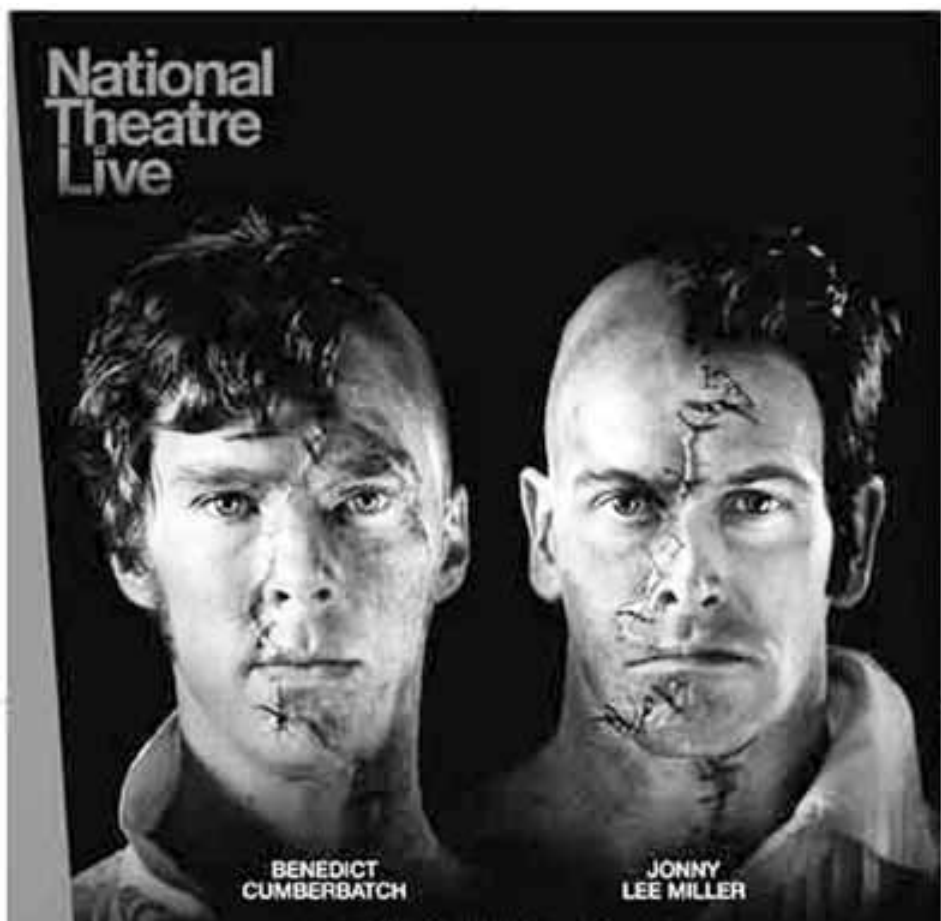


National Theatre Live Frankenstein Encore 2014



National Theatre Live's thrilling broadcast of Frankenstein returns to cinemas for a limited time, due to unprecedented audience demand.

Directed by Academy Award®-winner Danny Boyle (Trainspotting, Slumdog Millionaire), Frankenstein features Benedict Cumberbatch (12 Years A Slave, Star Trek: Into Darkness) and Jonny Lee Miller (Trainspotting, Mansfield Park) alternating roles as

Victor Frankenstein and his creation. The production was a sell-out hit at the National Theatre in 2011, and the broadcast has since become an international sensation, experienced by almost half a million people in cinemas around the world.

Childlike in his innocence but grotesque in form, Frankenstein's bewildered Creature is cast out into a

Continued on Page 1

VHS Live Sports Broadcasts On KVSH 101.9FM

By Dan Schueler

Voice of Vashon is now broadcasting Vashon High School sports live. David Leonhardt has just completed covering the soccer games for VoV unless he makes it off island to cover some of the girls' playoff games.

The VHS Football squad will face Cascade Christian at home on Friday, October 24th at 7pm, and Chimacum High School will visit the Pirates at 6pm on Friday, October 31st. John Yates and Kevin Linnell will be doing play by play while Dan Schueler and Michael Golen-Johnson will be in the KVSH studio to make the live feeds available.

VoV will broadcast play by play of Boys and Girls Soccer, Boys and Girls Basketball and Football during the 2014-2015 school year. Volunteers



are encouraged to help broadcast these games. Please send an email to dans@islandimage.net if you are interested in helping with the broadcasts.

You can listen to Vashon High School sports games broadcast live on Vashon's own community radio station KVSH at 101.9FM, on your smart phone with the KVSH app and at VoiceOfVashon.org.

Could Oso Happen on Vashon?

VashonBePrepared Convenes Community Meeting on Landslide Risk

VashonBePrepared invites the entire community to learn more about landslide risks on Vashon, a risk that ranks in the top three for the Island, right up there along with earthquake and severe weather. The informational meeting, which will include a question and answer session, will take place on Wednesday, October 29th, at McMurray school. Doors will open at 6:30pm for pre-meeting chat and the program will begin at 7:00pm sharp.

The evening's program will break the landslide risk down into four questions. Why does the risk matter? What are the risks on Vashon? What can we each do about it at our homes? And, finally, what have our disaster preparedness organizations been doing to be ready if it happens?

The lead off speakers will be Seri Ann Shaw and her parents who, fortunately, were not at their cabin when thousands of tons of boulders and mud wiped out the Steelhead Haven neighborhood at Oso last year. Through the Web and public appearances and a poignant song written by Seri they have been helping

people think about the effects of sudden disaster.

King County geologist Dr. Greg Wessel will report to the community on the results of a Hazard Mapping Study funded by the King County Flood Control District. He and a team of two other King County geologists have been conducting this study which shows potential landslide hazards.

Disaster prevention and recovery expert Shelby Edwards will provide basic tips on what to look for as clues for landslide risk in your neighborhood and, even though a landslide seems unstoppable, what you can do now to help keep your family safer.

Vashon Island Fire and Rescue Assistant Chief George Brown will report on steps under way now by VIFR and its community partners to prepare for the potential of a major landslide on Vashon.

The meeting will include a report on VashonBePrepared's accomplishments for the last year and the announcement of next year's Board and Officers. VashonBePrepared is a registered 501c3 nonprofit coalition of community agencies, groups and individuals that work together to help Islanders prepare for disaster.

The Road to Resilience Time to Think Boldly

By Terry Sullivan,

Coming of age in the 60's, I had great hopes. We had marched for civil rights and to end all wars and the Age of Aquarius was right around the corner. I knew that the same aspirations occur about every fifty years, but this time was different! As I weathered on through the 70's, the 80's, the 90's and right on into the 21st century, I began to suspect that out time had not yet come. Fifty years later and we have yet to turn the corner. Although there have been some areas with progress, it seems now that we have painted ourselves into a corner and the paint brush will not get us out. I realize now that the current state, in which inordinate wealth and power reside with the upper 1%, has been the norm over the long run and that the period of shared prosperity in the 50's and 60's was one of those anomalies that appear from time to time. I had mostly kept my feelings under wraps because it was apparent that a lot of people thought things were pretty good. After all, we vanquished the Soviet Union and everybody in the world now wears blue jeans, so who wants to listen to a whiner? All I had was a hunch, and I really couldn't put a finger on what was wrong. Certainly, a big part

of it was me. Had I been more successful in achieving what is considered success in this country, I would probably have overlooked the shortcomings as most of us have.

I think things have now gotten to the point where we really have to talk about it. We have the wealthiest economy in the history of the world, yet almost all of us have less and less. Our medical system is beyond compare, but we can't afford to access it. The internet has created an information revolution that no futurist that I've read ever predicted, but public education is floundering and higher education is unaffordable. People go homeless and hungry while stored food and empty houses rot. We desperately need to end our use of fossil fuels yet we feverishly search for and burn more and more.

International relations would be comical if people were not suffering and dying. Let's take a look at the Syria debacle. I don't think Mark Twain could have written a better satire. In WWII we had Axis and Allies. In the Middle East, we have a dozen or more players and the same number of sides: Assad, Sunnis,

Continued on Page 8

Live Local Weather www.VashonWeather.com

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to www.wunderground.com, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www.vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site www.vashonnews.com. Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site www.vashonweather.com.

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National Theatre Live: Frankenstein

Oct. 30 @ 8pm, Nov. 9 @ 1pm

Community Cinema Vashon Presents: MAKERS/Women in Hollywood October 28th at 6pm

Halloween! (from 1978) October 31th at 8pm

Vashon Theatre 17723 Vashon Hwy 206-463-3232

Call for Times

For show times and info check www.vashontheatre.com

Compost the Loop

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

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

Vashon Center for the Arts

COMMUNITY GROUNDBREAKING CELEBRATION

Bring your shovels!

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Saturday, October 25 at 3 pm

Next Edition of The Loop Comes out Thursday November 6

Deadline for the next edition of The Loop is Friday, October 31

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. Photos are welcome as jpeg or pdf attachments.

