

It's time to share your story



By Mary G.L. Shackelford and Shirley Ferris

September 30 is the deadline for submitting materials for our community project: Heart of Vashon: telling our story. We are gathering material for an archive of contemporary material for the Heritage Museum. We also hope for material from which to craft a script for a performance reading in January to celebrate VAA's 50th anniversary. Michael Barker will direct.

We're looking for YOUR story. We're looking for what matters to you NOW. Whether you think of yourself as a writer, whether you are old or young, whether you were born on Vashon or arrived last month, your voice is important.

Doesn't have to be a long story; doesn't even have to be a "story" at all. An anecdote, perhaps a couple of sentences, three paragraphs, a poem. It can be the quintessential something that happened to you recently; or just the words that speak your heart when you think about what Vashon means to you.

The success of our project depends entirely on widespread participation. That means you. Now. Pick up your pen. Send us your submissions! Please.

Here's what some of your neighbors say – just to get you in the mood:

It was the day of the annual artist tour and I was out shopping. As I was getting out of my car to enter yet another creative "cave", two young boys and a

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Keep Our Family Together @Home on Vashon



By Verna Everitt

Can we all agree that Vashon is truly a remarkable oasis? From the fresh air we breathe to the food we grow, this Island gives us all the things we need to have a fulfilled life. I call it paradise. But this paradise did not happen by accident.

It all began over a hundred years ago, when Islanders then understood that the foundation they were building and the community they were creating would secure a future in which their children and their children's children could prosper on a remote Island in the Pacific Northwest.

Vashon Community Care's roots also go back nearly one hundred years. You can say, we too, were building a foundation that would become what VCC is today – a crucial Island resource for our beloved elders.

It all began on a working farm and boarding house located on the same piece of property we are on today. The farm took in men who were in need, gave them work, dignity and a place to call home. When those men were too old to work, Nell Hebert, who eventually bought the farm, cared loving for them until the day they passed.

In time, Nell too grew old, sold the farm, and senior living came under new government rules and regulations. The old farm buildings had to come down. If not for the spirit of community, that was forged by our forefathers, the residents would be evicted and moved off-Island. But Vashon came together and built what we know today as Vashon Community Care - a community owned non-profit.

So the question becomes, why do Islanders need to give to VCC?

Because VCC is home to the very people that helped forge this community. How can we not support them? Our residents include Island lawyers, Island activists, Island school teachers, and Island non-profit founders.

I could tell you all about funding gaps, and the lack of Medicaid reimbursement rates, but that's not why you need to give.

We need to give to continue that pioneer spirit of community and support those who came before us. What began a hundred years ago must continue for another hundred years.

Thank you so much Vashon for your past support, and your compassionate and caring spirit!

Poor Postal Service? Who you Going to call?

By Steven Allen

Everyone who uses the Vashon Post Office know of the issues of getting reliable mail service to the 98070 zip code. Lost mail that contain invoices or check payments. Lost packages. Package notices left in mail boxes but when you go to claim the package (after spending 20 minutes in line) only to be told the package is not there for pickup. This has gone on for over a year at the Vashon Post office with no relief in sight.

For any one that has complained or tried to get better service for zip code 98070, your cries for help have gone un answered. Who are you going to talk to, to get better service? That's the question I was asking myself as I stood in the post office line for twenty minutes to turn in my yellow slip of paper put in my PO box. Hopping to retrieve the package I



have been waiting for. Only to be told that the package was not there and they had no idea why I got a yellow notice saying the package was ready for pickup.

People have grumbled and complained to the local Postal employees but they really no control over the US postal service. People have tried to complain to the Seattle postal representatives and gotten nowhere.

Continued on Page 5

The Road to Resilience

Breaking the Logjam

The most distressing aspect of trying to cope with the physical, economic, and political crises we face in the world today is our inability to act because of complete polarization of our body politic in the US. Riding storm-tossed seas in a leaky boat, we are arguing about whether we should paint our oars red or blue. To define the breach as between Liberals and Conservatives does not even begin to describe it. "Liberals," as popularly depicted, are often extremely conservative in their beliefs about such things as human health and nutrition, how we should grow our food, how our activities affect the planet, and government interference in our private beliefs and practices. "Conservatives," as popularly depicted, are often wildly liberal in their confidence in such things as the viability of scientific research in the development of industrial farming, genetic manipulation, and free market economics.

Obviously, it is much more complicated than that, and I have no doubt that I will get vehement disagreement from people identifying with one side or the other. The fact is, though, that a prime determining factor for what side of any particular issue of we will take is

By Terry Sullivan,

determined by who has already taken one side or the other. It is perfectly legitimate for us to rely on the opinion of people we know and trust in formulating our own opinion about things. It saves us the time of having to really study an issue, and, more often, we don't feel that we are qualified to form our own opinion based only on the facts.

The concept of moieties in anthropology refers to the tendency of societies to divide into two halves. In anthropology, the term refers primarily to blood kinship lines, but I think it could apply equally well in describing cultural divides such as our so-called "Liberal/Conservative" divide. The two-party political moiety which we have evolved is extremely vulnerable to manipulation. People we do not know gain our trust by expressing their membership in or adherence to certain beliefs that we share. Such a person can then suggest that another idea is consistent with those beliefs when, in fact, it is not. They can also suggest that to hold any other opinion is a sign of ignorance or, worse, moral decrepitude. The hatred and distrust thus engendered is a perfect medium for dividing and controlling.

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Deadline for the next edition of *The Loop* is
Friday, August 25

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.

New Nar-Anon Meeting

West Sound Area invites you to a New Nar-Anon meeting Saturday, June 27th, 6:00pm to 8:00pm. 17708 Vashon Hwy SW on Vashon Island at the Presbyterian Church.

Potluck and Nar-Anon Speakers. Everyone is welcome to come and be a part of Vashon Island's first Nar-Anon meeting.

If you have any questions you may contact Marian E at 253.307.8576

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.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

Alzheimer's Association Offers Caregivers Support Group

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

Fall Ferry Schedule Begins Sunday, Sept. 20

Beginning Sunday, Sept. 20, fall sailing schedules for the Fauntleroy/Vashon/Southworth route go into effect. Drivers and passengers should note fewer sailings on the weekend. Please check the online schedule or pick up a purple schedule, no. 238, at the terminals or on the vessels. The peak season surcharge is in effect through Sept. 30.

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Send in your Art, Event, Meeting, Music,
Show information or Article and get included in
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Al-Anon Potluck and Speakers Meeting on Alateen

The Vashon Island Women's Adult Family Group of Al-Anon is hosting a potluck at 5:30 pm followed by a speakers meeting from 6:30 to 8:00 pm on Tuesday, September 29 at the Episcopal Church of the Holy Spirit at 15420 Vashon Hwy SW.

The event is open to anyone who is interested in learning more about Al-Anon and Alateen, the two anonymous twelve step programs for people who are affected by someone's drinking or drug use. There are currently several Al-Anon groups on Vashon, and a growing interest in starting an Alateen program for teenagers, which will require at least one adult to become a Group Sponsor.

