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February 3, 2011

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Road to Resilience

By Terry Sullivan

Engaging our future

I began working with the Transition Movement (see transitionus.org) when it became clear to me that we were going to have to learn to live with a lot less transportation and to rely more on natural systems than we are now. The Transition Movement aims to help people become more self-sufficient and less dependent on centralised energy and resources.

As we work to build a more resilient future, we need to consider how we can use our community's resources more efficiently. This includes not only energy, but also food, water, and other essential resources. By focusing on local solutions, we can reduce our carbon footprint and build a more sustainable community.

Amanda Knox: Injustice on Display

Amanda Knox and her dad, Curt Knox, who believes his daughter should be freed from an Italian jail and insists she is innocent. (Courtesy Knox and Mellas Families)

Amanda Knox: Injustice on Display

By Karen Pratt

Island Resident, Innocence Supporter

It is surreal watching Curt Knox on television, look away and normally you just brush Vashon's Resumes. Look back and Curt is talking about his daughter's appeal, cầu a new trial after the Independent Review of the DNA. Amanda and her friend, Raffaele Sollecito. The two are serving prison sentences for the murder of Amanda's flatmate, Meredith Kercher, in November of 2007.

Although news of Amanda's arrest stunned many Islanders, the Knox family and their friends believed in Amanda's innocence. How does a child who has demonstrated a lifetime of compassion become a depraved killer in just a few weeks? No one could believe that Foxy Knox, a girl well known for her kindness.

Even when the prosecution and police distorted the truth with drug fueled lies, a table full of DNA knife, suspect substitutions, three destroyed DNA samples, Luminol, a Superwitness, footprints, and a backdrop of lies, Meredith was used to tug the heartstrings of the world as a woman struggling and disgusting.

Meredith was also a girl well known for her kindness, her beauty, and her friendly demeanor. She was described as witty and beautiful with a dazzling smile, she came to a tragic end at the hands of a petty criminal. An appalling misery for her family and her country. It was English anger toward Amanda that spawned the Foxy Knox avatar. Their vengeance at once poignant because persons should have been called "Pathy," it was obvious to us that Amanda was targeted and Raffaele was dragged down with her. That Meredith was used to tugs the heartstrings of the world was disturbing and disgusting.

Continued on Page 6

Vashon's Holiday Open House Proves We Really Are a "Team Town"

By Karen Pratt

Island Resident, Innocence Supporter

I think too often things just "happen" on Vashon without any reflection on the success of the event or genuine thanks given to those that touch it. This being my first year at the Chamber of Commerce spear-heading our Holiday Open House, I would like to share just a few moments of magic that you may have missed and those that made it happen.

Little Freddy (6 years old) had tears in his eyes when the Christmas tree lights finally came to the tossing of the magic elf dust. Charismia (3 years old) now looks at her mother each time they pass the tree in the evening saying "that's our Christmas tree." And the most excited little girl of all actually fell over backwards onto the grass in the park when she was so surprised with the beauty of the lights.

Over 200 people gathered in the Village Green to watch the lighting of the Living Menorah and to receive their gifts of dreidels. What an experience to hear the Jewish story and join in the Hanukkah songs and sense the spirit of a true community. Church of Great Rain added humor to the evening with a performance of "Keep Vashon Weird". And as weird as we are, it seems on that night we were all family.

Our parade, as small as it is, was blessed with three new additions: those who have been around awhile you probably remember Doc Eastly, his Clydesdale horses with the huge bells and the wagon rides on this night. Doc is no longer here, but his bells jingled at the end of the parade this year. We enjoyed hearing a Winter Wonderland sung by the third graders of Chautauqua Elementary after they marched in the parade and of course there was Cheesio - the beautiful horse.

On behalf of the Vashon Maury Island Chamber of Commerce I would like to thank the MANY people who braved the cold to hang garlands on Vashon businesses and those that provided a heart-warming chill feed for all the volunteers to enjoy. The tent went smooth and in half the time!

Continued on Page 9

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

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ASPartners Support Group

New support group forming on the island. ASPartners Support Group.
Are you the partner of someone who has Asperger syndrome (AS), or do you suspect they have AS?
Support groups are a good way to find understanding and insight into our relationships. There is no cure for Asperger Syndrome, but there are strategies to help you cope more effectively.
Join us for understanding and shared views from other partners in similar situations.
Meetings are held on the 3rd Tuesday of each month at VYPS/Playspace, 7:00 pm.
More information at: www.aspartners.webs.com/

Intercambio: Practicing Spanish/English

Vashon Library, Fridays, 5 - 6 pm, January 28 to March 25
We will gather to practice conversing in English and Spanish. We will divide the hour into two parts. The first half will be an English language practice for our Spanish speaking friends, and the second one will be a Spanish language practice for our English speaking friends. Free. No registration is required.
For more information please call: Teacher Victoria Clayton (206) 757-9736, or Vashon Library - (206) 463-2009

Vashon Island Fruit Club meeting “All Things Cultural”

Dave Hunter of Hunter’s Mason Bees will be speaking on the commercial use of Mason Bees. Mr. Hunter asks that if you are unfamiliar with the important role Mason Bees play in the ecosystems, please visit this site: http://www.huntersmasonbees.com/BeefInfo.html prior to his presentation.
Islanders Ken Miller and Cathy Fulton will discuss composting and recycling in the garden and the orchard, including the practices of biochar, vermiculture and hugelkultur.
Tuesday, Feb 8th, 7 pm at the Land Trust Building. Refreshments will be served.

Community Drumming

All are welcome to gather for drumming and singing with Vashon Drum Circle and Buffalo Heart, our big community drum, on Friday, February 11, 7-9 PM at Vashon Intuitive Arts. This is a free event; donations help with faculty rental. Sponsored by Woman’s Way and Lodge, a non-profit dedicated to promoting balance and wholeness by enriching the sacred feminine in our communities, Vashon Drum Circle meets the 2nd Friday at Intuitive Arts.

A School Bond Concern:

For so long Vashon was mostly unused land. There was room for anyone and everyone.
In the late 1980s things changed. Our community adjusted to building Chautauqua Elementary. In the following twenty years Vashon attracted serious wealth. The worminess is gone; we’ve become pushy, growth happened here, and once done there’s no undoing it.
It’s too bad new schools tend to accelerate growth.
It’s a sacrifice to say no, but perhaps it’s the right thing to do.

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DeHaven Painting Company
Residential and Commercial Interior and exterior painting.
Bio pressure washing.
Fine finish staining and lacquering on wood trim, doors and furniture. In shop or in the field.
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Care Packages Sought for Fallen Soldier’s Platoon

When Vashon’s 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command. He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen’s family and friends wish to fulfill Bennedsen’s plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic’s gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen’s platoon at James Hair Design or Bank of America.

