

## Fostering a Dog

By Abigail Bardwell

The definition of what life is can be extremely subjective. It can be our own personal existence, the one that forms our individual identity. It can be the collection of time that consumes us, being one cohesive progression. I personally believe that life is a continuing cycle created by cause and effect, and I am constantly looking for ways to pay what I have forward despite where I am in my life. When I first met Kita, my foster dog, I had no idea that she would become my karma animal with the help of VIPP.

Kita is a 14-year-old Akita Inu -- a dog that looks incomplete without a bandana. She belonged to one of my pet sitting clients who had just fallen in love with her new Australian Labradoodle puppy. Kita slowly fell into the shadows of this new adoption, becoming extremely withdrawn and spending a majority of her time sleeping. Her bond with her person of over a decade was broken -- along with her spirit.

On one of the last nights I was taking care of the two dogs, Kita was showing neurological deterioration that was getting worse by the hour. Her owner was certain that it was her time, and we eventually received the call: she was going to be put down, and we were welcome to come by that morning to say our goodbyes. I'll never forget the heartbreak and staggering guilt my husband and I felt thinking she was going to leave this world not knowing where her love went.

It was discovered that Kita's neurological dysfunction was only a reaction to one of her medications and was completely reversible. I took



advantage of a rare opportunity to right a wrong, and I asked Kita's owner to let us foster her through VIPP. After Kita's relinquishment, VIPP set us up with Fair Isle Animal Clinic so that we were no longer in the vulnerable position of paying for a senior dog's full medical expenses. We were welcomed into the VIPP community with open arms. On her ride home with me, after signing as her owner, I bought Kita her first bandana.

There are days when fostering is really difficult. No doubt, it's hard to readjust your life to make room for more needs, to give more attention, to express and risk more love. There are days when I know I could be more attentive, do better, try harder. I want her to have the most of everything, always. But then I spend time with her and I become enchanted by her enthusiasm, bounding around the yard just to run back to me with this look in her eyes that says, "It's you! You're still here!" Those are the humbling moments that remind me how she isn't the lucky one, but rather how I am.

I decided to share my story, hoping to inspire other people to consider how fostering or adopting could open up

*Continued on Page 9*

## Truffles' last days



By Rebecca Davies

Life for Truffles had been on a downward trajectory for a longer time than I cared to admit, as denial of such matters has been a recurrent theme in my life. It all began with a little trouble pushing her torso heavy body up from the floors at the hospital. I was soon lamenting that I had let her eat all of those treats when I first fostered her, as it has been difficult to lose a single pound of the ten she put on while delighting in all of those delicacies.

At first, I excused the slippage on her hind legs for the shiny well-waxed floors of the hospital, and tried to compensate by having her nails trimmed short at the groomers every other week. When that didn't work, I put her in puppy gripper booties that were often seen later in the housekeepers dust pile. For a while, it worked well to put a sticky Coban tape around her paws for better traction., but she often gave me quite the look about that. But still, it was just getting too difficult for her to keep up with me. The nurses felt so sad at the thought of her impending retirement from the Rehab unit that they tried to get carts and rollers to help her around the hospital, but it soon became clear that it was too much effort for her.

It was hard to believe that spinal stenosis could take her body out when her spirit still thrived. Her desire to get up and be present with the patients was so compelling that she would drag herself in to a patient's room if she could. Patients would take heart that she was trying so hard to get around, despite her aging body. For a while, I would pick her hind end up and then she would take off just fine, wagging her tail the whole way, placing her head at the side of a patient's bed to feel those warm loving strokes on her head.

One morning, my sweetheart was carrying her down from his bedroom when I heard him slide down with slippery socks down on the last four steps, arriving on his bum with Truffles still draped across his forearms. Our lives soon became about where we could travel with her, and how to lift her carefully from Seattle to Vashon in cars of comfort. He has friends staying with him at his house that have 3 children that would curl up with her on the floor at every opportunity, so we tried to keep her at his place as often as possible.

But then one evening she did that Lab thing and "ate something" somewhere in the fenced acre I have. She must have

snarflred down something awful, which I never saw but could only imagine, as I have four cats that live to disembowel anything within their clawed clutches. I am sure that whatever it was, it wasn't pure protein and essential vitamins.

Later in the middle of the night, when she started going projectile at both ends, I knew we were headed for trouble, as that excessive squatting was only going to irritate the stenosis in her spine.

It was a long week of carrying her outside many times trying to keep up with her systemic purging as the medicine began to work on her infection. Trying to trick her into her meds was not an easy task. Between her regular meds, antibiotics and anti-diarrhea meds, we are talking about a lot of pills here. As she is rather toothless, she could easily eject them out the sides of her mouth with one quick tongue movement. I had to get more creative.

So I switched her to the basic BRAT diet, with a mash made of boiled sweet potato, rice, and chicken with ground meds dissolved into a couple of tablespoons of smelly cat food to enhance the formula.

I was in town one afternoon when a friend stopped by who loves my cooking. There are not too many places to eat way out here on the Point, so by the time visitors come, I make sure to always have food ready. Eyeing one of the several Tupperware containers in the fridge, he called me afterwards and told me had been so hungry that he had helped himself to one of them.

"Not your usual flavorful cooking, I was wondering what kind of spices you used," he commented when he called. "But thanks, it filled the void." I told him he would probably pass a lot of gas but not pee or poop for a while, that any and all infections should clear, and he should be feeling no pain for the rest of afternoon.

It has been several weeks into this that I began to realize that no matter how much I cuddle her, stroke her white haired chin or wash her bottom with warm water and lavender shampoo, she is not returning to her usual goofy, gleeful self.

There have been a few good days that gave me hope when she showed signs of improvement. A few days of normal output and appetite following lazer treatment to the spine, other days she could sniff the cats and follow them

*Continued on Page 1*

## The Road to Resilience

### Three for Free!

The launching of the Vashon Time Bank was attended by about 30 people, a significant number of which filled out applications to join. There will be potluck/orientation sessions once a month from now on, and I encourage you to check it out. This is about getting things done that you can't or don't like to do and getting to reciprocate by doing something that you know or may really enjoy doing. What's not to like about that? The more people that join, the more choices we have, the less money we need and the better off we will all be. I'll let you know when the next orientation is scheduled.

This November, on election day, we have the opportunity to establish a beachhead in our fight to know what is in the foods that we must continue to buy from corporations. We will be voting on I-522, which will require that foods containing genetically modified ingredients be labeled as such. This is similar to Proposition 37 which was narrowly defeated in California two years ago by a massive ad campaign launched by the major corporate food suppliers. Already, an influx of 6 million dollars from out of state is producing media ads to scare and mislead you into thinking that this is not in your interest.

By Terry Sullivan, Transition Vashon


The first thing you need to know is that this is not a referendum on GMO foods. Regardless of the outcome, GMO foods will be available if you want them. It only requires that products containing them indicate that on their labels. You may or may not check the ingredients of the products you buy but I doubt that many of you would argue that it is not our right to know what those ingredients are. That is all this initiative is demanding.

It is true that we wouldn't be going to the trouble of doing this if a significant number of us were not worried about the possible dangers GMO's might present to our personal health or to the life system as a whole.

The industry has told us that GMO products have been tested and have been shown to have no adverse effects. Even the USDA has parroted that claim. The problem is that those tests were allowed to be done by the industries themselves and the USDA authorities that have sanctioned those results are all former industry employees. That is not to say that GMO products have been proven to be unhealthful either. Long term studies need to be done before we can even begin to make that judgement. It does mean

*Continued on Page 9*





**The Impact of Interest rates.** Don't miss the opportunity to get the most new home for your money.

How interest rates impact a mortgage payment:

	3.50% (3.637% APR)	4.50% (4.646% APR)	5.50% (5.655% APR)	
<b>Sale Price</b>	<b>Loan Amount</b>	<b>Monthly Principal &amp; Interest Payment*</b>		
\$200,000	\$160,000	\$718.47	\$810.70	\$908.47
\$400,000	\$320,000	\$1,436.95	\$1,621.40	\$1,816.93
\$600,000	\$480,000	\$2,155.42	\$2,432.09	\$2,725.39

\*The payments reflected are principal & interest payments only & are based on 30 yr amortization & 20% down payment. Mortgage insurance, property taxes, & homeowners insurance not included. This is not intended as an offer to extend credit, nor a commitment to lend. Loan rates, fees & terms presented here are for illustrative purposes only & may not be currently available. The document was prepared to assist real estate professionals in illustrating some financial options available.

**How Does a Rise in Interest Rates Impact Your Buying Power?**

In a nutshell: When interest rates are lower, you qualify for a higher loan amount. The table below illustrates how changes in the interest rates on a 30-year fixed rate loan can impact your loan amount.

If, at the fixed rate shown below, you qualified for a loan amount of:

3.50% (3.637% APR)	4.50% (4.646% APR)	5.50% (5.655% APR)
\$200,000	\$177,248	\$158,173
\$300,000	\$265,872	\$237,260
\$400,000	\$354,496	\$316,346
\$500,000	\$443,120	\$395,433
\$600,000	\$531,744	\$474,519
\$700,000	\$620,368	\$553,606

This document is not intended as an offer to extend credit nor a commitment to lend. The loan interest rates, fees and terms presented here are for illustrating purposes only and may not be currently available. The document was prepared to assist real estate professional in illustrating some financial options available.

**Your Windermere Team:**

Dick Bianchi	JR Crawford	Beth de Groen	Denise Katz
Linda Bianchi	Connie Cunningham	Rose Edgecombe	Kathleen Rindge
Heather Brynn	Cheryl Dalton	Paul Helsby	Sophia Stendahl
Sue Carette	Nancy Davidson	Julie Hempton	Deborah Teagardin

**www.WINDERMEREVASHON.COM**

206-463-9148 vashon@windermere.com

Windermere Vashon

# ISLAND ESCROW SERVICE

Dayna Muller  
Escrow Officer

Patrick Cunningham  
Designated Escrow Officer

206-463-3137  
www.islandescrow.net

Serving Washington State since 1979  
Notary

Insured, licensed and bonded  
Discount to repeat clients



## The Country Store and Gardens

Get ready to garden in the rain, we've got:

- Rain boots and rain gear
- Bulk cover crops & grass seed
- Organic fertilizer and compost
- Garlic and shallots

Your Local International UPS, FED-EX, USPS Shipping Center

We ship local and world wide. For a small fee we can box/ package almost any object you need to ship

Like us on facebook:  
Facebook.com/countrystoreandgardens

Store Hours: Mon-Sat 9:30 to 5:30  
Sunday 10 to 4

The Country Store and Gardens  
20211 Vashon Hwy SW • 206-463-3655  
www.countrystoreandgardens.com

## Next Edition of The Loop Comes out Thursday October 10

Deadline for the next edition of *The Loop* is **Friday, Oct. 4**

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

**Make a date with Vashon!**  
[www.VashonCalendar.org](http://www.VashonCalendar.org)

Vashon Library Events  
Art & Music Events  
Submit your Event on line at [www.vashoncalendar.com](http://www.vashoncalendar.com)

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

### Got Company? Need More Space?

**The Rolling Rubber Tramp to your rescue!!**

Call Mike to deliver to your property his unique, one-of-a-kind, custom 27 foot, fully self contained travelling guest house that sleeps 3.

**Mike (206) 463-3093**

Check us out on Facebook at "Rubber Tramp Trailer"



SERVICE REPAIRS SALES FREE TRAIL MAPS



BIKE RENTALS FOR ADULTS AND KIDS

**VASHON ISLAND BICYCLES**  
(206) 463-6225  
9925 178th Ave. SW [www.vashonislandbicycles.com](http://www.vashonislandbicycles.com)


# PANDORA'S BOX

New foods to try for fall.....Zignature, Wild Calling, Live Free & Dave's  
Something for everyone in every price range.

