

## VIGA Wins Grant for ‘Vashon Fresh’

The Vashon Island Growers Association (VIGA) was just awarded \$41,300 to develop and pilot a mobile website in summer 2017. Dubbed ‘Vashon Fresh’, it will enable commuters and residents to order fresh, local customized produce and products and pick them at day’s end. It was one of eleven projects across King County funded through King Conservation District’s Regional Food Systems grant program. Vashon Maury Island Land Trust also received funding to ready the Matsuda Farm for production.

‘Vashon Fresh’ will be similar to web-based services like Amazon Fresh and Blue Apron which enable customers to order food from their smart devices. The big differences will be that 1. all the produce and value-added products will be from Vashon growers opening a new market for local farmers and residents and 2. Vashonites will pick up their customized orders at the end of the day on their way home from work.

On-line ordering is a fast-growing segment of the food industry. VIGA wants to demonstrate that it can benefit local farmers and local residents not just giant corporations like Amazon



and Safeway. About half of Vashon’s population, 5400 residents, commute to work offering a substantial number of people that would take advantage of the convenience of an order-and-pick-up service. If it works on Vashon Island, the concept could be replicated in other communities in the Seattle metro area. Partners in Vashon Fresh’s development, implementation and possible replication include Seattle Tilth and the University of Washington.

VIGA is a non profit membership organization of farmers and eaters whose mission is to promote farming, access to healthy food, and a sustainable agricultural economy on Vashon Island through education, advocacy, and a vibrant farmers market.

## Gram Parsons Hootenanny to benefit Voice of Vashon

Gram Parsons was a Southern-raised, Harvard-educated young man of 21 when he moved to Los Angeles in 1967, taking with him a passionate love of both rock and roll and country music. Through his work with The International Submarine Band, The Byrds, The Flying Burrito Brothers, his solo albums, and his collaboration with Emmy Lou Harris, he created a staggering and influential body of work that helped transform California rock into a new genre. He has a rightful claim to being a “founding father” of what came to be called “Country Rock” and “Alt Country”, and his work has influenced performers in Rock and Country ranging from Keith Richards to Ryan Adams to Lucinda Williams (and so many others). In his short musical career, he was like a meteor streaking across the sky. He traveled far and he burned bright.

Now, Vashon Islanders will have a chance to celebrate the music of this vital American artist (named by Rolling Stone as one of the Top 100 Rock Artists of All Time) on November 6th when Debra Heesch presents A Song For You: Gram Parsons Hootenanny at the Vashon Island Coffee Roasterie with



Gram Parsons

IAN MOORE, STAR ANNA, DAVE HARMONSON, JD HOBSON, JON WHALEN, GREGG CURRY, MICHAEL WHITMORE & REBEKA KUZMA. Tickets are \$15.00 and can be purchased at the Vashon Book Shop or online at BrownPaperTickets.com

A Song For You, Gram Parsons Hootenanny to benefit Voice of Vashon. November 6th (5pm - 7pm) Vashon Island Coffee Roasterie

## The Road to Resilience

### Vote!

By Terry Sullivan,

I have been working with a group called Revolution Vashon. We are Berniecrats that are promoting the political revolution that Bernie Sanders called for. We agree with Bernie that it is vitally important that Hillary Clinton be elected president. We are also actively supporting the candidacies of progressive candidates down-ballot to win progressive majorities in Congress and state and local offices. I think we learned a hard lesson in 2008 that electing a president of “hope and change” was not enough to get it done. Although we Bernie and Clinton supporters were on opposing sides during the primaries, we want to join forces to bring about a political revolution. We also need to find common ground with our more conservative compatriots if we are to move forward. Or maybe the alternative, gridlock and dissolution, is preferable?

Voting knowledgeable in the coming election is not only very important for us but for the world in general. At the same time, it is maybe a bit more difficult than in the past. In some cases, none of the candidates you have to choose from are clearly acceptable. Some of the issues are complicated and a right or wrong position on them is not clear. You can decide to pass on the whole thing because you think it is too difficult or depressing, or that it won’t make a difference. That is exactly the wrong thing to do! There will be many angry and fearful people who definitely will vote this year, and you may not like the

results of their vote. Our ability to live on this planet, democracy, world order, food security, and much more hang in the balance. Cooler heads must prevail.

You may notice in the voting guide that, unlike the federal positions, all state races have only two contestants. That is the result of the “top two” primary initiative, sponsored by the Washington State Grange, passed some years ago. Critics of the initiative pointed out that it could result in voters have to choose from two candidates of the same party. Two such instances occurred this year. In our own congressional race, both candidates are Democrats: not surprising given the nature of our district. The other is the State Treasurer race in which both candidates are Republicans. In this case, the majority of the votes went to three Democrats, but the plurality went to the two Republicans.

It would be best for each of us to do the research and make our own informed decisions. If you don’t have the time or inclination to do that, there are groups of different political persuasions that have done the research that you can consult. If you are for the political revolution that Bernie Sanders called for, we have put together a sample ballot for you. Most of the choices on our ballot were based on ballots suggested by the Progressive Voters Guide, an 8-year-old annual project of Fuse Washington, and The Stranger, a Seattle progressive newspaper.

Two choices were based on a survey

Continued on Page 8

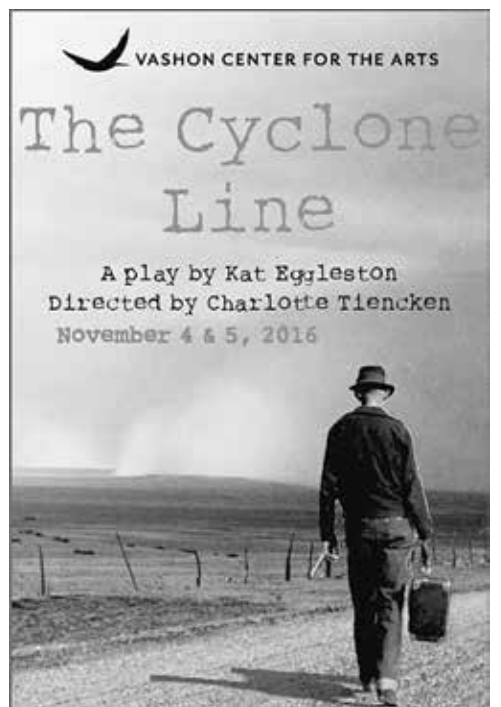
## The Cyclone Line

In Oklahoma in the 1930’s, “The Cyclone Line” was a name for the telephone when it was used to pass information on the all-important weather; the tornadoes, the elusive rain, and the devastating dust storms. Kat Eggleston has written many songs inspired by her father’s memories of the Oklahoma dustbowl, and the songs have now grown into a play with music. This new work-in-progress will be performed by Kat and Seattle based actor Brian Gunter, directed by former Vashonite Charlotte Tiencken. The Cyclone Line will also have a reading at Seattle Repertory Theatre in June as part of the Northwest Playwrights Alliance.

Kat is an accomplished guitarist and singer/songwriter in the folk, Celtic and traditional music genres, having released




Vashon’s Own  
Community Radio Station




five CDs to date. A native of Vashon, Kat spent 20 years in Chicago as a performing singer-songwriter and musical theater artist, returning to her home community of Vashon in 2008 to be close to her beloved father, an inspiration for many of her best songs. Also an actor, teacher and hammered dulcimer player, Kat has been a lead singer with The Otters and with Bohola, and recorded a duo CD with Kate MacLeod.

The Cyclone Line  
November 4 & 5, 2017, 7:30PM  
Kay White Hall, Vashon Center for the Arts  
\$18 General; \$16 Senior; \$14 VCA Member/Student





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# Granny's Attic

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### Baby Furniture Galore!

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**Granny's is at Vashon Plaza!**  
**17639 100th Ave SW, Vashon**  
**[www.grannysattic.org](http://www.grannysattic.org) 206-463-3161**

**Retail Hours:**  
Tues/Thurs/Sat 10-5



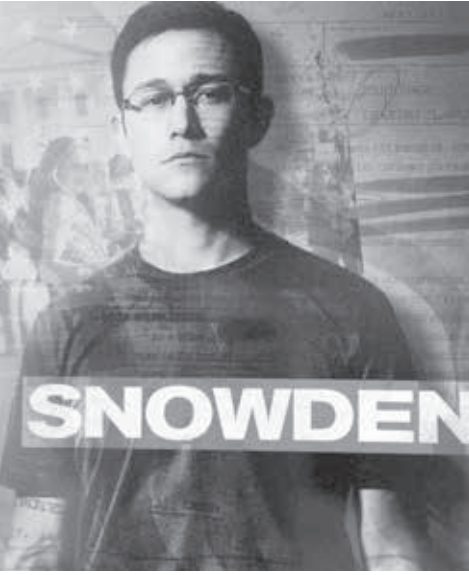
**Donations Hours:**  
7 days a Week!  
9am-5pm

# Loose Change

R&B Band

Loose Change is now booking for your summer parties.  
We have dates available  
Call Troy @ 206-794-9451

## Now Playing Snowden



**Coming soon**  
*National Theatre Live Encore: Frankenstein* Sunday, Oct 30, 1pm  
*Finders Keepers* brought to you by Vashon Film Society  
Thursday, November 3rd at 8:30pm  
Friday, November 4 at 4pm

**Vashon Theatre**  
**17723 Vashon Hwy**  
**206-463-3232**  
**Call for Times**

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

# neighborcare health

at VASHON

## THANK YOU, VASHON!

We are incredibly grateful for your outpouring of support to Save Our Clinic.  
The new medical clinic is now open!