Advertise in the Loop!
Winter is a great time to get back in the Loop. ads@vashonloop.com
Next Loop comes out February 17

Hydroponics

Vashon Island Pet Protectors and Fair Isle Animal Clinic sponsor low cost spays and neuters in February.
Cat spays $25
Cat neuters $15
Call for an appointment 206-463-3607
Fair Isle Animal Clinic

The Vashon Athletic Club is having a “New Year’s Healthy Body Special”

Make your New Year’s resolutions come true by enrolling in VAC’s six-week fitness and nutrition program!
This unique program features both one-on-one and group personal training with certified VAC trainer Jason Everett. As well as a personalized nutrition program and support from Certified Nutritionist Jennifer Foege.
Don’t miss the unique opportunity to work with these professionals in a combined setting. Enrollment is limited to six students. Deadline for signing up is January 26th. Class begins on Wednesday, Feb. 2nd.
For pricing and enrollment details, please call the Vashon Athletic Club at (206)463-5601 or stop by the VAC front desk.

Dr. Doom
Spider Mite Knockout Spray $14.95
Eco Grower Max $233.95

Visit our store:
24823 Pacific Hwy S
Suite 104
Kent, Washington 98032
Phone 206-249-8012
www.hydrolightdreams.com

Loops Ad Rates

Vertical column
Inches, W x H
1-4 issues
5-10, 10% off
5-10, 10% off
11-18, 20% off
19-26, 30% off
2.5x2.5
$37.50
$33.75
$30.00
$26.25
2.5x3
$45.00
$40.50
$36.00
$31.50
2.5x4
$60.00
$54.00
$48.00
$42.00
2.5x5
$75.00
$67.50
$60.00
$52.50
2.5x6
$90.00
$81.00
$72.00
$63.00
2.5x7
$105.00
$94.50
$84.00
$73.50
2.5x8
$120.00
$108.00
$96.00
$84.00

Horizontal rectangle or square
Inches, W x H
1-4 issues
5-10, 10% off
5-10, 10% off
11-18, 20% off
19-26, 30% off
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$42.00
5x3
$90.00
$81.00
$72.00
$63.00
5x4
$120.00
$108.00
$96.00
$84.00
5x5
$150.00
$135.00
$120.00
$105.00
5x6
$180.00
$162.00
$144.00
$126.00
5x7
$210.00
$189.00
$168.00
$147.00
5x8, Qtr Pg
$240.00
$216.00
$192.00
$168.00
Half Page
$480.00
$432.00
$384.00
$336.00
Full Page
$960.00
$864.00
$768.00
$672.00

VashonPages.com on line advertising
Enhanced Business Listing - Vashonpages.com $80.00
Includes Logo or Picture
Direct link out, VashonMap.com, more link options
Included in Featured Business ad on all sites
Vashonpages Once a month listing on front page, you provide the text and an image.
Change business listing text 5 times a year
VashonPages.com averages 3500 visits a month
180x150 ad $120 per month. 468x60 Rotates with 5 other ads $80 per month
VashonMap.com averages 3500 visits a month
180x150 ad $120 per month
VashonNews.com and Vashonloop.com 4000 visits a month
180x150 ad $120 per month. 468x60 Rotates with 5 other ads $80 per month
VashonMusic.com and VashonArt.com 1700 Visits a month
180x150 ad $100 per month
Advertise month by month on VashonPages, VashonNews.com or VashonMap.com. No long term contracts.
**Life In A Ghost Town**

By Roger Lehet

Have you ever visited a ghost town? Maybe an old gold mining town devoid of commerce and activity? It’s not unlike walking into an old saloon occupied by only spiders and rats. The old theater and grocery store long since abandoned by patrons who supplied the dollars that fueled the fire of merchants many of whom work tirelessly to also run the town.

Everybody claims to love our town so much but often shop the Internet from the coziy chair and save the buck which belonged to the group of islanders who ran the festival last summer. Many of our business fear closure or worse foreclosure. These good folks also put on the First Friday open house each month, Christmas open house, and Halloween open house.

Can you grasp a vision of Vashon without L.C.A. or Thriftway? Would you like to take a ferry ride for milk, eggs, and wine. What about a three hour commute to go to work? Your house is a Value or L.S. cedar? Can you afford to lose the pharmacy, the red bike, or quartermaster inn. How about Burton auto, or miles towning.

For a year we were asked to re-open Fireside Heath Shoppe only to find people not only buy stores on the internet but aren’t even cleaning their chimneys due to the economy. While it is true that this is crippling the possibility of Fireside remaining open it is also a very risky way to save money during this economic hardship.

Let me dare say shame on you Vashon for not supporting these businesses who work so hard for this community.

My last words from the soap box today are please get off the Internet, away from the television, and go meet your neighbors for coffee, or share a nice dinner with them. How can we boast community when many of us don’t even know the names of people living right next door. Most importantly get your kids off the addiction of video games and try spending time with them.

It’s that time of year again when we all wish we had a new project. If that statement fits your desire and need, why not join the Vashon Quilt Guild? You might already quilt and are looking for a place to share your talent or maybe you would like to know more about quilting, the Vashon Quilt Guild is the place to be. You’ll be inspired to make that wonderful warm cozy quilt just like Grandma’s or a beautiful abstract wall hanging using some of that fabric “stash” you have been hoarding for years. Either way we can help you!

The Vashon Quilt Guild was formed in 1981 and in 2007 officially became a non-profit corporation for education and charitable purposes. The Guild’s purpose is to promote interest in and encourage participation in the art of quilting while maintaining a club for social enjoyment.

Local, regional and even national speakers and outstanding instructors are often guests at the meetings. “Show and Tell” is always an inspiring part of the agenda along with refreshments and social time for “comparing notes and ideas.”

This year the Guild is gearing up for its bi-annual Quilt Show. “Life in Stitches” is the theme. The Show will be held at the Vashon High School Gym on June 25 and 26. The Guild is looking forward to being able to display more quilts and show off even more local creative talent. Quilts in the Show will be judged by a qualified team from the LaConner Quilt & Textile Museum plus will offer “Viewer’s Choice” voting on Saturday. Only Guild members who have joined by March 15 can show quilts in the Show.

A beautiful large quilt called “Stars of the Isle” has been in the making by Guild members during the past six months and will be offered as a raffle item during the Quilt Show with the winning ticket to be drawn on June 26. The raffle quilt can be seen around the Island very soon and members will be selling the $1 chances.