Baba Yaga and the Bag of Gold Puppet Show

This puppet show with Bunraku puppets features the infamous witch Baba Yaga who lives in a hut that walks on chicken legs. Discover classic characters from Slavic folklore.

Ages 3 and older; no registration required.

Presented by Thistle Theatre. At the Vashon Library Monday, October 27, 5pm

Daily Meal Program needs some help

The free Community Meals Program provides hot meals seven days a week for our neighbors on Vashon. Last year, in 2013, we provided 365 daily meals comprising 8,000+ servings to an average of 25 adults, seniors, and children per meal.

Right now we need your help:

The meal program is in need of a meal team for the 3rd Friday of Oct, Nov and Dec. Anyone who can volunteer please call Harmon at 463-7600.

Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church
Fridays 7 pm"

Harbor School Hosts High School Preview

Do you know which high school your child will be attending? Do you want to know what commuting off-island is like? Or how many AP classes might be available to your soon-to-be high school freshman? Want to learn more about scholarship opportunities, financial assistance, and extracurricular sports & clubs?

Representatives from several high schools (public and independent) will be visiting Harbor School on Monday, October 27, from 7 - 8:30 PM, to answer questions and provide information on their schools. If you are a current 7th or 8th grade (or parent of one), you are invited to attend Harbor School's High School Preview event.

Meet representatives from Vashon High School, Annie Wright School, Charles Wright, Bellarmine Preparatory, Seattle Lutheran High School, and Northwest School!

This event is free and open to the public. Refreshments provided!

Where: Harbor School - 15920 Vashon Hwy SW
When: Monday, October 27, 7-8:30 PM

Island Home Center ladies Night

The 10th Annual Ladies Night event is coming up. The searchlights will be in our parking lot again this year. The Family of Women will be welcoming donations of canned food at the door.

The band Loose Change will perform all evening. The Hardware Store Restaurant will provide catered food. Seattle Distilling and Palouse will be offering tastings.

This is the night for our lowest prices of the year and our special free pink bucket.

This is a 21 and over Ladies Only Private Event from 5pm-8pm on Monday, November 10th.

Pick up an invitation at Island Home Center and help give 2 tons of food to the

Vashon Maury Community Food Bank this year.

Tribal Fishing Rights

In conjunction with the current museum exhibit on Vashon's Native People, Vashon-Maury Island Heritage Association will present the documentary film "As Long As the Rivers Run", followed by a panel discussion with Puyallup Tribe members, including several who were present at the fishing protests in the 1960s & 1970s.

Thursday, November 6, 6:30 pm
Land Trust Building

Who's Up For Some Roast Captain?

Join the many friends of Captain Joe Wubbold for "The Great Captain Joe Roast Toast Party" to celebrate Joe's 80th birthday. There'll be big laughs, tall tales, and great music from Geordie's Byre, who will sing some salty sea shanties (say THAT 3 times fast!)

On Saturday, November 1st, from 6PM - 9PM at the O Space, Karen Biondo will be offering her tasty wood fired pizza if you're hungry, and there'll be Cliff's beer, strong grog, and refreshing non-alcoholic YoHoHo punch that you can buy for a small price.

A suggested donation of \$15 will help raise funds for some of Captain Joe's favorite island organizations: the Vashon Park District Scholarship Fund, the Keepers of Pt. Robinson, and the Vashon Community Care Foundation.

We're trying to predict how many people will show up for this celebration, so if you're planning to attend, just reply to this message with the number of people in your party. This will help us figure out how to best organize the show, and insure



that we have enough people to handle the outpouring of community love that we expect to see for a true community treasure, Captain Joe Wubbold!

Are you with us, island crew mates? Should be a fun, funny night - and we hope you can make it!

Just hit reply now with the number of people in your party, and thanks!

A Community Event creating a Wave of Healing and Peace

Vashon Intuitive Arts welcomes Intuitive Healer and Artist Erika Rado from Bellingham, for an all-community event October 25th, 11-2pm.

Come be part of the wave of healing and peace.

Adults suggested donation \$20. No One Turned Away For Lack Of Funds.

Ages 5 and up welcome.

Group-centered healing and Q&A Channelling.

FB: Spirit Bird Intuitive Arts;

Blog: ErikaRado.me. Contact VIA for event information: 206-463-0025.

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Vashon Intuitive Arts 17331 Vashon Hwy 463-0025

The Vashon Loop

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Cedarsong Nature School Presets the Fall Forest Festival!

Featuring Caspar Babypants performing his new album “Rise and Shine!”
Get your face painted like a colorful forest critter, nibble on tasty snacks, create your own forest art, enter to win fabulous raffle prizes and dance, dance, dance!
Details
Saturday, November 15
10:30am-1:00pm
Concert at 11:30am
Open Space for Arts & Community
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Tickets are \$8; kids under 1 year are free
Tickets online at cedarsongnatureschool.org/events, at the Vashon Bookshop or at the door.
All revenue from ticket sales supports the Cedarsong Nature School scholarship fund.



Free Screening at Vashon Theatre: Hamlet (1948)

Vashon Theatre would like to thank the community of Vashon as well as the members of Island Greentech for two great years of Digital Projection. Following on the heels of last year’s screening of the 1948 Oscar Winning Best Picture “Gentlemen’s Agreement”, we will be showing the 1949 Oscar Winning Best Picture “Hamlet”. Laurence Olivier’s Hamlet won 4 Oscars, as well as had another13 wins & 4 nominations including winning Best Picture at the Golden Globes. The Vashon Theatre is grateful to be a part of this community and we hope you will come out and celebrate with us.
Prince Hamlet struggles over whether or not he should kill his uncle, whom he suspects has murdered his father, the former king.
Director:Laurence Olivier
Writer:William Shakespeare (by)
Stars:Laurence Olivier, Jean Simmons, John Laurie |

Storyline:
William Shakespeare’s tale of tragedy of murder and revenge in the royal halls of medieval Denmark. Claudius, brother to the King, conniving with the Queen, poisons the monarch and seizes the throne, taking the widowed Gertrude for his bride. Hamlet, son of the murdered King, mournful of his father’s death and mother’s hasty marriage, is confronted by the ghost of the late King who reveals the manner of his murder. Seeking revenge, Hamlet recreates the monstrous deed in a play with the help of some traveling actors to torment the conscience of



the evil Claudius. In a visit with his mother, Hamlet expresses his anger and disappointment concerning her swiftly untimed marriage. Thinking a concealed spy in his mother’s chamber to be the lurking Claudius, he mistakenly kills the meddling counselor, Polonius, father of Ophelia and Laertes. Claudius, on the pretext that Hamlet will be endangered by his subjects for the murder of Polonius, sends the prince to England.
Hamlet (1948)
Free Screening at Vashon Theatre
Saturday, October 25, 2014 at 7:00 pm
155 min - Drama - 12 August 1948

The Chicken Soup Brigade Presents: The Thing From Another World

The scene is a distant Arctic research station, where a UFO has crashed. The investigating scientists discover that the circular craft has melted its way into the ice, which has frozen up again. While attempting to recover the ship, Captain Patrick Hendry (Kenneth Tobey) accidentally explodes the vessel, but the pilot -- at least, what seems to be the pilot -- remains frozen in a block of ice. The body is taken to base headquarters, where it is inadvertently thawed out by an electric blanket.

The alien attacks the soldier guarding him and escapes into the snowy wastes. An attack dog rips off the alien’s arm, whereupon Dr. Carrington (Robert Cornthwaite) discerns that “The Thing” (played by future Gunsmoke star James Arness!) is not animal but a member of the carrot family, subsisting on blood. While the misguided Carrington attempts to spawn baby “Things” with the severed arm, the parent creature wreaks murderous havoc all over the base. Female scientist Nikki (Margaret Sheridan) suggests that the best way to destroy a vegetable is to cook it. Over the protests of Carrington, who wants to reason with the “visitor” (a very foolhardy notion, as it turns out), the soldiers devise a devious method for stopping The Thing once and for all.

This oversimplification of The Thing does not do full justice to the overall mood and tension of the piece, nor does it convey the lifelike “business as usual” approach taken by the residents of the military base in dealing with something beyond their understanding. A superior blend of science fiction, horror, naturalistic dialogue, and flesh-and-blood characterizations, The Thing is a model of its kind.

This film is brought to you by The Chicken Soup Brigade. Sunday, November 2nd, 1:30pm
The Thing From Another World



The Vashon Theatre
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 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.

Vashon forest stewardship workshop Oct. 25 for healthy forests, beautiful homes

Vashon Island forestland owners, architects and home builders can learn how using locally grown, locally milled wood supports woodland stewardship that creates healthy forests and beautiful homes at a free workshop, Oct. 25.