The speaker, Carla P, was very involved in Alateen when she was young, and will be sharing her powerful story about how the program helped her. The VIWAFG is offering this gathering as a way for interested adults and teens to connect, learn more and explore options.

Please bring a dish to share. Coffee, tea, and water will be provided.

September Food Drives

The Vashon Maury Community Food Bank, in partnership with Vashon Thriftway and IGA, will have two food drives in the month of September; Saturday, September 19 at Thriftway, and Saturday, September 28 at IGA.

One of the Vashon Food Bank's foremost goals is to provide service that is consistent and reliable, regardless of season or economic conditions. In order to reach this goal, the food bank holds seasonal food drives and purchases food to fill in the gaps. It's this time of year, every year, that the Food Bank's stockpile of non-perishable food from the previous year's food drives, runs low. So, along with the seasonal shift and the return of school, comes the start of food drive season.

The first of September's food drives will take place at the Vashon Thriftway, on September 19, from 10-4. While the second drive of the month will be held at the Vashon IGA, on September 26, from 10-4, in correspondence with the second annual recognition of the Unofficial Mayors Day of Concern for the Hungry.

Vashon Social Dance Group Monthly Dance & Lesson

Welcome to 2015 VSDG Lessons and dances
Vashon Social Dance Group Lesson & Dance
Ober Park Performance Hall - 17130 Vashon Hwy SW
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Saturday September 19, 7:00 - 8:00 pm Fabulously Fun Foxtrot Dance Lesson with Whitney & Candy
8:00 - 9:30 pm Dancing to deejayed music provided by Candy
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No one turned away due to lack of funding. Join Us!
Hope to see and dance with you then.
Come alone or join us for a wonderful evening of social dance.
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Candy

The Vashon Loop

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DSHS


THE MOBILE CSO IS COMING!

Dates	Wednesday October 7, 2015
Times	10:30am to 1:00pm
&	Maury Community Food Bank
Places:	10030 SW 210th
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	Vashon Market
	17639 100th Ave SW

AT THIS EVENT, YOU CAN APPLY FOR:

- Cash Assistance
- Basic Food Assistance
- Medical Assistance

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.



VYFS Announces Band Line Up at Raft Up!

Vashon Youth & Family Services is thrilled to announce that the Raft Up! event will feature local musicians Camille Coldeen & Gus Reeves, Gregg Curry & Rick Dahms, and Zazzar Zuzz, featuring Christine Goering and Michael Whitmore. The bands will play from 10:15am-1:00pm with DJ Jessica Sanders rounding off the festivities from 1:30-3:00pm.

This year's event will also feature family friendly waterfront activities including a bouncy house, face painting, a bubble station, and Glass Bottle Creamery will be on hand with gourmet ice cream sandwiches.

Raft Up! is the uniting of a community to defend the Washington State record for the most kayaks, paddleboards and rafts linked together. Join VYFS at Jensen Point Sunday, September 20th to fill the harbor with human-powered watercraft rafted side by side in celebration of the fact that "We're Stronger Together."

The Raft Up! event raises critical funds to support the many Vashon Youth & Family Services mental health and community programs that help Vashon thrive. "The theme that we're stronger together reflects the work we do at VYFS," says Kathleen Johnson, Executive Director at Vashon Youth & Family Services. "The agency provides services to help people in times of crisis or when they just need a little extra support. We believe in the power of community to do that."

Raft Up! will be an unusual, beautiful,



uniquely Vashon way to celebrate a final summer fling.

"This year we're really trying to emphasize the fun factor," says Johnson. "It's important to remember that forming supportive communities actually feels great. We are encouraging teams to dress up, decorate their boats, paint their faces, etc."

Any human-powered watercraft is welcome. Once on the water at 1:30, we'll perform the raft up maneuver (link hands, paddles or oars across your neighbor's boat to create a strong, stable connection). Registration information and all the facts can be found at vyfs.org/raftup or the VYFS office. Registration costs \$25. Kayak raffle tickets are \$1 each or 6 for \$5 and are available at the Vashon Bookshop or the VYFS office.

Vashon Artists Celebrate KVSH-FM



By Susan McCabe, Voice of Vashon

October, 2015 (October 13 to be exact) marks the first full year of broadcast for Voice of Vashon's community FM radio station, KVSH 101.9. During that year, KVSH has featured local artists in its "All Vashon All The Time" playlist.

By way of showing appreciation for the exposure, a group of Vashon's finest performing artists are producing a KVSH Birthday Xtravaganza show with proceeds to benefit Voice of Vashon. With October 13 the official birthday, the group has settled on October 10 and 11 to stage their show at Open Space for Arts & Community. Open Space is also co-producing the Xtravaganza with artists Jon Whalen and Luke McQuillin (aka 10-10 Productions).

Doors open on Saturday, October 10, at 7PM and Sunday, October 11 at 4PM with the popular island band, Rumor Has It taking the stage. At 8PM and 5PM respectively, KVSH DJs Jeff and Cindy Hoyt will open the show and act as radio announcers in an imaginary radio studio

of old., but with decidedly contemporary music. They will provide introductions and comedy breaks throughout the high-energy performances by vocalists Arlette Moody, Terri Cole, Jon Whalen and Dianne Krouse. McQuillin and Whalen have assembled a stellar 'house' band including Lonesome Mike Nichols on harmonica, McQuillin and Whalen on guitar, San Francisco import Duane Campbell on bass, Doug (Slab) Findley on sax, Adrian Witherspoon on slide trombone, Christopher Overstreet on keyboard and Jesse Whitford on drums. Gregg Curry and Mark Graham will keep the tempo up during intermissions while the audience partakes of treats and drinks as well as Xtravagant extras to tickle their fancies between acts.

Act II of the Xtravaganza delivers on the promise of excitement and high energy with a top secret grand finale.

Tickets are \$20 per person and available at Vashon Book Shop and BrownPaperTickets

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Poor Postal Service? Who you Going to call?

Continued from Page 1

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If you have been inconvenienced by the Vashon Post office and wish to see if our elected US officials can help, their contact info is below. Just a simple or elaborate note to each asking to see if they can help the Vashon post office and break through the sense of helplessness this post office has fallen into. Maybe if enough ask for help, our representatives in the US government can help navigate the issues that stand in the way of zip code 98707 getting better service.

Once contacted the representatives office will send out a simple form for you to fill out and mail, fax or email back. I would hope that if enough forms are sent back a solution can be found or at least the problem can be hopefully escalated towards a solution.

Maria Cantwell - US Senator
915 2nd Ave., #3206
Seattle, WA 98174
Phone: 206-220-6400
Fax: 206-220-6404
email can be sent from Maria Cantwell's website
www.cantwell.senate.gov/public/index.cfm/email-maria

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Waiting at the post office is a great time to compose your thoughts.

Angelo Needs A Home...

I was as sick as a dog when I walked into a Havahart trap last year, but thanks to a lot of excellent nursing care, I'm feeling fine. It takes me a while to warm up to people because I had a pretty rough life before coming to VIPP. I'm less shy than I was, though, and I've been known to hop up on the lap of someone I felt comfortable with.