You care also invited to stop by and admire the new glass front freezer.  
It's pretty - but way too loud.

Bo's Pick of the Week:  
The best no-pull leash system ever...come see.

**(206) 463-3401**  
\$8 Nail trimming with no appointment  
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



## 11th Annual Fur Ball™ Auction

# The Spookiest Fur Ball™ EVER



**Sunday October 27, 4-9 pm**  
at Open Space for Arts & Community

**\$55/person or \$100/two** until October 24  
**\$60/person or \$110/two** at the door

Purchase with credit/debit card online at [BrownPaperTickets.com](http://BrownPaperTickets.com)  
or with cash/check at Pandora's Box, Vashon Bookshop, Island Home Center & Lumber and Fair Isle Animal Clinic.

**Trick or Treat**  
your way thru an international Food Truck Experience!

Sponsored by









# 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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Sci-Fi Saturday

I got a good one...“Killer Klowns from Outer Space”

This is B-movie of the best kind. Mutant clowns from outer space come to Earth to turn us all into (are you ready?) cotton candy!! The big top is their flying saucer! WOW! How do they come up with these plots?

Please, come and have a good time. 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 : Saturday October 5th

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!

### VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community.

It will take place the first Thursday of each month from 7-9 pm. Contact [cara.aguilera@providence.org](mailto:cara.aguilera@providence.org)/ 567-6152 with questions.

Find us on Skype  
Vashon Loop  
206-925-3837

#### The Vashon Loop

**Contributors:** Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

**Original art, comics, cartoons:** DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley

**Ad sales and design:** Steven Allen  
Phone 206-925-3837  
Email: [ads@vashonloop.com](mailto:ads@vashonloop.com)

**Editor:** Steven Allen  
Email: [editor@vashonloop.com](mailto:editor@vashonloop.com)  
**Publisher:** Steven Allen  
PO Box 1538, Vashon, WA 98070  
Phone 206-925-3837

Published every other week  
by Sallen Group  
©September 26, 2013 Vol. X, #20

#### Loop Disclaimer

Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff.  
Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers.  
We reserve the right to edit or not even print stuff.

### Korina’s Service Dog

Hello my Vashon neighbors, I’m writing to introduce my new service dog to the community, his name is Buddy. He’s an AKC registered black lab retriever and has recently graduated from “basic training” at Service Dog Academy in West Seattle.

We’ve run into some challenges getting around town I hope by introducing him, things will be easier for us. When he’s wearing his red service vest, that says, Do Not Pet on one side and Service Dog on the other, it means just that. No offense, but he’s been trained to ignore you. When you come up on him, get down and pet him, you’re totally fucking with us. It’s like being molested. It ruins his hard work and mine.

It’s different when people ask. But when people I don’t know very well, or even like, to be quite frank, pet my service dog, with his vest on, that says: Do Not Pet and Service Dog, what that says to me, is this, “Korina, I have no respect you.



I have no respect for your dog. I don’t care why you have the dog and I’m not going to listen to you.”

It’s been challenging because this happens all the time, everywhere we go. Here’s the thing. We’re trying to get somewhere, or do something that has nothing to do with you. You’re distracting us when you pet him, it’s setting me back and it’s like sabotage. I don’t know why people do that, but it’s seriously rude. My service dog has better manners. Please be considerate for Buddy and the other service dogs on Vashon, thank you for understanding.

Korina Knudson & Buddy.

### Drama Dock Casting Call

Drama Dock will be casting Dylan Thomas’s “A Child’s Christmas in Wales” at the Blue Heron on Saturday, October 19th from 2 pm to 6 pm and Sunday Oct 20th from 1 pm to 3 pm.

There are three or four parts for youth, ages 10 to 17, two parts for character women, two parts for character men and perhaps two parts for a leading man and leading woman.

No need to prepare anything or speak in an accent! Be ready to read and play. The performances are Dec 20, 21,22,23 24 and 26. Michael Barker, island newcomer will be directing.

All are welcome!

### Raw Vegan Potluck

Sunday, Sept. 29, 5-7 pm, at Weslies home, all are welcome, just need to be an herbivore for the evening repast! And this is a no-trash bash too! call 963-5566 for ideas, directions



### Guest Bartender Night

Guest Bartender Night is The Hardware Store’s way of giving back to the community by providing local charities a chance to earn tips for their cause. Ten percent of the drink sales go to the charity and diners can write in a donation on their bill. Each nonprofit brings their own flavor to the evening. On October 10th, we are hosting Vashon Island Pet Protectors. Affectionately known Island wide as ‘VIPP,’ Vashon Island Pet Protectors is a no-kill and non-profit 501c3 animal rescue organization run by compassionate and animal loving volunteers.

### Pre-Dance Lesson and Dance

Vashon Social Dance Group Pre-Dance Lesson and Dance. Saturday October 5, at Ober Park Performance Hall, 17130 Vashon Hwy SW.

7:00 pm - 8:00 pm Cha-Cha Lesson with LA Carey

8:00 pm - 9:30 pm Variety Dance with deejayed music

Suggested Donation: \$10 for Dance and Pre-Dance Lesson.

Lilli Ann will start with the basics and go from there. All level of dancers encouraged to join in the lesson and stay for the dancing until 9:30. NO PARTNER NEEDED.

### Magic Classes at Open Space

Starting this fall, poet-magician Thomas H. Pruiksma is offering a class on the fundamentals of the art of magic. For the fall quarter, the focus will be on card magic (both self-working and sleight-of-hand), coin magic, and the use of certain secret devices. The class is open to students age 8 to adult and meets from 1:00 to 3:00 p.m. at Open Space for Arts and Community on three Sundays: October 20, November 3, and November 17. Tuition and supplies cost please inquire. For more information or to register, call 567-4023 or email [thomas@thepoetsmagic.com](mailto:thomas@thepoetsmagic.com).

### Classes at Hanna Barn

**Banana Dance Family Jam Experiment:** All Ages, drop-in Mondays anytime between 3:30-5:15pm now through Oct 28th. Facilitator Karen Nelson offers movement and relational skills that support expression of each child. Adults learn to follow the kids’ natural dance genius. Fee by donation, held at Hanna Barn.

**Dance Improvisation Evening Class:** Mondays, 6:30-8:30pm, now through Oct 28th. Through embodiment, awareness practices, moving in touch and more, facilitator Karen Nelson will gently guide the group through personal movement into partner and group interactions. Mixing it up with others will be surprisingly relaxing, nurturing, and self-caring. Fee by donation, held at Hanna Barn. For more information check out [www.explomov.weebly.com](http://www.explomov.weebly.com) or call 503-740-0523.

### Vashon Marijuana. Right Place. Right Time.

We find ourselves at time in history when another prohibition has ended and a new market is evolving, rich with opportunity for the entrepreneurial-minded. When Attorney General Eric Holder recently announced that the Federal government will respect Washington State’s vote to legalize and regulate marijuana, investment checks were cashed all over the State, including here on Vashon.

Now is the time to release the remaining taboos we may have as an island about being in the pot business. The State has determined that our island is perfect for it and has zoned the island accordingly. My friends, now is the time to give our island’s most profitable cash crop the respect and attention it deserves.

Whether you want to be a grower, processor or want to add a “wake and bake” option to your bed and breakfast, now is the time for decisive action. Get involved. Folks all around the island are having small group discussions and now it is time to broaden our conversation and to plan, trade skills and expertise and give each other some moral support.

Those of us determined to make sure Vashon Island is known for a quality product produced in a balanced and loving environment will be meeting to cross pollinate ideas. Please join us, Thursday, September 26th from 6 to 7:30pm at the Vashon Grange Hall on the north end. We will have a mixer with brief comments and over an hour of business socializing. This event is for island residents only. We respect your time and the meeting will begin and end promptly.

Shango Los  
Vashon Island Marijuana Entrepreneurs Alliance

Where the Locals Go!!

Family run business for over 30 years

17611 Vashon HWY SW

206.463.0940

Live Music

Try Our  
Homestyle Breakfasts  
and  
Plate Size Pancakes  
Breakfast served till 5pm  
Fri, Sat & Sun

Sports on  
4  
HD TV's

Open 7 days a week 6 am til 2am

### Spotlights First Friday

Join The Spotlights Danny Cadman, Loren Sinner, Scotty Johnson with Steve Amsden and Matt Eggleston for a great night of classic rock & roll songs. At Sporty’s, Friday, October 4, 8pm



# Vashon High School Sports Live on Voice of Vashon



Kevin Linnell and John Yates announce a Pirates basketball game with JoJo Weller providing statistics.

## By Richard Rogers

This school year, Voice of Vashon is again broadcasting Vashon High School football, basketball and girls' soccer games live.

Kevin Linnell, who does color commentary, says "We really enjoy doing these broadcasts to generate community support for our local sports teams." John Yates, who handles play-by-play, is very enthusiastic about broadcasting game coverage and credits many individuals at Voice of Vashon for making the live broadcasts possible. "Dan Schueler has contributed a lot of time to make the technical side work for us. And Michael Golen-Johnson is invaluable back at the station to make the live feeds available on Voice of Vashon's web radio station. Michael also adds to the commentary by asking us key questions about what's happening on the court." Yates, who is owner of Vashon True Value, and Linnell, who is the general manager, felt so strongly about announcing the games for the

community they bring their own broadcast-quality headsets to the games.

Preben Martin, who grew up on Vashon Island and is a sports broadcast director with ESPN, was instrumental in creating a team of volunteers to make the live broadcasts possible. Martin envisions creating a mentorship program where students can learn from broadcast professionals. Jean Bosch, president of VoV, is very excited by how this partnership has developed. "It really is Island-powered media" she commented. "Voice of Vashon exists to support islanders in producing this kind of great programming. We hope it grows." Voice of Vashon is also launching a new web platform soon and Bosch says "Our new website will include everything from 1650AM emergency alerts, social media, live sports broadcasts to jazz shows, community meetings and live performances."

You can listen to the live game broadcasts by tuning into Voice of Vashon's web radio station at [www.VoiceOfVashon.org](http://www.VoiceOfVashon.org).

# VFW Essay Contest



The Veterans of Foreign Wars (VFW) will be providing students in grades from 3rd Grade through High School an opportunity to participate in VFW Sponsored Youth Essay Contests that provide recognition and cash awards from the VFW Post, VFW District, State of Washington and National levels. The Washington State sponsored Youth Essay Programs include 3rd through 5th Grades; the National Patriot's Pen Programs includes 6th through 8th Grades and the National Voice of Democracy includes 9th through 12th Grades. Last year, the Vashon VFW Post 2826 awarded \$2300 to twenty seven 1st, 2nd and 3rd place winners and two hundred and two students received beautiful certificates.

The National Programs entry forms and complete contest rules can be obtained by entering, [www.vfw.org](http://www.vfw.org) on the internet and

clicking "VFW Scholarships". Click "Patriots Pen or Voice of Democracy" and then click "Learn more about the program you selected" and then click "Access entry form and complete contest rules." This provides all the data that you need to enter the programs.

The Washington State Programs entry forms and complete contest rules can be obtained by entering, [www.vfwwa.org](http://www.vfwwa.org) on the internet and clicking "Veterans of Foreign Wars of the United States Department of Washington" and click on "PROGRAMS", then click "State Youth Essay Entry Form" and print and then click "State Youth Essay Rules" and print. This provides all the data that you need to enter the program. If you have questions, please call Olde John Croan at 463-2952 or send an email to [oldejwc@comcast.net](mailto:oldejwc@comcast.net) or talk to your teacher.