The Guild currently has 70 members and offers both a daytime (third Tuesday, 10AM, Presbyterian Church) and evening (first Thursday, 7PM, Vashon Community Care Center) meeting each month. Dues are $25 annually.

Want more information? Either attend the next Guild meeting or call Susie Hill, treasurer at 463-3339 or email s.k.hill@comcast.net visit the website at www.vashonquiltguild.org

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**Metro Bus Service changes Start Feb. 5**

Starting Saturday, Feb. 5, King County Metro Transit is updating its bus service. This includes routing and bus stop changes for approximately two dozen bus routes from various areas of the county that pass through downtown Seattle. The downtown changes are designed to keep people moving during the long-term construction along the Seattle waterfront and SODO area.

That’s not the only change coming up in February. Bus riders across Seattle waterfront and SODO area. By patrons who supplied the dollars that fueled the fire of merchants many of whom work tirelessly to also run the town.

Metro updates its routes and scheduling three times a year to improve service and keep up with the changing needs of transit customers.

Beyond bus service, Metro’s RideshareServices provides resources for carpooling, vanpooling or vansharing. Carpooling and vanpooling match people traveling to common destinations.

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For information about all the services Metro provides, visit Metro Online at www.metro kingcounty.gov/metro, or call Metro Customer Information at (206) 553-3000.

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**Latte and Wisdom To Go**

Monday - Friday  5:30am - 3:00pm
Saturday  7:00am - 3:00pm
Sunday  8:00am - 2:00pm

17311 Vashon Hwy Sw
Island Life
The More It Changes…
by Peter Ray
I was sitting in Wendy’s truck at a stoplight in Seattle the other day when I was struck by an uneasy familiarity. It wasn’t the deja vu thing, as I had indeed been there in passing through town many times before. It was more like a gradual unfolding and sudden realization that the scene I was observing through the windshield was of a certain significance. There was a kind of disorienting transformation that overwhelmed my perspective of the interaction when it became apparent that I was experiencing the same scene that I had just seen again in the news the night before—of an urban streetscape as captured by a Seattle police dashboard camera. This was the place where John T. Williams had been shot four times in his side by a police officer who had given Williams four seconds to prove he was not a threat to public safety. He was found to have “never been a threat” to officer Ian Birk by four members of a jury on a recently concluded inquest into the shooting. This ruling, however, did not bring John T. Williams back.

There were no Native Americans crossing my path—no drunk Indian, as Williams was often portrayed in the local press, nor “a carver of formidable talent” as Williams was termed in Canada’s Globe and Mail. There was nobody in the intersection at all. There was, ironically, a blue and white Seattle police patrol car across the intersection from me, just down and to the left of the stoplight that I now noticed was green—a fact that I’m still uncertain as to how long I was oblivious to in my fog of news item disorientation. In the haste of trying to look like I was paying attention I spun the wheel on the slippery, uphill street. The cops took no action for this driving faux pas, and I made it to the pool without incident.

The pool in question here is Medgar Evers, the first pool built on Seattle’s and King County’s Forward Thrust bond driven public works project that was passed by the voters in 1968. The pool was named for the slain civil rights leader who was shot in the back as he got out of his car in front of his home by Byron De La Beckwith on 12 June 1963, a day after John Kennedy’s national speech in support of the civil rights movement. I can say that now, since Beckwith was retried and convicted of the shooting in 1994 on newly discovered evidence, after he had been acquitted through deadlock by two all-white, male juries way back in 1964; I just learned the other day that Evers’s wife Myrlie and his two daughters had toured the pool facility soon after its opening in 1970.

This is not what I was talking about with Alvin, one of the lifeguards, as I waited to leave his lair. It was about remote control helicopters, his fascination with them, and how Wendy and I had talked about this interest when we saw a Goldbergian mini-copter delivery system. Alvin had heard about remote control helicopter pilots, his fascination with them, and how Wendy and I had talked about this interest when we saw a Goldbergian mini-copter delivery system. Alvin proceeded to tell me about how he had gone over to a neighbor’s apartment a few days earlier to trade remote helicopter flying secrets. This was followed by a trip to a bar, an undisclosed number of tequila shots and sleepy.

Sometime around 4am, Alvin heard his name being called loudly and urgently outside his apartment window. As it turned out, one of the young ladies in the apartment complex had decided to end it all in the icy waters of Lake Washington and had kept over the railing into the wet darkness below. What she found in return was that cold water.

The officer quickly assessed the scene—two white women, wet and disheveled, and one tall black man in their midst. While staring at Alvin, the first thing out of the officer’s mouth was, “What are you doing here?” When Alvin said that he had done the rescue, the officer didn’t believe him. For some people, one of the things on the list of things that people of color can’t do is swim. They don’t know, or choose not to know, of Olympic gold medalist Cullen Jones. They weren’t with me poolside in the late sixties and early seventies to watch Drew Brown turn the water to foam, or to trade words and commiserations with Darrell Oliver over the agonies involved in breaking the one minute barrier in the 100 yard backstroke. In truth, that personal experience should not be necessary in these changed, Obama times.

To be fair, the other officers responding to this call were of a more enlightened nature—Alvin was free to go back to his room and get out of his wet clothes. That action, considering his lifesaving previous one, should not have been in question. I seem to remember something about someone having a dream that supposedly became a reality in 2008. It is hard to think of itself to do with equal rights and justice. To quote from MLK Jr., “It is obvious today that America has defaulted on this promissory note, insofar as her citizens of color are concerned.” As they say, the more it changes, the more it remains the same. Happy Black History Month.

Indian Food for Eve
A Benefit Night for Eve Was Framed
Come Hungry! Come for lunch or dinner!

Spice Route is donating 50% of all food sales on February 9th for the “Send Eve to College” campaign, a fundraising effort to pay for production costs for Eve’s college spring tour. Goal is $5,000 and we’ve raised $1,800 so far!!! Thanks to all of you who have contributed and supported this effort.

“Eve Was Framed… a comedy about misogyny”
A one-woman show written and performed by Lynann Politte (Elizabeth Klob, director)

What Vashon audience members say about “Eve”
“Eve” was juried in as part of VAA’s New Works Series, 2009. See a clip from that performance on YouTube: http://www.youtube.com/watch?v=Jey8ttbcB1c


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“A Benefit Night for Eve Was Framed”

Find it on www.vashonpages.com
Vashon Business Information

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Vashon Business Information
Love In The Afternoon

Church of Great Rain Is Vashon's Own Musical - Comedy - Variety show presented before a live audience.
Each 90 minute show features the Church House Band, twisted news and irreverent views by the Holy Roller Radio Players, amazing musical guests and a lively inspiring sermon by the Reverend Hunter Davis.
With Special Musical Guest Paul-the Quest.
Sunday, February 13, 14PM at Open Space.

