

Crush the Fog

Join together to acknowledge and remember lost loved ones. Participate in a healing ceremony led by Michael Meade. Celebrate life with music by our youth bands and Island musicians.

Vashon has been shaken to the core by a recent series of premature deaths that have occurred in a short period of time. One death in a small town is hard enough, but the stockpiling of them has a profound impact and carries an urgency that must be addressed. The aftermath of these tragic events is made more challenging by the culture of denial in which we live, which has been aptly described by Michael Meade as a “white fog”.

In the wake of all this loss in our community, a core group of people have been working for several months to create a Community Memorial and musical celebration to remember all the community members who have been lost.

Our mission is to create a catalytic event that uses ritual and music to acknowledge and release some of the energy connected to these tragic losses.

We ask that people arrive at 5pm, with the outdoor ceremony beginning at 6pm. Please dress warmly if it's cold outside.

This event welcomes people of ALL ages - this is all about community.

The following entertainment venues have graciously agreed to go “dark” on Oct 4th in support of this community event: Vashon Allied Arts, Snapdragon, The Red Bike, The Distillery, The Eagles Club. There will be no shows scheduled



at these venues.

The Crush The Fog Community Memorial and “Not One More” Concert is not just another festival. Our hope is to work together to create a safe, substance-free event that can offer a place of productive solace, release and contemplation including an interactive ceremony headed by Michael Meade.

Then, with the fog cleared and open hearts, we will honor the youth on the Island and transition inside to the Open Space and enjoy music provided by notable local performers including Jacob Bain, Thalia Goering, Ten Cent Time Machine and Dissonance.

Our primary funding for this event will come from sponsorships by local businesses and individual donations.

Continued on Page 8

Ian Moore & The Lossy Coils



Bob Dylan said it best: “He who is not busy being born is busy dying.” Singer, songwriter and guitarist Ian Moore lives and creates by that precept.

It's a way of living has led Moore from emerging as, at first glance, a teenage guitar prodigy in the early 1990s in his hometown of Austin, Texas to fruition as a full-blooded musical artist, now based on Vashon, whose rich and keenly intelligent compositions invoke critics' comparisons to some of the most respected names in both classic and contemporary rock'n'roll music.

There's a satisfaction in listening to how Moore absorbs the spectrum of music that he loves and finds inspiring and then follows his muse to places that awe, delight and touch those key, deep places within the human soul. As Harp magazine observes of Moore, “Since the early '90s the native cool shot Texan has refused corporate molding in favor of freedom and the artistic rewards are staggering.”

It may have been Moore's guitar

Continued on Page 8

The Road to Resilience

Conversation about our future on Vashon

Last week, I urged all of you to attend The People's Climate March to show our leaders, and us, how many of us are really committed to doing something now.

Today, we have to admit that the world has some pretty intractable problems relating to limited resources, harmful practices that degrade and imperil our world, overpopulation, and shocking inequalities resulting in political instability. It is hard not to admit that perhaps we may need to make some radical adjustments in the way we do things. We will need both sweeping policy changes at the top and comprehensive and creative engagement at the grass roots to succeed in limiting further damage.

The turnout for the march was impressive even if it got very little press. It represents a hopeful uptick in demand for action, and we can only hope that this will be the catalyst we have been waiting for.

What we on Vashon need to take away from this is that our future will be essentially different from the present, so it is incumbent on us to be proactive and create the optimum future for ourselves. As humans, we have the capability to plan for changes that we can't avoid, but also for changes that we desire. With planning, we have a better chance of entering a

By Terry Sullivan,

future that is both workable and desirable.

I don't think that most of us realize how malleable the structure and character of our community can be. For instance, we live in a car created community. We chose this at a time of cheap and plentiful fuel and no awareness of the consequences of burning it. Does it still represent the optimum solution for us? At one time, Vashon was a group of small communities connected by water. The character and structure of a place reflect assets, limits, and choices. We have the ability to change the character of our community if we so choose.

So, at this critical time, more informed and conscientious planning of our community here on Vashon is not only a necessity, it is also a rare opportunity to create the world we want to live in. The planning process is an opportunity to get to know our neighbors better, explore our common needs, and to understand the dynamics that are operating in our community. Historically, we on Vashon have had very low participation in the planning process. In part, this is because we, as US citizens, have come to expect our government to take care of things and to see that our future is much like the present only more and better. Another factor limiting participation here is that

Continued on Page 6

Vashon School District Makes Top 10

Vashon Island School District was listed in Puget Sound Business Journal's Puget Sound Region Top 10 Neighborhoods based on school performance (September 5, 2014 issue).

Each year, The State Board of Education releases its school achievement index. The index looks at student test scores, graduation rates and other factors to determine how schools across the state are doing and identify schools that may be struggling. Puget Sound Business Journal took a look at each school, identified the neighborhood that each school is in and looked at the performance of other schools in that same district, coming up with the top ten region neighborhoods ranked by school performance.

Vashon placed eighth on the list citing Vashon High School's State Achievement Index score of 8.833 out of a possible 10, beating out Mercer Island at 9th place. “This award reflects a value for high quality education held by our community,” said Vashon Island School District Superintendent Michael Soltman. “This achievement really belongs to all of us--students, parents, teachers and generous supporters. We strive to get better and better and it's gratifying to be recognized within a competitive pool of contenders.”

South Bainbridge Island was first on the list singling out that region's Captain Johnston Blakely Elementary School that earned State Achievement Index score of 9.278.



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The school routine settles in. Fleas continue to wreak havoc.
The autumnal equinox will bring out the wackos.
Okoberfest is upon us.

Bo's Pick of the Week:

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Vashon Theatre

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Call for Times

For show times and info check
www.vashontheatre.com

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Friday, October 3

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Submissions to the Loop

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

Writing Class

The Living Room Workshops: Caring about the Reader

Junot Diaz said that a reader is a writer’s greatest friend. In this two day prose focused class we’ll explore this question: what does it mean, as writers, to care about the reader? We’ll consider how to make it apparent in our writing that we know that the reader is there while not limiting our own vision. Meets October 5 and 25. To enroll visit www.thelivingroomworkshops.com

Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church
Fridays 7 pm”

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/ 567-6152 with questions.

Find us on Skype
Vashon Loop
206-925-3837

The Vashon Loop

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Drama Dock auditions!

Drama Dock announces auditions for the upcoming production of *Inspecting Carol*, directed by Ken Drew. The performances will be Dec.19-28 (skipping Dec.25) and rehearsals will start in the beginning of October.

The auditions will be in the McMurray multipurpose room on Friday, Sept. 26 (7:00-9:00) and Sunday, Sept. 28 (2:00-5:00), with call-backs on Wednesday, Oct. 1 (7:00-9:00). No prepared material is necessary. Scripts are available for perusal at the library.

Cast description:
One male and one female in 60’s
Three males and three females in 40’s
One male in 30’s
One African-American male in 30’s
One teenage boy
One boy 10-12 years

In addition to actors, Drama Dock is looking for people who want to join the fun as part of the production team. We are especially looking for a set designer and builders, and backstage help. For more information, please contact Gaye Detzer detzerubicz@comcast.net

Dance

Dance to awaken the joy within you
Dance to open your heart to love
Dance to send peace into the world

The Dances of Universal Peace are simple easy dances from many spiritual traditions They will be led by Rifaat Osborne and AJ Swanson

Saturday Sept 27th
3:00 pm to 4:30 pm dance
4:30 pm potluck
Vashon Intuitive Arts
17331 Vashon Hwy SW, Vashon, WA 98013
Between Giraffe and Pandora’s Box on Vashon Hywy
Donation appreciated but not required

Dr. Kim Farrell joins Vashon Natural Medicine

Vashon Natural Medicine is happy to welcome Dr. Kim Farrell, to our team. Dr. Farrell will be joining our office November 1st. With the addition of Dr. Farrell, Vashon Natural Medicine will be able to provide both ND and MD services 5 days a week to the Vashon community. For more information, please call our office at 463-4778.

