



# THE VASHON LOOP

Vol. 14, #18

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August 31, 2017

## Fur Ball Cancelled

Due to construction delays, the Open Space venue will not be available by November 4 as originally scheduled, and the 2017 Fur Ball must be cancelled. The VIPP Board has considered various other venues on island, but there is no other space that would accommodate both the crowd and all the logistics accompanying the Fur Ball event.

VIPP will hold an online auction and the Board is working hard to plan for other ways to replace the \$100,000 in lost revenue. We continue to explore these alternatives, but wanted to relay the news of the cancellation as quickly as possible to our incredibly hard-working volunteers and loyal VIPP supporters.

Our annual Fur Ball makes up approximately 40 per cent of VIPP's total annual operating budget. If not replaced, the VIPP programs that have served islanders and dogs and cats for years are in jeopardy, including the following annual expenses:

- More than \$130,000 for veterinary bills to support dogs and cats in our care as well as a financial assistance program that has aided over 125 islanders faced with emergency vet bills.
- More than \$30,000 to care for relinquished dogs and cats. Last year we took in 70 dogs and cats and provided housing, food and veterinary care for an additional 25 found cats.
- Nearly \$5000 for a program that provided low-cost microchipping in 2016 to 120 dogs and cats, enabling a swift return if they get lost. In addition, all dogs and cats



that enter VIPP's system are microchipped.

- Nearly \$5000 for a program that provided low-cost spay and neuter for 50 islander-owned pets.

All these efforts, plus lost and found and adoption services, are only possible because of our tireless volunteers and the amazing support of our community, much of which comes through the annual Fur Ball. Just as important, the Fur Ball is a chance for all of us to celebrate VIPP's successes.

As noted above, the VIPP board, volunteers and our event planners at FortunaLux are working on alternative approaches to ensure VIPP can continue the level of work and service we have provided to islanders for more than 30 years. Please stay tuned and look for additional information about our online auction and more in the coming weeks. If you have already purchased tickets for the 2017 Fur Ball, you will be contacted directly within the next few weeks. If you were going to donate items for the Fur Ball, please do so for our online auction. A VIPP volunteer will contact you soon.

We are grateful for your dedicated support of Vashon Island Pet Protectors.

## The Road to Resilience

### Bread for Circuses

By Terry Sullivan,

I get about a hundred emails every day. I screen them for communications from people I know, but I end up deleting about 95 percent of them. I have learned to screen quickly, so I don't waste half my morning doing it. I've considered unsubscribing to them, but there are so many, it would take a day or more to do it. Almost all of the ones I delete are asking for money. Most of those are from political campaigns with the remainder from organizations that I agree with. A large part of this assault is just due to the ease and economy of communicating via email. As for the political campaign requests, I think a lot of it is due to the Bernie Sanders' miraculous success matching the big corporate contributors with millions of small donations. Bernie supporters like me were thrilled that we could accomplish this, but I, at least, didn't foresee the logical consequences.

Now I get requests from practically every Democrat running for Congress, the Senate, or Governor everywhere in the country. Each one is hoping for a Bernie miracle—that they might be the candidate who captures the national interest and hauls in millions. As I automatically delete each of these, I've been pondering the real cause for this waste of time: keeping campaigns expensive always plays to those with the

most money. Although we have proven that we can match the big boys with lots of small donations, it is still cheaper and easier for candidates to get the money from big donors.

The fact that elections are so expensive makes fundraising a more or less constant preoccupation of office holders. Instead of doing the government business they were elected to do, office holders spend on average 30-50 percent of their time raising money for the next election. Collecting from big donors makes this much easier and faster, although there is always a quid pro quo, regardless of how much they claim that there isn't. Keeping elections expensive ensures that the interests of wealthy donors are front and center.

So why are campaigns so expensive? In my mind, the main reasons are the lack of spending limits, the length of campaigns, and the cost of media.

In Britain, political parties can spend only 30 million dollars and only within the year before the election. We have congressional candidates that spend more than that.

In Canada, the longest campaign in their history was ten weeks! Our national campaigns now run two years. Our current president prefers campaigning to actually governing, so we now have

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## Tired of Poor Ferry Service?

By Kathy Abascal

In between researching and starting to write my next book (that will cover fats in depth, microbes, plateau testing, and more) I veered off into the world of Vashon's ferries. No doubt the frustrating process of writing played a role but, in truth, I was tired of long delays getting off-island when boats preferentially fill with Southworth cars and leave Vashonites stranded, tired of sitting on the Fauntleroy dock when WSF cancels or delays evening runs to avoid overtime and "restore order," tired of poorly thought out tests such as having everyone stop at the tollbooth at Fauntleroy generating lines back up to California street while half-empty boats sail and ferry fares rise. I definitely was angered that WSF decided to repeat yet again a test with I think only one perceptible change: Vashon cars now got purple pieces of paper instead of green ones. This test did not work back in 2016 and, when all was said and done (according to WSF), did not improve things at all in 2017. But this miserable process will continue because WSF says it didn't make things worse. Well, not worse for them but it was far worse for those of us stuck in long lines. But customers and their needs really do not count in WSF's world. So, in frustration, I drafted a general and a business petition and, with my sister's help, began circulating them.

The results show that I am not alone in my frustration. In just weeks, with mostly the efforts of two people on a totally grassroots basis, we collected over 1100 signatures and got some 75-80 businesses to sign on. The next step will



*Another Empty Ferry*

be to articulate clearly what we need and to whom in Olympia to direct our requests. What we need is a directive to WSF that customer service trumps other considerations (such as overtime costs) and a directive that WSF must respect that the islands it serves have needs that must be satisfied even if moving commuters from other locations might generate more income.

We need to bypass WSF because it is locked in unyielding positions and has more things it "cannot do" than it can do. As well, WSF seems unable to respond in a meaningful way to public input. They currently have a triangle task force composed of people largely selected by WSF. Information on these members (other than their names) is not posted online and, unless you have time to attend a weekday afternoon meeting in Fauntleroy - where you may speak for one minute - you, as a member of the public, are not a part of the process.

I went to their August meeting. The whole focus of this meeting was on how the latest changes affected how many cars moved through Fauntleroy between 3 and 6 on weekdays. Although the stop-at-the-booth rule applies 24/7, no thought at all was given to how the changes affected Vashonites on

*Continued on Page 5*

## Fauntleroy/Vashon/Southworth route reduced to two-boat schedule starting, Thursday Aug. 31

During a scheduled inspection early this morning, Washington State Ferries maintenance crews on the Hyak discovered a problem with a vessel service generator, which provides electricity to the boat. Based on the inspection, crews decided to replace the generator immediately.

With replacement work expected to take up to two weeks and no spare vessel readily available, there will be reduced service and a series of ferry moves to balance service needs across the system.

The Fauntleroy/Vashon/Southworth route will go from three to a two-boat schedule starting Thursday, Aug. 31. Following nearly a month of one-boat service, the Port Townsend/Coupeville route will return to a two-boat schedule in time for the Labor Day weekend.

Ferry moves and route changes

Starting Thursday, Aug. 31, ferry customers will see the following vessel changes:

Kitsap to move from Mukilteo/Clinton to replace Hyak on Anacortes/San Juan Islands (capacity decrease of 20 vehicles).

Kittitas to replace Kitsap on Mukilteo/Clinton (no capacity change).

Chetzemoka to move from Point Defiance/Tahlequah to restore two-boat service on Port Townsend/Coupeville route by Thursday afternoon.

Sealth to move from Fauntleroy/Vashon/Southworth to replace Chetzemoka on Point Defiance/Tahlequah (capacity increase of 26 vehicles).

Move will result in Thursday morning delays on the Point Defiance/Tahlequah route.

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The American Night

Friday, Sept 15, 8:30pm  
The Van Redeker Band

Friday, Sept 22  
Sharing The Stage Event

# 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.

### Revolution Vashon

Revolution Vashon meets the third Tuesday of every month. We focus on issues, activities and possibilities to forward the Progressive point of view. All welcome. 19834 Vashon Highway - 6:00 to 8:00pm. Questions call 206-496-4174.