## Granny's Attic is now accepting PLASTIC! Credit Cards & Debit Cards.



**Granny's is located at Sunrise Ridge  
10030 SW 210th st, Vashon Island  
206-463-3161  
[www.grannysattic.org](http://www.grannysattic.org)**

**Retail Hours:  
Tues/Thurs/Sat 10-5**

**Donations Hours:  
7 days a Week!  
8-4pm**



# VAA Announces New Staff

Vashon Allied Arts is pleased to announce the appointment of two new employees to the staff. In early October, Stephen Jeong will take on the role of Director of Performing Arts, and Justin Huguet will join VAA as Director of Communications.

"With the groundbreaking of Vashon Center for the Arts around the corner, we need to ensure that we have the full range of expertise to lead VAA during this crucial stage of development," said Executive Director Molly Reed. "We are thrilled to welcome two such talented people as Stephen and Justin to our team and look forward to their contributions as the VCA Partnership develops our new community arts center."

Justin Huguet's career has focused on non-profit marketing and communications. Since 2006, he has worked in various roles with Paul Newman's Serious Fun Children's Network, empowering kids with serious illnesses through arts-based programming and therapeutic camp experiences. He has worked in New England, Cambodia, Swaziland, Ethiopia and most recently Camp Korey in the Pacific Northwest. Justin is passionate about storytelling and engaging with audiences through video, photography, writing and social media. He received a B.A. in Communication and Film Studies

from the University of Massachusetts. "I'm thrilled to be joining Vashon Allied Arts at such an exciting point in the organization's evolution," said Justin. "I believe in the power of the arts to bring a community together and look forward to strengthening the important role that VAA plays on the Island and beyond."

Stephen Jeong is a graduate of Seattle University's MFA in Arts Leadership program. In addition to being a former dancer, his background is in Art History and Classical Studies. He is an Advisory Board Member of Sprout: Cultivating Creative Good and has served as the Education & Public Programs Coordinator for Seattle Art Museum and was the Communications and Development Assistant at Frye Art Museum. In 2009, he coordinated with the Seattle Office of Arts & Cultural Affairs and Seattle Parks & Recreation on Artsparks, a project to revitalize Pioneer Square with a curated program of art installations and performances.

"As an ardent supporter of the arts, I am thrilled to be part of the amazing arts community on Vashon," said Stephen. "I look forward to working with the many talented performing artists and arts organizations on Vashon and participating in the development of the arts on our Island."

# Island Lumber recognized as Top Performer

Island Lumber earned Top Performer status again this year in the annual HCN Hardware Store All-Star list.

Now in its third year, HCN's annual list of high performers recognizes hardware stores -- one from each state -- that are outstanding in their field

Washington: As outlined in "Seven Secrets of the Hardware Store All-Stars," many retailers succeed when they faithfully reflect the needs of their community. Island Do it Best Home Center and Lumber, located on the island of Vashon, features a broad assortment of upscale products tailored to the local waterfront homeowners. Owner Earl Van Buskirk expanded from 30,000 sq. ft. to 7.5 acres since buying the business in 1988 to make sure customers find everything they need on the remote island.

## Rick's

### DIAGNOSTIC & REPAIR SERVICE, INC.

206-463-9277


**Towing & Road Services**  
*Lockout Service, Flat Tire  
Change, Gas Delivery and  
Jump Start.*

*On-Call Towing 7-days/  
week 206-463-9277*


Complete 30 point safety & maintenance check with each oil change.

**Got a Hybrid...**  
**We are Certified to work on Hybrid cars**


Shop Hours  
8am-6pm  
Monday - Friday  
On-Call Towing



**We Have  
Rental  
Cars**



VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME



**ALL ORGANIC PASTRIES,  
BREAKFAST & LUNCH FARE.**

**ESPRESSO & TEA BAR**

**COFFEE ROASTED DAILY**

**OVER 350 BULK HERBS,  
SPICES & TEA.**

VASHON HIGHWAY & CEMETERY ROAD · (206) 463-9800 · [WWW.TVICR.COM](http://WWW.TVICR.COM)

## Advertise in the Loop!

It's a great time to get back in the Loop.  
[ads@vashonloop.com](mailto:ads@vashonloop.com)  
Next Loop comes out October 10



# Island Life Unlike Other Days

by Peter Ray

It was a bright and stormy morning. On this particular Saturday outside the Pope Marine Park Building, if one glanced through the windows around the room, one could see that the wind was stripping leaves from the street trees and white-capped waves were racing across Port Townsend Bay and crashing on the pilings and the bulkhead rocks. One was not inclined to drift off with window gazing however, as the stories being told inside by the collection of filmmakers at the table at the front of the room were in most cases as fascinating as the filmed stories which were on display for these three days of the Port Townsend Film Festival. The drifting off that I did do related to thoughts of how I would frame a tale to tell that would be as engaging as the ones coming from this assembled panel of storytellers.

There was this rift though- they were filmmakers with the product of their craft on display at various venues throughout the weekend, and who was I? It was then that I realized that in a very small way I was now one of them, having gotten a short film into the mix here, and it had just played Friday night right before the outdoor screening of John Carpenter’s classic ‘Starman’, which was introduced by the featured star for the festival weekend, Karen Allen. This was kind of cool, but it hadn’t quite sunken in yet that it might at least, sort of give me some street cred in filmland, in the same way that I wasn’t used to the fact that it entitled me to free beer at the festival drinks tent. So instead of gazing out the windows between gripping tales from the panelists’ past, I faded back and forth between thoughts and glimpses of what I might impart to this crowd, and this is what I came up with.

It was a dark and calm morning. I zipped up my jacket, strapped on my backpack and clicked on my bike headlight, as well as the green alien head with its read flashing eyes that serves as my taillight, and then headed out the door. Even though there was a nearly full moon, it was setting and didn’t provide much light for the journey to the Vashon Island Rowing Club’s boathouse at Jensen Point. As usual, as I dipped down into the low spot on the highway around Cove and Gorsuch, the air was cooler and crisp, but not biting. The pedal the rest of the way was fairly uneventful, although the small drama I interrupted between a yearling deer and a crouching orange tabby cat which had been unfolding on the edge of the highway near the yacht club was interesting enough to label as my wild kingdom moment for the day- so far.

This was actually my third trip to the boathouse this week, but I had not yet sat in a real rowing, sliding seat in a rowing shell out on the water. I had spent two mornings on the erg machines, getting the feel of simulated rowing and listening carefully to the pointers directed my way as to what I was doing, both right and wrong. I had learned from the first morning that getting on the machine and going without a warm up was a little painful, and it was disturbing to the juices in the stomach down below which had not yet been made fully aware of this pre-dawn change of plans from bed to boat, or boat simulation. This was the reason for riding the bike to practice, gaining an early warm up, and it made all the difference for the second day of faux rowing. But today it seemed that the moment of truth had arrived, and as I was standing shin deep in the waters off Jensen I was feeling both nervous and exhilarated at the same time.

As we shoved off from shore and I strapped my feet in the shoes that were fastened in lower part of the hull of the boat, it began to feel a bit like cycling- clipped in as a part of the machine. But then as the rowing began- four guys; a pair of oars each- the simple machine aspect of lever and fulcrum gave way to more of a feeling of a drum circle or a classical quartet, where the rhythm and the beat upstaged any mechanical machinations. And then the grip end of one of my oars got caught in the flap of my loosely fitting windbreaker and everything stopped

as my novice moves had interrupted the flow of the whole. And then it started again, and with a bit more attention and grace on my part, we glided across inner Quartermaster harbor with too many internal instructions and reminders going through my head, and I tried to limit my bungling amidst the noise of new learning.

Regardless of the time or place, I have long had a fascination with being on or in the water. One of my oldest water memories recalls my getting up just as the sun was rising over Paradox Lake in New York’s Adirondack mountains and paddling a canoe out to where a thicket of lily pads buffered the shoreline, and then gazing down to where painted and snapping turtles paddled below alongside perch and sunfish and the occasional, passing bullfrog. This memory was triggered a short while back during a 3D screening of ‘The Life of Pi’, when the magic of dimensionality in this film was used to reveal strata of sea creatures as seen looking up from below the surface of a crystal, warm sea . This memory returned again as I gazed over the edge of the boat out in Quartermaster harbor as the clear darkness of the water was interrupted on a number of levels by gaggles of passing jellyfish illuminated by the silver-blue radiance of pre-dawn light.

These moments were fleeting though, as we were not out there to stare idly into the watery deep. But visual subtlety was tossed overboard while we were heading to shore after our last harbor crossing as the high, wispy clouds overhead gradually turned to brilliant shades of orange, yellow and red as the sun made its way up over the Cascades and then Maury. As readers of this column might remember, the sailor’s rhyme about the red of morning has been briefly discussed here in the recent past, but unlike that particular outing, no wind or storms arose to disturb this aquatic adventure, but it did give me pause as I faced the rest of the day. My concern was that my grand cinematic debut up in Port Townsend that evening was to be at an outdoor theatre in the middle of town. Instead of dwelling on the sailor’s warning I focused on the two words- rain shadow- and went about getting to the peninsula and the land of wooden boats and film fests.

Projectors and lamps had already been at work for hours by the time I finally found my motel. Soon I discovered that it was only a ten minute walk to town from the motel, with the festival hospitality room only a few more blocks further along down the way. It turned out that there was some confusion with the name badges and it was uncertain as to whether I was Peter Ray or Ray Ray. It turned out that I was both- not my mistake- but they wouldn’t let me have both tags since that would have doubled the number of films I could get into for free. As I was only one of three contest winners in the Peninsula Daily News Pretty Darn Quick three minutes or less film contest I wasn’t one of the official festival filmmakers. But I did get into the opening night dinner, and did run into Vashon’s Stephen Silha there, who is a real filmmaker with a feature film screening, ‘Big Joy’, about one of Port Townsend’s own- James Broughton.

As the 7:30 show time approached, the rain did get heavier, although the giant inflatable vinyl screen and the high resolution projector in the back of the rental truck were both impervious to this misting of Northwest drizzle. And then there I was up on the screen, but where was the sound? Another memory surfaced, of a high school senior project where the film projector and two slide projectors fired off in unison, but the soundtrack was missing a channel and there was no pausing the show to fix it. While the missing notes in this incident had been half of the Beatles’ Magical Mystery Tour, in Port Townsend what was missing , or actually just plain not loud enough, was the ticking of a clock. I did get the free beer soon after in the beer tent as I was recognized as the guy that had been eating colored marshmallows up on the screen. And I did have the thought that the next screening of Hareloom Seeds (yes that’s spelled correctly) at the Northwest Film Forum’s Local Sightings Festival on Tuesday October 1st at 9pm will at least be inside.... we’ll see how that goes.



## Forest Kindergartens: The Cedarsong Way - Book Reading

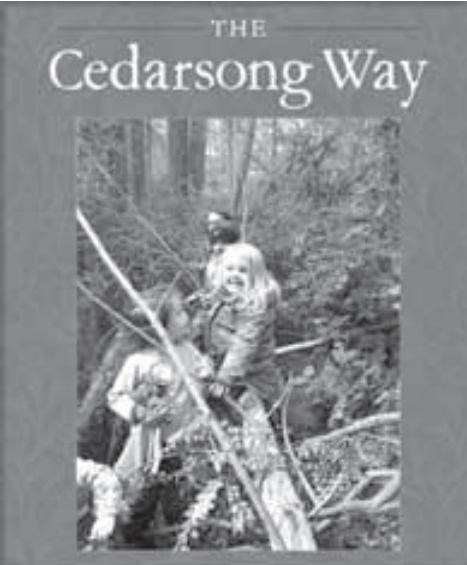
Forest Kindergartens: The Cedarsong Way by Erin K. Kenny was published on August 31, 2013 and the Book Release Party is scheduled for Sat. Oct. 5, from 6-7:30pm, at the Vashon Land Trust Building. Come celebrate this monumental event; hear Erin read excerpts from her book and have your own copy personally inscribed.

