



VASHON

## THE LOOP

Vol. 12, #20

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October 1, 2015

## Vashon Artists Celebrate KVSH-FM



10-10 Band (L to R) Adrian Witherspoon, Lonesome Mike Nichols, Doug Findley, Duane Campbell, Jon Whalen, Terri Cole, Dianne Kouse, Arlette Moody, Luke McQuillin, Jesse Whitford, Christopher Overstreet on keyboards (not pictured)

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 is producing a KVSH Birthday Xtravaganza show with proceeds to benefit Voice of Vashon many community services: KVSH 101.9FM, the KVSH phone app, 1650AM Emergency Alert Services, VoV TV and the robust website at [voiceofvashon.org](http://voiceofvashon.org). 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). Both are Church of Great Rain Alumni.

Doors open on Saturday, October 10, at 7PM and Sunday, October 11 at 4PM with a popular island band 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 with LIVE rock'n'roll, jazz and blues 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

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## Tuesday Middle School After-School Program Emphasizes Community

With the beginning of fall comes a free after-school program at Vashon United Methodist Church for junior high students that will be non-religious in nature and include a variety of activities. The program will be facilitated by Ted Packard, who is an experienced wilderness school youth instructor and holds a Master of Education degree.

"I am interested in working with youth and families to create a vision together for this program," says Ted. "My experience is in creating a structure where groups of kids can gel together and learn how to work together."

Ted grew up in Virginia and after earning a Bachelor's degree in History and a Master's degree in Education, spent two years travelling the East Coast playing music and facilitating community development. In 2011, he moved to Washington and completed a 9-month naturalist and wilderness survival training at Alderleaf Wilderness College. During that time he started mentoring youth in nature connection and personal growth. He has worked with Wilderness Awareness School and currently works year round at Vashon Wilderness Program and Quiet Heart Wilderness School. At Quiet Heart, he is still working with the same cohort of students, now teens, that he started with 4 years ago. He is passionate about the sharing of stories, music, art, filmography, games, basket making, primitive skills for foraging & hunting, and most importantly, feeding the passion in others.

The after-school program comes out of a shared recognition on the part of concerned community leaders that the island needs more programs for youth. Organizer Carol Butler hopes to create a network of alliances throughout the island to give more support for teens. "I was raised as a latchkey kid," she explains. "But I had caring neighbors. We had a community of concern. Kids need to be able to feel safe in fun activities with peers, friends, and future friends."

"Youth is a very exciting time and a great time to discover potential," says one of the organizers, Nancy Vanderpool, who



*Ted Packard is the new director for the new after school middle school program.*

is also active with VARSA and the Interfaith Council to Prevent Homelessness. "This program is a way to open new paths to do that in a safe and caring environment."

Program activities are designed to be fun -- with games, projects, and kinesthetic activities -- while offering new experiences and opportunities for enriching friendships. The program is based in the Education Building of the Methodist church, but will be non-religious. "We want to serve our community," says the Reverend Kathy Morse, the church's pastor. "Our parents suggested that our youth need a safe place to connect and that is what we hope to provide. The impetus comes from our call to love and serve our neighbors, but the program itself will not be religious in nature. We want middle school youth to have fun with their friends and maybe learn some new skills."

The program starts Tuesdays in October at 3:15 when kids get dropped off by the bus and goes to 6:00 p.m. Snacks are provided. The program is offered at no cost and is held in the Education Building of Vashon United Methodist Church at 17928 Vashon Hwy SW. Students must at [www.VashonMethodist.org](http://www.VashonMethodist.org).

## The Road to Resilience Compost Privies

By Terry Sullivan,

Recently, on the Facebook site, Future Water Vashon, Michael Laurie, local home energy consultant and green systems proponent, posted an account of his visit to the building inspector at the King County Department of Public Health to discuss the legality of compost toilet/graywater systems for onsite sewage disposal. After a fair amount of posturing and talking around the question, he finally admitted that compost privies were in fact legal although a septic tank and drain field were still required to handle the graywater. The septic tank could be 50% of the capacity required for the standard water-borne systems and the drain field could be 40% of that required for the standard system. In addition, as stated in the King County Code, a property with such a system would have a restrictive covenant placed upon it that would require under penalty of law that the system be maintained properly and that any conversion to a standard system would require a new permit.

Apparently, adjacent counties in the Puget Sound area are more amenable to compost privies, King County has long been more conservative than the State in

approving alternative sewage disposal systems. What are the arguments at play here?

There are alternative water-borne sewage systems, and I'm not sure why those are viewed with suspicion when the state has approved them. The difference between traditional water-borne systems and dry systems such as compost privies is clear. Water-borne waste pollutes water. Compost privy waste does not. It does not even need to touch the ground until it is safe. You can collect waste in a garbage can and compost it there. When done, it is converted into safe, rich compost that can be used to fertilize your ornamentals, or even your food garden, although that option requires thorough composting to be safe.

If compost privies, like the kind we used to have, are so much less polluting, why did we ever switch to water-borne systems? Simply put, you don't have to go outside and they are not yucky. Yes, as you make your deposit in a compost privy, you will likely be outside in the cold (there are some elaborate systems that can be housed indoors or you can

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# KVSH

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## 2016 LEVY & BOND MEASURE

ASK QUESTIONS | GET ANSWERS | GIVE INPUT

The Vashon Island School District invites the community to attend five open forums regarding planning for classroom, athletic facility, and service building improvement options:

Oct 4	11:00am-2:00pm	Thriftway
Oct 14	7:00-9:00pm	VHS Commons
Oct 16	5:30-7:00pm	VHS Commons Homecoming Dinner
Oct 24	11:00am-2:00pm	Thriftway
Nov 5	7:00-9:00pm	VHS Commons

See illustrated plans for facility improvement options.  
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The Beaux Stratagem  
Oct 8 at 8pm

Black Mass October 9-15

## Vashon Theatre

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206-463-3232

## Call for Times

For show times and info check  
[www.vashontheatre.com](http://www.vashontheatre.com)



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## Live Entertainment


Friday, October 2, 8:30pm  
The Van Redeker Band

Friday, October 9, 8:30pm  
Swindler

Friday, October 16, 8:30pm  
The Ike Harmon Band

Friday, October 23, 8:30pm  
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Deadline for the next edition of *The Loop* is  
**Friday, October 9**



# Get in The Loop

## Submissions to the Loop

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

### Water District 19 Meeting

Water District 19's next regular Board Meeting scheduled for Tuesday, October 13 at 4:00 PM, 17630 100th Ave SW, in the district's board room.

### VCC Caregiver Support Group

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

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

### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

Find us on Skype  
Vashon Loop  
206-925-3837

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

### 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.

### Water District 19 - Water Main Construction Project

Iversen Construction Company will tentatively begin mobilization around September 28th to start Phase V of Water District 19's Ridge Road main replacement project. They will be installing 996 feet of 8" diameter AWWA C900 PCV pipe. The district does not anticipate any road closures but customers should expect some commute delays because of the construction.

Updates to the project can also be viewed on the district's website: [www.water19.com](http://www.water19.com).

Get In The Loop  
Send in your Art, Event, Meeting, Music,  
Show information or Article and get included in  
The Vashon Loop.  
Send to: [Editor@vashonloop.com](mailto:Editor@vashonloop.com)

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### Voter registration deadline coming October 5

Voters have until October 5 to register to vote or update their voter registration in time for the general election. It's important to keep voter registration current to receive a ballot in the mail and make sure we can count your votes.



### Marilyn Stablein - Dreams, Travelogs & Artist Books

Award-winning poet Marilyn Stablein reads excerpts from her work & introduces her new book *Bind, Alter, Fold: Artist Books* featuring 38 of her handmade artist books. She will also have a mini-trunk show display of some of her artist books.