### Have a Story or Article

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

Find us on Skype  
Vashon Loop  
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### Next Edition of The Loop Comes out Thursday September 14

Deadline for the next edition of *The Loop* is  
**Saturday, Sept. 9**

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### Free Garden Advice

Vashon Master Gardeners will host Plant Clinics from 9:30 a.m. -2:30p.m. on alternate Fridays & Saturdays beginning May 7, outside Ace Hardware.

Master Gardeners will be available to answer all your questions with research-based, environmentally sound information. Each Plant Clinic will also highlight a special topic of interest to our planting community. Free handouts and garden resources will be available. All questions welcome! Please stop by to share your gardening questions, successes and to meet your Master Gardener neighbors.

### Water District 19 Meeting

Water District 19's next regular board meeting scheduled for September 12th, 2017 at 4:00 PM in the district's board room, 17630 100th Ave SW, in the district's board room.

### Vashon Elders Respite Program

Vashon Elders' Arts, Activities and Respite Program has a few openings for clients with Alzheimer's or other conditions needing constant supervision. The program is held every Tuesday at the Lutheran Church, from 9 AM to 4 PM. A licensed caregiver and several volunteers provide a safe, supportive, stimulating environment for clients, so that family members/caregivers can have one day a week of respite. Clients participate in social and art activities, physical exercise, and the Music Mends Minds program. Cost is \$55 per day, and clients must enroll for a full month of Tuesdays.

For more information, call Lynne Ameling at 206-552-1093 or Leslie Perry at 206-334-2843, or attend our Ice Cream Social/Informational Event on August 21 at 6 PM at the Lutheran Church.

### House Share Wanted

Energetic, community minded freelance writer with great credentials, good credit, and references is seeking a house share with like-minded individuals whose ideals include contributing to island society and making a difference in peoples' lives. I need a quiet private room with space for my desk and computer, and prefer my own bath. By house share I mean use of the kitchen and my willingness to share in household chores. I know Vashon having been to the island often hanging out at my sister's beach house but currently I live on the mainland. I am attracted to Vashon. It is the environment I would choose to expand spiritually and stretch my creativity to new levels. I am a female senior in excellent health. My name is Susan.

### Calling All Vendors!

Join Emily Wigley and Orca Eats at the fabulous annual Flea Market and Craft Fair which will be held on September 9th 9AM-3PM on the lovely grounds of Island Funeral Services. The fee is \$25 for a 10 foot space or \$40 for a 20 foot space. These fees all go to support Vashon Senior Center.

The venue has high visibility, as it is right on the main highway just south of town. Vendors and food trucks are already lining up to participate, so reserve your space soon! Contact the Vashon Senior Center for a vendor application by calling 463-5173 or by e-mailing [admin@vashoncenter.org](mailto:admin@vashoncenter.org). Better yet, stop by the Center, 10004 SW Bank Road MTWF, 9AM-3PM.



### Death Cafe

Death Cafes are part of a global movement to increase awareness of death with a view to helping people make the most of our (finite) lives. The Death Café model was developed by Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz. Death Cafes have spread quickly across Europe, North America and Australasia. As of today we have offered 2398 Death Cafes since September 2011. If 10 people came to each one that would be 23,980 participants. We've established both that there are people who are keen to talk about death and that many are passionate enough to organize their own Death Café.

We gather in a relaxed setting, as people who are aware that one day we are going to die, to discuss death, drink tea and eat delicious treats. When we acknowledge that we are going to die, it falls back on ourselves to ask the question, "Well, in this limited time that I've got what's important for me to do?"

At a Death Café people, often strangers, gather to eat cookies, drink tea and discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafes are free from ideology-no one should lead others towards any conclusion about life, death or life after death, apart from your own thoughts. Death Cafes are safe and nurturing, which includes offering refreshments. Death Cafes are accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. Death Cafes are non-profit and non-commercial. Death Cafes are confidential. No individual stories should be retold.

Death Cafe At the Vashon Library on Wednesday September 13th from 6 to 7:30PM.

### All Island Forum

All Island Forum's "Looking Out for Each Other in the Resistance" meets from 7-9pm at the Vashon Library. "What sustains us?" continues to focus our inquiry around this and other key questions such as: What sustains you in your part of the resistance? What fuels you? How much of this do you have right now? What would it take for you to get more of this?

Interestingly, many of us who attend these meetings realize one thing that helps sustain us is a chance to simply speak and listen to each other. There is something humanizing about connecting with our neighbors in community. We realize how different we may view things, and we find what we have in common such as life on Vashon Island. We may have different strategies for surviving these times, or have different passions that sustain our participation in democracy, or discover diverse means to somehow make sense of the larger picture.

The forum is an opportunity to locate oneself in the context of a community gathering, through listening, sharing and using various methods including conversations, standing-moving-maps, and group discussion. The monthly gathering is open to new and returning folks, residents and visitors, all welcome!

Thurs Sept 14, 2017, 7-9 pm, Vashon Library

### Vashon Island Chorale

Vashon Island Chorale begins rehearsals on Sept. 5 and continues on Tuesday evenings from 7 to 9:15pm at the Presbyterian Church. Singers not yet registered should arrive earlier. New singers (minimum age 16) are welcome. The "Carols & Cantatas" concerts take place on Dec. 2 & 3 at VCA.


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# Blood Agates, Smoke Wood and Kelp Horns

There were all sorts of kids growing up on Vashon in the 50's, most good, some bad. There was a kindred spirit in us, as joined, to the instant recognition of an off-islander. City people coming to Vashon seemed to have an attitude of the "city slicker" versus the "country bumpkin" that we found annoying. They thought they were better than us and we resented that. They didn't belong to the Boy Scouts, the Shoe Busters (our square dance club) or the Trail Riders (our riding club), they were from off island and not worthy of our pastimes such as walking the beach, looking for treasures that had come in with the tide.



Beach combing was held in high respect for the values we found there. Agates were a favorite find and I know a beach where many can be found yet. Blood agates are reddish in parts and translucent when held up to the sun, very prized and sought after. The milky looking agates were definitely of a lesser grade. You had to be trained to recognize a prize agate when holding it up to the sun. If you couldn't see the light thru the stone, then it was thrown away as being too poor to keep. Our parents were our teachers; especially Dad, who would lie on his side on the beach and rake his hand thru the gravel for hours showing us kids how to spot the agates, whether they were large or small. The older and more experienced kids did better than the young ones in recognizing a prize agate.

The values on the beach are in the eyes of the beholder unless it has to do with food. Our Grandfather would shuck a raw clam and eat it on the beach with the juice running down his chin. The Indians had a different way and poked their geoducks onto long sticks and smoked them over a fire.

If you google "smoke wood", it won't come up. Maybe it is a local phenomenon.

If you were to look in the drift for small sticks with little holes in the end, you might be on the way to finding smoke wood. You have to look high and low on the tide line where the beach stays dry most of the time. There is no name for a bush whose branches fall into the harbor and become drift wood. We

called it "smoke wood". The salt soaks into the wood and eats out the lignin and leaves little holes you can draw thru, like a straw. A short stick becomes a cigarette when lit and puffed on. Most everybody smoked in the 50's. We were only allowed to smoke on the beach and couldn't bring our smoke wood into the house because it stunk so much. They told us it would stunt our growth. We did it anyway.

Not all the girls smoked, but when they did, it was a dainty little stick, unlike the wooden stogies the boys smoked.

If we came on a lot of smoke wood sticks, I would carefully cut the ends of the sticks off square, so the wood would smoke evenly, then put 10 sticks together and tie them with a rubber band. Taking the smoke wood to school, I would sell it for 10 cents a pack and make good money.

Riding logs or blowing kelp horns were other distractions we found at the beach. Finding a fresh bunch of kelp was important to making a good kelp horn. We would cut off the top of the bulbous end of the kelp to make the horn and cut it again about three feet down the tube, round out the inside of the small end of the kelp as in a trumpet mouthpiece, and purse your lips and blow it like a bugle. The longer and bigger the kelp, the lower the note. It was very musical, and we loved all the noise we could make.