Together we are ensuring islanders have access to quality health care close to home, regardless of insurance or income status.

With gratitude,  
*Neighborcare Health*



**NEIGHBORCARE HEALTH at Vashon | 206-463-3671**  
**10030 SW 210th St at Sunrise Ridge | [neighborcare.org](http://neighborcare.org)**

## 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](mailto:vashonloop.com)



# 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.

### Alzheimer’s Association 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 Wednesday 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 Meeting

Water District 19’s next regular Board Meeting scheduled for October 11 at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

### Find us on Skype Vashon Loop 206-925-3837

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

### Vashon Social Dance Group Monthly Dance & Lesson

Happy Fall!  
SATURDAY November 5, 2016  
Vashon Social Dance Group Lesson & Dance  
Ober Park Performance Hall - 17130 Vashon Hwy SW (Vashon Park District Office Building)  
7:00 - 8:00 pm Country 2-Step Dance Lesson  
8:00 - 9:30 pm Dancing to eclectic variety of dance music  
No partner needed. Come and bring anyone interested in dancing!  
Suggested donation: \$10  
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.  
NO PARTNER NEEDED!

### Ladies Night 2016

Island Home Center will be hosting its 12th annual Ladies Night Event on Monday, November 14th, 2015 from 5pm - 8pm.  
Best Prices of the Year!!! Discount announced at the Door.  
This special event is considered a Private Party for Ladies Only!  
Doors open at 5pm - No Early Arrivals!  
Not appropriate for Children or Men!  
21 and Over Only!  
Your ticket in the door is 3 canned food items to benefit the local Vashon Maury Community Food Bank. The Family of Women will collect at the door.  
Loose Change will perform at the front door and Troy Kindred will help emcee the event.  
This year’s event is catered by Patty’s Tamales.  
Spirits and Wine Tasting available.  
Many vendors have donated prizes for the night and we will have a ton of raffle items to give away.  
Stop by Island Home Center now to pick up an invitation reminder and your entry into our shopping spree.  
Ladies Join us for Good Food & Great Prizes.. Spotlights overhead mean it’s Ladies Night at Island Home Center...Don’t miss it.

### Advertise in the Loop!

It’s a great time to get back in the Loop.  
[ads@vashonloop.com](mailto:ads@vashonloop.com)  
Next Loop comes out November 10

### Eagles Halloween for Kids & Adults

#### Kid’s Halloween Maze

Vashon Eagles presents Kid’s Halloween Maze for children of all ages. On Saturday, October, 29th, from 4-6 PM bring the kiddos for free Halloween festivities. All proceeds benefit the Backpack Pantry. Saturday, October 29th, 4-6pm

#### Adults Only Halloween Music Spooktacular

With Heavy Nettle & The Four Horsemen

For Adults Only, doors open at 7 PM and the night life begins with music by Heavy Nettle and The Four Horsemen. A \$10 entry fee includes the chile bar, music and dancing with prizes for the best costumes! All proceeds benefit the Backpack Pantry. Saturday, October 29th, 7pm

### The Price is Right at the Eagles!

Get your ticket for your chance to Come On Down and play the pricing games that could win you.....A NEW CAR!!!! Well, maybe not a new car but it will be a fun night for sure. Pearce Cobarr will be starring as host Bob Carey. Bob’s Beauties will be assisting by Tom Conway and Richard Moore. This will be a night you will not forget!

The Price is Right at the Eagles!  
Friday, November 4th  
Doors open at 7:30pm  
Games begin at 8PM  
Pre-purchased tix \$25/\$30 at the door.  
<http://www.brownpapertickets.com/event/2706111>

### Rainbow Bingo!

Vashon Senior Center is thrilled to announce the return of BINGO! But this isn’t your grandma’s bingo.

The Center is bringing back Bingo but with a big, fun twist. Not only will you get a chance to win cash there’s also very – shall we say? – colorful Bingo callers to entertain you and your friends.

Have you seen the colorful posters around town advertising Rainbow Bingo? Rainbow Bingo is like regular Bingo except it’s a party! And in addition to having snacks, beer & wine for purchase there’s also rainbow and Margarita jello shots!

The first Rainbow Bingo’s theme will be “Woodstock Revisited” so break out your tie-dye and hip hugger wide legged jeans. You’re not going to want to miss the first guest Bingo caller and Mistress of Ceremonies Sylvia O’Stayformore with her pal Aunt Betty.

Your \$18 admission includes 10 regular Bingo games. Get your tickets for Saturday, October 28 at the Vashon Senior Center on Bank Road. Doors open at 6pm and the fun starts at 7pm. “Spooktacular” -costumes encouraged.

Mark your calendars and be sure to get your tickets ahead of time for what promises to be an evening of fun & frivolity.

And remember this definitely isn’t your Grandma’s Bingo... although you never know, you may see her there!

### Vashon Commons Committee Public Meeting

A joint meeting between the Vashon Island School District No. 402 King County and the Vashon Park District will be held on Tuesday, November 1st, 6:30 - 8:00 p.m., in the District Conference Center, Room 302, located at Chautauqua Elementary School, 9309 SW Cemetery RD, Vashon. The purpose of the meeting is to discuss and consider extending the term of the Vashon Commons Agreement through June 30, 2019.

Law Offices of  
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### Next Edition of The Loop Comes out Thursday November 10

Deadline for the next edition of *The Loop*  
**Saturday, November 5**

#### The Vashon Loop

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# Indian Summer



By Seán\_C.\_Malone

Jim and Ada Malone

“What are cutthroat?” Cappy Berard asked. They called him Cappy because he was so big at birth, that the nurses called him Captain. Cappy was a cousin from West Seattle and didn’t know that peaches grew on trees. He only knew they came from the store. “You can’t go cut throating if you don’t know what a cutthroat is,” Cousin Jim told him.

We had to wait for the tide to come in, because a high tide brought the cutthroat close to shore to feed off the bugs and debris that fell from trees hanging out over the water. The best cut throating was down by Indian Tom’s shack which sat on a wooden bulkhead near the Lagoon. His wife was called Clam Lucy. There was a huge boulder right in front of their place. We didn’t know why the fishing was so good there. It was mystical.

Grandma Ada could remember when Tom was younger and he always stood up when he rowed by with a boat full of clams bound for the steamer dock at Portage; to sell at the Pike Place market. We never learned his last name.

We had two ways to catch cutthroat. One was using gang spoons with a fat worm on the hook. The other was using a lure called a flatfish which gave the trout a fighting chance. Grandma Ada’s practical way was to fish from the back of the rowboat while Papa Jim rowed. She preferred a hand line to a pole; because she could feel the fish nibbling on her worm and jerk the line to set the hook. Catching a fighting cutthroat was very exciting and watching it sizzle in butter in the frying pan was even better.

We were on the beach one day,

pushing the rowboat out to go fishing, when brother Mike saw an old yellow station wagon weaving from side to side as it rounded the curves on Quartermaster Drive, headed for Portage. It left the road and there was a loud crunching noise as it careened over the logs and into the bay. People piled out of both sides, yelling at each other as they climbed back up to the road, soaking wet.

Lots of Indians came down from B.C. to pick berries in the summer. It was the first year that the law allowed Indians to drink in Cunningham’s tavern, near where Sporty’s is. In fact, two of them got into a fight with broken beer bottles in the alley behind the tavern. Only one lived.

The next day, Bill Garvin asked me if I wanted to see the dead Indian. Bill’s father owned the funeral home and we snuck in a side window of the building, which is still there; across the street from Subway. The dead Indian was on a slab with a sheet pulled over him and a tag tied to his toe for I.D.

We had an idea, so Bill went to find Craig Roen, whom we knew was in town. I crawled up on the other slab, tied a tag to my toe, pulled a sheet up over my head and waited for Bill.

Bill was whispering to Craig when they came through the open window. As soon as they got near the slab, I rose up with the sheet over my head and went “Woo, Woo, Woo.” Craig fainted and fell to the floor like a sack of potatoes. Bill and I tore out through the window, holding our sides, we were laughing so hard.

I talked with Bill this morning. He couldn’t remember the story.

# Friends of Mary Sage Hold Successful Fundraiser



Mary Sage, a long time Islander, was diagnosed with multiple myeloma in 2015. Mary needs a bone marrow transplant, which is not fully covered by insurance. Thanks to the support of local businesses and the hard work and generosity of community members, friends of Mary raised enough money to pay for the transplant. Special thanks goes to Lyn Solander of Vashon Massage, Candy Jennings of Glow, and Sarah St. Germain of Uninhibited Ink for their contributions to a raffle, as well as Pattie Hanmer, Mary Ann Beardsley, Christie Penning, Kathy Ferrari, Kathleen Tuma, Judy Beggs, Molly Van Valkenburg, Valerie Howe, Bonnie McAllister, Carol Jones, Janice Johns, Laura Wishik, Marie Browne and others who worked together and contributed to the raffle, sold tickets, and served a fabulous Italian dinner at St John Vianney last week. The lucky raffle basket winners were Mary Margaret Briggs and Lisbet Sell.

