Vol. 17, #1

January 2, 2020

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Big Joy Weekend: Offers interactive glimpse into filmmaker/poet James Broughton’s inspired creativity

Three events celebrating James Broughton
Poet | Experimental Film Maker | Playwright | Renaissance Man

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By Terry Sullivan

The Loop

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CORRECTION

On page 3, the redesigned 2018 Big Joy Weekend graphic incorrectly showed the Sunday night event time as 2:00 am. It was actually 2:00 pm. The corrected time is correct.

By Adria Magrath

Moonlight Beachwalk

Young Octopus; often found at Moonlight Beach Walk events. Photo: Barbara Ganustfhjn

Friday January 10th will be a big night on the beach. That night, the low tide of the first full moon of 2020 will be met with points of light floating under the North-end ferry dock. Bioluminescence, a much more common phenomenon than one might expect, will likely be on display from a few species that night. Some experts contend that if a sufficient number of animals have some type of luciferin molecule that combines with oxygen in a chemical reaction called oxidation – and gives off phosphorescent light. This light can then be used for anything from camouflage to communication to luring prey and mates.

However, on this night, the dock pilings that sport an outer crust of creatures and teeming pools of seawater

What’s it like to have an angel who guides you through life as a poet? To find your soulmate at age 62? To have friends like Allen Ginsberg, Imogen Cunningham, Pauline Kaeld, Lawrence Ferlinghetti, and Alan Watts? What’s it like to feel both male and female?

Find out about one “crazy old man’s” exuberant life January 11 and 12 as Vashon Islander Stephen Silha was a friend of James Broughton, and was present at his death in 1999 in Port Townsend. Inspired by Broughton’s films, books, and philosophy, he began a biography project which morphed into this film and a robust web presence.

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

Joy Goldstein
VCC resident since 2015

Our Island. Our Seniors.
For Generations to Come.

Help us keep the VCC Promise. Please give today.
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The Loop’s soy-based ink is good for composting.

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Published every other week
by Sallen Group
Vashon Loop, Vol. XVII, #1
©January 2, 2020

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The Vashon Loop

Now Playing
Star Wars: The Rise of Skywalker

Coming Soon
A Beautiful Day In The Neighborhood Playing January 17 - January 23

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

For show times and info check www.vashontheatre.com

Make a date with Vashon? www.VashonCalendar.com
Vashon Library Events
Art & Music Events
Submit your Event on line at www.vashoncalendar.org
Alzheimer’s Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month from 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Highway SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

Sharing a Poem

Awakened from sleep very early, middle of the night thinking dawn was very far away I came into the living room and my cat Lito who had not eaten in over a week had been thin fur over bones who had stopped drinking water just yesterday Had somehow unfurled his fragile body himself to find his way to a lonely food bowl and was eating. Then he wandered, leaning his thin body to and fro to the water dish and after drinking plenty went to his litter box to pee. Able to hold himself up he looks at me fully and long. Grateful am I to be with him more until another day, another time we part.

Jo Ann on Vashon

Zen Center Events

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

Indivisible Vashon Monthly Meeting

Indivisible Vashon’s first event of the year is our January 15 monthly meeting at Vashon Co-Housing starting at 6:30PM. We will gather to celebrate the New Year, share Indivisible Vashon’s 2020 goals, and invite you to share your 2020 goals and aspirations. Make your New Year Activist Resolutions with us so we, together, can create a better future! We look forward to seeing you on Wednesday night, January 15 from 6:30 to 8:30PM at Vashon Co-Housing, 10421 SW Bank Road. Look for the Indivisible Vashon banner outside the Common House. Inside you will find friends, food, camaraderie, fun and a dedication to a better future for us all. Parking is limited on Co-Housing property—please park on Bank Road. Bring a flashlight! For more information, see http://www.indivisiblevashon.org/

Marijuana Anonymous

12 Step Meeting

Has marijuana become a problem for you or a loved one? Join us starting October 1st. Every Tuesday 7-8 PM Vashon Lutheran Church, 18623 Vashon Hwy SW. Find the Loop on-line at www.vashonloop.com

Next Edition of The Loop Comes out Thursday January 16

Deadline for the next edition of The Loop is Saturday, January 11

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Companionship Workshop
Coming to Vashon

What is companionship? VWP provides a companionship program for people in circumstances of homelessness, mental illness, addictions, trauma, and isolation. It is rooted in our natural capacities to act in circumstances of homelessness, mental and emotional illnesses and their families and faith groups working with those with mental health challenges. Companionship aims to share the journey side-by-side with those experiencing distress, bearing witness to the dignity and worth of the persons experiencing these things.