My brother Mike and our neighbor Kit and I were avid log riders especially when a freighter was coming thru Colvos Passage. The best log for riding wasn't completely round, thus making it less

# Re-Entry: Life After Incarceration

Re-Entry: Life After Incarceration, will take place, Sunday, September 24th, 4- 6 pm, at the Land Trust Building, Bank Road, Vashon. Doors open at 3:45. Admission by donation, \$10-\$20/person suggested. No one will be turned away for lack of funds.

Speakers Thrett Athrettis, Jessica Means, Shaun Worthy, and Karen Dhaliwal are members of Community Partnership for Transition Services (CPTS) Reinventing Reentry team, which seeks to empower formerly incarcerated men and women as they face the challenges of re-entry. By sharing their stories and the work they are doing, they will offer both personal and professional perspectives on what needs to be done (by each of us) to interrupt systemic racism as well as to support employment, housing, education and entrepreneurial opportunities for people having served time.

Bring your questions, curiosity, and commitment to make a difference. Bring your friends, colleagues, and family. Bring your passion for social and racial justice.

"History is not just stuff that happens by accident. We are the products of history that our ancestors chose, if we're white. If we are black, we are the products of the history that our ancestors most likely did not choose. Yet here we are all together, the products of that set of choices. And we have to understand



that in order to escape from it." — Kevin Gannon, 13th

This collaboration is part of an ongoing commitment to acknowledge and address systemic and individual racism on Vashon and beyond. It emerged from outrage over the murders of innumerable people-of-color nationwide, ongoing racist events locally, and confusion about the role white people must play in advocating for racial and social equity.

Unable to attend? Please consider making a tax-deductible donation to Sustainable Vashon, to cover event costs: <http://www.sustainablevashon.org/index.php/contribute> or via check: Sustainable Vashon, P.O. Box 2654, Vashon, WA 98070.

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## Island Life A Leak

By Peter Ray  
pgray@vashonloop.com

*Trout did another thing which some people might have considered eccentric: he called mirrors leaks. It amused him to pretend that mirrors were holes between two universes...*

Kurt Vonnegut on his alter ego,  
Kilgore Trout

A leak is a call to action, of sorts. Or it should be, as a recent event with Wendy's truck would attest. It started with a leak of coolant that didn't seem that bad- we added more coolant to the radiator when the level got slowly lower. Everything seemed fine for days and weeks, when on the return trip from an open water swim in Kent the truck suddenly jerked and the dashboard lit up like a warning light jamboree. I punched in the clutch and glided into someone's roadside parking strip a mile from the dock and pulled on the parking brake. The truck wouldn't start no matter how hard I stared at the carburetor or spark plug wires or engine block- of course it wouldn't. The timing belt was broken; the valves were sporting new and varied curved appearances; a certain sensor was reporting that it sensed something was wrong, so it was not then, or ever, allowing the starting process to carry through. It isn't clear if the initial leak was the culprit, but if repairs had been initiated for that problem, the timing belt would have been accessible and replaced for good measure in that scenario. We walked to the dock and hitched a ride home and returned the next day for a start to another story we won't go into here.

Sometimes a leak makes itself known through sound rather than appearance. One can find a puddle in a "wrong" place and sense a problem, or one can hear a repetitive drip signifying a loss of fluids somewhere that might cause an issue to arise. The sound of dripping water can be tortuous, and if you add the sense of touch, as in a constant drip of water to the forehead, you can wind up with a real form of torture, rather than just a distant, auditory one. This, of course, should not be confused with waterboarding, which shares tables and hand bindings and water with the ancient Chinese art of information extraction, but adds the bonus sensation of simulated drowning, which also allows it to be listed separately, at least according to a former resident of the White House, as a non-torture means of information gathering, unless (and here's the kicker) you're the one being waterboarded. I would say that I don't know how I got on that track, but that wouldn't quite be the truth. I won't go into the screams, or muffled gurgly grunts that are auditory indicators suggesting something amiss during the above mentioned procedures. In my case, the sound of the pressure pump in the well house kicking on when I know no water is being used generally has me walking all about from hose connection to frost free hydrant in an effort to stop the loss and waste of water. This can be tedious, but I wouldn't call it torture.

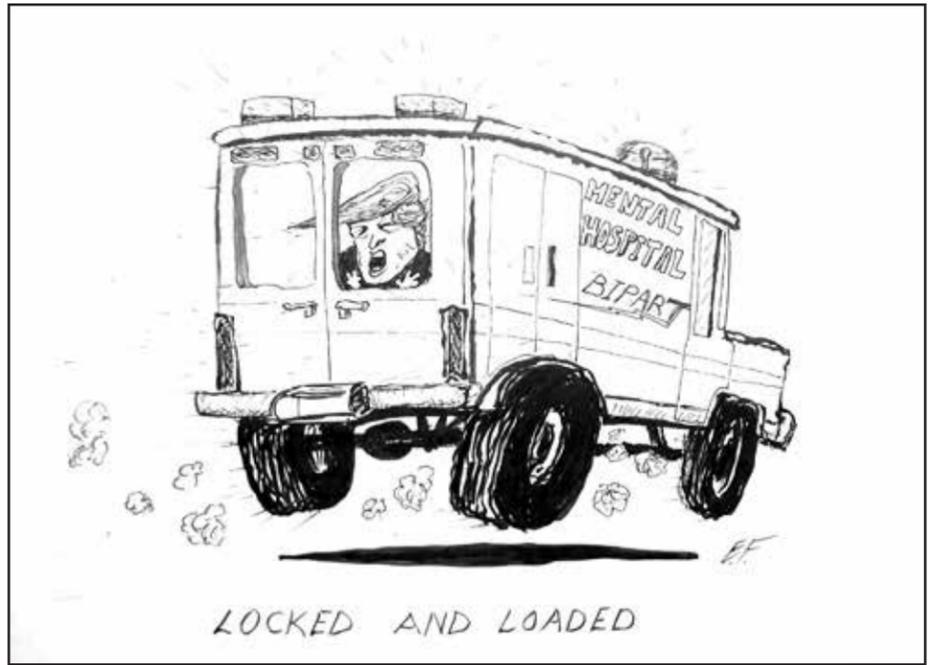
And then there is that little matter of the leak in the Gulf. I say little because it seems to be not leaking anymore- maybe a little. It can now fit more nicely into the category of "spill"- you know, liked spilled milk. The Weather Channel did

give it its own Disaster in the Gulf byline, but that could always be confused with something natural like a hurricane or earthquake, and they did say that tropical storm Bonnie was helping to clean the



oil up, or something like that. And there was that report on NPR the other day about how workers working to clean the oil from the marshes were actually killing the grasses they were mopping by mopping them. I guess it's best to just let Mother Nature wield the magical organic broom and dustpan, right? After all, in the News You Weren't Supposed to Hear Department (like most real news), the giant A Whale supertanker was found to be a giant bust in the cleanup area, so if that much size and technology can't do the job, why should we expect simple humans with sponges to have any effect? Just ask the workers in Prince William Sound about their stab at steam cleaning the rocky shoreline in order to expunge Exxon's Valdez legacy. They have clean rocks, but they boiled the sealife there, and the oil is now the caulking or grout that fills the cracks in between- still around after all these years. Perhaps the same high powered New York PR firm that was hired on to tout the wonders of A Whale's capabilities could be enlisted to spin the many petro-vacation opportunities along the Gulf of Texaco. I know- it was BP's well, but I'm sure they could work out some sort of deal. It is, after all, just about the money. I would suspect that linguist George Lakoff will not be tapped for help in rebranding the assets of what's left of the area. He works in, and speaks of, the framing of issues. He chose to frame this leak as the Death Gusher, which still could have legs if the Beach Poisoner's top kill blows the lid off their latest guess at a solution.