Sponsored by the King County Department of Natural Resources and Parks, Washington State University Extension, and Vashon Forest Stewards, the workshop is set from 10 a.m. to 3 p.m.
At the workshop, forestland owners, architects and builders will be guided by University of Washington forestry professor Jerry Franklin on a tour of sustainably harvested woodlands, followed by a tour of newly reopened Vashon High School which features wood harvested from Vashon Island. The workshop concludes at the Vashon Forest Stewards sawmill with

a demonstration and viewing products made at the mill.
Woodland owners will also learn how a forest plan can include steps for improving forest health for wildlife or simply for aesthetics – and the results can include property tax reductions and income for forestland owners through selling trees that are harvested as part of a plan.
Architects and homebuilders who attend the workshop can see and learn more about products that are produced and available on Vashon from Vashon-Maury Island sustainably managed forestlands.
For more information about the workshop, including registration, visit www.forestry.wsu.edu/nps/events/vashon/ or call Lauren Grand at WSU Extension, at 425-357-6023.

BP Needs A Home...

My name used to be Romeo because I had a lot of cat girlfriends before my little operation. Now I prefer the company of you two-legged types. I’m waiting at the door when volunteers come to the room I live in, and I like to sit on laps. Some people believe that having pets is good for your health, so why not give this BP a chance to lower your BP (blood pressure)?



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Island Life Unlike Other Days

By Peter Ray

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

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

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

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

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

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

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

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

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

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



Fading in the Kelp

By Orca Annie Stateler, VHP Coordinator

Our endangered Resident orcas brought a glorious October Surprise to Vashon when about 60 of them graced us with a visit on October 17. They traveled south to Point Robinson in the morning and then, as is typical in early fall, they did the East Passage shuffle and turned north again by afternoon.

That was my lead until I got confirmation of the dismal news I feared -- another blow to Southern Resident orca recovery. Much of L Pod had been out to sea for a week or so. The grim clues started to emerge when the orcas visited Puget Sound.

On the 17th, VHP associates Mark and Maya Sears deployed in the NOAA research boat with Brad Hanson (see “Orca Chow” in the 10/9/14 edition of The Loop). The killer whales had dispersed widely by the time the researchers caught up with them, so they did focal follows with small groups and individual orcas in an effort to collect samples.

Curiously, they saw no foraging behavior and found no evidence, either; i.e., no fish scales or prey remnants. Poop scooped was miniscule. Members of J, K and L Pods meandered and socialized – spyhopping, breaching, slapping pectoral flippers and tail flukes. Mark commented



still the youngest community member. Inexplicably, 25 months elapsed between his birth and L120’s. Reproductive collapse is another alarming indicator that these killer whales are inordinately stressed.

This article is a somber bookend to one I wrote for the 9/11/14 issue of The Loop called “A Moment’s Sunlight.” With the soul-crushing loss of Baby L120, L Pod falters at 34 and the Southern Resident population drops to an anemic 78. Something dreadful is afoot in L Pod, and we are failing to discern what it is.

Indisputably, J, K, and L Pods are struggling to find enough Chinook salmon to eat. I wrote about this last time. Other major threats plaguing the Southern Residents include deadly toxins in their blubber; disturbance from ever-increasing underwater noise and crowding by boats; military sonar; disease; oil spills; and climate change.

Our orcas are on borrowed time. Without bold recovery efforts, they



Sweet Baby L120, we hardly knew ye. Dave Ellifrit/Center for Whale Research photo.

that, as they headed north, the whales were extraordinarily scattered across the Sound, from Bainbridge Island to inside Elliott Bay. Two miles separated the leading groups from the trailing groups, a continuation of a pattern we observed this summer in Haro Strait.

The researchers did not see L120 on October 17, nor did the baby appear in any of the copious photos posted online. In the days following the Puget Sound encounter, experienced observers in the San Juans spotted L120’s close relatives – mom Surprise! (L86), aunt Ophelia (L27), and brother Pooka (L106) – but no baby. At barely seven weeks old, Baby L120 is a dearly departed one.

Knowing that mortality is about 40-50% for a Southern Resident newborn in the first year does not alleviate the sting of this death. Ti’lem I’nges (J49), age 2, is

will be extinct in 100 years. Addressing the complex threats facing Southern Residents from depleted prey resources and persistent bioaccumulative toxins are long-term recovery goals. We can help our orcas now by reducing boat pressure on them, and by living more consciously, selflessly, and sustainably in their habitat.

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 by Mark Sears. Send photos to Orca Annie at Vashonorcas@aol.com and check for updates at Vashonorcas.org.

Spiritual Smart Aleck

I Am Oldkay



By Mary Iuel

My son JD called this morning to see how I was and I meant to say I was okay, but my tongue slipped and I said, “I am old ... kay.” Then I laughed because “oldkay” seemed like a pretty good word to describe my current condition. Old, and okay.

In our last episode, I had been told I had a blockage in an artery, and was scheduled to go in for an angiogram. I was thinking it was my turn to get a stent, or if things were bad enough, have surgery. Whatever needed to be done, I was up for it, because I find I have a lot of dedication to sticking around to see what happens next.

Heart disease runs in the family. My father was not quite 63 when he had his final heart attack. That was in 1975. Bypass surgery was being done, but not widely, and not for my dad in our little town.

My brother had a heart attack at age 55. He was given a stent, and now at 70 he is going strong.

My mom died at 86 of heart disease. She was taking nostrums for upset stomach when what she really had was upset heart. By the time we figured out what the real problem was, it was too late for her.

I figured between my notoriously bad diet and my genetics, my number was up. I was having terrible angina. So off I went to the hospital for an angiogram. Here’s how it went:

First, my sister-from-another-mother, Becky, drove me in for the procedure. She presented me with a new teddy bear, Chauncey, to keep me company in the hospital. You may laugh, but I love to have a teddy bear to cling to when I’m in the hospital.

For those of you with delicate stomachs, you might want to skip ahead to the results paragraph, because I’m now going to describe an angiogram.

You wait around for a few hours in the day surgery pod. You gripe about the wait to Becky, who gets annoyed with you for your griping.

You get one wrist shaved, because the wire (!) for the angiogram goes in through your wrist artery. You also get your nether regions (if you catch my drift) shaved because if you need a stent, it goes in through your femoral artery. The lady who did that was heavy handed, so I felt like I was on fire, and not in the fun way, for a couple of hours. The itching was terrific. I looked like I was starring in a Michael Jackson video.

You are wheeled into the cath lab. It’s cold in there, so they wrap you in those warm hospital blankets, ah. That is the last pleasant sensation you’ll have for a while.

Your wrist is swabbed down with blue anti-bacterial soap, placed into operating position, and then the doc and his team go to work. If you think having dye injected into your arm and a wire being inserted into the artery and up your arm hurts a little, you are correct. The pain quickly subsides and your heart is on television and everyone is looking at your arteries, except you. Your view is of the underside of the camera that is taking the pictures.

RESULTS PARAGRAPH: What the medical team saw in my case was: pretty clear arteries. The doc decided to stress out the particular artery which was the most clogged, and it worked okay. The stress test, which is done with a drug, was not pleasant, but it was only for a minute or two. The angiogram was finished, all the gear pulled out of my arm. As they began to wheel me away I looked over at the image of my heart on the screen – the artery was a nice thick line with a little curl, kind of like the one Superman has on his forehead, and the artery did not look blocked.

So that was that. No stent. No surgery. I was stunned. Really? My second thought was, “Prayer works.”

The cardiologist came by to see me before I left the hospital and told me I did not have “more than 30% blockage,” which is acceptable and does not qualify for interference or repair. Then he said, “You are in no danger of having a heart attack.” After walking around with severe chest pain for weeks, that’s pretty sweet news. Becky drove me home. I went to bed and slept for fourteen hours.

I have microvascular angina. It is caused by the smallest coronary blood vessels going into spasm and cutting off blood to the heart muscle. It is brought on by activity, or by mental stress.

Do I have stress? When medical people have asked me that this year, I have answered, “Well, my husband died ... “ and then I don’t really have to go down the list, because that is considered stress enough.

So that’s the story, folks. Rumors of my death have been greatly exaggerated. I am in pretty good shape for my age and condition.

I am, in short, oldkay.

Shape Up Vashon starts its 4th Year with a New Leader

Laura Wishik is now the Executive Director of SUV replacing the founder, Kathleen Davis. Her first week included showing FED UP at the Vashon Theater and announcing her seminar series, “Food for Life”. Come to the first class, Sunday, November 2nd 3:30 – 5:00 at Chautauqua Elementary School, to see if these classes are for you. These meetings will focus on the reasons why we have such trouble managing our weight and keeping up with healthy exercise routines. She will also address many other factors that research has shown contribute to an overall healthy of life. Did you know, that if you don’t get good sleep, it is almost impossible to lose weight? Or control your blood sugar? Why is that? Do you have a sugar addiction, even if you are not overweight? Really? Can you or should you do something about it? How? Did you know that getting exercise not only helps with weight control and improves your heart health but can help treat depression and is the only proven intervention you can do to decrease the risk of getting dementia? Go to the WEB site for her class details (www.shapeupvashon.org).