Free Tuesday, October 13 Reading & Talk 7-9pm  
Cascadia House 27626-Vashon Highway SW  
[www.marilynstablein.com](http://www.marilynstablein.com)




SPOKE Gallery presents

**HEIDI BEAVER**  
Mend/ Songlines in Paint

Vashon Island First Friday Art Walk  
Friday, October 2nd, 2015  
6:00pm-9:00pm  
and by appointment

Live performance piece  
by **Thomas Elliott**  
at 7:00 entitled, "Can I borrow your truck?"

Spoke Gallery is located at the old bike shop, next to the post office.




**DSHS**  
THE MOBILE CSO IS COMING!

Dates	<b>Wednesday October 7, 2015</b>
Times	<b>10:30am to 1:00pm</b>
&	<b>Maury Community Food Bank</b>
Places:	<b>10030 SW 210th</b>
	<b>2:30pm to 4:30pm</b>
	<b>Vashon Market</b>
	<b>17639 100th Ave SW</b>

AT THIS EVENT, YOU CAN APPLY FOR:

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**The Vashon Loop**

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# Ellisport Project Explores the Community’s History



Photograph – The Chautauqua Assembly about 1892.  
The Chautauqua Assembly grounds with the Assembly Building on the water’s edge, the Hotel on the hill behind, and platform tents surrounding them.

Ellisport and KVI beach is a quite corner of Vashon that best is known for its sandy beach and quite saltwater marsh. But at one time the Chautauqua Assembly located at Ellisport was the largest resort in Central Puget Sound. Ellisport once had a sawmill, a store, a post office, a hotel, greenhouses, its own water system, the island’s first electric generating plant, and the island first radio station.

These interesting facts emerged when Ellisport neighbors Bruce Haulman, Ron Irvine, Carla Okigwe, and Toodie Blichfeldt started exploring Ellisport’s history.

Soon the news spread and more neighbors joined in the fun. A volunteer committee was formed and started planning for a special exhibit at the Vashon-Maury Island Heritage Museum

in 2017. As the group expanded more ideas developed. Now, the Ellisport group is considering recreating a series of Chautauqua cultural events, developing an art exhibit of Ellisport artists, and planning a self-guided walking tour similar to the Dockton Heritage Trail. The project group is also seeking Ellisport photographs, documents, and reminiscences. If you have any to share, please let us know. The Ellisport Project will hold a community meeting October 6, 6:45 – 8:00 pm to introduce the project to the neighborhood and others who have connections to Ellisport. The meeting will be at the home of Linda Stermer, 20504 81st Avenue SW. If you plan to attend please contact Carla Okigwe– 206-463-2855 cokigwe@comcast.net.

## Vaccines

Living in a globalized world, public fears have been heightened by frightening news reports of deadly diseases such as Mad Cow disease and E. Coli. Smallpox was responsible for up to 500 million deaths in the 20th Century, and was the first demonstration of disease eradication through vaccination on a worldwide scale. Anne Marie Kimball (Risky Trade) will talk about the historical use of vaccinations to what has become a deep reliance on immunizations for control and eradication of disease in our world. While childhood immunization programs have brought reduced childhood mortality throughout the developing world, vaccinations have begun to carry a spectre of doubt in certain populations, and measles in particular has become a lightening rod for these concerns. Dr. Kimball is a physician and epidemiologist and has served as strategic advisor for the Rockefeller Foundation, technical and strategic lead for the Bill and Melinda Gates Foundation, and as Professor of Epidemiology for the University of Washington School of Public Health. She has extensive experience in domestic and international public health, researching global trade and emerging infections and HIV/ AIDS.

VACCINES  
Sunday, October 11, 2015, 4 pm  
Vashon Allied Arts

Then in November explore Earthquakes. Our next major earthquake might be a century from now or much sooner, as detailed in the frightening New Yorker article that has received sensational international press. The technology will

exist soon to warn people seconds to minutes before the worst shaking. The Pacific Northwest Seismic Network is exploring the benefits and cost of such an earthquake early warning system, with the aim to get it working in the next few years. Professor John Vidale will review the earthquake and volcano hazards and the latest geoscience of the Pacific Northwest as he explains the next steps in our preparations for “the big ones”. Vidale is a Professor at the University of Washington, Director of the Pacific Northwest Seismic Network, and the Washington State Seismologist. He has previously worked with the U.S. Geological Survey, and served as director of the Institute of Geophysics and Planetary Physics at UCLA. His research focuses on earthquakes, volcanoes, Earth structure, and the hazards of strong shaking. EARTHQUAKES  
Sunday, November 9, 2015, 4 pm  
Vashon Allied Arts



# Crows Can’t Count

By Seán C. Malone

We had thousands of crows on Vashon in the 50’s, they could lay waste to a garden and destroy it in minutes. The farmers hated the crows as they would quickly pick up freshly planted seed or pull out the fresh seedlings. Crows were pests on the island and we dealt with them, the same as raccoons trying to get into the chicken house. The U.S. government once had a bounty on the crow of 25 cents. A flock of crows is called a murder of crows which can be found in the Oxford dictionary circa 1500; just as a parliament of owls, a skulk of foxes or an ostentation of peacocks.

Crows have all sorts of customs that are common to the flock. The flock uses a sentinel to warn of a potential intruder or to check out a situation that may be too dangerous to fly into; such as a hunter hiding in the bushes. The sentinel gives a shrill staccato call to warn of danger and the flock responds with angry calls of encouragement to themselves and others. The sentinel perches in a tree high above where the hunter is hidden. If the hunter was lucky and only wounded the guard crow, he would fall to the ground, creating a ruckus and drive the rest of the flock crazy as if they were joining in battle with some unseen enemy that sounded like a crow. They would dive and cavort trying to draw you out. It made for tough shooting but lots of sport.

“Crow’s can’t count”, our Grandfather told us. Three hunters walk into the woods and two come out and the crows think all the hunters have left. The crows can be fooled into believing that you are no longer in the woods. Crows can’t count but they can recognize the difference between a gun and a stick. If there were crows flying overhead, and one of us picked up a stick and pointed it at the crows, they would ignore us. If you just carried the shotgun where they could see it, they flared and flew away. If the crows were watching us walk into the woods, the shotgun would be carried at your side between you and the crows where they couldn’t see it. Brother Mike and I tried our Grandfather’s advice one day but were unable to fool the crows.



It turns out that my Grandfather may have been wrong. A farmer in England built a blind so he could protect his crops but everyday he went to his blind, the crows wouldn’t come. So he invited a friend to the blind, but when the friend left, the crows stayed away. It was only when the farmer had 16 people in his blind, that the crows lost count of the ones leaving.

If you turn your head up to look at them, the white of your face will cause alarm and they won’t come to your call. Calling the flock in was done with a crow call, a black plastic instrument about the size of a shotgun shell, with a reed that vibrates making a sound something similar to the call of the crow. It doesn’t work all the time and takes many hours of practice before they will even answer the call. The proof of your ability to call the crows is being able to call them into a stand of trees where you are hidden.

Crows have funerals. Dad once witnessed a seagull and a crow fighting, the seagull killed the crow. Silently, About 30 or so birds gathered in the maple tree leaning out over the beach. The only sound was the rustling of their wings as they fluttered between branches. After a short while they would have paid their respects to a fallen comrade and flown away.

The crows sometime sound like they have been affronted or are being driven out of their territory and erupt into raucous communal noise makings. Mom would say: “The crows are yelling bloody murder”. Time for a hunt.

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## Angelo Needs A Home...

“Gimme five,” you say? I can give you more than five, because I’m a polydactyl cat with extra front toes. I bet you didn’t know Ernest Hemingway had lots of polydactyl cats, which is why we’re also called “Hemingway cats.”

