine differences in muscular strength, body composition and program adherence. The results pointed to an increase in muscular strength and a significant decrease in overall body fat with 83% adherence to the program. The control group showed no changes.



This is one of many studies that reveals the significance of resistance training to overall reductions in body fat. Now that the number of obese individuals has surpassed the number of individuals classified as overweight in this country, it seems to me proper resistance training regimens are not an option, but the requirement.

Until next time, get your body moving and start living again.

## SHED THE HOLIDAY POUNDS SALE

Who else wants to drop 10 pounds by January 4, 2010? \$147 Gets you in the door and ahead of all the New Year Resolutioners. Camp starts November 30 and runs through January 4. 20 Spots available. First come with check in hand, first serve. Habitsforming/Vashon Fit Camps 206.571.2277.

# Father Says No More Hard Drugs

*Continued from page 1*

Some recent encouraging developments are the formation of the Recovery Treatment program through Vashon Youth and Family Services, as well as the Vashon Healthy Community Network. Ginger Nocera, who was recently hired as a project coordinator for a federal grant called Drug Free Communities, said that "We are committed over the long term to reducing access and availability of drugs, especially to middle school kids."

Those are all positive signs, but as the father speaking to The Loop said, "These are long term solutions, but we have a problem right now. And as anyone who has read the Constitution or who watches cop shows knows, the police have limited abilities to stop the supply side. However, a group of citizens who have had enough can be a powerful force for change." At the request of this parent, The Loop has agreed to start a confidential list of concerned citizens who want to help send the message to the hard drug pushers that they are not welcome on Vashon. If you are one of those citizens, please leave a confidential voice mail on 206.567.2753 or send an email to nodrugs@vashonloop.com.



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Weatherize on a Budget

Continued from page 1

Typically leaks occur around doors and windows. Look for other leaks at switches and outlets inside on the exterior walls; through holes where plumbing and electrical wires pass to the basement and attic; around exhaust vents including fireplaces and combustion vents; at access panels to the attic and other access areas leading outside the envelope; and from areas of transition between floors and where additions have been added.

Assess where your home is leaking. To do this, turn on all of your exhaust fans including kitchen, bathroom, dryer vents and any other system that vents to the

search for the source. Penetration into the house where plumbing, electrical, and vent pipes pass through are often areas where air can leak in. Use spray foam to fill large penetrations and caulk for smaller ones. Since spray foam will clog up if not used continuously, it's best to reveal all penetrations before starting. Foam fill the holes and cavities. Box in can lights and seal where possible. Look for any other penetrations into the home and seal. A great deal of heat is lost through poor ducting in the home. If you have forced air heat, inspect the ducting for leaks and adequate insulation. Repair leaks with approved metal tape, and insulate ducting outside the envelope.

Weatherstripping around doors and windows is an easy way to seal and takes minimal time and effort. Foam gaskets installed on exterior wall outlets will also help seal. If air leakage is detected on door and window framing, a

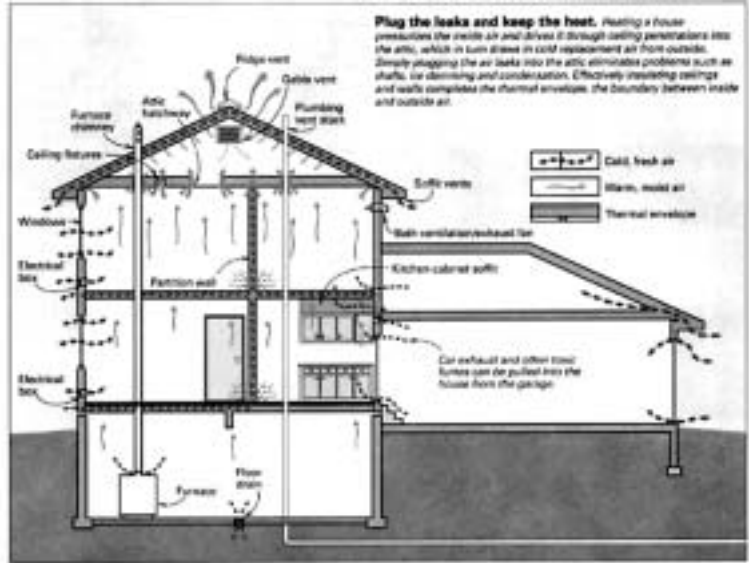
more comprehensive sealing can be done. Remove interior trim around the door or window, and apply a "Minimum Expanding Foam" to fill gaps between the door/window frames and the wall. Caulk doors and windows to finish the job.