The five practices of companionship are: hospitality, neighboring, side-by-side, listening, and accompaniment. The three-hour workshop will explain in detail these practices. Companionship is designed to help individuals gain in knowledge and skill to move with confidence beyond the serving counter and into honest relationships with people in need.

Kae Eaton, who lives on Vashon and is a Chaplain Resident on the Acute Psychiatric Care Unit at the VA Hospita, will serve as Consultant and Master Trainer for Pathways to Promise, a national cooperative of mental health organizations and faith groups working with those with mental and emotional illnesses and their families. Kae has years of experience on the streets of Seattle not only working directly with people living without home and dealing with mental health issues, but also training others in the Praxis of Companionship through outreach ministries of hospitality. Kae’s work and trainings support both secular and faith-based communities locally and nationally.

The workshop will be free of charge, thanks to the Mental Health Advocates at the Vashon Presbyterian Church. The workshop will run from 9am to noon on Saturday, January 11th. The Mental Health Chaplaincy supports companionship throughout Seattle by providing trainings to churches, nonprofits and other organizations. The goal of the training is to provide the tools to listen compassionately, with openness and awareness to the stories and struggles of others, to enable at least a momentary reprieve, and to encourage a strengthening for the journey ahead.

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Next Loop comes out January 16

Sounds of “New Years”

By Sean Malone and John Sweetman

I had just traded a black lab pup to Uncle Jerry for a Krag 30-40 rifle and was looking forward toward shooting it in the air as soon as the clock sounded midnight. It was common practice to celebrate the coming of the New Year by shooting in the air, for sound at night can carry a long ways. Brother Mike was carrying the shells as we climbed the hay field toward the road that led north to Cove. This was the first year that he had allowed us to use a gun to bring in the New Year. It was pitch black except for the twinkle of the stars and the cold made Mike’s breath appear as fog as we climbed the hill. “Is it near midnight yet,” I asked Mike? We had synchronized the alarm clock to the radio so as not to be late for the midnight celebration. “It’s five minutes to twelve,” Mike replied as a faint popping could be heard coming from Okalla over in Kitsap county. “Hey, that’s not right, they are jumping the gun,” Mike calls out as an answering report came from Cove, a half mile down the road.

Ed Secor was an aspiring young opera singer and his arias could be heard above the gunfire as we neared midnight and the shooting swelled to a crescendo and I lifted the rifle that Teddy Roosevelt used when he charged up San Juan Hill many years ago. The sound of old Al Roen’s elephant gun above the din of the New Year.

Ed’s family raised chickens for sale and had a steel drum with rubber posts sticking out that would rid the young chickens of their feathers. As the drum rotated, it went whump! whump! As Ed sang along with it. We could hear Ed’s aria, Ed the opera “aria”, from our place a quarter mile away as Ed plucked his father’s chickens.

We could hear people shooting clear to Colvos, two miles to the North because the sound of old Al Roen’s elephant gun was recognizable. Actually, we think Al used on bear hunts near Bainbridge island and his shots were heard off island as we shot off the road that led north to Cove. This was the first year that Al allowed us to use his Al’s gun because kids knew that Al was fighting a bad case of hepatitis and was just recovering. More than one well on the west side had picked up the virus, or, maybe that was yellow jaundice this year. I guess you could say that we were communicating the position of the moon.

John had a similar take on new year’s celebrations from Bainbridge island. He said that the ‘sons of the Norway used to light things on fire at midnight story pass around a jug of homemade aquavit and a jar of home harvested pickled herring while loudly singing the Norwegian folk song ‘Ole’s aria’ from our place a quarter mile away as Ed plucked his father’s chickens.