The Sunset Limited

Enjoy a Staged Reading of author Cormac McCarthy’s play “The Sunset Limited”, presented by St. John Vianney Catholic Church to raise money for suicide prevention.

The performance is at 7 p.m. Saturday Sept. 27th at St. John Vianney, 16100 115th Ave. SW. Admission is free, but half of all free-will donations will be donated to the American Foundation for Suicide Prevention. September is Suicide Prevention Month.

The show, which explores issues of suicide and the nature of hope and hopelessness, features local actors Richard Montague and Rev. Marc Powell, who perform McCarthy’s piece accompanied by sound and music. There will be an after-show discussion with light food and beverages.

Vegetable Fermentation Workshop

Join us this Saturday, September 27th from 3-5PM for an experience in lactic acid fermentation or, said another way, how your (great?) grandmother preserved vegetables. You will be guided through the immensely simple process of transforming these seasonally-abundant morsels into something more delicious, stable and nutritious. Amazing! Possible recipes include sauerkraut, kim chi, sour carrots and traditional, proper cucumber pickles. RSVP to Barbara at 206-653-4264.

If you can, please bring:
-a chef’s knife (we can sharpen it)
-a cutting board
-an apron

-your favorite spices & herbs
-starchy (not leafy) vegetables
-ceramic crocks or wide-mouth glass jars with lids

After some hands on, we will rejoice in tasting some completed ferments.

Offered as a gift to the community, donations accepted.
Hope to see you there.

FROG survey coming soon! Tell a friend!

In a week, we will be sending you and 18,500 other members of the Ferry Riders Opinion Group (FROG) a link to a new survey that will cover issues related to WSF fares, taxes for funding improvements and summertime service performance.

The more people we hear from, the more impact your collective voice will have on decision making at the state level. We need to get as many people involved as possible and could use your help. If you know of any ferry riders, or people interested in ferry issues, who might want to participate in upcoming FROG surveys, please pass this email along to them.

All you need to do to sign up for the FROG is goto the link below: www.ferryridersopiniongroup.com

Free all day preschool 3 and 4 year olds

Parents of 3 and 4 year olds! Incredible opportunity for FREE all day preschool Tuesdays through Fridays beginning November 4th for low income families. Children play and learn in an English/ Spanish dual language program at Vashon Island School District! Don’t miss this never before offered opportunity.

Complete an application by October 20 for possible selection. For assistance completing an application contact:
Sally Adam, for Spanish speaking families, 206-218-9545
Lori Means at VYFS, 206-406-6208
Debbie Rieschl at VYFS, 206-463-5511



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Audubon Presents Bianca Perla and the 2014 BioBlitz

Variety: the spice of life! Vashon Nature Center Director Bianca Perla will discuss the importance of biodiversity through presenting major findings of the 2014 Vashon Nature Center Bioblitz, a 24-hour species marathon where scientists, naturalists, and local community members come together to discover as many species as they can in an island preserve in one full day and night. There have been 3 Bioblitzes on Vashon so far. Come hear the stories of the myriad life forms that share this island with us, learn some adventurous tales about the people who care to discover them, and uncover lessons about the underlying forces that maintain and perpetuate biological diversity. Through this program you will get a feeling for our complex living systems as you armchair travel from the depths of the Puget Sound to the heights of the lichen covered trees.

Bianca Perla, founder and director, was raised on Vashon, and at age 7 her parents gave her what they called her equestrian driver's license – free rein to explore the island on her pony! These early escapades nurtured a deep respect for animals. Bianca has a BS from Stanford University, an MS in Animal Behavior from Northern Arizona University, and a doctorate in Ecology from University of Washington. For the past 15 years Bianca has worked as a conservation biologist and science educator in many remote places in the west. She recently authored Family Walks on Vashon and Prairie Dogs: Communication and Community in an Animal Society.

Audubon Presents Bianca Perla and the 2014 BioBlitz, Thursday October 9th, 7 PM. Event is Free and Open to the Public. Land Trust Building.

Dock to Dock Vashon's Annual Community Fun Run

Run the entire length of the island or just part of the way – it's up to you! Dock to Dock, or D2D, is not a race, but a low key fun run and a refreshing way to experience our beautiful island. The run begins on the Tahlequah ferry dock after the 8:00 boat departs and a few pictures taken. No registration necessary – just show up and run! How easy is that?

The course follows the Vashon Highway from the Tahlequah ferry gate to the North End ferry gate, with two manned and two unmanned water stops along the route. A Shuttle Bus is available to take you to the starting point, (or drop you off at a starting point of your choice) and return after the run. It will pick up runners at the north end parking lot at 7:15, the high school at 7:40, and arrive at Tahlequah by 7:55. When the last runner makes it to the north end dock, the bus delivers runners back to either the high school or the south end dock.

What, you don't want to run the whole 14 mile length? No problem! Just ride the bus from the Tahlequah Dock for a few miles and be dropped off at any starting point of your choice – you get to determine the fun!

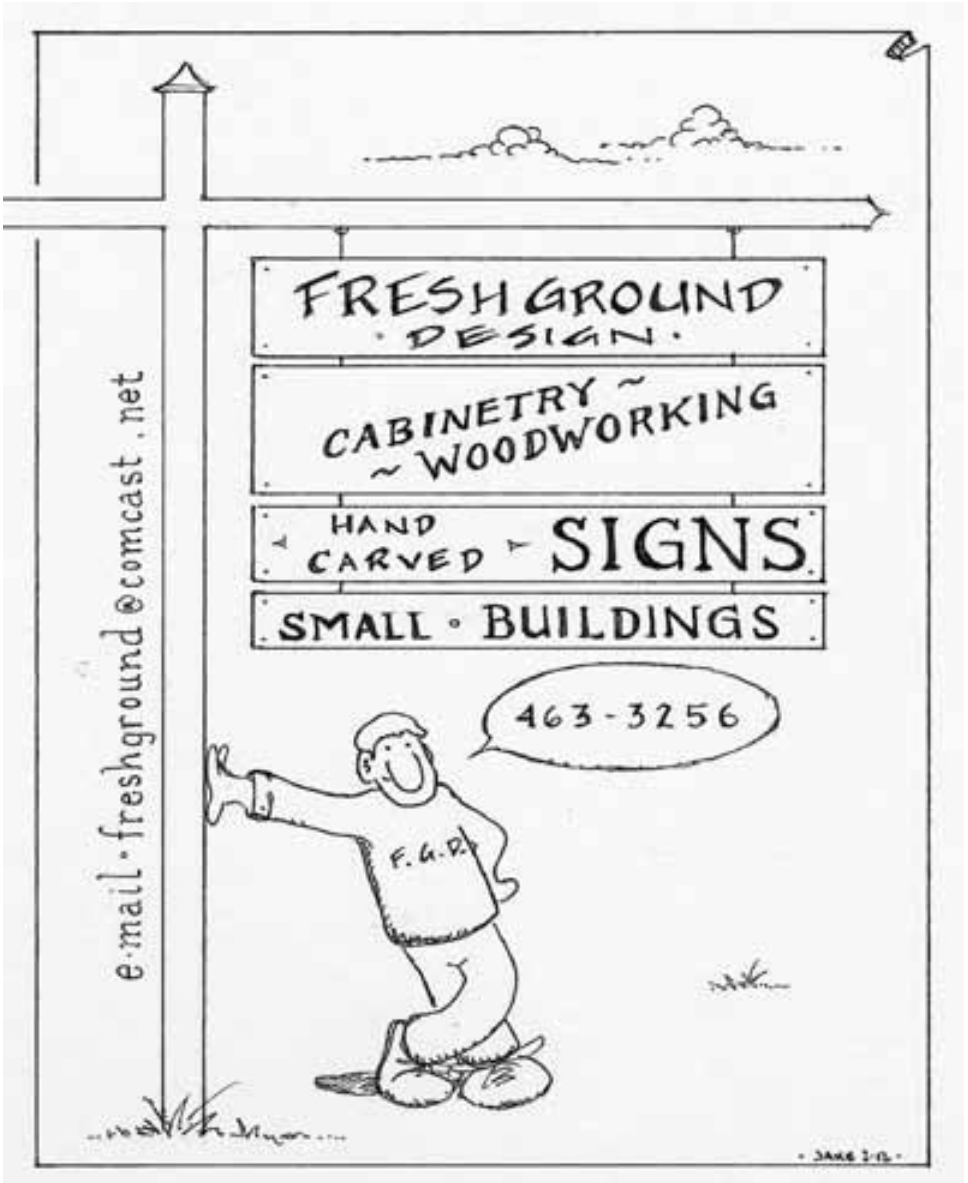
Open to the public for the last few years, D2D has been a high school team tradition for over 10 years. D2D is a fundraiser for the VHS Cross Country Pirates. Any and all donations are much appreciated and help defray the cost of uniforms, travel and equipment.