Erin K. Kenny, a longtime Vashon island resident, has spent twenty years designing environmental education programs for children with the goal of creating positive connections to the natural world that lead to lifelong activism. Erin has a BA in environmental education and a JD environmental law. In 2007, Erin established the nonprofit Cedarsong Nature School and developed the first U.S Forest Kindergarten based on the German waldkindergartens. With 7 years of experience running the Cedarsong program, Erin has become an internationally recognized expert in the Forest Kindergarten early childhood education model which is distinguished by its commitment to 100% outdoor time, interest-led flow learning, emergent curriculum and inquiry-based teaching style.

Erin’s heartfelt, exciting and wonderful book is both profound and pragmatic. As she shares her own journey of learning about what it actually means to provide immersive preschool experience in an outdoor woodland habitat, Erin takes us deep into the rationale, philosophy, approach and day-by-day management realities of being authentically IN the outdoors. Cedarsong’s Forest Kindergarten is considered the gold standard for Forest Kindergartens in the U.S. and David Sobel, Senior Faculty in the Education Department at Antioch University and author of the seminal Place-Based Education, remarks on the back cover that he appreciates Erin’s “commitment to bringing the Forest Kindergarten spirit to North America”.

Erin’s pioneering work in developing the first U.S. Forest Kindergarten is featured in many varied media including Sierra Club magazine, PEOPLE magazine and American Forests magazine, as well as on national and international news programs such as ABC News Nightline, Associated Press and UK-Daybreak, among others.

Forest Kindergartens and Nature Preschools are growing popularity in the U.S. as American parents begin to understand the importance of nature immersion time for their young children. Europeans are more familiar with this early childhood education model and there are hundreds of these Forest Kindergartens and forests schools on that continent. Erin has attended several study conferences in



Germany, the Netherlands, and Scotland to further her learning about the Forest Kindergarten rationale and philosophy.

Erin’s expertise led her to establish the first Forest Kindergarten Teacher Training and Certification Program in North America two years ago and she has since trained over 35 teachers from across this continent and beyond. Teachers have come from as far away as Newfoundland, the Virgin Islands and South Korea to participate in the Cedarsong Forest Kindergarten Teacher Training program.

As a result of her tireless promotion of the Forest Kindergarten model and her articulating the importance of proper all-weather gear, Erin was chosen as a national Ambassador for Bogs Footwear. Additionally, Cedarsong Nature School has garnered sponsorships from Bogs, Columbia clothing, and Oakiwear outdoor gear.

Erin frequently speaks at conferences and universities on her successful development and implementation of Cedarsong’s Forest Kindergarten. This year Erin is speaking at eight conferences, including presenting the keynote at the Nature Preschool Conference in Maryland and the Alaska Family Childcare Association conference in Anchorage. Later this year, Erin is presenting at the Washington Association for the Education of Young Children Conference and the National Science Teachers Association Conference. Erin often consults for other non-profit agencies, such as Childhaven, about how they can confidently increase nature time for the children they work with.

Erin’s book, Forest Kindergartens: The Cedarsong Way is available on Amazon and at local bookstores. It can also be ordered through the Cedarsong website at [www.cedarsongnatureschool.org](http://www.cedarsongnatureschool.org).



# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## Things About Which I Am Wrong, and I Don’t Care

By Mary Tuel

We had the radio on as we were driving to the ferry this morning, and heard an announcer say that people affected by Colorado’s recent floods were looking for a return to “normalcy.” Rick said, “Curse you, Warren G. Harding!”

“A return to normalcy” was one of Harding’s slogans in the 1920 presidential election. World War I and the great flu epidemic were recently over, and Harding’s appeal to people’s longing to go back to the way we were before the war and the flu went a long way toward winning him the election.

Some people, however, reacted to Harding’s use of “normalcy” in 1920 as Rick and I react to it now – did he make it up? Did he really mean “normality?”

Harding had the right of it, though – normalcy has been in dictionaries since 1857. Rick and I know that, but agree that we still don’t like it.

Reactions to word usage and observations about words and language are part of normal (hah) life at Casa Tuel. Rick and I both love word play. I think he may have been launched in this direction by his childhood affection for Walt Kelly’s comic strip Pogo. I’m not sure where it started with me, but as far back as I can remember I have loved puns, spoonerisms, malaprops, mispronunciations, and willful misunderstandings.

At the same time I am a terrible prig about the use of certain words, such as “normalcy,” which sounds wrong even if it’s right.

A couple of weeks ago, a woman responded to a thread on Facebook by saying that something “might apply to my father’s cohort, but not to mine.” Seeing the word “cohort” being used correctly practically brought tears to my eyes, and I wrote her a little thank you post.

Cohort comes to us from the Roman legions. A cohort was one-tenth of a legion, and by extension a cohort is a discrete group of people. Often you read or hear of someone and his or her “cohorts,” as if a single person was a cohort in the sense of buddy or colleague. No. A cohort is a group of people who are in some way connected, even if my Webster’s Ninth says that

J. D. Salinger used the word to mean a companion. I spit in the corner regarding your use of cohort, Salinger! No wonder you became a hermit. You probably didn’t want to answer questions from people like me.

You also often hear that a place or group has been “decimated,” meaning a great devastation. E.g., “Parts of Colorado were decimated by the recent floods.” No, they were not. They may have been destroyed, ruined, washed away, or inundated. They may have been wiped off the map. Many people may have died. None of those things is decimation.

Decimation was a practice in the Roman legions. Yep, back to the Romans again. Should the centurions show an unacceptable lack of discipline or screw up badly in some way, their commander was liable to call for a decimation, in which the troops were divided into groups of ten. Those ten men then had a lottery to pick one of their number to die, and the other nine would then kill him, thereby reducing the size of the legion by what? Yup, one-tenth, or, one cohort. Decimation was supposed to give the centurions the clear understanding that if they did not do as they were told, they might have to kill one of their friends or be killed by their friends.

You can see why the US military does not use decimation. How would it look on the recruiting poster? “You could be one of nine to live through an internal disciplinary action!” I can see the young people clamoring to sign up for that.

What words like cohort, decimation, and centurion tell us for sure about the ancient Romans is that they counted on their fingers.

Then there are my old friends “nauseous” and “nauseated.” I know have written of this before, but here we go again: To be nauseated is to have an upset stomach; to be nauseous is to cause nausea in others.

People are still going to say they are nauseous, that they saw Joe Blow and some of his cohorts, and that Colorado was decimated by the floods. These are now accepted usages of these words, and these meanings have made it into the dictionary. Sigh.

So I know I’m not right, and I’m being snobbish, and that hearing what sounds to me like misuse of words may cause me pain and indignation, but does not really matter. I know I have to get over it, but when I hear these words and others being used in what I consider the correct way, it makes me happy.

Conversely, if you say you are nauseous, I am liable to agree with you.

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO  
**206-463-9041**  
Vashon Hydrophone Project  
Orca Annie Stateleer and Mark Sears  
Vashonorcas@aol.com  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
**vashonorcas.org**

# A Community Conversation About Health and Responsibility: Vaccines and Beyond

## Part 7: Keeping Things In Perspective

by Karen Crisalli Winter  
and March Twisdale

Fall is upon us. The school year has begun. Once again, we are subjected to a constant series of public health messages and editorials claiming that making an informed choice about your health care is immoral and selfish. If you want to be a good person, these sources claim, you must follow directions.

Okay, it usually isn’t phrased that way. It’s usually phrased as “the threat of vaccine refusers” or “the danger of vaccine free-riders.” But the core message is still the same: the right to medical choice endangers public safety. This message is tiresome, it’s polarizing, and it’s false. But it’s also pretty pervasive. So, with a deep sigh, we address this issue again.

As is frequently quoted in alarmist articles, Washington state has one of the nation’s highest vaccine exemption rates: 4.5%. Is this a problem? Maybe not. The Pacific Northwest also has an unusually high rate of autoimmune diseases, some of which are a medical contraindication for certain vaccines. We also have an unusually high level of education and access to health care. The relatively high vaccine exemption rates may be a healthy indication of well-informed parents making careful decisions for their unusually vulnerable children.

Perspective is important. How is it that 95.5% vaccination rates could be considered a cause for alarm? After all, it indicates that we are successfully providing vaccines to all children, even those living in severe poverty. Given the state of our overall health care system, this is quite an accomplishment.

But what about those exemptors? Can’t they cause devastating epidemics of measles that endanger us all?

Sigh. No. First, unvaccinated children do not compromise the immunity of children around them. Kids who are immune to measles will not lose that immunity by playing with children who are not immune to measles. Being unvaccinated is not contagious. If your vaccination worked and provided you with immunity, you are safe from infection.

To see evidence of this, look carefully at the statistics on all the recent US measles outbreaks. Measles is a highly contagious disease, yet all the outbreaks are small and localized. This pattern is revealed in a CDC document analyzing 9 outbreaks of measles in 2011, with a total of 118 cases. The median size of the outbreak was 4. The largest outbreak was 21. Everyone made a full recovery. This is not a devastating outbreak of disease. This is strong herd immunity. (For a link to the full document, see our blog.)

What about the babies? Well,

one outbreak in Washington was started by a baby too young to be vaccinated. The baby traveled to a nation where measles is endemic, then returned home and shared measles with an unvaccinated child. All subsequent infections in that outbreak were unvaccinated children and teens who had accepted the risk of measles when they declined the vaccine. And once again, everyone made a full recovery. Even the baby who started the whole thing.

The current approach to measles vaccination is working, including the part where people are allowed to refuse. The simple fact is that people want safe and effective vaccines. There is no coercion required. Greater than 95% of our state’s population will happily and willingly choose any vaccine that is safe, effective, and offers a genuine health benefit. That is plenty to achieve herd immunity against measles...because the vaccine has a very high efficacy rate and longevity of protection.

Which brings us to pertussis. If herd immunity is working well for measles, why do we have epidemics of pertussis? After all, the vaccination rates are fairly similar.

The unfortunate reality is, the measles vaccine has an efficacy rate of over 98% and offers lifelong immunity. The pertussis vaccine has an efficacy rate of only 60-70% and wears off in 3-5 years. Because of these differences in the vaccine, we have achieved herd immunity for measles. We have not achieved herd immunity for pertussis...and we will never do so with the current vaccine.

Medical choice doesn’t endanger public safety. In truth, medical choice protects

us all. When a safe, effective, appropriate vaccine is available, most parents choose it for themselves and their children. If significant percentages of people are refusing a vaccine, there’s a reason. Perhaps the vaccine isn’t very effective. Perhaps the complication rate is too high. Perhaps the rising rates of allergies have made certain vaccines contraindicated for too many people.

The important concept here is that when we accept a poor vaccine, vaccine manufacturers have no financial incentive to improve it. If everyone finds it acceptable, why should they waste their money making it better? When large numbers of people start refusing a vaccine, there’s suddenly a profit motive to put forth better research and offer a better vaccine.

Coercing people into vaccinating does not improve the safety or efficacy of vaccines. It doesn’t make concerns go away. If anything, coercion heightens anxiety and suspicion and feeds into conspiracy theories. Name-calling just distracts from the real questions about safety and efficacy.

We deserve access to safe, effective vaccines. We deserve the right to decline vaccines that do not meet our standards for safety and efficacy. How can we work together to make that happen?

Have ideas? Suggestions? Please visit our blog, and share your comments. Also, we invite all readers to review Part #3, Individual Power in Community Health Dynamics. As we start another school year, it is important to remember the many tools available which empower us to protect our own health and the health of others.

“A Community Conversation About Health and Responsibility: Vaccines and Beyond” is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.