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Kae Eaton, who lives on Vashon and works with the Mental Health Chaplaincy will be conducting this workshop. She holds a Masters in Theology with emphasis in Counseling Psychology, and a Certificate in Spiritual Direction from the Seattle School of Theology and Psychology. She was the 2018 Chaplain Fellow at the Center of Excellence in Substance Abuse Treatment and Education (CESAFE), at the Veterans Administration, Puget Sound Healthcare System, and 2017 Chaplain Resident on the Acute Psychiatric Care Unit at the VA Hospita.

She also serves as Consultant and Master Trainer for Pathways to Promise, a national cooperative of mental health organizations and faith groups working with those with mental and emotional illnesses and their families. Kae has years of experience on the streets of Seattle not only working directly with people living without home and dealing with mental health issues, but also training others in the Praxis of Companionship through outreach ministries of hospitality. Kae’s work and trainings support both secular and faith-based communities locally and nationally.

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

“Storytelling is a core routine at our five-week immersion program,” explains VWP’s Executive Director Stacey Hinden, “and our staff have told hundreds of stories over the years to children of all ages. Our capacity to act practice oral traditions to inspire and instill lessons and to help cultivate a learning community that values each other’s life story; and VWP students practice sharing their story of day to both help deepen their learning journey and discover their author’s voice.

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

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

The 13th Annual Storytelling Festival is best suited for ages 4 and older. Guests are encouraged to arrive early to purchase snack and sign up for a tellers’ spot. VWP (a 501c3 non-profit) provides nature immersion programs for people for all ages from Vashon and surrounding Puget Sound communities. To date, VWP has helped nearly 4,500 children, teens, adults and families connect deeply with themselves, each other, and nature through their transformative nature mentoring programs, camps, workshops, and trainings.

In addition to the Storytelling Festival, their next free seasonal community celebration is on April 26th: the “Spring Feast and Bizarre Bazaar” is a magical evening to share a springtime potluck in the center of Vashon with a poignant opportunity to let go and receive at their silent trading market.

For more information about the Vashon Wilderness Program’s Storytelling Festival, visit the website: https://vashonwilderness.org/
God bless you, and whatever you’re doing, keep it up.

Because I take so many pills, I have a little pill container that I fill up once a week. It has fourteen little compartments labeled for the days of the week, seven for morning and seven for evening. Each compartment has a little lid that snaps shut. It takes a while to fill this pill box, sorting which pill goes where and slicing in half the pill that needs to be divided. I carefully dole out my pills and when I’m done, I feel like I’ve done a good job. I’m set for the week.

The other day when I had finished sorting pills and was enjoying that moment of satisfaction, I snapped all the lids shut, stood up, and turned to put the pillbox on its shelf. That went well. Until …

I caught the box on something. I dropped it. When the box hit the floor, the lids flew open and pills scattered and bounced and rolled across the kitchen like so much pill confetti. Festive, really. They did not go all over the kitchen, only most of it, under the kitchen table and the dog’s blanket there, the kitchen island, the baseboard heater, my old boombox, and a bookshelf next to the table.

After a moment of closing my eyes and taking a deep breath and letting it out, I went and got a dustpan and brush and got to work.

Collecting most of them took a while, using a straw to push them out from under the bookshelf and the boombox and the baseboard, shaking out the dog blanket, brushing carefully in all directions, and searching for pills as far as they might have gone. A pill bouncing on a hardwood floor can go a long way.

I collected all the ones I could find in a clean tin can, picked up the pill box, sat back down at the table, and started over.

It was another twenty minutes before I had the pills back in their little bins again. This time I secured them with great big rubber bands. Take that, gravity.

Today’s recipe is on the Scone recipe in my book, Wholegrain and Gluten Free. Serve them with a hot beef and/or black bean stew, or rewarmed for breakfast.

I’m a real gem-friendly, affectionate, quick to purr. When someone pets me, I get so excited that I start to turn in circles!

My New Year’s resolution is to find a new home. As the saying goes, diamonds are a girl’s best friend (but I could also be a guy’s best friend), so if you want to change your life for the better in 2020, bring me into it. I’ll be a lot more fun than a diet!
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Doodles and Detritus

VALIDE gallery ushers in the New Year with Doodles and Detritus, a uniquely colorful show featuring two Vashon artists: Robert Passig and Bill Jarcho. Their work is sure to bring brightness and energy to a drab January.