Remember, Vashon Pirates say - "RUN HAPPY!"

Dock to Dock
Vashon's Annual Community Fun Run. Sponsored by the VHS Cross Country Team.

Saturday, September 27th, 8:00am
Tahlequah Ferry Dock

For more information contact: Laura Johnson, 206.567.4587



Vashon Chamber Music 2014-2015 Season

Artistic Directors Rowena Hammill and Douglas Davis are pleased to partner once again with Vashon Allied Arts to present the sixth season of Vashon Chamber Music. Travel across Europe with Vashon Chamber Music's 2014-2015 concert series, featuring four programs with international flavor, paying tribute to the great composers of England, Russia, Italy, Germany and France. Please join us for what promises to be an exciting year of memorable masterpieces and performances!

A Tribute to England:
Music of Bridge, Vaughan Williams and Britten
Friday, October 3, 7:30 pm
Vashon United Methodist Church

Special Guests from Los Angeles Opera Orchestra
Jessica Guideri, Lisa Sutton- violin
Shawn Mann- viola
Andrew Krikawa- baritone
Rowena Hammill and Douglas Davis- cello

A Night in Moscow:
Music from the Russian Masters
Sunday, January 11, 7:30 pm

Vashon United Methodist Church

Girsky String Quartet
Jennifer Krikawa- soprano

From Italy to Germany:
Music of Boccherini, Schulhoff and Brahms
Sunday, March 8, 7:30 pm
Vashon Allied Arts

Regency String Quartet
Oksana Ezokhina- piano


An Evening in Paris:
Music of Francaix, Poulenc, Fauré
Sunday, April 19, 7:30 pm
Vashon Allied Arts

Trio Pardalote
Douglas Davis- cello
Françoise Regnat- piano

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Next Loop comes out October 9

Island Life Who Beat?

By Peter Ray

And I'm hiding in Honduras, I'm a desperate man..... Send lawyers, guns and money- the shit has hit the fan..... hoy.... Warren Zevon

In truth, as of late, I feel as though I could be floating in a translucent haze just about anywhere. I woke up the other day to the sound of dog claws on a hardwood floor. This was a bit disturbing, as I had been waking up the previous thirty or so mornings to the distant sound of clocks ticking and clanging, and on mornings when I had left the sliding glass door open the previous evening it was the constant, familiar drone of crickets that had served as my morning greeting, rather than as a wake up call. But the sound of hounds’ claws was now starting to trouble me- that and the steady, low sound of breathing just to the right of me. It was still dark, so I was doing the blind locator thing, trying to figure out where the intruder dogs were and how they had gotten in to begin with. And of course, there was the growing, troublesome mystery as to what was breathing a few feet away from me in the dark of early morning. Nothing was making sense, and the panic was beginning to settle in when it finally struck me- I was home, the dogs were friends, not foe, and since it was still very early here as opposed to the time three zones to the east where I had been residing for a month, Wendy was still asleep and breathing peacefully, as it should be.

In the two weeks since that rude awakening I have always become conscious in the morning without worry of where I was or what was mysteriously going on around me. On the other hand,

There was a time when I played tennis on a somewhat regular basis. It wasn’t something I did a lot of, and it usually involved some kind of family outing and activity. I hadn’t thought about it for a long while, but it seems that when we lived in upstate New York there was a family membership at an indoor tennis club. But the time that has been coming to mind as of late was either in spring or early summer since I see puddles on the outdoor court in the fog of memory. I was on one side of the net and my sister was on the other. It was my mother, however, who had suggested we go play- I don’t remember why. Since it never was a good idea to argue with mom, we went, but neither of us was feeling terribly motivated that day. We cracked open the can of tennis balls and proceeded to lob the ball back and forth across the net. I’m certain there was conversation, but I have no recollection about what. I do believe that at least some of that banter had to do with the fact that we were not keeping score as the ball either did or did not traverse the center court barrier. We both knew that this lack of win or lose tally would annoy mom to no end. To her, there was the victor and the vanquished and never the twain shall meet as they say. Coming in second was not an option, as I was reminded whenever I came home from a swimming meet with only a silver medal in hand. As it turned out, on this particularly uninspired tennis day, we were correct in our expectations, since the first words from my mother’s mouth when we walked through the door were: “Who beat?”

I think of this story often, as I did when I opened the email from my lawyer in New Hampshire this morning. In pausing, and reading that line again, the feeling of fogged perceptions and unexpected realities creeps in once



it seems that I have not quite reset my inner clockworks, as I have regularly been falling asleep on the couch around 9 or 10 pm, only to wake up around midnight, stagger upstairs to bed and then toss and turn from three or four in the morning until the arrival of the first light leaves me no excuse for laying around anymore. Since the muck and mire of the past month remained behind in New Hampshire, the conversations I was having in my head back there mostly stayed behind as well. But instead, I have spent some time trying to remember if I had related a certain story in these pages before. What I finally decided was that I hadn't- that my most recent retelling of the tale only happened at my mother’s memorial service almost four years ago. Reading through multiple past columns to clear this up didn’t seem to be a good use of time, and since I had plenty of time in the tossing and turning, I’ve decided to go with the memory rather than the reading and finding.

more. This morning email included an attachment outlining all the money related accounts and things that seem to be in need of justification regarding my parents’ estate and trusts. I have never been great at math, but when I was handed the list of my parents’ assets upon my returning back there a month ago, a quick mental calculation left me a bit more than curious as to where a large chunk had vanished to. Because of my math deficiencies I sat on my initial summing up, until my sister’s claims of placing the proceeds of the sale of the Florida house in a certain money management account did not make any sense any more, given the paucity of funds indicated on the papers I had been handed. When my sister’s answers continued to not make any sense I decided to go to the source, which involved a lovely drive through the New Hampshire countryside and the location of a parking space not far from the money institution’s door.



Shape Up Vashon 1 month Walk, Run, Cycle Blitz!

