



VASHON

THE LOOP

Vol. 9, #24

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November 21, 2012

Nutcracker Ballet

By Janice Randall

VAA Center for Dance, under artistic direction of Christine Juarez, brings the timeless magic of Tchaikovsky's masterpiece The Nutcracker ballet to VHS stage with a talented group of Island dancers ages 6 to adult. Sugar plum visions, dancing dolls and sweet foreign lands spring to life as Clara, played by Ballet 4 dancer Marisa McTighe, slumbers under the Christmas tree. "The Nutcracker is such an important part of a dancer's career," says Juarez. "They visualize the ballet and become invested in roles from the time they are very young. It's about picturing a goal and going for it, a wonderful lifetime skill to learn. The impact on dance students is huge; they work so hard toward this production."



Marisa McTighe as Clara, photo by Mike Urban

Nutcracker Ballet

Friday, December 7, 1:30-2:30 pm

Student Outreach Show \$5 per person

Friday, December 7, 7 pm

Saturday, December 8, 1 pm & 7 pm

(live music pre-show 6:30 pm)

Sunday, December 9, 1 pm

Island Art Studio Tour



Fashion designer Azula

By Biffle French

The Holiday 2012 Vashon Island Art Studio Tour will be held on two weekends, December 1st and 2nd and 8th and 9th, 10-4 each day. It's a free, self-guided event with 38 participating studios, shops and galleries. Follow the numbers designated on the Studio Tour map which is available online at www.VashonIslandArtStudioTour.com, and at most island businesses.

Fashion designer Azula of Azula By Design (Stop #12 on the tour) will entice you with her fantasy collection of colorful Fascinators and Headdresses. The multitasking mononymous designer and singer says her childhood inspiration was her great aunt Mary Phillips who "would visit wearing high-heeled patent leather red shoes and a hot pink coat with big buttons and lots of sparkly jewelry and a red beehive hairdo and really pretty earrings and long red fingernails." Azula says that everyone in her family sewed and had a sense of style. "I was always counseling people on their wardrobes and I started making things for my friends, and I started making things for myself. I was always doing it to make someone happy and they felt good with what they were wearing and how they were wearing it. Now, when women put my creations on and look in the mirror they don't see themselves the same way. They are transformed. It's kind of humbling."

Artist-Blacksmith Shannon Buckner is the fire part of Fire Fiber Flower (Stop #10 on the tour). She will showcase hand-forged one-of-a-kind garden sculptures of fictitious flora along with home décor items such as candlesticks and decorative hooks of the same organic aesthetic. Shannon has a design degree and before working with metal was a pastel artist/textile print designer which influences her lovely flowery creations. She has developed her own multi-layer oil paint finishing technique to beautify her imaginative shapes with subtle variegated hues. It's exciting to visit the forge and watch the blacksmith at

work, and quite a thrill to see supposedly immutable metal glow red-hot and become malleable to take on fanciful shapes in her skilled hands. Shannon is a full-time artist who sells her work direct to the public at art shows in addition to custom work such as gates and railings. This is a great chance to see her unique creations. Fire Fiber Flower is one of the studio groups on the tour hosted at Shannon's blacksmith shop. The group includes Maria Ruano who makes hats from recycled sweaters (some with Vashon-grown goat hair) and Mike Urban who creates flower sculptures from vintage glass. They invite you to enjoy their artist-crafted items, sip hot



Artist-Blacksmith Shannon Buckner

cider and perhaps try your hand at bending hot metal.

Larry Muir and Penny Grist of the Grist & Muir Studio (Stop #20 on the tour) are two very different artists. Larry is a silversmith who works with glass, enamel and semi-precious stones. Climbing the steep, narrow stairs to the

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Road to Resilience

Dealing With Conflict

By Terry Sullivan, Transition Vashon

No doubt, you have noticed a bit of conflict here recently. Whether it is over a performance hall, sports fields, rumble strips, the community council, the K2 plant or you name it, we have our plate full. When you add in deep-seated disagreement on ways to address ever increasing and more serious global and national crises, we should be considering the possibility that our negotiating skills might be a bit deficient. Let's face it, most of us look at conflict like a pile the dog left in our path, much easier to walk around it than to scoop it up and move it out of the way. It makes us angry or uncomfortable, so we try to ignore it and hope it goes away.

We all want a cohesive, well functioning community, but, for transition, it is key. In the future we will need to depend on each other much more than now. Negotiating conflict will be a necessity. Already, our failure to deal with conflict at the national level is a serious threat to us all. The election has done very little to change the deep-seated fear and mistrust that has paralyzed action on very important and pressing issues. Most of what we have to deal with in our community is child's play compared to that: all the more reason to hone our skills now on less threatening conflicts.

From its inception a few years ago, the All Island Forum has had the goal of providing skills and being a venue for islanders to find common ground, address conflicts as they occur, and ascertain the will of the community. With our first forum on the question of water supply on our Islands, we realized that we needed to do some "capacity building," that is, develop some methods

and procedures that might lead to a more productive discussion.

The next two fora, one on sharing our personal vision for Vashon, and the next on exploring why we volunteer in the community, were capacity building events. We learned more about our neighbors, discovered that we have a lot in common, and, hopefully increased our commitment to work together.

Our last forum in October started to address conflict. We considered our personal reactions to conflict and how we were different from each other. I think that gave us some appreciation for the emotional element of interaction with another person. We also discussed two very powerful concepts that open the door to resolution of conflict: acknowledgement and justice. Acknowledging another person and their right to their opinion is so easy yet so powerful in its ability to open participants to really considering the merits of the other's position. Justice we found to be a much more slippery concept, but suffice it to say that some sense of justice or fairness must be in place for resolution to occur.

In our upcoming forum, we will introduce and begin to work with strategies for conflict resolution. Acknowledgement and justice will be touched on again for those that didn't attend last month's forum. The greater part of the evening will involve small groups reflecting on aspects of generic community conflict or discussing an actual island conflict if you are comfortable doing that. The purpose, though, is not to explore the validity of opposing positions so much

Continued on Page 8



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Vashon Library Events
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Get in The Loop

Submissions to the Loop

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

Sci-Fi Saturday

This time the film will be “Teenagers From Outer Space!”

This is small break from SFS but a film that is a very nice offering to begin the holiday season with.

This is for The Chicken Soup Brigade so bring your donations to the box office and I’ll see you inside!Where: The Island Theatre

When : December 1, 1:30pm

How much: Some canned food or boxed food items. \$10.00 at the box. More is better. :>)

What: Chicken Soup Brigade.

A food drive for those living with HIV/ADIS in King, Kitsap, Pierce and Snohomish counties.

See you at the theatre!

Open House at Point Robinson

On Sunday, December 2, 2012, the Keepers of Point Robinson will be having their traditional gift to the Island community, the Open House at Point Robinson. It starts at high noon, 8 bells of the forenoon watch, and goes until 4:00 p.m. Highlights will be a visit from the Lighthouse Santa, who usually arrives at about 1:00 p.m. There will be a buffet of seasonal food and drink which will be set up in decorated Quarters A and will feature Captain Joe’s homemade chili. There will be music of the season and you will have the opportunity to tour the Lighthouse and Keepers’ Quarters houses (vacation rentals). Captain Joe Wubbold will personally give tours of the Lighthouse. The Ships’ Store will be open for holiday shopping and will have Point Robinson tree ornaments, without which no Island tree is complete. Remember the date is Sunday, December 2nd and it happens no matter what the weather. This is a free family event for our beloved Island friends.

Santa Engine

Vashon Island Fire & Rescue announced that each Friday and Saturday evening starting November 30 through December 15th Santa, accompanied by Firefighter helpers, will be visiting Vashon neighborhoods on a fire engine. Santa will be dispensing holiday cheer and reminding parents of the need for working smoke detectors in each home.

If you see a Fire Engine decorated with Christmas lights and broadcasting Christmas music, families are invited to greet Santa from the sidewalk. He and his elves will be handing out candy canes. Santa says that he will make individual house calls if a youngster is homebound during the Holiday Season. Special arrangements may be made by calling VIFR at 463-2405.

AIF invites ALL ISLANDERS to an interactive forum to explore

Navigating Conflict: Personal Strategies for Building Community Resilience

All Island Forum is reaching out to all persons active in Island organizations to take part in AIF’s 2nd of two public forums on Navigating Conflict in community. We see there are advantages for the health of our community when leaders show up to learn how to better communicate, listen, and support other community members, particularly those with a different point of view. We recognize a great need for all of us—community wide--to learn more skills and gain more experience in dealing with conflict.