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

School graduation last Spring.
"One of my favorite fairy moments," recalls Brockway Joyce, "was finding Donald the fairies of plastic beads from The Bone Factory, waiting to surprise a birthday girl at work. It was a crazy scene, two grown women in tutus and red pointy clogs, on hands and knees amongst the shelves of plastic bones at an Artisans of Seattle, Amanda's hometowns.

Imagine you’re a boat—a gorgeous, well- maintained ship, ready for a grand voyage. But there are places you’ve been, and places you want to go. But you’re stuck. Now, imagine that you’re on a small, dry, windswept beach. It’s calm, gentle, shallow, soaking the dry land and turning it back into the ocean that it once was. You float up on the water effortlessly. You’re finally free from what feels like an odd feeling, your sensation of mobility and buoyancy. It’s a little like weightlessness, but there’s the solid feeling of being in this land. You could go anywhere, and you directly feel that potential. The sensation of any possible future opening, of any destination being available, feels so good, you don’t have to think about the future, or about the past. You feel something else: you mark for faith in your own strategy, whatever that turns out to be.

**Taurus (April 19-May 20)**
This week you just might burst a bubble of old karma passed along by your family. There are new current ideas and some fantastic ideas for what to do, and what to do better. On the other hand, I can see that your energy is becoming pressuring some healing process. Part of the process is like when you get a piece of glass embedded in your skin and over the next few weeks, it gradually comes to the surface. Once it does, it’s an incredibly satisfying feeling of breakthrough that can make you more conscious of a process that the shad may only be a couple of millimeters long. And if it makes a little injury on the way up, it also makes it easier for you to feel the fear of punishment or a backlash (that you might feel excitement, and you might also feel the fear of punishment or a backlash) or a shaky sense of embarking on something new. When you step into new territory, that’s precisely how you’ll know you’re really taking action.

**Gemini (May 20-June 21)**
The more you expand your vision, the more you’re likely to become—and that’s precisely how you’ll know you’re really doing it. When you step into new territory, you might feel excited, and you might also feel the fear of punishment or a backlash that would be guilty or a shaky sense of embarking on the unknown (that would be dropping on an un试试知 your layers). What I suggest you look for is the sense that you’re guided to where you’re going. That guidance might be an inner knowing or an intuition, but it will have elements of traditional thought that allow you to develop your truth in a way that is truly radical and unique for you. Your mind and heart are two go together. Effective revolutionaries are almost always traditionalists. Remember that there’s something truly organic about what you’re creating.

**Cancer (June 21-July 22)**
Authentic exchange requires trust, and as you go out — that leads to daring. However, it’s important for you to get these two more in line, that daring first and daring later. Trust does not mean certainty. It’s a quiet confidence that feels halfway between the absence of certainty and the kind of assurance you feel when you trust, you just know — and that is despite any apparent circumstances. It’s a confidence in your gut. It’s a trust that requires vulnerability; on one dimension, they are one and the same. Part of that vulnerability lies in the freedoms and experiences of the people you know. In your particular situation at the moment, there’s something about recognizing what so many people have in common. There’s a need to share struggles, desires, need for healing. Once you establish this common ground with people, everyone gains from this. In fact, I suggest you embrace the energy as it peaks, because as you face one particular shadow, you will let everyone in and the shadow will never have quite the same power again. I also suggest you notice your resistance; that is, how inclined you are to fight yourself. Remember, that’s where the only struggle really is, and releasing that fight is the only way to make peace with yourself, and as a result, with the world.

**Aries (March 20-April 19)**
For a long time I’ve been writing so much about your creativity, you might think I had access to some hidden file that revealed your imminent acceptance to a painting academy in Paris or that you might be working one-to-one with George Lucas. Yes, I know something about you. I know that talented you are, I know. I respect the work you have, and more than that, I know how necessary it is for you to express your full identity through your creative process. You are the kind of people who want to feel the energy of the art’. You become the art you are making, and it becomes you. Now the relationship has the potential to be a great piece of your total involvement. You may feel a tangible sense of your own potential. You may have a new understanding of what you’re capable of, and that gives you new material to work with. The piece you will need to bring yourself is the focus and discipline to work through what’s at hand. You’ve been working at this longer than you think, and you’re further along than you currently believe. So believe in yourself and set it on.

**Leo (July 22-Aug. 23)**
This time of year always puts special emphasis on your relationships. And there’s a lot to focus on now. You also have plenty...
Spiritual Smart Aleck

I'm Tired, I'm Tired, I'm Tired

by Mary Tuel

There was a program on channel 9 the other night about the Daylight, the Southern Pacific passenger train that ran between Los Angeles and San Francisco between 1937 and 1971, when Amtrak took over passenger service. Trains still run, but not the Daylight.

The trains were striking in appearance, red and orange along the sides and black on top and bottom, with matching specially built steam engines, so the train was one matching design from beginning to end.

I grew up in Watsonville, California, which was on the main line between Los Angeles and San Francisco. Everywhere in the Pajaro Valley you could hear the train whistles blow as they came into the station. My father’s sister Thelma and her husband Ray had a farm over on the Monterey County side of the Pajaro River and the trains ran along the edge of their fields. I remember how thrilling it was to see those red and orange trains go by, the engines puffing clouds of smoke. It was the beginning of train love for me.

This documentary came on, and I was completely caught up in memories of my misspent youth. The low round hills of the Pajaro Valley were so familiar to me, and brought up so many memories of my misspent it. The low round hills of the Pajaro Valley were the background of my childhood, surrounding me every day like the arms of God. Seeing them once again in the background of the train movies connected me to something inside that is deeper than words.

I spoke about that connection to my husband, Rick, and by email to his friend, Hutch. Rick and Hutch were both Army brats who lived all over the world growing up. They met in Germany when they were in high school, and they played and sang folk music together with a third member, Terry MacNeil, as The Balladiers. Yes, spelled with an “i.”

Talking to Rick and Hutch about trains set off their memories.

Hutch wrote: “Sometimes, as a family, we would have a compartment, and other times, berths. Either way as a kid I always managed to get the upper. Can you imagine the intimacy of changing into pajamas, passing others in the narrow passageway to and from the bathroom? At least once a trip the train would lurch and you’d fall through the little blue curtain onto who ever’s bunk you’d be passing.”

Rick wrote: “We must be the last generation to carry such fondness of memory for the era of passenger trains. I’m glad you took the boys back,” so they can carry some memory of that time. I developed my love of the ‘I’m tireds’** not from watching them pass through berths, but from riding them.

“I never saw a more beautifully evolved choo-choo than the European zigzag trains with their passenger cars all fitted out like lovely wooden jewelry boxes with thousands of different doors and drawers.