- For our early fall event, Shape Up Vashon is offering guided walks, runs and a bike event from Sept 18-Oct 19.
- Free and open to everyone. Just meet at the times and places noted. Some walks and runs are on uneven trails. Bring water and consider walking sticks or poles. Check www.shapeupvashon.org additional activities, changes, or weather postponements.
- Friday Sept. 26 at 8:45: Join Rhonda Gilliam and Linda Fox for a walk on the Dilworth Loop. Meet at the corner of 91st Ave. SW & SW Dilworth Rd. 2½ miles paved road, 133 ft. gradual elevation. Easy healthy walk pace, not a stroll, about 3 miles per hour. 1-1 ½ hours.
- This walk will repeat each Friday, Oct 3, 10, 17.
- Sunday Sept 28 at 8:00 AM: Join Kelly Straight for a run in Center Forest Park. Meet at the entrance at the end of 188th St. Run at 9-12 minute mile pace. 1 hour.
- This run will repeat each Sunday.
- Sat. Oct. 4 at 10:00 AM Join Keith Putnam for a Dockton history walk. Meet at Dockton Park. Keith is an Island architect and has lived here since the 1930’s. He will take you to the history displays along the road and embellish your view with stories of the past. Slower interesting walk on paved surfaces. 1-11/2 hour.
- Sun. Oct. 5 at 11 AM: Join Kelly Straight for a Family bike ride around the Burton Loop.
- Meet at the gravel parking lot across from the Burton store.
- Easy ride, all ages welcome. Pit Stop at Jensen Point.
- One lap around the Burton peninsula with a second lap option.
- Thursday Oct. 9 at 10:00 AM: Join Kathleen Davis to hike Shinglemill Trail. Meet at the trailhead on 156th across from Vashon Winery red barn. Spectacular but steep trail goes down to the creek and back up the ravine twice. End up at Fern Cove, then return. 4 miles, 2-3 hours. Bring walking sticks, water. Postpone for heavy rain.
- Sunday Oct. 12 at 11 AM: Jogging 101.
- Want to start jogging from a walking program or a combo of jog/walk? Join Kelly Straight for a 1.5 hour intro to gait cycle and jogging. Meet at the High School track.
- Focus on form, pace and breathing. Receive a walk to run program.
- More to be announced! Watch for additions, or changes at www.shapeupvashon.org and our Shape Up Vashon Facebook page.
- Save the date!
- October 21 FED UP movie at the Vashon Theater. Free to all. Bring your friends and family.
- Sponsored by Shape Up Vashon
Hosted by GreenTech and the Vashon Community Theater

I walked inside and was greeted pleasantly, and when I had voiced my concerns I was directed to the person who had handled my parents’ accounts. I noticed bike ride posters on this person’s wall, and before getting to the main reason I had come, we talked about the Cannondale Synapse he had just purchased with a full Ultegra groupo. It was something I could understand. What I didn’t understand, but of course had suspected, was that after carefully checking three times through both accounts, he could safely tell me that that money from the Florida house had never passed through their doors, as I had been told by my sister that it had. It was a vindication of sorts, this revelation, but it also gave another meaning to the term Pyrrhic victory.

The question- “what would Mom have said?”- came up a number of times while I was back there. We knew what she would say when we came home without a game score on that certain tennis day. With a different kind of court looming on the horizon, I have no idea what my mother would have said, but I’m fairly certain it wouldn’t have been “Who beat?” As it was, on that wet tennis court, neither of us won. But in this brewing battle, regardless of the outcome, I am feeling that we both lose. So. Mom. What do you think about that?

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Spiritual Smart Aleck Kvick-Kvick

The happiest part of my day is spent sitting on the kitchen porch after I shoo the dog out of my chair (it gets warm in the morning sun and she likes to lie in it). I sit there drinking my morning coffee and watching the birds at the bird feeder. They are endlessly amusing.

Right now there are a lot of Red-breasted Nuthatches coming by. The Chestnut-backed Chickadees still show up, but the Grosbeaks haven't been by lately. I saw a Hairy Woodpecker the other day – my first one.

I haven't paid close enough attention to recognize individual Chickadees or Nuthatches, and unlike serious birders I do not know one bird song from another. Oh, I know when I hear a crow or a Stellar's Jay. Those calls are pretty unmistakable, but the little birds all blend together for me.

I think it's the Black-capped Chickadees that remind me of my aunt's canaries. My aunt had an outdoor cage with two canaries in it for years. This was in balmy central California, and if the weather was harsh, my aunt would lower canvas covers over the screens, so they survived fine out there. At least I think they did. Now I'm wondering for the first time if my aunt was making regular trips to the canary store to get replacements over the years. Another one of those questions I wish I'd thought of when she was still alive.

I guess she kept them to listen to their singing, and I remember them tweeting up a storm. There is one chirp the Black-capped Chickadee makes that takes me right back to my aunt's back yard, and I can see the cage and the canaries again. Oh, and the lemon tree behind the cage.

The bird books I consult try to describe the calls and songs of birds on the written page, and honestly, I don't know why they even bother. If you already know what the bird sounds like, you might read the description and say, why, yes, that is that bird's song. But if you don't know it, the descriptions aren't much help. One bird's voice description said it went, "Yank yank yank." I have never heard a bird say, sing, or call anything that sounded to me like "yank yank yank." Same goes for most of the other written



By Mary Iuel

approximations of bird song. For example: the Barn Swallow "utters continuous zip-zip-zip twittering chatter and a kvick-kvick call." (p. 270, "Birds of Washington State," Lone Pine Publishing, by Brian H. Bell and Gregory Kennedy)

Again, I've never heard a bird say kvick-kvick. Sounds like a Yiddish bird to me. So, you want I shouldn't build my mud nest in the eave over your front door? Kvick you, alta kaka.

I'll wait here while you google it.

When I was young I wanted to be the best singer in the world. As I got older and developed a more rational sense of my own talent, I wanted to be a good enough singer/songwriter that I was respected by other singer/songwriters, which is still a lot to want.

Songwriting is a tough row to hoe (I see you songwriters are nodding your heads). It's not easy because even if you are good, people would rather hear you sing a Johnny Cash song, or anything familiar, than your own precious original creations. Yeah, all songs start out as someone's precious original creation, but if someone recorded it and had a hit with it, an audience is going to be a lot happier hearing that familiar ditty than your impeccably crafted, but unfamiliar, original song. That's the way people are. The familiar is more comfortable. That's why there are so many cover bands that work regularly in bars and cocktail lounges.

I also wanted when I was younger to become a better person. I read the self-help books, I went to therapy, I did support groups. Then sometime around my forty-third year I had this epiphany: I'm not going to live long enough to fix myself. Now, in my sixties, I found myself writing to a friend, "Live and learn. Well, actually, I don't care anymore if I learn anything as long as I keep on living."

My standards and expectations have relaxed, you see. Maybe all I really need to do now is sit in the morning light and drink my coffee and watch the birds and enjoy their songs, and teach the dog new tricks. She learned "spin around" last week, and it was surprisingly gratifying. Maybe that Facebook quiz that said I was best suited to be an animal trainer was right.

Road to Resilience

Continued from Page 1

many of us commute long hours and then live far enough from town that attending meetings represents too great a toll on our time. However, we now know that the future is likely to be very different, and we need everybody's input to determine how we are going to address it.

The Vashon Maury Community Council is offering you the opportunity to become involved in a discussion that could result in a plan that truly represents a large cross section of our community.

We recognize that work commitments and travel distances across the island present significant obstacles to attending meetings. Rather than asking all of you to come in person to ongoing meetings, we will have discussions started online on the different areas we will need to address in a plan. Hopefully, you will be able to follow and add to the discussions on topics in which you are interested while in the comfort of your own home and at a time of your choosing. We will facilitate these discussions and try to keep the dialogue on a productive course. We also will be looking for individuals and critical organizations that may be interested in helping to design, oversee and coordinate this project.

If this seems important and promising to you, please attend the meeting of the VMICC at the McMurray common room on October 20. John Starbard and other King County comprehensive plan development staff will be present to familiarize us with the planning process and the timelines we will need to be aware of, and will answer any questions you may have. We will need to know how much time we have to finalize results of our own independent discussions so that they may be translated into elements of the official plan. The County has indicated that they will be able to provide staff at some point to help us do this.

The county, as our governing body, will enforce the plan, but I want to emphasize that the plan, if we participate in making it, will be our vision of the future.

More good news from Unforgettable Fire LLC

We at Unforgettable Fire LLC are very excited to announce our newest retail dealer, Vashon True Value. It has been some time since Vashon has had a wood stove retailer and we could not think of a better home town outlet for our products. We would like to invite the public to attend the True Value "Black Friday" event where Unforgettable Fire and True Value will show case the Kimberly stove and the newly released Katydid stove. Please join us for product demonstrations and some munchies cooked on the stoves.