And then, of course, there is the Big Leak. What Wikileaks has Death-gushed up in terms of data flow is maybe as overwhelming as the Gulf mess, but it is perhaps more overkill than top kill. The fact is that we already know why we have no business being in Afghanistan or Iraq or anywhere, except of course for the business. Just today we see news reports of Afghanis throwing rocks in the streets and shouting "Death to America". If we look a little harder, we read that that was because four of their fellow citizens were killed in a car crash caused by a vehicle driven by employees of DynCorp, a multinational corporation whose main purpose there is to provide support services for the C-21 transport planes. They are private contractors making lots of money off a senseless war. These guys will more than likely be sent home with fat bonuses while soldiers like Robert Bennedson will become targets of opportunity and revenge because they are there with American flag bullseyes on their backs. We do not need 91,000 reasons why we are there and why we shouldn't be there. We only need one. (hint- add an m to the front and a y to the end of that last word and that will be my leak from another universe for today.)



## RJ's Kids Kenpo Karate Classes

Kenpo Karate self-defense fall season classes for adults and children will start September 11 and 12 at the Ober Park Performance Room. Classes follow the curriculum of the American Kenpo Karate System. Participants who attend this course regularly will develop street awareness and prevention skills in addition to learning practical self-defense techniques. Participants of all abilities, ages, and experience are encouraged to attend.

Beginner children's classes, with recommended ages from 7-12, will meet from 4:15 to 5:15 pm every Tuesday starting September 12 until December 12. Tuition fees for 12 classes will be \$70 and will take students from white belt to yellow belt.

Continuing children's classes will meet every Monday and Wednesday from 4:00 to 5:00 pm from September 11 to December 14. Tuition fees for 27 classes will be \$135.

Adult classes (ages 13+) will be from 5:15 to 6:15 pm every Monday from

September 11 to December 12. Fees will be \$70 for 14 classes. This class is for beginning white belts to expert black belts.

Registration and payment by cash or check for all classes begins 30 minutes before the first class meets. Participants may join at any time during the season if space is available. There will be no classes on Halloween and the week of Thanksgiving. Every Wednesday, from 5-6 pm, are free drop-in classes for all students with once-a-month sparring offered for all students above yellow belt.

The classes will be taught by Senior Instructor Alex Echevarria, American Kenpo Karate 4th Degree Black Belt. Mr. Echevarria has over 27 years of experience in the martial arts and is a retired public school teacher.

For more information, visit the Vashon Park District website and Vashon Kenpo on Facebook. Sponsored by RJ's Kids: an island-centered nonprofit for all people of Vashon.

## Tired of Poor Ferry Service?

*Continued from Page 1*

mornings, evenings, or weekends. And in analyzing the 3-6 hours period, no data was presented on how long the lines grew or how much time Vashonites spent waiting to get on a boat. At the September meeting ferry scheduling is on the agenda.

The Triangle group is made up of seemingly quite nice and sincere people but the fact that this committee will soon be advising on how the Vashon ferry schedule might be changed is upsetting. In August, Vashon was "represented" by a single person fairly new to Vashon without personal experience as to what the ferry system used to do or actually might be able to do. Fauntleroy has three members who certainly can speak to the effect ferry traffic has on West Seattle but should not be deciding what Vashon needs in terms of ferry runs. Southworth's three representatives likely understand the desires of commuters from Kitsap but, without clear guidelines, will be hard pressed to balance those desires against the needs of an island. Certainly, before any changes are made - or even discussed - in the service to Vashon, we deserve Vashon advisors chosen by us, who gather input from, and answer to, us.

Hence the petition. I've been told that no one is going to listen to our voices, that our legislators are in constant contact with professional ferry spokespersons and are quite comfortable with the "all

is well" assurances they are getting from them. I still believe, however, that if we speak up, we can prevent unwanted changes to our schedule and maybe even get WSF to test some methods that might restore service at least to past levels of efficiency. Presently, the Vashon Chamber is completing a ferry project that should be finished in no more than a few weeks. In the meantime, if you haven't already, why don't you sign the ferry petition? And why don't you ask your neighbors, co-workers, families, and friends to sign as well? Petitions are available at Vashon Print & Design, Kronos, The Burton Store, the Minglement-Roasterie, and Sarah St.Germain's salon. Or sign the online petition: <https://ipetitions.com/petition/fill-the-ferries-move-the-cars>. If you would like a few more signatures, email me (anemopsis@yahoo.com) and I'll send you a petition.

Do make sure you & those close to you sign the petition. We know better than to expect anything near perfection from WSF but Vashon cannot thrive without decent ferry service where customer service is the primary goal and the unique needs of islanders are given real weight. And we certainly will not thrive if our ferry service is cut, curtailed, or worsened.

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[www.vashonloop.com](http://www.vashonloop.com).

# The hilliest, funnest bike ride in the Puget Sound!



Situated on beautiful Vashon Island, PASSPORT TO PAIN (or P2P) is an extraordinary cycling challenge that offers 3 levels of vertical climb -- the 80-mile Idiot ride with a climb of 10,000 vertical feet, the 50-mile Weasel ride (6,500 vertical ft.), or the 30-mile Weenie ride (3,400 vertical ft.). The 7th Annual P2P will be held on Saturday, September 9, 2017.

What makes P2P different from other rides? Despite 10,000 vertical feet to climb, P2P organizers pride themselves on making the experience feel like the biggest party on wheels. A dedicated team of event staffers regale riders at each of the 18 checkpoints. Wearing outlandish costumes (this year's theme is Wizard of Oz!) and providing comedic relief, they stand at the ready to collect clothing, stamp passports and provide refreshments. Whether riders complete the Idiot, the Weasel, or the Weenie, they can all count on a fun-filled party waiting for them at the finish line and an over-the-top pile of BBQ to devour before they call it a day.

"THIS WAS THE MOST AMAZINGLY ORGANIZED EVENT WHOSE CHALLENGE I'VE EVER ACCEPTED!!!! I will certainly be back next year for more and attempt to recruit more idiots. Awesome ride, awesome people, awesome food and awesome support! You all totally rocked it today!!! I'll be back.""

-2015 P2P rider

P2P was started by the Vashon Island Rowing Club (VIRC) to help raise funds for the club and have fun at the same time. VIRC is a non-profit organization that supports more than 100 island youth and adults each year by offering a competitive rowing program. VIRC juniors (ages 13-18) learn lifetime lessons in teamwork, self-discipline and fitness, and many have earned competitive college rowing scholarships. The VIRC program is year-round and the funds raised by P2P give VIRC the ability to offer financial aid to young rowers, purchase new equipment, and make improvements to our facility and

our boats. At least one third of P2P sponsorship revenue is dedicated to Financial Aid scholarships for junior rowers.

In addition to its 10,000 vertical feet, P2P also gains a uniquely fun and outlandish flavor from its location - beautiful Vashon Island, just 20-minutes west of Seattle by ferry boat. Long populated by artists, small organic farmers, and those who seek a rural lifestyle close to the Seattle metropolis, Vashon adopted its slogan "Keep Vashon Weird" many years ago. P2P prides itself on creating a fun and wacky ride - checkpoint volunteers dress in costumes or decorate their checkpoint booths in themes. P2P is a ride for fun, not a race. Organizers do not keep times so there are only winners, no losers (a very Vashon tradition).

This year, P2Ps "Idiots," "Weasels" and "Weenies" will gather at Jensen Point on Saturday, September 9, 2017 at approximately 7:30am for the chance to prove their endurance - or outright insanity - on this brutal Island-wide ride.

Online registration for PASSPORT TOPAIN is open at [www.passport2pain.org](http://www.passport2pain.org). The registration fee is \$100. All proceeds from P2P benefit the non-profit Vashon Island Rowing Club.