BLOG: [Vaccinesandbeyond.blogspot.com](http://Vaccinesandbeyond.blogspot.com)  
Email: [KarenandMarch@rocketmail.com](mailto:KarenandMarch@rocketmail.com)

Joanna Gardiner

Loving care for animals,  
plants and homes

**567-0560**

**AJ'S**  
17311 Vashon Hwy Sw

**Espresso  
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**

**Cash &  
Checks  
Welcome**





**Aries (March 20-April 19)**  
Calculate your risks. Do not take them frivolously. I know this is not a popular activity but for you it’s a necessary one. You are more inclined to go out on a limb right now, at the same time there are factors in the equation that you may not be aware of. Therefore I suggest you consider worst-case scenarios before you do something that is potentially dangerous. At the same time, some of those scenarios have ways of expressing themselves that come up in your favor. For example, a phase of adversity in a relationship can work out in your favor, by taking you deeper with someone, and helping you build trust with them. Yet it’s essential that you be conscious as you do this. I am not suggesting that you stoke your insecurity -- only that you look before you take a soulful, bounding leap.

**Taurus (April 19-May 20)**  
A relationship seems to go through a series of tests, and many of them may be centered on what a close partner or someone who’s an erotic interest is going through. Yet these are not tests -- they are the experiences of life that are normal for the territory that we’re in. One of the central questions for you is how you handle your own insecurities. There may be a seeming conflict between your boldness and another person’s hesitancy, or between your desire to be spontaneous and your need for stability in the relationship. I think that the key to your situation is recognizing the impact that your feelings have on others, even when you don’t say anything. Your emotions move you and the world around you. They are especially likely to have that influence now. So pay attention and participate consciously.

**Gemini (May 20-June 21)**  
Keeping things in balance is one thing. Knowing how to respond when situations go out of balance is another. First, be aware that there are some conflicts that will seem dramatic and significant but which do not directly influence your life, except on the intellectual level. Assess each of them on two levels -- how does this affect you, and how does it affect your community? That question will provide significant useful information. You are involved in some truly significant assessments of your security base, home and family matters, and you must sort out information that is useful from that which is merely controversial. Pay particular attention to health-related topics, get to the truth and more than anything, notice the role that stress plays in the equation. Carefully consider adjusting environmental factors first before you seek any form of outside intervention that you don’t need.

**Cancer (June 21-July 22)**  
Your ideas have both influence and impact, though it will help considerably if you keep your flexibility. You seem to be bumping up against a fear -- it could be the fear of going deeper, or of losing control, or of the unforeseen consequences of acting on your desire. If you run into a situation wherein you feel fully committed but still cannot get your situation to budge, take a gentler approach. Consider the ways in which you can flow around something rather than push it or force some kind of movement. You need to be the flexible one in the equation, and you can count on that talent being available if you remember to call on it. A little confidence will go a long way -- that will build as the month progresses, as you learn more and act on what you know.

**Leo (July 22-Aug. 23)**  
In any relationship situation it’s necessary to maintain awareness of your own identity, desires and needs, and those you share with other people around you. Usually we take for granted having to sacrifice one or the other. That is an idea from the distant past, usually advocated by our parents and grandparents, but which is

no longer true for you. It’s not a question of ‘all you’ versus ‘all about the other person’. And it’s not a matter of alternating between the two. At this point in human history we face the authentic challenge of being wholly self-present and wholly present for others in your context as a relationship or business partner. Is this more than prior generations can handle, or were they merely lacking that concept? You can handle the stretch, and you have the concept available.

**Virgo (Aug. 23-Sep. 22)**  
If a situation seems to be running out of control, I suggest you adjust your perspective till you see it in such a way that it’s workable. You’ll be surprised by how much changes with your point of view. It is therefore essential that you keep your point of view portable, and that you not be driven by fear. If you get stuck, ask yourself what you’re concerned might happen. One thing to be mindful of is discerning fear from intuition. Fear usually describes an outcome you don’t want. Intuition usually describes how to create an outcome that you do want, or at least provides some useful information on how to prevent a negative outcome. Therefore, it’s essential that you recognize that worry is not a form of intuition, no matter how vivid it may seem. Keep a wide perspective -- especially about yourself.

**Libra (Sep. 22-Oct. 23)**  
You will need to talk about what you’re feeling and what you’ve been through recently -- if you want any sense of contact with the people around you. The past matters, especially the past four weeks, and what you experienced will have an influence on your current choices. You’ve just been through another spell of “I can barely believe I’m going through this,” though at least this time around you had the presence of others to verify your experience. Remember how good that felt: you don’t need to go it alone, and the one sure way not to do that is to maintain open communication with people you care about, and those with whom you share common interests. Be real with people and you will have real friends. Stealth and secrecy are not all they’re cracked up to be.

**Scorpio (Oct. 23-Nov. 22)**  
Build up your momentum working on a long-term goal -- which implies knowing what it is, beginning the process and focusing your energy. Get accustomed to working through the inner resistance that gets in the way of your most cherished desires for achievement. Recognize the degree to which any worldly goal involves overcoming some inner obstacle or remnant of history. If you encounter a personality trait that consistently holds you back, now is the time to deal with it so that you can move onto truly greater things. If you put your mind to that project, there is little that will be able to stop you. And you will need them when, later in the year, the astrology brings nearly total focus on your sign and you’re in the spotlight in a much bigger way. That’s the future; this is the point of origin.

**Sagittarius (Nov. 22-Dec. 22)**  
You’re in a situation where you must be both the micromanager and the visionary. This isn’t easy. All the details in the world don’t add up to the larger scenario, no matter how well attended. But they do need to be attended. You also know that you’re one of the few who cannot only understand the grand scheme -- you’re one of its most influential authors. Therefore, make sure that the details get taken care of, but don’t let them bog you down. One way to do that is to take care of them well in advance. You know what they are; you know who is dependable and who is not; you have a sense of the timing involved. Keep a grip on this layer of things and you will soon emerge as a leader of the people and the author of a genuine idea or concept.

**Capricorn (Dec. 22-Jan. 20)**  
You might question whether what you perceive in others is your own shadow projected onto them, or whether it’s really some issue they have. It could be a little of both, though in any event there is significant benefit that can come from asking the questions that help you verify your perceptions. Relationships often get tangled in a hall of mirrors, and this is the stuff of which those mirrors are made. If you determine that something belongs to you, it’s that much easier to address. If you determine that something is the property of another person, that at least helps you understand where the lines of responsibility really are. All of us who live on our particular planet have work to do. It helps considerably if we do our own work and allow others to do theirs.

**Aquarius (Jan. 20-Feb. 19)**  
Others may challenge your authority over the next few weeks. It could be some professional situation, or a household-related theme, or your moral authority -- and you will need to figure out a way to handle it that works for everyone, or for as many people as possible. Remember that often, when someone is trying to razz you, they’re doing it for its own sake. It may be a form of amusement or a not-so-dangerous way

to take a little risk. That said, take a real look at any beef someone has with you and offer them some kind of compromise. Leave yourself room to negotiate; don’t give it all away at first -- just enough to send the signal that you’re open to a discussion and that you have a fair mind. This will work anywhere along the spectrum from personal to political.

**Pisces (Feb. 19-March 20)**  
All the facts in the word don’t add up to the truth. So where you’re inundated with data, make sure you look at it in a way that tells you something. Now, that something may well be subjective. You may get an opinion confirmed; you may see a pattern and come up with a new theory. Here is a clue: To do this well, you need to have faith in yourself and in your intelligence. Pisces is good at being circumspect, which is a way of saying taking in a diversity of viewpoints -- though you have to trust your own, and give the opinions of others weight only to the extent that they’re presenting something compelling. Just keep that theory in mind -- that a lot of information is not necessarily what you need. It’s a coherent point of view and a flexible plan of at least three steps toward the goal.

Read Eric Francis daily at  
[www. PlanetWaves.net](http://www.PlanetWaves.net)

# Vashon Wilderness Program FREE Sample Class

Join the Vashon Wilderness Program for nature skills, practices and knowledge to nourish the bodies, minds and hearts of girls ages 11-14 in our new NOURISHING NATURE Workshops. Practice the arts of wilderness cooking, wild edible feasting, and herbal medicine making as a gateway to learning more about the natural world outside and within ourselves. Classes meet on the 2nd Sunday, October 2013 - May 2014 at Camp Sealth. \$450, includes one overnight. FREE Sample Class:



Sunday September 29th, 10am-12:30pm. RSVP for location details. More information/registration: [www.vashonwildernessprogram.org](http://www.vashonwildernessprogram.org)

# Vashon Intuitive Arts Hosts 6 Top Visionary Artists

Visionary Art is an emergence of a new cosmology through diffusion and a cross cultural exchange between East and West building a deeper sense of connection and global awareness. West Coast Transformative Festivals feature many visionary artists.  
Andrew Gonzalez has 3 pieces at this showing. His transfigurative and esoteric art is a “mystical love poem to the soul”. He is a teacher at the newly opened Vienna Academy of Visionary Art.  
Android Jones is showing 1 piece. His art is a mixture of archetypal mythology and spirituality. At one time he worked as a concept artist for Nintendo. Android and his wife also do live visual digital art.  
Adam Scott Miller features 3 pieces. “We are literally swimming in a sea of vibratory energy.....evokes transpersonal,

integral, cosmic information....” His art is transcendetail. Adam lives in Australia.  
Autumn Sky Morrison has 2 pieces at this showing. “May my paintings be a mirror, a reflection of your universal light, your human essence and your timeless divinity.”  
Victoria Brenner features 3 pieces. “We are myth-makers, visionary practitioners, and mystic sound and holistic healers.”  
Michael Brinker will be showing 2 pieces. Michael lives on Vashon and studied with Andrew Gonzalez. His art has been shown at VIA before and at many festivals and galleries.  
With peace and love, Join us for first Friday Art Walk, October 4th at 6pm.  
Vashon Intuitive Arts, 17331 Vashon Highway.

# Monoprint Art Sale and Demo

Monoprint Art Sale and Demo, Oct. 4 – 6. Join us for a creative weekend, starting on First Friday, Oct. 4, 6–9 pm at the Quartermaster Press Studio. Quartermaster Press Gallery will be showing work of two members, Deborah Taylor and Lisa Guy. The Gallery/Studio will be open from noon until 4 pm, Saturday and Sunday. Monoprint demos will be featured from 1 until 3 pm by members Suzanne Moore on Saturday and Lisa Guy on Sunday. The Studio is located at the Beall Greenhouses, 18531 Beall Rd. SW, Vashon.



# Positively Speaking

## Count It All Joy

By Deborah H. Anderson



much as I like. I will never lose her. That is a miracle. A woman like me, a person like me, holds every child and teen I’ve ever loved forever in my heart.

The second time people with addictions lured my children away, I buried my sorrow in loving Caity and Isaac. That they were there was a miracle.

The third big miracle was reuniting with a whole bunch of relatives: my little brother, a sister in law, a couns.

Now... I want to tell you something important. I don’t think there’s another columnist in the world who shares as much pain and talks about that which first world people don’t talk about as much as I do.

You know why? Because I want you to know the power of life, the source of resiliency and the path to victory.

Every strong person is not afraid of adversity. They know the power of the storm. You’ve seen that Facebook post?

After ‘the storm you will not be the same person because the storm is like that’.

Time and again my heart breaks seeing people afraid to acknowledge the truth because they think the truth will kill them. They miss the opportunity to reveal and be loved unconditionally.

Joy comes in truthful moments. Joy begets life. Joy lifts and frees.

Fear not the blessing of adversity. Stroke? Cancer? Death? Business failure? Alienated family members? Unexpected pregnancy? Legal troubles?

If you stand in it, if you go to the deep place within yourself and say, ‘I am in trouble and I hurt’ you will find new life filled with Joy. Oh and I spoke a theological errancy earlier. There is no quota on miracles.