Speaking of the Katydid we have much good news. Just as we were about to spend \$20,000 on certification, the EPA announced new regulations that could effectively remove 80% of the stoves available to the market today. At the same time a group called the Cold Weather Institute of Fairbanks Alaska has announced moves to ban sales of Catalytic stoves in their state. Their reasoning is that they believe the Catalyst materials degrade fairly quickly leaving dirty burning stoves which rarely if ever are brought back to "like new" performance because of the expense of maintenance, both of these events are very troubling to both manufacturers and retailers.

Fortunately for Unforgettable Fire LLC we were right in the middle of our engineering and stalled the process until we could learn more about these changes. Once we knew the "worst case scenario" we set out to re engineer to beat both impending factors. To put this into perspective it is helpful to know that before regulation hit in the late 80's stoves were routinely dumping up to 80 grams per hour of carcinogenic emissions into the air shed, think of a 5 pound coffee can full of cancer causing dust spread into the wind a day....for each stove in use. The first round of regulations set a limit of 7.5 grams. Washington, Oregon and Colorado soon brought their limits down to 4.5 Grams per hour. This came at a loss of

over 280 manufacturing firms and the jobs associated. This is something our country does not need to face again, but it is coming around again.

Today's EPA action is to bring this limit down to 1.3 grams per hour which typically only the catalytic equipped stoves can comply with, until now. Because of Unforgettable Fires commitment to the environment we wanted to use physics rather than chemistry to accomplish our new goals. The mining of noble metals found in catalytic devices along with all the chemical processing to create a product which can be very adversely affected and even destroyed from fueling with reclaimed wood containing paints or galvanized nails..... even colored paper did not fit with this commitment. After some \$90,000.00 in research and development our new Katydid stove looks to be the worlds first wood burning stove to operate at below one gram per hour as a non catalytic stove.

We did not stop at performance however, we wanted to produce products that offered energy independence in the worst of conditions. during our R&D years we watched people suffering through things like Fukushima, Hurricane Sandy, and last years Polar Vortex and knew we needed to provide the user of our products the ability to not only heat but cook, bake and produce hot water and electricity when the power is out. This is why the Kimberly and Katydid both have accessory items specially deigned for these purposes. These two stoves are also the only stoves in the world UL listed for use with pellet stove pipe for a far less expensive installation keeping our products competitive where the overall cost of a completed package is concerned.

The next two months will be both long and busy as we are about to embark on a two month promotional tour across the northern and mid west states. all in all we will hit 16 states, drive 7500 miles and visit numerous shops and two Mother Earth wews Fairs along the way. Summer sales have been far greater than expected and this venture seems to be just beginning. Upon our return to Seattle we will be preparing to bring Vashon True Value up to full speed on product knowledge and ready to serve Island residents with all their wood heating and "off grid" needs. We hope to see you all at the Back Friday event where you can learn about all these products can do for you, meet the crew and enjoy the heat of our stoves. We hope the community will support this awesome family business in their new venture. We also thank all of the Vashon Residents who have been encouraging and supportive of this very long but exciting venture.



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Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

Aries (March 20-April 19)

What do you create in your relationships? That is, what exactly do you make with your partner? Do you make food? Do you make great sex? Do you make art or music? Do you make a work product of some kind? Do you make babies? Or do you make something a little less pleasant, such as jealousy or stress? Consider the idea that every partnership has a creative product of some kind. Usually, the thing or the feeling that is created is wholly intentional. It's not an accident when something is made; it does not merely happen. As the Sun ingresses your opposite sign Libra, you are being invited to consider what, exactly, you want to create with the people around you -- remembering that it's going to be something. This is especially true if it's a sexual relationship, which is a pairing powerful enough to create another life. Just remember that all sexual relationships are procreative.

Taurus (April 19-May 20)

You don't need to try so hard. I don't mean to suggest you not try at all, though there is something that you might call efforting, which is the sensation of putting out too much energy to get a particular thing done. What you're doing wants to be done and will cooperate with you. Collaboration will help, though it must be the right collaboration, probably not a whole committee but rather one or two people you really trust to assist you with specific tasks, or with handling specific individuals. Meanwhile, monitor your involvement with the details. You don't need to clean them all up at once. Go through your project in layers; make an improvement, move onto something else, then come back to what you were working on before. This will keep the work interesting and make sure you don't burn out on any one aspect of what you're doing.

Gemini (May 20-June 21)

You may be so connected to your creative source that you're feeling overwhelmed. Please don't let this stop you from exploring an idea, a creative project or a relationship experience. You don't need to get it (or anything) absolutely right the first time; you only need to be sincere. You will get a few other opportunities to revise what you're doing, and you're unlikely to lose contact with your original inspiration for long. Give yourself the time and space for creative activities for the next month or two, and take a creative approach to everything you do. My definition of 'creative' means taking some risk, which you will feel in your body as well as your mind. You don't need to strive for 'pure originality' but rather consciously approach everything from your own angle or point of view. Originality is grossly overrated and misunderstood. It often works very well to take something from one context and apply it to another, like the Yellow Submarine lunchbox.

Cancer (June 21-July 22)

Your genetic lineage contains many interesting things. You don't know what they all are. You are aware of some, which you may think you understand. The existence of others has not been explained, and you may be living with them from day-to-day without noticing there's something unusual in your environment or your emotional body. In fact these things may have been around so long and are such a dominant part

of your landscape that they disappear into the background. They may include certain physical objects that 'don't belong' in your environment or that you're 'not supposed to have' -- but which call for careful review and analysis, so that you can understand your own life and how you came to be the way you are. You are entitled to do this for one reason: you are under no obligations to keep any secrets from yourself, and anything you possess or live with can correctly be called part of you.

Leo (July 22-Aug. 23)

Presentation counts for everything right now. The details matter less. You must be aware of them, but don't bog down your message with too much information. You might be inclined to do this in the spirit of integrity, though your integrity will shine through. Therefore, focus on appeal, and on your ability to translate into a language that many people understand. Make sure you convey some excitement about what you're creating, and your sense of adventure. Whether you're involved in a business project or directing your energy into a personal relationship, the approach is the same. Know that any encounter or enterprise has the ability to take you to a depth that you're not expecting. This could be depth of contact, commitment, or expressing your passion in a tangible way. If you encounter resistance, persist gently. Rather than sailing directly into the wind and current, take a diagonal route (in sailing terms, tack a few times) and keep your destination in mind as you do.

Virgo (Aug. 23-Sep. 22)

Use your power of attraction; use it consciously, though at the moment this is your greatest advantage. If you usually try to maintain a neutral appearance or drop below the radar, I suggest you polarize consciously in the direction of beauty and allow yourself to be more visible than usual. You know that your ongoing self-critique is no longer working for you, if it ever did. This may be a difficult habit to break, however, you're likely to figure out that it's more toxic now than ever. In the past you could exist more or less peacefully in a state of not wholly approving of who you are. However, the circumstances of your life and of your evolutionary journey are such that you can no longer do this. Your entire purpose must surround your quest for self-respect, which you then extend into relationship to others, in the spirit of recognizing some aspect of yourself in everyone.

Libra (Sep. 22-Oct. 23)

It's time to refine (and apply) your political skills, which are your social skills, though a special kind. By political I mean your ability to negotiate, as well as to work within an organizational structure, or within a power structure, to be helpful and also to get a positive result. This is no minor skill in a world where so much is decided on the basis of how well people get along, and who has the informal influence. Politics, properly understood, goes beyond the level of formal social roles. It's all about how people relate to one another as people, establish the pecking order, exchange favors and exchange resources. Politics is about how people motivate one another and get something done. Other factors in your chart describe you as a bull in a china shop, for whom the notion of diplomacy might be entirely

repugnant. Don't go there -- you will lose. Relate to people in a way that you both understand, and never count yourself out of the game.