But I digress. My extra-wonderful personality is more important than my extra toes. Because I’m so mellow and friendly, I’m allowed to live in the shelter lobby and greet visitors. I love people and am thrilled when they pay attention to me. I get along with other cats, too.

You will need to feed me special



food and keep fleas away, because I’ve very allergic to them. I have some scars from those pesky fleas, so I probably won’t win any feline beauty contests – but my inner beauty shines through. After all, it’s what inside that counts!

Go To [www.vipp.org](http://www.vipp.org) Click on Adopt



# Island Life VW Fields

By Peter Ray  
pgray@vashonloop.com

To be clear, I do not obsess on the VES fields both day and night. If I had a choice, I would pick the day time, because I like to sleep at night and I already have enough spinning around inside to keep me alert during the time of darkness, listening to the mantel clock announce wee hours I'd rather not know about, let alone experience while conscious. It should also be known that the replacement by corporate logos of real names on public spaces is highly detested in these quarters, for what that's worth. For all its relative anonymity, VES could be (but isn't) a corporate sponsor of some sort, so in many ways imagining any acronym there- or alphabetism as it were- is not a stretch of the imagination, especially where a certain vexingly wayward German automaker is concerned.

I came to vaguely think of VES as VW fields in most part because of deception. There is of course the quite recently revealed deception on the part of the German auto maker regarding manipulated emissions testing software and the resulting, potentially harmful and excessive emissions from cars touted as exemplars of "clean diesel" technology. This now, apparently pretend greenness had previously come to my attention as possibly a quite good reason to purchase one of these vehicles once the dust had settled on the settlement of the grand deceit perpetrated by my sister regarding our family feud and the estates she has wreaked havoc upon financially. I guess the semblance of any good news in this is that because any settlement seems at least months off in that regard, I have been spared the let down of buying into the VW lie. As is the case when one becomes aware of a certain product, I have noticed with increasing frequency how many VW's are actually around on this Island, so at least in this case I would not have been alone had I been able to buy into this deception.

As for VES, I must say that I never quite believed anything I was hearing from the park board when I started going to the meetings over three years ago. While the repeated phrase that I kept hearing was that there was a "need" for VES, I never have seen or heard of any documentation of this. At the time I asked a friend who is a long time soccer coach if he had experienced any stirrings in the ranks for a VES-like project and he said no. There were, after all, usable fields in that spot prior to the coming of VES. To even get the project going, there was the deception that occurred regarding the matching funds on Recreation and Conservation Office grant that required matching monies to fund the project. As things were to commence, the RCO was told that the monies were there, although they were not, and thus the grand and glorious purging of staff and programs came about to keep the VES project afloat.

Floating is an appropriate term to use when referring to VES, as its sand based existence relies on more water than the average field in order to keep the grass alive. My initial curiosity regarding all this potential irrigation water was directed toward where that water might be going. There is an elaborate pipe drainage structure in place to help the water go away. At a retreat meeting about the VES I asked then project manager Mike Mattingly where the water went. He said it went to the storm drain near the highway and then, he thought, to the sewage

plant. I didn't think that sounded right, so I asked our county roads person Jim Didricksen, who said that the water from that storm drain traveled south along the highway and then it crossed under the road and then went into the Island drainage pattern, so I'm presuming that means that it potentially heads west from there, which is in the direction of Shinglemill Creek. In this regard, it was also my understanding that one is not allowed to either increase or decrease a flow of water off of one's property- I have not posed that question regarding VES's outflow to anyone as of yet.

The easiest question to answer in all of the conundrums that VES poses is that of how much water it takes to keep VES in the green, so to speak. As it was, this past summer was maybe a worst case scenario in that department, or maybe it wasn't. Who knows what weather shifts we may soon see coming our way? I asked parks director Elaine Ott about VES water consumption a while back and she told me that the Department of Ecology required parks to monitor water usage and that maintenance supervisor Jason Acosta was in charge of that. At a recent park board meeting I asked Jason about this and he said that the fields used around Two Million Gallons of water this summer, and that the Ecology Dept. had put a cap of around three million gallons on what VES could use. This seemed like a lot, so I went to the Carr Report on Island water availability and use- the definitive study on Island water done in 1983. What that study told me was that the projected upper limit on water usage for the entire Island was set at 98 million gallons, so as it now stands, VES fields alone could use as much as three percent of the Island's available water. We do know that the Island's aquifers are recharged by rain. We don't know how much this draw down on the field's well is affecting the quantity of available water in that area, or if it will be adequately recharged for next year or the years to come.

As I understand it, once the maximum amount of water has been used, parks can no longer tap the well that is there for the rest of that year. This presents a problem, as these fields (unlike the ones they replaced which had no irrigation system) will perish without water. One solution that has been explored as a possibility is to have treated gray water trucked in as supplemental irrigation. While any manicured playfield is at best questionably sustainable, transporting treated waste water to maintain the growth of grass on sand is perhaps off the charts in terms of environmental and fiscal ludicrousness. And it was the Carr report that stated that the biggest threat to island water was the dissolved wastes of humans and animals, trickling down and corrupting the aquifers. In both using up clean water and potentially requiring the application of more waste water for its very survival, VES is anything but the fertile, green plain it presents itself as. In a recent letter to the Beachcomber about proposed upgrades to the high school athletic fields and facilities, former parks commissioner and VES advocate David Hackett asked, "Does it really make sense to install another high maintenance, fragile grass field...?" The simple answer here would be, no David, it doesn't. But it also didn't make any sense to build the first one either.



Harbor School and Carpe Diem are now a fully united Kindergarten through 8th Grade independent school serving students on Vashon as well as off-island commuters.

This fall features several Open Houses at both Harbor School and Carpe Diem Primary campus locations. The dates are as follows:

- Wednesday, October 14 at 6:30 PM – for grades 4-8 at Harbor School campus
- Wednesday, October 21 at 6:30 PM – for grades K-3 at Carpe Diem Primary campus
- Wednesday, November 18 at 6:30 PM – for K-8 at both campus locations

Open House Highlights: The faculty and staff will present an overview of the curriculum and discuss enrichment offerings such as art, service learning, outdoor education and more. Classroom tours will be led by current families. A question and answer period will be included and admission materials will be on hand for those wishing to enroll for the 2016-17 school year. Prospective parents and their children are encouraged to attend. Refreshments to be provided as well.

Enrollment applications are now available for 2016-17 admission into both Carpe Diem Primary (grades K – 3) and Harbor School (grades 4 - 8). Applications will be available at the event or you may download one from the school's website ([www.harborschool.org](http://www.harborschool.org)). The admission deadline is January 31, 2016. Enrollment decisions are made in early March, 2016.

Harbor School invites families interested in attending an Open House to RSVP by phone at (206) 567-5955 or by email at [admissions@harborschool.org](mailto:admissions@harborschool.org). Harbor School's main campus is located at 15920 Vashon Hwy SW. Carpe Diem Primary's classrooms are located at 17708 Vashon Hwy SW in the Presbyterian Church.

About Harbor School

Established in 1995, Harbor School celebrates 20 years as an independent school on Vashon Island serving students in Kindergarten through Grade 8. In 2015, Carpe Diem Primary became a division of Harbor School. Small class size, academic excellence, meaningful service learning, over 30 days of outdoor education and travel study every year, and an integrated arts curriculum make for an exceptional education.

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**Next Edition  
of *The Loop*  
Comes out  
Thursday  
October 15**  
  
Deadline for the next  
edition of *The Loop* is  
**Friday, October 9**



# Spiritual Smart Aleck

## High School Reunion Part 1: The Northern Coast

The trip was interesting. I didn't want to leave home, but had to in order to attend this once-in-a-lifetime event, my fifty year high school reunion. I made arrangements, and I went, in a mixed mood with lots of doubts. Driving down the Willamette Valley I was thinking, I hate driving. I don't want to do this. I don't know why I'm doing this. I don't know why I'm here. I don't know what life has to offer a 67-year-old widow with a bad attitude.