# VYFS Announces New FESS Management Team

Vashon Youth & Family Services (VYFS) is pleased to announce the hiring of a team of managers to lead its early childhood program, Family Education and Support Services (FESS). Barbara Garrett and Christine Wood joined VYFS as co-leaders of the FESS program in early October, taking over from the previous Manager, Catherina Willard.

Garrett is a licensed mental health counselor and former elementary school teacher who served as Director of Mental Health Services at Full Life Care, a nonprofit serving adults with disabilities in King and Snohomish Counties. Garrett’s title is Director of FESS. She will focus on strategic leadership, fundraising and grant writing, and program development.

Christine Wood is a certified Integral Coach with additional training and experience in parent coaching. She also has a private parent coaching practice on-Island that she will continue. Wood’s title is FESS Program Manager. She will focus on day-to-day staff management, marketing and outreach, direct services and program operations.

Both Garrett and Wood worked for VYFS previously. Garrett has served as

a staff counselor and currently serves as a clinical supervisor in the Behavioral Health program at VYFS. She will continue in that roll. Wood is finishing her work as administrative assistant for the Behavioral Health program. The job-share structure provides 40 hours total between the two staff members. Garrett plans to work 15 hours and Wood will work 25 hours.

The use of the job-share structure is new to VYFS. “We haven’t done this before but we had two extraordinary candidates with strong interests in separate parts of the job description, and neither wanted full-time work” said Kathleen Barry Johnson, Executive Director of VYFS. “The two of them have previously worked together in our Behavioral Health program and we know they are an excellent team.”

VYFS’ Family Education and Support Services operates the Playspace. Children from pre-natal to 5, and their adults, can come by to check out our Open Gym daily at 1 p.m., twice-weekly Play N Chat groups, educational resources and other parent support options. Visit <http://vyfs.org/playspace/> to see a full calendar of activities and events.



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**Art & Music Events**  
**Submit your Event on line at**  
**[www.vashoncalendar.com](http://www.vashoncalendar.com)**

Deadline for the next  
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**Saturday, Nov. 5**

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**Next Loop comes out November 10**



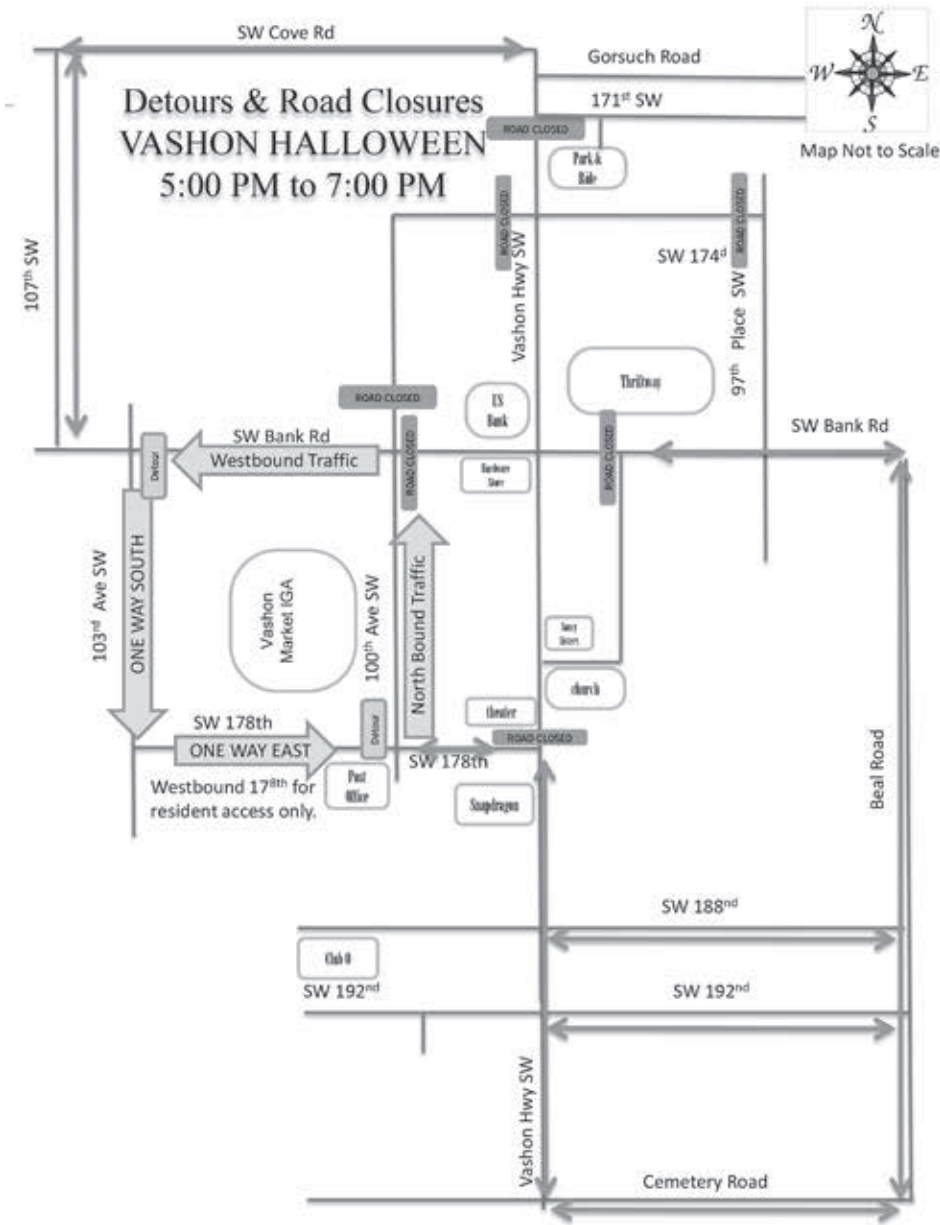
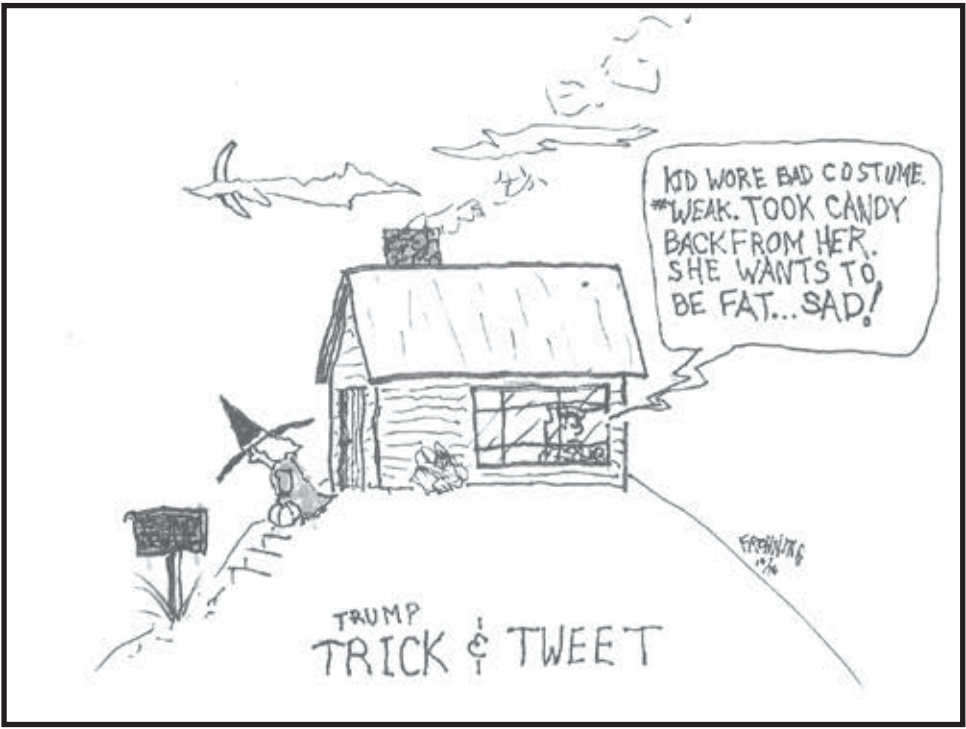
# Halloween Trick or Treat Night!

TRICK OR TREAT! Young and Young At Heart wear your costumes and come up town to enjoy Halloween Trick or Treat at your favorite Vashon haunts. Island Merchants will be decorating their storefronts and giving out treats.

COSTUME CONTESTS! Enter a costume contest and compete for fabulous prizes at The Hinge Gallery and at Zombiez!

