



VASHON

# THE LOOP

Vol. 11, #19

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September 11, 2014

## Harbor School's Arts Initiative Teams with Metal Artist To Visually Enhance Campus and Fields



James Cardo, Head of School, and island artist Atom Kahn pose with two metal silhouettes.  
Photo by Allison Reid

By Allison Reid

In 2013, Harbor School launched a comprehensive Arts Initiative to expand the scope of the school's art curriculum, but also to strategically improve our campus design through artistic endeavors which would enhance our day-to-day environment and beautify the community in which we live.

The school has teamed with island metal artist Atom Kahn, to create metal silhouettes of children in active playful poses to adorn the chain link fence between the VES Ball Field Park and Harbor School's campus. After

conceptualizing the designs, Head of School James Cardo approached Vashon Park District Executive Director Elaine Ott with a proposal in August. Last week, the VPD commissioners approved the endeavor.

*"When Harbor School presented me with their design, I was absolutely thrilled with this creative way to both beautify the VES Ball Field Park and showcase such a fun art project. We are so grateful for the Harbor School's contribution and generosity!"*

— Elaine Ott, VPD Executive Director

*Continued on Page 11*

## 2014 an Art Odyssey



By Justin Huguet

This year, VAA's Art Auction is held in a new location at the spectacular Outer Space of Open Space for Arts & Community, only a few stars down Vashon's interplanetary superhighway.

The auction's all-star team features emcee Jeff Hoyt at ground control, spaceman Kevin Joyce conducting the auction launch, Steffon Moody and his crew orbiting the room with otherworldly entertainment and an entire weekend of exceptional art-gazing. 150 stellar pieces created and donated by local artists, great business-donated items and incredible experiences will be auctioned off over the course of both nights in support of Vashon Allied Arts programs.

Friday, September 19

**The Big Bang**

Start off the weekend with our Friday night explosion, The Big Bang. Moonwalk your way over to enjoy

some delicious U.F.P.s (Unidentified Flying Pies) by 314 Pie and other tasty earthling food by The Hardware Store Restaurant. Space spirits, including Rocket Vodka specialty cocktails, are provided by Seattle Distilling Company. Exquisite commissioned pieces for the evening include wood sculpture by Tom Northington, jewelry by Gordon R. Barnett and basketry by Barbara Dusty Gustafson.

Saturday, September 20

**A Starry Starry Night**

Float through the atmosphere on Saturday with A Starry Starry Night. Out-of-this-world cuisine provided by Herban Feast catering, along with astronomically delicious wine pairings by Northwest favorites and premiere Italian vintners, and more specialty cocktails by Seattle Distilling Company. Saturday's commissioned pieces include photography, encaustic and steel by

*Continued on Page 10*

## People's Climate March, Sept. 21

By Terry Sullivan

Since we live in a part of the world that has been minimally impacted by chaotic weather, we may tend to downplay the urgency of addressing climate change. On my weather page, I have seen severe weather march across the Midwest and East virtually non stop all summer. Now the arid Southwest is greening at best and being inundated by heavy rain and flash floods at worst. Climate change is here; I know that there is no scientific criteria that can tell us exactly when it starts, but we can draw our own conclusions from the unprecedented weather we have already seen in recent years.

Here is what we do know:

- The extent of change due to current levels of CO2 has not played out yet.
- Continued build up of CO2 now promises conditions that will sorely test

our ability to maintain any semblance of the civilization, much less an economy, that we have now.

- Continued buildup will cause carbon saturation of the oceans and will at some point trigger the release of methane from the polar waters and permafrost which will drastically increase the level of warming far beyond the affects of human produced CO2.

- Rather than slowing our carbon output, 2013 saw the greatest increase in CO2 ever recorded.

- Our leaders are not only not addressing CO2 buildup, they are, in balance, encouraging and accelerating it. Here is what we don't know:

- What the full extent of change in climate will be.
- How well human and other life will be able to adapt to these changes.

*Continued on Page 9*

## For Kids Only A Morning at the Museum

If you like playing games, doing art projects, working with your hands, or eating snacks, then the Heritage Museum has something for you! "Kids Discover Local Native Culture."

On Saturday Sept. 20th from 9AM to noon, all kids in grades 1 through 5 are invited to attend a morning of hands-on activities focused on our Island's native people.

The day will begin with a story by special guest Lauretta Hyde, local storyteller and social studies teacher at Harbor School. She will tell about a girl on her spirit quest, the challenges she faces and the lessons she learns.

Other experiences include making a cord using cattails, creating a native canoe with Coast Salish designs, inspect native artifacts, playing native games and sampling the foods.

The event is free. To sign up, call the Museum at 463-7808, by Friday

*Continued on Page 7*







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Call for Times

For show times and info check  
www.vashontheatre.com

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



# 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.

### Registration for Chorale Singers

New and returning singers are invited to register for the Vashon Island Chorale’s next session which begins on Tuesday, Sept. 9 and culminates in concerts on Dec. 6 & 7. Registration will take place at the library on Thursday, Aug. 28 from 6 to 7:30 and on Saturday, Aug. 30 from 10:30 to noon. Dues are \$55 and music costs approximately \$25. For additional registration information, email Karen Baer: [vashonbaer@gmail.com](mailto:vashonbaer@gmail.com).

### 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.

### Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church  
Fridays 7 pm”

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

### Limited deer hunt set for Oct. 11-31 at King County’s Island Center Forest

King County Parks will open Island Center Forest to deer hunting for a limited season, Oct. 11-31, when no other access will be permitted on 200 acres of forestland. The hunting season coincides with the Washington Department of Fish and Wildlife’s designated hunting season in which all firearms can be used, except rifles. The action reduces the state’s established four-month-long hunting season to a 20-day season in Island Center Forest, which is popular for hiking, walking and other recreational uses. While hunting will be allowed on the former state lands that now make up Island Center Forest, the 40-acre Gateway and 81-acre Natural Area properties will be closed to hunting, but open to all other allowable uses. Hunters are required to purchase a modern firearm hunting license. Bows and arrows, crossbows, muzzleloaders, revolver-type handguns or shotguns are allowed.

King County began a limited hunt at Island Center Forest in 2011, when more than 60 hunters registered and eight deer were harvested. Hunting success was lower in 2013, when an estimated 58 hunters harvested two deer. Vashon Island’s largest public open space, Island Center Forest and Natural Area has nine miles of trails that are shared by hikers, mountain bikers, runners and equestrians. Island Center Forest was formerly owned by Washington state, and is the only public land on Vashon Island where deer hunting has historically been allowed. King County Parks manages the land in collaboration with community partners who make up the Friends of Island Center Forest, a diverse group that includes the Vashon Forest Stewards, Vashon-Maury Island Horse Association, Vashon Sportsmen’s Club, Vashon-Maury Island Land Trust, Vashon-Maury Island Audubon, outdoor enthusiasts and other community members.

### Vashon Drum Circle

Join Buffalo Heart, the big community drum, and members of the Vashon Drum Circle, Friday, September 12th, 7-8:30 PM, at Vashon Intuitive Arts. This free monthly gathering is open to all ages and abilities. Sponsored by Woman’s Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

### Harbor School Open House

Harbor School will hold a Fall Open House on Wednesday, October 15 at 7 PM for prospective students and their families. Head of School James Cardo will present an overview of the curriculum as well as highlights on the school’s Travel Study, Service Learning and Arts Integrated programs. Faculty members will be on hand to answer questions and meet prospective candidates and their families. Current Harbor School students and parents will be available to give classroom tours, answer questions and share their experiences. Refreshments will be provided. Enrollment applications are now available for 2015-16 admission into the Lower School (4th and 5th grade), with limited space in the Middle School grades. Applications will be available at the event or you may download one from the school’s website ([www.harborschool.org](http://www.harborschool.org)). Harbor School’s admission deadline is February 28, 2015. Enrollment decisions are made in March, 2015. Harbor School invites families interested in attending the Fall Open House to RSVP by phone at (206) 567-5955 or by email at [office@harborschool.org](mailto:office@harborschool.org). The school campus is located at 15920 Vashon Hwy SW.

### Embodied Life™ Group

A new Embodied Life™ Group facilitated by Karen Nelson is forming on Monday eves, Sept 15-Oct 27, 6:30-8:45pm at Hanna Barn. (Okay to start on Sept 22). The work includes Feldenkrais Awareness Through Movement, meditation and Focusing: embodied listening, and is based on the teaching of Russell Delman. A commitment to the series is required after trying your first one. Please contact Karen to register or ask questions [heartgreen@yahoo.com](mailto:heartgreen@yahoo.com) or 503-740-0523. Fee is flexible: pay or exchange. Embodied Life practices slow us down to feel and discover our ability to sense presence in our body, environment, and the larger space that holds our living. We learn tools to engage with our moment-to-moment experiences through gentle and caring ways in a group setting. The movement work is simple, deep and carries direct benefits in every day life. Focusing brings us to a “felt sense” and includes listening and speaking from that place.