That last thought occurred in a McDonald's in Eugene. That was the bottom of the barrel for me. But I got back in the car and took the highway that headed out to the coast, still thinking how much I do not enjoy driving anymore, and then I thought I'd sing a song. So I did.

"My life flows on, in endless



song, above earth's lamentations ..."

I cheered right up. Singing is great that way. I do not wish to diminish the depths from which singing pulled me back - I was seriously bummed out - but singing helped.

Eventually got through Port Orford. When you come to the south end of Port Orford you are looking at miles and miles and miles of ocean, mountains coming down to the ocean, huge rocks out in the ocean, and breakers running in the ocean up onto the miles and miles and miles of beaches.

Oh yeah, I thought, this is why I like to drive this way.

Made it to Bandon that night after striking out on finding a room in Coos Bay. Texted a few friends and family of my progress. My cousin Charlotte texted back, "Don't you just love abandon?" After I figured out that she said it on purpose I replied, "Not for years now, dear."

The next morning I set off bright and early. I stopped to eat some breakfast at a beach overlook. I discovered that I had used my traveling bowl to give the dog water a while back, and hadn't cleaned it since. Oh well. Wiped it out as thoroughly as I could with a towel, declared it clean, and had a little bowl of granola. Stop going, "Eew." Any bacteria in that bowl packed up and moved out months ago.



By Mary Tuel

Still hungry when I got to Brookings, I went into the McDonalds and asked if they had breakfast. The young woman behind the counter, who had the speaking voice of a precious cartoon mouse, squeaked that it was 10:40, and she didn't know if they had anything left. I ended up taking all they had left: a biscuit, several wads of egg white, and a sausage patty, with cheese, more or less. Plus coffee. While I waited for my meal, another woman came in and asked for breakfast. Mousy pointed at me and piped, "She got the last one!"

When she brought me my tray of food, she said, "They get mad at me."

"Not your fault," I said. I took the meal, coffee, and my computer to a side table with gratitude. A few more people came in asking for breakfast, and every time I heard her plaintive cry: "She got the last one!" I knew she was pointing at me. I kept my back to the counter and my head down. She

could blame me. I liked her. She was like a character in a Saturday Night Live skit, almost too good to be true, with her high voice and willingness to deflect customer displeasure on me. This, I thought, is a character I could use. All you writers and actors know what I'm talking about.

Moving on from there, I stopped at Smith River to stare at the water and wonder once more why my grandmother loved the place so. It was a beautiful sunny day. I could almost understand my grandmother's attachment to the place in that weather, but that is not usual weather there on the coast. Usually it's foggy gray.

I heard later that there was a tiny tsunami on the northern coast from an earthquake in Chile that day, and it may have happened about the time I was staring at the mouth of the Smith River. If it did, and I was, I have to say it was nothing to write home about, even though I'm sitting here writing about it.

After drinking sufficiently deeply from the cup of family nostalgia, I put the car in gear and kept heading south.

Next time: Redwoods, and high school revisited.

"How Can I Keep from Singing?" Music by Robert Lowry, 1826-1899; lyrics vary from version to version. Women, Women & Song used to sing it.

by Rachel Waldron

It is so common to find the perfect sofa or some other must have piece when designing a room. You decide that this is exactly what you need for your space and there is no other. Next, you plan the budget for the room and more often than not, the art work is forgotten. Sure, you could utilize that framed poster you have lying around. I know, it's already paid for, it's there, and it's framed and ready to go. But, think about it. If you are going to invest your time and money into your newly designed space, do you really want to have one important detail look like an afterthought?

Think of artwork as something that will be a daily feast for your eyes and for your guests' eyes. How many times have you been touched by a piece of art? That feeling of being awestruck by a creation that really becomes meaningful to you. That is what I want you to look for when selecting

# Ink + Mylar

## Getting Accurate Contractor Bids

a piece of artwork for your space. It should not just be something that works with the colors (though that certainly is a viable consideration), but something that touches you and brings a smile.

Before you jump out and buy a piece of art, consider where you are going to place it and from where it will be viewed. If this is going to be a part of your focal wall, consider the size. If you have a space that is 7 feet wide by 6 feet high, a dinky 4 inch by 6 inch art piece isn't really going to do it. You want to cover about two-thirds of your available wall space (meaning, deduct any furniture placed in front of the wall, windows, etc. from that wall space). An easy solution to determining the size of artwork is to cut out some cardboard and play with different sizes on the wall.

When you find that piece that really makes your heart sing, you can then use it as the

base to finding a color scheme for your room. While looking at the artwork, take notice of the proportions and use of colors. I generally suggest reversing the proportions in your space. If 80% of the piece is blue and 5% is gold. Use a gold undertone as your main color, and blue as small, decorative accents. When selecting complimentary pieces of art, you will want to maintain the proportions when possible.

Selecting artwork is a very personal decision and should be made by the decision makers in your home collectively. Find a piece of art that everyone loves and try to find something that is timeless. If you select something trendy, you may have to reselect another piece of artwork in a few years when it has become apparent that your trendy piece just isn't cutting it anymore.

To learn about Rachel Waldron's interior design services, contact her at 206.249.9860 or [rachel@waldrondesigns.com](mailto:rachel@waldrondesigns.com)

# Swamp Bottom Cabaret

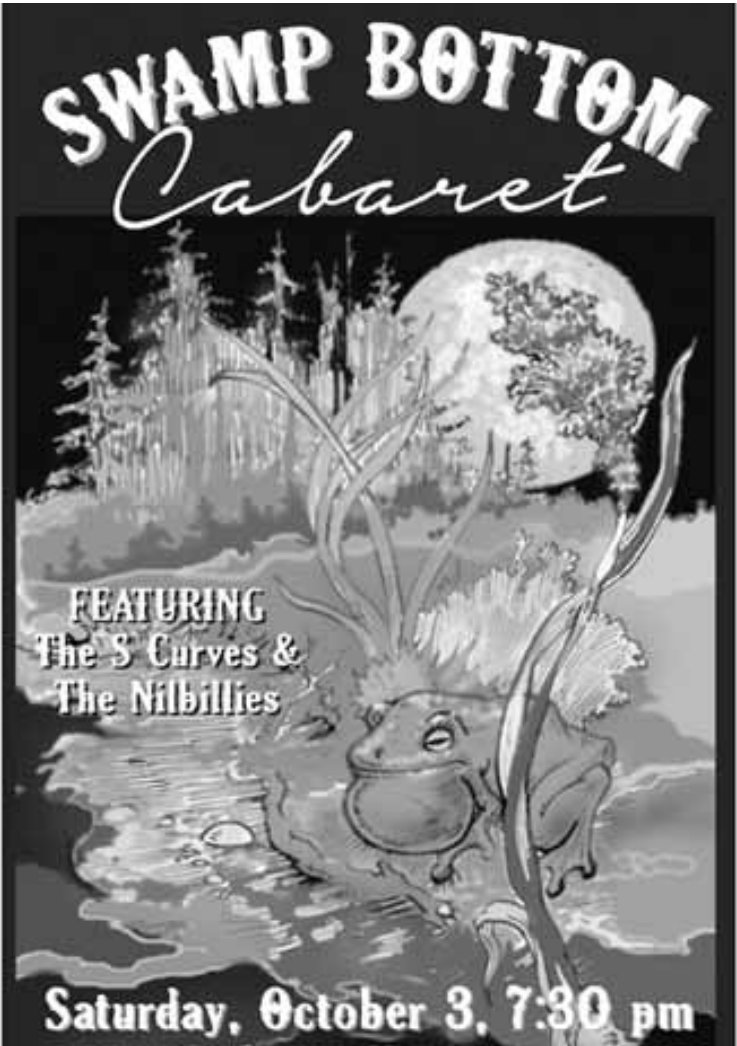
From deep in the swamps of Vashon, where dreams are born and come to rest, comes an evening of inspired performance featuring some of our Island's most imaginative entertainers. On October 3, Steffon and Arlette Moody present Swamp Bottom Cabaret—a spin-off of their roving outdoor Swamp Bottom Jamborees,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