Event Details:

This is the 7th Annual P2P Island Ride (the event is not a race)

P2P will be held on Saturday, September 9, 2017

P2P begins at Jensen Point on the Burton Loop at approx. 7:30 AM with staggered start times

Riders are given a passport to be stamped at each checkpoint

The longest ride option includes a climb of 10,000 vertical feet on the 80-mile course

There are three course options for all riding levels:

The Idiot - 10,000 vertical feet - 80 miles

The Weasel - 6,500 vertical feet - 50 miles

The Weenie - 3,400 vertical feet - 30 miles

# Indivisible: Love Knows No Borders



Backbone Meaningful Movies, a project of the Backbone Campaign, brings "Indivisible: Love Knows No Borders" to the Vashon Theatre Tuesday, September 12th at 6 pm. Following the screening will be a discussion with immigrant Wendy Pantoja of the NW Detention Center Resistance Group in Tacoma. Susie Murphy, Chair of the Indivisible Immigrant Refugee Working Group, will facilitate the post film talk.

"Indivisible" reveals how US immigration policies impact families. We watch the struggle of three young undocumented immigrants who campaign in the halls of Congress and testify for immigration reform. They are part of a movement that is adamant that immigration reform needs to allow for special waivers that permit undocumented people to leave the US to visit their families - and legally return. We know conservatives give lip service to family values; why don't they value families staying together?

Two of the main characters, Renata and Evelyn, grew up in Boston, while Antonio grew up in Queens, N.Y. All of them were, however, born in different parts of the world - Antonio from Mexico, Evelyn from Colombia, and Renata from Brazil. Each had different reasons for coming to the U.S., but they all still hold the same love for the country that has raised them, kept them safe, and provided opportunities that often were not universal in their countries of origin.

In one particularly moving scene at the US-Mexico border, the three youth meet their mothers at the steel fence separating our two countries and hug, or try to hug around massive steel beams separating them. I cannot imagine the isolation I would feel being dependent on the government's permission to

see my family. For many immigrants, that isolation is compounded by fear, economic injustice, systems of white supremacy, and many other challenges.

The dark reality of immigration is just across the water from us, at the NW Detention Center in Tacoma. Operated by GEO, the facility's prisoners report abusive guards, an absence of medical care on Sundays, working and getting paid just \$1/day, outlandishly high costs for shampoo, soap, and coffee, very poor quality food, and more injustices. Their crime? While paying their share of taxes, working at jobs many citizens don't want, caring for their families, dreaming of a better life, they are living in the US without documentation.

When US Representative Pramila Jayapal visited Vashon last Spring, she was asked by an Islander what we can do to stop the flow of immigrants through our borders. Pramila carefully and passionately replied that we have always been a country that values diversity. Unless you don't eat fruits and vegetables or sleep in a hotel room or drive on roads and highways that were worked on by immigrants, immigrants are a vital force in this nation and our economy, and we need to stop "otherizing" and vilifying immigrants. We are more alike than different.

Admission to the film is by donation and members of Backbone Campaign's Lumbar Club are welcome to bypass the donation jar, in thanks for their reliable support of our work to protect what is sacred.

The event is made possible thanks to generous support from Island Green Tech and Vashon Theatre, as well as the Indivisible Immigrant/Refugee Working Group. Information on how to get involved will be at the event.



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## Compost the Loop

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

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

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

Your next step is what we might call the real work. Recent events have set free a kind of inspiration that you rarely experience, and a push in the direction you want to go. Now, it's time to attend to the practical realities of turning ideas and feelings into something tangible that will provide a place to live and work, food to eat, and a purpose to serve. Over the next week or two, you may experience a series of events that help you tune and refine your plan, though the real learning and the real refinement are all in the actual expression of what you want to do. You know enough theory; you have all the concepts you need. Be sure to persist in the face of any negative or contrary opinions. Understand that what you do is part of who you are, and must be welcome in any relationship.

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

You may be walking a kind of tightrope between what you simply must express, and what you're afraid people will think. Creative expression is never without risks. Anything that does not in some way shake up awareness, cause a little stir or raise a few questions is entirely too dull to be considered relevant. This would apply to any aspect of your life where your inner world in some way intersects with the community around you. You don't need to aspire to be controversial; rather, take any discussion, including seemingly negative reviews, as a positive sign. The thing to remember is that there is no compromising who you are. You may be able to have your concepts of appropriateness for different situations. That's different from anyone expecting you to change for their benefit. You can, however, change to suit your own needs and desires; that's your choice.

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

You may be wondering what exactly you need to say, and the answer may be nothing. From the look of your solar chart, you're still figuring out how you feel about a situation involving your family, your household or some very old matter that you're aching to resolve. If you pay close attention to what comes out over the next 10 days, you'll be able to move beyond this. Yet right now, you may be too overwhelmed with your feelings or with your own opinion to see the truly salient facts for what they are. The facts are all you need, unclouded by opinion or interpretation. This may not be as easy as it would seem, particularly if you're angry or hurt. Yet getting over those things are included in the healing process; to dwell on them is a trap. As for the facts, try asking five different people what they think happened, and take notes.

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

Lately I've been suggesting that the astrology associated with Cancer as your Sun or rising sign is about writing. This not only remains true; the effect is even stronger now, as Mercury retrograde builds to a peak. There would seem to be a specific subject, message or theme that you have to develop, whether this is personal writing, a practical project or art for its own sake. A series of unusual events this week and next will compel you to tap into your deepest talent and personal resources to say what you need to say. You will also be persuasive at convincing people that you need more money, whether this is a fundraising project, crowd sourcing, grant writing or a discussion with your boss. You must start by feeling your own value, and then assessing carefully whether the people around you actually notice that quality you have. That's the most important operative

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

It's already been a week since the total solar eclipse. Yet the degree where the eclipse happened, the next-to-last degree of Leo, will be the scene of some significant events during the next week or so. Most notably, Mercury retrogrades into Leo and forms a conjunction to Mars. This happens just as the Full Moon peaks and then Mercury stations direct. The setup is perfect for asking yourself about your motives, and considering whether you think they're legit. If you're not asking yourself about what's driving you, it's likely to do so in an unconscious way; for example, as self-sabotage, or as anger that just goes off randomly and without a specific focus. You are too powerful for such nonsense. The way to honor your power is to know yourself, and seek to understand yourself more deeply every day. Act on what you learn, and sincerely make amends where necessary.

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

You're about to experience the most interesting effects of Mercury retrograde and the solar eclipse. Many things come together over the next week, meaning that you'll see patterns you may have entirely missed until now. So, in honor of that you might focus on noticing the way the different elements of your life story form constellations. Who, for example, is appearing from the past, and what are you learning when they show up? Are you carrying around old grievances, or are you letting them go? Don't take your anger too seriously. There is, however, one thing that may actually be troubling you, even though you haven't given it a name yet. If you tap into your deeper anger, you will know it, and that's the time to make a point of resolving the matter. Pay specific attention to any way that parents or parent-figures show up, particularly as those with intractable opinions. Among other things, you simply must be more flexible than that.

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

The hotspot in your chart is that fine line between public and private. It's a confusing and even chaotic place these days. We're constantly being assured how secure our confidential data is; at the same time identifying data is hacked all the time, and we chronicle our lives in public forums. This is a metaphor for your mind at the moment. You tend to keep things private, but this just doesn't seem to work, or work in your favor. Needing to maintain secrecy is stressful, to the point where it's really worth asking why you even want certain kinds of privacy. At the same time, you'll benefit from asking why you want people to know certain facts about you. If you work this territory consciously, you will gain the benefit of establishing much more practical boundaries, which are associated with the purpose that they serve. This will work, if you remember that all boundaries are temporary.

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

No one thing determines your reputation. Anything that seems to do so, and also seems to be based on one event, perception or belief, reaches beyond the situation in many directions. In any event, you're the one who must keep an open mind, and take a balanced view of yourself. Others cannot do this for you. The only viewpoint that can influence you in a deep way is your own. This is the time to step back from being your own worst critic, whatever aspect of your life you happen to be judging. There's a little joke in here: once you're able to view yourself with some

## Final "Friend and Family" CPR Class Scheduled for 2017

Vashon Island Fire and Rescue will be hosting a Friends and Family CPR class on Wednesday, October 4 at 7:00pm. This one hour course held at the Penny Farcy Center (10019 SW Bank Rd) will be taught by VIFR Volunteer EMT Don Cheyette and cover Adult Hands only CPR. Family & Friends is for community members who want to learn CPR but does not need a course completion card in CPR for their job or another requirement. This class is ideal for students, new parents, grandparents, babysitters and others interested in learning how they can help save a life. Preregistration is required; the payment of \$10 per person can be made at 10020 SW Bank RD.