Earlier this October, we held the first of two public forums on the topic of Navigating Conflict. About 21 Islanders spent two hours in small and large group discussions exploring themes of acknowledgement, justice and difference. Many present reported how they felt encouraged to slow down and develop awareness of how they relate to conflict.

One participant expressed that she was given “a framework to discuss her community issues.”

Another participant wrote, “The forum helped me in

several ways. I always knew the importance of listening to what people REALLY say, both verbal and non verbal, and the group I worked with in the forum really reinforced this. I came away thinking I need to stop, listen, think and then talk. I hope I can do more of this in the future.”

The upcoming forum on Nov 28 will focus on building personal strategies for resilience in conflict. Together we will create a supportive environment to explore related themes of justice and communication. We plan to experiment with a peer consultation approach, where we will break into small groups to work on some community conflict we are individually affected by. The exchanges about conflict can be either specific or generic, depending on individual wishes.

We hope you will join with us as we continue to learn more methods to deal with conflict in positive, humane and hopefully productive ways. Please contact us if you have any questions or concerns.

Thank you,

For All Island Forum planning group:

Have a Story or Article

Send it to:

Editor@vashonloop.com

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Fund for the benefit of India Castle Family

Vashon Allied Arts has set up a fund for the benefit of India Castle Family at US Bank. People may contact any US Bank and make contributions to: India Castle Family Benefit Fund.

Checks may also be dropped off at Vashon Allied Arts.

The Vashon Loop

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Kiwanis Toy Drive

Due to the large number of families in the past two years needing help we are no longer able to take request forms or fill bags. We are going to have a “Free” store this year for adults only to shop for their children. With the store being open for 2 days (December 15th and 16th from 9 AM to 4PM), we hope that this will make it easier for parent/guardian(s) to find toys, clothes, games and personal care items for their children (Infant to 18)

In addition to the store there will be a lunch with Santa at the Eagles on both days from 1 to 4.

The Toy Drive is in need of toys, games, all sizes of clothes and personal care items.

We will have boxes located at Island Home Center & Lumber, True Value, Vashon Thriftway, IGA Market Fresh, Chamber of Commerce, Vashon Pharmacy and the Eagles. Boxes will be set out on the 23rd of November and picked up late on the 14th of December.



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Next Edition of The Loop Comes out Thursday, December 6

Deadline for the next edition of *The Loop* is
Friday, Nov. 30

Searchers find body of missing Vashon woman

The King County Sheriffs Office reports that the search for a missing woman has ended. India Castle was found dead early Saturday afternoon in a shallow pond near the Vashon Airport .

The Sheriff’s Office is investigating the cause of death as a criminal investigation, because of Castle’s age and the circumstances of her death.

The King County Sheriffs office had a search underway for the missing woman here on Vashon Island. When last seen she was wearing blue jeans and a brown sweater, November 12th in the evening, in the vicinity of the airport between 115th and Cove Road. Castle’s parents reported her missing on Friday evening. The pond where Castle was found was several hundred feet behind the home Castle was last seen at.

The operation included 75 to 100 people including search and rescue teams from King, Kitsap, Pierce and Thurston Counties.

Vashon Community Emergency Response Teams and Vashon Island Fire and Rescue were also in the search operation along with three horse teams and two dog teams. The Sheriffs helicopter searched overnight. A very methodical grid-by-grid search had been conducted.

Castle is the daughter of Carter and Debra Castle of Vashon Island.



She graduated Vashon High School in 2003 and had been involved in theater productions and aerial arts on Vashon. She was near completion of her degree at The Evergreen State College. Carter Castle is a musician who is well known on the Island.

The Castle family also suffered a lose in 2004, when India’s younger brother, Dan Castle, died in a car accident on Bank Road. He was 17 years old

Vashon Allied Arts, where Carter Castle recently performed, has set up a fund for the benefit of India Castle Family at US Bank. People may contact any US Bank and make contributions to: India Castle Family Benefit Fund.

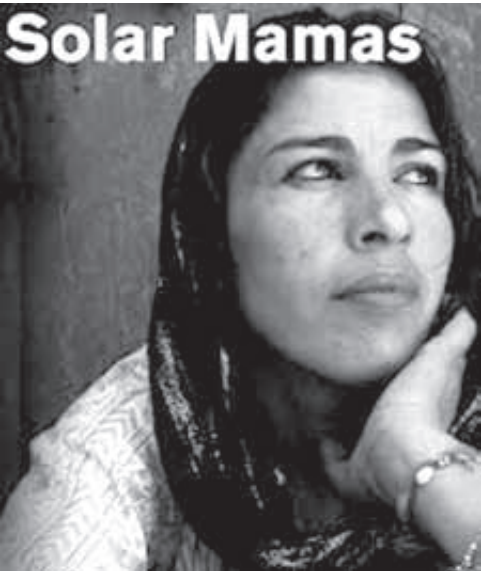
Checks may also be dropped off at Vashon Allied Arts.

Community Cinema Vashon Solar Mamas

By By Jane Berg

Why poverty? Ask why! Are women better at getting out of poverty than men?

Welcome to India’s Barefoot College, founded by Bunker Roy to provide rural women living in poverty with an education that empowers them to make their communities self-reliant and sustainable. Rafea, a 32-year-old Jordanian mother of four, is traveling outside of her village for the first time to attend Barefoot’s solar engineering program. Once there she will join women like her from Guatemala, Kenya, Burkina Faso and Colombia to learn concrete skills to change their communities. Can a young, barely literate woman become a force for technological change in her community? Are women better at getting out of poverty than men? These questions are at the heart of Solar Mamas, which follows the path of a young Bedouin woman and the obstacles she encounters in her effort to bring the benefits of solar energy to her tiny settlement in the Jordanian desert.



From the film makers Mona Eldaief and Jehane Noujaim - “As two Arab American directors, we are well aware that challenges exist for women in the Arab world and in the Western world – but those challenges are different. We have sought to make this story one that women and men in both the East and the West can relate to. There are no “bad guys” here. Just as Rafea is caught in a system where it is not proper for her to work, her husband is caught in a system where it is not proper to allow one’s wife to work. And we believe that it is only by seeing the possibility of change that people on the ground can begin to imagine change. We do not believe that films can change societies and cultural taboos ... but the people who watch them can.”

Community Cinema Vashon presents SOLAR MAMAS - A GreenTech Night at Vashon Theatre - Tuesday, November 27th, 6-8pm. Community Cinema films are always FREE and followed by a lively discussion.

Following the film we will also show a very dynamic 20 min. Ted Talk

by Bunker Roy, founder of the Barefoot College in 1972. The college is named “Barefoot” in symbolic recognition of the importance it gives to the collective knowledge and skills of those it serves - the poor, who often go barefoot. Although it gives no certificates, degrees, or diplomas, it is called a “college” because it is a center of learning where teachers and students share both teaching and learning.

SOLAR MAMAS is part of WHY POVERTY?, a groundbreaking cross-media event reaching more than 500 million people around the world. To find out about the international launch and activities visit whypoverty.net. Community Cinema events are an invitation to think more deeply about social issues, to share ideas and step forward to take action. Tavi Black, representing the Vashon DoVE Project will be present to share ideas about empowerment of women on Vashon.

For more information about the film, ITVS and Community Cinema visit communitycinema.org. This film should be interesting for all ages. It is eye opening to see how some other people in the world live and what a difference electric light, which we take so for granted, can be for them. Join us and invite your friends share in this opportunity for community discussion. Community Cinema is sponsored by Vashon GreenTech, Vashon Theatre, Voice of Vashon and KCTS-Channel 9.

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Island Life

A Matter of Scale

by Peter Ray

It used to be they were just bathroom scales because you kept them in the bathroom- hopefully somewhere behind a stack of towels or in the cabinet under the sink and buried beneath the toilet bowl cleaner and half-used bottles of conditioner. It was there to tell the truth when the mirror(s) didn’t speak loud enough, and it was kept hidden because- as the movie saying goes- “You Can’t Handle the Truth”. I had seemingly solved both of those problems by only having smallish, chest high mirrors in the bathrooms, and had no bathroom scale at all. This was of course because I felt that I really didn’t need one. As my personal failsafe warning system of creeping oversize detection, there was the ever reliable (or so I thought) pants test. As long as the pants fit and the belt didn’t need to be exchanged for a larger one, things were just fine in the delusional land of weight control. There was also the back-up telltale of relative fitness. Yes, I could still get in the pool and swim 3000 yards in a more than reasonable amount of time; I could still get on a bike and ride thirty miles with relative ease; and climbing stairs was not a problem. But then there was that trip

a good part of the reason for buying the bathroom scale.