## Espresso Latte and Wisdom To Go

**Monday - Friday 5:30am - 3:00pm**  
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**Cash & Checks Welcome**





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

**Aries (March 20-April 19)**  
Assume for a moment that you have at least one wonderful, undiscovered talent -- unknown even to yourself. How would you become conscious of that latent proficiency? This is not an idle question. At this time there are indications you have a native gift that has not yet been explored or expressed. There is a possibility that you were on your way to finding that gift about 19 years ago, but changed the course of your life just before you found it (or it found you). So think back to the time around 1996 and what you may have turned away from. Then, examine what is either reappearing in front of you or making itself felt just beneath the surface of your consciousness now (perhaps in dreams) to make the connection.

**Taurus (April 19-May 20)**  
Have you ever asked the universe for something, and actually received it? If so, you have probably learned from the experience. You now almost certainly know to be very careful about what you request. Additionally, you may have noticed that how you implore ends up figuring into the final score. Whether or not the cosmos has, up to now, granted any of your wishes, you have the awareness to be careful what you ask for -- and this is a good time to exercise that awareness. Now and through next year, to assure that any desires realized turn out to be something more than a teaching moment, remember one principle: share. Share what you yearn for, and look for at least one person who wants to dream your dream with you.

**Gemini (May 20-June 21)**  
Please consider carefully before you abandon any enterprise you have only recently undertaken. If it is a team effort of some sort -- and your associate (or associates) have demonstrated a willingness to honor your personal concerns equally with your common interests -- return good faith in kind. For inspiration, look back to times when another (or others) may have given up on you, and remember what you did to assuage their doubts until you had proven yourself. Look for signs of the same promise in your collaborators. If your recently initiated venture is a solo effort, look back to times when you might have given up on yourself. Recall what you learned of your inner resources then, and call them up again now.

**Cancer (June 21-July 22)**  
Comfort is not necessarily synonymous with luxury, at least not for you. Knowing when you are comfortable, and when you are not, is a sense every bit as important to your wellbeing as sight, hearing, taste and smell. Now, especially, is no time to disregard your sense of comfort. Yet, as with any other intuition, it is best corroborated. Ideally, you will be able to look for and find empirical data either to back up or dissuade you from any strong feelings of either assurance or insecurity you encounter in the near future. Failing that, before you decide either to relax into or steer clear of any situation, solicit the opinions of others whose sense (both common and uncommon) you trust. Most of all, however, trust yourself.

**Leo (July 22-Aug. 23)**  
It's okay to be opinionated. As a matter of fact, your opinions now

probably have a great deal more value than ever before in your life. It's likely that your experience this year has conferred some true wisdom on you. The key is not to be so full of your own hard-earned wisdom that others mistake it for something of value only to their gardens. Hence, for the time being, endeavor to keep your own counsel. Give at least as much consideration to what comes out of your mouth as you do what you put into it. The time will soon come when your opinions earn more respect. In the meantime, listen for what words and which means of expression from others serve to convince you, that you might learn how gentle persuasion can be.

**Virgo (Aug. 23-Sep. 22)**  
If you have some plans in which you have already made significant investment, worry not. Astrology does not indicate that your itinerary is in any way threatened. There is no need to abandon any intent upon which your heart is set. What you may want to do, however, is relax a bit regarding the outcome of what you have arranged -- especially where others and their participation are concerned. Save your expectations for yourself and follow through, so that you keep faith with yourself. After that, allow things to proceed organically, rather than attempt to control hearts and minds other than your own. That way you will be able to enjoy whatever journey or event you have set in motion, free of any burden not rightfully yours.

**Libra (Sep. 22-Oct. 23)**  
Don't allow yourself to be intimidated by any person, place or situation. Where you have already been is most likely a bigger challenge than where you are. What you have already done is almost certainly proof of your ability to accomplish or complete whatever you need to do now. The people you are dealing with currently are most probably no tougher than those with whom you have already dealt successfully in the past. By the same token, there is no need for you to be belligerent. If others choose to be intimidated by the eloquent and sincere expression of your needs, that's their problem. So long as you do not comport yourself as a bully, and allow the righteousness of your cause to assert itself as self-evident, you will have found a just balance.

**Scorpio (Oct. 23-Nov. 22)**  
Trust yourself. Even if the world and its many agencies appear to withhold their trust in you. Have faith in yourself, even when you cannot seem to inspire the same from others. Judge yourself no more. Especially do not judge your need to be human. Allow yourself to feel what you feel, all the way through to completion. While politics and discretion may make it necessary to mute the public expression of your emotions when appropriate, do not fall into the trap of thinking that private help and confidential understanding are not available. The world is not simply stern, and is full of more than fear. You are not alone in your needs, nor should you be ashamed of them. Rise above and others will be inspired to rise with you.

**Sagittarius (Nov. 22-Dec. 22)**  
Why not you? You see at least some others attain their aspirations nearly every day. There is no reason you cannot do the same. It's been done. There is no

reason to think it can't be done again, and by you. Yet, you know that certain things have to happen. Either you have to follow a proven path to success, or invent a better way. In your case, invention should not be out of the question. While some perspiration will undoubtedly be necessary for you, creative inspiration deserves its place in your scheme of things. The likely scenario will go like this: imagine a solution that none have envisioned before. Then look to manifest your vision with old tools that have collected dust because others see no use in them.

**Capricorn (Dec. 22-Jan. 20)**  
Leave enough room inside so that your heart can move you. At the same time, strive to discern being guided by your heart from being thrown off course by thoughtless impulse. There is nothing wrong with being restless. You know from experience, however, that allowing your itches to control you only adds to your discomfort in the long run. Rather than scratch yourself from distraction into injury, consider trying something new. Look for and address the cause of what keeps home from feeling like home. Instead of flaying yourself, seek to heal yourself whenever you feel uncomfortable in your own skin. Try being very deliberate to start off with. Don't attempt to assuage everything at once. Take one thing at a time.

**Aquarius (Jan. 20-Feb. 19)**  
It's likely you have made some discoveries this year that have been very useful and nourishing for you. Furthermore, you know on some level of your consciousness that your revelations should not be kept under a bushel basket. That you have valuable lessons to share goes without saying. It's how you inform or instruct that will be the crucial factor in determining whether your own inspirations go forth and multiply by inspiring others. Consider, for example, that your most effective style of learning may not necessarily be your most productive style of teaching. Should you attempt to convey what has worked for you, consider how to get it done in ways that don't demean or discount what works for others.

**Pisces (Feb. 19-March 20)**  
You don't need to be intriguing for its own sake. There is more than enough about you that is interesting; you need not build a facade of mystery that will only fall apart once others get to know you. Have confidence that there is an authentic depth beneath any insecurities you may feel. Let this be the first day of a rewarding life in which you feel no need to fabricate anything to impress others. Focus on being authentic at every turn. Practice transparency, especially if you perceive a risk in doing so. Don't worry about whether others are being insincere or disingenuous. Tend to your own portrayal, and you will see through every other. In this simple, straightforward way, the truth will indeed set you free.