Scorpio (Oct. 23-Nov. 22)

You know more than you think you know, though it would help immensely if you let go of your attachment to what you know is not true. That would be a long list of things, stories, behaviors, tendencies, goals you're not really interested in -- and the ways you can get dragged into the self-deception of others. The less emphasis you put on all that is untrue, the more energy you will have to focus on what is life-affirming and creative. This may have a daring quality, or the sensation that you're 'doing something wrong' by doing what you want. Alternately, that list of what is untrue may feel comfortable and normal, and if you notice that, I suggest you think it through and ask yourself why exactly that is. There is a reason, and if you understand the reason you will go a long way toward liberating yourself from that whole dimension of drama.

Sagittarius (Nov. 22-Dec. 22)

An interesting mix of energies in your solar chart casts you in two different roles -- the agent provocateur, and the perfect diplomat. That adds up to subversive. Being a successful subversive is a skill, and you can go a long way to mastering that skill over the next few days. The thing to remember is that people trust you, and they look to you as an example. The less you say about certain topics the better you will be able to convey your real meaning. Listen for the ways in which people are already likely to agree with you, and take that as your lead. Tap into the ideas and motives of others. This will help you avoid evangelizing, or seeming like you have an agenda. In order to do this with any integrity, you must be clear about what you want to achieve and why. Be real with yourself. Do not make excuses.

Capricorn (Dec. 22-Jan. 20)

You have a moment when you can really shine -- whether that means advancing in your profession, initiating a new business or project, or raising your public profile in some significant way. This window begins Monday night (at the equinox, which is Sept. 22 at 10:29 pm EDT), though you may be getting manifestations earlier. I suggest however that you not make any serious moves until the Sun ingresses Libra (that is the equinox). In fact, you would be wise to consider your options until the Moon ingresses Libra just before midnight (EDT) on the 23rd, and extend that window through the New Moon on the 24th. (The opening lasts a while

The Vashon Loop, p. 7

after that, but the New Moon is the main threshold.) Remember that you will be more visible during this phase, and the best thing you can do is put yourself in the right place at the right time (rather than trying to be everywhere all at once). Visibility means accountability. Be alert.

Aquarius (Jan. 20-Feb. 19)

You seem to be seeking a way to get out of the feeling of so much responsibility. It seems like you can handle the pressure, if you get a little time away from it. I suggest the thing you need is a different philosophical approach. You can begin with the idea that you will do what you're committed to, and at the same time remember that you have other goals. The way to avoid competition between them is to use time more consciously -- in other words, remember your long-term objectives and make sure that you put at least a little energy into them on a regular basis, without delaying them to the future. And remember your immediate needs, making sure that you put some energy into them every day. There is one last layer -- that which you want to do but are not prepared to act on yet. Keep that list handy, and attach an action date to commencing that is within 12 months from today.

Pisces (Feb. 19-March 20)

You may be a source of controversy; you may step on a few toes; you may leave some people wondering; you may get some sincere accolades -- and if you persist at whatever you are doing, you will succeed. As for the responses and reactions of others, remember how easy it is for people to talk shit. Critiques may be helpful -- take them under advisement rather than eating them for a meal. Praise is cool, just don't let it distract you. Stay on mission. Let nothing, and I mean nothing, eat at your confidence. Keep going. If you get fatigued (which is possible, given the late Virgo Sun, and Mars square Neptune this weekend) refresh yourself with music or time outside, and keep going. You may have many ideas pouring forth from your mind -- just write them down and do not evaluate how you feel about them. Just keep going.

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

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Positively Speaking

By Deborah H. Anderson



The Ten Keys to an Indomitable Spirit

It costs at least \$5,000 each time you move. At least. Moving, lost work time, unpacking time, actual costs of movers, deposits, etc. Moving a lot can leave a person bereft of stability and cash flow. If you are an entrepreneur who doesn’t live on credit, it can almost stall out your life.

Truly my critics thought they could crush me by circulating the rumors and declaring me not ‘the right kind of person’ and undermining my housing situation over and over and over again.

Ah.... but they did not know who I am. Since I was a wee babe, I have been blessed from above with my most precious gift and my greatest talent. I have, for reasons only God knows, a positive outlook on life and an indomitable Spirit. No matter what kind of circumstances I find myself thrown into, I believe the glass is always half full, God loves me, people can change for the better anytime they choose, and tomorrow is another day.

How do I do it? It’s hard to take apart a gift. So I did some reflection because I would love for everyone in the world to have this. As near as I can take it apart and tell, these are the keys:

1. Tell yourself the truth about your life and your situation. Not the story you need in order to keep going, but the real truth. Face the facts head on. This happens by spending more time than you think necessary in self reflection.

2. Feel your pain. Breathe it in and through it like you were surfing or giving birth. It will not kill you. It will only feel like it’s going to kill you. Your definition of ‘the worst’ will grow and expand and allow you to experience more and see more good.

3. See the possibility for good in every person and situation. Look at people through God’s eyes. You may call God ‘the Universe’ I happen to believe there is an actual person with a personality and capacity to love, not just an energy force. But whatever works for you, look into people’s hearts and history.

4. Be willing to do hard manual labor as a part of daily life. It grounds you and gives

you perspective on your place in this world.

5. Keep those lofty dreams. They are not pipe dreams, they are realities that haven’t happened yet. It can take a long time for a dream to come to fruition.

6. In bad situations, make good choices. Adding to your burdens is not a smart thing to do. Turning points come when the circumstances can seem most dire.

7. Learn from your mistakes. Own them, lest you repeat them. When you do repeat them, analyze them again. See point #1.

8. Be kind. Do good. Never return evil for evil. These are the three that go together to lubricate your life. It keeps your heart from becoming like the Tin Man.

9. Stay in the moment. Stay present. Stay focused. Keep your mind on what you are doing. Maybe sometimes that moment is for daydreaming or catching the muse, but be as intentional as you can be about your connection to your minutes and hours.

10. Count your blessings and keep your sense of humor. These go together too. Write them down, share them with others, think of them last thing at night and first thing in the morning.

If you follow these ten practices, you will keep better odds at not becoming an opportunist who exploits other people and situations.

“What does it profit you to gain the whole world and lose your soul?”

Better to become a person of integrity, who believes, despite everything, that life is good and rests in their indomitable Spirit.

A book you say? This should be a book? All in good time, dear readers. All in good time. For now, try these on and see what happens.

Love,
Deborah



Crush the Fog

Continued from Page 1

Please contact us at crushthefog@gmail.com if you are interested in donating.

Before the last tragedy, we were five months in on planning a healing event to bring our community together. We now realize that we must share our vision and open up our planning process to others who would like to volunteer their skills and services. We would like to invite you to join us and be a part of this.

We need your help to make this event a success.

In order to make this event inclusive, meaningful and successful we need support in the following areas:

* Volunteers to help with specific tasks and responsibilities

* Materials and supplies (i.e. dimensional lumber, firewood, bottled water)

* Donations to offset materials and basic costs

Donations can be made via check to CRUSH THE FOG and sent to:
Mosaic Multicultural Foundation
4218 1/2 SW Alaska, Suite H
Seattle, WA 98116

You can also go to crushthefog.org and donate online.

If you are able to help with this important community project, please send an email stating what skills and materials you can offer and we will contact you.

Send emails to:
crushthefog@gmail.com

Thank you, we hope to see all of you on Oct 4th!

Seattle film director Griffiths brings “Lucky Them” to Vashon Theatre



Vashon, Washington (September 22, 2014) Vashon Film Society welcomes influential Seattle film director Megan Griffiths back to the Vashon Theatre on Friday, October 3 for a presentation of her newest film “Lucky Them.” Griffiths visited the island a few months ago for the screening of her gripping human trafficking drama “Eden,” but another side of her talents is displayed with this refreshing romantic dramedy starring Toni Collette.