Actually, what it says on the box is “analog scale”- perhaps that is a shaming marketing gimmick, I don’t know. By attaching the word analog it somehow, maybe in some people’s minds, makes it a lesser product, so instead you in turn buy the more expensive and modern, digital one. As opposed to this mere analogy of a scale, the ideal digital scale of the future (with the future being now) has its crisp readout numbers in liquid crystal or glowing LED. But what I wanted was not to be shown my poundage in tenths or hundredths, but to have a needle spin around a dial only to stop and point accusingly at a black and white numerical representation of some factor of ten or twenty or the less significant hash marks in between. I didn’t want it to be battery or plug-in dependent- why should it be? The scale I wanted should just be there, ever vigilant and ready to indicate how one’s personal mass relates to the gravitational pull of the earth. I was also hoping that a ready awareness of one’s weight would lend a certain gravitas to the pursuit of being a lesser person in the bare essentials of a physical sense. Again, as they say- be careful of what you ask for.

On my way to get a scale I stopped at the pet food store to make sure



to the coast and the motel room with all the fuller length mirrors and the burning question that they evoked: who is that fat guy and why is he here?

I knew there was more to me than I wanted to meet the eye. Whenever I slipped out of my comfortable, loose fitting drapings and into my cycling Lycra, there was this disturbing overabundance to my midsection that could no longer be denied- or hidden. We won’t talk about the even more unavoidable overexposure of the pool. This was all given a pass and overlooked because I could still go the distance, and in going the distance I was in turn supposed to soon see the larger person in the mirror go away, or rather, in reverse blowfish fashion, turn into a smaller shadow-casting facsimile of my former self. This did not happen, and I know why. A fairly simple accounting of food in and energy out was being ignored- by me. There was that, and there was the perhaps more important factor- a lack of incentive. There was no big race I was training for and I didn’t really want there to be. I was happy to be in what seemed to be good enough shape. As it was, I was just mostly wanting the change without really working for it. That was

the dogs ate for a few more weeks. One of the games I play in weight land happens when I pick up an object of noticeable heft and the immediate question comes to mind- what if I weighed this much more? Today it was the thirty pounds of dog food slung over my shoulder that had me imagining a more self-burdened existence. This bag of kibble took on another meaning when I got home. I took the scale out of the box, stepped on board and watched the needle swing up and over the top and stop at the hash mark that was five clicks beyond 200. I looked over at the dog food bag which I had stood on one end so that the bits had settled downward and caused a bulge and expansion in its middle, and then I looked down at myself and puzzled at where this extra thirty pounds was on me, and what I was going to have to do to lose it. In sitting down to write this I was thinking about the analogies and metaphors for our times that could be drawn here along with contemplating the difference between wanting change and changing, but I thought I’d see how I did with unburdening myself of my own kibbles and bits before making suggestions for bigger things.



Shape Up Vashon Celebrates its First Year Dec. 1

With the finale of the SUV 10,000 Step Challenge and A Small Bite Bake Off

All are welcome Saturday, Dec 1 for BOSU and hula hoop contests, games and raffles at the McMurray Lobby in front of the Farm Market Saturday, Dec 1.

Small Bite Bake Off

All who like to cook are invited to enter. Everyone at the Farm Market will have a chance to taste your low-calorie treats and vote on their favorites. Winners of the bake off will receive a prize!

- SUV Bake-Off Rules:**
- If you would like to participate, please e-mail info@shapeupvashon.org and include your name and what you will be baking.
 - Go to www.shapeupvashon.org to see the rules and snack ideas.
 - All entries must comply with the food handling rules on the SUV website.
 - On Dec 1st, please bring at least 30 small treats between 10 am and 11 am. We want as many people as possible to taste.
 - Each taste or bite MUST be 100 calories or less
 - Please also bring a description of your baked good and number of calories per bite. Recipes are always welcome. Websites for calculating calories are also on the Shape Up Vashon website.
 - We will count votes at 1:00 pm and award prizes to the SUV Small Bite Bake Off winners!
- Here are some ideas to spark your creativity:**
- Think about: bars, muffins, brownie bites, granola/trail mix, vegan snacks, gluten-free treats, savory snacks, breads, veggie chips, fruitcakes, etc...
 - If you have your own favorite recipe, you can calculate how many calories are in each serving using this web

site: My Fitness Pal www.myfitnesspal.com/recipe/calculator

Eating healthy doesn’t have to be boring! Come up with a creative idea for a healthy snack. If you’re craving something indulgent, that’s OK too! During the holiday season, you don’t have to deprive yourself of rich sweets, just make sure that you’re aware of your calorie intake and keep the treats bite-sized.

SUV 10,000 Step Challenge

Just in time for Thanksgiving and the holidays, 20 teams with 124 participants are stepping up or exercising in other ways five days a week, for three weeks. All teams completing the challenge will be entered into a raffle and three teams will win prizes including awards donated by the Vashon Athletic Club. Cheer on your favorite teams when you see them around town. Businesses participating are Vashon Dental Clinic, VCC, Vashon Physical Therapy, Beachcomber, Fair Isle, Lake CPA Associates, Sawbones, True Value, PSCU, Stringthyme, and any of your 50 friends wearing pedometers!

SUV Star Winners

Shape Up Vashon now has 200+ members! Members earn stars for taking steps to improve their health. Those with the most stars will be entered into a raffle and one will win the top prize: a \$400 ticket to anywhere in the US on Southwest!

Two other levels of star winners will also earn prizes donated by PSE and the Medical Reserve Corps.

Shape Up Vashon is a nonprofit volunteer group creating a fun and supportive community to improve health. Anyone can join on line or at the Dec 1 celebration.



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Next Edition of The Loop Comes out Thursday December 6

Deadline for the next edition of *The Loop* is **Friday, November 30**

Vashon’s Yellow Pages on line.
Find it on
www.VashonPages.com

Kronos, Palouse Winery, Pandora’s Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info
www.VashonPages.com

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

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Post Election Thoughts

by Mary Tuel

Around the time a story circulated of Romney saying it was too bad you couldn't roll down the windows on jet planes to get some fresh air, I decided to stop re-posting political memes on Facebook. I stated my reasons for stopping at the time:

"I don't know if anyone has noticed, but I have for the time being stopped re-posting political posts, no matter how much I agree with them. I am at present all snarked out, and feel that these posts don't do anything to enlighten anyone, only affirm the already convinced of their opinions and choices, whatever those opinions and choices are. Am I already convinced? Yeah, pretty much. That comes from watching politics in this country for the last 40 years, though. At present I am overdosed on all things political - memes, ads, and news which repeats what people say in ads. For now I'm planning to stick with funny cat pictures."

I found that stepping back from the cut and thrust of political nyah-nyah-nyah-ism made a change in how I felt and how I perceived things. I still had my beliefs, but I began to feel less reactive to contrary beliefs and that felt good.

It is no secret that I was relieved and overjoyed that Obama was re-elected. I have acknowledged the sadness and anger of my friends and family who were Romney supporters. I know how I would feel if Romney had won - sad that there would be so much work that would have to be done over, and over, again. I would feel weary, and discouraged, that the country would be back on the "survival of the richest" train that brought us to the sad conditions that prevailed by the end of the last Bush administration.

Because Obama has been re-elected I have hope. Because Washington state has legalized gay marriage and marijuana, I have hope. I am proud to be a citizen of the People's Republic of Pugetopolis. Eastern Washington is pretty fed up with being dragged along on our leftist trajectory, although I did notice the Easties voted more in favor of legalizing dope than gay marriage. This indicates to me that they have a deep conviction

that they should be allowed to make their own personal choices, while at the same time being able to control other people's personal choices.

Our last two elections have been national referendums on racism. I have hope because it seems a narrow majority of the population thinks racism is a bad idea.