That’s all. That’s why. That’s how. I got another one just today!

Love,  
Deborah



Personal opinion... They ought to have left in the bit where Kevin Kline flips his once stolen hat up with his boot into his hand after killing the bad guy in ‘Silverado’. Why do solid peaceniks enjoy a good western, action pack thriller or dark comedy? Ambiguity? Hypocrisy? Release? Passing the time till their cold heals on a sick day?

Where are you today? On this great big ferris wheel or roller coaster of life, where are you?

You want to know some things about Joy? It cometh in the morning. It is the essence of life. It is not dependent on circumstances. In fact, frequently, after people have made it big and have it all, they long for simpler times when Joy was more visible .

Did you hit it big this week? Or is it the lowest point of your life? Big hint, if you hit it big , know it is a blessing.

Worst week ever? This too shall pass.

Somewhere in between? Stay focused and do your best.

Me? A week of new beginnings followed by my first sick day of the season. Fortunately a day when I had only one commitment. A day to be down. Hence, the Kevin Kline and Costner with six shooters.

There were reasons to have negative feelings and reasons to be positive this past week. Tonight, as I spoke with my Aunt on the phone, I told her of a big miracle I wanted.’ I guess I got my quota of miracles already’ I told her. I listed my big ones. I walk on two natural legs. That will never stop being a miracle.

I conceived, and gave birth to my youngest daughter Caity. A miracle because when I was seventeen and then again in my thirties I was given two children. Each time a boy and a girl. The first time, their mother had died the previous year . When they got into trouble as teens I told their father to send them to me. He had an addiction problem and keeping his secret was more important to him than the well being of his kids. The rest of the story was not good for the kids for many years. For me losing them was like ripping my heart out.

Caity lets me love and affirm her as

## Vashon library Programs

### Children & Families

#### Family Story Times

Tuesday, October 15, 22 and 29, 11:30am  
Held at VYFS PlaySpace, 9822 Gorsuch Road Vashon, WA 98070.

Newborn to age 6 with caregiver.

Come for a fun-filled, half-hour of stories, finger plays, movement and music!

Registration not required. You do not need to be a member of Playspace to attend. Please call the Vashon Library with any questions, 206.463.2069.

### Teens

#### Teen Night: Ghost Investigating 101 with Ross Allison, Ghost Hunter

Saturday, October 19, 6pm

For grades 6-12.

We’re opening the library on a Saturday night from 6-9pm just for teens! Hear stories from Ross’ most intriguing and haunted cases, see real evidence and learn how to become a real ghost hunter. After the ghost investigation program, play games, use library computers, eat snacks or just hangout. Raffle prizes, too! All free!

Teens must be picked up by 9pm. Teens are allowed to leave as they wish- this is NOT a “lock-in”. However, there are no in-and-out privileges, so once a teen leaves they are not allowed back in to the event.

Questions? Contact Ursula Schwaiger, uschwaig@kcls.org, 206.463.2069.

Sponsored by Friends of the Vashon Library.

### Adults

#### Opera Preview: Daughter of the Regiment by Gaetano Donizetti (1797-1848)

Sunday, October 6, 2pm

Held at Vashon Maury Senior Center, 10004 SW Bank Road, Vashon, WA 98070.

Presented by Norm Hollingshead

Discover why audiences have grown to love the lovely melodies and zany comedy of this wonderful piece!

Sponsored by Friends of the Vashon Library.

### Great Books Discussion Group

#### Swann’s Way - Pt. 1 by Marcel Proust

Monday, October 7, 6:30pm

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.

### Affordable Health Care Sign-Up

Tuesday, October 8, 4pm

Wednesday, October 16, 11am

Presented by Public Health-Seattle & King County.

One-on-one assistance this fall, for people enrolling in the new Exchange (Washington Health Plan finder).

Registration not required, first come, first serve. Contact Community Health Access Program at 1.800.756.5437 or http://www.wahealthplanfinder.org for details.

### Introduction to Computers

Monday, October 14, 10:15am and repeated at 12:15pm

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

Register online or call 206.463.2069 for assistance.

### STARS Workshop

#### Movement Matters: Newborn to Age 5

Wednesday, October 16, 6pm

Held at VYFS PlaySpace, 9822 Gorsuch Road Vashon, WA 98070.

Anne Green Gilbert’s BrainDance comes to life in this workshop with Terry Goetz, Director of Anne’s school in Seattle, the Creative Dance Center.

The BrainDance is based on fundamental movement patterns infants move through in the first year of life and continue refining through early childhood. Learn about the important connections that movement, touch, and bonding have on the developing brains of infants and young children from newborn to age five. Be prepared to move and have fun. The BrainDance is a fast, playful, and easy way to support essential movement, language and rhythmic development, social-emotional intelligence, and multi-sensory experiences.

For adults only.

For more information, please call the Vashon Library, 206.463.2069.

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

### Vashon Island Parents Read

#### The Whole Brain Child: 12 Revolutionary Strategies to Nurture your Child’s Developing Mind, by Daniel J. Siegel and Tina Payne Bryson

Wednesday, October 23, 9:30am

Held at Minglement Roasterie at 19529 Vashon Hwy SW, Vashon, WA 98070.

Join the Second Annual “Vashon Island Parents Read” community reading program. In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.

Copies are available for checkout at the Vashon Library. King County Library and Vashon Youth and Family Services will host two series of book discussions.

### Free ESL Classes

Thursdays, 6pm

Held in the library.

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

Call 206.463.2069 for more information.

A Place at the Table Events for Adults KCLS invites everyone to find A Place at the Table! We’ll toss around fresh ideas about food, cooking, nutrition and growing and using locally produced food. In addition to offering new food ideas, preparation and planning skills, and handy online classes, videos and resources, the series will help everyone create a nourishing table by accepting non-perishable food donations, to be distributed to local King County food banks.

www.kcls.org/cooks

**Want To Get Rid of That Junk Car or Truck? More Often Than Not We Can Haul It Free!**

*Rick’s*

**Diagnostic & Repair Service Inc.**

**206-463-9277**

**Washington Hulk Hauler’s - License #0463-A**

**www.ricksdiagnostic.com**

**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**

## Miss Chips Needs A Home...

Hi! I’m not sure why my VIPP friends gave me this name. Maybe it’s because I have such a chipper attitude in spite of some tough breaks.

I was living on my own for a long time, and then I picked out a family to move in with. They liked me a lot (you can read all the flattering things they wrote about me if you go to www.vipp.org, click on “adopt,” then “adoptable cats”). I was so happy to have a home!

But it turned out one of the people was very allergic to cats, so they couldn’t keep me. I was sad to have to leave them, but my philosophy is the food bowl is half-full, not half-empty, so I’ve made the best of it here in the shelter. I’m pretty easy-going and have made friends with some of the other cats.

My favorite time is when the volunteers come to take care of us. I’ve trained them to sit down so I can jump on their laps for a brushing. Oh, how I love to be brushed! I turn around and around so they don’t miss any spots. It feels wonderful!

Here are some other things about me. When I was around dogs before coming to the shelter, I did pretty good so I might be able to live with dogs again if they were nice to me. Little kids are kind of scary; maybe I’d be more comfortable with older ones. My age is a secret, and I’m not telling. Doctors have guessed 9 or 10, but you’d never know it from the way I prance around the room and hop up on people’s laps!

I’d like to tell you more, but I just saw someone pick up a brush - gotta go now!!!





# Island Epicure



By Marj Watkins

## Magical Home Remedies

As you read this we’re on the brink of October. You know what that means: colder weather, beginning of the flu season, higher electric and gas bills, less joie de vivre, more stress.

All those factors put a strain on your immune system. You may catch a cold, or wake up some morning with a fiercely sore throat or an earache. Catch the symptoms early and apply the appropriate remedy and you can ward off whatever you’d otherwise come down with.

My grandmother raised eleven children generations before antibiotics were invented and lived hours by horse and wagon from the nearest doctor. She was a well of information on home remedies and nursing from which all of us descendents drew, and very proud that through the flu epidemic of 1918 and epidemics of measles and scarlet fever, she and grandpa “never lost a one of them.” Her remedy for burns of all kinds was strong cold tea, topically applied.

You probably read in my previous columns of my Magic Potion, my home remedy that stops bacterial and viral infections right at their first toe-in-the-door. But perhaps your problem, or that of somebody you know, is a fungal infection. There’s an easy home cure for that, too.

Bear in mind that fungi thrive in dark, damp and sweet environments. Nix sugar from your diet, especially cane sugar.

### Anti-Fungal Soak

- ¼ cup vinegar, any kind
- 1 gallon tepid water

Mix in a basin your foot fits into. Soak for 20 minutes. Repeat morning and evening. If mornings are too hectic, either set your alarm for half an hour earlier, or just do the vinegar water soak in the evening. It may take longer to get rid of the fungus.

A smaller version of the above recipe works as a mouthwash to banish thrush, and as a gargle for sore throats.

Another remedy for sore throats, but not for fungus infections, is the one I call my Magic Potion. Its secret ingredients are cloves and cinnamon.

- Magic Potion Base
- Makes 8 to 10 ounces

- 1 ½ cups water
- 1 ½ Tablespoons whole cloves
- 1 stick cinnamon

Bring to a boil, reduce heat, and simmer until the water turns deep brown. This is the basic anti-viral, anti-bacterial broth. I keep a jar of it on my kitchen counter, and use it preventively when colds and flu are going around. It’s kept me free of them for at least eight years. (Knock wood.)

**Magic Potion Beverage:** 2 tablespoons Magic Potion Base, ¾ cup boiled water, 1 teaspoon raw honey, 1 slice lemon. Let the water cool to a drinkable temperature. Combine Magic Potion ingredients in an 8-ounce mug. Stir to dissolve honey. Give the lemon slice a twist to release juice. Sip with pleasure. It’s delicious. Repeat two or three times daily until the sore throat is totally well.

## Road To Resilience

Continued from Page 1

that GMO’s should be barred from production until they have been proven safe, just like any other product. If your government is not wise enough to take that precaution, then we, as consumers should at least be allowed to make the choice of avoiding products made from them.

So, we do want to get GMO products off the shelves, but we want to do that by educating consumers about the possible hazards of GMO’s, not by banning them. The real problem is that GMO’s are alive and can reproduce themselves and even pass their traits on to other organisms. We are creating new life in a very crude fashion and we really don’t know all the genetic changes we are actually making nor what the impacts of those changes might be in the life system as a whole. Once the genie is out of the bottle, we may not be able to control the consequences. Because of the huge risks involved, we are only saying that we need to take plenty of time to understand what we are doing before we commit to a course that can rapidly get out of control.

As you watch and listen to the ads on I-522, understand that they are created by very sophisticated social engineers to provide you with a very credible message delivered by someone that you are likely to trust. The ads against will be far more numerous than those for because they have three times as much money. The ads against will tell you that the law is badly written, confusing, and your food will cost more as a consequence. Actually the law is guided by existing successful laws in Europe and Vermont, Maine, and Colorado. Don’t take them or me strictly on our word; find out for yourself and make an informed decision.

To understand the possible dangers of GMO’s, there will be a free showing of Genetic Roulette at the Island Theater on Oct 8 and 7pm. There will be tabling and other meetings going on until the election to provide you with as much information as you may need. Don’t take this lightly; your decision could set a precedent for the entire world. Vote YES on I-522!

Comments?  
terry@vashonloop.com

# An evening with Sarah Gillespie

Sarah Gillespie was born in London to an American mother and British father. She grew up in Norfolk, England – interspersed with numerous trips to Minnesota, where she soaked in the sounds of Bessie Smith, Bob Dylan, Cole Porter and early blues and jazz. From the age of 4, Sarah composed songs on piano, and then at 15 began playing guitar. At 18, she moved to the USA, busking in the streets and playing gigs.