“The diesel electrics were a real innovation but nothing said ‘train’ like the big, noisy, hissing steam locomotives.”

“In 1930, I took our sons on a train trip. We went from Seattle to Chicago on the Empire Builder, then from Chicago to Akron on another train. We visited with Rick’s relatives in Ohio, then caught the train back to Chicago and from there the train to Los Angeles, stopping to visit my brother and sister-in-law in Raton, New Mexico, along the way. From LA we took what is now called the Starlight up the coast to Seattle. It was a grand trip that took about three weeks and we still talk about it.

“When Rick was a little boy in Ohio, his grandfather would put him to bed at night and tell him about the steam engines chugging along saying, “I’m tired, I’m tired...” Rick said it didn’t take long for him to drop off, and ever since he has thought of steam engines as the “I’m tireds.”

Rick wrote: “We must be the last generation to carry such fondness of memory for the era of passenger trains. I’m glad you took the boys back* so they can carry some memory of that time. I developed my love of the ‘I’m tireds’** not from watching them pass through berths, but from riding them.

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When Rick was a little boy in Ohio, his grandfather would put him to bed at night and tell him about the steam engines chugging along saying, “I’m tired, I’m tired...” Rick said it didn’t take long for him to drop off, and ever since he has thought of steam engines as the “I’m tireds.”

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Next Loop comes out February 17

Advertise in the Loop!
We've Got a Lot of Kids
The Night Shift
by Kevin Pottinger

The alarm clock bell splinters the dark night. The insistent clang barges headlong into a deep and furious dream, and the ringer to HOO-BOO, knocking magazines off the nightstand, and clumsily smash the snooze button in the dark, putting a temporary halt to the jackhammer of an alarm clock that must have woken every dog in the neighborhood.

I cinch the sash on my robe, and discover three of our four kids queued up to the door, peeking at me through the door to our bedroom. Our youngest girl is sucking her thumb with a fluffy kitty, wearing a pink ribbon under one arm. The others hold various stuffed animals as if they were swim toys and they're waiting for a dip in the pool. They wake rather patiently, but as I clear the bedroom door they all rush for the prime snuggling spots next to Mom in the still-warm bed.

As dawn breaks, the night shift comes to a close.

This is one of my rules: I have reserved the bed for parents only, while I’m in the bed, except for Saturday morning. Plus, before kids and their entourage of stuffed animals and Legos and art supplies can climb into my vacant side of the bed, it needs to be light outside, or at least becoming light outside. Tenticular dawn. I need to wake up sometime before dawn, waiting for me to wake up and get out of bed so they can snuggle with Mom who is generally less grouchy about those kinds of things.

Last week I woke to the sound of bare feet on the carpet in our bedroom, a hand soundiing for bodies in the bed, then anguished cries, as our youngest boy found both laps under the blankets. He wailed as he made his dejected retreat rending his garments asunder...eth. He wailed as he made his dejected retreat anguished cries, as our youngest boy rending his garments asunder...eth.

Continued from Page 1

Stratton (STRATTON MEADOWS BUSINESS SERVICES) and Res, Melinda Sontgrath (THE HARDWARE STORE RESTAURANT) and Dick, Priscilla Schlegl (CIRAFE), Patti Mc Clements (PSE), Natasha Sheard (CAFE LUNA), myself and Gary Richards (HODOCO DEVELOPMENT).

TRUE VALUE – Doug Snyder, KIMCO – Mike Stroble, VASHON BOOKSHOP – Nancy Katia, RICK’S DECOIL & REPAIR SERVICE – Rick Slater and Tony Victor, SHEFIDGETS CATERING/SOUND FOOD – Mardi Lijoch.

VASHON’S FAMILY BED – “House ofmultiple beds...in one bed, in the same bed...” is the description written by the Vashon and Friends Island Co-op. This was the start of a revolution that fundamentally changed the way we think about family life. It’s hard to imagine any family without a Family Bed today.

I can’t imagine not having a Family Bed, so I fully support it. I’m grateful to the people who founded it and continue to run it, and I hope that everyone will support it. I’ve seen firsthand how beneficial it is, and I know that it makes sense for everyone involved. I support the idea of a Family Bed because it is wonderful for children. I think that it is a great way to bond with your family, and it helps to create a strong family unit.

I support the idea of a Family Bed because it is wonderful for children. I think that it is a great way to bond with your family, and it helps to create a strong family unit. I also think that it is a great way to promote healthy habits, and it helps to prevent children from being lonely or sad. I support the idea of a Family Bed because it is wonderful for children.

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Moonlight and the motion of the tide won’t come up anymore. I will miss it. Everyone here was such an unexpected gift that I held the experience very loosely and at the same time sank deeply into each moment in the present. Two hours a day I simply watched out the window.

A year and a half ago doors opened up in a way I could not have done for myself. That’s all always a clue something is a direct blessing from God. Frequently I have the courage to move through the door at such a step. I stepped inside.

I discovered, moving here, after twelve years of living in the woods at one place and another and another and another and another and another. I forgot I am a water baby. Water is my muse. It ministers to me.

The door opened because I had suffered so many losses that a person without faith would be knocking under, drowning their sorrows or going on self-destruct. I pray. I say “I surrender.” You choose. God heard that prayer, smiled, and said, “Have I got a place for you?” Here I have healed and have been restored. The tide rolled out and the tide rolled in. The boats went back and forth. The engines of tugboats churning and the tide won’t wake me up anymore. I will sink into rich wisdom to carry forward.

The past slipped away and held new life in their arms. In joining hands and hearts we form the whole that moves the world forward. None of us can tell the story alone. All of us need each other when our lives are in the opposing high and low tides. That’s why telling the real truth about our stories is so important. Move beyond romance this Valentine’s Day. Love yourself. Love your neighbor. Love someone who is where you once were. Love someone who has different values than you.

Love like the motion of the tides. Love someone experiencing sorrow and loss. Somewhere someone is experiencing unspeakable joy, victory and healing. Someone else is dying. Others are giving birth and holding new life in their arms.

Irish & Scottish Baroque & The Russian Guitar

In the second of four 2011 programs of early chamber music on period instruments presented by the Salish Sea Early Music Festival, guitarist Oleg Timofeyev and flutist Jeffrey Cohon will explore two distinct worlds of musical expression in Irish and Scottish Baroque and Russian Guitar. Thursday, February 10 at 7:30 PM at Vashon United Methodist Church at 1729 Vashon Highway SW on Vashon Island.