ROAD CLOSURES! For the safety of all, roads in the heart of downtown will be closed between 171st SW Road (Near the Park and Ride) and SW 178th Street (Vashon Theatre) from 4:30 pm to 7:30 pm. Bank Road will be closed from 100th to 97th. Detours start a Cove Rd on the

North end and 178th on the South end. Northbound Through Traffic From Vashon Highway south of town: Detour West on 178th, North on 100th, West on Bank Road, North on 107th, East on Cove Rd, North on Vashon Highway Southbound Through Traffic From Vashon Highway North of Cove Rd: Detour West on Cove Rd, South on 107th SW, East on Bank Road, South on 103rd SW (the road behind IGA), East on 178th, South on Vashon Highway. Trick or Treat Night Brought to You by The Vashon Island Merchants, the Vashon Maury Island Chamber of Commerce and the awesome residents of Vashon Island!



## Into The Breach

By Orca Annie Stateler, VHP Coordinator

After an eventful seal pup season and three outings to San Juan Island – the last trip to present for a marine naturalist training course, ‘way cool! -- Chez VHP is back on track. We are on a roll this month for marine mammal variety: Humpback whales, Orcas, Harbor porpoises, Dall’s porpoises, Harbor seals, California sea lions, Steller sea lions, and a stranded Harbor porpoise at Paradise Cove, prized by researchers.

Humpback whales are increasingly common in Puget Sound in the past decade. Odin and I saw two traveling together through Dalco Pass on October 22, and a single whale was foraging over a broad area encompassing Dalco and Colvos Passages and the Narrows for several days as of October 26. In addition, while returning home from an encounter with orcas on October 24, researcher Mark Sears saw a Humpback exiting north Colvos Pass. Reports of three whales traveling together in Island waters at the same time are, thus far, unconfirmed.

On October 20, endangered Southern Resident Killer Whales (SRKW) ventured into Vashon-Maury waters on their first seasonal visit. At 1:30 PM, our compadre Mark told us a large number (“s\*\*tload”) of Southern Residents were coming our way. Initially, the orcas were exceedingly dispersed, all across the Sound and three miles between leaders and trailers.

They traveled south in East Passage, pausing between Three Tree Point and Klahanie, or thereabouts, presumably to forage. We can only speculate on that because no research boats went out to collect prey samples. Curiously, the SRKW did not inspect Tramp Harbor.

We waited and waited -- two hours -- at Point Robinson. The orcas eventually arrived, in dramatic fashion, about 5:40 PM. At least 40 killer whales coalesced as they approached the point. Through binoculars, I spotted members of all K Pod matriline and most J Pod families plus Onyx (L87) -- Granny’s (J2’s) escort. The conspicuous absence of Polaris (J28) and her calf Dipper (J54) troubled me at the time. To my relief, photos indicated that



her J17 matriline was not present. A cargo ship plowing up the passage generated a substantial wake. The big, smart dolphins strategized and considered their options. Some surfed into the wake, where a breach-a-thon ensued. An impressive array of whales erupted from the water. Scrutinizing photos later, the number of breachers astounded me.

Though humans tend to interpret these breach-fests as joyful fun, whales are communicating vital information to each other when they breach. Breaching is a multi-purpose behavior; the context matters. Heck, the ship’s wake was a blast to frolic in, but was the engine noise bothersome? Whales also breach when they are stressed, or when they cannot communicate effectively underwater. The L Pod members in Dyes Inlet in 1997 demonstrated this painful reality.

Another remarkable feature of the October 20 encounter was the prevalence of touchy-feely clusters containing male and female whales of all ages. “Group grope” is one cutesy name for this behavior. Naturalist Melisa Pinnow coined the term “cuddle puddle.” Anyone for snuggle sandwich?

The welcoming committee in Dalco Pass got skunked on the 20th. The orcas turned north again after dark – perhaps near Dash Point. Mark and Maya Sears caught up with the SRKW on October 24. They obtained ID photos and collected a few scale samples – proof of foraging. Fat, juicy chum salmon sought refuge under their boat. The orcas seemed to be satiated. Juvenile whales chased fish, sometimes mouthing them without consuming them.

This week’s photo is ours! Odin snapped a sweet image of mother Deadhead (K27), son Ripple (K44) with his chin up, and male cousin Comet (K38) Continued on Page 8



Cuddly K13s: Mom Deadhead (K27) + son Ripple (K44) chin up at Pt. Robinson, 10/20/16. Photo © Odin Lonning/VHP.

## 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

## Ned Needs A Home...

I’m always decked out in a tuxedo in case there’s an occasion that calls for formal wear, but you can wear whatever you want to VIPP’s October 29 Fur Ball. The theme is “The Spiciest Fur Ball Ever!” so it should be loads of fun. But enough about the Fur Ball - you want to know more about me, right? Well, I’m a very gentle and affectionate fellow. When I see people I like, I reach out a paw so they’ll pick me up. My quiet and calming nature will soothe away the worries of your day. Let me help you relax . . .



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



# Spiritual Smart Aleck



By Mary Tuel

## The End Is Near

The end is near, and never have so many people, believers and atheists alike, said, “Thank God.”

I have a couple of “whys” I want answered, though.

The first why is, “Why do people demonize Hillary?” I was startled by the vitriol directed at her when her husband was president. Why this blood in the eye, veins in the teeth, violent irrational behavior when it comes to Hillary? It is one thing to dislike and disagree with someone. It is something else again to completely lose your mind and your grip on reality.

The reality being that she is an old-school politician. Male politicians who have done things as bad or worse than the things of which Hillary has been accused are not despised or hounded as she has been. My goodness. Even people who believe that many of George W. Bush’s posse and W himself should be tried for war crimes don’t go shrieking berserk when they talk about it. When Hillary-haters talk about Hillary? Shrieking berserk.

I have a theory, of course. Hillary is an incredibly bright, competent woman. A lot of people hate that in a woman. Maybe such a woman makes people feel like little kids with a mother who knows and can do so much more than they can, and what will she do if she gets mad at them? That feeling of powerlessness and vulnerability at the prospect of angry mommy – maybe that’s why some people go ape poop haywire at the mention of Hillary.

It’s a theory. I don’t know.

I do know that when a Hillary-hater says, “I’m not a sexist,” I believe that about as much as when Obama-haters say, “I’m not a racist.”

The second “why” is, “Why in the world was Donald Trump ever taken seriously?” When I first heard he was running for president, I laughed. The man is a joke.

Well, the joke was on me. He has turned out to be exactly what I always thought he was, and worse, a guy who says something with one breath and denies he said it in the next, among other things. He’s the worst crazy-making boyfriend or girlfriend or roommate or parent you ever had.

I have a theory about his success, too.

Back during the W. Bush years, we all knew that W was a drinker. Then he became Christian, and God wanted him to be president. Well, that’s what he said.

It occurred to me that perhaps some people voted for W because they were trying to re-write their alcoholic childhood and have it come out right this time. That’s not uncommon behavior. The alcoholic says he’s changed, from now on he’s the good loving daddy you always wanted. Who doesn’t want to believe that? But it’s not a good reason to vote for someone.

So now comes the Donald - ignorant, arrogant, mean, dishonest, racist, snotty as a teenage bully, crooked as a dog’s hind leg (no disrespect intended toward dogs), willing to persecute groups of

people, encouraging other people to be violent on his behalf - and some people love him. They do. They believe what he says because he says, “Believe me,” which for some of us is a tip off that we’ve heard a load of horse residue. His admirers don’t think he’ll ever turn all that craziness on them. He’ll make it okay to treat other people, especially female people, people of color, immigrants, Muslims, gay, lesbian, and transgender people, as less than human, again.

You know, like we’ve always done, to make ourselves feel okay because we cannot love ourselves as we are.

That’s why they love him.

Just my opinion.

If Hillary is elected, I know you will scoff at me, but try to work through the system as it is. Help Bernie Sanders and all your elected representatives to hold her to the Democratic platform. The kind of change you want does not happen overnight. Don’t be disappointed when it doesn’t. It took a long time to get where we are. It will take a long time to turn things around. You are fighting for yourself, yes, but you are fighting more for your children and grandchildren and their children, who will be dealing with the environmental changes that have been largely ignored during this election.

If Trump is elected, I would advise against fleeing to the Maldives. Most of that atoll nation will be sinking beneath the waves soon.

What some of us have learned is that evil is never finally defeated. It changes shape and keeps working. There are no happy endings, but there can be worthwhile and joyful and good lives.

I hope that when you wake up on November 9th, you will be inspired to work to improve our country and serve the greater good. We need that energy. We need that good intention.

We need each other.

Now, if you haven’t already, get out there and vote.

A stranger-than-fiction documentary, “Finders Keepers”, will be featured at the Vashon Theatre for Vashon Film Society’s November Art Film Series. Although the film’s focus on an amputated leg might sound more like a Halloween horror story, the film is equal parts poignant and comedic.

Documentarians Bryan Carberry and Clay Tweel introduce viewers to two colorful characters who could easily be cast in a Christopher Guest mockumentary: the entrepreneurial Southerner Shannon Whisnant and recovering addict and amputee John Wood.