Shape Up Vashon was started with a group of interested Vashon volunteers and sponsored by Foundation for Care Management. FCM is a small nonprofit Vashon organization that provides academic programs for health care providers in rural and underserved areas in the Pacific Northwest and globally on the WEB (www.fcmmcme.org). Believing that being part of a smart, motivated supportive community is just as important to maintaining your health as up to date medical providers, SUV was started as a pilot program to help folks who want to improve their health have a community which supports the advice that their medical professionals give them in the office. Laura looks forward to increasing Shape Up Vashon’s membership and involvement in the community. A mother of two high school students, Laura is particularly interested in providing more activities in the schools and for families that will be fun, engaging, and help with the problem that we all have: prioritizing our time so that we can be as healthy as we can be and have more energy for doing what we want to do.

In addition to our 200 plus members and our volunteers, many Island businesses and organizations have believed in our mission from the start and supported us with financial and in-kind donations. Thanks go to Puget Sound Energy, Granny’s, Masi Design, Vashon College, Vashon Athletic Club, True Value, The Hardware Store, Sawbones, Vashon Island Rotary Club, Windermere, Learn to Earn, Vashon Pages, Vashon Pharmacy, the Fire Department, Medical Reserve Corps, Vashon Golf and Tennis Club, Welcome Vashon and Vashon Water Sports. Chefs at Mays Kitchen, Express Cuisine, Nirvana, Melita Creek and Terry Collelo Catering have donated their time to teach our cooking classes. The Methodist Church provided space for Laura’s winter weight management classes. The Loop and Beachcomber have kept the Island up to date with our activities. And most precious of all, to the over 40 volunteers who donate their time and talent to make SUV a continuing and growing success,

thanks for believing in our mission, getting us started and continuing to support our activities!!

Vashon Thriftway honored with special grocery industry award

Norm Mathews, owner of the Vashon Thriftway, was presented with the 2014 “Excellence in Operations” award by the Washington Food Industry Association. Mathews received the honor in a surprise ceremony which highlighted his many achievements within grocery business.

“Norm has worked tirelessly to improve his store and better his community,” said Jan Gee, President&CEO of the Washington Food Industry Association. “The Vashon Thriftway is a perfect example what our local industry strives to be. Norm has been an outstanding leader and his actions demonstrate his ongoing commitment to providing the best service and products available.”

Candidates for the “Excellence in Operations” award are nominated by WFIA members based on the store’s proven history to excel in the daily operations of the store, merchandising products, and exceptional employee relations. The award also recognizes dedication to the prosperity, ethics, and image of the independent grocery industry in that Norm Mathews is always open to help a fellow grocer with ideas to improve operations. Winners are chosen by the WFIA Board of Directors.

Mathews began his career as a “box boy” with Tradewell stores in 1946. Within five years he was able to work his way into management. He later purchased Vashon Thriftway and has been very active within his community.



Oct. 15, 2014 – Vashon Thriftway owner Norm Mathews, center, accepts the Washington Food Industry Association’s 2014 “Excellence in Operations” award surrounded by employees, friends and community members.

Mathews has been recognized by a numbers of organizations for his work and his store regularly

donates to Vashon schools, foods banks, youth sports and the Red Cross.



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Aries (March 20-April 19)
Something that has made no sense may come into focus all at once, and then just as fast disappear like you had not noticed. It looks like a puzzling question or discussion point where the solution or the real situation becomes obvious, complete with the little tag about how it would be a good thing to write down because you might forget. For this reason I suggest you note your observation in some way, and in particular, how you feel about it. The missing piece, if there is one, is the feeling aspect of the scenario. If you are experiencing a loss of authority over your life, you may get a glimpse of the issue. I think it’s on the level of emotional connection. For example, you may seem to disagree with someone over an idea, but really it’s on the level of feelings and sensitivity.

Taurus (April 19-May 20)
You will know when it’s your moment to enter the discussion -- if at all. Until then I suggest you pause, and remain a bystander. This is a potentially volatile situation, rife with potential misunderstandings. Though it may be close to you emotionally or in proximity, it does not directly involve you at this time. The thing I suggest you avoid is getting drawn into something that is not really about you, but that could become about you if you’re not careful. This will be a situation where you must consider very carefully whether to remain absolutely silent, or to say anything -- and what to say, and why. I think that of all these considerations, the thing to consider the most carefully is the why. What exactly is your investment or your interest? If you come up short, I suggest you keep your distance.

Gemini (May 20-June 21)
With any discussion of sex, clarity is essential, and it’s usually the last item on the agenda. It’s not only difficult to find the words to describe things, it’s also considered embarrassing to say those words. There’s also the fear that if there’s any real discussion of actual issues, for example, about sexual health, or the truth of what one wants or what one has done (to name two possibilities), that the whole thing will be a turnoff. It’s more likely that the opposite is true. Move in the direction of what is embarrassing and you also move in the direction of what is the most daring and exciting. Embarrassment is a veil, and behind the veil there exists another universe. So say the words, describe what is in your mind, and go to another level of both clarity and fun. As someone once wrote, “Only the truth is erotic.”

Cancer (June 21-July 22)
An eclipse of the Sun is on its way, with plenty of other events between now and then. Most of what develops before the eclipse is focused in the angle of your chart associated with grounding and security. The way the scenario looks, currently events are unfolding that seem to jeopardize your sense of safety, or some stability factor involving home or family. Many planets are moving and shaking and will be for another week -- and then all at once, there is a sweep of planets into Scorpio and the scenario vanishes like it did not even exist. It’s true that there is one matter that needs your attention, but it’s something that you can handle, once all the noise and static is out of the way, and once you realize how strong and how stable you really are.

Leo (July 22-Aug. 23)
Be clear in what you communicate. That means read what you write before you send it, and consider what you say before you say it. The planetary setup suggests that small misunderstandings could get blown out of proportion. When you’re evaluating what you are relating to others, remember

the idea of evil genius Frank Luntz: It’s not what you say, it’s what other people hear. That means consider and listen for potential interpretations of your message other than what you intend, and account for them. Understand what biases people have, and more than anything tune into where they are coming from emotionally. If you do, it will be easy to see that you must tailor your message not so much for your audience but rather for the environment that surrounds them. We live in tense times, and this is a moment of especially high anxiety. Be soothing, and work consciously to solve problems.

Virgo (Aug. 23-Sep. 22)
As usual, the question of the day comes down to whether your love for yourself is conditional or not. There seems to be some new question brewing along these lines, though you may not have given it a name. Indeed you may have called it every other thing. It seems like you have every reason to approve of yourself, what you have to offer and the progress you’ve made -- and you have one little gripe, grudge or disagreement with yourself. One danger you face is projecting that inner discord into a relationship. That would seem to take you off the hook, but really it would complicate matters significantly and cloud the simple fact that this all comes down to how you feel about yourself. If you are in some way disapproving, you might want to pause and ask why -- and really get to the bottom of things. The chances are it was long ago, far away, and lurking around as if it still matters.

Libra (Sep. 22-Oct. 23)
You may be feeling, acting or speaking rather unlike yourself. The thing is, you know you’re still you. You know that nothing has really changed. It just seems like there are other voices popping up from your psyche, saying or thinking things that are out of character. I would ask though, are they really? Or have you tapped into something deeper than you usually access? Have you changed your perspective (literally, your physical or psychic point of view) enough to change your opinion? The current astrology may be subtly tricking you out of a long-held position, including the notion that you struggle to change your mind. You might think of that as the illusion of being stuck, which is merely a kind of ‘special effect’, and one that has never served you well. The ability to shift your point of view both rapidly and accurately is not just a fantastic creative gift -- it’s a matter of survival.

Scorpio (Oct. 23-Nov. 22)
Your inner struggle comes down to your ability to receive nourishment. If I were to teach an introductory therapy class, the first segment would cover understanding blocks to receiving love, and blocks to the awareness of love’s presence. The first thing to do is to take care of yourself in a conscious, dependable, structured way. Start with what you eat. Food is not a game, and it’s not connected to statistics (calories, pounds, stone, etc.). It’s not about image. You know what is nourishing for you and what is not. If you are gluten-free, gluten-free cookies might not be what you need; you might need more mineral-rich foods (for example). The thing is, you know. And if you think of this more as an act of receiving than of giving, you might find it easier to negotiate with yourself. Then, of course, there are people. Some are nourishing and some are depleting. It’s good to know who has what you’re willing to receive.

Sagittarius (Nov. 22-Dec. 22)
You don’t have to live with this uncertainty for long, though I suggest you make the most if it. Uncertainty is important, it’s helpful, and it gets a bad rap. I’m sure

you’ve noticed how people rush faster in the direction of false certainty than they do in the direction of an honest question. I can promise you at least one thing from your astrology: If you ask honest questions, you will get real answers. They may not come immediately, and there will be enormous benefit in focusing on the mystery. A gifted therapist in my community named Joe Jastrob once said in a workshop (I am paraphrasing -- it was a while ago) that it takes strength to stand in the face of the unknown, but that one simply must do it if they want to live their truth. Therefore, do not rush. Don’t jump to conclusions. Let the unknown be the unknown.