On returning to London, she gained a first class degree in Film And Literature and an MA in Politics and Philosophy from Goldsmiths University. Her music is a fusion of jazz, folk and blues knitted together by poetic, streetwise lyricism. The Guardian’s jazz critique John Fordham describes Gillespie as ‘(joining) Bob Dylan’s lyrical bite and languid delivery to the forthrightness of Joni Mitchell, with a little rap-like percussiveness thrown in, she is an original.” Sarah’s band features Enzo Zirilli on drums and Ben Bastin on double bass with special



guests Gilad Atzmon and Mercury nominated pianist Kit Downes joining on recent concerts.

Sarah also writes political papers published on various news websites, paints, performs poetry and hosts songwriting workshops. She lives in London.

Opening for Sarah will be Kiki Means. Kiki’s wide range of covers of singers/songwriters in the style of Schuyler Fisk, Ingrid Michaelson and Gavin Degraw have been the mainstay of her repertoire until she discovered her talent for first, composition and, more recently, songwriting.

Saturday, October 5 8:30pm.  
Nirvana - Vashon’s hot new music venue

## Truffles

Continued from Page 1

around the yard after she had acupuncture. But then she started to refuse any food that had medicine in it. That week, a lovely woman came to the house who has the ability to communicate with animals. At that time, with Truffles tail wagging and getting upright, she felt that Truffles still wanted to be here. On those days, I would load her in the quilt-lined wagon and take her for a ride around the property so she could have a break from the landscape of the living room.

But more recently, those brown eyes were staring at me with quiet contemplation, not exuberance. And today she started the morning off with those into the distance looks, as if she were communicating with the unseen.

I remember that this phenomenon occurred with my mom before she passed this winter. I was sitting next to her in the hospital where she was all of 75 lbs, lost of sight and hearing for the last couple of years. She was sharp as a tack, however, and did not possess a religious bone in her frail body. So when she would sit bolt upright in her last days and reach out to someone or something and smile deeply, I was perplexed. “What is it, mom?”

“Oh they are just angels, can’t you see them? Look, there is one here and one over there.” She would point, “And one right next to you.” “Oh, you must see them, there are so many of them.” I held her tiny hand and wept while she fell back to sleep, beautiful and exhausted.

I can only imagine that it is similar for Truffles right now as I am curled up next to her, holding her paw.

As I did for my mom, I am whispering in her ear and reminding her of the wonderful time she is going to have when she crosses over, when she is reunited with my mom that she so loved, and all of her friends that have gone before. Then she will be free of this painful body that holds her here, and her spirit can roam in the infinite forever.

The lovely animal communicator lady came again to talk with us for the second time.

After caressing her head and soft brown ears while asking her questions that Truffles actually nodded to, she sadly told me that Truffles so wanted to be here, but her body could no longer sustain that desire.

Truffles the Wonderdog left us shortly after I wrote this. I am reminded daily of the certainty that by risking it all if we love deeply, we are left with the knowledge that at any moment, life can change and leave us standing on pretty shaky ground.

But I endeavor to remember that it is not a loss, simply a change, in that love transforms us and everyone around us when we let it into our hearts.

Though mine will be broken for a little while, I remain so grateful for the time that I had with her, and to VIPP for shepherding her my way and touching all the lives she helped heal with her loving presence.

She is smiling on us now, hoping we remember to embrace, adopt, foster and love

all that life brings us, particularly if it comes in a chaotic, drooling and seemingly unmanageable package.

## Foster a Dog

Continued from Page 1

new doors. When it comes to bringing pets into our lives, we spend a good amount of time waiting for the perfect alignment of variables. VIPP is an organization that offers resources and networks that pet owners wouldn’t otherwise have. These animals every day

have so much to give if they had the opportunity. When Kita passes, she’s not going to be just a dog that found a good home. Kita is the dog that taught our family things we thought we already knew, and I’m forever indebted. Kita will know where her love is.

# PERRY’S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

## 17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday  
12pm to 5pm Sunday

Best Burger in Town!

For a Burger Emergency

# 463-4-911

Gluten Free Buns!

## 1/4 Pound Cheese Burger

Bacon, American Cheese and Fries

### \$4.99 only for take out

Family Style Mexican Dinning

Food to Go

Open Seven Days a Week

11am to 10pm

### 463-6452

17623 100th Ave ~ Vashon



# Shay-Ka-Stick

On many Saturdays the Red Bicycle Bistro on Vashon Island is so crammed with musicians and vocalists that all you need do is shake a stick and you can come up with a killer band; thus was born Shay-ka-stik. (In actuality there were only 4 of the 5 of us in the bar that night!)

With Ainslie MacLeod pounding out the low-end on bass, Dianne Krouse blowing horns and serenading, Fletcher Andrews spanking the kit, Jon Whalen screaming and strumming and Luke McQuillin bending the six-string, this band of seasoned performers and island-favorites will lift the house for a night of rock, blues, soul and maybe some funk covers for good measure! We all come from different musical



backgrounds, some of us have played together before but this will be the first outing for this conglomeration of talents. We challenge you to stay in your seats and not giggle a little when we take the stage.

This is a free cover all-ages show ‘til 11pm, then 21+ after that. Friday, September 27 at 8:30pm. At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

# Rumor Has It

Feel the beat. Hear those licks. Let the harmony carry you away. This Vashon band will lift your spirits while you kick up your heels and dance.

This group of fabulous Island musicians came together a few years ago and they’ve cooked up a delicious stew they like to call “stringband rock.” See if you can stay off your feet. It’s bluegrass rock jams, it’s Motown, it’s Celtic rock, it’s blues rock, it’s country rock, it’s rock and roll, it’s reggae rock, it’s a little bit of everything rock and a little bit of heaven, right here on Vashon. And did I say there’ll be singing?!

With Roger Taylor on guitar/ vocals, Steve Amsden on guitar/ banjo/ vocals, Paul Colwell on mandolin/ vocals, Sarah Perlman



on fiddle/vocals, Kevin Almeida on bass/vocals, Larry Lawson on harmonica/flutes/ and Dan Bruce on drums, Rumor Has It plays a variety of dancing music styles through their own unique sound.

This is a free cover all-ages show ‘til 11pm, then 21+ after that. Friday, October 4 at 8:30pm. At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

# Art in the Alley

The anticipation of Catalina Quinn’s Northern Mexican influenced body of work was well worth the wait. People were greeted by the dynamic paintings along with toe tapping live music and freshly made margaritas! A combination that resulted in an exuberant and fun gathering for all who attended, with two lucky guests returning home with their very own artwork won in our first ever 3\$ raffle.

We are going to have an encore show this coming Art Walk (October 4th). Between 6 - 9 pm at “Art in the Alley” located behind Spider’s Ski & Sports. Catalina’s work is truly an experience you will not forget, and our exciting studio spaces have many more surprises in store. Come and find out what “Art in the Alley” is all about.

# Tlingit Art at Renaissance Faire

By Orca Annie Stateler

From 10 AM - 2 PM on Saturday, September 28, talented Island artisans will sell their work as well as demonstrate a rich variety of art forms at the Community Renaissance Faire, across the street from the Blue Heron.

Watch Tlingit artist and heritage specialist Odin Lonning as he demonstrates traditional Northwest Coast Native woodcarving and design. His eye-popping educational display includes ceremonial regalia and carving tools. By the time of the Renaissance period, the art and culture of the Tlingit and other Indigenous peoples in the Americas was highly refined. Formline – the elegant iconography of Northern Coastal First Nations – had existed for at least 1,000 years. Find out what Tlingit life was like in



“Sea Spirit” box design, © Odin Lonning, Tlingit.

Southeast Alaska while Europe experienced the Renaissance.

Renaissance Faire is a free, family-friendly event, but bring a few quid with you to support Island artists. Fine art to suit every budget will be available. Sales benefit Vashon Allied Arts and individual artists. For off-Island visitors, Blue Heron/Vashon Allied Arts is located at 19704 Vashon Hwy SW.

# Une Soiree Musique D’Amour...

A French bistro, on a cool night... the candles flicker, the music swirls, and romance is in the air...

Open Space invites Vashon to SLIP into a romantic MOOD with Une Soiree Musique D’Amour, an evening of love songs. Cabaret seating by candlelight and an intimate setting will whisk the audience away. The stage will be graced with special guest Chanteuse Robin Pluer, joined by stellar Vashon musicians Jack Barbash on piano, Steve Meyer on bass, Fletcher Andrews on drums, and Van Crozier on saxophone.

Vintage French ballads, Edith Piaf classics and jazz tunes create the sultry sounds of a French cabaret for the perfect date night. From Edith Piaf’s La Vie En Rose to a hot, French version of Summertime and innovative renditions of jazz standards, this group’s music is as good as a plane ticket to “Pareee...”

A perennial WAMI award winner {Wisconsin Music Awards} Robin Pluer is a sultry, soulful singer, who has toured extensively and recorded for the Shanachie record label with Paul Cebal and the Milwaukeeans. Robin has performed on Prairie



Home Companion, at Chicago Symphony Hall, and in France, Indonesia, England, Poland, and New York City. In NYC, Robin learned her French repertoire through the many Russian and French accordionists that would frequent the L’Alliance Francaise. Now making her home in Milwaukee, she continues to sing French chanson like no one else. She has performed at the Bastille Days fest for 20 years , and gives a tip of her lovely hats to Edith Piaf, Josephine Baker, Charles Trenet, Patachou, and a touch of Je ne sais quoi.

Island Fusion (also known as IF) formed in the late 1990’s after Vashon musicians Steve Meyer (upright bass), Jack Barbash (piano) and Fletcher Andrews (drums/percussion) came together to explore and celebrate the music of Pat Metheny and other notable

progressive jazz instrumentalists. In their arrangements of these epic orchestral jazz compositions (as well as a few of their own originals), the band discovered a unique sound and an ability to convey the passion of these rarified melodies within the spare format of an acoustic trio. It’s all about honoring the music. Island Fusion has performed at various island events such as Vashon Allied Art openings, festivals, and numerous private engagements

WHERE: Open Space for Arts & Community; 18870 103rd Ave SW, Vashon

WHEN: Saturday, October 5; 8pm, Doors open at 7:30pm

TICKETS: \$10 Advance, \$12 Day of Show; available at www.brownpapertickets.com, Vashon Bookshop www.openspacevashon.com or 206.408.7241

# Mainstone and MacLeod Dual CD Release Concert

On Sunday October 6, 2013, join islanders in celebrating the release of two new recordings by musicians Julie Mainstone and Kate MacLeod. They are co-billing to “double the fun” for an evening of community and music. The event will be held at The Commons House at Vashon Island Cohousing, 10421 Bank Rd, Vashon, WA. The social hour begins at 5pm, the music begins at 6pm. Food will be provided, BYOB. The commons building requires that you leave your shoes at the door, so one might consider wearing socks or bringing slippers or indoor-only shoes. The suggested donation is \$15 and reservations are requested; contact Julie Mainstone at savastone@aol.com or by cell at 206-498-7642.

Julie Mainstone is a school teacher by day and a music connoisseur by night. She has completed her second recording, On the Blessed Road, which was recorded on Vashon Island by sound engineer Jeff Woollen at Village Sound Studios. Julie shows great respect to traditional music, both through her research and her interpretation of the songs she chooses to sing. She sings from the heart, and the tasteful instrumental arrangements for the songs on this recording are like a meal designed to satisfy the appetites of royalty. Julie will be joined in this concert by the very musicians that are on this new recording which means

the evening will be showcasing the great talent of the islanders. See: www.JulieMainstone.com.