When Whisnant finds Wood’s amputated leg stashed in a grill purchased at an auction, the spotlight of reality TV blazes onto these two small town eccentrics. Though their lives connect through freak show circumstances, a portrait of the two men’s humanity emerges from the twisted tale.

Class conflict and the allure of fame are at the heart of this entertaining documentary. One reviewer proclaimed tongue-in-cheek that, “Finders Keepers has the sort of plot that no screenwriter in his or her right mind would ever dream up.” Vashon Film Society thinks this comic tale of tragedy and taxidermy will strike just the right chord with Vashon audiences.

“Finders Keepers” will be shown at the Vashon Theatre on Thursday, November 3 at 8:30 pm and on Friday, November 4 at 4 pm.



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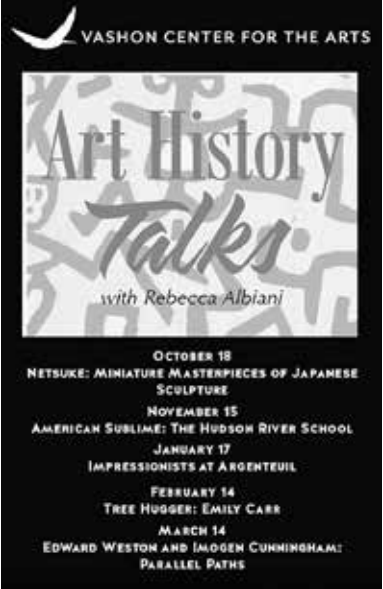
Gluten Free Buns!

## Art History Talks with Rebecca Albani

Nature has been an irresistible subject matter for artists ever since humans began painting bison on cave walls. This series will explore how a range of artists have taken on nature-inspired themes.

In the 1830s and ‘40s American painters, led by Thomas Cole, began depicting the Hudson Valley, capturing the fast-disappearing wilderness and elevating the art of landscape painting in the United States.

5-Talk Series  
\$60 VCA Member/Student,  
\$70 Senior, \$80 General  
Individual Tickets  
\$14 VCA Member/Student,  
\$16 Senior, \$18 General  
Tickets: VCA, The



Heron’s Nest Gallery,  
VashonCenterfortheArts.org

# Drawings and Etchings by Brent Houston



each hand-inked and subtly manipulated by the artist.

The opening reception for this exhibition will be November 4th from 6 - 9 pm at Hinge Gallery, Vashon Hwy and 174th. Refreshments will be served. Image pictured - Ferry, Copper plate etching on paper.

### Compost the Loop

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



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

If you think friendly thoughts, you will see friends everywhere. If you're thinking darker and more suspicious thoughts, you might see conspiracies around you. There are two things going on: one is that these days, your thoughts are powerful projectors of your reality. Experiment with this: as you change your thoughts, your reality will change. You might need to convince yourself to try this for the sake of the experiment. The other phenomenon is the sense that all people and events are somehow interconnected. This might manifest as making the discovery that people you meet already know people you're connected to; you might experience other synchronicities that reveal the extent to which the world you see is the projection of your own mind. The beauty of this discovery is that it reveals how much influence you have over your own life.

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

You may get the feeling that others are demanding more than you can give. But what are they really asking for? Seen one way, it's a sacrifice of some kind; seen another way, you're in a situation that's calling for you to rise to the occasion of your own maturity. Growth presents challenges, and those are worth the effort if, on the other end, you collect the benefits. What you're experiencing now is indeed about receiving the advantages of previous personal development projects. You merely need to be the best person you already are. This means seeing yourself as equal to any task, and worthy of the trust that people invest in you. If you see 'authority figures' as people from whom you can learn, and who facilitate your growth, you will take the pressure off of everyone and have more fun.

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

Mercury, your personal planet, is about to move into Scorpio. The psychological insight offered by this sign will help you make some sense out of people or situations that were previously not quite adding up. You'll also have more tolerance of things being out of balance in that characteristically 21st-century way. The thing to remember is the human factor. People have egos, and they tend to be oversensitive, just like you get sometimes. When they're in that condition, what they need is empathy. This might come as recognition for what they've accomplished, even though you might perceive this as excessive pride or childishness. Humor people. Tell them what great work they're doing and they will be much more cooperative with the great work that you are doing.

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

Nearly all the energy coming at you involves sex in some form or another. That might include desire, love, lust, attachment or attraction. And, because many people have some issues around sex, a diversity of shadow emotions are possible — meaning the things that are difficult to acknowledge or understand, such as shame, guilt and repulsion. How you experience these things depends on your state of mind. We live in times when the seemingly logical first thing to do is to get offended (rather than to laugh at something). You have better options open than that. Given that laughing or taking offense is not necessarily appropriate, you might try talking with whomever else is involved, by which I mean speaking and listening alternately till you gain some understanding. You

might make a discovery, such as what initially seemed weird or offensive turns you on like nothing before.

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

You need to find some level ground with the world, a place where people don't seem to have all the advantages over you. I would propose that will come from taking care of yourself first. Center your life around your physical and emotional wellbeing, starting with rest, water and some time to yourself. This will help you settle into your body and your feelings, which will in turn give you more confidence. It's true that you have many demands on your energy and much work to do. In order to be fully present and to offer yourself in service, you need to have all your resources available — to you. Over the next few days the logic of this will seem more apparent, and you'll naturally go in that direction. Just remember, this is not at cross-purposes to all that you want to get done. Rather, it's the essential ingredient.

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

As Mercury makes its way into Scorpio, you may find it's easier to talk about all those difficult-to-express things. I don't just mean complaints and issues. I mean the deep secrets you want to express, and the desires you have not articulated. Begin with yourself, getting it out into essays or your journal. Then do the unthinkable: share your writing with others. You might even start there, and say exactly what you want to say to everyone you want to say it to. While you might use some discretion among people you work with (where there may be official policies in place), everyone else is open season. This does involve taking a risk, and that feeling of being on the edge is the same feeling as speaking your truth, with love.

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

You seem to be grappling with self-esteem, but really it looks more like self-judgment. Address the second and the first will take care of itself. You will feel better if you depend less on external influences for reassurance. You don't need people to tell you that you're great, and you don't need to be better than anyone; take a break comparing yourself to others and you'll feel more centered. It matters not whether anyone is 'better' or 'worse' in any way; the mere gesture of comparison puts you at a disadvantage. When you enter that state of mind, you lose. You are your own exemplar; set the example for yourself. It's possible to accept yourself for who you are, and consciously engage in learning and growth at the same time.

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

Take the slow, steady approach in business or professional affairs. Remember that the web of life is woven one relationship at a time. This spans from the seemingly most minor or trivial associations to the most profound and meaningful. There is less difference between them than you may think. For maximum benefit, treat them all the same: with the utmost respect. When you encounter people, remember that on some level everyone is dealing with pain, loss and disappointment. It's not that you have to coddle people; rather, be as gentle as you can, and have the fewest expectations. This will cultivate natural humility: rich or poor, young or old, happy or sad, we're all in the same boat. Slow down with each person until you

can feel the common ground that you share. Listen and notice. You will make some unusually beautiful discoveries.

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

Remember, you have your options open. You might start to feel like you're in a pinch, financially, emotionally or otherwise. Should that happen, stop and take a wider view of your life. Make a list of your possible choices for how to handle your situation. It's likely that you're missing something obvious. You might seek the input of someone who knows you well and can help you see some of the potentials that might elude you. They exist, and going through this exercise might result in your seeing some truly excellent possibilities you would have missed otherwise. At least one of them will involve working with a few other people, or seeking resources through your network of contacts. What you need already exists. It might even be in the same room as you are right now.

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

People already notice you. You don't have to go out of your way. They already know you do good work; you don't have to impress them, and you don't have to impress yourself. If you're going to be proud of your achievements, make it the mild, laid-back kind of pride, like sitting in a chair and knowing you're a good dancer. The key idea here is understatement. If you show off your skills or talents, that's likely to backfire. Focus on getting the job done well and on time, and forget about recognition and even about the money. Put everything you have into quality and devotion to your work for its own sake. If you're feeling insecure, this may be more of a challenge; though you have what it takes. Insecurity can be a fine inspiration to do what needs to be done. A measure of uncertainty will help you to be thorough and keep an eye out for your mistakes.

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

You're being offered the help you need; are you open to receiving it? Consider that for a moment, and then let's go a step further. If for some reason you're not open to assistance, you might consider why that is, and whether it's actually the correct position to take. You don't really need that much help. You might need some companionship, though even that is minimal. Then consider the other possibility: that you would benefit from being more open to assistance. What you and those around you must know is that it's not really going to benefit you if it's not on your own terms. Be polite about this. Get an understanding of what's being offered, and select the elements that you need. Then establish a clear understanding with whoever is involved. In your calmest, most relaxed mental posture, you must be the one who takes charge.

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

While you're taking care of day-to-day business, keep some focus on your medium- and long-range plans. If you don't have plans, come up with some ideas. You need a vision that you can grow into — one that's either not limited by your current commitments, or which extends them to a totally new place. Then, it'll help if you act on your ideas as soon as possible. Take some tangible step in the direction that you want to go. If you experience any resistance, keep going, a little each day if necessary. One of the themes of your chart for the foreseeable future is leadership, and the most important form of that is self-leadership. Think of this as a series of commitments that you make to yourself, and then you fulfill them. And keep going.