These are just some of the ways to weatherize your home on a limited budget. For more information on weatherization, federal tax incentives, local rebates, financing and other resources including where to find local energy auditors and retrofitters, go to: [www.wisenergyvashon.com](http://www.wisenergyvashon.com).

Continued from page 1

recycling & transfer station, Chamber of Commerce, and scenic bike routes – will now include ATM machines and public beaches. The brochure will continue to offer park and trail information and a listing of public facilities, including emergency services, library, schools, and more!

New this year is a limited number of business photographs, available in addition to the business listings. The photos offer a friendly snap shot of what folks can enjoy during their visit. Categories of listings include; Places to Eat, Places to Stay, Art, Antiques & Books, Shopping Experiences, Things to Do & Places of Interest, Farms & Nurseries, Life's Necessities, Financial & Business Services, Real Estate & Associated Services, Health, Fitness & Senior Services, and Personal Services.



outside. This creates negative pressure within the house and will draw air from the outside to the inside. With all fans running, go around the inside envelope of the house and look for leaks.

A good way to detect a leak is with a smoke device, which can be something as simple as a burning incense stick. Go to areas you suspect of leakage those suggested above and look for air movement using the smoke. Tag these areas with a piece of tape. After assessing the leaky areas, turn off all fans and focus on areas that are most leaky. This is where the actual weatherizing starts. Weatherstripping, spray foam, and caulk are the most common sealers.

The greatest air leakages are found in floor, walls, and ceilings. If you find leaks in ceilings or floors, go to the attic and crawl space and

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Heart of the Sound Map

Also new this year is a section that features 4 one-day or weekend tour experiences, giving suggestions on how visitors could plan a full day or weekend of activities. Businesses have the opportunity to be featured in one of these areas with a photo and listing.

Printing has been increased from 10,000 to 30,000 and distribution will focus on off-island venues, including Seattle hotels, military bases, and over a dozen northwest Chamber of Commerce/ Visitor Centers. The printing and distribution of this piece is planned to coincide with the times the business community tells the Chamber are slower and additional marketing to visitors is needed for their economic well being.

This brochure is designed to attract and assist visitors to our Island and the Chamber is forthright in stating that this piece is not the appropriate advertising

piece for all Island businesses. In response to membership requests, the Chamber will be designing a second brochure that will be solely directed to promote the services of Home Based Businesses, Services and Organizations. The distribution of this piece will be directed closer to home.

Most businesses have received complete information and an application form via email. If you have not and would like to participate, the information is located on the homepage of the Chamber website; [www.vashonchamber.com](http://www.vashonchamber.com) . You are welcome to give the Chamber a call to discuss brochure participation and membership. The application deadline was recently extended to December 1 at 3pm.

For more information, contact Debi Richards at [discover@vashonchamber.com](mailto:discover@vashonchamber.com), 463.6217, Fax 206.463.7590.





# Coming in December at the Q

**Friday, December 4: First Friday photo exhibit by Debra Paulsen, with music by The Geezers.**

**Saturday, December 19: A Cowboy Country Christmas Dinner, with music by Riverbend.**



The Lynx, one of many photos by Debra Paulsen showing at the Q in December.