I need to be an indoor cat, but since I have such handsome markings, you'd want me to be close enough to see all the time, anyway!



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Spiritual Smart Aleck



By Mary Tuel

On the Road One More Time

As I am sure I mentioned before, when Rick died I figured I would be out of my mind for at least two years. Having that idea intellectually is quite different from the actual experience. I didn't know that my interior life would be burned to the ground when he died, or how long it would take to recover from the stunning reality of his passing. Finally it seems like even though I still feel like a mess inside, I'm at some kind of baseline where I can start building my new normal life.

So I'm going to California. The object of this trip is to attend the 50-year reunion of my high school class.

Why go to a 50-year reunion? It isn't as if high school was a great experience for me. I hated pretty much every minute, except when I was singing in choir, but I figure it's a once-in-a-lifetime experience.

Maybe I'll be able to tell you why I went afterward, when I've had the experience and had time to think about it. For now it's a trip I've been planning for over a year, and which I've almost backed out of several times.

Ever since I can remember I've had this severe anxiety before trips. Only people who have these feelings can understand, I imagine. I'm sure I'm not the only one. Rick always said, "Once you're on the road, you'll be fine." Rick was right about that. I was always in road trip mode by the time I got off the ferry at Pt. Defiance.

I hope it works that way this time.

So, a 50-year reunion. Wonder how many people I'll recognize, or will recognize me.

While I'm in town, I'll visit the ranch where I grew up. I'll visit my parents' graves and leave flowers. I hope to go to the Santa Cruz County Fair, and look at the

apple exhibits. My parents used to enter their largest apples in my name and let me keep the ribbons.

I'll go commune with the cows and the goats and the horses and look at the lucky 4-H kids who are spending a few days sleeping in the barns at the fair. Man, I wanted to do that, but my father wouldn't let me raise a calf. He said my mother and I would get attached and name the damn thing and then when it was time to sell it to be butchered there would be hell to pay. He was probably correct.

When the weekend is over I might drive south to San Luis Obispo so I can turn and go up through Big Sur. We'll see.

However far south I drive, when I turn north I'll head up the coast, through the redwoods. Something about Highway 101 from Healdsburg north resonates within me, perhaps because occasionally I catch a glimpse of the California I traveled with my parents when I was a child. May have to stop and hug a gigantic tree or two.

I'll definitely visit the Ship Ashore trailer park, motel, and restaurant at the mouth of Smith River. That's the property my grandparents owned during the 1930s. It impressed me as a fairly desolate environment. I don't know what my grandparents saw in the place, but apparently my grandmother Lyllian loved it deeply there. Grandpa sold the place after she died of Pick's disease in 1938. Still, I stop and drive in and look down at the river every time I drive by.

Then I'll head for home as fast as I can go, ready to be home and feel safe again. That's my next couple of weeks. I'm sure I'll tell you all about it when I get back.

Unless of course I decide to head to Los Angeles and take another crack at that songwriter career. But most likely that coming home thing.



Hilltop orchard near Watsonville, California. Those hills in the distance? That's where the San Andreas Fault runs by.



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<<REWIND: Celebrating 20 Years of LGBT Film!

The DoVE Project and Three Dollar Bill Cinema present an LGBT Film Series on Sept 19-20 at The Vashon Theatre. The festival celebrates award-winning and audience favorites from the past 20 years that have been featured at the SEATTLE LESBIAN & GAY FILM FESTIVAL.

Included in the special weekend festival are locally made films set in the Northwest, such as BACHELOR FARMER and BIG EDEN (celebrating their 10th and 15th anniversaries), as well as the family centered drama, READY? OK! and the crowd-pleasing CLOUDBURST, starring Brenda Fricker and Olympia Dukakis.

In advance of the 20th Anniversary Seattle Lesbian & Gay Film Festival, The DoVE Project and Three Dollar Bill Cinema present this weekend of favorite films from the past two decades to bring a little of the largest arts event in the state to Vashon Island. <<REWIND: Celebrating 20 Years of LGBT Film! will showcase six films selected from 1996 onward in a diverse collection of romance, drama, comedy, and documentary. The films are shown with support from Wolfe Video, one of the premier distributors of LGBT film.

<<REWIND: Celebrating 20 Years of LGBT Film!

September 19 & 20 at The Vashon Theatre, 17723 Vashon Highway SW, Vashon.

Tickets: \$8 Regular, \$6 Student/Senior, \$3TDBC member

\$33 for a Full Series Pass!

For Information & To Buy Tickets: www.threedollarbillcinema.org

Saturday, September 19
2:00 BACHELOR FARMER (58min, US, 2005)

10th Anniversary! An intimate look at gay men negotiating the peculiarities of small-town life in rural Idaho. A documentary about finding community in the most unlikely of places.

4:30 EVERYTHING RELATIVE (110min, US, 1996)

Billed as the "lesbian BIG CHILL", this fun film opened the first SLGFF. Old college chums get together for a weekend reunion that opens old wounds and sparks new romances.

7:30 BIG EDEN (117min, US, 2001)

15th Anniversary! Henry Hart, a successful New York Artist, returns to the small town of Big Eden, Montana to care for his ailing grandfather, and navigate a complicated relationship with his estranged best friend.

Sunday, September 20
2:00 READY? OK! (91min, US, 2008)

When 10-year-old Joshua decides to join the cheerleading squad at his Catholic school, his single mom (Carrie Preston)



struggles to understand her Holly-wood musical-loving son. With some help, she learns to embrace who he is, not who she wants him to be.

4:30 UNDERTOW (100min, Peru, 2009)

An unusual and beautiful ghost story set on the Peruvian seaside. A married fisherman struggles to reconcile his devotion to his male lover within his town's rigid traditions.

7:30 CLOUDBURST (93min, Canada, 2011)

When Dot (Brenda Fricker) is put into a nursing home by her granddaughter, her partner Stella (Olympia Dukakis) stages a breakout, and takes Dot to Canada so they can get married. Along the way they pick up a handsome, gay hitchhiker.

Come see some great films and celebrate with us!

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Planet Waves



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

Planet Waves by Len Wallick (standing in for Eric Francis)

Aries (March 20-April 19)

Two events this week, the Sun entering your opposite sign Libra, and Mercury stationing retrograde in Libra, place the emphasis of your life on your relationships. If someone is seeking clarity, spend some time with them and offer that clarity. Notice if any of the questions that the people around you are asking also reflect themes, concerns or unspoken matters that you might have on your mind. That, actually, would be an excellent place to start. What have you had on your mind that you have not vocalized? What's your concern about those specific topics -- or just one topic -- that's prompted your silence? You may need to consider that carefully, even reflecting on what you may have withheld without even recognizing that fact. It's possible, however, that you feel your potential to disrupt your relationships by being real. I have news for you -- the only thing that can really up-end your life is not being fully authentic all the time. That may seem to come at a cost, but consider that an investment.