Robert recently returned to the United States after many years of living and teaching art in South Asia. He has worked mostly as an installation artist with annual installations in Vilnius, Lithuania, and recently in North Macedonia. Since coming back to Vashon, he has re-focused on painting.

Homelessness and the discarded are the central themes of Robert’s new painting series. discarded images heaped together in large works that juxtapose dark subjects with vivid colors.

Bill has worked for almost forty years in a variety of related art forms. He is best known for his animated films and early work with MTV and Nickelodeon and for creating and performing his giant puppets for festivals, events and Vashon’s own Backbone Campaign. He also is the director of The Conscious Cartoons International Animation Festival.

This show features almost two dozen of what Bill calls “Abstracttutations”: whimsical animated looking paintings. These pieces are mostly non-figurative and celebrate form, color, movement, and playfulness. VALIDE will have a “Soft Opening” of Doodles and Detritus, on Friday, January 3rd from 11am-7:30 pm and the regular First Friday Opening on Friday, January 10th from 11am-9:30 pm.

The gallery is open Friday and Saturday from 11 a.m.-5 p.m. throughout the month.

https://www.facebook.com/valisegallery
www.valisegallery.com

Big Joy Weekend

Continued from Page 1

In Ded with James Broughton and Friends

Experimental film screening, conversation with people who knew Broughton. Sunday, January 12 at 4 p.m.


Broughton made 23 of his famous films. Made during the summer of love at Druid Heights, Alan Watts’ Marin County compound, it explores all the things that can happen on a bed. Cast includes Watts, Imogene Cunningham, Gavin Arthur, Anna Halprin, and many hippies.

Deviations (1983 - 22 min) - A collaboration with his husband Joel Singer. Deviations explores many different ways men can love each other.

In the midst of winter, come explore your own joys and sorrows for the world’s first Big Joy Weekend, at Vashon’s beautiful Vashon Center for the Arts, 19600 Vashon Highway SW. Note: Contains nudity and adult themes.

The Big Joy Weekend is presented by Vashon Center for the Arts, in collaboration with the Vashon Heritage Museum’s exhibit IN AND OUT: Being Gay and Lesbian on Vashon and how you can support them. Make a nest box to take home. Make your own custom bubble wand to take home.

For the Birds!

Thursday, January 23, 4pm Ages 5 to 12 with adult. Meet a member of the Vashon Audubon Society to learn about the birds of Vashon and how you can support them. Make a nest box to take home that will welcome birds to your yard.

Teens

Turn Cards Sideways Friday, January 3 and 17, 3:30pm Grades 6 to 12.

Come play Magic The Gathering and other trading card games with resident super-nerd and card game enthusiast, Cyrus Morosoff. Learn everything from the basics to honing your skills for tournament-level play! Unstop and get ready to cast some spells!

No cards? We have over 50k cards to choose from, so you can play at tournament-level play! Untap and get ready to cast some spells! Ready to cast some spells? No cards? We have over 50k cards to choose from, so you can play at tournament-level play! Unstop and get ready to cast some spells! Ready to cast some spells? No cards? We have over 50k cards to choose from, so you can play at tournament-level play! Unstop and get ready to cast some spells!

Children & Families

Family Story Time Saturday, January 4, 1pm
All ages welcome with adult.
Stories, songs and fun!

Brick Builders Monday, January 6, 13 and 27, 4pm
Family program, all ages welcome with adult.

We’re having a block party! Build a stunning creation all your own, or collaborate with a friend and make something spectacular.

Infant & Young Toddler Story Times Tuesday, January 7, 14, 21 and 28, 10:30am
Ages newborn to 24 months with adult.
Stories, songs and fun!

Family Mooic Night: Smallfoot Thursday, January 9, 4pm
Family program, all ages welcome with adult.
Rated PG. Run time 1 hour 36 minutes.