For Healthcare Provider or CPR cards, please call the office at 206.463.2405 and ask for the list of local providers, or view it on our website VIFR.org. Registration Details: Mail payment with registration form to PO Box 1150 (be sure to call first to be on the list) or visit our Business Office at 10020 SW Bank Road, Mon-Fri from 8 a.m. to 5 p.m. Register early, class sizes are limited to 18 students. Classes may be canceled due to weather conditions and instructor



availability. Fees are non-refundable unless the class has been canceled by VIFR. Class rescheduling is available with 24-hour notice; rescheduling is valid for 3 months from payment date.

equanimity, you'll see how funny it was that you could have ever judged yourself. Until then, you might be struggling. You will find peace of mind, not through asking to be forgiven, but rather through asking to learn forgiveness – and practicing a little more every day.

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

It will soon be time to take your professional or career plans up a few notches – but not quite yet. Rather than taking action, make a list of your goals, and organize them in order of your priorities. Then, consider the steps you would take to meet each one of them. Most significantly, spot the ways in which taking one action will advance your efforts toward two or more objectives at once. Rather than have a fixed strategy, follow along with the play-by-play of your own life for the last week or so of Mercury retrograde, and notice all the amazing things you learn. The real kicker will be figuring out how you would do something vitally important, if you entirely disregarded the negative expectations that seem to be coming from one of your parents. This may be an influence from the distant past, or as recently as yesterday; it's still influencing you, though you're in an excellent position to see this for what it is, and set yourself free.

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

What seems to be an ethical matter actually boils down to a distressing lack of vision. The question is not whether what you're thinking, or wanting, is "right" or "wrong." The issue, if there is one, is really about whether your life is interesting enough. You seem to be looking down the wrong end of your binoculars, when what you really need is a wide-angle lens. You need perspective and some distance on the situation, and more than anything, to approach your own life with a sense of humor. Remember that true intelligence is flexible and has a light touch. It's less about final judgments and more about noticing how events are flowing now, and in what direction you're headed. Be open to information that might lead you to change your mind, shift your perspective or cause

you to refocus your priorities. This is a conscious act, fueled by curiosity.

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

For the next 10 days, you'll need to be both conscious and cautious around financial matters, contracts, shared resources and tax issues. The planets are describing a situation where you need more information than you currently have. You also must be cautious of certain facts that are incorrect, and of disinformation that's in some way designed to confuse or deceive you. You can drill in all you want, though there are certain bits of data that will only come out in their own good time. That, it would seem, is related to the final days of Mercury retrograde coupled with the Full Moon. Meanwhile, it would be wise to reserve judgment on any people and situations that are still clouded with mystery, which seem stuck or where you sense you're not being treated fairly. By all means prepare yourself with whatever information is available, though there's plenty more to come.

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

If you're not quite able to make sense of your relationships, you might console yourself with remembering how few people can. Take a step back and take in a much wider picture than you may be doing now. You also don't need any pressure directing you toward an outcome; there are times for that, though now happens not to be one of them. Among your human interactions, the most meaningful and available are, at the moment, connected to the work that you do. You're likely to be in one of the more productive, fulfilling and interesting phases of your professional life. You'll enhance that by experimenting with where new ideas can enter your creative life. There's rich potential in anything that seems to go wrong or get bungled, or where confusion is a factor. When you get to the point of a question, or where you're facing the unknown, hold that pose for a while, and pay careful attention to what you notice.

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

# Spiritual Smart Aleck



By Mary Tuel

## We Must Not Remain Silent

It is a pleasant sunny day in San Francisco in 1964 or '65. My mother and I are walking westward on Market Street. Walking in front of us is a young family – mom, dad, boy of about eleven or twelve, slightly younger girl.

My mother pronounces the family communists.

I ask how she knows.

The boy, she says, is wearing a striped t-shirt. That means the parents are Democrats. Democrats are Socialists, and Socialists are Communists.

Another pleasant day, same era, my mother is driving the car down Freedom Boulevard in Watsonville, and I am riding shotgun. She is angry about the civil rights movement. She believes that black people have been put up to it by clever evil people who are trying to achieve domination of the world.

And who are the evil people?

The Jews.

I can't believe what I've heard so I ask her to repeat that. "Are you saying that the Jews are behind everything?"

"Yes," she says.

So that was my mom. She was racist, and she bought into all the extreme right-wing beliefs and conspiracy theories of that day, which seem to be circulating still.

My mother was an intelligent person. I don't know what happened to her. Maybe it was being abandoned in that Texas orphanage when she was six. I don't know.

Seeing the KKK and Nazis marching in Charlottesville, hearing them speak, reminded me of that part of life with my mother. I had not blocked the memory but had blocked the feeling of how profoundly insane it felt living with my mother in those days.

After one of the Nazis drove his car into a crowd of marching protesters, killing Heather Heyer and injuring others, one of the white supremacist leaders called the protesters, "Stupid people who don't pay attention." In his version of what happened, the protesters wouldn't let the driver come through, so he was forced to run them down. It was their own fault and they deserved it.

I noticed in interviews with that Nazi and others that they called anyone who opposed them commies, or Communists, and they spoke of their hatred of Jews.

Not much has changed in the attitudes of racists, except the technology

and the weaponry and the fact that there is a president in the White House whom the KKK and Nazis believe is their good ol' boy. He has not done much to disabuse them of that notion.

There are survivors of the Holocaust during World War II still living, and they are speaking out. They say they cannot believe they are seeing people marching with torches and Nazi flags again. They are telling us, this is how it happens, it is happening again, it is happening now, and we must not remain silent.

We must not remain silent.

There are those who say we should laugh at the Nazis and KKK, and throw glitter on them. Perhaps because I grew up being hit regularly, I would not do that. You need to know what you are doing when you are dealing with people whose thinking is delusional and whose behavior is violent.

Other people advise that we have counter-rallies, somewhere away from wherever Nazis and KKK gather. They want attention, and reaction. If they are unable to get a response, they will be thwarted in their aims. I like this idea. If I had a better idea, I'd tell you now.

I see this as the latest development in America's eternal struggle over race. Before we were a country, there was slavery. When this country was founded, it was done with a compromise: the non-slave states had to accept the slave states to form the United States.

The acceptance of slavery, of the dehumanization of human beings based on the color of their skin, at the beginning of our existence as a nation has been our downfall, our cancer, our paralyzing, strangulating, murderous birth defect.

We are all living in the profound insanity of being told lies all the time. We are all exposed to the corrosive influence of people telling us not to trust our own perceptions of what is real and true.

This isn't new, but it is right out in the open now. We, as a people, have a little more power than I had as the youngest child in my family. We can disagree. We can call our Senators and Representatives to make our wishes and feelings known, for all the good that does us. We can call bullshit.

We cannot remain silent.

We must not remain silent.

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

## Vashon Library September Events

### Children & Families

#### Infant Story Times

Tuesday, September 5, 12, 19 and 26, 10:30am. Age newborn to 24 months with adult. Siblings welcome. Stories, songs and fun! Play time following.

#### Family Story Times

Tuesday, September 5, 12, 19 and 26, 11:30am. Age 24 months to 6 years with adult. Siblings welcome. Stories, songs and fun!

#### Brick Builders

Monday, September 11, 18 and 25, 4pm Ages 5 to 12 with adult. We're having a block party. Come join us! Build a stunning creation all your own, or collaborate with a friend and make something spectacular. All materials provided.

#### Yoga for Kids

Tuesday, September 19, 4pm Ages 5 to 10. Instruction provided by Vashon Yoga Center. Come play with yoga poses, learn about breath, and how to be still – if only for a moment. All materials provided. Please register.