Taurus (April 19-May 20)

You certainly have a lot on your plate, though you'll feel better once the Sun changes signs next week. Till then don't stress. Pay enough attention to the details so that you know they're covered, and leave yourself enough time and energy to have fun with the many creative aspects of what you're doing. Remember that structure, planning and organization are tools to support your adventures, not take the place of them. As regards the sign-change of Saturn (from Scorpio into Sagittarius) I would take a similar approach. The purpose of a relationship structure is to support the relationship, not weigh down on the people involved. So make sure that your structures are minimal and that they are flexible. I suggest that they be based on agreements, not on rules; on ethics rather than morals; and that you invest more in building bridges than constructing walls. The most productive changes over the past few years have involved your focus on maturity and gathering mature people around you. This approach to life will continue to serve you well.

Gemini (May 20-June 21)

Mercury, the Gemini planet, stations retrograde Thursday in Libra -- the place in your chart where you can go pearl-diving for ideas (your 5th solar house). There you might find concepts for movies, books and art installations. Yet anything can benefit from a creative approach, and nothing says creative like Mercury retrograde in the 5th. It's one of those movements that can shake up your approach to life. Any new viewpoint or angle would be well-served by curiosity. I could write a book about this, though I'll sum it up in a sentence or two: curiosity will keep your mind fresh and alive. Inquire of others and of yourself. Know when you don't know and seek out any missing information. More than anything, apply your curiosity to yourself. Allow your experience of living each day to be an exploration of what you don't know about your inner life, and by extension, the world. Since this is happening in Libra, here are two more ideas: apply the principle of balance, whatever that means to you. And above all else, emphasize beauty. Make sure your presentation is tasteful and elegant and you can do anything you want.

Cancer (June 21-July 22)

One theme of your life over many recent years has been leveling the playing field. You are learning to see people as your equals, which means first and foremost not being intimidated by them. This whole intimidation thing involves people not having made the transition into adulthood; therefore they tend to walk around the world expecting everyone to be some sort of parent figure. People like to think of one another as equals, but parent-child-type interactions still dominate the world of supposed adults. Aspects over the next few days and weeks will call your attention to the quality of these exchanges. Your job is to see them for what they are. This will, in turn, help you recognize the ways in which you still may be under the psychological shadow of your parents. This is simply not helpful to anyone, and the sooner you either begin dealing with this or finish a job well underway, the happier you will be. The truth is people really do want to look at others on level ground; just about everyone is desperately craving being an adult in a world among other adults. Get clear and set the example.

Leo (July 22-Aug. 23)

Turn your attention to financial matters. If you do, you have considerable opportunity to profit from your efforts. I would remind you of something, which is that you can sell your time, your labor or your ideas. Likely you will be involved in all three, though I suggest you emphasize your ideas. I know that for most people this might feel like walking out over the edge of a cliff and standing on air, which is actually a pretty good metaphor. I can, however, make it seem a bit more practical than that. You have a skill for being able to please everyone, contrary to the usual advice that nobody should really try to do that. Your role could be to create language that serves everyone; to mediate between parties and help them discover common ground; and to write in such a way that everyone understands everyone else's position. You might be involved in helping create a consensus. Here's the key to that lock: Look for the common values among everyone involved. Look for the things everyone already agrees upon. Then build consensus on that foundation.

Virgo (Aug. 23-Sep. 22)

Don't be distracted by any anxiety you might feel, especially over financial matters. Rather, get the information you need, and focus on keeping yourself motivated. You may make some discoveries over the next few weeks about how you can better allocate your personal resources, whether they involve money or talent. Any time you see something that seems wrinkled, iron it out and look for ideas in the patterns you observe. Yet if you're looking for the key to success, here is what I would propose: The time has come to act wholly in accord with your values. You're likely to be pushed and in a sense tested on this matter -- the one about whether you actually agree with what you say and what you do. Most people are so accustomed to compromising their values that the notion of acting only in accord with themselves is nerve-wracking and might even seem impossible. It will help if you take some time and make a careful note of who and what you actually support, who and what you have faith in, and what, exactly, matters the most.

Then, what to do will be obvious.

Libra (Sep. 22-Oct. 23)

I am hearing from Libras all over the world today, and I know it's been an intense few years. You may be looking for some relief from nonstop changes that have taken you far from any known comfort zone. Help is on the way. I do suggest you take advantage of Mercury retrograde in your sign and devote yourself to a time of reflection on the many changes that have come through your life. We live in times when anything and everything moves too fast, where change is pushed for its own sake and where there seems to be no actual safe space. For a number of reasons you've been subject to more turbulence than most others, though it's pushing you to seek higher ground, to be solid and centered and to really, truly know where you stand with yourself. That has not been easy. One gift of the now-developing aspects is that they will guide you to ask better questions -- to make deeper inquiries, based on perspectives you have not noticed yet. Take any chance at all to slow down and tune in. Take any opportunity to focus on your own wellness. Honor your own reality and others will rise to the occasion.

Scorpio (Oct. 23-Nov. 22)

Saturn leaves your sign Thursday after what has, no doubt, been an interesting two years. The question I have is, in what ways have you come to terms with who you are? By that, I mean: what have you resolved in the way of games you were playing with yourself -- such as the little tease, hide-and-seek and catch me if you can? Saturn's message has been a rousing, bold, italic statement of: This is who you are; deal with it. The great part is that when you actually relate to yourself from a sincere place, you like who you are. And if you do, you know that others might as well, which speaks to what is perhaps the single deepest insecurity that Scorpions have to address. You still have to address diversity though. Even if people like you, there are many you consider smarter, prettier, braver or more liberated. Now comes the moment of truth: does that recognition mean that you feel yourself as anything less? Or do others around you represent a statement of your potential? If this whole spiritual thing is really true, then all those other people are in fact expressions of you. Therefore, you have no need to be afraid of them. Or anything.

Sagittarius (Nov. 22-Dec. 22)

Saturn enters your sign Thursday, and it will remain with you for more than two years. On one level this will call on you to focus your priorities and structure your life in a careful and conscious way. You will be summoned to be your own authority, in effect preempting anyone or anything that would allow others power over your life. If at any time you experience Saturn as some kind of burden or overbearing influence, remember this -- take back your power. Look for where you gave it away, and make the decisions you need to make to maintain your sense of dominion over your life. This is especially true where financial matters are concerned; that's an easy place for people to claim power over you. Therefore you must be the master of your money. Rely closely on numbers and documentation rather than on opinions, assessments and estimates. In the urgent (and often ignored) growth task of getting your parents out of the way of your chosen destiny, understanding and respecting money and its power are central issues. For you, so intent on freedom, this is essential.

Capricorn (Dec. 22-Jan. 20)

A mix of different influences seems to be acting on your confidence in contradictory ways. One factor -- the Sun about to enter Libra -- is drawing you out of your shell and reminding you how much you want to accomplish. However, Mercury stationing retrograde Thursday is a point of hesitation or nervousness, as if the timing is not quite right. There is also a more potent influence -- one that will be with you for years, which is Saturn ingressing Sagittarius, your 12th house. This is the transit that says it's time to know yourself -- as in really know. There is no room for faking this, as we are so often taught to do. You must know yourself even if that means starting with the admission that you do not, that you have a lot to learn, or that you're afraid of who you might be. It's as if you're confronting the great unknown known as yourself, and you're not sure what to do. Here is a clue: Engaging that inner unknown may not feel like confidence, but I promise you it's the source of your confidence. You may think being self-assured comes from knowing who you are. I would say its deeper source is dancing with your own uncertainty -- and dancing with feeling.