Capricorn (Nov. 22-Dec. 22)
There is power in chaos. It would seem that one of the only ways to get access to real energy is to turn up the entropy level. Molecules in a pot of water get increasingly chaotic in their movement as the temperature increases. Yet what the pot of water has going for it is focus. It has organization. There is a plan, which contains the chaos. For example, the heat is below the water and the two are separated by a metal container. Then it’s safe to turn up the energy and increase the chaos level. That’s about how your charts look. There is a chaos factor, and there is a precision factor. There is a plan. Follow your plan. Do not skip steps and don’t take anything for granted. You know what you’re doing but you still must follow your pre-flight checklist down to the last detail, and make every move with care and intention.

Capricorn (Dec. 22-Jan. 20)
Be careful in any leadership role that you might have. This would be an excellent time to step back and play the role of the impartial chairperson, or better yet, as the observer, listener and finder of fact. Do not let on that you have changed your posture; merely pay attention, and consider carefully what you know. It will be vital that you put your data into context. Take no single fact on its own; consider it in the context of everything else you know. One other point, perhaps the most significant -- I strongly suggest you not repeat anything you hear, nor that you tip your hand on any solid discoveries or observations that you make. There is the vast potential for misunderstanding, and that could compromise your reputation, your leadership position or any political advantage that you have. Mud may be flying over the next few days -- stay back and keep it off your nice new suit.

Aquarius (Jan. 20-Feb. 19)
It might seem difficult to have any foresight right now, though I suggest you

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keep looking forward. Push yourself a little if you must; it is better to be focused on the future than on the past. As for what has already happened, all you need is to accept what you learned. That is the whole point. Part of that involves knowing where you stand; that is, where you are. Apart from that, the past will prove to be of little use. There is a kind of astrological hypnosis operating right now that is trying to get you to think in reverse or obsess over the past. Snap out of it. Get up to a place with a view and look out at the landscape. Once you have a perspective on the lay of the land, you will be able to sense where you stand in the flow of time. One message from the charts is clear -- planning is less important than sparking up ideas, and noticing which ones excite you.

Pisces (Feb. 19-March 20)
This is certainly shaping up to be one of the more high-achievement times in your life. You are driven and determined to stop at nothing, which is calling forth some of your deepest resources. This includes your willingness to stand out; which really means your admission of how different you really are, and your commitment to making that difference work for you. You can, will and in truth must keep going -- though I recommend that you take the time to slow down and appreciate the beauty that surrounds you. Make contact with the people you care about, and let them know you’re available to them. It would suit you well if your definition of success includes having the time and space to experience the world in purely human terms. This will be good for everyone, especially you -- and good for business.

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

National Theatre Live

Continued from Page 1
hostile universe by his horror-struck maker. Meeting with cruelty wherever he goes, the friendless Creature, increasingly desperate and vengeful, determines to track down his creator and strike a terrifying deal.
Urgent concerns of scientific responsibility, parental neglect, cognitive development and the nature of good and evil are embedded within this thrilling and deeply disturbing classic gothic tale.
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Positively Speaking

Laughter, Love, and the Deep Coloured Vegetables

From the glow of summer sun, life draws us into the jewel tones of autumn. Squashes of forest green and amber, striated brussel sprouts, white and purple rutabagas -or is that turnips?-roasted or baked or steamed offer comfort and sustenance.

The order my little corner of the world offers, where I can stream “Hot in Cleveland” and laugh just as loudly at Betty White’s impression of Marlon Brando as I did when she told St Olaf stories that went on forever about cows and cheese queens and sex without the lights on in “The Golden Girls”, strengthens my resolve.

Real life has deep colours, rich shades of light that have been sucked in and not released and give life in abiding ways of vibrancy and nutrition. No iceberg lettuce life will rev the metabolism of meaning and purpose like charred and buttered fleshy butternut and beetroot portions of authentic, daily content.

How much are you ignoring? What parts of your life have you simply chosen to skip over?

Love will change your life. Who you love, how you love, where you love, why you love, and what you love is that which defines you. No, not quite. Who loves you, how they love you, why they love you, what they love about you, THAT, that is what defines you, shapes you.

Neediness saps and destroys. Who you need, how you need, where you need, why you need, and what you need, are all glaring revelations of the hole in your soul. No, not quite. Who needs you, how they need you, why they need you, what they need you for, THAT, that is what sucks the life out of you and makes you think dependency is Love.

This afternoon I explained to someone the way our culture in America gets things wrong. Anxiety and fear drive this nation. Pain is portrayed as an entity that must be ignored, dulled, or neutralized.

Healthy living is actually the other way around. Anxiety and fear ought to be comforted and assuaged and pain is better felt and experienced and healed. Would those be reversed, there would be a revolution in this country that brought more quality of life than could be imagined.

Smiling means you’re not dead yet. When it leads to laughter it is revival.

Laughter.

A guy goes to his doctor for an exam. Afterward the doctor tells him, “you have to stop smoking, lower your cholesterol and exercise more.” The guy hurriedly gets off the table and the doctor asks, “Where are you going?” He responds, “Gonna go find a pipe smoking fat doctor that watches a lot of TV”

Ever watched a kid in a high chair fall asleep and do a face plant in his food? Why is that funny? Because we imagine ourselves doing it and in that moment release our pride.

Never once do I get in an elevator that I don’t remember the Candid Camera episode where the ringer gets in the elevator and faces backwards and everyone after that enters and faces

By Deborah H. Anderson



backwards.

There’s a wonderful book about Jewish humour. It makes the point that only people who have experienced pain and suffering and are honest about it can laugh or make jokes. How much you laugh depends on your relationship with your pain.

Maybe you have chosen a life that is pastel. Pastels are the colours of not quite mature, just born, not fully grown.

Lavender begat purple. Pink begat magenta.

Iridescence and distinction are admirable qualities in a world that measures success by profit margins and progress by hits. Both of those indicators are lifeless, colourless. Sometimes a hit on a websit isn’t even a real person. Often times a profit margin happens because of low level worker is short changed.

Yet the courage it takes to live a jewel toned life is sometimes too much for many as the cost of engaging with the substance of history appears too dear. I , who have and continue to accept the necessity of doing so, connecting with my story, will tell you the cost is less than the price of deceit.

We can learn to live with each other as individuals experience the truth of their stories. You can get outside of yourself. You can listen to someone else.

In the sixties the invitation to young people, the admonition was to avoid the plastic life. Remember that scene in “The Graduate” where the older man is trying to interest Dustin Hoffman in plastics?

Now, the encouragement is to ‘virtual’. Not just the wrong substance, but that which is not real.

You have the time, you have the ability, it will be worth it. Big belly laughs and jewel tones are what is best to desire, to surrender to.

Busy schedules and lack of money and bodies that betray us will try to convince otherwise.

Laugh and go deep. It will not disappoint.

Love,
Deborah



Deadline for the next edition of *The Loop* is **Friday, October 31**

Community Cinema Vashon Presents: MAKERS/Women in Hollywood

Community Cinema Vashon, presented by the Independent Television Service (ITVS), Women & Girls Lead, thanks to the generous support of the Producing Partner, Voice of Vashon, and sponsors Island GreenTech, and the Vashon Theatre, is excited to offer a free screening of MAKERS/Women In Hollywood on October 28 at 6pm at the Vashon Theatre. Women in Hollywood is one of six episodes in the MAKERS series that profiles the impact women have had over the past 50 years in industries once largely closed to women – comedy, politics, space, war, business, and Hollywood. Through intimate interviews with trailblazing women known and unknown, viewers will be given a rare glimpse – sometimes funny, sometimes sad, and always candid – of what it was like to be pioneers in their fields.

MAKERS: Women in Hollywood (screens Tuesday, 10/28 at 6pm FREE at the Vashon Theatre. Discussion follows film.) 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.

“MAKERS is not just a media project, it is a movement,” said Dyllan McGee, Founder and Executive Producer of MAKERS. “Each documentary in this six-part series examines the impact of the women’s movement on six fields once largely closed to women. The Geena Davis Institute on Gender in Media reports that since 1946, gender inequality on screen has remained largely unchanged and unchecked and our goal at MAKERS is to help change that statistic.”

Produced by some of the country’s best filmmakers, MAKERS premiered



Tuesday, September 30, 2014 on PBS with a new episode for six consecutive weeks. The films will be available for streaming on PBS.org and MAKERS.com after their PBS broadcast.

For more information about this program and to explore more inspirational women’s stories visit www.makers.com and www.pbs.org/makers

MAKERS: Women in Comedy, Women in Space, and Women in Hollywood will be featured in Community Cinema screenings taking place in over 85 cities across the country starting in September. Visit www.pbs.org/cinema for more details.