**Don't forget what else is happening at the Q:**

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## Surprises Exist Everywhere

*Continued from page 1*

considered to be one of the greatest musicians in the world. Two days before, Bell sold out a theater in Boston where the tickets averaged \$100 apiece. The metro station concert was arranged by The Washington Post as part of a social experiment about perception. Several questions were raised, of course. Among them, whether we recognize talent in a commonplace environment or in an unexpected context. Hearing this story got me thinking and comparing that situation to Vashon. I'm not sure this Island has any commonplace environments per se. We believe all of our environments are something rather extraordinary for one reason or another—the view, the location, the love that they engender, the people who live there or go there. We are surrounded by such a plethora of talent in all its many forms and expressions, that where ever we see it or encounter an expression of talent, it seems right and appropriate. I would venture an opinion that many people care and more than a few notice. I would guess Bell would have found more than \$32 in his hat, even if he had been playing at the commuter ferry dock on a Monday morning. Or maybe not. Because the truth is, unexpected contexts exist, even here on Vashon.

Most of the time we go racing past the world-class Speidel sculpture at Courthouse Square. If you knew it was a Picasso would you slow down or stop? S. Paramasivam is currently part of an art exhibit in Burton. Sivam is pretty well known on Vashon. He's consistently active in community events, artistic, educational and social. Some people here know him as a fantastic chef or loving husband and father. But in his native India, he is renown as one of the most influential and prominent sculptors in that part of the world. Recently Sivam showed me a picture of himself with the former Prime Minister of India, Mrs. Indira Gandhi. She stood with him reviewing a show of his work at the Academy of Fine Arts in New Delhi. He had another experience later, attending her funeral. Sivam told me about some of the copper sculptures he had created and displayed here. And how they went on to reside in the stunning private collections of Indian industrialists who are now in the position to collect fine art, and who clamor for the work of S. Paramasivam. So several questions are raised, of course. Is Burton more or less commonplace than Bombay? Is the work of an uber-famous Indian artist out of context in a gallery in Burton? And the big one—what have you noticed lately...what will you stop and applaud today?

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# Loopy Laffs

A man to his friend: "At my house I always say the last word."  
His friend: "What is the word?"  
The man: "I am sorry."

## One Liners

Be nice to your kids. They'll choose your nursing home.  
If ignorance is bliss, why aren't more of us happy?  
The older you get, the better you realize you were.  
Women like silent men, they think they're listening.  
Pride is what we have. Vanity is what others have.  
If you haven't much education you must use your brain.  
You can't strengthen the weak by weakening the strong.  
Three out of four people make up 75% of the population.  
Of course I don't look busy, I did it right the first time.  
Diplomacy is the art of letting someone have your way  
If the shoe fits, get another one just like it.

John Montagu, the Earl of Sandwich, declared "Sir, I do not know whether you will die on the gallows or of the pox."  
John Wilkes replied "That, sir, depends on whether I embrace your principles or your mistress."

Some people claim to enjoy exercise - some people claim to have been abducted by aliens too.

I have a stepladder - it's a very nice but it's sad that I never knew my real ladder.

**The evolution of medicine:**  
2000 B.C. - Here, eat this root.  
1000 A.D. - That root is heathen.  
Here, say this prayer.  
1850 A.D. - That prayer is superstition. Here, drink this potion.  
1940 A.D. - That potion is snake oil. Here, swallow this pill.  
1985 A.D. - That pill is ineffective. Here, take this antibiotic.  
2000 A.D. - That antibiotic is no longer working. Here, eat this root.

**You might be a drunk if:**  
\* You lose arguments with inanimate objects.  
\*\* You have to hold onto the lawn to keep from falling off the earth.  
\* The whole bar says 'hi' when you come in.  
\*\* You have ever claimed to be "As jober as a sudge."  
\* The parking lot has moved.