Aquarius (Jan. 20-Feb. 19)

Many factors are hinting that it's time to widen your horizons. That might start with taking a journey in some unusual direction and noticing what you discover. What your chart is calling for is perspective -- of time, of distance, of ideas that give you a different way to think about your existence. For a long time you've been seeking your special place in the world -- one that works for both you and the world. You know this is possible; you know that your vision at its very best matches what the world needs the most right now. It always takes a combination of practice, effort and whatever luck is to make this happen. Right now you have the benefits of all three of these factors. Yet more vital to any or all of them is that you feed your life with a vision. That requires imagination and a deftness with ideas; it requires flexibility; and more than anything you must maintain a sense of perspective. Always know that you're looking at the world from a point of view, and notice what that line of vision is. Notice how different the world looks when you shift your point of view. Remember.

Pisces (Feb. 19-March 20)

You're embarking on what A Course in Miracles describes as a phase of achievement. This follows a long trail of things like undoing what was not right, sorting out what helps you and what does not, settling in, unsettling and various other twists and turns -- and now you know it's time to establish something solid in the world. Therefore you must hold clearly in your mind what you want to achieve. You're not being given a free pass, though the way is opening, leading you through obstacles you may have decided would never budge. As you do this, mastering something called the authority issue is central to your success. You are inclined to trust your life to a Higher Power. I would imagine that you believe in, or have faith in, a Divine plan. Now you must take up your role in that plan, which is to say, make your decisions carefully. You have learned plenty, and making decisions means using what you know. You might say that your central responsibility is to be aware of what you know and to put it to good use -- not some time later, but today, right now.

Read Eric Francis daily at www.PlanetWaves.net

Positively Speaking

Houseless

Most everyone was horrified, including me. What was I thinking? But ‘fool me once’ had extended itself to five unstable rentals. From the couple who was going to go to Europe for a year, but forgot to tell me they only had a six month visa, to tenancy purposefully intended to act as counselor to the other mentally ill tenant (only once again forgetting to include me in the plan), my desire to find stable, long term rental so I could establish my writing career was thwarted time and again.

The last time, when the landlord insisted (above my protests that his situation was exactly what I wanted even though I told him ‘furnished six months’ was the opposite of wanted I wanted) that he would accommodate my need for long term unfurnished rental, I said enough. I listened for the thin silence. Caught also in that realtors feeding frenzy that happens every year in the Spring when everyone is promised a sure sale in ‘the best season ever’ and renters are booted out for homes to be staged, one disastrous experience in a lease option, the idea seemed radical, but the only practical way to take my destiny into my own hands.

I would throw everything in storage, parce out the necessities of moving forward and not waste anymore time paying for a room to sleep. I would live without a house.

What I needed was an office where I could work on writing every hour I wasn’t working my daygig and do it the old fashioned way. Left with a difficult financial situation brought on by moments of incredible courage to speak truth in places where truth was not spoken, I was going to have to imitate my family predecessors and cut back everywhere I could, make the most use of what I had, and generate product to take to market and then gather wealth together penny by penny.

My body was incredibly crippled. I was old. And I was determined. I made a commitment to listen only to myself or about a dozen trusted friends. I was not going to put myself in the hands of people who were trying to work the angles, overextended in credit and eager to waste my money. I had enough people of esteemed work, with integrity, telling me the world outside my village was waiting for my words to believe in my work. I had enough vantage of my own history to know I had the courage to do it.

I also knew succeeding was going to generate some real resistance from a small group of haters.

Five moves in seven years made sleeping in my car, the single necessity to make it all work, seem a positive. Never quite able to unpack or settle or get to my work, as opposed to waking up, going to work and then returning to an office where I could focus on writing to my heart’s content made giving up fun evenings entertaining friends, the comfort of seeing my furniture and the love of my kitties, who would have to go in foster care, seem more viable.

Within the first week, one friendship had blasted apart. They were insisting my plan was foolish, and I countered with a reflection of their own lifestyle which was buried in debt and longing for more. I was to find out who my true friends were.

Within the first six months, I had published and released my first book, to amazing critical acclaim. The plan was a winner. I had proven to myself I had a future as a writer with a broader audience than that of my wonderful followers of the bi weekly column I write. By golly the algorithm of the United States of

By Deborah H. Anderson



Capitalistic America still worked.

In June I ‘retired’ from caregiving for special needs families and threw myself into full time writing. I was in heaven. And then it began. The opposition. The people who didn’t want me to succeed and threaten the lifestyle of garnering as much credit and living as much beyond your means as possible, began to use the ‘h’ word. Homeless. Again and again, even in the middle of the night when they would interrupt my evening reverie and come to my car window to scream at me, I would explain I was houseless, true. I had a membership at the Athletic Club, all my things in storage, ate out a lot, used the kitchen at my office maybe four times a week to cook a veggie egg scramble or cuts pieces off a cold precooked chicken, and my total social life consisted of a Bridge game every week. I was living without a house. That did not make me homeless. I slept in a parking space I paid for. Even legally, I could not really be considered homeless. Call me a workaholic, but homeless, no. A house is not a home.

The details of The Grand Adventure, as I came to call it, will be recorded in a book. Eventually the naysayers demanded I leave my office and, as always, God surprised me with the next provision for me to be able to continue generating words for people to read.

It’s been a remarkable experience with it’s own routines and challenge and perks. The most memorable moment? Waking up in a snow covered car. Magical. The most surprising moment? Discovering all the illegal activity that goes uptown in the little village at night. There is one car prowler who, I swear, will never try to steal another car. I think he thought he hit the zombie jackpot. The most surprising twist? Finding out sleeping in the car was good for my health. I am the most refreshed I’ve been in years. With my hip condition from a childhood car accident, in a bed I toss and turn all night. In the car, I’d pull the blankets up and nestle into, what amounted to, business class sleeping pod, and not open my eyes for four to six hours at a time. It was remarkable.

To those who wanted to label me homeless, it was beyond comprehension to make the sacrifices or work as hard at one new thing as I did all alone. They had families and husbands’ incomes that supported them and spent enormous amounts of time watering lawns and gardens and cleaning and cooking big meals and having people over. And they mostly were not listening to the thin silence about what to contribute to the world.

Today I will wrap some fragile chotchke and bag up my books and friends will carry out the seven totes that include all my writing projects. The next scene of My Third Act will somehow unfold itself.

My goal is to own my own home, create my own financial independence with honestly earned dollars as soon as I can. I’ve a long road to that goal, but I have confidence in my ability to sacrificially work towards it. If I can do The Grand Adventure. I can do anything.