Community Cinema Vashon is presented free to the public on the last Tuesday of the month September through May thanks to the generous support of Voice of Vashon, Island GreenTech, and the Vashon Theatre.

Road to Resilience

Continued from Page 1

Shias, Kurds, Turkey, Iraq, Iran, Saudi Arabia, Israel, USA, Russia, to name the major ones. Each has aspirations that really can’t be realized without trampling on those of any number of others. Now, out of the turmoil of a hundred years of colonial meddling, ISIL arises like Shiva the Destroyer and lights the fuse. Does anybody have any idea how this is all going to shake out? I don’t think there is any way to undo this mess, but we all can do whatever we can to be resilient in the face of whatever it brings. We have to realize that international chaos will make it extremely difficult to move forward with a better way of conducting ourselves.

The paradigm has got to change. The current paradigm, based on oil, racism, and greed, has evolved to the ridiculous. Profit and ideology have become irrevocably divorced from general happiness and well-

being. What’s more, we never seriously took into account the general well being of our one and only planet and all the other life upon which we are utterly dependent. Changing to something better should be like deciding to quit stomping on our left foot and poking ourselves in the eye! We can do a whole lot better.

This isn’t about better recycling, using organic products, or any other adjustments around the edges of our current life. It isn’t about relying on the experts, or the financiers, or the major corporations taking the lead. I think the characteristics of a new, sustainable economy would be more diverse, locally sourced goods, services, jobs, and financing, a far more even distribution of wealth, cooperatives and worker owned businesses, rebuilding the commons, and self reliance. We don’t need to ask politicians to give us any of these things. I know it is a daunting task, but we can start by taking the first steps. We can start planning and building toward that economy right now.

Try to simplify your life and lower your overhead. Learn new skills and take up new hobbies. Do it yourself. Start a business. Get to know your neighbors and the skills and resources you have to share. Get involved in designing the infrastructure that we will need here on our islands to support this new way of living. It’s time to think boldly and this is what I will be thinking about as the VMICC launches into the new planning cycle for Vashon. I hope you will join in the discussion.

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 big happy girl who wants to spread joy to your home, too.



Go To www.vipp.org Click on Adopt

Island Epicure



By Marj Watkins

To Stretch a Tray of Scallops

You can still be a frugal cook, even when you splurge on something as expensive as scallops. Frugality is not the same as miserliness. It means not wasting a thing, and making the most of what you have.

A half-pound of scallops weighs barely 8 ounces and cost me \$8.99. “Ouch!” You think, “That’s about \$18 a pound!”

But wait: No bones, no fat. And you can stretch those scallops to four servings. My Chinese cookbook allows two ounces of meat per serving. Think Chinese, but eat brown rice. Put a lot of veggies with those scallops. Vegetables have protein, too. It just isn’t complete. You get more out of the vegetable proteins by putting a little meat with them, my Chinese daughter-in-law says. Brown rice, cooked, yields 7.4 ounces per cupful and the scallops at 2 ounces per serving give you 9.53 ounces, and the vegetables at least 4 grams protein, a surprising total near 21 grams of proteins per serving.

- Scallop Stir-fry
- 4 servings
- 8 ounces very large scallops
- 6 slices ginger the size of a quarter, minced
- 4 large garlic cloves
- 1 head nappa cabbage
- 2 cups sugar peas in their pods
- 1 red bell pepper cut in strips about ¼ x 1 ½ inches
- 1 bunch green onions
- 1/4 cup olive oil
- 1 cup chicken or vegetable broth
- 4 teaspoons soy sauce

Halve each scallop. Peel and slice the garlic and mince the ginger. Put them in a small bowl together. It does the garlic good to rest while you prepare the rest of the vegetables.

Cut the nappa in 1 ½ inch squares, putting the tender pale green leaves in one bowl and the white stem pieces in another. Check the pea pods for strings and remove any you find. Put the pea pods in another bowl or your 2-cup measuring. Cut up the bell pepper as described above. Wash, dry, and cut the green onions in 1 ½-inch lengths, putting the palest part in a small bowl or tea cup and the dark green part in another.

Arrange all these bowls of vegetables beside your cook stove. Get out two large skillet and their covers. Put half the olive oil in each skillet. Over medium high heat, bring the olive oil to shimmering. All the ingredients must be shared between the two skillets.

Fry the garlic and ginger for 3 to 5 minutes, until the garlic is pale golden. Shove to the far sides of the pans. Add the pea pods and the white part of the onions. Stir fry to heat the pea pods through. Add the bell pepper. Stir-fry a couple of minutes. Add the white part of the nappa. Stir-fry 3 minutes. Push aside. Adding more oil if necessary, briefly fry the scallop pieces. Let them become opaque, but not browned; too much cooking toughens them. Stir them into the vegetable mixture in the pans.

At once, add the light green nappa squares and the dark green onion stems. Combine and add the broth and soy sauce. Cover the pans and cook 5 minutes. The scallops will be done, but not tough.

Serve over cooked brown rice. For a beverage, I chose pomegranate juice. You could drink water with a slice of lemon in it, or rosé wine, or Chinese beer. My Chinese friends and family members tell me not to drink tea until fifteen minutes after finishing eating. You just enjoy the pleasant flavors in your mouth and conversation for a quarter hour. Then comes tea. In China, dessert is not a separate course; everything comes to the table at the same time

As Long As The Rivers Run

A Film to Celebrate the Salmon & First People of Vashon

By Rayna Holtz

This is the season when Vashon’s home-bound salmon return to their natal streams. Coho and chum salmon swim up Judd, Shinglemill, Christensen, and Fisher Creeks to spawn and die, leaving their eggs in the gravel to start a new generation. These fish are few in number now, scanty survivors of runs that once filled the streambeds from bank to bank. Hatchery fish provided by Washington Department of Fish and Game have often been planted to supplement their numbers, but may have done as much harm as good by displacing younger native-born juveniles who were better adapted to Vashon’s unique stream conditions.

The native runs, after all, had had thousands of years to evolve to take best advantage of each stream’s unique combination of particular temperatures, insect hatch times, water flows, and other conditions. Likewise, the local sxwobabc people had been adapting to this place and the presence of these fish for more than 360 generations (considering archaeologist’s evidence that people have been here for over 9,000 years). They were pre-eminent fisherfolk, skilled with canoes, nets, spears, and fish weirs. And they thrived here among the abundant salmon for all those years not because of farming prowess or industrial accomplishments or ranching, such as the American immigrants brought with them in the middle 19th century, but because the native sxwobabc lived in synchrony with the natural cycles of sea and earth around them and respected the ways of fish.

And so it was that when Governor Isaac Stevens wrote the treaty presented to the native people at Medicine Creek



A Salish protestor is arrested and removed by local officials at one of the civil disobedience fish-ins, ca. 1960s or 1970s. Photo courtesy of the S. Lehmer & D. Fear collections at The Puyallup Tribe Historic Preservation Department

in 1854, he specifically protected their ancient “right of taking fish, at all usual and accustomed grounds and stations ...” One such “station” on Vashon Island appears in a photograph of Judd Creek in the special exhibit currently at the Vashon-Maury Island Heritage Museum. This picture of the Artemus Judd homestead, from about 1882-1883, shows the stream in the foreground flowing through an old fish weir.

Despite the treaty, the Washington State Game Department ignored native rights and consistently enforced severe restrictions on where, when, and how tribal fishermen could fish. The decades-long struggle between tribes and Game officials led to violent arrests, damage of fishing boats, and outright confiscation of expensive gear, finally culminating in the Boldt Decision forty years ago, which confirmed treaty protection of fishing rights. The brave acts of many Puyallup and Nisqually fishermen come back to life in a remarkable documentary film, “As Long as the Rivers Run,” with live footage of the native

acts of civil disobedience on the Puyallup and Nisqually Rivers in the 1960s and 1970s.

On Thursday night, November 6 at 6:30pm, the Puyallup Tribe and the Vashon-Maury Island Heritage Museum will show this film and host five guests from the tribe to share their personal memories and perspectives on the fishing struggles and related tribal history. Ramona Bennett, Ray McCloud, David Duenas, Brandon Reynon, and Nicole Barandon will speak and then answer questions from the audience. This free event will happen at the Land Trust Building, 10014 SW Bank Road. This program is possible thanks to the special sponsorship of the Tribe, the Museum, and Humanities Washington. Other sponsors of the special exhibit and related programs are 4Culture, Puget Sound Energy, DIG, Beth de Groen, Rick’s Diagnostic & Repair Service, The Hardware Store Restaurant, John L. Scott Real Estate, and the Northwest School of Animal Massage

Trick or Treat!

Then come to dance at Club O

It’s a Spooooooooky Club O! The happiest and SCARIEST place on Vashon! The last Friday of the month falls on Halloween!

Extra tricks and treats for all!

From your friends at Open Space for Arts & Community, here’s another reason to not leave the island... and still get what you need!