Whites are no longer the majority in this country. For some of us, this change is a relief, even though pathology is truly color blind. Witness Pol Pot and Idi Amin, for starters, following in the bloody footsteps of Adolf Hitler and Joseph Stalin. Skin color is no guarantee of anything, is it? Citing these famous mass murderers is the saddest testimony that we are, indeed, all the same under the skin.

Now I hear that in some states there are people so angry about the outcome of the election that they are petitioning to secede from the Union. I've known for a long time that the Civil War has never truly ended, and have been told by Southerners that the South is an occupied country. The move to secede raises a lot of questions, chiefly, would they find that separating from the Union might not solve their problems? Many people living in the South have acquired some uppity ideas about civil rights and such. It might not be easy, for example, to reinstate Jim Crow laws after a couple of generations of not having them. A significant portion of the resident population might object. I'm just saying.

We live in interesting times, my friends, and while I love to dive in to the political pool and splash my opinions around, eventually I have to sit back and remember I am called to love everyone. Oh, darn it.

It takes a certain surrender of righteous will to remember that truth is undermined by reactive drama. I go to God with my complaints, but by the time I get to prayer and reflection, I've figured out what I'm doing wrong.

Garrison Keillor remarked recently that the "most wonderful, intelligent people can believe the most preposterous things." He went on to say that we need to cut each other a lot of slack, from both sides. I agree, and have to stifle my belief that, hey, I'm still right.

In closing I say, peace be with you, my friends. Tell your loved ones, no matter how much you disagree with them or disapprove of them, that they are loved and important, more important than political opinions. That much I know is true.

Vashon Library December 2012 programs

Children & Families

Family Story Times

Tuesday, December 4, 11:30am

Newborn to age 6 with caregiver.

Come for a fun-filled, half-hour of stories, finger plays, movement and music! Registration not required. When the Vashon Library has moved to the temporary location for the upcoming expansion project (date still to be determined), please call the library at 206.463.2069 for program location.

Baby Story Times

Wednesday, December 5, 10am

Ages 3 to 21 months with caregiver.

Enjoy stories, songs, bounces and tickles just right for your baby.

Registration not required.

When the Vashon Library has moved to the temporary location for the upcoming expansion project (date still to be determined), please call the library at 206.463.2069 for program location.

Teens

Friday Teen Movie Night

Friday, December 21, 7pm

Teens ages 13 to 18 are invited to a see a free movie, munch on popcorn and maybe win a door prize!

Sponsored by the Friends of the Vashon Library.

Online Study Zone, Homework Help and SAT Tutoring

Go to www.kcls.org

and click on Research & Homework for three choices for help with homework:

* Live Homework

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* Study Zone Online-by Brainfuse, live chat and whiteboard functions.

* MSP, HSPE, SAT Help-by Brainfuse, 1-10pm, 7 days a week.

Adults

Separating Fact from Fiction: Sorting Truth in the News

Saturday, December 1, 2pm

Held at Vashon Maury Island Land Trust, 10014 SW Bank Road, Vashon.

The public relies on news sources for fair and accurate information; even more so with new media resources.

The speed and immediacy of Twitter, blogs and Internet posting offers both new opportunities and challenges to journalists and the public in the quest for timely, reliable coverage of world and local events.

Jerry Large (The Seattle Times), Essex Porter (KIRO TV) and Leslie Brown (Vashon-Maury Island Beachcomber), share their insights on vetting the news to enable citizens to make informed decisions.

Sponsored by the Friends of the Vashon Library.

Discover Your Family History: an introduction to genealogy

Sunday, December 2, 2pm

Held at Vashon-Maury Senior Center, 10004 SW Bank Road, Vashon.

For beginners.

Interested in tracing your family history but don't know where to start?

Genealogist Claudia Breland will walk you through the early steps of this exciting pastime.

Learn how to start filling out pedigree charts and interviewing relatives before you sit down at the computer, discover free sources online and at the library, and explore the different types of books and magazines to help you on your way.

Call 206.463.2069 to register.

Sponsored by the Friends of the Vashon Library.

Great Books Discussion Group

The Lottery by Shirley Jackson

Monday, December 3, 6pm

The Great Books Discussion Group meets on the first

Monday of the month, October through June.

Visitors are welcome.

The only requirement to participate is that you have read the material under discussion.

Free ESL Classes

Tuesday, December 4 and 11, 6pm

Learn how to speak, read and write in English. Free weekly lessons, beginning to intermediate level, taught by an ESL Instructor.

Program location: Vashon United Methodist Church (large conference room), 17928 Vashon Hwy SW, Vashon, 98070

Call the library at 206.463.2069 for more information.

Computer Classes:

Introduction to Computers

Monday, December 10, 10:15am

Practice the skills necessary for using a computer; including using the mouse, selecting items and text, arranging windows, browsing the Internet and library catalog.

Vashon Island Parents

Read Getting to Calm:

Cool-Headed Strategies for Parenting Tweens+Teens

By Laura S. Kastner, Ph.D and Jennifer Wyatt, Ph.D

Read the book then come discuss it with other parents on Tuesday, January 15, 2013, 9:30-11am or

Thursday, January 24, 7-8:30pm at Wings Birdseed Co., 99231/2 SW 178th Street, Vashon, 98070.

Dr. Kastner will join the evening book discussion on January 24.

Copies of Getting to Calm are available for checkout at the Vashon Library.

Please call the library at 206.463.2069 to sign up for the evening book discussion as space is limited.

Sponsored by Vashon Youth and Family Services, the King County Library System and the Friends of the Vashon Library.

Meeting space provided by Wings Birdseed Company.



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Aries (March 20-April 19)
For a child, work is play. That’s the space to get yourself into as you reach for some of your best accomplishments of the year, or indeed the past few years. It will be easier to use astrology to describe this. There are two things going on in your solar chart right now. One is that Mars is about to reach your midheaven, the career and achievement angle in a chart. Pluto has been there for a while, warming up the territory; Mars (the Aries planet) arriving there represents some tangible, conscious move on your part. There is the potential for you to over-reach or push a little too hard on the power attribute of Mars conjunct Pluto, so I suggest you take it easy and focus on the work at hand rather than making it about you. Meanwhile, the meaningful asteroid Child has arrived in your sign. This is suggesting to appreciate the moment you are in, to look at the world through young eyes, and to maintain what Buddhists call beginner’s mind. There are several ways these points could interact: at worst, childish tantrums or control dramas, and at best, a fresh, ongoing appreciation of work well done.

Taurus (April 19-May 20)
Your charts continue to emphasize your current relationship situation(s), a fact that’s not going to change for a while. Yet immediate factors suggest that it’s time for a careful review of the past, including the way that mental habits have influenced your choices and in particular, the words you have spoken and the impact they have had. One choice you have is to build your new encounters on the heap of what has happened in the past. Another is to seek understanding about what has happened, and to re-evaluate your role, and that of everyone else. If you choose to camp out in a fixed point of view, you will miss the subtleties and indeed miss the many opportunities for nourishment that come from true understanding. It’s worth considering the history of all the ways you orient your existence on relationships and in particular, your concepts about them. Life when actually lived is not scripted, the end is not pre-determined and it’s not a role play. It’s something different, indeed, something much easier.

Gemini (May 20-June 21)
You seem to be making a profound decision about yourself, though I suggest that as a metaphor you imagine that you’re putting on a glove. That’s the feeling -- it’s a choice, and something that you slip into, contoured to who you are and what you want. It facilitates your dexterity rather than getting in the way. You can apply that image to everything you’re trying to work out in your life right now. The slipping in and the dexterity are emotional rather than physical -- though the most physical aspect of the experience involves your use of time, and the way you fit your priorities into time. The conscious use of time is one of the distinguishing factors of maturity and adulthood. Factors in your chart are informing you that the time has come to get a handle on this aspect of your life, which also translates to knowing your priorities and then being in emotional harmony with them. The emphasis is indeed emotional; the hand slipping into the glove is your emotions fitting snugly into your mind.

Cancer (June 21-July 22)
Remember that sex is an experiment. It’s also an interesting morph of expressive, relational and introspective. It’s not always easy to get your partner onto this page, or to find someone who is -- and it’s easy enough for you to forget. Yet right now this experiment is calling you in a profound way. It’s as if your fantasies are aching for exploration and expression, yet you are wavering in your balance between ‘external’ and ‘internal’ focus. This may manifest as questions about what you will and will not say -- about what you want, need and want

to do. I recognize the potential delicacy of this situation, and the edge you may be perched on. What I suggest is this: Get clear with yourself in words, over a series of days. Describe to yourself what you want, preferably in writing or recorded, that is, in a form you can retrieve. Then take the leap and share it with someone you trust. This may or may not be the person you would prefer to explore with; the first step is to transcend your inhibition about sharing. If you notice fear or shame, work with these things consciously, and tap the erotic energy they contain.