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

## The “Spaciest” Fur Ball Ever

Calling all Vashon Island pet lovers to sip, dine and bid your way through an “out of this world” evening that will entertain and inspire.

This exciting fundraising event supports our mission to provide a no-kill, non-profit 501c3 animal rescue organization run by compassionate and dedicated volunteers. Vashon Island Pet Protectors “VIPP” is a thirty-one-year-old organization whose primary objective is to make sure there are no homeless pets on the Island.

We would greatly appreciate an auction donation to make the night a success: a fine bottle of wine, a unique experience, a gift basket, certificate, professional services and/or travel getaways extraordinaire! To acknowledge your generous tax deductible\* donation, your business or name will be listed in the auction catalogue and highlighted at the event to all attendees. You can also advertise, sponsor, captain a table or buy tickets to enjoy and support the organization.

“We are incredibly excited about this year's Fur Ball, the Spaciest Fur Ball ever,” said Geoff Fletcher, President of Vashon Island Pet Protectors (VIPP) and the emcee for yet another year. “The Fur Ball is an incredibly fun and exciting event, but it is also extremely important for VIPP as it provides approximately 40 percent of our annual revenue.”

If you have any questions or would like to learn how you can be involved, please contact our auction coordinator Jerome Bader at [jerome@blueguardrail.com](mailto:jerome@blueguardrail.com).



com. 206-478-4645

The “Spaciest” Fur Ball Ever  
14th Annual Dinner and Fundraiser  
Supporting the Vashon Island Pet Protectors “VIPP”

Hosted at Open Space for Arts & Community  
18870 SW 103rd Ave SW, Vashon, WA 98070  
5:00pm – 9:00pm

BUY TICKETS - SPONSOR -  
ADVERTISE - DONTATE: <http://www.vipp.org/events/fur-ball>



# Publish The Quest

Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is coming home to Vashon for another epic Strawberry Festival show at the Red Bicycle Bistro. This is the busiest night of the year on Vashon Island!

Publish The Quest blends groove music melodies with vocally driven compositions that continually question social issues through story telling. Publish The Quest is destined to make a difference both at home and abroad. Working with a nonprofit called Learn Africa, Publish the Quest has made several recent trips to Cape Verde, Zimbabwe, Mali, Poland, Portugal and Spain where they performed in music festivals and venues alike.

After three years of traveling, recording, and collaborating, Publish The Quest released a full length album titled 'A THOUSAND KINDS OF GOLD!' It was recorded in Seattle, Zimbabwe, Mali, and Nigeria... The album features Oliver "Tuku" Mtukudzi, Vieux Farka Toure, Nneka, Edith WeUtonga Katiji, Jeff DeMelle, Caleb Cunningham, Mark Oi, Mike Marlatt, Bill Jones, Matt Chamberlain, Izaak Mills, and others. If you don't have this in heavy rotation in your CD player, you're missing out.

Opening for PTQ is hip-hop sensation Colin Loch. 080616 Chautauqua Music Festival 083

Colin Loch is a self-taught hip hop recording artist who pens all of his own lyrics, mostly on his cell phone. He likes to call himself an "actionable poet," a term he coined to describe his art. He is currently mastering his first project which will be called "Home is Where the Art Is."

Colin was born in Scotland, has lived all over the United States and Egypt. Today, he calls Vashon Island his home and has lived there on and off for 22 years.



Among the artists that influence his music are Eminem, Jay Z, Lauren Hill, Logic and Atmosphere. But it was Colin's older cousins that first introduced him to rap music. Later, his friend Beau gave him a copy of Eminem's album "The Slim Shady," and he was hooked. Many of Colin's lyrics draw on his past experiences struggling with (and overcoming) addiction. With this new-found clarity has come a new set of obstacles that he navigates which inspire his music today.

You can hear lyrics about Colin's time working in the restaurants and bars -- which is how he pays for his music habit. Not only is he a great lyricist, Colin is a skilled cook and bartender.

Next up: look for his first music videos for "Bartender" and "Kitchen Life," to be shot on Vashon Island in the next few months!

The show starts at 9 p.m. at Red Bicycle Bistro. It's an all-ages show until 11 p.m., and for ages 21 and older after that. I.D. is required. There is a \$8 cover charge.

TICKETS: <http://www.brownpapertickets.com/event/2707738>

Get them now and you're in the door! This show may sell out by the night of the event. Beat the rush!

## Road to Resilience

Continued from Page 1

sent to our 200 Vashon supporters. We required a 2/3 majority of survey respondents to make an endorsement. The first, of course, was the presidential election. Clinton got 54%, Stein got 27%, both short of a 2/3 majority so we made no recommendation. However, we are unanimous that Clinton must be elected and do not recommend a Stein vote if it would jeopardize Clinton winning our state.

The second item was I 732, the carbon tax initiative. In this case, most of the state environmental organizations (including Fuse), and several national organizations, have recommended a no vote because they felt that, instead of being revenue neutral, it should have raised money that we could used to finance the transition to renewable energy. We on Vashon agreed with the Stranger editorial board that something was better than nothing, and we can't afford to wait another two to four years before a better proposition might be offered. Also, voting this initiative in doesn't preclude passing a better

solution later. Our survey recommends YES on I 732.

In our congressional race, where two democrats, Jayapal and Walkinshaw, are running, we had earlier decided to endorse Pramila Jayapal. Although Walkinshaw is also a very good candidate, maybe better than any other running in our state, we felt that Jayapal was more knowledgeable, a better communicator, more competent in general.

Our recommendations for all other issues and offices are on our sample ballot which can be found at [www.revolutionvashon.org](http://www.revolutionvashon.org) or posted around town. Hopefully, it will be available at the library.

If you would like to join our group, our next meeting is Oct 25, 5:30-7:30 pm at Sheila and Brian Brown's house, 19834 Vashon Highway SW.

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

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## Vashon Library November Calendar

### Children & Families

#### Family Story Times

Tuesday, November 1, 8, 15, 22 and 29, 11:30am  
Newborn to age 6 with adult.  
Stories, songs and fun!

#### The Wonderglobe Show

Saturday, November 5, 11am  
Presented by Rick Hartman, Mr. Toymaker. Family program, all ages welcome with adult.  
Watch as toys and stories are whipped into folktales from around the world. A giant globe transforms into spinning tops, giant yo-yo's even a man-eating chicken for a show that blends invention, storytelling and comedy.

#### Brick Builders

Monday, November 7, 14, 21 and 28, 4pm  
Ages 5 to 12 with adult.  
We're having a block party. Come build with us! All materials provided.

#### Family Movie Night

Thursday, November 10, 6pm  
Bring the whole family to watch a free movie! Popcorn and snacks provided.

#### Super Science: Acid and Base

Tuesday, November 15, 4pm  
Ages 6 to 12 with adult.  
Explore acids and bases and how they affect us every day. See the pH scale in action and use the power of science to create a colorful magic painting to take home. All materials provided.

### Teens

#### Back to Back Money Maze/ Scholarship Market

Thursday, November 3, 6pm  
Presented by Doug Breithaupt, College Planning Network.  
Parents and teens welcome.  
Come to one, or both, of these back-to-back workshops that will give the ins and outs of college finances. Get the benefit of College Planning Network's 22 years of experience, by learning about the tools to find and apply for need and merit-based college financial aid and scholarships.  
Registration not required.

### Adults

#### Talk Time Classes

Tuesday, November 1, 8 and 15, 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!

#### Great Books Discussion Group

Mario and the Magician by Thomas Mann  
Monday, November 7, 6:30pm  
One-on-One Computer Help  
Thursday, November 10, 6pm  
Have computer or software questions? TechTutor Volunteers are here for you. You may bring your own laptop, but TechTutors cannot provide hands-on or hardware assistance.

#### Everyones Talking About It

Its Never Too Late to Explore Your Creativity: Creativity and Seniors  
Sunday, November 13, 2pm  
It's never too late to explore or rediscover your creativity! Using material from creativity bestselling author Julia Cameron's latest book for seniors, It's Never too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond, Creativity Instructor Kate Gavigan will share some easy and useful tools that can assist seniors in enhancing their creativity and in turn, their life.

Please register online at [www.kcls.org](http://www.kcls.org) or call the library, 206.463.2069. Whats on YOUR mind? Join in lively conversations about topics that matter with free programs at KCLS libraries. From pop culture to pot, from education to alternative energy and even elections talk with other community members about what fascinates you.  
[www.kcls.org](http://www.kcls.org)

#### Orca Lift/Food Stamps/Health Insurance Sign Up

Wednesday, November 16, 1:30pm  
Presented by King County Public Health.  
ORCA Lift is a program that provides low incomes 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- can be Provider One Card, EBT card, TANF award letter, SSI award letter, L & I statement of worker's comp or Social Security Award letter.  
This program is for everyone regardless of immigration status.