### Vashon Social Dance Group Monthly Dance & Lesson

Saturday September 20, 2014  
7:00 - 8:00 pm Country Two-step lesson  
Lesson with Candy and someone willing to assist...  
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No partner needed. Come and bring anyone interested in dancing!  
Suggested donation: \$10 for either or, both lesson and dance  
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Candy  
VSDG Event Coordinator

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# Stellar Commissioned Artists

By Nancy Morgan

At winter’s end, six Island artists started on an extraordinary path: creating a signature piece for Art Auction. Tasked with this challenge, the commissioned artists contemplated and imagined, experimented and discovered. Following a new spark or variation on a theme, art began to take shape. In the field or studio, at easel or bench, hours flew and unique contributions emerged. Now at autumn’s eve, we celebrate their bountiful harvest—the talent and generosity of these outstanding artists.

FRIDAY

Gordon R. Barnett. “Lily Blanc” is a stunning pendant in ivory, diamonds and gold. This romantic, contemporary necklace marks a skill reclaimed and a carving’s awakening.



For years, Barnett created elegant, one-of-a-kind jewelry. Moving to the Northwest, he experimented with various metals, curious about the range of sounds that emanated. Eventually his production line of tiny cast bronze and silver bells, favorites of Islanders, brought acclaim and commercial success.

For this commission, Barnett reached back—to his prior expertise, fine carving. Then way back... millennia. Ivory in “Lily Blanc” is from a mastodon tusk! Living in Arizona thirty years ago, Barnett acquired the ivory [note: legal material]. He carved the lily, its calyx especially intricate, yet it did not evolve into a piece.

This year, Barnett carefully centered a 14k gold stamen through the delicate flower. Now suspended on a gold loop with light sparkling from three exceptional diamonds, “Lily Blanc” is a floral masterpiece.

Barbara Dusty Gustafson. Mathematics plus Americana—scientist-teacher-artist Gustafson imaginatively wove those themes in “Companions: Fibonacci Five.”



Basketry is a practical craft that conveys function and lifestyle. Through teaching and tactile demonstrations, Gustafson effectively communicates the history of varied peoples and regions. However, for her commissioned work, Gustafson chose to reflect her personal story. Traditional New England baskets combine Nantucket Lightship weaving techniques with patterning inspired by the Fibonacci number sequence. Strong Midwest black ash stakes join simple Southeast pine and ash bases and handles.

Gustafson enjoys educating about the environment—fostering excitement and wonder, instilling a love for its creatures and plants, demonstrating

how math abounds in nature. A frequent participant in VAA’s Artists in Schools program, she also authored Vashon ABC—An Exploration of Shore Life.

The intriguing Fibonacci numbering stems directly from nature’s ratios and symmetry. Gustafson incorporated that sequencing in playful ways: through incremental sizes and mathematical variations of over-under, warp and weft, resulting in the appealing chevron designs of “Companions: Fibonacci Five.”

Tom Northington. In traveling exhibitions and U.S. embassies, from Peru to Palm Desert, Northington’s art is seen worldwide. Olympic Peninsula beach stones, ballast of the right size and heft, accompany a wooden vessel in his commissioned work, “Northwest Passage.” Steady in their journey, the pairing invites curiosity and contemplation—both are worn by time, inexorably moving on though the craft



stands solidly on its dyed maple base.

Vashon yew, a slow growing native evergreen, was utilized in this carving—its grain conveys the weathering of an old boat, twigs symbolize grief. While shaping nature’s materials, he comments, “My intent is to suggest that the act of owning nature is a folly, similar to overloading a lifeboat.” “Northwest Passage” is part of the artist’s Tendering Balance series, inspired by the multiple meanings of ‘tender’—a small boat assisting a larger, money proffered, sensitivity and consideration. Into this watercraft, Northington positioned smooth rocks, concretions he terms “fascinating geologic curiosities.”

SATURDAY

Francesca Fuller exclaims beauty through photography, along with graphite, oils, encaustic and steel. In “Ranunculi XXXIX, fig #38,” delicacy of plants and certainty of botanical illustration are background to an exuberant bouquet. Fuller skillfully captures images then highlights and modifies—framing subjects in new



portrayals.

Disparities and contrasts are frequently juxtaposed in her work: large and small, soft yet impervious. Rusted metal bands the edges or divides the whole; screws anchor the elements and age alongside petals. She often adds a freehand sketched line, “as humans leave a mark on nature.”

Photographing the complexity of flowers is a renewed passion. An insistent ‘What if?’ pushes Fuller to move forward and take challenges. Self-taught in encaustic, she mixes her own beeswax medium, which adds luster and texture akin to classic portraits.

Ranunculi from Fuller’s garden

Continued on Page 9

# The Vashon-Maury Island Chamber of Commerce announces photo contest for 2015 Heart of the Sound Map cover

The Vashon-Maury Island Chamber of Commerce is looking to put your photograph on the cover of the 2015 Heart of the Sound Map! Show the world the visual delight that is Vashon! Submit an image of Vashon that you want to share with visitors, friends and the Island community. It could be anything, from sweeping vistas of the sound, tranquil country roads, majestic mountain views or island pleasures like homegrown vegetables, food, animals or a twisted piece of driftwood. Whatever Vashon means to you is a welcome submission.

The photos will be judged by a small panel of local professionals (a graphic designer, a photographer and a Chamber Board Member). The chosen photo (and photo credit) will be used on the cover of the 2015 Heart of the Sound map which is distributed to approximately 40,000 visitors each year. Two or three runners up may also be selected to have smaller photos inside the map and any photo submitted maybe featured on Chamber material (brochures, social media, website, etc.). Photo release must be signed with each entry. Release forms can be picked up at the Chamber of Commerce or on our website.

Here are the rules:

- The photo must be an original work of the submitter
- The photograph must be a vertical format (to fit the brochure layout) and must be a MINIMUM of 4.75” x 9.5” with a 300 dpi.



- Photos must not have a watermark.
  - The photos must be submitted on a disc or thumb drive.
  - Disc, thumb drive and photo files must be labeled with the photographer’s name and phone number.
  - No tricky photo filters can be used
- Any photos not in compliance with above rules will be disqualified.
- We can’t wait to see what your Vashon looks like!

Deadline for submission is December 1, 2014. Photos must be submitted (along with release form) to the Vashon Chamber of Commerce, 17141 Vashon Hwy SW, PO Box 1035, Vashon, WA 98070. For further information contact us at (206) 463-6217 or discover@vashonchamber.com.

At completion of contest, thumb drives & disks that have been submitted can be picked up from the Chamber of Commerce office during office hours (M-Fr, 10am to 3pm).

VASHON ALLIED ARTS

# 2014: an art odyssey

Vashon Allied Arts 2014 Auction

Friday, September 19

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Saturday, September 20

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# Island Life Tears of a Clown

By Peter Ray

Now there’s some sad things known to man. But ain’t too much sadder than. The tears of a clown, when there’s no one around Smokey Robinson

I have just reread my last column before writing this, since it seems that it struck a chord out there. Judging from the written response, which is not expected and almost never comes, I guess I have something to live up to now- here goes. I have one day left here in New Hampshire for this go ‘round, with apparently more to come at a soon but later date. As it is, I must wing my way across the fracking fields of this once great nation in order to pound out 80 miles worth of effort on my bike as a part of the Passport to Pain ride this Saturday, and then hop in a kayak to lead the way on the cross sound swim happening Sunday from Pt. Defiance to Vashon and back, all of which should be at least somewhat fun, in comparison with what has been going on here.

While I did start out each day at the beginning of my stay with a swim in the Knight Natatorium in the Hogan Sports Center at Colby- Sawyer College here in town, I soon began to think about the climb on Burma road along with all the rest of it, and decided that my exercise time would be best spent on a bike rather than in the pool. With access to a fairly speedy machine, I googled a map of the surrounding region and decided upon a loop which looked somewhat challenging and headed out. As the first part of the ride is all up hill, I quickly learned that my choice to ride was an important one, since my legs really did not like what they were being forced to do, and this internal discussion between brain and body parts is not something one wants to mediate on an eighty mile ride, let alone the short succession of hills I was first climbing this day.