Leo (July 22-Aug. 23)
As you take care of the details of your home, perhaps digging yourself out of some physical or financial disarray, I suggest you consider as deeply as you can what it really means for you to feel safe in the world. I say this recognizing that there are many people who have not felt safe for one minute since the day they were born. Others have grown up in the midst of so much turmoil that it’s difficult to even have a sense of the feeling of safety enough to recognize it when it comes their way. Still others associate violation, pain or chaos with a kind of psychological ‘safety’ that’s really just a form of familiarity. There are a scant few people who actually know what it means to be held. Current aspects are inviting you to sort out where you are along this spectrum. You’re verging on a breakthrough of understanding what it really means to feel safe in your environment -- particularly emotionally. I would remind you that part of this involves knowing where your boundaries are, and knowing when you’ve reached one of them.

Virgo (Aug. 23-Sep. 22)
I’ve been doing a series of interviews with my readers about how they feel about sex, and what they think about it. One impression I am getting is how vital it is that we know where we stand with ourselves, and that we be willing to push the edges of what feels good, of what we need and most of all, what we want. Your solar chart tells me that this is a topic that may be on your mind. It seems like you may be wanting to come to terms with, or understand in a deeper way, something that you’re not so sure about. You may be wrestling with a question from your past, or some element of your erotic psyche that is making you question yourself on a deep level. I recognize this may be uncomfortable at the same time that it’s deeply alluring and inviting. I know that sex and sexuality are sold to us as controversial. I can tell you that when you are settled with yourself in this aspect of your life, you will feel much better -- and you have that opportunity now.

Libra (Sep. 22-Oct. 23)
For Libra and Libra rising, I’ve been developing the theme of self-esteem in recent columns. This is because Saturn, the Sun, Mercury and a recent total solar eclipse have been dancing around the sign next to yours -- your solar 2nd house, Scorpio. As a matter of psychic structure, Scorpio is the region of the zodiac that holds the keys to how you feel about yourself, which includes the ways you can learn to feel better about yourself. Because Scorpio is involved, you have the special karmic mission of ‘self-esteem’ translating to making peace with some of the deepest matters we encounter in a physical lifetime: the mysteries of sex and death; questions about our cosmic origins; and the often contradictory nature of the human emotional body. Because the questions go so deep, they are not your average matters of self-respect. Yet what this gives you is profound access to your humanity. Libra is one of the most creative and multifaceted energies on the wheel of life. There is a reason: you are drawing from a deep well.

Scorpio (Oct. 23-Nov. 22)
You may feel like you don’t understand

yourself, or like you have so far to go before you do. If that’s what’s going on for you now, I suggest you take it as a reminder of how far you’ve come. Yes, your questions are real, and they may seem to lead to more questions rather than simple answers (or any answers at all). Yet while you’re doing this, some things are available to you that are not available to others who do not get so deeply involved with the mysteries. One thing is that your self-inquiry provides you with energy that will fuel your passion and your art. You are capable of being free from the kinds of judgments that ensnare so many people. Perhaps most significantly, you can groom this into curiosity that gives you a truly interesting life. If there’s a catch, here it is: this all becomes valuable and life-affirming to the extent that you put it to use. Guide these feelings into some tangible means of expression, thought or relating. For the next few weeks, writing may lead you to some deep spaces. Be generous with yourself.

Sagittarius (Nov. 22-Dec. 22)
Desire is the activating principle of the universe, at least where humans are concerned. This is one reason why honest desire is so taboo, and why it’s so often shuffled into pointless materialism rather than true aspiration. Because both expressions of desire manifest and focus energy, both come with a mystical sensation. Few people would say that acquiring a pair of shoes is some kind of spiritual experience, though the same basic laws apply to self-understanding, gaining worldly knowledge or expressing yourself in a way that has meaning to others. Simply, you know what you want and you concentrate your energy in that direction. Often, it will actually happen, or at least something interesting will develop. It’s just that where physical objects and even money are concerned, the methods are fairly obvious and direct. Where spiritual matters are concerned, the guiding principles are less tangible, though it’s helpful if you keep love and desire in the same gesture. Your chart tells me you can now distinguish these levels of experience -- and choose the one you want. Here is a clue: If it happens to be about shoes, the message is about where you will walk in them.

Capricorn (Dec. 22-Jan. 20)
Mars is about to ingress your birth sign, and that’s likely to arrive with a bolt of energy and the release from anxiety you may not have noticed you were experiencing. If you did, it may have come in this form: is anxiety the cause of inaction, or is inaction the cause of anxiety? When this riddle resolves itself, it suddenly may not matter which was the cause and which was the effect; action itself is a form of relief. Focus helps you clear up the blurry edges of your thoughts, and expressing energy gives you more energy rather than consuming anything. As the next week progresses, this sensation may build. I suggest that you invest yourself into your choices and actions without hesitation. Practice living as if you have total confidence in yourself. Think of it as a gift you give to yourself. Dare to go beyond any feeling of doubt, taking confident steps. Fear is an emotion and it rarely speaks the truth. What we think of as freedom always takes courage, and offers courage as its first reward.

The Vashon Loop, p. 7

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Aquarius (Jan. 20-Feb. 19)
One purpose of this past Tuesday’s total eclipse of the Sun in Scorpio was to blow through what felt like a glass ceiling that has held you down for so long. Yet what was this thing exactly? It was anything but transparent, so glass really isn’t a good metaphor. This was really about coming to terms with the darkness of the world, including some of your worst fears, your struggles with authority in various forms, and your fear of your own power. You have a tendency to whitewash the world in a philosophy of love and light, yet this doesn’t do anything to change the reality of a planet obsessed with control, survival and scarcity. The authentic expression of goodness depends upon a root into grief and suffering. Generosity depends upon awareness of the ways people deny one another. Freedom demands that you know how fragile freedom really is, how few people it actually exists for, and how much responsibility it entails. If you can do this, you will start to make contact with the true nature of trust.

Pisces (Feb. 19-March 20)
Be clear about what you want to do, and also about the results that you want. You are now in possession of your vision and you know something about the method you’re pretty sure will get you there. Put all these ingredients together with faith in yourself. Remind yourself continually the ways in which you’ve succeeded at challenging things in the past, if you need a hedge against any lack of confidence -- yet the truth is, you can afford to believe in your abilities and the virtues of your mission. Now, however, is the time to get your traction in the form of results. Take action and trust the action that you take, and recognize when something you do bears fruit. This may come in many forms, so I suggest that you not be attached to any one -- at this point everything leads to one destination. Therefore, motivate yourself to be persistent, trust your passion and never let the hesitancy or self-criticism of others deter you.

Read Eric Francis daily at
www. PlanetWaves.net.

PANDORA'S BOX

**Holiday happenings galore! Cheryl’s inaugural
Black Friday event puts the fun back in post Thanksgiving shopping.**

**The countdown to the final,
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Island Epicure



By Marj Watkins

After the Turkey: Pumpkin pie

The pumpkin, pie of this year’s Thanksgiving feast a recent invention of mine that dodges several family members’ allergies, comes with very little lactose and no gluten. No more eating the pumpkin-and-spice flavored filling and throwing away the crust.

A favorite gluten-free piecrust is the Almond Meal Pie Shell below, a recipe from my book, “Wholegrain and Gluten Free”, available at Minglement.

Almond Meal Pie Shell For one 9-inch pie

- Preheat oven to 425 degrees
- 1 cup almond meal
- 1 cup oat, sorghum, or millet flour
- ½ teaspoon salt
- ¼ cup soft butter
- ¼ cup water
- 3 Tablespoons olive oil

In a mixing bowl, stir the almond meal, flour, and salt. Work in the soft butter. In a measuring cup, fork beat the water and olive oil. At once pour it into the dry ingredients. Work the mixture together. Form it into a ball. Pat it flat. Transfer it to your pie pan, mooshing it and mashing it with clean knuckles and pushing it up the sides to fit it to the pan.

Make a decorative fluted edge. Prick the bottom and the sides all over with a fork. Bake 15 minutes, or until the piecrust is crisp and its fluted edge light brown.