“Lucky Them,” which premiered at the prestigious Toronto International Film Festival and was most recently seen locally at Northwest Film Forum, focuses on Seattle rock journalist Ellie Klug who is assigned by her editor (Oliver Platt) to track down an enigmatic musician from her past. Ellie is joined on her road trip by an eccentric amateur filmmaker (Thomas Haden Church), and an offbeat adventure ensues as Ellie grapples with friendship, love, and being middle aged in a youth culture.

Some surprising names are

associated with the film. Screenwriter Emily Wachtel grew up in Connecticut and came to know Paul Newman and Joanne Woodward well – in fact, she remains best friends with the famous acting duo’s daughter Clea Newman. Paul Newman was associated with the script for “Lucky Them” for many years, and after his death, Woodward took over as executive producer of the project. There is another high profile Hollywood name and face in “Lucky Them,” but this actor’s pivotal cameo in the film is uncredited. Film goers will enjoy asking director Griffiths about her experience working with this very famous mystery player.

There will be a Q&A following the screening of the film. Vashon Film Society presents special feature and documentary presentations on First Friday Gallery Cruise nights following the art walk. Friday’s show at the Vashon Theatre plays at 9:30 pm, and tickets are \$7.

Ian Moore

Continued from Page 1

talents that first won him attention. But as Tucson Weekly noted, “His recent albums have positioned him as one of the most soulful singer-songwriters around, and one of the most diverse.” Or as Seattle’s influential weekly The Stranger said not long ago, “Your new favorite artist has arrived.” Similar praise greeted Moore on his national debut nearly 15 years ago, because for Moore. the path and process to where he is going has always been his focus, and

it has consistently made arriving at each destination that much sweeter...

A word about this show. you all know what an amazing performer Ian Moore is and if you’ve seen his shows at the Red Bike, you know how quickly they sell out. There are only 100 tickets to this show....it’s going to be spectacular, so don’t be left out in the cold!

Get your tickets online here: www.brownpapertickets.com/event/871876

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How about adding an extra-special cat to your household?



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Island Epicure



By Marj Watkins

What to do with Leftover Rice

My rice cooker works best when I cook at least a cupful of raw rice at a time. It produces more than can be consumed at one meal. It's good, though, to have some cooked rice on hand. Some ways to use it:

- 1. Add to soups to bulk them up and make them more satisfying.
- 2. Add when mixing up a meat loaf to absorb fat and extend the loaf.
- 3. Mix with an egg or two and fry as like pancakes. Good for breakfast, lunch or supper.
- 4. Serve up with milk or yogurt, sliced strawberries or blueberries, or with dried cranberries or cherries for breakfast.
- 5. Top with a curry or stir-fry for a supper dish.
- 6. Combine with leftover cooked salmon or with a canful of tuna for fish cakes.

Rice Cakes
2 cups cooked brown rice
2 or 3 eggs
¼ teaspoon salt
2 Tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
Dash black pepper
Olive oil

With a fork, mix all ingredients except olive oil well. Heat oil in a wide skillet. Cook as you would ordinary pancakes. Serve with plum sauce. Or Hoisin sauce if you can't find plum sauce..

Salmon or Tuna Cakes
Makes 6
½ cup cooked flaked salmon or 1 5-oz. can chunk light tuna, broken up
2 eggs, beaten
¼ cup cooked brown rice
2 Tablespoons flour
Dash salt
Dash back pepper
¼ teaspoon dillweed
2 Tablespoons olive oil

Thoroughly mix all ingredients except the oil. Heat oil in a wide skillet. Add fish mixture by tablespoonfuls as you might ordinary pancakes. Cook until edges look done and bottom is brown. Flip. Fry until cooked through. Serve hot with Hoisin Sauce from Oriental section in supermarket.

Halloween 1978
Showing at the Vashon Theatre

John Carpenter's HALLOWEEN premiered on October 25th, 1978, not in Los Angeles with a big event at Mann's Chinese Theater - instead it opened in Kansas City. It did quite well there and opened up in Chicago, and then earned showings in New York. From there, it had a platform release across the country, playing in different cities at different times.

Over 35 years later, the movie has made its money back more than 200 times! This earned it the title of the most successful independent horror movie of all time. It's one of the most successful independent flicks overall, behind Teenage Mutant Ninja Turtles and The Blair Witch Project.

On a cold Halloween night in Haddonfield, Illinois in 1963, six year old Michael Myers brutally murdered his teenage sister after she had sex with her boyfriend. Michael is then locked inside Smith's Grove Warren County Sanitarium where he is placed under the care of Dr. Sam Loomis who is the only one who sees the pure evil within the soul of Michael. On October 30, 1978, Michael escapes from the sanitarium. After witnessing the escape, Dr. Loomis heads back to Haddonfield where he



knows Michael will kill again on Halloween night. Michael begins stalking three teenagers, Laurie Strode and her friends Annie and Lynda. With the help of the town sheriff, Loomis hunts for Michael and hopes to put an end to his grisly murder spree.

Showing at the Vashon Theatre. Wednesday, October 1st at 8:30pm & Friday, October 31st at 8:00pm
Tickets; \$9 General, \$8 for Honored Citizens
Rated R
Running time 90 min

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Sci-Fi Sunday

In this hit '80s hybrid of the horror movie and the teen flick, a single mom and her two sons become involved with a pack of vampires when they move into an offbeat Northern California town. Lucy (Dianne Wiest) and her sons, Michael (Jason Patric) and Sam (Corey Haim), move to Santa Carla to live with Lucy's lovable but curmudgeonly father (Barnard Hughes).

Lucy gets a job from video-store owner Max (Edward Herrmann), then begins dating him, while Sam hangs out with Edward and Alan Frog (Corey Feldman and Jamison Newlander), a pair of vampire-obsessed comic-shop clerks. Soon Michael falls in with some actual vampires after becoming enamored of one of their victims: Star (Jami Gertz), a gypsy-like vixen who is trying to hold on to her humanity even though vampire leader David (Kiefer Sutherland) wants to play Peter Pan to her Wendy.

When Michael visits the cavernous hangout of David and his cronies and unwittingly drinks from a wine bottle full of vampiric blood, he becomes an unwilling member of the bloodsucker biker gang. Soon, it's up to Sam and the Frog brothers to destroy David and his ilk without killing Michael and Star.

Shot on location in the coastal California town of Santa Cruz



and directed by Hollywood pro Joel Schumacher, The Lost Boys became a pop-culture phenomenon thanks to its attractive young stars, offbeat soundtrack, and hip, clever marketing campaign. The film's tagline -- "Sleep all day. Party all night. Never grow old. Never die. It's fun to be a vampire." -- perfectly captured its knowing mixture of attitude and gore. The effects team who transformed Sutherland and company into snarling bloodsuckers would go on to provide equally gruesome

effects for Blade, another revisionist vampire flick, more than a decade later. This film is brought to you by The Chicken Soup Brigade. The Chicken Soup Brigade is part of Life Long AIDS Alliance. LLAA has many programs and CSB is one of them. The Brigade gathers food, distributes it at a warehouse in Seattle in the form of a bag of groceries and prepared meals, has a meals on wheels program, helps with some of their bills by means of vouchers, people

Continued on Page 10

Get In The Loop
Send in your Art, Event, Meeting Music or Show information and get included in The Vashon Loop.
Editor@vashonloop.com

Long Lost



Island drummer Todd Zimberg will reunite with two of his closest musician friends once again, guitarist Michael Gotz and bass player Keith Lowe, for another epic performance at the Red Bicycle Bistro. The trio has had so much fun playing gigs at the Red Bike that they decided to come back and give the Island another spectacular night of jazz, rock and blues.

The three worked together in the Michael Gotz Quartet back in the mid '80s and have since played the occasional outing. Their debut at the Red Bicycle over a year ago was an excellent opportunity for the three to kick off the new incarnation of this group and now it's become a really exciting project for them all.