As it was really hot and humid on the first day out, I went only part way around the intended loop and then turned back. This tactic of only riding a part of the loop lasted for a few days, and then I went for the whole thing and found it challenging but fun. In many ways, riding the rural roads of New Hampshire is like riding on the Island. Even though all three legs of this triangle are numbered state routes, there are almost always no cars on them at any time of the day. I have gone at 6:30 in the morning and midday and at four or five in the evening, and most of the time I have the roads mostly to myself. There are a number of wild turkeys that I tend to see in various locations along the way, and on dew moist mornings on a couple of stretches of road I have had to dodge small, four-legged moving targets, or at least the ones that are still moving. I have noticed this phenomenon on Vashon, mostly on the climb up from Cemetery Rd. to the dump, and usually in the early fall and late winter to spring, but never in the quantities and variety of sizes I’ve seen here. I do not know whether they are newts or salamanders, but they are small and orange



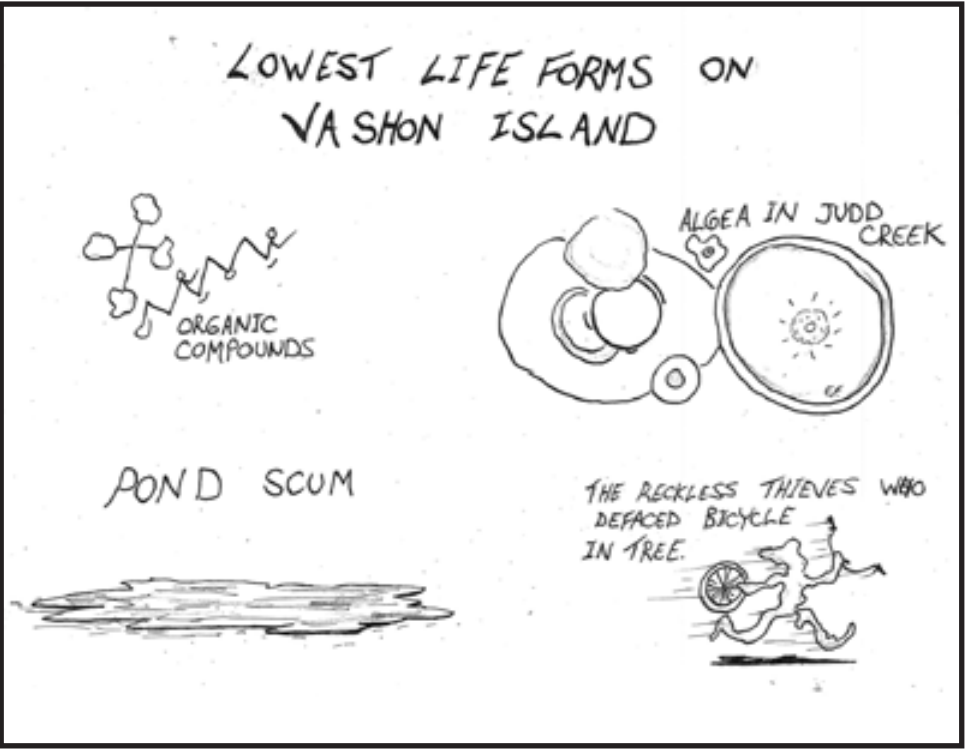
and very determined to get to the other side- I assume most do, although the evidence of failed attempts is there for all to see as well.

This cycle escape usually takes somewhere close to two hours of my day. By this stage of the visit, with most of the gardening done, the remainder of the day was spent cleaning shit up, literally. With my Dad in a nursing home to give him better care for his Parkinsons, the house had been standing empty for a while. Eventually, my sister allowed my nephew to live there, which seemed like a good idea since it meant someone would be here to watch over things, and I have always felt that heating a totally vacant house in New Hampshire all winter while my parents luxuriated in the Florida warmth and sun was quite the waste. What I did not know was that along with my nephew’s ex-wife and daughter (don’t ask- I don’t get it either) there were two beagles, who as it turned out are not quite house trained- actually, not at all. After consistent mornings of getting up to find my nephew off early to a landscape job and lakes of dog pee and mounds of dog logs in all corners of the white tiled kitchen floor, I spoke with my sister about asking all to leave. With that action now accomplished I have spent many blissful mop free mornings, and with the advent of Mr. Steam and Son and their giant hot water vacuum just the other day, the rug stains and urine stench are now a distant memory, but wait, there’s more- or less, I can’t tell anymore.

There are things missing that I can’t account for, and a very large thing which is nowhere to be found. I can’t talk about it, but I have started things in motion that may find out where it all is. These things have been weighing heavily on my mind, and with more and more questions going unanswered I finally snapped the other day when I opened a closet door to find that a painting that I remembered had been stashed there was now missing as well. I looked all through the closet and when there was no painting in evidence I emailed the lawyer and accused my sister of removing it. It is, in truth a horrible painting and actually not really a painting at all, but rather a print of a painting. It is one of those Red Skelton sad clown paintings, and I was shocked and mortified to see it hanging on the wall of their Florida house when I went down there for my mother’s funeral. It is horrible and I hate it, but it has some value and it was the tipping point in my holding back and watching various other items of value vanish.

Not long after that my sister showed up and the yelling began. As with other so-called conversations we’ve had, it usually consisted of a laundry list of all the “bad” things I’ve done through the years, which all, apparently in her mind, lead me down this path of evil and disrepute. In all of the tirade, she mentioned the closet in my dad’s den, and a little voice went off in my head that said: “oops”. After the storm cloud departed I looked in the den closet, and there it was in all its kitchiness. I immediately sent an apology email to my sister and the lawyer, for what that was worth. I finished it with the line: “I will just shut up now.”

But then there was the evening bike ride. It was way cooler than it has been and the night dusk is now coming much earlier than a month ago. As usual, my brain was running an internal dialogue of the day as I tried to pay attention to missing the masses of frost heaves along these roads. As I passed the halfway mark of the trip, I made a turn that led to a sweeping corner that went around the end of a small lake. I don’t know the name of the lake, but my attention was immediately drawn by the music coming from a guy sitting out on the end of a dock playing his banjo to the setting sun. And as I was nearing the end of the ride and spinning up the last incline through town before the flat and then descent to my parents’ house, one of the pair of college coeds on the sidewalk looked at me and said “Good Job” in encouragement. It’s not all bad, but I still have stuff to do before tomorrow, and as no one is around I’m feeling the need to step away from the mic and not embarrass myself.



## A Moment’s Sunlight

By Orca Annie Stateler, VHP Coordinator

On September 6, a twinkle emerged from the grim news miasma of late. After two empty, agonizing years, our endangered Southern Resident orcas celebrate a blessed newborn. The addition of Baby L120 slightly alleviates the sting of losing two L Pod members – perpetually the light with the darkness.

Surprise! (L86), age 23, is L120’s mother. L120 has a handsome older brother, Pooka (L106), born in 2005. In the extended L4 matriline, Auntie Nugget (L55) has four offspring plus a grandson. Tragically, Surprise! lost her 3-year-old daughter Sooke (L112) in February 2012 to blunt force trauma of indeterminate origin. Flukes and flippers crossed that L120 proves to be female.

The last known Southern Resident newborn, a male, stranded at Dungeness Spit in January 2013. Genetic testing showed that Polaris (J28) was his mother. Until September 6, wee Ti’lem Ynges (J49) was the youngest Southern Resident. He was born in August 2012 to Hy’Shqa (J37), age 11 at the time -- young for a first-time mom in this orca community.

Dave Ellifrit of the Center for Whale Research spotted L120, just a few days old, with L86 near Eagle Point on San Juan Island. The endearing behavior in this week’s photo accentuates the tight maternal bonds of



and Indigo (L100), a 13-year-old male, did not return with their families this summer. A wild orca’s life span should parallel a human’s life span. Lulu and Indigo died prematurely.

Indigo’s remaining family consists of his mom Ino (L54), age 37, and siblings Coho (L108) and Keta (L117). Ino’s mother Victoria (L35), who died in 1996, once led this matriline. Though she was the same age as Ino (L54) and Nugget (L55), Lulu (L53) had no offspring. Lulu’s mother Canuck (L7) died in 2010. L7’s matriline is at an end.

Even with the birth of L120, L Pod has only 35 members. That constitutes a precipitous drop from a peak of 59 in 1993. Consider how shocking a loss of this magnitude would be in a human population. L Pod has suffered many more deaths than J or K Pods. 79 is the alarmingly low number of Southern Residents today. The census has not been this low in nearly 30 years; it was 77 in 1985. Baby L120’s survival is critical to the future of L Pod and the Southern Residents.

Dear readers, a parting reminder to



Baby L120 travels between Mom L86 and Aunt L27 off San Juan Island. Photo by Dave Ellifrit, Center for Whale Research, 9/6/14.

Resident killer whales: tiny L120 riding in the “orca pram” between Mom Surprise! (L86) and Aunt Ophelia (L27). Newborn whales expend less energy traveling this way.

Coincidentally, we last saw Baby L120’s relatives at Eagle Point in June when we were on San Juan Island for Orca Sing. Odin, Nashoba and I stood at Eagle Cove at dusk, watching 19 L Pod orcas cavort off the point. That gorgeous evening, a Bald Eagle also perched on the point named for her, presumably looking for salmon scraps from the killer whales.

Nugget’s brood was particularly playful. Nugget (L55), age 37, is a productive matriarch. Her progeny range in age from 24 to three. Eldest daughter Kasatka (L82) has a 4-year-old calf, Finn (L116). The youngsters rolled around in tactile exuberance, joined by some older relatives.

Despite these idyllic scenes, L Pod is in trouble. Lulu (L53), a 37-year-old female,

contact the VHP directly with sightings and photos: Orca/Humpback/Dolphin/ Porpoise/Seal Pup, et al. Do not assume we will find anything posted on social media. Our primary connection is to Mother Nature, not to e-gadgets. Timely reports from all Vashon ferry routes are extremely helpful. Surely, one or two Islanders could call us on ye olde ringy-dingy when whales grace your commute. Leave your number in case we need more details.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago. Send photos to Orca Annie at Vashonorcas@aol.com and check for updates at Vashonorcas.org.