Pumpkin Filling For 9-inch pie

- 1 ½ cups home-cooked or canned pumpkin pulp
- ½ cup white sugar
- ¼ cup molasses
- 1 teaspoon ginger powder
- 1 teaspoon cinnamon powder
- ¼ teaspoon cloves powder
- 3 eggs, beaten
- 1 ½ cups almond milk
- ¼ cup rich cream
- Walnut halves

Mix all but the walnuts. Pour into prepared pie shell. Arrange walnut halves as a circle around perimeter of pumpkin filling. Bake 15 minutes if not using already-baked almond crust Reduce heat to 350 degrees. Bake 40 more minutes. Insert knife midway from rim to center. If it comes out clean, the pie is done.

If using a standard wheat-flour based crust bake at 425 for 15 minutes to firm crust. Reduce heat to 350 degrees. Bake 40 minutes more Test for doneness by inserting a paring knife midway from rim to center. If it comes out clean, your pumpkin pie is done. Serve warm or cold with whipped cream.

Happy Thanksgiving, everyone!



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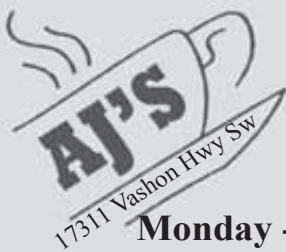


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The Road To Resilience

Continued from Page 1

as to understand the general environment of the conflict and how the behavior and actions of one side affect the same from the other. We will then come together to discuss what we learned.

We hope that those of you that are actively engaged in one of our current conflicts on the island, or feel put upon by some other element in our community will consider coming to this forum. You will have an opportunity to express your feelings to respectful listeners, and will have the opportunity to understand better where the other side might be coming from. We need to admit that we really don't

have many opportunities to do this and the exchange could be transformative. You will at least gain some insight, and have nothing to lose other than an evening at home (no small matter, but we hope you can see the value of this opportunity!).

The next forum, Navigating Conflict: Personal Strategies for Building Community Resilience, will be on Wednesday, November 28, from 7-9 pm, at the Open Space. Hope you can make it!

I also hope you all get the opportunity to share food with friends and family on Thanksgiving!

Comments?
terry@vashonloop.com

Just Imagine Christmas Begins at Waterworks Preview Nov. 30



Kathleen Webster

Waterworks Studio opens its doors for the annual Studio Tour Preview Party for our Island friends on November 30 at 6:00 pm with music, refreshment and conviviality and from there it's a fast segue to Vashon Island Art Studio Tour, December 1-2 and 8-9 from 10am to 5pm each day. 16 artists are ready to welcome you to Waterworks, answer questions about their process, and show you their newest work.

With so many years of Studio Tour behind all of us on the Tour, you might ask “well, what's new?” and the answer is, always, “everything!” In any profession, including art, the passionate maker is constantly evolving, changing, growing and expanding his or her knowledge and expertise. So each year while the Studio Tour format itself remains the same, the art contained within the walls of all the participating studios is always new and fresh.

So what's new at Waterworks? Everything! The preview party stars this year are musicians Richard Person and Jim Hobson who will brave the cold to play under the covered terrace. Brass musician Richard was actually born on Vashon, moved away, toured with national record groups, but

was drawn back to the Island magic years ago. In addition to brass, Richard plays piano, organ and sax. Jim wandered to the Northwest from LA where he played in club and concert venues while working also as a technician, equipment and studio building and recording engineer. The Island captured Jim in 2004 and, along with performing with Richard, he is also working on a solo piano project. Richard and Jim have delighted on and off Islanders with their music and Waterworks is especially pleased to have them with us- our first performing artists! - for the Preview Party.

Also new to Waterworks this year are watercolorist Terrence Jansen and photographer Kathleen Webster. Terry loves the creative process that takes color, water and light to achieve images of landscapes that then have their own unique combinations of light and dark contrasting with color. Terry describes his style as “impressionistic” and we are sure his work will capture you. Kathleen, a Getty stock photographer and perhaps best known on Vashon for her heart-grabbing photographs of children and families, brings to Waterworks her stunning and

Continued on Page 10

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Positively Speaking

Digging Deep and Reaching Out

By Deborah H. Anderson



“Down the Shore” is the ultimate fantasy pleasure experience for any Tri-State native worth their saltwater taffy. So when my Mom married her second husband, George, who in retirement owned two stores on the boardwalk at Pt. Pleasant Beach = one on the north end and one on the south end across from Jenkinson’s Pavilion = us kids, who were now adults with the beginnings of our own families, thought we’d hit the mother lode.

George’s stores were the kinds we were never allowed to enter let alone spend money in when we were kids. He sold air ferns growing out of seashells, little wallets with pictures of New Jersey on them and a star where Pt. Pleasant Beach was located, and = his personal favorite= the dogless leash. A firm piece of wire with plastic wrapped around it, the thing was angled so it looked like there was an invisible dog walking along. He chuckled every time someone laid a great wad of cash down to purchase one.

His inventory was called ‘schlock’ when we were kids. Now that we were related to someone selling such stuff, we called them ‘souvenirs’. Everything is in context.

On this fall day, the context of hearing, “Live from Pt. Pleasant Beach’ over and over brought no warm, fuzzy memory of row upon row of rocking chairs overlooking the surf at the Pavilion, nor a desire to go look at the various sweatshirts, t-shirts and terry clothe training underpants that had ‘My Grandpa thinks I’m cute at Pt. Pleasant Beach, NJ” tucked away in the green footlocker for the next generation of grandchildren to wear.

No, “Live from Pt. Pleasant Beach...” Brought an uneasy fear into my heart. I had not heard from my little brother in Philadelphia for twenty-four hours. There was no response to my text, “Did you all make it through the night OK”. The voices of the newscasters reminded me only that he and his family, like hundreds of thousands of others, were smack dab in the middle of the path of destruction of a monster hurricane.

The last message I had received said, “Power keeps going on and off (here at work). Closing up shop and going home.”

Finally late Tuesday, after hours that dragged by like centuries, I saw the words pop up on my phone: “Force fields working well. Trees down everywhere but on the house and shop.”

My little brother and his family were safe. The two big trees that came down had missed the house and the workshop behind the house by one foot each. Nothing but lightweight branches that did no damage but add debris to the roofs of each.

It would have broken my heart beyond measure for harm to have come to him or his. You see we have only recently reunited. Torn apart by our family’s dysfunctional history and reality we did the only thing we could to endure the tensions. We stopped talking.

Six years older than he I remember him coming home from the hospital, his brush with death at two when his appendix ruptured and he was literally minutes away from leaving us all early,

his companionship as we grew, the ever present joking and laughter, adventures helping dad build the ‘DebLeeDo”, a folding boat he had discovered in Popular Mechanics, and most of all my resolve when I first met him to treat him differently than I had been treated. I wanted to treat him with gentleness and affirmation.

My relationship with my little brother changed the course of my life. I became a teacher and work with children today because I loved being a big sister. Every relationship or foray into a relationship I’ve had with a man since my divorce has been screwed up because I was looking for my brother not a mate. My brother and I were, are, soul mates like out of some great Southern novel where the siblings confide secrets to each other while they dangle their legs from branches of a moss covered willow tree.

Then one day, after years of silence I missed him too much, found my sister in law on Facebook and sent her a message. “Tell him I love him and miss him.” She wrote right back. “He does too.” She arranged a telephone call. It was the sweetest ever, and while we now are so old we look like our mother and father, the core of our carefree friendship and sweet, innocent optimistic spirits remains entwined.

Both us had to do some digging deep. We wrestled individually and agreed when we talked that at first we only wanted to acknowledge the wrestlings, not discuss them. Then he shared some things that revealed to me how he felt when I left for Europe my senior year of high school. Some people take drugs or drink; I travel and go to new places. In the decades since I had never realized how much I meant to my brother and I vowed to never leave him again.

There will be lots of gimme letters in this holiday season of end of the year tax deductions. They will ask you to dig deep and reach out. That’s great. Certainly do that. But after you have written your check, ask yourself ‘Who do I miss? Whose loving presence did I let slip away because I didn’t know how to stay in relationship at the time? Who do I now want to see?’ Then pick up the phone or turn on your computer and find them and be the first to reach out.