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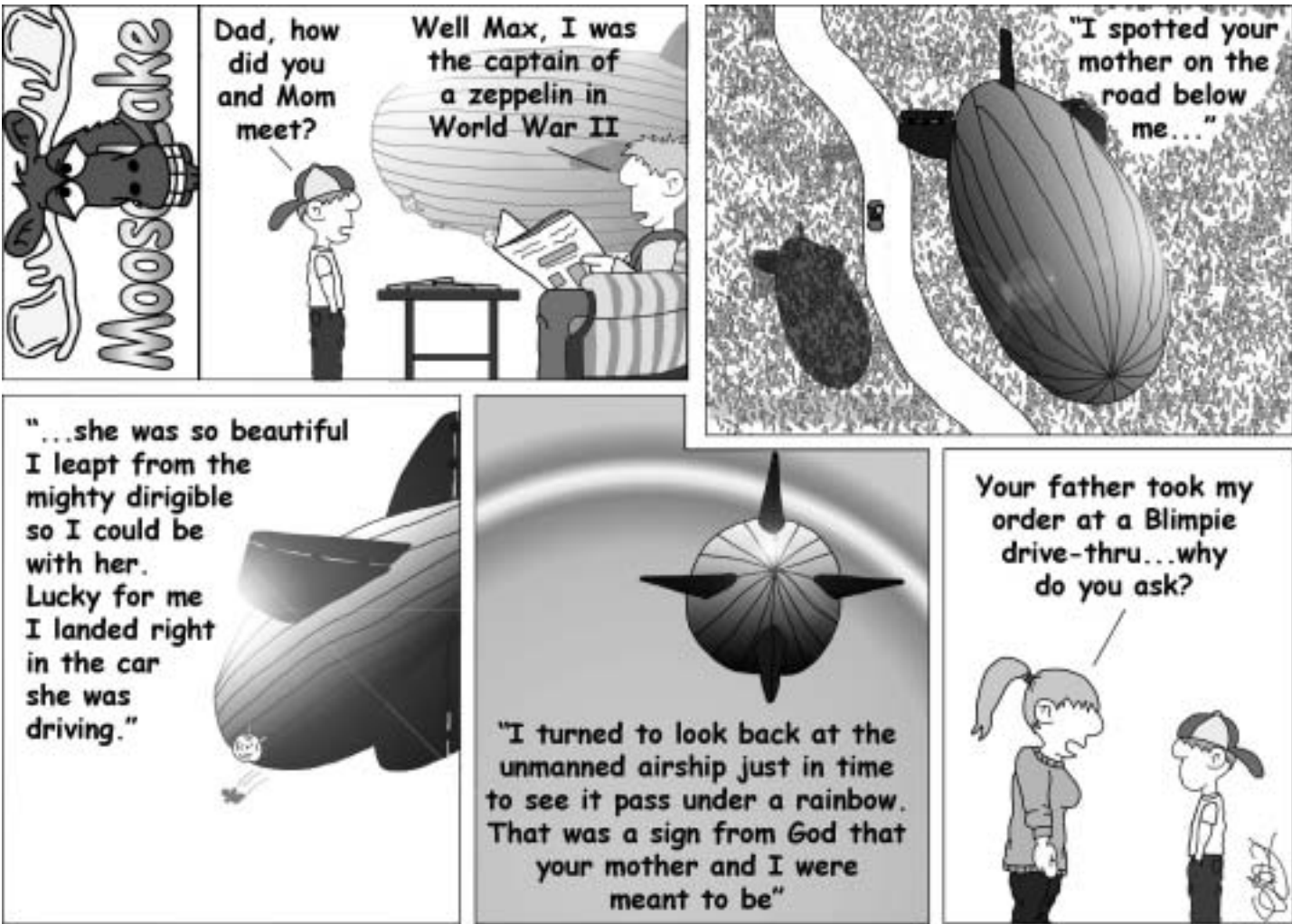


Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Dec. 11.**

**Advertise in the Loop!**

Back page classified ads just cost \$12.50 per column inch.