# Spiritual Smart Aleck



By Mary Iuel

## I Am Not Over High School

My high school’s class of 1965 is planning a 50-year reunion. Every day or two I receive an email that says there are new pictures on the web page, new classmates signed up, or there is new information about the reunion, which is a year away.

The page encourages us to contact other classmates and have them sign in to the page, so they can be kept updated, too. Bill, the webpage designer, wrote me a personal email asking me to get in touch with the people I listed as my closest friends when I was in school.

I have only one friend I’ve kept since high school, my dear friend Shane. Shane is an all-around wonderful person, and we’ve known each other through a lifetime of joys and woes.

I saw my high school friend Susan at our 10-year reunion. She sat next to me at dinner drinking wine and when her glass was empty she reached over and grabbed my glass of wine and drained it. I am a non-drinker, but that isn’t the point, is it? Haven’t seen her since.

Another friend, Jane, dropped me after she went to Stanford. Her parents had always discouraged her friendship with me. They thought farmers were stupid. They ran a large nursery operation and did not like to be classed with people who grew fruits and vegetables. I was the daughter of farmers and was going to a state college. After Jane got to Stanford, she dispensed with our friendship. I have to think that, as they say, she was not that into me, and it isn’t as if she was any more shallow than I was. I had ditched friends during the cut and thrust of the high school years.

Jane was dating another Stanford student that fall after high school graduation, a guy she told me was predicted to be “the next John Steinbeck.” I never heard from her again, and I’m still waiting to hear about that Steinbeck guy.

The people who are planning the reunion are the same people who were top of the heap in high school – you know, the popular kids. You always want to think those

kids peaked in high school, but they didn’t. They went on to have fairly successful lives and don’t seem to be any more than conventionally unhappy.

Dang. Looking back, I realize I was one of the choir nerds, and I hung out with the choir singers and the band members, and (I realize now) the gay boys. Musicians, writers, artists, and oddballs, those were my people.

My friends had pretensions to intellectualism. It’s hard to be an intellectual in high school. You don’t have the life experience to develop a truly jaded, sardonic point of view. A high school cynic is a relatively shallow vessel, or was in those days, but I listened to them with awe. I thought they were so smart.

One thing where we were all on the same page: we all loved to read “Peanuts” cartoon collections. That was cool for some reason.

I had crushes on unattainable boys. There was a boy I followed around like a puppy the first two years of high school, and he told me I was his best friend and he told me all about his many, many girlfriends. I was hoping to get moved into the rotation, but it never happened. Once he asked me to knit him an emerald green fuzzy sweater, and looking back, that should have tipped me off, but it didn’t.

He died in 1994. May he, and all the others who passed in those plague years, and all the other classmates who died in various ways – Vietnam, car wrecks, cancer, the general attrition of life – rest in peace.

I’m older and wiser now, with a longer perspective and the accumulated knowledge from years of hard knocks. I have a lot of compassion for all those kids, the in crowd and jocks and nerds and outcasts and regular kids alike. We were trying on adult life, and it didn’t fit too well yet. It was an exciting, tender time.

Don’t imagine I think I’m above it all. Roaming over my memories, the failures, mistakes, rejections, and awkwardness rise to hurt again. Ugh. I am not over high school. Those feelings ache like a bone that was broken long ago, and never healed quite right. But at least I got Shane out of it.

# Sheepdog Trials Break All Records

Last year’s Vashon Sheepdog Classic drew its largest ever crowd with 3000 plus spectators. The 2014 trials attracted over 5000 people during the four-day competition with fans coming from as far away as New Zealand. The front gate ticket sales topped \$25,000 and the trials attracted more than 20 sponsorships from businesses and organizations. More volunteers came forward this year as the event grows more popular, everything from assembling tents, handling ticket sales, directing traffic and Demonstrating fiber arts and sheep sheering.

New this year was a field party that allowed spectators to meet with handlers and try local Vashon spirits, wines, and beer.

It won’t be long before planning begins for the 2015 Vashon Sheepdog Classic.



Vashon’s Maggi McClure and her dog move the sheep calmly into the open pen, the final move in a successful run.



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# Free Workshop: “Movement as the Language of the soul”

The Vashon community is invited to a participatory workshop aimed at connecting body and soul. Entitled “Movement as the Language of the Soul,” the workshop will be facilitated by Elizabeth Mendana Shaw and Betsey Beckman. It will be held on Sunday, September 28, from 1:00-4:00 at the Hanna Barn on Maury Island. There will be no charge for the workshop.

Elizabeth Mendana Shaw holds an MFA in modern dance from the University of Utah. She is a teacher dancer, and choreographer who appeared in the summer 2013 presentation of Waves across Vashon. Betsey Beckman is a nationally known performer and teacher who models a deep connection between dance, scripture, prayer, and imagination. She has a B.A. in theology from Georgetown and a Masters in Ministry from Seattle University.

According to Elizabeth Mendana Shaw, “movement is our first language. It is a way of connecting with the Divine (in ourselves, in community, and in the universe).” The September 28th workshop will focus on movement as spiritual practice, movement as meditation, and movement as connection. According to Elizabeth, “As a baby and mother/father communicate so intimately with one another through gesture, rhythm, mirroring, sound and emotion, so the art of movement can help us express our deep soul’s longings and awaken us to deep communion with the Divine.”

All are welcome to the workshop regardless of religious tradition. “All that is required,” says Elizabeth, “is a spirit of willingness and a body! We will integrate improvisational elements, song, story, gesture and dance to enhance our body-based exploration of the art of movement as spiritual practice.”

This workshop is sponsored by the Church of the Holy Spirit (Episcopal) through a generous gift from the late Margaret Rothschild, a beloved parishioner and a life-long pilgrim on the spiritual path. This workshop is the first event of what will be a ten-year series with the full title “The Gate of Heaven Is Everywhere: The Soul’s Movement into Light and Love.” (The first half of the

title is a quotation from Thomas Merton.) As a practitioner of Sufi dance and meditation, Margaret was a believer in the power of movement as gateway to light and love, and she left instructions for an annual series to support seekers, artists, and curious souls on Vashon and beyond. Each annual event will offer to the Vashon community a form of spiritual practice such as painting, sculpture, poetry, meditation, singing, drumming, or dance

Although the event is free to the public, advanced registration is required because space is limited. For a reservation as well as directions to the Hanna Barn, please email Kit Bean at kitbean@gmail.com.



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**Aries (March 20-April 19)**

You need an outlet for all this energy. It has to be something that matches your imagination, and this in turn is likely to be a bit much for the people you've been associating with lately. It looks like most of the people around you are running about 15 degrees cooler than you are. Said another way, you may not find many others who are willing to take the creative or social risks you want to take, so I suggest you not let anyone hold you back, or persuade you that you're being a little too wild. You may be, for their tastes, but not for what your soul is calling you to express or explore. You may need a little self-coaxing to openly admit what you want, and a bit more to act on it -- though I suggest you move with the current momentum of your imagination, while that momentum is carrying you.

**Taurus (April 19-May 20)**

Marriage is not the solution to everything. If there is such a solution, that would be trust, and it seems obvious that trust is what people are seeking when they invest themselves in relationships that are designed to be 'permanent'. Yet it's easy not to trust, and to give oneself reasons not to trust, even in the seemingly most secure situation. Where do you stand on this subject? One way to measure that is by considering carefully what you say and what you don't say to the people you consider your intimates. You seem to be of two minds about this -- sometimes willing to be totally transparent and at others feeling like this is inconvenient, or an unnecessary risk. You don't need to overanalyze this. If you have something on your mind, say so, and if you have a question, ask directly. In fact, make a wish.

**Gemini (May 20-June 21)**

The forthcoming Full Moon streaks across the sky in the angle of your chart involved with achievement and reputation. It's a direct invitation to be bold about who you are and what you do, and to keep those two things as aligned as you can. I suggest you eliminate the concept of 'career' from your vocabulary and instead replace it with the concept of your vocation. A vocation is a calling, and there has rarely been a time when a calling was summoning you more boldly. Are you listening? Can you hear it? Can you see the signs leading you to the place you want to be? Or are you afraid that what you want to do is too good to be true, or too adventurous to be possible? Perhaps it might be for most people on most days, but not for you, at this time in your life.

**Cancer (June 21-July 22)**

There's just one thing left to do, and that is to have faith in yourself, in your dreams and in your potential. Well, there's just one other thing to do, which is to take action while you are feeling inspired and bold. It's way too easy to wait for the wave of confidence to pass. It's also way too easy to allow yourself to be motivated by frustration, which has its place, though as you've seen over the past few months, there are much more preferable ways to get yourself going. Next week's Full Moon in your fellow water sign Pisces is inviting you to dream big. This means not allowing yourself to be limited by what you considered out of reach in the past. Consider what you would do if you didn't believe in any limits at all, and then move precisely in that direction.