I can’t even tell you how whole and wonderful and peaceful and never again out of balance or ungrounded my life will be because I found my brother and summoned all my courage to contact him and tell him I loved him. I’m just not me without the chance to be a big sister. Next to being a mom, it’s my favorite role. It’s why I became, “The Deborah” to so many children. I loved loving my brother, still do.

Thank you God for most this amazing brother. May the force be with us! – Inside joke of course.

Love,
your sister Debby



**we made it...
thanks to you.**

Over the last 2 months, the Vashon community has responded to our fundraising campaign by generously donating over \$350,000 to help us refinance our mortgage. Seventeen years ago, a group of Islanders stepped up and saved senior care on Vashon, and now you have helped assure that VCC will be here serving our aging population for generations to come.

Thank you, Vashon. Very much.

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Saturdays 11:30-2:30

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Coming December 9th, 1:30 PM Vashon Theatre...Free Family holiday special “Stuart Little”
sponsored by LGC Educational Services

Soul Train, not Coal Train!

By Pete Welch

The next Backbone Campaign Benefit is coming up on Saturday night, November 24th at the Red Bicycle Bistro & Sushi. This will be the weekend after Thanksgiving, so we’re feeling like it will be a very festive and fun gathering.

Back in 2007, I produced our first musical Backbone Benefit along with Bill Moyer and the music we showcased was by far the most popular of all of the themed shows we’ve done through the years, the music of The Beatles. Twenty-eight songs were performed that night, but we could have kept on going well into the night.

Since then, Bill and I have collaborated on many more themed Backbone events.

So...we’re going to do it again, with the theme this time around as follows: the music of the popular TV Series back in the day called “Soul Train”. Basically anything with soul, but if you want some ideas, take a look here for an online index of artists who performed on Soul Train: http://en.wikipedia.org/wiki/Guests_on_Soul_Train

But please.....we have to draw the line at Milli Vanilli.....

A Change Is Gonna Come (Sam Cooke) - Mark Shepherd
Ain’t No Sunshine (Bill Withers) - Scott Durkee, Ron Hook, Joe Paulhus, Emory Miedema

All I Could Do Is Cry/At Last (Etta James) - Kelsey Bernheisel

Billie Jean (Michael Jackson) - Rick Doussett, Bob Kueker, Ken Widmeyer, Gary Kiggins
Brick House (Commodores) - Steffon Moody, Arlette Moody
Can’t Get Enough Of Your Love (Barry White) - Jon Whalen, Adrienne Mildon, Gary Kiggins, Andre Sapp, Van Crozier

Drown In My Own Tears (Ray Charles) - Phil Royal

Golden Years (David Bowie) - Dave Olson, Maijah Sanson-Frey & Maya

It’s A Man’s World (James Brown) - Kevin Moe & Gabe



Blake

I’ve Got Dreams To Remember (Otis Redding) - Glenn Rukwid & Adrienne Mildon

I Wish (Stevie Wonder) - Jack Barbash

Just The Two of Us (Bill Withers) - TV Dinner (Pat Reardon, Diane Krouse, Andre Sapp, Steve Meyer

Lady Marmalade (Patti LaBelle) - Cami & Erik Lundeen

Nothing But The Water (Grace Potter & The Nocturnals)

- Azula, ClariT, Adrienne Mildon, Chaz Reed, Ryan Roybal, Jason Everett

No Woman, No Cry (Bob Marley) - Ron Hook

Peace (Michael McDonald) - Gary Kiggins, Adrienne Mildon, Van Crozier

Rocket Man (Elton John) - Linda Hatfield

Tracks of My Tears (Smokey Robinson) - Roger Taylor, Luke McQuillan, Bob Kueker, Greg McElroy, Jack Barbash, Lori Means, Gary Kiggins, Lindsay Aickin.

Sunday Kind of Love (Etta James) - Allison Shirk, Kim Thal, Michael Marcus, Gary Kiggins, Linda Hatfield.

Until You Come Back To Me (Aretha Franklin) - Adrienne Selvy Mildon, Bill Moyer, Azula, Terri Garrett, Lyn McManus

War (Edwin Starr) - Davin Michael Stedman & members of The Staxx Bros

Wild Is The Wind (Nina Simone) - Jessika Satori, Jack Barbash

You and Me (Penny & The Quarters) - Kim Thal, Rick Vanselow, Steve Meyer, Eric Frith

You Really Got A Hold On Me (Smokey Robinson) - Bob Krinsky

Saturday, November 24, 8pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Subaqueous opens for Avaaza

Vashon Island--Avaaza, (Ah-Va-ZAH) the newest world music ensemble to emerge from the vibrant music scene on Vashon Island will bring their signature sound and danceable beats to the Red Bicycle Bistro on April 8th at 8:30PM.

“Avaaza is derived from the Persian word for voice,” explained Azula, the lead vocalist. “We reflect the global community, in that each of us in the band comes from a different history and has developed a unique voice. Avaaza is about celebrating the beauty of music from different cultures and bringing those sounds together in a way that is exciting to watch and fun to listen to.”

“And fun to dance to!” remarked Jason Everett, bass player and bandleader. “Our vision is to perform music that moves us deeply at the spiritual/emotional level as well as makes us want to move our bodies. Our hope is that the audience will share this experience and be moved at multiple levels as well.”

Azula, began her vocal training in the opera. In her twenties, she became enamored with foreign languages and moved to Europe where she taught herself to sing in many different languages including French, Spanish, Portuguese, Persian and Arabic.



She and Everett are joined by islander Terri Garrett, who also sings and plays clarinet with Avaaza when she is not performing with orchestral groups like the Northwest Sinfonietta and the PNB Orchestra. “The musical styles influencing our sound are primarily those from the Mediterranean region including Flamenco, Gypsy, Arabic, Persian, and North African styles,” she explained.

Rounding out the group is Chaz Reed who is also from Vashon and plays guitar and mandolin; Michael Nageub a native Egyptian who plays nay (Egyptian flute) and keyboards; Tracy Helming who plays violin and is a professional belly-dancer; and George Sadak an internationally acclaimed master of Egyptian percussion on percussion.

Opening for Avaaza will be Subaqueous with special guest Sartori Laurel. Subaqueous is a solo music project of Isaac Cotec. The music has incorporated beat science to create progressive mid tempo and dance music.

Using melodic techniques and musical theory to add layers to the experience.

Subaqueous has worked with amazing talent from all over the world and has played with big acts like Bluetech, Iawake, and Jamie Janover. Subaqueous first album was the number one Downtempo album on bandcamp for 2 months straight and continues to be high on the midtempo charts.

Isaac Cotec started making electronic based music in the summer of 2005 working with a project called Psyche Sonics. PsycheSonics is an experimental group working with binaural beats and altering consciousness through sounds. The Project traveled in a large yurt that moved around the PNW on tour as a musical Art instillation. It was featured in such festivals as Beloved, Emerg+n+see, Oracle Gatherings, and others.

After touring with his experimental and ambient based project Isaac Cotec continued to make music and grow as a musician. As of March 12th 2011 the unique character and sound of Subaqueous was born.

The performance is free and all-ages (until 11:00). Saturday December 8, 8:30 p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Just Imagine

Continued from Page 8

personal images. Kathleen is a rare treat to have as a participating artist!

And the rest of the crew? We’ve all been growing and changing- changing mediums, changing techniques, shaking it up. Lindsay Aicken, best known for her prayer banners, always shows up with new work, Lavender Sisters still focus on lavender but each year there is a new addition to the stable of products, Dana Illo will have yet more re-imagined kimono silk pieces (come early as these walk off the walls), and Darsie Beck has over the year presented for Rick Steves, Port Townsend Maritime Center, and The Writer’s Workshop in Port Townsend and will share (that means “show”, not “sell”) his travel journals along with his newest watercolor images and his book (those are for sale!). But wait- there’s more!

Ray Pfortner has spent a lot of this year photographing Asian gardens and also our Island. He’ll have photographic and beeswax images along with those popular snow globes, cards and mousepads. Ray’s talented wife, Nancy Wing will present her gyotaku encaustic prints (you have to visit us to find out what “gyotaku” means), notecards and ornaments. Bob Horsley and Stephanie Harlan will once again grace the walls with Bob’s stunning watercolors and Stephanie’s delicately rendered sketches and paintings while Kate Rutherford, the Queen of Suspended Stones, will show this year’s elegant stone jewelry.