Early 18th-century Scottish and Irish works for the one-keyed wooden baroque flute will dominate during the first part of the program. This will include Bridget Cruise, written for her by the blind Irish harper Turlogh Carolan, born in 1670, whose music is the only body of polyphonic writing by Irish folk musicians; a set from Mr. Burk Thumot’s 18th-century Scottish and Irish airs including Wee ballad lads of Lassie and The Irish Surf, for unaccompanied flute; selections including The Marvel of Peru from Scottish transverse fluteist James Oswald’s The Seasons; and a set from A Collection of Old Scots Tunes, published in Edinburgh in 1742 by the Italian composer Francesco Giardini, which is similar to works in Scotland. And on solo lute, Mr. Timofeyev will perform arrangements of I love my love, in secret, and Down the burne davie along with other Scottish lute music from the Straloch and Balcarres Lute Manuscripts, two 17th-century Scottish sources.

The suggested donation, a free will offering toward expenses, will be $15 for each of the concerts. Youth 18 and under are free. For further information or to request call Vashon United Methodist Church at (206) 463-9804. Please see www.vashoncalendarg.org for further information.

APRIL 14

• On Thursday, April 14 at 7:30 PM at Vashon United Methodist Church, the final 2011 Salish Sea Early Music Festival program entitled J.S. Bach’s Musical Offering will feature harpsichordist Hans-Jürgen Schnoor from Liibeck, Germany, baroque violinist and director of the Seattle Baroque Orchestra Ingrid Matthews, and baroque flutist Jeffrey Cohan in a performance of one of the most important Baroque music works of chamber music of any era, the complex and beautiful Musical Offering trio sonatas written by Johann Sebastian Bach in 1746 for his King Frederick II “The Great” of Prussia, in addition to sonatas and other transverse flute music. Jeffrey Cohan has been in contact.

Make a date with Vashon! www.VashonCalendar.org
A Chocolate Valentine

Nothing says “I love you,” like something chocolate. It tastes good. Eating it makes you feel good—probably the caffeine—and chocolate, as long as not too much sugar goes with it—may even lengthen your lifespan to its full allotment and enjoy the living.

One Valentines day, our grandson, James, made a chocolate Valentine pie. He melted milk chocolate, spread it about ¼ inch thick in a wax paper lined heart-shaped cake pan and decorated it with red hearts, silver sprinkles, and coconut shreds. James grew up and moved to the mainland, but he has the heart-shaped pie pan with him. So if I make a chocolate valentine for my true love this year, it will be in an ordinary round pan. Perhaps I’ll draw a heart for my true love this year, it will be in an ordinary round pan. Perhaps I’ll draw a heart.

Remember Mud Pie? The frozen chocolate ice cream pie? This is a fun chocolate pie to make with a cooking kid. If you don’t have a live-in kid, perhaps you can borrow one.

**MUD PIE**

8 servings

1 pre-made graham cracker crumb or crumbled chocolate cookie pie shell

1 quart (2 pint containers) chocolate ice cream

1 pint whipping cream

1 teaspoon vanilla

3 Tablespoons sugar

Chocolate sprinkles, optional

First, put a very large metal mixing bowl and your egg beater, or the beaters of your electric mixer in your freezer, or put them out in the snow to chill.

Consistency. With a rubber spatula, you could use spray-on whipped cream to save time and effort.

A special kind of sugar in it is this Chocolate Angelfood Cake from my small cookbook Bake Gluten Free, available at Minglement or The Country Store. This cake makes a good base for slightly thawned frozen strawberries. Add whipped cream and you have a delightful version of strawberry shortcake.

**CHOCOLATE ANGELFOOD CAKE**

Preheat oven to 350 degrees

Sift:

3/8 cup brown rice flour

6 Tablespoons Splenda®

2 Tablespoons unsweetened cocoa

1/4 teaspoon salt

Beat until foamy:

6 egg whites at room temperature

Beat in and beat to stiff peaks:

1 tablespoon cream of tartar

Dash salt

Fold the dry ingredients into the beaten egg whites, one-third at a time. Transfer the batter to an ungreased 9-inch loaf pan. Beat 25 minutes or until a toothpick inserted at the cake’s center comes out clean.

Cool upside down on a rack for 30 minutes if there’s not room for it there, put it into your refrigerator. Or if it snows, put them out in the snow to chill.

Clean out your refrigerator enough to make space enough for a pie. Let the ice cream soften for 20 or 30 minutes—however long it takes to soften enough that you can scoop it into a large bowl and mash it to a stiff spreading consistency. With a rubber spatula, scrape the ice cream into the premade pie-shell. Mound it slightly in the center. Put it into the freezer.

Just before serving whip the cream, adding the vanilla and the sugar when it starts to stiffen. Spread the whipped cream over the top of the pie. There will be plenty of it to make pretty swirls. Sprinkle the whipped cream with chocolate sprinkles, if desired.

If you don’t have a live-in kid, perhaps you can borrow one.

**ROAD TO RESILIENCE**

Our next film will be “Escape from Suburbia”, a tale of ordinary citizens making extraordinary choices to adapt to our future of diminishing resources. It will be shown at Café Luna on February 19 at 6 pm, donation requested but not required. There will be a discussion following the film.

Meanwhile, what to do? When you think about it, our entire lifestyle is built around fossil fuels. Ever since we started to gear up to using it a 200 years ago, we have found that this versatile material which just came out of the ground and was free for the taking could be used to do and be just about everything we needed. We now eat it (fertilizers), wear it (polyester, makeup, etc.), travel with it, sleep in it, and are buried in or cremated by it. Are we addicted to oil? The definition of addiction is the utter dependence on something outside of ourselves that we continue to use despite the negative consequences. Is that oil? Yes. It’s been a fun ride transforming our lives with heretofore unimaginable luxuries and conveniences. Faced with the prospect for a seemingly diminished future, our natural tendency is to discount, deny, and just pretend it isn’t happening. It’s easy to do. Going into the unknown is scary. However, if you allow yourself to consider our alternatives, it isn’t nearly as bad as it seems, in fact, it could be a whole lot better! Imagine a simpler, more meaningful life in a secure and close knit community.

When we approach it one step at a time, one day at a time, what appears unthinkable becomes palatable in small steps. We need only keep a kind and hopeful heart. As bad as it seems, in fact, it could be a whole lot better! Imagine a simpler, more meaningful life in a secure and close knit community.

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Drama Dock Sweetheart Weekend
By Shannon Flora

Drama Dock, Vashon’s community theater has your Valentines weekend plans covered!

As with most non-profit arts organization, Drama Dock has felt the pinch of the recession and is responding with opportunities to offer support while enjoying a variety of entertainment options that will tie into Valentines weekend plans. I Love You You’re Perfect Now Change, and the reading of a new play by Mary Humphrey Baldridge, Fata Morgana.