Michael Gotz has been performing as a guitarist and pianist for 35 years. His relationship with music began over 40 years ago as soprano soloist with the Sacred Heart Boys Choir. While essentially a jazz player, Michael has performed in a variety of genres including Reggae, Pop and Country.

Keith Lowe, in over thirty years of playing, has yet to meet a musical style that he doesn't like. He has played and recorded in many different genres, including orchestral, rock electronic ambient, folk, bluegrass, jazz roots and country.

Todd Zimberg has worked in the Puget Sound region as a drummer, percussionist and educator for more than 20 years. On his home Vashon Island, Todd is a member of the Island Jazz Quintet as well as the Portage Fill-Harmonic Big Band. He also maintains a practice in private instruction, has worked as an Artist in Residence in the Vashon Schools as well as for the Washington State Arts Commission. He created and directs a summer youth percussion camp that is now in its 13th year.

In case there are any jazz enthusiasts that are under 21, this is an all-ages free show until 11pm.

Saturday, Sept. 27, 8:30pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Rippin' Chicken

Formed from deep within the Westsound Union, Rippin' Chicken plays a greasy brand of funky, bugaloo and soul jazz, executed with creative ease by three funky brothers from different mothers who LOVE to play together.

After performing and recording together for the better part of a decade in groups such as The Funk Revolution, The Lucky Mystery Now Orchestra, and The Bucks (all under the direction of the great Lucky Brown), Rippin' Chicken presents this power-house rhythm section as the center of attention, playing the music they want to, in a style that is all their own.



"A soul-food Organ trio gone Rippin'"
This is an all-ages free event until 11pm, then it will be 21+ after that.

Friday, Oct. 3, 8:30pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Feed the Carpe Diem Kitty

A wild band of musical and artistic parents will throw down a boot-stomper of a fall barn party to benefit Carpe Diem Primary School's scholarship fund, a.k.a. the Carpe Diem Kitty. Jennifer and Craig Sutherland, the Vaudevillian version of American Gothic and generous proprietors of JesusBarn Farm, with host the event. Other performers on the roster are the wacky-smart-physical music Lelavision with composer Jason Staczek and percussionist Aimee Zoe; post-punk-country-rock band Fendershine; solo guitarists Danny Newcomb, Chuck Van Norman and Dennis Bryant; bluegrass string trio Marc Gavin, Tony Liebo and Stephen Buffington; and performance artists Lynelle Sjoberg and Abby Enson. The musical offerings range from classical to other-worldly, and each performer will let the cat out of the bag with a cover of a classic kitty song.

Refreshments will include savory and sweet cupcakes designed by Rebecca Lanphear's Gourmet Cleaners & friends; a custom ice cream by Full Tilt Creamery; Dragon's Head Cider; and a signature cocktail



by Seattle Distillery. 100% of the evening's proceeds will go to the scholarship fund. This show will sell out, buy tickets in advance!
Carpe Diem is a private K-3rd grade school on Vashon Island that seeks to nurture and educate the whole child through challenging academics, hands-on learning, and lots of experiential learning outside the traditional classroom. The Carpe Diem Scholarship Fund provides opportunities for families of current and prospective Carpe Diem students for whom the school's character-driven, academically-individualized education may be out-of-reach due to financial

constraints.
Feed the Carpe Diem Kitty
A variety show to benefit Carpe Diem Primary School's scholarship fund
7:00 p.m. Saturday, September 27
JesusBarn Farm, 10926 SW 204th St. Vashon, WA 98070
Admission: \$20 suggested donation. 21 + over
Tickets:
• Brown Paper Tickets: brownpapertickets.com/event/865920
• Carpe Diem Primary School, 10014 Bank Rd. Vashon, WA 98070
3:30-4:30 p.m. Monday-Friday September 15-26
• At the door

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Sci-Fi Sunday

Continued from Page 9
volunteer to give hair cuts, drive people to their appointments or take them on day outings, give them free theatre tickets and so forth.

What we see on Vashon is one of the most love oriented actions, gathering food. "Care to Shop" began almost 20 years ago in Seattle and it seemed like such an easy way to express your love and care for the sick. When the monthly totals come in Vashon has the distinction of besting the Seattle efforts 10 fold. If they raise 800lbs, we gather 1,500lbs! It has almost with out fail been twice as much! And that from 1 store vs their 10 stores!! They had to create an award for us and what we do.

Two Harps & A Guitar In Concert



Head on out for a fun and magical evening featuring Deb Knodel & Jane Valencia (aka the Celtic harp duo Spookytree) and Steve Baughman, Celtic guitar. In a warm, intimate setting they'll play solos, duets, trios, and offer a story and a song or two.

A duo for 26 years, Deb & Jane are known for their imaginative, textured, and beautiful harp playing. They have performed nationally together and have several CDs. Steve Baughman is an innovative guitarist with a sensitive style and impeccable technique. He has several instructional DVD and Mel Bay publications to his credit, several CDs, and is a sought out instructor and performer at West Coast music camps and beyond.

Jane is a long-time islander, and

Deb is a former islander, now living in California. Steve hails from the San Francisco Bay Area. This concert is a once-only opportunity to hear these three musicians playing solos, duets, and trios together on Vashon. Not to be missed!

Two Harps & A Guitar In Concert:
Deb Knodel & Jane Valencia - Celtic harp duo
Steve Baughman - Celtic Guitar

WHEN: Monday, Oct. 6. 7PM
WHERE: Vashon CoHousing
Common House
10421 S.W. Bank Rd.

COST: Pay What You Can. Suggested:
Adults - \$12, Seniors/Youth - \$5, Families - \$25

Tickets are available at the Vashon Book Shop and at Brown Paper Tickets

Sunday Social Hour, at Open Space for Arts & Community



Sunday, September 28th, 4pm - Doors open at 3pm for Socializin'

We are turning the corner into fall, with winds beginning to blow and a nip entering the air... and we all need to get our hearts warm and toasty for the coming dark season! So The Rev himself has put together a tasty and glorious group of folks and bring a little inspiration to all.

Guests include some of the finest musicians and storytellers on Vashon: Dianne Krouse, Jon Whalen, Arlette Moody, Rebekah Bevilaqua, Merna Hecht, Greg Curry, and the Social Hour Band: Chaz Reed, Fletcher Andrews.

And a extra special treat - Karen du Fours des Champs returns as the beloved Ida Claire from Church of Great Rain! Sunday Social Hour here will be Ida Claire's Bon Voyage Party as Karen embarks on the journey of a lifetime!! Karen shares a bit about her upcoming adventure:

"Well you think Ida Claire dresses conservatively now in her red suit with

pearls, you should see what she will be transformed into as she heads into her new adventure in Saudi Arabia! Yes, the Middle East is where Ida Claire will next to be showing up--and rumor has it that the expat compound where she will live has an active theatre group where she can't wait to get involved! Her alter ego, Karen du Four des Champs, will be bringing her 3 decades of experience in HR and learning and development to Saudi Aramco where she is looking forward to working in a new culture with a global workforce. Her home--and heart--however, will remain on Vashon Island."

Sunday Social Hour kicks off at 4pm - and doors open at 3pm for socializin'. Tickets are \$10 in Advance, and available www.brownpapertickets.com/event/867889 and Vashon Bookshop.

Tickets will be \$12 at the door. No one turned away for lack of funds!

Sunday Social Hour is supported in part by a grant from the good folks at 4Culture.



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Thursday
October 9**

Deadline for the next
edition of *The Loop* is
Friday, October 3

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

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Next Loop comes out October 9



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Live Entertainment
September 27, 8:30pm
Long Lost


October 2, 8pm
Ian Moore & The Lossy Coils

October 3, 8:30pm
Rippin' Chicken

October 10, 8:30pm
The Bog Hoppers

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