And finally, Mike Maher will

have new pastel and watercolor paintings of Northwest scenes while Ginny Ciszek will present her latest sizzling jewelry and other fantastic and whimsical designs. Susan Bates steps in with her fabulous felted wearables that each year evolve with new techniques and fabrics and Jill Andrews, our other textile artist, will warm your hands with mittens, create aprons for children and other knitted confections. Finally Chris Beck, having raised the bar back to high fire porcelain, will show new functional work in her Asian influenced style with perhaps a smattering of sculpture and raku pieces.

For Waterworks’ second year, the Artists’ Tree will be front and center, offering lovely artworks as ornaments for your tree (or

your home). Each artist will have a variety of ornaments on the tree, from charming to dazzling, and all ornaments are affordably priced.

So in the days leading up to the Preview Party on November 30, JUST IMAGINE because Christmas does begin at Waterworks. Join Waterworks at our November 30 Preview Party and all the studios on the Vashon Island Art Studio Tour on December 1-2 and 8-9 to light up the holidays these first two weeks of December. Waterworks is #24 on the tour brochure and you can also find Waterworks Studio on Facebook and at waterworksonvashon.com. Located at 7012 SW 240th Street on Maury Island (206/463-5633), Waterworks accepts Visa and Mastercard.



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Where the locals go!

The Sarah Christine Collective

Yes! Sarah’s album is finally done and in her hands!

This from Sarah: Hard to believe that so much time and energy all comes together into one little tangible piece of evidence to hold and listen to. But really its been so much more than that. The journey that has brought me to this place has been filled with so many lessons, challenges and opportunities to expand and take roads that seemed inaccessible before. Feels like the beginning of a whole new chapter. I am so thrilled about the upcoming album re lease party on November 30th at The Red Bike, Vashon Island 8:30. This will be an ages show until 11:00 and will be no cover charge. The incredibly talented Chava Mirel will open up the evening and The Sarah Christine Collective will take the stage at 9:00. Im so very excited to share the music and the mission that has been in the works for years. Hoping to see a packed house!

Whether she is gracing the stage solo acoustic with guitar in hand, or backed by a full band, Sarah Christine’s soulful siren captures attention. This Northwest native weaves a positive musical tapestry, blending her rich honey voice, conscious lyrics and uplifting melodies with the flavors of reggae, rhythm & blues and soul. This gifted singer/songwriter delivers heartfelt messages of oneness, the power of love and the infinite possibilities of clear intention.

Classically trained in voice and self taught on guitar and piano she has spent the past 12 years composing and performing. Sarah’s voice has been heard throughout Washington, Oregon, and Hawaii and has been an on-stage presence at numerous festivals including Northwest Reggae Fest, Sierra Nevada World Music Fest, Conscious Culture Festival, Bumbershoot, Seattle Hempfest, Northwest Folklife and many



others. Sarah has contributed live and in-studio vocals to various artists such as Publish the Quest, The Crucialites, Adrian Xavier Band, Prezident Brown, Jah Levi, Essential I, Indigitize, and Rau to name a few. She is also featured on a major label release of an all female compilation of U2 covers entitled ‘In the Shadows of U2’.

Sarah currently teaches private voice instruction and group workshops where she guides people to tap into the power of their own unique voices. Her vision is to travel the world and spread music that inspires and encourages people to live to up to their fullest potential. Her recent two month trip to Jamaica with her husband and three children set the wheels in motion for many more musical adventures to come.

“Free From Fear” is Sarah’s new CD and she will have plenty of them on hand for sale at this show.

Friday, November 30th, 8:30pm at the Red Bicycle Bistro & Sushi (17618 Vashon Hwy SW - 463-5959). This is an all-ages show ‘til 11pm, 21+ after that. Free cover!

Vashon Island Chorale

Celebration: Music for Chanukah and Christmas



Photos by Rick Wallace, groups from April, 2012.

By Jo Ann Bardeen

At concerts on December 1 & 2, the Vashon Island Chorale under the direction of Gary D. Cannon, will commemorate the great religious celebrations of Chanukah and Christmas. One half of the program will present the world premiere of “Eight Days of Chanukah” by Northwest composer Abraham Kaplan. Kaplan was one of the last half-century’s most notable choral conductors, having worked closely with Leonard Bernstein, Igor Stravinsky, and many other major musical personalities. Vashon Opera’s Andy Krikawa will sing a baritone solo in one of the movements of Kaplan’s work.

The second half of the concert features several favorite Christmas carols, including Zoltan Kodály’s chant-inspired

arrangement of “O Come, O Come, Emmanuel”, popular versions of “Still, still, still” and “Carol of the Bells”, and John Rutter’s raucous take on “The Twelve Days of Christmas”. Violinists Karin Choo and Gaye Detzer will accompany the Chorale in Edward Elgar’s “The Snow”. Linda Lee will play piano.

The Chorale will perform at Bethel Church with Saturday night’s concert beginning at 7:30 pm and Sunday’s at 3 pm.

Tickets (\$15/general, \$10 senior/student) can be purchased at the Blue Heron, the Vashon Book Shop and from www.brownpapertickets.com. For additional information, see www.vashonislandchorale.com

Island Art Studio Tour

Continued from Page 1

former physicist’s small attic studio is a little adventure which is rewarded by the chance to watch the master’s hands turn silver plate or wire into beautiful jewelry. Larry explains how he discovered the secrets of silver chain-making by studying chains crafted by ancient silversmiths. He talks about why sterling is a better choice than pure silver for jewelry. Penny is a mosaic artist who came to the art from quilting, woodworking, painting and jewelry making. She makes three-dimensional sculpture mosaics as well as more traditional two-dimensional ones. Many of her colorful glass mosaics are designed for a garden setting where they will reflect the sun and shine perpetually with beautiful color.

The Vashon Woodworks (Stop #6 on the tour) is a diverse group of wood artists who create useful or fanciful articles from turned bowls to toys to furniture. David Earle is a professional woodturner who specializes in tops: kid- (or adult-) powered toys that never lose their fascination. John Moore makes beautiful, sensuously-formed treen such as spoons and scoops from fancy, silky-feeling woods. Paula Allegrini is a furniture maker who also crafts letter-openers and jewelry from exotic materials. Jim Coulson, whose large, well-equipped shop hosts the group, is a bowl turner and makes beautiful art



Above Larry Muir, Below Penny Grist



The Vashon Woodworks - David Earle, Jim Coulson, John Moore and Paula Allegrini

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bowls as well as kitchenware on his massive lathe. The shop also hosts several other artists including one who makes stained glass windows. It’s great fun to visit this extraordinary group and to see the artists in action as they turn trees into art.

Quartermaster Press (Stop #28 on the tour - at the Beall Greenhouses) is a group of ten artists who use various print techniques to create one-of-a-kind and very-limited-edition art. One technique is the “monoprint,” in which inks are rolled or painted on an acrylic

or metal plate, often with stencil effects, to create a single printed image. Another technique is the “collagraph” where a plate is made from applying textured surfaces to a base which is then inked to make a limited number of prints. The artists use these techniques as well as others to create artwork ranging from cards to large 2-dimensional pieces and some décor items like printed shades and night lamps.

You are sure to enjoy your visit to these artists as well as the others on the tour.



Quartermaster Press



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Green Friday!

Do the Ecologically Friendly thing and Shop Local at Granny's Attic on "Green Friday," the day after Thanksgiving, Friday, November 23, from 1 pm to 5 pm.



This is not only an unusual day for Granny's to be open, but will also be a special shopping experience. We've been saving gift items and high-end merchandise for this event and will have unusual items for sale all over the store, as well as some special activities that you won't want to miss. So plan to shop with the Grannies on the day after Thanksgiving!

Granny's Attic's Thanksgiving weekend schedule:
THURSDAY, Thanksgiving Day: Closed. (No donations, please.)
FRIDAY, November 23: Special open hours, 1 pm to 5 pm for Green Friday. (No donations all day, please.)
SATURDAY, November 24: Open regular hours for shopping and donations.
SUNDAY, November 25: Open regular hours for donations.

Granny's maintains an email list for customers who want to receive advance notice of sales and events. To subscribe contact mailto:grannysatticnews@gmail.com

Granny's is located at Sunrise Ridge

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Deadline for the next edition of *The Loop* is **Friday, November 30**

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LOGJAM



BY Jeff Hawley

HAMMER SAW!



TA-DA!



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HOUSING CRISIS SOLVED



HAWLEY

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