**Leo (July 22-Aug. 23)**

Go beyond secrecy and taboo in any form. The more secrets you let out of the bag, the more fun you will have. There are two reasons for this. One is that keeping information to yourself is like wearing a brick around your neck. The other reason is that all of the really enticing stuff we have to share is usually kept behind the veil of secrecy, where it doesn't get a chance to flourish. The Pisces Full Moon takes place in one of the most intimate angles of your chart. You will get a chance to see that intimacy means openness and transparency. To get the benefits of this event, it would be helpful to lean into the side of revealing more rather than revealing less. If you find yourself revealing one fact or feeling, that is the one to reveal. You will feel better, and unplug those places where your energy has been getting blocked.

**Virgo (Aug. 23-Sep. 22)**

Imagine a world with no concept of 'other' or of opposition, a world where you are in harmony with everyone and everything around you. This may be difficult to conjure up on a planet where just about everyone and everything seems to be in some state of competition or conflict with something else, though I invite you to use your imagination. How might that feel? Now consider the possibility that each day that you live is a step that you take on the way to getting to that place of integration. In truth such a state of existence begins within your mind, not as something you impose on yourself but rather as something you observe about yourself. What's beautiful about the next few days is an opening through which a rather unusual light shines, and you get to see yourself reflected in it.

**Libra (Sep. 22-Oct. 23)**

Pleasure, imagination, curiosity -- these are some of the most potent healing tools available to us. Yet to be effective there needs to be some soul presence, or a conscious idea of seeking self-knowledge. I am not talking about entertainment. For many people the opening into the healing dimension may as well be a sealed door expertly polished into marble to make it seem like it's not there. However, it is most certainly there, and you already have confirmation that such a dimension exists and that you can indeed access it, even if you cannot predict when. Right now the astrology is aligning in a way that makes this dimension closer than ever, and that increases your ability to feel your way to it. Just remember that you know you're responding to something that is real, and to which you have direct access, if you need it.

**Scorpio (Oct. 23-Nov. 22)**

Monday's Pisces New Moon happens in what you might think of as the pleasure center of your solar chart -- the 5th house. Most of what passes for pleasure in Western society is really an effort to avoid pain. There are several ways you can tell the real thing from the counterfeit version. One is the presence of curiosity about yourself, and it's an intensely pleasurable curiosity. It's the kind of feeling good that goes deeper into previously unknown, or forgotten, regions of who you are. Another is the desire for freedom. That can translate to craving the unknown, which is a specific kind of liberty. This will teach you something about pleasure anxiety,

which is really a form of self-control rooted in a 'need' for what is absolutely familiar. Take an extended moment and allow your existence to be a mystery and an adventure. You are being invited into an unusually deep inner space.

**Sagittarius (Nov. 22-Dec. 22)**

Creativity must have an emotional source. It can feed you intellectually, and feed your quest, but the drive to create is body-level, akin to the need to breathe, or your response to pain. Actually those are fitting metaphors for the creative process, as it does involve an in-breath and out-breath of experience, and some of the world's greatest creative works have served artists, musicians and writers as a way to process loss. For you, creativity helps you build your inner home. When you tap your gifts, you create a space of safety for yourself, and you can then move into that space and live more confidently. You might think of that as a kind of healing cave, from which emerge many resources and jewels you can share with those you love and care about.

**Capricorn (Dec. 22-Jan. 20)**

These years of your life have been some of the most driven and urgent ever, arriving with one enforced change after the next. Yet there is another way to evolve, which is to relax into what is possible. You don't need to resist yourself, and you certainly don't need to dwell on your worst fears. You can find that space inside yourself where you have no concerns at all about whether you're accepted by others, or have a place in society, and when you get there, you may feel like you're taking a warm bath for the first time. There is a way of being where you can, at least for a while, step out of any judgment, which is more likely to feel like stepping into self-embrace. If you feel a tinge of guilt, don't fight it; keep going; you are headed in the right

direction. It will rinse off of your skin like soap.

**Aquarius (Jan. 20-Feb. 19)**

What is it that makes you human? I would propose that it's a self-reflective quality -- the awareness of your own awareness, which leads to consciousness of your own existence. Because everyone has a unique emotional makeup, that consciousness might emphasize pain, or pleasure, or love, or anger, or desire, or the desire to create. Humanity is the capacity to be aware of such a feeling and to respond to it. As the Pisces Full Moon lights up the dimension of your horoscope associated with your inner resources, and the feelings you have for yourself, I suggest you let the awareness of any emotion, thought or desire remind you of the fact that you exist. After awareness, the next stage of evolution is the ability to respond to what you feel, and to consciously create a desired state of experience. You are closer to that self-creative state than you've ever been.

**Pisces (Feb. 19-March 20)**

Speaking of human, what is it that makes you a Pisces? What is the confirmation of your inner knowledge that you were born at the right time? Is it your love of nature, of sex, of music, of sensory experience in any form? Is it your unquenchable longing for cosmic connection, to yourself and to other people? Is it the love of sacred plants? Whatever it may be, this weekend (and Monday) is the time to go fully into that experience, with no expectations -- give yourself the gift of a full-on experiment and see where that takes you. With the Moon conjunct Chiron and with Neptune right in the neighborhood, that could well be anywhere -- or anywhere you want. For reference, the Moon ingresses Pisces Sunday at 7:47 pm EDT (23:47 UTC) and reaches full phase Monday at 9:38 pm EDT (Tuesday at 01:38 UTC). See you there!

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






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## Next Edition of *The Loop* Comes out Thursday, September 25

Deadline for the next  
edition of *The Loop* is  
**Friday, September 19**

## For Kids Only A Morning at the Museum

*Continued from Page 1*  
September 19th. The Heritage Museum is at 10105 Bank Road.

Under the auspices of the Museum's special exhibit, "Vashon Island's Native People: Navigating Seas of Change," This Kids Discover Local Native Culture event is sponsored by Dig, Beth de Groen of Windemere, Rick's Diagnostic, The Hardware Store Restaurant, John L. Scott Real Estate, Northwest School of Animal Massage, and 4Culture.



# Positively Speaking

Dear Readers...Some of you may have read a companion piece , “In the Wake of Tragedy” I wrote for the Vashon Beachcomber. In it I refer to a column that was pulled in deference to the tragic death of Kirsten Anderson Profitt. Below you will find the original column. Some small amount of time has passed. People have begun to start the discussion about the deeper issues. I offer it now in this literary cross pollination in a spirit of affirmation that difficult issues can be addressed in positive ways if we but speak them out loud.

## A Family Affair

It was the last session with a ‘client’. I sat in the chair actively listening, putting to use all that I knew and had learned. The classes were all done: Human Development at each age and stage, Learning Theory, Ed Psych, Deviant Psych, Intro to Counseling. My thesis topic had been approved. This session finished up Theory and Practice. The supervisor came in and sat in the chair opposite me in front of the one-way mirror used to observe me in action.

“You will make an excellent therapist.” he declared. Instead of relief and affirmation, I felt dread and sorrow. With a Dad who was a Chaplain at the State Hospital for Southeastern Pennsylvania, a mom who tutored autistic kids, owned two schools and had her own radio station and served on the school board, psychology was the family business and sport. By the age of 16 it was expected of me to aptly delineate the various merits of traditional psychotherapy and client centered counseling.

I declined the invitation to continue toward certification and licensing. Only one time years later when I was looking for bread and butter income did I ever consider it. How do you explain carrying an undergrad minor and supporting field at the Masters level in psychology just because you intuitively want to understand what never could be said out loud in our family? Mom, beautiful, refined Mom, was crazy. Mentally Ill. What is now defined as borderline personality disorder with underlying anxiety disorder and bipolar cycles. How do you explain that all her accomplishments were mania and an attempt to runaway from the deep pain within her.?

Hospitalized in her early twenties and then a complete breakdown after my oldest brother was born that sent her bedside again, she found no internal solution or hope. Just keep busy. “You know I can’t sit down” she would say. “You pick out the kind of person you want to be and you be it. It’s like a habit you acquire.”, she would decree.

I loved her so much. Still do. She told me I was the crazy one and until I was in my mid thirties and had to take an MMPI for vocational evaluation (Minnesota Multiphasic Personality Inventory), an instrument that cannot be manipulated, and the examining psychiatrist walked in and said, “Well, this is one of the most balanced and stable results I’ve ever seen”, did the scales begin to fall off. I was devastated. I had spent my whole life compensating in fear that someone would discover I was crazy, as I had been taught. I had been scapegoat, caregiver and mood altering drug all in one.

Much has been brought to light again because of Robin Williams death and, now revealed, deep and despairing struggle. The words, “Pick up the phone

By Deborah H. Anderson



and call someone” are well intentioned. The truth, in most cases, is that someone is very close to them and loves them very much. Mental Illness is a family affair. Depression and the assortment of other categories of ‘wounded and lost and mis-wired’ is mostly about not being able to connect to your pain in ways that generate health and not being able to receive love.

So, akin to those columns about advice for those who have just lost someone to death, I write these suggestions about how to help those healthy, sane family members who walk along someone who is lost in life.

1. People with mental illness can be high functioning contributing, good hearted people who contribute to society. Avoid the stereotype that only if someone is wearing a hat made of tin foil to protect them from or contact aliens are they mentally ill. Educate yourself. Our awareness and definition of mental illness needs to be deconstructed and reworked.