#### KCLS 75th Birthday Party

Saturday, September 30, 2pm Happy Birthday KCLS! Come join us and special guest Pikachu to celebrate. Enjoy classic party games, crafts, party favors and a birthday treat.

### Teens

#### Game On!

Friday, September 15 and 29, 3:15pm Grades 6-12. Take a break from school work and play video games at the library! Hone your gaming skills with Wii U, PS3, Xbox1, and the NES. Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

#### Tabletop Gaming: Teen Edition

Wednesday, September 20, 3:30-5:30pm Grades 6-12. Unplug and enjoy gaming with other teens. Feel free to bring your own games to share as well.

#### Kerbal Space Program

Sunday, September 24, 2pm Grades 6-12. Build a virtual rocket, launch it, and get it into orbit as you learn how to play the award-winning game Kerbal Space Program. Please register, beginning September 10. Spots are limited. Please call 206.463.2069.

### Adults

#### Vashon Friends of the Library Meeting

Saturday, September 16, 10am Support your library and enjoy the

company of fellow library fans! Vashon Friends of the Library supports services and programs at the Vashon Library through memberships, used book sales and other fundraisers. All are welcome.

#### Project Cafe

Wednesday, September 20, 1pm Adults this is your space! Play a tabletop game, work on a project, or just meet with friends. Have a craft group or table gaming group? Feel free to meet up and hang out. Beverages, snacks, games, and relaxing music will be provided.

#### Yoga in the Library

Saturday, September 23, 10:15am Instruction provided by Island Yoga Center. Ages 11 and older. Yoga is a wonderful practice of self-care for a healthy body, focused mind and sense of well-being. This class is for teens and adults alike—gentle stretches, strength building and basic meditation techniques for distressing and centering from the inside!

#### Antiques: A Collection or an Accumulation?

Saturday, September 23, 1pm Learn from Bette Belle of Guildmark Appraisal & Estate Management what's hot and what's not in the antique marketplace. If you have a collectible or antique that you think is valuable, bring it with you. Limit one item.

#### The Home Front in 1942: Washington State in Wartime

Monday, September 25, 6:30pm Although Washington State numbered only 1.7 million at the war's outset, it supplied crucial resources in millions of tons of food and raw materials, thousands of airplanes and tanks and hundreds of ships. No state was more profoundly affected economically by the introduction and expansion of war industries. Through seldom seen film clips, radio broadcast excerpts and rarely viewed photographs, those early days of the war are vividly captured in detail. Audio historian and broadcaster John Jensen also shares rarely known stories and anecdotes about a nation at the start of an all-encompassing conflagration and the exploits of a state that contributed more per capita to the war effort than any other.

**Local News**  
[www.vashonNews.com](http://www.vashonNews.com)

Local & Regional Headlines  
Weather forecasts  
All the Vashon Headlines  
in one place from anywhere  
on any mobile device!

## Molly Bear Needs A Home...

School starts soon, but I've already learned everything I need to know. I'm very well-behaved, and I like to play. I love people, including little ones, and I've gotten along with dogs before.

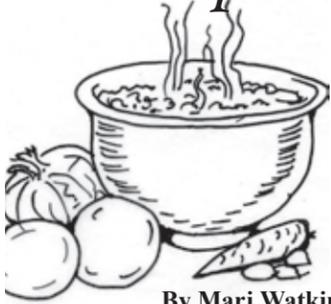
My military family moved and I couldn't go along, which made all of us very sad. I'm young and I've bounced back, though. Can I enlist to be with you forever?



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# Island Epicure



By Marj Watkins

## Almost Instant Shrimp Curry

We do a lot with quickly cooked and marinated dishes like the ceviche recipe I gave you most recently in which briefly cooked fish marinated in lemon juice featured. This time we've enjoyed and pass on to you a dish deliciously presenting Thai rice noodles, shrimp and coconut cream. It's a rich, brightly colored dish with an Indian accent contributed by turmeric. This is the ingredient credited with giving people in India good health and brilliant brains.

Shrimp, like all seafoods, gives you iodine, a brain boost, and cooks quickly. You can even buy it frozen with tails and shells off and already cooked. Keep it in your freezer, ready to save you heating up the kitchen too much on these hot late August and early September days. The Thai rice noodles, soaked in warm water for 15 minutes, cook in two minutes. You can buy little jars of crushed garlic, saving more time. (I think fresh garlic is worth a few minutes spent mashing, peeling and slicing, though.)

No worries about coconut cream being saturated fat. You need some, because saturated fat forms the skin of every brain cell you have. Besides, coconut fat is vegetable fat,

Shrimp Curry  
In Coconut Sauce  
3 servings

- 2 cups frozen cooked & ready to eat shrimp
- 2 ounces Thai rice noodles
- 1/2 cup finely chopped onions
- 2 teaspoons minced garlic or 1 teaspoon crushed garlic
- 2 Tablespoons coconut oil
- Spices:
- 1/4 to 1/2 teaspoon turmeric

## Road to Resilience

Continued from Page 1

the precedent for the four-year campaign. (I can't decide whether we're better off with him campaigning or trying to run the government.) Time is money, and I'm sure the wealthy interests couldn't be happier.

In most European democracies, paid campaign ads are forbidden! When you realize that expensive ads account for most of the campaign spending and that the media outlets that collect that money are owned by the same wealthy interests, you can see that investing in a candidate both buys an elected official and creates profit. Theoretically, the government grants public wave spectra to the media in exchange for public interest broadcasts. In Britain, broadcasters and print media are required to give equal free time or space to competing

- 1/2 teaspoon hot paprika or ordinary paprika plus a dash or two of cayenne
- 1 teaspoon cumin
- 1 cup coconut cream or coconut milk
- 2 teaspoons minced cilantro, optional

Put the shrimp in a 2 cup measuring pitcher. Pour hot water over it to thaw the shrimp.

Put the noodles in a bowl or pan of hot water and soak 15 minutes while you chop onions, mince garlic, and measure and combine spices. Heat the coconut oil in a large, deep skillet or quali. Stir-cook the onion 5 minutes. Add the spices and garlic. Stir. Cook 2 minutes more. Add the water the shrimp have been thawing in. Heat. Add the coconut cream or coconut milk. Heat.

Drain the soaked noodles and add to the skillet. Toss to incorporate the onion and spices. Cook 2 minutes or until noodles are tender enough to cut with a fork. Add the shrimp. Toss and serve.

Serve with cooked peas on the side. Also offer yogurt to contrast with the spices. Complete the menu with a green salad. A platter of seasonal fruits makes a good dessert.

candidates. They may choose to give more attention, but it is not to be paid for. I guess we can't stop a privately owned paper or broadcaster from tooting their candidate's horn, but we can at least eliminate that as a cost to the candidate.

The Tillman Act of 1907 banned monetary contributions by corporations. Although the law was routinely circumvented, it was not officially repealed until the recent Citizens United ruling by the Supreme Court. Chile and Brazil have recently banned corporate contributions. The result has been a net drop in campaign spending, but not the elimination of all corporate influence. Until actual contribution limits are enforced, wealthy people can still exert more influence over political outcomes and elected officials.

It is going to be very difficult to limit corporate influence in elections because campaigns are big money makers. The longer they run, the more expensive ads that are bought, the more influence big money has, the less influence we have. It also seems that longer campaigns do nothing to better inform us about candidates or the issues. Just the opposite, they become personality contests and the issues become mirky.

So I delete those emails. We need shorter campaigns, free media coverage, a ban on corporate contributions, and overall contribution limits. We could also use a public that doesn't fawn on gossip and a media that doesn't offer it. Keeping the focus on the money can only lead to more of the circus we have now.

Comments?  
terry@vashonloop.com

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Vashon Loop  
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Find the Loop on-line at  
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## Women in Jazz

This season, we highlight and celebrate women's contributions to jazz as instrumentalists, singers, and composers. Series tickets \$89. Tickets to Individual Shows On Sale August 14, if available.