You don’t have to spend a weekend night running in to Seattle just to find a cool place to dance. Now you’ve got your own place to go, club O: Vashon’s own dance club.

club O is a regular monthly event, a chance for people to bust through the Friday blues and bust a move instead. The lights will be low, the disco ball will spin, and Vashonites can dance their hearts out.

Each Club O night will feature a wide range of music and a full light show put on

by local and off-island DJ’s, bringing what they got to get Vashon dancing. Some nights will be theme nights, some will be fresh club music, some will be old school, all of it will move you!

Music starts at 8pm, and never stops until the dancers stop dancing....

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\$5 suggested cover at the door!

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon.



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Comedy at Red Bike

Friday October 24, Comedy Night returns just in time for you to not care. Oct 24 is National Taking Care of Business Day and we plan on celebrating.

Your host, Steffon Moody, will take your money at the door, show you to your table, cook your dinner, rub your feet and then jump onstage and serve up that melt-in-your-mouth cerebral/physical comedy you have come to expect. If that is not Taking Care of Business, then I don't know what I'm talking about.

"Who else will be performing?" It seems like that is all anyone talks about. Answer: Kevin Kim-Murphy. Does Kevin Takes Care of Business? Indeed, that is all he does; he applies himself to Business like a hammer applies itself to a nail. He is now applying himself to comedy and we couldn't be more scared and happy.

The rumors are true; Pearce Cobarr has recently completed her PhD in Taking Care of Business School. You think you are so smart and that you know everything, well guess what? You are dumb and you know nothing. Thankfully Dr. Pearce is here to pour some funny stuff into your headholes.

Jonathan Laine was specifically bred by old witches to succeed at Taking Care of Business. Their centuries-old plan was meticulously executed and now, with the fate of humanity hanging on every punchline, can he fulfill The Prophecy? The Prophecy that says "Business shall be Taken Care Of"? No pressure, dude.



You know how ninjas will sometimes sneak into the White House and write new laws? [editor's note; fact check needed for that last sentence] Well, that's a lot like how Andy Royer Takes Care of Business. Everybody is so minivan-latest tragedy-glutensomething-weather obsessed that they don't even notice that the frozen burrito they were looking for was right in front of them the whole time. And that Andy already ate it. Could you do that? Not in a million years.

Dan Green is still in high school, but if he were in college he'd definitely be majoring in.....wait for it..... English! He just seems like an English major. He also seems like the uppest commingest up-and-

All-Ages 'Til 11pm,
21+ after that. \$7 Cover
Friday, Oct 24, 8pm
At the Red Bicycle
17618 Vashon Hwy SW
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comer on our blindingly bright comedy scene.

It cannot be denied that several very important regions of Jim Farrell's brain do not work well, but that may only be because all of the blood is being shunted to the grossly inflated Taking Care of Business Cortex. MRIs show that Jim's comedy lobe is in the exact shape of a rubber chicken.

And on top of all that, we have a real treat for you. Our headliner, Heneghen, has been in the finals of the Seattle International Comedy Competition more times than he cares to remember. He is one of the rare comedians that can light up your funny center every night of the week with a completely different show. He's been at this for over twenty years and he keeps doing it because he's good at it, and he's good at it because he loves it and he loves it because when you Take Care of Business as well as Heneghen does you can't help but bask in the warm, fuzzy glow of love and laughter.

Show starts at 8 pm and contains mature content that will likely hide inside the brains of children, confusing them until one day they explode.

String

By Karin Choo

Fall concert of the Vashon Maury Chamber Orchestra (VMCO)--is presented Saturday, November 1 at the Vashon High School Theater. As the title suggests, the program is comprised of music written for string orchestra, and explores the incredible range of repertoire and depth of emotion evoked by stringed instruments.

Lesser known works by Mendelssohn and Casadesus join much loved works by Pachelbel and Sibelius to weave together a beautiful evening of music, led by Concertmaster and Music Director Karin Choo.

Guest soloist Amy Windus is featured in Henri Casadesus' Cello Concerto in c minor, a work spuriously attributed to JC Bach. Ms. Windus is a resident of Vashon Island, and has been Principal Cellist of the Tacoma Symphony Orchestra since 1987. She has performed extensively with ensembles including the Ortega Baroque Ensemble in San Francisco, the Eugene Ballet & Opera Orchestras, the Eugene Symphony Orchestra, Pacific Northwest Ballet, the Auburn Symphony, Paramount Theater Orchestras and the Tacoma Opera.

The second half of the



program, VMCO will be joined by i Soloisti di Vashon, Vashon Youth String Orchestra, members of R.I.S.K. (Rock Island String Kollektive) and other Island string players to perform Vaughan Williams' Concerto Grosso and Holst's finale romp from St. Paul's Suite, the Dargason.

Vashon Maury Chamber Orchestra

Saturday, November 1, 7:30 pm

Vashon High School Theater
\$10 Member/Student/
Senior, \$14 General, FREE Ages 12 and under

Tickets: VAA, Heron's Nest, VashonAlliedArts.org

Trolls Cottage – Halloween Night!

From the Northwest, the Pacific and the sunset.

Over ten years of genre-blending music mixed with intoxicating lyrical depth. Trolls Cottage is hypnotically simplistic; music soaked in lyrical contemplations.

Trolls Cottage will pack the house like no other bands have ever been able to, thanks to the warm welcome by friends and family that will come out to support the hometown boys on Halloween Night. Trolls Cottage is finally returning to The Red Bicycle on the most bewitching night of the year. Be ready for some surprises!

The Trolls Cottage sound has been defined in many ways. Some say it is semi-acoustic rock with conscious lyrics and danceable beats. Others see have seen it different light, such as in 2002, when their live album was voted to the semi-finals of the Grammy Awards, in the Best Reggae Album category. More often than not, Trolls Cottage has been described as unique, having developed a sound that makes the group stand out from the oceans of other bands. They are enjoyed by a wide range of people, especially when performing at outdoor festivals



where the crowds are so diverse. The energy this band brings to a performance is exhilarating and most certainly compels the audience to get up and dance.

Self promoted tours and self-released albums have garnered the group serious attention from local and national publications such as a big feature in the 35th Anniversary Issue of Powder Magazine. While they have mostly stuck to larger clubs around Seattle and neighboring cities, Trolls Cottage has also completed several West Coast Tours that have included shows in British Columbia, California, Idaho, Montana, Oregon, Utah, Washington and the Hawaiian Islands. Over the years Trolls Cottage has shared the stage with many international acts

like Luke Dube, Gregory Isaacs, John Brown's Body, Culture, Eek A Mouse and Clinton Fearon at local venues and festivals such as Bumbershoot, Folklife and Island Earthfair.

"Trolls Cottage is one of the most mysterious and illusive acts in the Great Northwest"

-Smart Went Crazy Productions

"Trolls Cottage will undoubtedly win you over"

-Seattle's Best Live Music

Trolls Cottage will perform at 9pm at the Red Bicycle. This is a 21+ event. Cover charge is \$8.

Friday, Oct 31, 9pm
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Rise and Shine with Caspar Babypants!



By Justin Huguet

Sing, clap, dance and go wild to tunes from Rise and Shine!, the eighth release from Caspar Babypants (also known as Chris Ballew). Enjoy the happy open sound and huge symphonic ending of “Good Morning (Rise and Shine),” the goofy elastic rubber band blues riffs of “Silly Bird” and the sparkly mandolin jangle of “Pretty Crabby,” along with reworked traditional songs such as “Rock A Bye Baby,” “Rig A Jig Jig,” “Hush Little Baby” and campfire classic “The Littlest Worm.”

Many ’90s music fans first fell for Ballew’s quirky songwriting from his work as front man for band The Presidents of the United States of America. Now the alt-rocker-turned-kindiependent-superstar returns to VAA for an encore

Family Series concert.

“My favorite part about performing is the freedom to make up the set list as I go and roll with the funny, weird, random things that kids can throw at me,” said Ballew. “They do the strangest things, and being able to work their instant energy into the set is the most fun part of my shows.”

A Vashon Island favorite, Caspar Babypants’ performance is guaranteed to be a blast for kids (and their parents, too!). Halloween costumes are encouraged!

Family Series
Caspar Babypants
Saturday, November 1, 10:30 am
Vashon Allied Arts
\$6 Youth, \$8 Adult
Tickets: VAA, VashonAlliedArts.org

Sweetgrass & Cedar: Art for Native Heritage Month at Hastings-Cone Gallery

November is Native American Heritage Month. Through November, Tlingit artist Odin Lonning’s award-winning work will be on display at Hastings-Cone Gallery, next door to Snap Dragon Bakery and Café. Odin’s “Sweetgrass & Cedar” show features multi-tribal traditional and contemporary pieces. The artist will be present for a First Friday reception on November 7, from 6:00 – 9:00 PM. Stop by for fabulous food and a slice of Coastal Native perspective. Visit www.OdinLonning.com, or call 206-463-9041 for additional information.