Library Lab: Bubbles Tuesday, January 14, 4pm
Ages 5 to 12 with adult. It’s a bubble flurry! Blow them, bounce them, hop them and learn how to get a toy to visit your giant bubble castle. Make your own custom bubble wand to take home.

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Vashon Library January Events

Teen Cinema

Spider-Man: Far From Home Wednesday, January 8, 3:30pm Grades 6 to 12.

Study Zone

Wednesday, January 8, 15, 22 and 29, 4-6pm Grades K to 12. Drop-in for free homework help from trained volunteer tutors.

Game On!

Friday, January 10 and 24, 3pm Grades 6 to 12.

Play video games at the library! Hone your gaming skills with Wii U, PS4 or Xbox One. Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

Teen Late Night

Friday, January 31, 6:30-9pm Grades 10 to 12 only.

Get your karaoke on! Not a singer? We will have 3doodler pens available for your crafting enjoyment! Use the computers, play video or tabletop games, make crafts or just hang out. Free snacks and raffle prizes all night long. Teens must be picked up by 9pm.

Adults

Great Books Discussion Group

Fifteenth selection of Great Conversations Book 1: Boys and Girls by Alice Munro. Monday, January 6, 6:30pm

One-On-One Computer Help

Tuesday, January 7 and 21, 6pm

Have computer or software questions? Tech Tutor Volunteers provide basic level help to you. You may bring your own laptop, but Tech Tutors cannot provide hands-on or hardware assistance. Registration not required.

King County Public Health Visit

Wednesday, January 15, 1pm

You can apply for Orca Lift-Metro reduced fare program, food stamps and health insurance, You can also sign up for Apple Health or fix any problems you may have with qualified health plans.

Se habla espanol.

Vashon Friends of the Library Quarterly Meeting

Saturday, January 18, 10am

Join us for our quarterly meeting to see how the Vashon Friends of the Library are working to support libraries and literacy, and how you can become a member and help them do it!

Tabletop Gaming

Sunday, January 26, 11am

Adult and teens ages 12 and younger must be accompanied by adult. Unplug and connect with fellow tabletop gamers! Learn new games from our expert volunteers or revisit old favorites. Game selection varies monthly.

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

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The Vashon Loop, p. 6

January 2’ 20

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Dungeons and Dragons! Learn how to build and keep your decks. Now with no cards? We have over 50k cards to ready to cast some spells!

Untap and get the basics to honing your skills for tournament-level play! Untap and get ready to cast some spells! Ready to cast some spells? No cards? We have over 50k cards to choose from, so you can play at tournament-level play! Untap and get ready to cast some spells!
Aries (March 21-April 19)

Your astrology is prompting me to remind you of something my father taught me when I was a teenager and he was a corporation executive. This was a moment of enlightenment for me a few times; here you have it again. There are basically two kinds of power in the human realm: one is personal power, and the other is control, or authority. Authority is the official leading an organization. Informal power is what someone draws from their social connections, their expertise, and the empathy and respect you can generate around them, and their ability to lead, as apart from some vested authority. Events of your life at the moment are to do with what you fit into a particular kind, though the whole direction you are heading in is the second. Your ability to be with people, to understand them, to connect, and to be relevant in their lives, is how your life is developing. You have a few cues now, though they will continue to whatever degree of attention. Remember your true strength.

Taurus (April 20-May 20)

You may finally be getting a sense of the extent to which your life has run for so long on beliefs that are not your own. That is happily about to change. One way to get that more grounded in verifiable reality, you must still be vigilant when you’re accepting something as real. It’s not just facts. In fact, it does not matter how long the idea has existed; some of the most harmful are the ones that are burning in our subconscious. To figure out all this, it’s necessary to think in a creative way. One factor that is changing is your attitude towards authority. You’re likely to come across people who don’t have the word “thought” means). I can suggest a simple formula for discerning where you’re coming from: are you motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by from a conditional basis, or is it motivated by a need to control someone? You are motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from: are you motivated by love, by that you reckon for what you got wrong, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from: are you motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by the word “thought” means). I can suggest a simple formula for discerning where you’re coming from; you are motivated by love, by
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Dan Hardwick
oldredtruck@comcast.net

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For a Burger Emergency
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