2. Family members are juggling the intangible. Keep friendships strong. Treat it like you would death or some other chronic physical ailment. Bring a potluck dish. Invite them to talk about it and listen without judgment. Let them speak their truth. Bless them in any way that seems nurturing or even fun.

3. With early diagnosis and intervention, medication and treatment, mental illness can be managed and controlled. It is complicated, with people with mental illness can lead full, satisfying lives when they learn to own and manage their disease.

4. Help this Island continue to be a place of healing. Many on this Island have family members who are either treated or not treated and our rural, idyllic setting can be more than a visual peace. Let people talk about their experiences. Be a listening ear. You don’t have to fix things, but you can keep someone company with compassion. Encourage those who are suffering to get help. Offer the unconditional grace to let them tell the truth about their interior lives.

5. Advocate for more research dollars to be used to find new understandings and, dare we hope, cures. Not enough has been spent on the origins and treatment possibilities for mental illness.

You can make a difference.

Love, Deborah  
Deborah H Anderson  
Family Care Specialist and  
Community Activist.



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# Coast Salish Art Discussed by Noted Artist Shaun Peterson

In these late summer days two hundred years ago, the people of Vashon were occupied with harvesting horse clams, fish, and the berries of salal and huckleberry bushes. They were smoking and drying many of them for winter, because they had no grocery stores or coffee shops to visit during the cold January drizzle. They would spend winter sheltering in big cedar longhouses, cooking stews in watertight baskets and telling stories about the salmon people and the Changer, whose gifts kept them fed and comfortable year around.

Out of their culture of stories and gifts emerged the designs of the south Coast Salish people, an artistic tradition still being created anew by their descendants. To explain how their culture and art have responded to change, the gifted contemporary artist Shaun Peterson will give a presentation at the Land Trust Building on Saturday afternoon, September 13, at 3:00pm. The Land Trust is across the street (moreorless) from the Vashon Heritage Museum where Peterson’s sculpture of the Devilfish (octopus) highlights a special exhibit exploring the history of the sxwobabc people of Vashon, a Salish group who are part of the Puyallup Tribe. The museum will be open from 1:00pm to 5:00pm during the afternoon. Both talk and museum are free to all.

Shaun Peterson, born in 1975 and mentored by his grandparents who lived next door, learned young about his people’s traditions. In a 2005 ceremony he received the name Qwalsius, meaning “painted face” or “travelling to the face of enlightenment,” which had been the native name of his great grandfather Lawrence Williams. He honors his family and his ancestors in his approach to his art. His work has drawn the attention of numerous museums, art galleries, universities, and public works commissions because of his skillful merging of modern and traditional materials with ancient themes and design elements from his Puyallup and Tulalip heritage.

His largest piece, a red cedar welcome figure 24 feet high standing in Tacoma’s Tollefson Square, is strengthened inside with steel, a new method he developed in consultation with engineers, shipwrights, and seasoned sculptors. This figure of a Salish woman holds out her open hands to welcome people to the square, which is also the site of an ancient Puyallup village. The gesture of hospitality is a fitting representation of the Puyallup people: as their website states, “the name S’Puyalupubsh means generous and welcoming behavior to all people...who enter our lands.”

One of Shaun Peterson’s mentors, Makah artist Greg Colfax, helped get the welcome figure started. Peterson’s many other teachers include Steve Brown, Loren White, and George David (Nuuchah-nulth). Using cedar, paper, glass, aluminum, steel and other materials, he has developed proficiency with tools as varied as adzes, chisels, knives, pens, water jets, computer graphics programs, digital inkjet, and laser cutters. His creations have become part of public



collections around the world, from Germany and Ireland to Japan and China.

In 2013 the Greater Tacoma Community Foundation named him the winner of their annual Foundation of Art Award. Foundation President and CEO Rose Hamilton noted that, “He provides a bridge between the past and the future,” and is “as skilled in traditional design and technique as he is in the latest new media.” Peterson himself has said, “I believe that the art itself has been most responsible for preserving our stories through intrigue and curiosity. Though I work in a variety of media, I keep in mind that it’s not the media that drives the works themselves, but the story or feelings that they are supposed to carry to the observer.”

Those stories and feelings, because they reflect the unique culture from which they spring, are different in design and content to reflect the differences between tribes and periods of origin. This forms the subject of Shaun Peterson’s September 13 presentation, “The Coast Salish: Adaptations to the Present,” which will draw comparisons between the art of the far northern tribes such as the Tlingit and Haida, versus the southern Coast Salish of Puget Sound. He will describe their underlying cultural differences and give an overview of some of the dozens of tribal groups that once spanned hundreds of miles of British Columbia and Washington coast. The Puyallup Tribe itself, he notes, included three somewhat specialized geographic groups in pre-contact times: the inland people, the river people, and the island people. . For more information about Peterson, visit his website: [www.qwalsius.com](http://www.qwalsius.com)

The Vashon-Maury Island Heritage Association is grateful to 4Culture for a grant that enabled them to commission the Devilfish sculpture from Shaun Peterson. The Heritage Association also wishes to thank Humanities Washington for their financial support of Peterson’s presentation. A related program sponsored by Humanities Washington in November will feature a film about the fishing rights struggles of the ‘60s and ‘70s, followed by a discussion with several Puyallup people who participated in the protests. Sponsors of the museum’s special exhibit about the sxwobabc include Puget Sound Energy, Dig, Beth de Groen, Rick’s Diagnostic & Repair Service, The Hardware Store, John L. Scott Real Estate, Northwest School of Animal Massage, and Vashon-Maury Island Heritage Association.

Deadline for the next  
edition of *The Loop* is  
**Friday, Sept 19**



# Island Epicure



By Marj Watkins

## Hot Dishes for Cool Days

As the weather cools, we seem to get energized. We involve ourselves in new activities. One way we save our personal time for these is to cook once to eat twice.

Cooking ahead by making enough of the main dish for at least two meals saves time in the long run. If your household contains more than two people, you might want to double the recipe though some singles make a recipe for four and either freeze part of it or eat the same thing for several days running.

This week I’ve made two meat curries. The first featured lean pork cut in bite size pieces, sliced carrots, and onions. For stocks, I used the last of my refrigerated bone broth whose recipe I gave you in the LOOP issue of July 31st. I had simmered my broth down to what the French call a “glace’, pronounced “glahss”. The garlic and the fat in it acted as preservative and lid. Stashed near the back of my refrigerator it could remain extra cold for quite a long time, but I reboiled it every four days to prevent build up of toxic aldehydes.

Because many people don’t eat pork, the second curry featured beef, also cut in bite size pieces, and contained a wider variety of vegetables. Bison would also work there, and sometimes costs little more than beef but is leaner and more likely to be altogether grass-fed.

Pork Curry  
3 to 4 servings

10 ounces lean pork cut in bite

- size pieces
- ¼ cup olive oil.
- 1 medium onion coarsely chopped
- 2 long carrots, sliced
- ½ inch ginger root, minced
- 1 large or 2 not so large garlic cloves, minced
- Boiling water, stock, or bone broth\*
- 1 small bay leaf, broken in bits
- 4 teaspoons curry powder

Dredge the meat in flour, or a half and half mixture of flour and cornstarch.

In a wide, deep skillet, heat the oil. Brown the meat pieces on all sides. Push to one side of the pan. Stir-fry the carrots and onion 5 minutes, adding more oil as needed. Add the garlic and ginger. Stir-fry 1 or 2 minutes. Mix the meat into the vegetables. Add water to cover. Bring to a lively simmer, almost a boil. Reduce heat to medium low. Cover Pan. Cook 1 hour.

Add and stir in:  
1 teaspoon salt or to taste  
½ teaspoon coarse black pepper

More water to replace what will have simmered away.

Stick a fork into a piece of meat. If it’s tender proceed to the final steps:

Combine in a teacup or small bowl:  
2 Tablespoons cornstarch  
4 teaspoons curry powder  
2 Dashes cayenne or Hungarian hot paprika  
When well combined, add:  
¼ cup water

Stir to a smooth liquid the consistency of heavy cream. Stir this into the meat and vegetables in the skillet. Keep stirring as the broth thickens. Serve over hot cooked brown rice. Add a salad and there’s your meal.

Beef Curry: Substitute beef for the pork in the recipe above. When the meat and carrots are tender, add ½ cup green beans cut in 1 ½-inch lengths. Continue cooking until the beans are tender but still bright green. Taste and adjust seasonings. This dish is beautiful as well as delicious.

# Book Sale at the Vashon Library

A great collection of generously donated books will be available for sale on Saturday September 27th from 10-3, in the Vashon Library meeting room.

While donated books are for sale every day at the Friends of the Library shelving near the restrooms, this will be a special event book lovers will not want to miss! All proceeds from our book sales stay right here in the community to help support programming and special events at the Vashon Library. A listing can be found here:

www.kcls.org/calendar/detail.cfm?view=event&lib=39

Due to limited storage space we will be happy to accept large donations on Friday September 26th from 11am to 3pm. Please consider us when you are parting with old friends in your book collections. Arts, gardening, cooking, crafts and history are especially appreciated.