Celebrate Valentine’s weekend with your sweetheart at Drama Dock’s presentation of I Love You You’re Perfect Now Change at the Open Space for two performances only on Friday-Sat. February 11th and 12th at 7:30 pm: I Love You, You’re Perfect, Now Change, has been one of Off-Broadway’s most phenomenally popular musical reviews running for over 4,500 performances! The show celebrates the modern-day mating game and joys of romance, dating, marriage, lovers, husbands, wives and in-laws.

The show was written by playwright/lyricist Joe DiPietro and composer Jimmy Roberts. Don’t miss your opportunity too see this extraordinary Vashon ensemble: Louis Mangione, Stephanie Murray, Marshall Murray and Elizabeth Ripley, accompanied by Linda Lee on the piano and Karin Choo on the violin.

Ticket prices for this fund raiser are $20 General Admission, $15 for Drama Dock Members and $10 for Seniors or Youth. Tickets are available at Books By The Way, The Vashon Book Shop, and at the door.

If this whets your appetite for more theater, come enjoy an afternoon reading of a new play by Mary Humphrey Baldridge, Fata Morgana, Sunday Feb. 13, 4pm at the Ober Park Performance Space. This too is a fund raiser in support of Drama Dock and donations will be collected at the door. Baldridge is known to Drama Dock audiences as the playwright for last year’s show, The Revenge of the Dinosaur Lady and will be in town from New York to present this new work. Fata Morgana is a play about ‘magic’ and false illusions that delves into the topics of mother daughters and less.

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Chance Needs A Home...
Chance may be 12 years old but he’s a spry guy and loves to go on walks, play fetch and chase birds from the yard. He really enjoys trips to the beach but isn’t into swimming. He is house trained and crates up voluntarily at night in his kennel crate. He is an outdoor dog most of the time but minds well in the house and will crate up on command. Chance is good with kids and most other dogs. He does like to chase cats and shouldn’t be given the opportunity to go one on one with a chicken.

Unfortunately, his family has to move where dogs are not welcome so Chance is hoping to spend his Golden Years with a family that appreciates an older fella. If you would like to meet Chance, please call Vashon Island Pet Protectors at 206-567-5222. There is a $100 adoption fee.

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

reconditioned kitchen
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restaurant service
206.463.3009 rex morris
Loopy Laffs

Honk if you love Jesus. Text while driving if you’d like to meet him.

Women have finally found acceptance in virtually every occupation except bookkeeping. With all the progress, there’s still no accounting for women.

I work as a County Sheriff. My partner and I were in our patrol car when we were dispatched to break up a domestic dispute. We spoke with the couple, and the problem was quickly resolved.

On leaving, I was admiring the craftsmanship of their turn-of-the-century home and reached for what I thought was the front door. Realizing my mistake, I was turning to back out of the coat closet in embarrassment when I heard my partner say, “. . . and if you have any more problems, we’ll be in your closet.”

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn’t find a space with a meter. Then he put a note under the windshield wiper that read

“I have circled this block 10 times. If I don’t park here, I’ll miss my appointment. Forgive us our trespasses.”

When he returned 2 hours later, he found a citation from a police officer along with this note:

“I’ve circled this block for 10 years. If I don’t give you a ticket I’ll lose my job. Lead us not into temptation.”

Young couples often go to horror films because they love each shudder.

A friend and his wife were considering traveling to Alaska for a trip that the husband had long dreamed of taking. He kept talking about how great it would be to stay in a log cabin without electricity, to hunt moose, and drive a dog team instead of a car.

“If I decided we should live there permanently, away from civilization, what would you miss the most?” he asked his wife.

“You,” she replied.

He didn’t like the casserole,
And he didn’t like my cake.
My biscuits were too hard . . .
Not like his mother used to make.

I didn’t steep the coffee right,
He didn’t like the stew,
I didn’t mend his socks
The way his mother used to do.

I pondered for an answer
And was looking for a clue.
Then I turned around and smacked him . . .
Like his mother used to do!

A friend and his wife were considering traveling to Alaska for a trip that the husband had long dreamed of taking. He kept talking about how great it would be to stay in a log cabin without electricity, to hunt moose, and drive a dog team instead of a car.

“If I decided we should live there permanently, away from civilization, what would you miss the most?” he asked his wife.

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Moose Lake

I got you exactly what you wanted for your birthday!

You have no clue what a candelabra is...do you.

Nothing! After all,
I am a respected and
sought-after version scientist
with impeccable integrity!

Do you have anything to declare??

Is this pager of the woman in your passport really you?

Passport, Please!

Was taken at a Halloween party and everyone was high on sugar!

Comfort your soul and strengthen your body with the best of human food.

Preto! The magic saw cleanly my lovely assistant in two!

And yet, I feel perfectly fine!

Especially since I just counted your annual growth rings!

Deadline for the next edition of The Loop is Friday, February 11
Second Friday Wine Tasting Music with Ronnada Cadle

Vashon Winery’s Ron Irvine continues his search for the best table wines from around the world with the Second Friday Wine Tasting. Irvine urges Islanders to start their Friday nights with the wine tasting experience he provides at the Café, in a friendly, intimate setting. He offers five wines for $10, and the tasting happens at the tasters own pace. Tasters can taste the wines in any order that they choose, and they are invited to hang around and enjoy Ronnada Cadle’s acoustic guitar.

As a solo guitar instrumentalist, Ronnada Cadle is known for the melodic hooks she coaxes from her guitar. For 20 years, she experienced her original compositions before live audiences across the U.S., this musician from Camano Island, WA has developed a devoted fan base. She has shared the stage with many other well-known musicians including Sarah Bettens, Al Petteway, Atlanta Rhythm Section, Mother’s Finest, Patty Larkin and 2003 American Music Award Winner, Moe Lowrugh. Ronnada’s style fuses heartfelt emotional content with masterful guitar work. She perfected her craft while listening to guitarists whom she considers her greatest mentors - Nancy Wilson of Heart, Caroline Aiken, and Emily Saliers of Indigo Girls. Ronnada says, “I wouldn’t be the player I am today if it were not for these strong and amazing women. I hope to bring my own voice to the generations of women musicians to follow.”

Cadle is in the process of recording her third release with former Windham Hill Founder and Producer William Ackerman at his Imaginary Road Studios in Vermont. Her latest release ‘After’ with the String Poets has been featured on the Public Radio International program Echoes playlist and has had several songs selected for the PBS television program and online site Roadtrip Nation.

“Ronnada Cadle’s music offers purity that is breath-taking. The sincerity of her expression leaves no room for anything but the essential. Though a very accomplished guitarist, there is an innocence to her music in which beauty, grace and open emotion are un-obscured by ego and unencumbered by gratuitous flourish. When you listen to Ronnada Cadle you believe her unconditionally.”