On Saturday, November 8, at 7:00 PM in the gallery, Odin will talk about how fundamentals of Tlingit art and culture inspire his work. Native societies do not compartmentalize art. First Nations embrace the intimate connections among art, science, sense of place, and spirituality. Indigenous wisdom now commands more attention from a world rapidly losing biological and cultural diversity.

In keeping with Native conservation values, Odin and Idle No More WA activist Sweetwater Nannauck, also Tlingit, designed a striking “Protect



Shaman and Octopus,” © 2013 Odin Lonning

Our Salish Sea” T-Shirt for the Backbone Campaign’s 2014 Localize This! Action Camp. Buy and wear this stylin’ tee to show your commitment to defending our Salish Sea! Check out the shirts and learn more at www.backbonecampaign.org. Shirt sales offset costs of producing an action camp that does not turn anyone away for lack of funds.

Laughter is the best medicine: The DoVE Project Hosts it’s second Annual Comedy night on October 25

Vashon, Seattle & Tacoma residents are encouraged to spend a night together laughing for a cause that is no laughing matter: Domestic Violence. The DoVE Project, Vashon’s only on-island domestic violence organization will host a Comedy night at the O Space, the doors open at 6:00 PM on Saturday October 25, 2014.

Our headliner this year is Peggy Platt; she opened for Cyndy Lauper and Jerry Seinfeld. The hosts of the event will be Tami Brockway Joyce and Jennifer Sutherland, a.k.a. the Washington State Ferries for our event they will transform into the Filson Sisters. Additional acts include Duo Finelli, Chip and Margie, three comedians from Seattle Sean Ricco, Erin Ingle & Evan Morrison.

This is a fundraiser for The DoVE Project, as we all know domestic violence issues has been in the media for the past few months. Domestic Violence affects women and men from all walks of life, and with the isolation of Island living often those in need feel physically and psychologically isolated from support. The DoVE Project fills this important role on Vashon Island.



Our event hopes to unite the community with a fun evening to raise awareness about this issue. All proceeds from the event benefit The DoVE Project’s advocacy efforts for domestic violence survivors and community outreach and education efforts to prevent and raise awareness of this cause.

Tickets are \$35 and available at BrownPaperTickets.com, at the Vashon Bookshop and also at the door. This event is for adults only and there will be a no-host bar. Herban Feast will provide light appetizers.

Bill Carter

Bill Carter has been a pillar of the Austin music scene for nearly three decades, helping shape the city’s rich musical history along with his songwriting partner and wife, Ruth Ellsworth. Over 200 artists have found gold in the songwriting genius of this Texas troubadour, including Stevie Ray Vaughan (“Crossfire”), The Fabulous Thunderbirds, Robert Palmer, The Counting Crows, Storyville, Omar and The Howlers, The Brian Setzer Orchestra, Ruth Brown, John Anderson, and Waylon Jennings.

American Songwriter Magazine included “Anything Made of Paper” from Bill’s first solo release in 2013, “Unknown,” in their Top 50 Songs of 2013. They wrote, “‘Anything made of paper’ was what visitors were allowed to bring Damien Echols in prison, yet Carter’s song – which played over the closing credits of ‘West of Memphis’ – focuses on everything else the falsely accused prisoner received in time: life, freedom, love, and dignity.”

The award-winning music video for the song, which tells the story through paper-cut animation, continues to screen



at film festivals from Los Angeles to Knoxville.

Bill performed at the Red Bike last August and tore it up at the Red Bike! Don’t miss your chance to see him again!

All ages ’til 11pm, 21+ after that. FREE COVER!

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Live Entertainment
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Trolls Cottage – Halloween Night!

November 1, 8:30pm
Bill Carter

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Windermere Real Estate/Whatcom, Inc.

**Next Edition
of *The Loop*
Comes out
Thursday,
November 6**

Deadline for the next
edition of *The Loop* is
Friday, October 31

PANDORA'S BOX

Mid October already! Lots of new beds have arrived.
Windhorse dog coats are here
fancy new colors for this season. It's time.



Bo's Pick of the Week: His Seahawk jersey!
He wears it every game day - get yours now!

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

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

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

Local Weather
www.vashonweather.com

Local Rain Totals
Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

Loopy Laffs

LOGJAM



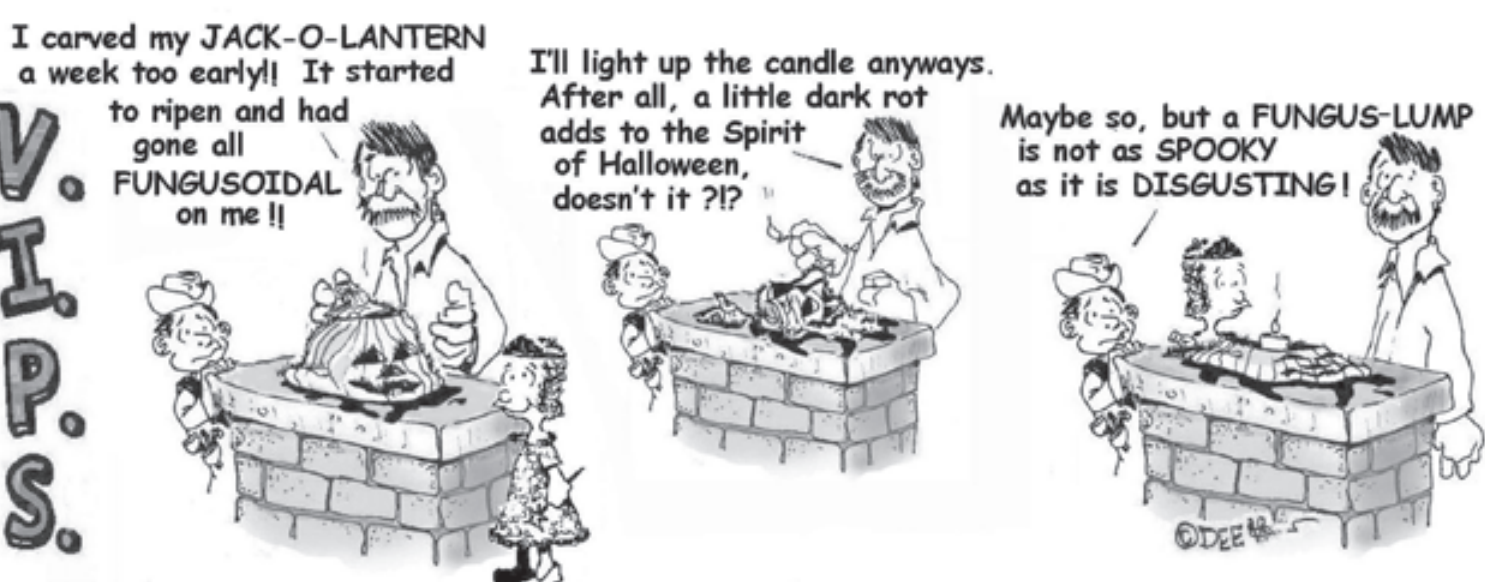
BY Jeff Hawley

I carved my JACK-O-LANTERN
a week too early!! It started
to ripen and had
gone all
FUNGUSOIDAL
on me !!

V.I.P.S.

I'll light up the candle anyways.
After all, a little dark rot
adds to the Spirit
of Halloween,
doesn't it ?!?

Maybe so, but a FUNGUS-LUMP
is not as SPOOKY
as it is DISGUSTING!



RRRRR

PTBBF!



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RRR!!

HAHA!
CAN'T
CATCH ME!



logjamcomic.blogspot.com

SOB
SOB
= SNIFF =

ZOMBIE
TREES
ARE A
HOOT



HAWLEY

.

Advertise in the Loop!
It's a great time to get back in
The Loop!
ads@vashonloop.com
Phone 206-925-3837
Next Loop comes out May 9



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

Compost the Loop

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

Say it in The Loop!

What Would you say In the Loop!

Say whatever you want... If it's legal to print and not offensive!
For \$21 You get 2.5"x2" for your announcement to the Island. Yard Sale, New Business or just say HI! Dated information also listed it on VashonCalendar.org

**Class listing
For \$21 You Get**
*Your Class information, whatever you want to say, in Vashon's free community Newspaper, free on the Vashon, Fauntleroy, Southworth ferry run. We post your class on Vashon's Community Calendar VashonCalendar.org

Free Classes are still welcome under our General Announcement page. Get your Class in the Loop now, Email ads@vashonloop.com

Dog Care and Training

Learn the true art to dog care. I have over 20 years experience with Dogs. They have me well trained and now you can learn what I know for only \$500. Class includes 5 days training, lunch included
For information call 206-463-xxxx email or website or both

\$40 for Two consecutive Issues (30 days exposure)

Need to adjust your text for the next issue (#2), not a problem just let us know via email.
Getting in the Loop and on VashonCalendar.org was never easier.