Vashon Friends of the Library has established non-profit status, so your contributions are now tax deductible!

Thank you for spreading the love of reading in our community!

# People’s Climate March

Continued from Page 1

• Whether we humans are smart enough to foresee disaster and take steps to avoid it.

We know that the leaders of the world are invested in the status quo and will not act expeditiously or effectively to lower our carbon output without an extraordinary demand from millions of people. We know that our media as well depend on the status quo to pay the salaries that need to be paid to keep the media operating. We also know that there are millions of jobs to be created that can ameliorate rather than worsen the situation. It is just that investors are reluctant to bet on something new when the status quo is so lucrative.

If we are to act to head off catastrophic climate change, we the people will have to see that it happens. Whether your teacher is history or Sci-fi, you know that there have been times where everybody realizes that they must personally act to avert catastrophe. Even the people that never participate in such activities must come out.

Now is such a time. World leaders will be attending a UN Summit on the Climate Crisis on Sept 23. We know that it is already very late in the game. The largest mobilization of

# Stellar Commissioned Artists

Continued from Page 4

posed for this exquisite commissioned work. One sturdy bloom leans toward the steel partition, near the blossoms and stems cascading out of their simple container.

Britt Freda. An iconic Northwest resident sometimes seen on Vashon is the Great Horned Owl. And when seen in acrylic and graphite on panel, it is another exceptional painting by Freda. Multiple layers magnify the bird’s character, and its gaze connects. Head and feet are recognizable, and the viewer is drawn in through paths and swirls of geometric figures.



In a fanciful leap from realism, repeated shapes and colors are featured throughout Freda’s work. The patterning and repetition depict nature’s strengths and adaptations. She hopes that viewers feel invited in by her pieces, lured closer to “fall in love with the puzzle” and comprehend how everything connects. Freda’s conscious layering goes beyond the visual; it’s strongly conceptual, relating to the idea of dissolving or ‘dis-solving’ – echoing transformation and change in the telling of each story.

Recently shown in a New Mexico gallery solo exhibition, Freda’s paintings consistently garner acclaim and national awards. “Great Horned Owl” is a magnificent visitor to our auction environment.

Michael Magrath. “Aerialista” dances gracefully as green cloth twines, complementing her strong form and earthen tone. Barely two feet tall, her impact is greater with the draped textile. She is a fanciful counterpoint to serious figure studies, charcoal sketches and large cast sculptures



inhabiting the new island studio of Magrath.

Finding the human form endlessly fascinating, Magrath teaches figure portrayal classes; his determination to elevate both process and result is evident in the calibre of professionals attending. His amazing goddess-themed figurative bronzes were the focus of a 2013 Vashon Allied Arts Gallery show.

Renowned for designing UW’s Medal of Honor memorial, Magrath forged metal, cleaved granite and placed rock in profound composition. At Gage Academy of Art, he currently directs the Magrath Sculpture Atelier.

Learning is constant, as is experimenting and tweaking materials. Select sculptures cast in salt portray movement in powerful, raw browns. “Aerialista” was created in a new polymer clay formula, mixed for malleability and permanence--now exuding character and delight.

2014: An Art Odyssey  
NEW LOCATION Open Space for Arts & Community  
Friday, Sept. 19, 5:30 pm  
Tickets: \$45  
Includes dinner & beverages  
Table for Ten: \$450  
Tickets: \$25  
• Each contributing artist  
• One guest of contributing artist

• Saturday guests  
Saturday, Sept. 20, 5:30 pm  
Tickets: \$120  
Includes dinner & beverages  
Table for Ten: \$1200  
Friday & Saturday Tickets: \$145  
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# Fendershine



Fendershine is a Puget Sound rock band whose music spans a gamut as wide as the corners of the country from which its members hail. Arkansas swamp rock, Minneapolis post-punk pop, Bay Area psychedelic doo-wop, Boston folk-punk and Idaho panhandle prog-metal have been stirred up in the artistic, Pacific Northwestern mixing bowl of Vashon Island. Searing guitar and fiddle leads layered with electric and acoustic guitar rhythms are poured over a plateful of chunky grooves and topped with a smooth sauce of rich vocal harmonies. The 'shine's music will take you to a place as familiar and satiating

as a greasy truck stop breakfast after an all-nighter.

Fendershine is Eric Frith (lead guitar, vocals), Rick Vanselow (guitar, vocals) and Kim Thal (violin, vocals), plus a rhythm section new to the lineup this year, Ellen Parker (bass, vocals) and Stephen Buffington (drums, percussion). Their EP, "Rise and Fendershine," is available at [Fendershine.bandcamp.com](http://Fendershine.bandcamp.com)

This is an all-ages show 'til 11pm, 21+ after that and FREE cover!

Friday, September 12, 8:30pm  
At the Red Bicycle  
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206-463-5590  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

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# High and Lonesome

High and Lonesome was formed in 1985 and played all the bluegrass festivals throughout the Northwest. The band broke up at the end of 1989, but reunited in 1993 and were hired to play 3 shows at the very first Wintergrass Bluegrass Festival that year.

After another hiatus, High and Lonesome reunited and performed at the Darrington Bluegrass Festival awhile back, 24 years after the last time they performed there. Earla Harding, founding member of the Wintergrass Blues Festival, recently said that High and Lonesome was one of the greatest local bluegrass bands ever.

The mix of music High



and Lonesome will be doing will be solid as a rock classic bluegrass and traditional pre '70's classic country music. Islanders will recognize Tab Tabscott on dobro/pedal steel guitar and vocals, as well as John Schubert on guitar and vocals. They will be joined by Pete Martin on mandolin/fiddle, Al Hutteball on bass and

Rich Jones on banjo/guitar and vocals.

If you love bluegrass, you'll love this show! All-ages 'til 11pm, 21+ after that. Free cover.

Friday, Sept 19, 8:30pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

# The Two Gentlemen of Verona

Simon Godwin makes his RSC debut to direct Shakespeare's exuberant romantic comedy. Simon is Associate Director of the Royal Court, and he most recently directed Strange Interlude at the National Theatre. The production features Mark Arends as Proteus and Michael Marcus as Valentine. Mark recently appeared in Headlong's 1984, and Michael's credits include playing Henry Tudor in the BBC series The White Queen. Launce is played by Roger Morlidge, who has just finished appearing in the West End transfer of The Full Monty.

This is the first time in 45 years that The Two Gentleman of Verona has been performed in a full production on the Royal Shakespeare Theatre (RST) stage and received its press performance in July this year to critical acclaim. The production will also be broadcast 'Live from Stratford-upon-Avon' to cinemas in collaboration with



Picturehouse Entertainment during the performance in the RST on Wednesday 3 September and simultaneously screened in over 300 cinemas around the country whilst also being available in North America, Australia, Japan and Northern Europe.

The Two Gentlemen of Verona full cast includes:

Mark Arends (Proteus); Elliot Barnes-Worrell (Outlaw); Martin Bassindale (Speed); Pearl Chanda (Julia); Nicholas Gerard-Martin (Thurio); Robert Gilbert (Outlaw); Jonny Glynn (The Duke of Milan); Molly Gromadzki (Host/Singer); Youssef Kerkour (Sir Eglamour); Sarah MacRae (Silvia); Michael Marcus (Valentine); Roger Morlidge (Launce); Keith Osborn (Antonio); Leigh Quinn (Lucetta) and Simon Yadoo (Panthino/Outlaw). Mossop plays Crab the dog!

The production is designed by Paul Wills with lighting by Bruno Poet. The music is composed by Michael Bruce with sound by Christopher Shutt. The Movement director is Jonathan Goddard.

At Vashon Theatre on Saturday, September 20 at 8pm & on Sunday the 21st at 1pm. Tickets at [VashonTheatre.com](http://VashonTheatre.com) or the Box Office.

\$15 General. \$14 Jr/Sr/Student. Group of 20- \$11

## 2014 an Art Odyssey

Continued from Page 1

Francesca Fuller, painting by Britt Freda and sculpture by Michael Magrath.

Centerpieces of the Universe

Another highlight of Saturday's evening are centerpieces created and donated by Vashon artists. Launch pads at the center of each table will feature uniquely customized "rocket" birdhouses, perfect for your yard, garden or mantel. Orbit the room and admire the works of 22 Island artists who took on the challenge of adapting a

simple wooden birdhouse into a work of art. Each rocket is up for bid in Saturday's Silent Auction.

Whether you join us for one or both nights, VAA's 38th annual Art Auction is sure to be a fun and festive adventure! Earthlings are encouraged to dress in costume to mask their human appearance. For more event details and a closer look at auction items, including commissioned pieces, donated artwork, centerpieces and an amazing array of experiences (i.e. NASA travel package), visit our brand new Art Auction website at [www.VashonAlliedArts.org/ArtAuction](http://www.VashonAlliedArts.org/ArtAuction).