Love,
Deborah



Road to Resilience

Continued from Page 1

If you say you are a Christian, what exactly does that entail? If you are a Muslim, Jew, Hindu, Buddhist, Demonist, Naturalist, atheist, or nothing at all, does that mean that all of the other beliefs are illegitimate? I think most of you would say no, but those that say “yes” or “to some extent” are not recognizing the marvelous variability of human nature. I believe that we each can define for ourselves what is really important in our lives by deconstructing our beliefs into their components. In doing so, I believe we will find that we all want the same

It’s time to share your story

Continued from Page 1

man in his 50’s who had to be there Dad came down the driveway each carrying a large fishing net. “Have you seen a loose goose?” one of the boys shouted. The man said they were looking for the family pet...only on Vashon. -- Anonymous

I feel like I am part of Vashon and Vashon is part of me. My wife and kids feel the same so we all got Vashon tattoos. Mine has the Norwegian word for home, Hjem, in a nod to the Brenno’s that came from Norway. What Vashon means to me is roots, to me it’s not just a nice place to live, it goes much deeper. I have a connection of a lifetime of shared experiences with other Islanders, a sense of community, place and history. I have a place in this big crazy world where I truly feel Hjem. – Brian Brenno

As I cross the water, my body relaxes and my mind drifts, aware that I am loosely held by many tendrils reaching out to people and places I know; giving form and substance to my life, anchoring me and my work. I see places that remind me – of a beautiful moment straining on the pedals after a long day of bicycle touring – or where my son would go off to do his work in the world each day – of sweat dripping from my brow as a path emerges from the brambles – of a difficult conversation and the resulting sense of ease and connection. I wave for Folk who know me, who claim me as their own. – Tim Baer

things. The particular way that we each us should not get in the way of pursuing the common good. The same procedure needs to be followed in addressing racial and cultural divides. Is a person that is not white or not Christian more likely to be a criminal or a terrorist?

So, how do we get out of this ideological logjam that is making it impossible for us to make the urgent decisions that we need to make? We start talking to each other in a non-judgmental and respectful manner. This will not be easy. We so want to show other people the error of their ways, because, to us, it is perfectly clear. Instead, we frankly explain what we believe and listen honestly and openly as others explain theirs to us. We can then ask what is meant by certain words and concepts. If we continue to ask and deconstruct and compare in an open and mutually non-threatening manner, we will arrive at some commonalities. Those commonalities and the very process itself will produce the beginnings of trust and a way toward working together to address our problems.

I owe many of these insights to the core group of the All Island Forum with whom I worked for a while, and especially, to Doug Dolstad who has been passionate about promoting the practice of Nonviolent Communication (NVC). Also, I am enthusiastic about the possibilities of the Coffee Party, a group that for years now has been promoting open and respectful political dialogue between “Conservatives” and “Liberals.” The Coffee Party (www.coffeepartyusa.com) consists of a lot of local groups crossing their own divides. Years ago. I attended a meeting of a branch in Port Orchard and was pleased to see so many people that were willing to listen to each other, and did not allow disagreements on some things to get in the way of agreements on others. I was told that a Coffee Party group began on Vashon some years ago, but quickly folded because of one or more individuals insisting on lecturing rather than listening. Ground rules need to be enforced.

Anybody interested? I’d love to start finding our commonalities and work from there. Don’t come if you just want to set people straight. Come if you are curious and really want to make things work. Let me know if you’re interested and we can start figuring our how to begin:

terry@vashonloop.com or 463 2812.

Heart of Vashon: Telling Our Story NOW IS THE TIME

What makes Vashon your home, sweet home? Why do you choose to live here now? All Islanders are encouraged to participate; ALL voices are important Anecdotes, paragraphs, sentences....submit your piece for this community project sponsored by VAA, VMIHA, VOV and AIF.

DEADLINE SEPTEMBER 30

Guidelines and Submission Forms at <http://vashonalliedarts.org/heartofvashon/> or google Heart of Vashon

Next Edition of The Loop Comes out Thursday October 1

Deadline for the next edition of *The Loop* is **Friday, September 25**

Make a date with Vashon!
www.VashonCalendar.com

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

Island Epicure



By Marj Watkins

Defeating Diabetes

Diabetes has become epidemic in this country. It runs through my family, too.. If Americans could defeat diabetes, think how our medical expenses would go down, and our productivity increase!

To defeat diabetes, Dr. David Eifrig, MD, PHD says, we have to stop eating sugar. He says he reads labels. "If among its ingredients any item appears with a name ending in 'ose' (like sucrose, maltose, dextrose, etc). I put it back on the shelf."

Those are all sugars. So are molasses, honey, and corn syrup. We cannot do our health any good by switching to sugar substitutes, either. Aspartame has been implicated in brain cancer. Splenda is just sugar treated with chlorine. Stevia is okay. It has a built-in halt to overdosing on it; more than a smidgeon tastes bitter.

It's best to simply retrain our taste buds to relish other flavors. This makes kicking the sugar habit easier. It helps, too, if we shop the perimeter of the store where the seafoods, and fresh vegetables and fruits are. A Dr. Whitaker, of La Jolla, CA, advises eating half a cup of beans or lentils every day. Dr. Neal Barnard recommends a vegan diet. Thinking that if I ate like I already had diabetes, I wouldn't get it I tried eating vegan twice, and each time got shingles. Plainly, you and your most diabetes-savvy doctor need to work out a diet that keeps your body in maximum health.

In the book "Dr. Neal Barnard's Program to Reverse Diabetes Now" published in

2007 by Rodale, Inc (check out rodalestore.com), Dr Barnard adds, "You need not give up carbohydrates; eat rice. Eat lots of fresh vegetables, not so many fruits."

Dr. Barnard's book gives delicious recipes as well as good advice. He warns readers not to make any drastic diet change without first discussing it with their doctor, and to keep him posted so he can check insulin sensitivity s well as blood sugar level. Here is a vegan recipe that produces a delicious, nourishing vegan snack food.

Spinach Hummus
Makes about 3 ½ cups

- 1 (10-ounce) package frozen spinach
- 2 cups well home-cooked or canned garbanzo beans
- 1/3 cup lemon juice
- 1 Tablespoon sesame tahini
- 1 teaspoon ground cumin
- 1 1/2 teaspoon turmeric
- 4 or 5 cloves garlic, peeled and sliced
- 1 ½ teaspoons sea salt
- ¼ teaspoon cayenne

For the last two ingredients you could just put in, to your taste, Rich Osborne's Chipotle Salt, sold at the Saturday and Wednesday markets. Squeeze all the liquid you can from the spinach. Drain the garbanzos, reserving the juice. Put the garbanzos, lemon juice, tahini, garlic, salt and cayenne in a food processor. Blend until a smooth paste develops. Add a few drops of the reserved garbanzo juice if necessary. Don't worry about getting the mixture too liquid. It will thicken somewhat as it chills.

Transfer to a serving bowl. Refrigerate until ready to serve. Use as a dip for fresh vegetables or spread on thin rye crackers. I've slightly adapted the recipe to fit my taste; feel free to put in a little more or a little less of the lemon juice or the garlic. I added the turmeric for color and because it's a brain sharpener. India uses more turmeric and has less Alzheimers than any other country.