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

Deadline for the next  
edition of *The Loop* is  
**Friday, October 9**

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**Road to Resilience**  
*Continued from Page 1*  
also use a bucket indoors and carry it outside later). The biggest problem, in my mind, is that you will have to experience the fragrance of your own deposit and that of recent users. Privies can be designed to limit the smell problem by creating a reverse airflow when you open the lid. You can limit the smell, but not likely eliminate it. That is mainly why we decided to pollute all that water instead. Just hit the lever and it is gone; who cares where?

Society has good reason to strongly regulate any sewage systems that require our ongoing maintenance. Other than changing diapers, we are not used to dealing directly with our own waste. If there are any corners that can be cut or procrastinating to be done, we will do it. In the long run, though, we would all be better off if we quit polluting our water. It seems that those of us that would be willing to lead the way should be encouraged rather than obstructed. To be able to produce a useful product rather than a harmful pollutant, and to save a lot of money at the same time seems like a very appealing prospect. The fact is, our culture is very happy with the flush, and culture is difficult to change.

In a densely populated, highly built city environment with little soil nearby to deposit compost, a water-borne system is probably still our best option. Unlike private septic field systems, those toilets empty into sewer systems going to treatment plants that are continuously monitored. Until we can talk Scotty into beaming our waste up, water systems may be the best answer in the city.

For full transparency, I have to admit that I have a septic system just like most of you, and, worse, I saw to its installation myself! I actually did experiment with some composting systems, and I tired of the work and was unhappy with the result. It turns out that I didn't really know what I was doing and my designs were too elaborate. Many years later, my son and I built a privy that actually worked quite well and required very little maintenance.

Privies may be the answer for all those homes on our waterfront whose failed septic systems are polluting our harbor. If the cost of legal and safe septic systems were not so prohibitive, I'm sure many of those homeowners would have already corrected the problem. What you can do is let the King County Department of Health and Councilman McDermott know that you would like them to make it easier for us to get composting systems permitted.

Correction: A month ago, in an article on wealth redistribution, I mentioned that the minimum wage in 1970 would be over \$20/hr in today's dollars. I should have fact checked my source as it was way off. The highest minimum wage was in 1968, and its value in 2012 dollars was \$10.88, only 70% more than the present minimum rather than 300% more.

I'm still looking for Democrats and Republicans that are interested in finding common ground. Contact me at the address below or 463 2812.


Comments?  
[terry@vashonloop.com](mailto:terry@vashonloop.com)



Positively Speaking

Overcoming

By Deborah H. Anderson



up in abusive situations because I didn’t know I could set limits, not because I was drawn to them. Once I learned how to set limits, and learned to endure the kick back from people who are used to getting what they want to feed their needs, I was fine. My peripheral friendships were very undramatic, thereby giving me lots of support.

The other thing to know is that I am naturally sober. Ask any person in recovery about the twelve steps. They feel foreign and difficult and need to be worked to be effective. Me? They are my natural way. I surrender ten times a day at least, keep short accounts, apologize frequently, pass on what I know. That really helped. What I did to handle being battered didn’t add to my problems.


Lastly, my sense of humor keeps me out of the dark pit of vengeance, a lot. When I feel oppressed I cry and then I laugh. If you process things in real time, they are less likely to build into something hard that cannot be healed.

Oh- and I finally recognized what I couldn’t change. That’s the hardest part for me but I’m learning. I hold my palm open flat in front of my mouth and I blow the imaginary cement block of unchangeable away.

Along the way, I read a lot of narratives of overcomers. They inspire and encourage the high road. Examples of others who went through tough experiences of persecution, responding positively with resilience, churning the bad into mulch helped me move into my dreams and good sense of self.

You have two choices. You can be Hitler and bury the pain, and end up being a very popular monster, or you can speak your pain and be an advocate for change and healing. Highly recommend the later.

Love,  
Deborah



Bingo, Ballads, and a coupla broads

Join The Famous Filson sisters for an evening of Bingo and Fairyoke 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



Vashon Library October Events

Children & Families

**Brick Builders**  
Monday, October 5, 12, 19 and 26, 4-5pm.  
Ages 5 to 12 with adult.  
We’ve having a block party. Come build with us! All materials provided.

**Family Story Times**  
Tuesday, October 6, 13, 20 and 27, 11:30am. Family program, all ages welcome with adult. Stories, songs and fun!

**It’s Not a Box!**  
Saturday, October 10, 10:30am  
Ages 3 to 12 with adult.  
Make something amazing from boxes, recycled materials and your own imagination. The sky’s the limit! All materials provided.

**The Secret Garden Play**  
Tuesday, October 20, 4pm  
Presented by Book-It Repertory Theatre. Ages 5 and older with adult. When her parents die of cholera in India, spoiled Mary Lennox is forced to move to England and live with her mysterious uncle at Misselthwaite Manor. She is lonely and bored, until she discovers the key to a secret garden and begins to revive it with the help of a local boy. Enjoy a dramatic performance highlighting a beloved classic children’s book.

**Family Movie Night**  
Thursday, October 22, 6pm  
Family program, all ages welcome with adult. Bring the whole family to the library meeting room to watch a fun, child-appropriate movie. Call the library for movie title.

Teens

**Teen Night: Dungeons and Dragons, Minecraft and Gaming Free Play**  
Saturday, October 17, 6pm  
Presented by Laura Schneider, Meeples Games.  
Grades 6-12.  
Come to the Vashon Library for an Intro to Dungeons and Dragons with Laura and Brian of Meeples Games, play Minecraft, or explore other games at the library. Bring your own board game to share if you wish. Teens must be picked up by 9pm. Teens are allowed to leave as they wish- this is not a lock-in. However, there are no in-and-out privileges, so once teens leave they are not allowed back in to the event.  
Questions? Contact Ursula Schwaiger, uschwaig@kcls.org, 206.463.2069.

Adults

**Mary Shelley’s Frankenstein: Anatomy of a Masterpiece**  
Saturday, October 3, 2pm  
Presented by Lance Rhoades, Film and Literature Historian.  
A conversation on how Mary Shelley’s Frankenstein serves as a vivid allegory in debates about technology, slavery and universal suffrage.  
Humanities Washington Speakers

Bureau fosters inquiring minds through engaging conversations about history, culture, geopolitical issues and more.

**Great Books Discussion Group**  
The Bell by Iris Murdoch  
Monday, October 5, 6:30pm

**Opera Preview: The Pearl Fishers by Georges Bizet**  
Sunday, October 11, 2pm  
This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts.  
Questions? [www.normsoperaplus.com](http://www.normsoperaplus.com), [normsoperaplus@mac.com](mailto:normsoperaplus@mac.com), or 206.329.6269.

**Humanity’s Future in Space**  
Sunday, October 18, 2pm  
From orbiting space hotels, trips to Mars, to mining asteroids, ideas that were once science fiction are now closer to reality. Sean McClinton, organizer of Space Entrepreneurs, tells us what is happening in space right now, from SpaceX to NASA.

**Vashon Friends of the Library Book Sale**  
Saturday, October 24, 10am-3pm  
Come in and browse great books and find some fantastic deals! Donations of gently used books for the sale also accepted on Friday, October 23 between 11am-3pm. Proceeds from the sale go to support library programs for children, teens and adults.

**Orca Lift/Food Stamps/Health Insurance Sign Up**  
Wednesday, October 28, 1:30pm  
Presented by King County Public Health. ORCA Lift is a program that provides low income people with reduced fares on Metro buses, Sound Transit Link Light Rail and the Water Taxi. (NOT THE WA STATE FERRIES). What you need to bring: Photo ID from any state or country AND income verification.  
This program is for everyone regardless of immigration status.

**Talk Time Classes**  
Tuesdays, 6:30pm  
Practice speaking English with other English language learners, all levels welcome. Learn about your community and meet people from around the world. Classes are free, join anytime!

**One on One Computer Help**  
Thursdays, 6pm-8pm  
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance on a drop-in basis. Note: Volunteers cannot provide hardware assistance with your own personal computer.