## The Dorsal Spin

Continued from Page 5

behind at left. The obscured orca to the right of Ripple is likely grandma Skagit (K13) or maybe K27's brother, Cali (K34). K Pod has not had a surviving calf since K44 was born in 2011. K38 is a "Vashon baby," born 2004.

To elaborate on my standard reminder: Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS & STRANDINGS ASAP TO 206-463-9041. We monitor 24/7 -- call at 3:00 AM if you hear blows! When reporting a sighting or stranding, be specific: date, time, location, travel direction, species description,

number of whales/critters, and behavior observed. If you need help with this, we can guide you. We prefer phone reports, but if email is the only way to coax you to report to the VHP, send sightings and photos to [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com). Your photos of marine mammals are valuable for ID purposes.

Mark Sears launches his boat from West Seattle, so timely reports from all Vashon ferry routes are extremely useful. Surely, one or two Islanders could call us when whales grace the commute. Leave a number in case we need more details. Do not assume we will find stuff posted online by chance. As ever, we are grateful to everyone who reports directly to us.

*Make a date with Vashon!*  
**[www.VashonCalendar.org](http://www.VashonCalendar.org)**

**Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
[www.vashoncalendar.com](http://www.vashoncalendar.com)**



Island Epicure



By Marj Watkins

Beef Eaters Delight  
Fish for  
Memory

It is said that people who eat fish at least once a week lose their memories 10% more slowly than people who avoid fish, and that people who eat seafood twice a week lose their memories 13% more slowly than people who never eat seafood. Diners in Spain and Japan must have the most fabulous memories in the world. Some decades ago when my husband, our two sons, and I spent a month in Spain, eating out all the time, every lunch and every dinner plate contained a small piece of fish and a small piece of meat.

In Japan proper and on Okinawa, every meal contained something from the land and something from the sea. The something from the land was always rice, plus side dishes of leaves of the soybean plant, an occasional ginkgo nut, taro, and/or a white sweet potato. Fish was the staple protein. On Okinawa, even dessert might be something from the sea, such as shredded kelp in sweet pineapple juice. Okinawans are among the longest lived people in the world.

The paella we ate in Seville, Spain, began with a layer of cooked rice. Topping the rice

were pieces of white chicken meat, slices of bell pepper, green peas, and small clams in their shells. The paella we ate for dinner last night here at chez Watkins also contained “something from the land and something from the sea”. On the traditional bed of rice, in this case cooked with saffron that turned the grains yellow, were large shrimp, small mussels, and calimari rings. It was delicious and filling and required nothing but a green salad to complete the meal. Saffron is not necessary, nor traditional. It just looks cheerful.

- PAELLA  
4 servings
- 1 cup uncooked rice  
1 teaspoon salt  
2 cups chicken broth  
2 Tablespoons light olive oil  
¼ cup chopped onion  
1 red bell pepper, sliced and seeds and pith removed  
1 scant teaspoon dried crumbled oregano leaf  
1 cup diced cooked chicken white meat  
12 small clams in their well-scrubbed shells  
8 frozen large shrimp  
¼ cup frozen green peas  
Cook the rice in the chicken broth. While it cooks, prepare the remaining ingredients except for the peas. In a large skillet, heat the olive oil and stir-fry the onion. Add the rice. Top it with the bell pepper slices and sprinkle the oregan over it. Add the seafood, Reduce the heat to medium. Cover the skillet Cook until the clams open up and the shrimp is opaque clear through and has turned pink. Add the peas. Recover the skillet and cook 2 minutes to thaw them, or a little longer if you prefer them cooked.  
Serve from the skillet to preserve the still-life.

Community Conversations:  
Journalism That Matters and Big Joy:  
The Adventures of James Broughton

By Guest Co-Writer Stephen Silha and March Twisdale

How do we make sense of the times we’re living in?  
Poet and experimental filmmaker James Broughton tried to give an answer to that eternal question with this poem, which he recommended to journalists.  
What Matters

What matters  
matters  
but it doesn’t  
Some of the time  
everything  
matters  
  
Much of the time  
nothing  
matters

In the long run  
both everything  
and nothing  
matter a lot

We had such a great conversation on Voice of Vashon – as part of Prose, Poetry and Purpose’s 2016 focus on the Political (R)Evolution – that we decided to go deeper into our exploration of both journalism and James Broughton.

In particular, March wanted to explore Stephen’s non-profit, Journalism That Matters (JTM); a think-tank on the future of journalism which Stephen and colleagues created in 2001. In short, JTM seeks to foster collaboration, innovation, and co-creative action amongst journalists. The goal? Words and images used wisely to birth a news-ecosystem that builds diversity awareness in a way that allows communities to truly thrive.

Maybe you’re thinking, “Isn’t it a no-brainer that journalism matters? Isn’t it supposed to serve as the ‘fourth estate’ of government, after the executive, legislative and judicial branches?”

Well, yes and no. There is always that divide between ideals and reality. In fact, many people rate journalism nearly as low as Congress on their trust rankings (yeah - it’s pretty bad). Which makes sense. As happens with all positions of power, modern journalism (like politics) is struggling greatly to maintain its honor. However, as JTM illustrates: ethical journalists are working collaboratively to reclaim their vital purpose as information-bearers in service to their readers and viewers.

Naturally, the plight of American journalists is not a solitary problem. Most systems in our country face severe challenges. When you compare America to most other advanced nations in the world, we fail miserably on important issues such as: health care, education, environmental ethics, politics, and public safety. Which is why JTM is so important! To improve our nation, we must first see it clearly for what it is. Its strengths, weaknesses and potential solutions.

What might some of these solutions be, within the realm of journalism? For one thing, we’d like to see less lecture and more conversation. How do you feel

when you read an article that tells you what to think? How might an article, instead, be written so that its readers become informed, curious, aware and motivated to get further involved? To achieve this goal, an article would need to be free from the monied interests of the corporate class. As in, journalism of the people, by the people and for the people.

Thanks to the internet, we are in fact seeing an explosion in “citizen journalists,” and while some things may occasionally suffer (like grammar or a lack of fact-checking) there is still great benefit. Especially given that professional journalists tend to refer to themselves as cynics. Consider what happens when our storytellers view the world through a lens of winners and losers, black and white, or even Republican and Democrat? Our culture is quite more creative and complex than that, as James Broughton’s story in the film ‘Big Joy’ illustrates.

James Broughton lived at a time when truths were hidden and lies were preferred. Yet, he was an explorer and purveyor of untouchable truths. As such, upon receiving a prestigious and rare award at the Cannes Film Festival in 1954, he refused an offer to direct Hollywood films.

“I’m a poet, I didn’t want to go into business,” he explained, as he chose the artistic freedom of self-employment. Unlike James, many journalists, once regularly employed, find themselves forced by editors (and advertisers) to seek out sound bites that fit a pre-ordained story. Just as Americans are fighting to get Big Money out of Politics...so must we sever Big Money’s “thought control” role in the realm of journalism.

Journalism That Matters has developed three main tenets which it shares with citizens and journalists across the country. The first has to do with listening, the second focuses on “truth to empower,” and the third demands authenticity and self-representation through the construct of “nothing about us without us.”

What if journalists sought to improve the world, one reader at a time, instead of viewing the audience as passive consumers? What if a story was deemed worthy because the community it was about also supplied the majority of the narrative? What if journalists spent more time listening, free from preconceptions, so that when they did set pen to paper, they had something truly new to report?

People who depend upon others to discover the world for them deserve a vibrant and multi-colored depiction of this most fascinating of planets (as far as we know now). Instead of the “same old news,” imagine the impact of journalism that focused on the leading edges of society! New solutions to old problems, scientists and their discoveries, artists and their creative power, youth and their fresh new views on our world...

We sit on the edge between a brave new world of positive communication and public participation OR a 1984-style rat race of cynicism and self-focus where each person finds herself with less and less chance for economic and creative opportunity. And while we cannot claim to have an answer, we are pretty sure there is one. It lies there, within each of us, waiting to be found and shared; if we can but quiet our expectations long enough to hear our own voice.

Don’t miss Stephen Silha’s interview on Prose, Poetry & Purpose, where we talk about James Broughton and his vision of a world where people “follow their own Weird.” Part an experience of ecstasy...part an unveiling of all that the Earth can offer us; his work both required and fostered an open heart and mind.

And now, in celebration of the beauty within each of us, we leave you with a sweetly succinct poem by James Broughton.

Shaman Psalm:  
Deflate pugnacity  
Magnify friendliness  
Off with your mask  
Off with your face  
Dump the false guides  
who travel the warpaths  
Uncover your loving  
Discover surrender  
Rise in your essence to  
the tender occasion  
Unwrap your radiance  
and brighten your crew  
Value one another  
or fall ...

Listen to the interview with Big Joy producer and co-director Stephen Silha on Prose Poetry and Purpose, 101.9 FM KVSH, at 11 am on Sat/Sun or online at [www.voiceofvashon.org/prose-poetry-and-purpose](http://www.voiceofvashon.org/prose-poetry-and-purpose)

Look for Big Joy online, on DVD, or on public television! Details at <http://www.bigjoy.org>. DVDs are also currently available at Vashon Book Shop.