The 60 Second Film Festival: Returns to Vashon

Have you been longing to watch films that are more like short stories than like novels? Are you fascinated by the homemade high quality video production made possible by recent technology developments? The Sixty Second Film Festival is for you.

Sixty Second Film Festival has TWO showings in 2015: September 27th at 1pm at the Vashon Theatre, and November 1st at the Northwest Film Forum at 1pm. TICKET PRICES: General Admission: FREE / VIP Tickets: \$20

Producer Matt Lawrence started the Sixty Second Film Festival as a way to get interesting and creative people together to watch interesting and creative films – films that might not otherwise have been seen – or made!

This year is the 4th Annual festival, which has attracted hundreds of submissions—and nearly 1,000 audience members and over 12,000 views on the



website since its inception.

Films of all genres are represented, from animation to sci-fi to comedy. Submissions come from professional filmmakers and animators, as well as first-time hobbyists who want to become part of something big. General Admission tickets have always been free, thanks largely to support from the Garrigan Lyman Group. Other sponsors of the event are Theo Chocolate,

Kurt Farm Shop, Andrew Will Winery, Wistia, and Georgetown Brewing Company. A limited number of VIP tickets—which come with goodie bags from the sponsors—are available for purchase.

The 60 Second Film Festival Sunday, Sept 27th, 1pm

Get Tickets on line at www.sixtysecondfilmfestival.com

Our Solar Future

Solar power is at the epicenter of a storm that is transforming the way we power the American economy. Once the domain of futurists and environmentally-minded fanatics, solar power is becoming mainstream thanks to changing public opinion, a federal incentive program, and, in some states—including Washington—a sales tax exemption. According to energy expert Philip Warburg (Harness the Sun), solar power is key to ending fossil fuel consumption, galvanizing social activists, technology innovators and politicians across the ideological

spectrum toward a lower-carbon future. Warburg, whose own home is powered by solar power, is a graduate of Harvard Law School, and has worked in renewable energy legislation, environmental advocacy and law reform. He was served at the Environmental Law Institute and the Conservation Law Foundation, and his writings have appeared in numerous policy journals and newspapers including Audubon, The Boston Globe, HuffPost Green, and The Washington Post.

Sunday, September 27, 2015, 4 pm, Vashon Allied Arts



Get In The Loop

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

Send To: Editor@ vashonloop.com

Find us on Skype Vashon Loop 206-925-3837

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TRASH TALK

New compactor containers at the transfer station double each load of recyclables hauled off island, reducing carbon emissions from transport by 50%. Toss all recyclables together except for fluorescent lightbulbs, metal & textiles. Those have separate bins.

ZERO WASTE VASHON

www.zerowastevashon.org

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ads@vashonloop.com

Next Loop comes out October 1

The Rumble Strips

The Rumble Strips hail from Vashon Island and play a high-energy, nonstop mix of sounds from West Africa, Brazil, New Orleans and anywhere else. With a full battery of percussion, horns, singers and guitars, this is big music with a passion for the sweet details.



206-463-5590
www.redbicyclebistro.com

Friday, Sept. 25, 8:30pm
Free Cover!
All-Ages 'till 11pm 21+ after that.
At the Red Bicycle,
17618 Vashon Hwy SW

Poultry in Motion

Poultry in Motion is basically what happens when you take talent, good looks, charm and enthusiasm, throw it all together in one band, then take away the talent, good looks and charm. They started out playing volleyball in vacant lots, alleys and transfer stations for tips. Later they graduated to playing music on empty trash bins in old car lots for pigeon food.



Poultry in Motion is Steve Amsden (guitar, banjo, mandolin), Wilson Abbott (dobro), Bob Kueker (bass), Dave Lang (button accordion, fiddle,

mandolin), Gib Dammann (drums) and Chris Anderson (guitar).

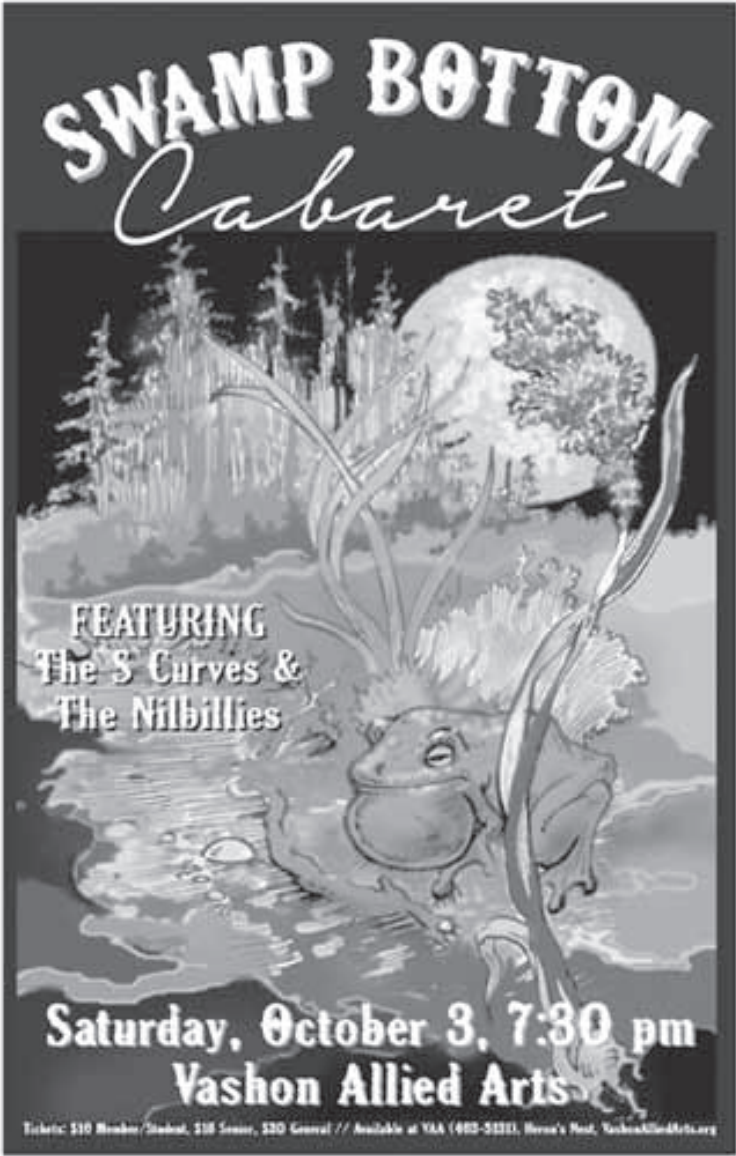
Individually, not all that great, but when they join forces they reach the very heights of mediocrity.