**Vashon Friends of the Library Ongoing Book Sale**  
Donations of new and lightly read books are needed for the book sale shelf in the library. Please do not bring textbooks or encyclopedias. All proceeds fund library programs for children and teenagers as well as special speakers.





Island Epicure



By Marj Watkins

The Superfoods

Americans seem to have become much more conscientious about choosing foods for nutritive value as well as flavor whether eating out or at home. Even fast food places like McDonalds have added some genuinely healthy foods.

Here are some that I consider superfoods. They're wonderfully delicious, easily prepared, and tops for nutrition.

1. Strawberries and raspberries for reds and blueberries and blackberries for deep color. The more color, the more generous they are with plant nutrients. Try them on cereal for breakfast, or topped with whipped cream for dinner dessert.

2. Nuts and Seeds. Walnut seeds for omega-3 fats, magnesium, and proteins. Almonds for calcium, magnesium and protein. Chia seeds, tiny as they are, give you all those nutrients. They yield antioxidants that counteract toxins, and lignans that help balance hormones and enhance your immune system. Top cookies with chia seeds. Stir some into biscuit or dumpling dough.

3. Dark green leafy vegetables: Kale, spinach, collards, chard, and turnip greens, which are low in calories but rich in Vitamin A, iron and folate. Also they benefit our eyes with their lutein and zeaxanthin, preserving clear vision. Sauté them in a little olive oil with sliced fresh garlic.

4. Fatty fish, i.e. wild salmon and herring. Salmon is a terrific source of omega-3 fats, which help heart disease and relieve depression, even lowering the risk of Alzheimer's disease, according to new research. Salmon is an especially good protein source

and gives us selenium, zinc, iron, and is a primo food source of Vitamin D, as well as selenium, zinc, iron and Vitamins A, B6, and E. Besides, it tastes so good sprinkled with dillweed and cooked covered on medium low heat just until it flakes easily, about ten minutes for each inch of thickness. Squeeze fresh lemon over it. Pickled herring is good on vegetable salad.

5. Mushrooms: The sole produce section source of Vitamin D. It's Vitamin D2, which is said to convert in the body into Vitamin d 2. They enhance immune function and nourish our thyroid. The best immunes system enhancers are shiitake, and reishi. Another kind called turkey tail is said to strengthen the immune system, too, but I've never seen it for sale. Maybe it doesn't grow in the northwest, and doesn't travel well? None of the mushrooms are long keepers, unless you pickle them.

PICKLED MUSHROOMS. Fill a glass jar with thinly sliced mushrooms, cremini, button, shiitake, or other. Pour in enough olive oil to come halfway up the jar. Pour in enough vinegar to bring the liquid to three-fourths of the way up. Salt and pepper, are optional, and to taste. Cap the jar, tightly but not too tightly. Shake. Refrigerate. Let marinate for at least an hour, better yet several hours, shaking occasionally so both vinegar and oil will penetrate the mushrooms. Delicious on salads, or as an appetizer to be eaten with tiny forks if you have them.

6. Yellow and orange squashes: Pumpkin—classed as a variety of squash like acorn, butternut, and hubbard squashes. They're all full of Vitamins A and C, which are good for our immune systems, and they support the health of bones, eyes, hair and skin.

7. Avocados: Excellent source of potassium, fiber, and Vitamin E and B vitamins. Their fat helps your body absorb fat-soluble nutrients from the rest of the vegetables and fruits you eat. Try mashed or sliced avocado on whole-grain bread or toast. Dice for either vegetable or fruit salad.

Art Film Series returns with fall lineup

Vashon Film Society presents "She's Beautiful When She's Angry," a bracing documentary about the rise of the women's movement in the mid-sixties into the seventies, on Friday, October 2. The 9:30 film will kick off the fall season for VFS which programs First Friday screenings at the Vashon Theatre to coincide with the monthly Gallery Cruise.

Launching from Betty Friedan's influential 1963 book "The Feminine Mystique," film director Mary Dore charts the second wave of feminism that caused massive social change in America.

With footage of marches and street theater, to the founding of NOW and the rise of feminist intellectuals such as Kate Millett, Susan Brownmiller, and Eleanor Holmes Norton, "She's Beautiful When She's Angry" is an illuminating reminder of how much can change in a generation.

The activism of the era's



so-called "women's libbers" caused groundbreaking cultural and legal changes in the United States and beyond. The film is a potent reminder that sexual harassment only recently has been taken seriously as a crime, and that accusations of rape once routinely met more suspicion about the victim's reputation than the perpetrator's character. And access to birth control

and women's health services was once highly dependent on where you lived and how much was in your bank account.

Vashon Film Society presents special feature and documentary shows on First Friday Gallery Cruise nights following the art walk. Admission to this Friday's show at the Vashon Theatre is by donation.

Art History Talks

2015-2016 Season  
SUBJECTS that MATTER:  
Artists as Agents of Change  
with art historian Rebecca Albiani

HONORE DAUMIER  
Thursday, October 15, 2015,  
1 pm  
Vashon High School Theater  
19th century French printmaker, caricaturist, and painter, best known for his caricatures of political figures and commentaries on social and political life in France.

WILLIAM MORRIS  
Thursday, November 19, 2015,  
1 pm  
Vashon High School Theater  
Associated with the British Arts



and Crafts Movement, Morris was a textile designer, poet, novelist and socialist advocate who contributed to the revival of traditional British textiles and methods of production.

KATHE KOLLWITZ

Thursday, January 21, 2016,  
1 pm  
Vashon High School Theater  
A German painter, printmaker and sculptor whose eloquent and powerful works took on subjects such as the tragedies of war, poverty and hunger.

DIEGO RIVERA  
Thursday, February 18, 2016,  
1 pm  
Vashon High School Theater  
Prominent Mexican painter and muralist and husband of Frida Kahlo, best known for his large wall frescos and communist politics.

JACOB LAWRENCE  
Thursday, March 17, 2016, 1  
pm  
Vashon High School Theater  
Settling in Seattle later in life, Lawrence is one of the best known contemporary African-American painters whose work explored the history and struggles of African-Americans.

Series Tickets  
\$60 Member/Student, \$70 Senior, \$80 General

PURCHASE SERIES TICKETS  
Individual tickets available  
Sep, 28, 2015 (\$14/\$16/\$18)

Hinge Gallery

Upcoming exhibition at Hinge Gallery - New and recent mixed media collage work from Vashon artist and former Gallery 070 owner Tara Snowden. Snowden's seamless collage work recontextualizes found imagery, creating alluring portraits and new narratives. The exhibition will also include

some new abstract works which highlight Snowden's heavily process oriented approach to art making. The opening reception will be held First Friday, October 2 from 6 - 9 pm at Hinge Gallery, 17635 Vashon Hwy SW. For more details, visit [www.hingegallery.com](http://www.hingegallery.com).



"Migration" - collage on panel, and it is 12" x 16"

**Loose Change**  
R&B Band

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**We have dates available**  
**Call Troy @ 206-794-9451**

**TRASH TALK**

Since comingling of recyclables began at Vashon transfer station, **the volume of recycled trash has grown 50%!** In Ms. Trash Talk's home, we've cut weekly garbage pick up to once monthly by also doing home composting & recycling plastic bags at Vashon Market. It saves money and the environment.

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Next Loop comes out October 15



# 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!  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# Greta Matassa Jazz Singer Clinic



One of the most acclaimed jazz vocalists in the Seattle area, Greta Matassa has been honored as Earshot Magazine's Northwest Vocalist of the Year for seven years. Known for her perfect pitch and her encyclopedic knowledge of songs, she is an electrifying performer, gliding effortlessly from Frank Sinatra to Billie Holiday. She is joined by Darin Clendenin (piano), Clipper Anderson (bass), and Mark Ivester (drums).