For more on Journalism That Matters, check out <http://www.journalismthatmatters.net>

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# Frankenstein

For a limited time only, National Theatre Live's Encore Series brings a selection of award-winning British theatre productions to the Vashon Theatre.

National Theatre Live and the Vashon Theatre Present Stage to Screen

Tickets General \$20, Honored Citizen/Student/Child \$18, Advance Group Sales \$15

This collection of performances is filmed in front of a live theatre audience at various Broadway and London Performance houses. They are shot and recorded in high resolution giving the audience the best seats in the house!

Now Serving Beer and Wine at National Theatre shows, Doors open 30 before show start time.

Frankenstein  
Sunday, October 30th at 1:00pm



140 Minutes  
Directed by Academy Award®-winner Danny Boyle (Trainspotting, Slumdog Millionaire), this thrilling production features Benedict Cumberbatch (BBC's Sherlock, The Imitation Game) and Jonny Lee Miller (CBS's Elementary, Trainspotting) alternating roles

as Victor Frankenstein and his creation.

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

Childlike in his innocence but grotesque in form, Frankenstein's bewildered Creature is cast out into a hostile universe by his horror-struck maker. Meeting with cruelty wherever he goes, the friendless Creature, increasingly desperate and vengeful, determines to track down his creator and strike a terrifying deal.

Urgent concerns of scientific responsibility, parental neglect, cognitive development and the nature of good and evil are embedded within this thrilling and deeply disturbing classic gothic tale.

# The FieldHands

A fixture in the Vashon Island Music scene, this four-piece plays only occasionally and bring brand new music to the show every time! Jon Whalen on rhythm guitar, and Dorsey Davis on bass, share the lead vocals and song writing duties.

The words speak to roaming from here to there, falling in an out of lust, the mundane and magical. From the sleepy beginnings 8 years back to the rough and rocking sounds you'll hear this year, the band is on a long evolutionary curve.

Long-time island rocker Richard Lipke and up-and-comer Emory Medima-Boyajian, round out the FieldHands sound from punchy to rolling and many plateaus in-between.

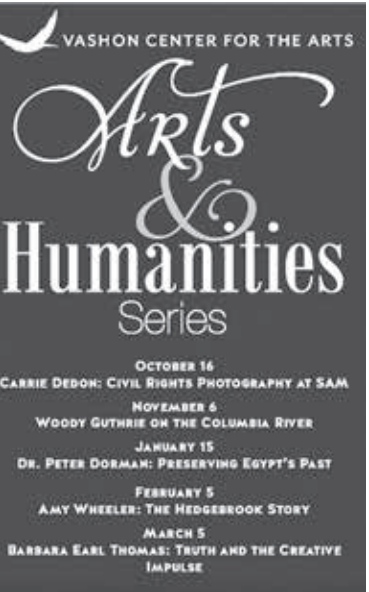
Friday, November 4th, 9pm  
The FieldHands  
The Red Bicycle Bistro &



Sushi  
All-age's 'till 11pm, 21+ after that. Free cover!

# Woody Guthrie on the Columbia River

Folk music icon Woody Guthrie was commissioned by the federal government in 1941 to promote the benefits of hydroelectric power, irrigation, and Washington's Grand Coulee Dam. Guthrie penned classics such as "Roll On Columbia" and "Pastures of Plenty" and 26 other songs during this tenure that endure in the American imagination. In his book, 26 Songs in 30 Days, KEXP DJ Greg Vandy has compiled the stories behind Woody Guthrie's time spent on the Columbia River. Vandy takes readers inside the unusual partnership



between one of America's great folk artists and the federal government, and shows how the American folk revival was a response to hard times.

A&H 5-Talk Series  
\$95 General; \$85 Senior; \$75 VCA Member/Student  
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Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.  
Send To:  
Editor@  
[vashonloop.com](http://vashonloop.com)



# Lit Lounge TANDEM

Sunday, November 6: Lit Lounge returns...

Over the past two years, Lit Lounge has become a smashing success. Islanders and visitors from all walks of life have come to share stories both moving and funny, surprising and poetic.

And we return with a very special Lit Lounge event...

Lit Lounge TANDEM  
Bicycles built for two, overlapping stories, duos of all kinds... what kind of TANDEM story do you have to share?

The brainchild of Islander Cara Briskman, Lit Lounge was inspired by similar events in other parts of the country and by programs like the Moth Radio Hour. Cara began working with Maria Glanz at Open Space to craft this new program for Vashon. At our past Lit Lounge events, stories have ranged from the poignant to the outrageous. We invite tales of truth (or at least a kernel of it.) Stories should be no longer than 5 minutes.

The act of storytelling can be risky; to sit or stand in front of others and share your story can be intimidating. But there is a strength and power in speaking. For Lit Lounge, we have made a space that is intimate, safe, where you are free to share and not be judged. Lit Lounge takes place in an unusual setting, one rarely used at Open Space.

People who bring a story will drop their name in a hat at the door when they enter - and names will be drawn as the event unfolds. If your name is drawn, up you come to tell your story. Between 10 to 12 names will be drawn - and it's up to fate and the storytelling gods and goddesses to determine whose names those are.

Sunday, November 6th, 4pm. Doors



Open at 3:30pm.  
Stories are one of the most ancient ways of gathering, of making sense of life, of sharing oneself with others. Join us to share your own story, or simply to listen to others.

Admission is \$10, and tickets are available at Vashon Bookshop, brownpapertickets.com, and at the door. As always, no one will be turned away for lack of funds.

All ages are welcome, but the event is not intended for children. Stories may include mature language or themes.

Lit Lounge was created in part due to a grant from 4Culture.

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon. Please visit [www.openspacevashon.com](http://www.openspacevashon.com) or call (206) 408-7241 for more info.

# Tales of Peter Rabbit, A Puppet Show presented by Thistle Theatre

The Tale of Peter Rabbit and The Tale of Benjamin Bunny have delighted children for generations, and are combined in a puppet show to reveal the beloved world of Beatrix Potter. After Peter sneaks into Mr. McGregor's garden for some delicious vegetables, he realizes that he lost his new blue jacket. How will he get it back? On a beautiful summer morning the lovable hedgehog, Mrs. Tiggy-Winkle, merrily journeys to the fir tree home of Mrs. Rabbit. She is delivering the freshly washed clothes of Flopsy, Mopsy, Cottontail, and Peter. Little does she know that Peter is going to wear his clean blue jacket on a dangerous adventure in Mr. McGregor's garden! This show features Japanese-style tabletop Bunraku puppetry where the puppeteers are dressed in black and Rod Puppets are featured in the production.

Saturday, November 5th, 10:30am  
Katherine L White Hall, VCA  
Tickets: \$6 Child, \$8 Adult  
Sponsored by Thrifty



# Election Night 2016

In 2008, Open Space, with Backbone Campaign, welcomed Vashon into our Grand Hall to watch the historic election of Barack Obama. It was one of our first events at Open Space, and it was a wonderful christening.

This year, on November 8, Open Space will again throw open the Grand Hall doors for Election Night coverage. Come watch the returns on the big screen with your friends, neighbors, community. We are all in this together.

More details coming soon!  
Election Night 2016  
Tuesday, November 8th  
Open Space for Arts & Community  
18870 103rd Ave SW



# Balkan Choir Dunava Debuts on Vashon

Join Dunava Balkan women's choir for an intimate evening of Eastern European folk harmonies in the magical Kudus House.

Dunava, a women's choir from Seattle that specializes in Balkan folk songs, will make its Vashon island debut with a house concert on November 5 at 7:30pm. The venue is the Kudus House (formerly David Smith's property), a 100-year-old traditional teak house imported from Java.

Dunava is made up of 11 singers with diverse musical backgrounds who share a love of the intricate harmonies and rhythms of Eastern European folk music. The choir has been performing since 2005, and has appeared at Seattle Town Hall, Northwest Folklife Festival, Balkan Night Northwest, Croatia Fest, the summer concert series at Deception Pass, and many invitational concerts. In 2014 Dunava travelled to Bulgaria to study with professional singers and ensembles, and performed there on national TV and local music festivals. Dunava has recorded two CDs and received grants from 4Culture, the MidAtlantic Arts Foundation, and Jack Straw Productions, and was recently selected as one of the 50 Seattle-area groups included in Seattle Public Library's Playback program. The



group also holds workshops on Balkan singing throughout the Puget Sound area.

The concert in the Kudus House will feature repertoire from throughout the Balkans, with a special focus on Bulgarian songs. The space features ornate wooden carvings and gorgeous acoustics, and seating is limited. Tickets are \$15 and available through advanced sales only, at: [dunavaonvashon.brownpapertickets.com/](http://dunavaonvashon.brownpapertickets.com/) or the Vashon Bookshop. For more information about Dunava, visit Dunava.org.

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**Saturday, Nov. 5**



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**Live Entertainment**  
**Friday, November 4, 9pm**  
**The FieldHands**

**Friday, November 11, 9pm**  
**Publish The Quest**

**Friday, November 18, 8:30pm**  
**OneNiteStand**

**Friday, November 25, 8:30pm**  
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