Thank you to our presenting sponsor John L. Scott and event sponsors Sellen Construction, PointB, Trigg Insurance, Vashon Thriftway, OCCU, LMN Architecture, Bangasser & Associates, Seattle Distilling Company and Hilliard's Beer.

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

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## Get In The Loop

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

Send To:  
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[vashonloop.com](mailto:vashonloop.com)

Find us on Skype  
Vashon Loop  
206-925-3837



# GreenTech Community Cinema

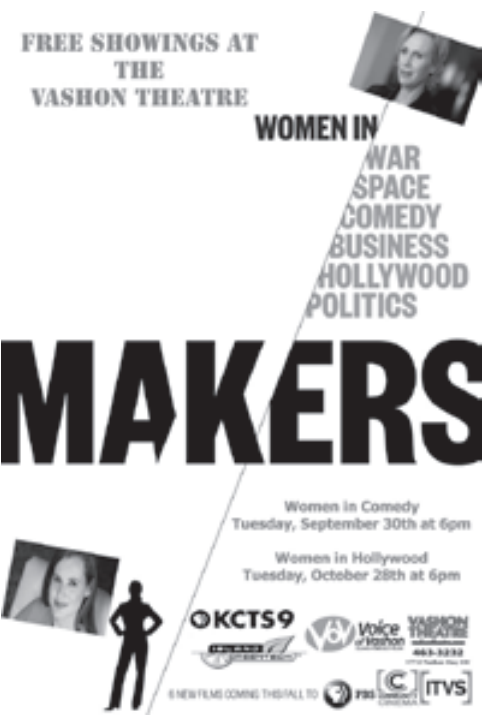
Community Cinema Vashon is back for a 6th season of presenting FREE preview screenings of films from PBS's Independent Lens series. Community Cinema Vashon is presented free to the public on the last Tuesday each month September through May thanks to the generous support of Voice of Vashon, Island GreenTech, and the Vashon Theatre. The films start at 6pm, and a discussion follows each 60-minute long film.

Makers; Women in Comedy  
September 30th at 6pm

MAKERS: Women in Comedy tracks the rise of women in the world of comedy, from the "dangerous" comedy of '70s sitcoms like Maude to the groundbreaking women of the 1980s American comedy club boom and building to today's multifaceted landscape. Contemporary comics talk about where women started in this competitive, male-dominated profession and where they are determined to go. Produced and directed by Heidi Ewing and Rachel Grady. Narrated by Leslie Mann

Makers; Women in Hollywood  
October 28th at 6pm

MAKERS: Women in Hollywood



showcases the women of showbiz, from the earliest pioneers to present-day power players, as they influence the creation of one of the country's biggest commodities: entertainment. Produced by Rory Kennedy with Producer/Director Linda Goldstein Knowlton. Narrated by Julia Roberts.

# Music at Snapdragon



Washington. Her voice is alluring and her performances fresh.

On Saturday, September 20th, 7-9pm, we bring you local singer/songwriter Joe Panzetta.

Joe Panzetta is a Vashon based multi-instrumentalist, composer, and singer. He performs original songs on guitar, banjo and harmonium, singing melodic ballads with a signature percussive guitar style mixed in with covers by the likes of Nick Drake, Ray LaMontagne, The Water Boys, and Van Morrison. He has been performing and recording/producing CDs since the late 80s.



Snapdragon is pleased to bring you live music in the courtyard on Saturday nights. Stop on by for some wonderful music, delicious food and tasty beverages!

On Saturday, September 13, 7-9pm, we bring you Jessie Houghton.

Some of Jessie's earliest memories are of her late Father playing the piano - from this she found her talent and her inspiration. She has been composing since she was 9 years old, and at age 14 she picked up her first guitar and taught herself to play. The songs she writes are her own stories, and the stories of those she meets.

Jessie was born in and resides in

# Jazz Night

Wednesday, September 24th, 6 to 9 pm. Vashon Golf & Swim Club

Enjoy an evening of world class jazz with the Cool Jazz Trio. Internationally acclaimed saxophonist Mark Lewis and former LA studio musician Richard Person on brass instruments improvise melodies and harmonies of jazz standards and original compositions, while bassist Steve Luceno provides a solid and innovative rhythm section. Inventive. Interactive. Spontaneous. Lyrical.

The Cool Jazz Trio sound is reminiscent of West Coast Cool, with more freedom and a smaller group.



# Harbor School's Arts Initiative

Continued from Page 1

With more than half of the silhouettes completed, the installation of the art will begin next week. Each week several silhouettes will be added to the fence until approximately 30 line the length from the parking lot to the baseball diamond.

"Vashon Parks and Harbor School are great neighbors. We share a vision of having joyful kids playing on our island, and if we can emphasize that with a creative and fun project that is a collaboration between our school, Vashon Parks, and a noted island artist like Atom, all the better!"

- James Cardo, Head of School

This endeavor is the second opportunity the school has had to work with Atom. Last Spring, along with island tile artist Nadine Edelstein, he helped students complete an auction mosaic project by fabricating a metal frame.

Funds for this project were provided by Harbor School's Arts Initiative through the support of Harvest Foundation, Charley & Lanora Rosenberry, and donations generated from the school's 2014 Auction Special Appeal. In kind support has also been provided by Atom Kahn.

"I enjoy teaching art and sharing expertise about skills that are relatively uncommon in our society. Partnering with the Harbor school on this project has given me a great opportunity for sharing with the next generation of

craftspeople and artists."  
- Atom Kahn, Vashon Artist

Atom Kahn was born in 1965, and began seeking out extracurricular opportunities to make art in primary school. In college he studied sculpture and design, being drawn to the dimensional opportunities of glass and metal. Atom has since worked with large-scale studios in New York, Los Angeles, and San Diego, until relocating to Seattle in 2006. Here in Seattle he has exhibited glass, metal and large scale mixed media installations in fine art festivals, galleries, private events, and museums. He currently lives on Vashon where he spends most of his time working with metal in his home studio.

Next Edition  
of *The Loop*  
Comes out  
Thursday  
September 25

Deadline for the next  
edition of *The Loop* is  
Friday, Sept. 19

# Live Music Thursdays at The Hardware Store

The Hardware Store Restaurant decided to start having a regular live music night back in March of this year and it has turned out to be a lot of fun and a great venue to hear some really talented people perform.

The music takes place from 7:30-9:30pm most every Thursday night.

This week, we bring you Seattle duo "March To May".

March to May formed in the Spring of 2013 as a collaboration between singer/songwriters Darren Guyaz and Beth Wesche. Overlaying Celtic folk harp, guitar & keyboards with rich vocal harmonies, they create a sophisticated sound that speaks to the heart and leaves the audience hungry for more.

Thursday, September 25th, 7:30pm



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# Missy Needs A Home...

I'm looking for a fitness coach (so there can be a little less of me to love!). Do you need a life coach? Let me show you how to give and receive affection, make friends instantly and live in the moment.

I like living indoors so I can be close to people, and I get along with dogs. I'm just a happy big girl who wants to spread joy to your home, too.



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**Live Entertainment**  
**September 12, 8:30pm**  
**Fendershine**

**September 19, 8:30pm**  
**High and Lonesome**

**September 27, 8:30pm**  
**Long Lost**

**October 3, 8:30pm**  
**Rippin' Chicken**



Custom made PEN & INK drawings  
of island homes by Vashon  
artist Ed Frohning.

Tell me what you want and  
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# Serena Needs A Home...

I heard that someone else named Serena won another tennis tournament. Tennis isn't my game, but I'm a champ when it comes to being a great pet. My name describes me well - I'm serene with no use for fuss or noise, and I NEVER engage in unsportsmanlike conduct.

When people visit the shelter, I don't try to compete with other cats who run up to them and beg to be noticed. I just sit and watch, hoping for an invitation to sit on a lap. Are you looking for a beautiful cat who's elegant but no drama queen? I'm looking for a quiet home. Maybe we're a match - as in game, set, match!



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Deadline for the next  
edition of *The Loop* is  
**Friday, September 19**

## Compost the Loop

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

# Lo<sup>0</sup>py Laffs

**Stonewall Pivoter**, Island metaphysic, calls the COUNCIL of VASHON MYSTICS to meet and plan the 2015 Annual Convention of SOOTHSAYERS, HARBINGERS, FORTUNE-TELLERS, AND TELEPATHS.

Summoned are mentalists and mystics from:  
The Forests Of Exploding Houses;  
The Northern Two-Boat Frontier-Peninsula Of No Return, The Isle Of Galactic Visitations, ...

...mystics from The Land Of The One-Eyed Yurt King, Mother Gorp of The Land Of The Tofu-Eaters and Those Not-So-Mentalists from across the waters - from a city peopled by those who never met a...


... tax levy they didn't like.

**V.I.P.S.**



THE  
**FOREST  
OF  
FAME**  
TREE-HISTORIC  
LEGENDS, LORE & LANDMARKS

**B**EFORE HE SUCCESSFULLY INVENTED THE WORLD'S **FIRST LEAF**, **ELI TWIGNEY** MADE OVER 500 EXPERIMENTAL PROTOTYPES.



ONE OF HIS FAILURES RESEMBLED A MODERN-DAY **I-POD!**

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