Saturday, October 17, 2015,  
7:30 pm

Vashon Allied Arts  
Greta Matassa is offering a 3- hour Clinic. Bring in a jazz standard, sing it for her and let her offer useful critique and hands on practical methods for improvement!

What's covered?  
Stylizing, Phrasing, Improvisation skills - Keep your repertoire fresh and inventive!

Technique  
Find new ways of treating melody

Play with rhythmic phrasing - Learn to sing your songs in refreshingly new ways!

Exercises:  
Rhythmic - learn to liberate the lyrics - Learn the importance of using a metronome!

Harmonic - sing over chords and hear potential new melodies

Interpretation resulting in a more beautiful freedom of phrasing!

Dynamic and Attack Demonstration - Create interest and that "indefinable something"

Make audiences really sit up and listen!

Scat- examples of scat will be covered upon request

Performance anxiety - stage fright, preparation and how to communicate with musicians.

Greta Matassa Jazz Singer Clinic

Saturday, October 17, 2015,  
1:00-4:00 pm

Vashon Allied Arts  
Tickets: \$50 (limit 9 singers)

# Swindler



Hailing from the Pacific Northwest, a sound that blends an innovative fusion of funk, groove, jazz and rock that is, undeniably Swindler. Featuring Seattle veteran guitarist Mike Saskor (Olympic Sound Collective, Rai, Altered States of Funk, Salem, Toadstool), jazz keyboardist Willow Goodine, drummer Chris Martin and bassist Rob Cochran, Swindler is able to bring the dance floor alive, while also leading listeners through an amazing collage of improvisational creativity during each show. The band members draw a wide array of musical influences to the mix, which allow listeners of all ranges to draw rave reviews of the band.

Swindler has been increasing their fan base with

an extensive touring schedule around the Northwest, Alaska and beyond. Besides performing in the club and public festival circuit, Swindler is also coveted for many private festivals and performances, due to their ability to create musical journeys that captivate the audience from the first note to the last.

Friday, September 9, 8:30pm  
Free Cover!  
All-Ages 'till 11pm 21+ after that.  
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# Vashon Artists Celebrate KVSH-FM

Continued from Page 1  
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 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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Next Loop comes out October 15



# The Ike Harmon Band

The Ike Harmon Band plays original Cordilleran Tribal rock’n’roll, blues, folk and ballads. The resulting music is passionate and exhilarating as only masterfully-crafted and powerfully played songs can be. Song topics are of the moment, touching on truth and rebellion, love and empowerment, disenchantment and uncertainty, joy and transcendence.

Singer-songwriter, Ike Harmon, is a unique talent with a voice both powerful and sublime. Ace Texas lead guitarist, David Noriega, plays with mind-blowing intensity and grace calling on such seminal influences as Santana, Stevie Ray Vaughn and Jimi Hendrix. Thundering Bassist, Ben Rafael McQuillin, conquers the low-end with spirited precision and avant garde abandon. While drum virtuoso, Emory Miedema-Boyajian, inspired by the likes of Led Zepplin’s John Bonham, plays drums that resound like a force of nature. The Ike Harmon Band promises an evening’s journey of soulful, dynamic



Photo by David Rauen

and inspired musical excitement. Get Harmonized!

Friday, October 16th, 8:30pm  
The Ike Harmon Band  
The Red Bicycle Bistro & Sushi  
All-age’s ’till 11pm, 21+ after that  
Free cover!

## Vashon Chamber Music presents Beethoven



Vashon Chamber Music presents the Beethoven String Quartet Project. The Girsky String Quartet performs all the Beethoven quartets in chronological order in a multi-year, lecture-recital project. The opening concert on Sunday October 11 features Beethoven Op. 18 no. 1 plus the delightful Mozart quartet K. 387.

All events are at the Havurah Building at 7:30pm.  
Admission is \$20 at the door, with multiple discounts and 18 and under free.  
[www.vashonchambermusic.org](http://www.vashonchambermusic.org)

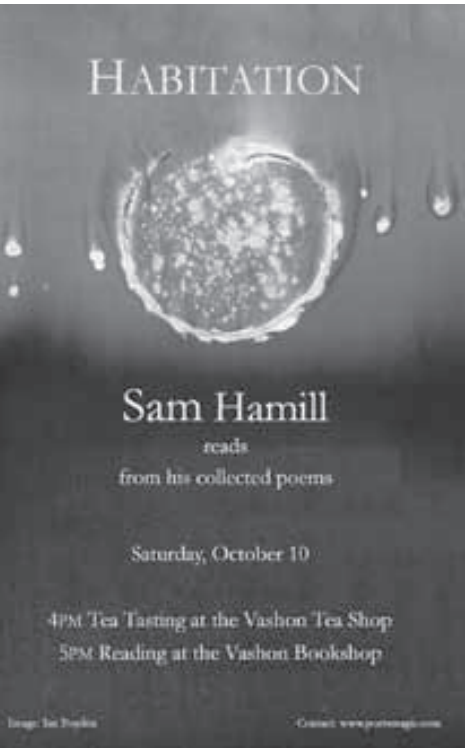
# Sam Hamill to Read from Habitation

Sam Hamill returns to Vashon to read from Habitation at the Vashon Bookshop on Saturday, October 10, at 5pm.

Hamill, author of more than forty books, including celebrated translations from ancient Chinese, Japanese, Greek, and Latin, last visited Vashon in 2011 to close the Vashon Poetry Festival with his talk, “The Poet’s Way in Wartime.” This time he’s reading from his newly released collected poems, sharing a rare glimpse into the life’s work of a poet that Jim Harrison has called “a National Treasure.”

Hamill was born in 1943 and grew up on a Utah farm. He moved to the northwest in 1972 to found Copper Canyon Press, where he served as editor for thirty-two years. He taught in artist-in-residency programs in both schools and prisons, worked extensively with domestic violence programs, directed the Port Townsend Writers conference for nine years, and in 2003, after refusing an invitation to the White House, founded Poets Against War.

In conjunction with the reading, the Vashon Tea Shop will offer a tasting of Japanese teas from 4-5pm. Calligrapher Kaj Wyn Berry has selected one of Hamill’s translations of haiku from the



Japanese poet Bashō to greet islanders along the highway.

The 5pm reading will be followed by a Q&A and book signing. Copies of Habitation and other work by Hamill will be available for purchase.

Island poet and teacher Tom Pruiksma will introduce the reading

## Poltergeist

Strange and creepy happenings beset an average California family, the Freelings -- Steve (Craig T. Nelson), Diane (JoBeth Williams), teenaged Dana (Dominique Dunne), eight-year-old Robbie (Oliver Robins), and five-year-old Carol Ann (Heather O’Rourke) -- when ghosts commune with them through the television set.

Initially friendly and playful, the spirits turn unexpectedly menacing, and, when Carol Ann goes missing, Steve and Diane turn to a parapsychologist and eventually an exorcist for help.

Poltergeist  
The Vashon Theatre  
Sunday, October 4th, 1pm  
A Benefit for the Bailey-Boushay House



## Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website [www.vipp.org](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

## PANDORA'S BOX

Celebrate fall and football with a new Seahawks shirt for Fido. All sorts of new styles - you know you want one. Also - brand spankin’ new food from Natural Balance - “Wild Pursuit.” Lots of exotic flavors - get yours today.

Bo’s Pick of the Week:  
The quail flavor canned food! Purringly fantastic.



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

Deadline for the next edition of The Loop is  
Friday, October 9

## Henry Needs A Home...

I’m energetic and friendly, and I’m looking for a family who has time to spend playing with me. If your household includes kids, that would be great. Some of my biggest fans are students who have gotten to know me through their community service at the shelter.

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Deadline for the next  
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**Friday, October 9**

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