## Moose Lake



Dad, how did you and Mom meet?

Well Max, I was the captain of a zeppelin in World War II

"...she was so beautiful I leapt from the mighty dirigible so I could be with her. Lucky for me I landed right in the car she was driving."

"I spotted your mother on the road below me..."

Your father took my order at a Blimpie drive-thru...why do you ask?

"I turned to look back at the unmanned airship just in time to see it pass under a rainbow. That was a sign from God that your mother and I were meant to be"

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... SO THAT SAYS "OUT TO LUNCH!"

**LOGJAM**



BY Jeff Hawley

THE MONKEY AND THE TWIST, THE MASHED POTATOES, TOO. THE SWIM AND FUNKY CHICKEN AND OF COURSE THE BOOGALOO.

GOOD STUFF FOR A-MOVIN' AND SHAKIN' MY BEHIND - BUT I DON'T LIKE THIS NEW ONE

WHY'D I EVER TRY TO GRIND ?!

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Loop Arts

Usher in the Season with Nutcracker Ballet

A holiday tradition, Tchaikovsky's *Nutcracker* will launch the holiday season in style when a bevy of accomplished Blue Heron ballerinas join ballet companies

by Janice Randall



Claire Engelhard as the Arabian Princess in Blue Heron Dance Nutcracker. Photo by Mike Urban.

from around the world in performing one of the world's most famous Ballets. Celebrating ten years of *Nutcracker* performances, Blue Heron Dance, under the artistic

direction of Christine Juarez, will stage the beloved Ballet this December 4, 5, and 6 at VHS Theater.

In honor of the company's 10th *Nutcracker* anniversary, Juarez has re-choreographed the entire work. The enchanting story of a young girl, who dreams of a Nutcracker Prince, a fierce battle against the Mouse Queen, adventures in the Land of Snow and more, Clara discovers a magical land of luscious beauty from the Sugar Plum Fairy and the Arabian Princess (Claire Engelhard pictured) and the Waltz Queen.

Create some magic in your holiday season and join Blue Heron Dance in celebrating dance in the true holiday spirit. Performances are Friday, Dec. 4, 7 pm,

Saturday, Dec 5, 1 pm and 7 pm, Sunday, Dec 6, 1 pm. Tickets are \$10/\$13 available now at Thriftway, Books by the Way, Heron's Nest and Blue Heron Art Center. They may also be purchased at [brownpapertickets.com](http://brownpapertickets.com) and by phone, 463.5131.

Ebenezer Scrooge sings at the Blue Heron.

Vashon Island Youth Chorus, under the direction of Marita Ericksen, will perform a weekend of *Ebenezer the Rock Musical*, Friday and Saturday, Dec. 11-12, 7:30 pm, and Sunday, Dec. 13, 5 pm, at the Blue Heron.

by Janice Randall

for all the help from Rich Wiley, Paul Colwell and all the parents. We've had fun with this project."

Tickets are \$8/\$10/\$6 (12 & under) and are available now at

Ideal for all ages, *Ebenezer* retells the story of Charles Dickens' A Christmas Carol in a contemporary musical version performed by a cast of 30 Island kids, ages 6 to 14. Musical styles range from 1950's rock and roll during the Fezziwig party to pop music for the opening number and a Conga tune. Even the Ghost of Christmas Present gets into the spirit by singing a rap number with a posse of tiny rappers.

"Fast-paced and fun, this is not the Christmas Carol you've ever seen before," says Ericksen. "We have a talented pool of singers and actors who enthusiastically embraced this ambitious project and I'm grateful



Pictured: (l-r) Isaac Hughes as Scrooge, Max Lopuszynski as Bob Cratchit, Dalton Kearns as Tiny Tim and Brett Flora as Martha Cratchit. Photo by Janice Randall.

Books by the Way, Heron's Nest and Blue Heron Art Center. Call 463.5131 to purchase by phone.