—Will Ackerman, Windham County, VT

www.ronnadacadle.com

Artist Reception Colin Brynn Travels through Burma

Colin has traveled the globe, documenting the people and landscapes of Central America, South America, Western Europe, Southeast Asia and the western United States. Drawn to current events, political statements and nature, he has discovered a way to speak to the world and convey history through his photography. His travels have granted a broader perspective of our global community and a chance to juxtapose the differences of each culture.

Over the past twelve years, he has searched the world to perfectly blend his two greatest passions, photography and culture. He captures the world he sees through images with a vision to connect his audience to his subject. Organic, vivid and authentic images are the true vision of Colin’s art. He currently resides on Vashon Island and continues to search for a new perspective of our species.

Friday, February 4, 6-9pm, At Cafe Luna, 9924 SW Bank RD www.cafelunavashon.com

Second Saturday Salsa Dancing

Join Darryl Caldwell, Saturday, February 12, 7-9pm. The first 30-45 minutes will be instruction and then students are on their own to dance the night away. No previous Salsa experience necessary. No charge. At Cafe Luna.

Learn To Fly

Intro to Aerial Apparatus with Esther Edelman New Beginner workshop series for Adults at the Open Space. Come learn to fly in this safe, non-competitive environment for adults (16 years and older). We will learn basic ways to invert, climb and stand in the air on multiple apparatus such as fabric, sling, and hoop. If it a great way to get in shape, challenge yourself with new skills and have fun at the same time.

Level 1 Classes begin Feb 2nd-16th. Wednesday evenings 7:30-8:30p. Cost $45. Ongoing Level 2 classes on Monday evenings 6:15p-7:30p for those who have taken an aerial class before. Next series start Feb 7th. Please contact Esther Edelman 206.46.6765 or email esther@silkaerial.com to register.

First Friday Art Walk with Tai Shan Plus Alice Evans Band

The Vashon Loop, p. 14

Send us your Art, Music or Show information and get included in The Vashon Loop.

Editor@vashonloop.com

February 3, ’11

First Friday Art Walk with Tai Shan Plus the Alice Evans Band

Born and raised in Seattle, Washington, Alice Evans absorbed the musical landscape of the town- Cobain, Hendrix, Pearl Jam, and Ray Charles- and weaved her jazz piano stylings into singer-songwriter territory, creating a style that evokes the sound of Tori Amos, Lucinda Williams, Fiona Apple, and a touch of Tom Waits. Her mentors- Wayne Horvitz and Kelly Harland- along with her collaborators- Ben Smith- of Heart, acclaimed Seattle bassist Chuck Deardorff, and guitarist Maximilian Keerme from the Lani Rose band- made a world-class album that will be on the forefront of pop music for years to come. Alice will be performing solo, then joined by her band to close out the night.

This is an all-ages show ‘til 11pm. 21+ after that. Free cover!

Friday, February 4, 8:30pm. At the Red Bicycle, 7168 Vashon Hwy - 206-463-5999

City Arts magazine raves “Tai Shan’s music is like hugging a total stranger – kind of awkward and totally wonderful.” She has been described as sounding like John Mayer and Jack Johnson with the voice of Joni Mitchell. Her clear soprano voice and complex guitar melodies have been featured on nationally released CD’s, international videos, local TV and radio stations. She has performed throughout the West Coast at venues such as Seattle’s Benaroya Hall and San Francisco’s Grace Cathedral. This has resulted in her developing a dedicated following and fan base.

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Matt Smith brings humor to stage

By Janice Randall

Hilarious to poignant, adult and compelling, Matt Smith’s 85 minute monologue All My Children will be performed on the Blue Heron stage one night only, 7:30 p.m., Saturday, Feb. 5.

In his inimitably adept comic style, Smith, trainer, screen and stage actor, auctioneer and playwright ponders the possibilities of what happens when a man’s biological clock stops ticking. His character, Max Poth, tracks down children of his ex-girlfriends and the misadventures ensue.

Rated PG-13 (language) All My Children was called “daringly funny” by one critic. Among his credits, Smith co-founded Seattle Improv and Stark/Raving Theatre. His acclaimed monologues include My Last Year with the Nuns, Helium, My Boat to Bainbridge and Beyond Kindness. Screen credits include Outsourced, Spiderman, Sleepless in Seattle and Northern Exposure and more. He auditioned for the VAA Art Auction among others and has worked as communications facilitator for an impressive list of corporations including REI and Microsoft. Smith also teaches theatre workshops for regional theatre companies.

Tickets, $15/$18, are available now at Blue Heron, Heron’s Nest, Books by the Way, BrownPaperTickets.com or by calling 463-5531.

Blue Monster & HiFi Reset

The wily and elusive “blue monster” was first sighted on Vashon Island back in 2005. Since then there have been numerous reported sightings, although none have been confirmed or documented, leading many to brush aside such tales as a hoax. Though the exact description of the creature varies from one account to another, most agree that it has blue fur, three-toed feet, googly eyes and super-funky dance moves. Despite persistent sightings, but fierce band of believers have embarked on an ongoing quest to draw the monster out of hiding and prove its existence. They are that certain that music is the key, and that playing instrumental power psychedelics and loud volume over extended periods of time is sure to arouse the creature. Upon hearing the music, the monster won’t be able to resist the urge to show off its funky dance moves and profound boogy shaking abilities in public.

This dedicated group call themselves Blue Monster in honor of the beast. They are:

Ken Jacobsen, Guitar

A classically trained guitar teacher and performer who doubles in wizardry and is a practitioner of the occult. Known for the trance-like fury with which he plays, Ken is also known for his in-depth knowledge of the existence in the monster to anyone who will listen.

Julie, Siretta, Bass

A former guitar player, J.P. migrated to a bass a few years back because he thought he could better express his obsession with funk by playing bass. He also DJ’s from time to time under the name “Dr. Feelgood”. A specialist in extremely low frequency rumbling sounds thought to stimulate the monster.

Nigel Bromle, Drums

A multi-instrumentalist talent, Nigel has played in various local bands over the years, including: Stormy Beach, earning a reputation for his talent and skills on the skins brought on the quest for the monster. Providing a steady beat, he is the sonic anchor to the monstrous band.

Donovan Curry, Percussion

A multi-instrumentalist talent, Donovan also plays guitar and drum-kit, along with singing. Donovan has played a variety of styles across many genres and collaborations including Feelgood”. A specialist in extremely low frequency rumbling sounds thought to stimulate the monster.

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Next Loop comes out February 17