– Shamelessly written by the members of Poultry in Motion

Saturday, September 26,
7:30 pm
Vashon Allied Arts
\$12 Member/Student, \$14 Senior, \$16 General
Tickets: VAA, Heron's Nest, VashonAlliedArts.org

Swamp Bottom Cabaret

From deep in the swamps of Vashon, where dreams are born and come to rest, comes an evening of inspired performance featuring some of our Island's most imaginative entertainers. On October 3, Steffon and Arlette Moody present Swamp Bottom Cabaret—a spin-off of their roving outdoor Swamp Bottom Jamborees, adapted for the Blue Heron stage—featuring local musical groups The S Curves and The Nilbillies.



The S Curves
The S Curves came together three summers ago at the first annual Swamp Bottom Jamboree. Their debut performance included cocktail dresses under hip waders in the middle of a pond by candlelight, accompanied by the boisterous bass of a croaking bullfrog. Last summer they revisited that pond in a rowboat dressed in nightgowns. Unexpectedly, the bullfrog also made a repeat appearance. This evening they come to you a little more dressed up and with some added surprises... but without the frog. The three Vashon women—Arlette Moody, Elaine Ott, and Stephanie Murray—are sure to send you away swaying!

The Nilbillies
The Nilbillies are an existential bluegrass trio that doesn't play that much bluegrass. Lead billy and songwriter Steffon Moody offers his twist on the American dream, serving up both fire and brimstone. The Nilbillies

trio is rounded out with the burly tones of Kevin Almeida on stand-up bass and funky country picking from Andre Sapp on mandolin. Expect to hear original songs that sound oddly familiar, but are mostly just odd. Top YouTube videos for The Nilbillies include "Only

God Knows," Space Monkeys," and "Lesbian Man."
Swamp Bottom Cabaret
Saturday, October 3, 7:30 pm. Vashon Allied Arts
\$16 Member/Student, \$18 Senior, \$20 Genera

The Van Redeker Band



The Van Redeker Band performs danceable interpretations of songs by pop music's greatest songwriters, including The Beatles, Bob Dylan, Johnny Cash, Sam Cooke and JJ Cale, as well as originals by veteran musician Daryl Redeker. The band is quickly gaining a reputation for their energetic performance style and lush vocal harmonies.

The Van Redeker Band is: Daryl Redeker on lead guitar and vocals, Sara Van Fleet on bass guitar and vocals, and Sam Van Fleet on guitar and vocals. This show features guest drummer Chris Leighton. Chris has worked with a vast array of musical luminaries, including Chuck Berry & Laura Love and is a 9 time winner of The Washington Blues Society's "Best Drums" Award."Joseph Stewart

Opening for The Van

Redeker Band is Joseph Stewart. With a silky voice and even silkier looks, Joseph brings joy and happiness to all with his Sinatra style. Some people know him as the ukulele guy, out plying and singing before his shifts at Mays Thai Restaurant. For those who know him well, he is a kind man who would do anything to make others happy.

Friday, Oct. 2, 8:30pm
The Van Redeker Band
w/ special guest Chris Leighton. With youth opener Joseph Stewart

The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that

Free cover!
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Next Loop comes out October 1

Bill Brown & The Kingbees

Steve Minzel, 35 years behind the keyboard, has played all over the Pacific Northwest. Leslie Shelton, 40 years on bass guitar and a vocalist in the band who has written and recorded an album and back in the day toured with Bo Diddly and from 1990 to 2000 played with Bill Brown and the Kingbees. He currently performs about 40 weekends a year with his own group, The Tonze. Everybody loves his spirit, playing and vocals! Tony Handy not only has been playing with Bill for a decade, he also has his own jazz group, HD fusion. They play at Emerald Queen Casino, and many other big venue's in the Pacific Northwest. John Gaborit is often likened to Eric Clapton, in his finesse and style. He is known for mesmerizing crowds! He's been playing with Bill for two decades. Bill Brown, lead vocals and harmonica. Folks love his spirit on stage and his ability to connect with them. He also has a knack for attracting top notch players!

Free cover!
Friday, September 18, 8:30pm
Free Cover!



All-Ages 'till 11pm 21+ after that.
At the Red Bicycle,
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Vive la France! Art Auction

Vive la France! On September 18 and 19, be transported to Provence and Paris for two nights of French festivities in support of Vashon Allied Arts. The 2015 Art Auction begins with Friday's "Picnic in Provence" and continues with Saturday's "Soirée à Paris" — a Francophile's dream come true.

Throughout both evenings, enjoy games of chance, live caricature drawings, signature cocktails, and Comédie Française from Steffon Moody and his hilarious troupe of entertainers. Guests will also delight in French fare prepared by Herban Feast, accompanied by fine wines.

But the main attraction of the Art Auction is of course, l'art, boasting the finest collection outside the Louvre. Silent and live auctions feature original works by more than 130 Vashon artists, including commissioned pieces by Kathy Johnson (bead embroidery), Kim Farrell (photography) and Bill Knox (watercolor) on Friday, and Bruce Morser (pencil), Jo Ann Bardeen (quilt) and Carol Schwennesen (oil painting) on Saturday.

French-inspired attire and costumes are encouraged. Merci beaucoup to our Presenting Sponsor, John L. Scott!
Vive la France! Art Auction 2015



Friday, September 18, 5:30 pm
Open Space for Arts & Community
Friday Tickets: \$50 (\$25 Contributing artists/One guest of contributing artist/ Saturday guests)

Saturday, September 19, 5:30 pm
Open Space for Arts & Community
Saturday Tickets: \$125

Bingo, Ballads, and a coupla broads

Join The Famous Filson sisters for an evening of Bingo and Fairyoque Karaoke to support The DoVE Project on October 3rd at The Vashon Eagles! October First Saturday is gonna be NUTS.

Here's how it works. \$15 gets you in the door and one bingo card. Additional bingo cards and daubers will be available for purchase. Bingo winner gets to sing a song! We'll play to three winners each round. Of course, there will be beverages available at the bar and snacks to keep your energy up all night. Probably mixed nuts.

All proceeds go to the good work of The DoVE Project to end domestic violence.

Bingo, Ballads, and a coupla broads
The Vashon Eagles
Saturday, October 3, 8:30pm-midnight. \$15 cover



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I like to play with toys, and I've made friends with other cats that I share a room with here at the shelter. If you'll be patient with me, I can be your friend, too.

Go To www.vipp.org Click on Adopt

PANDORA'S BOX

Celebrate Cheryl's very last back to school moment. Three seniors all at the same time. Woo Hoo!

To commemorate, we'll have cat furniture on sale at 20% off. That seems reasonable since cats don't need a new binder or pencils.

Bo's Pick of the Week: Brand new Nutrisca canned cat food. It's the perfect consistency, not too solid, not too chunky, not too runny.

(206) 463-3401

\$8 Nail trimming with no appointment

17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

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

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Next Edition of *The Loop* Comes out Thursday, October 1

Deadline for the next edition of *The Loop* is **Friday, September 25**



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Find us on Skype
Vashon Loop
206-925-3837

Find the Loop on-line at
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Deadline for the next
edition of The Loop is
Friday, September 25

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and Sink Water.

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Green-Leafy Vegetables.
Finally, they can choose
a small piece of red or
yellow fruit.

Any dessert?
Oh No. We
had to cut
desserts out
-too many
calories!