\$12.50 or \$10 for seniors/students. Tickets may be obtained at Books By the Way, Vashon Book Shop or Blue Heron. For more information, visit [vashonislandchorale.org](http://vashonislandchorale.org).

Chorale Concerts

Vashon Island Chorale's holiday concerts are Sat., Dec. 5th at 7:30 pm and Sunday, Dec. 6th at 3 pm at Bethel Church. Accompanied by a professional orchestra, the 85 members of the Chorale will be presenting Antonio Vivaldi's masterpiece "Gloria". Other works of the Baroque and Renaissance, as well as contemporary pieces and the traditional audience sing along will fill out the program. Admission is

The Holiday Art Studio Tour  
Dec. 5-6 and 12-13,  
10am-4pm  
New Artists and Old Favorites

by Liz Lewis

With 38 stops on this season's free, self-guided Art Studio Tour, there is plenty of variety to the art that visitors will see. Islanders have probably seen the Tour brochure, available at most Island businesses and online at [www.VashonIslandArtStudioTour.com](http://www.VashonIslandArtStudioTour.com). The cover is graced with a red rubber boot detail from a painting by Pam Ingalls, a longtime favorite, whose oil paintings of everyday objects and Italian scenes will be displayed at the Hardware Store.

Other "old favorites" include Valerie Willson, who will present



"Starry Night" by Gordon R. Barnett, the bellmaker, courtesy photo.

her luminous oil paintings (and her husband's chocolate chip cookies!) at her cozy Quartermaster studio. Origami artist Alice Larson, (Island Paper Chase) has been creating attractive and durable paper necklaces out of interesting patterned paper. Check her out at her Vashon Village studio. Kristen

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11/27 - 12/03  
Pirate Radio  
12/04 - 12/06

Reitz Green has her unique 5 sided studio (out on Dilworth) packed with paintings of every size and price!

New on the Tour this time are Les Femmes Fatales. Francoise Von Dwingelo has developed a renowned painting style both on canvas and furniture. And Maria Marcy creates unique jewelry pieces and sets from precious stones from her native Russia in combination with fair trade beads and stones from Africa. At Puppy Paw Creations, Kasia offers one-of-a-kind fabric handbags, hand printed silk scarves and fused glass. She is new on the tour this year.

Kathy Larsdotter returns to the Art Tour, showing elegant terracotta ceramics with sgafitto decoration. Her work will join old favorite Liz Lewis on Cemetery Road. All this, and much more on the Art Tour. Grab a friend or two and make the rounds!

AlTo Releases Calendar

by Ellen Kritzmann

in Seattle, etc.) and distributed free in Tompotika to promote awareness of, and pride in, the area's rich natural heritage.

For the First Friday Art Walk, and through the month of December, originals of the calendar pieces, plus a few others, will be displayed and sold at the Red Bicycle Bistro, along with the calendars.



A Maleo featured in the AlTo calendar, photo by Sandra Noel.

The Alliance for Tompotika Conservation ("AlTo") is now about 31/2 years old. It's a Vashon-based organization that is working at the grassroots level in the Mt. Tompotika area of Sulawesi, Indonesia, the epicenter of this planet's biodiversity. Education through art is one of AlTo's methods. This past summer, Sandra Noel, a Vashon graphic artist, went to Sulawesi and put on a workshop for a chosen few talented high school students. They depicted their native endangered wildlife in wonderfully bold, colorful drawings and paintings. A dozen of these were assembled into a bilingual calendar, now for sale here (Vashon bookstores, Giraffe, Heron's Nest, Pt. Defiance Zoo in Tacoma, Audubon Nature Center



# Drama Dock Offers Comedy for the Holidays!

This holiday season Drama Dock along with Director Chris Ott and Producer/Asst. Director Elizabeth Ripley team up to present the holiday farce, *Inspecting Carol*. This hysterical take on *A Christmas Carol* has been described as *A Christmas Carol* meets *Noises Off* meets *Waiting for Guffman*.