Kate MacLeod is celebrating a recording featuring a collection of songs, all inspired by books, that span 30 years of songwriting. It was recorded, of course, in a bookstore, at Ken Sanders Rare Books in Salt Lake City, UT. Ken Sanders is a cultural icon of the American West. Due to Kate’s long residence in Salt Lake City, she chose his bookstore to sum up 30 years of being affiliated with the region and such characters as Ken. She’ll be accompanied in concert by musical guests, including her music partner Kat Eggleston, who also produced Julie’s new CD. Kate’s original songs have been recorded by other artists from California to

the Czech Republic in folk, eltic, bluegrass and roots music genres. In addition to her songwriting, she’s a notable fiddle player and performs as fiddler with numerous musicians across the country. See: www.KateMacLeod.com.



Winter Warm Up Sale!  
Get your gear early and save!

Skis, boots, bindings, poles,  
hoodies, baselayer, outerwear  
and more on sale now!

Full Service Repair Shop

Business Hours

Wednesday - Saturday: 11 am- 7 pm

Sunday 12 noon - 5pm

Monday - Tuesday: Closed/By Appt.

Phone: 206-408-7474

WWW.SPIDERSPORTSVASHON.COM

In the Heart of Uptown Vashon!





# Sunday Social Hour with The REV! VAA Renaissance Faire: A Day in Camelot for Kids of all Ages

The change of seasons brings a need for warmth, for community, for a little bit of ‘oomph’ to take us into the shortening days. And so, Open Space for Arts & Community is pleased as punch to announce a brand-spankin’ new program:

Sunday Social Hour with The REV!  
And LOTS of inspirational guests! There will be music from Sarah Christine, Jason Staczek, Kevin Joyce, Azula and Dianne Krouse, and spoken word from Michael Meade, Jeff Hoyt and Merna Hecht. All brought together for an inspirational afternoon by The REV, beloved by Vashon’s Church of Great Rain fans.

Sunday Social Hour kicks off on Sunday (well, of course), October 6, at 4pm – and doors open at 3pm for socializin’.

Sunday Social Hour is at Open Space for Arts & Community – 18870 103rd Ave SW. Tickets are \$10 in Advance, and available at brownpapertickets.com and Vashon Bookshop. Tickets will be \$12 at the door.

Sunday Social Hour is the first of a new series at Open Space, Sundays at 4 – supported in part by a grant from 4Culture. Future Sundays at 4 events include Sunday Swing with The Portage Fill Big Band, a new magic and poetry show from Tom Pruiksma, and more!

Here’s just a taste of who you’ll see, and hear, on stage for this first installment – but honestly, words cannot do these folks justice. You all should just come and listen for yourselves!

David Godsey – aka The REV - is a graduate of the Professional Training Program at the Circle in the Square in New York and the Laboratory of Movement Studies at Ecole LeCoq in Paris. A co-founder of UMO (in 1987), David was lead artist for UMO’s Final Broadcast (2007), and directed the creation of UMO’s Millennium Circus (1999) as well as Birth, Love, Death and Re-Birth (1996), a collaboration with the Seattle Men’s Chorus. David and his partner Janet McAlpin are the founders of Open Space. Vashon Islanders are got the know The Rev and his spontaneous sermons in Voice of Vashon’s Church of Great Rain. It is rumored that David is fueled solely by fair trade organic dark chocolate.

Azula began her vocal training singing in her grandmother’s garden, growing up in a house filled with music, from classical to Barbershop quartets to Sunday choir. While studying classical vocal training as a mezzo-soprano coloratura at Hope College in Holland, Michigan, she started her journey into Jazz and Blues, and the Global Music Scene. She currently sings in French, Spanish, Portuguese, and Arabic among others, performing most recently on Vashon with Avaaza (World Music) and One Night Stand (Blues), and her duo Stella with Seattle guitarist Leif Totus.

Whether she is gracing the stage solo with guitar in hand, or backed by a full band, Sarah Christine’s soulful siren is capturing attention. This Northwest native weaves a positive musical tapestry, blending her rich honey voice, conscious lyrics and uplifting melodies with the flavors of Soul, Reggae and R&B.

Merna Hecht is a storyteller and poet extraordinaire, working with students and adults alike through Jack Straw Productions, Fishtrap, and the National Storytelling Network.

Mr. Jeff Hoyt has a head for radio. And all of the hats to go on it. He’s written, produced, and/or performed in thousands of commercials for clients from C to shining Z (with a healthy dose of A’s and B’s thrown in for good measure.) Plying his craft from a home-based recording studio on beautiful Vashon Island near Seattle, Jeff fills his days with a variety of radio pursuits that feed both his family and his soul, a job he defines as “radio for fun and profit.”

Over the past 20 years, Kevin Joyce has established himself as one of the most versatile and prolific creative artists



in the Pacific Northwest. Kevin is an accomplished performer, Emcee, musician, and auctioneer. With his wife Martha Enson, he co-founded EnJoy Productions in 2003, and has produced large-scale performance events throughout the Northwest.

Dianne Krouse’s love for music has her playing lead alto saxophone in many big bands, combos and professional performance groups across the Pacific Northwest including the Seattle Women’s Jazz Orchestra. She also plays clarinet, flute, guitar, piano and loves to sing. One of her favorite creative pastimes is writing, recording and arranging music. She also loves to play with all of the amazing and talented musicians on the island.

Michael Meade, D.H.L., is a renowned storyteller, author, and scholar of mythology, anthropology, and psychology. Michael combines hypnotic storytelling, street-savvy perceptiveness, and spellbinding interpretations of ancient myths with a deep knowledge of cross-cultural rituals. He is the author of Fate and Destiny: The Two Agreements of The Soul, The World Behind the World, The Water of Life: Initiation and the Tempering of the Soul; editor, with James Hillman and Robert Bly, of Rag and Bone Shop of the Heart; and editor of Crossroads: A Quest for Contemporary Rites of Passage.

Jason Staczek is a Seattle-based composer, producer and Hammond organ player. His scores for the films of director Guy Maddin have been called “swirling and adventurous” and their latest work together, “Keyhole”, is currently in theaters worldwide. Jason also collaborates with musical inventor Ela Lamblin writing for experimental instruments like the Shrimp Platter and the Koola, a Styrofoam harp. He was a 2012 Sundance Composer Fellow, plays piano and organ with ATO artist Lindsay Fuller and has conducted orchestras on three continents.



## October is Dental Month

Get a 10% Discount on dental procedures and supplies, including TD & DH Diets, C.E.T. HEXtra Chews, toothbrushes, toothpaste, etc.

**Call for an appointment**  
**206-463-3607**  
**Fair Isle Animal Clinic**

Pint-sized Knights and Maidens (and their parents, too!) are invited to Vashon’s first Community Renaissance Faire, in association with the Vashon Allied Arts Auction on September 28. This free event will feature artisans demonstrating their crafts, kid-friendly arts activities, crafts booths, music and – most importantly – fun for all ages! The Community Renaissance Faire will be held across the street from the big VAA tent (19704 Vashon Highway SW) on Saturday, October 4, from 10 am to 2 pm. Don’t miss it!



Photo by Verna Everitt

## Reilly & Maloney: They’re Back!

On Saturday, October 5, at 7:30 pm, Island favorites Reilly & Maloney will return to the Vashon Allied Arts stage for an evening of original songs, delightful harmonies and magical guitar and voice duets. Ginny Reilly and David Maloney have been playing together since the mid-1970s, and their unforgettable voices, personal connection and ability to engage their audience have endeared them to fans up and down the West Coast. VAA is thrilled to welcome this duo back to Vashon. Tickets are \$14 (members) and \$18 (non-members) and



are available at VAA, Heron’s Nest, VashonAlliedArts.org or by phone at 206.463.5131

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

### WET WHISKERS GROOMING SALON

**PROFESSIONALLY TRAINED  
CERTIFIED GROOMER**

**We Offer:**  
**Wash and Go**  
**Bath and Brush out**  
**Thin and Trim**

**CALL TODAY FOR AN APPOINTMENT**  
**(206) 463-2200**

**17321 VASHON HIGHWAY SW**  
**CONVENIENTLY LOCATED INSIDE PANDORA’S BOX**

### Cerise Noah



Professional, Knowledgeable  
Fun & Friendly  
to work with.

**360-393-5826**  
**cerisenoah@windermere.com**



Windermere Real Estate/Whatcom, Inc.

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom



Custom framing~ Do-it-Yourself~ Photo Albums~ Gifts~ Cards

## Frame of Mind

**Tues-Sat, 10-5**  
**463-3933**  
9926 Bank Road (next to Cafe Luna)



ISLAND

HOME CENTER & LUMBER

Earl Van Buskirk, Inc.

NINTH ANNUAL

LADIES NIGHT

NOV 4<sup>TH</sup> • 6 - 9PM

BIGGEST DISCOUNTS OF THE YEAR

GREAT PRIZES, FOOD & FUN

Island Home Center & Lumber

206-463-5000

www.islandlumber.com





Sunday - Thursday

Bistro & Sushi service

11:30am to 9pm

Lounge is Open

11:30am to midnight

Friday & Saturday

Bistro & Sushi service

11:30am to 10pm

Lounge is Open

11:30am to 2am

17618 Vashon Hwy SW

206.463.5959

www.redbicyclebistro.com

Live Entertainment

September 27, 8:30pm

Shay-Ka-Stick

October 4, 8:30pm

Rumor Has It

October 12, 8:30pm

Black River Blues Band

October 18, 8:30pm

The Nilbillies, Hominy and Walter & Donny



Island Security Self Storage

Full line of moving supplies

Next to the Post Office

10015 SW 178th St.

(206) 463-0555

· Radiant Heated Floor · On-Site Office · Rental Truck

· Climate Control Units · Classic Car Showroom

· Video Monitoring · RV & Boat Storage

IslandCure

Medical Marijuana Delivery Service

Your #1 Source for Medical Marijuana

Requirements

• Medical Marijuana patient (RCW 69.51.A) with valid authorization

• Valid Washington State ID

• Minimum \$40 purchase (+ delivery)

To Order & Schedule Delivery

Call Us! 206- 261-9261

or E-mail info@IslandCure.net

or visit IslandCure.net

Next Edition

of *The Loop*

Comes out

Thursday,

October 10

Deadline for the next

edition of *The Loop* is

Friday, Oct. 4

Loopy Laffs

LOGJAM



BY Jeff Hawley

HEY, BUSTER! TRY OUT MY COOL NEW APP!



Starts Sept. 27



Children's Film Fest

October 4, 5 & 6

See the world Animated! Shorts from children's film festival Seattle 2013. Feel like taking a trip around the world? Then hop aboard a celluloid magic carpet to take a trip all the way from the Arctic to Mozambique, with stops along the way to see the sights in Istanbul, Germany, France, Argentina, Germany, and even the Taj Mahal!

Vashon Theatre

17723 Vashon Hwy

206-463-3232

Call for Times

For show times and info check

www.vashontheatre.com



Olympic Instruments, Inc.

• Custom Manufacturing, Machining, Welding, Fabrication, Repairs

• Short & long run production

• Prototyping

• Length Meters for Wire & Cordage

• Cunningham Air Whistles

Your Vashon Neighbor Since 1946

Monday - Thursday, 7:00 AM - 5:30 PM

16901 Westside Highway SW

Vashon, WA 98070

Phone (206) 463-3604


www.olympicinstruments.com

www.cunninghamairwhistles.com


Having been 'dissed' by the VASHON FEDERAL COURT, the Maury Island Space Aliens and their GMO Food allies cross the PORTAGE 'Forbidden Zone' to RAID the 'BIG ISLAND'.

V.I.P.S.


OK BOYS, remember your training at the secret Maury Island camp...




We're here to strike fear and a VICTORY for GENETIC ENGINEERING !!



"INCOMING!!"



JUST DOUBLE-CLICK YOUR FAVORITE KIND OF PINE-CONE!



I LOVE THIS APP!