*Inspecting Carol* is a play about a sub-par theater company preparing to mount its 20-somethingth production of

by Shannon Flora

Ott has directed several comedies for Drama Dock and Youth Theater Project. His training in *Commedia del' Arte* makes him gravitate naturally to comedies and makes him uniquely suited to direct this fast paced uproarious show. Ott and Ripley worked together on *The Importance of Being Earnest* for Drama Dock and jumped at the chance to team up again.

Ott has assembled an all-star group of Drama Dock comedic actors he describes as a "dream cast." Ott states "I was extremely happy during the first few read throughs. The cast was already into the comedic rhythm of the script and hitting all the great punch lines. I have done plays where we had to stop and laugh a few times, but this one had us practically hyperventilating...and we were just sitting around in chairs

reading!" In addition to well known Vashon actors there are some newer to Drama Dock and two young thespians.

*Inspecting Carol* offers theatergoers a great alternative to the more traditional holiday fare and will be a wonderful respite just before and after Christmas when most community performance offerings have been completed.

The cast of *Inspecting Carol* includes Dianna Ammon, Lisa Breen, Gaye Detzer, Kirstin Eastman, Shannon Flora, Patricia Kelly, Peter Kreitner, Quinn McTighe, Gordon Millar, Kenese Parker, Chaim Rosemarin and Jeff Woolen.

*Inspecting Carol* will be performed various times at the Blue Heron Dec. 18-27. Shows Dec. 18th, 19th and 26th at 7:30 pm. Matinee's on the 19th (2pm) and Dec. 20th and 27th (4pm). Tickets available at Vashon Bookshop, Books By the Way. [www.brownpapertickets.com](http://www.brownpapertickets.com), and at the door (based on availability). Dialogue includes mature language.

## Theatre Suffers Loss

*Continued from page 1*

Imagine kids gleefully taking over the theatre for their birthday parties, complete with their name on the marquee. Hear the sounds of a packed auditorium for historic events like the presidential inauguration, and listen and watch the sheer fun of Vashon Film Society's annual Oscar Night at the Vashon Theatre scholarship fundraising gala. See your neighbors in line at the box office, heading into a Film Society documentary screening, or a children's film festival, or one of the many movies, indie to blockbuster, brought to the Island by theatre owner Eileen Wolcott.

Gosh, this is starting to sound a little like *It's a Wonderful Life* or



The caste of *Inspecting Carol*, photo by Janice Randall.

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# Nick Vigarino Brings Soulful Blues to The Red Bicycle

by Pete Welch

"That slide is naaasty!!" – Bo Diddley. On Saturday night, November 28th at 8:30pm you'll have an opportunity to see what Bo was talking about. Nick Vigarino accompanied Long John Baldry with the "Flying Blues Circus" tour, which led to an enthusiastic follow-up tour with acclaimed national recording artist Kathi McDonald.

Nick's original music captures the expressive passion of the blues masters, he also bring his intense interpretation to covers, both obscure and classic. An incendiary slide guitar style, Nick holds audiences enthralled. He is the winner of numerous Washington Blues Society awards and performs in venues and festivals all over the Pacific Northwest.

From his humble beginnings in Ohio to his waterfront home on Camano Island, Vigarino is an accomplished songwriter as well as a commanding performer. With that

unmistakable baritone voice and his slide making those six strings sing, Nick Vigarino will make you dance and smile and forget about those blues.

"Wear comfortable shoes. Dancing is not exactly mandatory, but you might want to check for a



Nick Vigarino, courtesy photo.

pulse if this doesn't do it for you." - Anacortes American

Opening up for Nick is Glenn "That Guy" Rukwid, a singer-songwriter that makes his home here on Vashon Island. Glenn likes music and he likes people who like music. If you don't like music, he may not like you.





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