An Evening with Diane Schuur

Diane Schuur in Red September 9

Long regarded as one of contemporary jazz's leading vocalists, and Washington's "First Lady of Jazz," two-time Grammy winner Diane Schuur is as eclectic as she is brilliant. Born in Tacoma, Schuur was blind from birth but was gifted with perfect pitch and initially taught herself piano by ear. Nicknamed "Deedles" as a child, she grew up surrounded by the world of jazz embraced by both of her parents. With a distinguished recording career that spans three decades, Schuur's music



has explored almost every corner of the 20th-century musical landscape, including collaborations with the Count Basie Orchestra, Barry Manilow, B.B. King, and Ray Charles. This is a homecoming of sorts for Schuur, who recorded her first album on Vashon back in 1982.

An Evening with Diane Schuur: All tickets \$55.

Gail Pettis, and Seattle Women's Jazz Orchestra shows:  
VCA Member: \$18  
Senior: \$20  
General: \$22

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Vashon Library Events  
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Advertise in the Loop!  
It's a great time to get back in the Loop.  
ads@vashonloop.com  
Next Loop comes out September 14

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# The Van Redeker Band

If you were on the dance floor the night of The Van Redeker Band's electrifying Red Bike show in June, you know you'll want to be there again as the group returns for another evening of Rock 'n Roll love.

Known for their energetic performance style, lush vocal harmonies and non-stop boogie - the group will present a set honed over two years of playing at the Bike, including classics by The Beatles, The Rolling Stones, Bonnie Raitt, Eric Clapton and our very own Daryl Redeker.



Van Redeker Band shows have become community events, with the dancing spilling out onto the street. Daryl, Sara, Sam and Dodd invite you to join them for another night of fun at our beloved Red Bike.

Come party with The Van Redeker Band - grooving harder than ever before.

Friday, September 15th, 8:30pm

The Van Redeker Band  
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

# The American Night

The Doors were the quintessential American rock band of the late 60s. Their unique sound which blended elements of rock, blues, jazz, psychedelia, poetry, shamanism, rebellion, and live theatre has captured the imagination of every generation. Their iconic front man, Jim Morrison, a leather clad demon poet along with the talents of Ray Manzarek, John Densmore, and Robby Krieger gave audiences a glimpse of 'The Other Side'.



The American Night, a touring Doors tribute act from Seattle, will treat Vashon with a live recreation of a Doors concert at The Red Bicycle this Friday night. The American Night is a highly acclaimed tribute act that tours throughout the Pacific Northwest. Authentic instruments, costumes, and psychedelic lighting are used to

recreate the experience of a live Doors concert.

Friday, September 1st, 8:30pm. The American Night at The Red Bicycle Bistro & Sushi

This show has a free cover and is open to all-ages until 11pm, 21 and over after that.

# Sharing The Stage Event

Rob Bordner and Fred Strong, parents of VHS alumni, formed Sharing the Stage with teacher Harris Levinson in 2009, and they produced their first show at the Red Bicycle in April 2010. The three partners wanted to provide a way for students to express themselves musically, creatively and freely. They also wanted to foster meaningful mentorships; student acts have received help from love local musicians Ian Moore, Van Crozier, Jacob Bain, and Dominic Wolczko.

Headlining acts loved the idea of student opening acts, too. Sharing the Stage has previously hosted rock, hip hop, and jazz shows, with Visqueen, Macklemore, & Ryan Lewis, Thomas Marriott, Blue Scholars, The Wellingtons, Kublakai, Brothers From Another, and The Physics. In fact, Macklemore actually came out from back stage to enjoy the student opening acts when he performed on the island in 2011.

Our SHARINGTHESTAGE series is for both youth and adults, and pairs professional musicians with student and youth openers from Vashon Island. Our list of shows:

- 2010, Visqueen, rock
- 2011, Macklemore & Ryan Lewis, hip hop
- 2011, Thomas Marriott, jazz
- 2012, The Blue Scholars,



- hip hop
  - 2012, Zac Anthony & Kate Goldby, The Wellingtons, rock
  - 2013, Tangerine, pop
  - 2014, Brothers From Another, hip hop
  - 2015, Hank & Cupcakes
  - 2015, The Young Evils
  - 2016, Chastity Belt
  - 2016, BFA
  - 2017, Tangerine
  - 2017, Tacocat

Vashon Productions, LLC, is NOT making a profit on these shows. Our budgets count on sponsorship tickets due to substantial costs for venue rental, insurance, and supplemental sound equipment. Your sponsorship support (at

any level) is always greatly appreciated, and sponsors will be acknowledged on a poster at our shows.

Our shows welcome all ages. Strict enforcement of our NO DRUGS, NO ALCOHOL policy ensures a safe environment for everyone. Security is provided by off-duty King County Sherri's Department officers and off-duty Vashon Firefighters. Refreshments will be available for sale.

Friday, September 22nd  
Sharing The Stage Event  
With VHS student openers



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Deadline for the next edition of *The Loop* is **Saturday, Sept 9**

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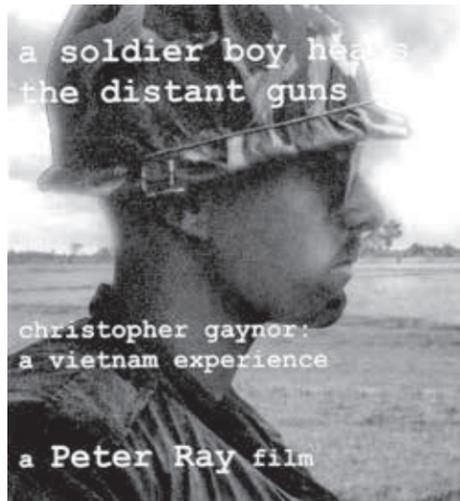
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# A Soldier Boy Hears the Distant Guns- Christopher Gaynor: a Vietnam Experience

From 1967 to 1968, Chris Gaynor was a soldier "in country" in the Vietnam war. While there, he took pictures and wrote letters home. Through some of these photos and through letters he both wrote and received from home, he tells of his experiences during the war, and ties those experiences to the group known as the Vashon 12, the twelve Vashon sons who were lost to the Vietnam war.

For three years, filmmaker Peter Ray followed and recorded both Chris's readings of these letters, as well as the activities he participated in with the Island VFW and his duties relating to remembrances of those who served in the US military.

This 71 minute documentary tells the story of Chris Gaynor's direct experience of the war, while it also shines a light on Vashon's personal connection and contribution to that war. Both Peter Ray and Chris Gaynor will be in attendance



at this world premiere screening of this film.

19 Sept. 2017, 6pm  
Greentech night- Vashon Theatre  
Admission is free or by donation.

# Vashon Opera Season 9: 3 Events!

For Vashon Opera's Ninth Season, the company will be presenting 3 events: Lucia di Lammermoor, Tenor Limmie Pulliam in Concert, and The Magic Flute.

The September opera will be Donizetti's beautiful bel canto drama Lucia di Lammermoor. Lucia is forced by her brother, Edgardo, to marry a man she does not love in order to save her family's fortune. She is tricked into believing her true love, Enrico, loves her no more. These twists bring forth Lucia's descent into madness. Donizetti's composition of the "mad scene" with a soprano and flute in a stunning duet is one of the most glorious moments in opera. This opera is sponsored by Karen Baer and Rick Wallace.

In March, tenor Limmie Pulliam, last seen as Pagliaccio in Vashon Opera's 2016 production of I Pagliacci, returns to perform a recital with pianist Spencer Myer for an afternoon of opera arias & duets including guest appearances by other Vashon Opera favorites. For this one-time presentation, Limmie's extraordinary voice is not to be missed.

May of 2018 will bring Mozart's enchanting opera The Magic Flute. A handsome prince, Tamino, is tasked with saving a princess while a comical birdman, Papageno, seeks his own spouse. The Queen of the Night asks her daughter, the princess Pamina, to kill her father but in the end love conquers all. Darkness is vanquished and through the trials of virtue and charity the loving couple is united. In a double happy ending Papageno finds his Papagena! This delightful comedy will be sung in



English.

Season tickets are available at [vashonopera.org](http://vashonopera.org).

All performances are at the Vashon Center for the Arts.

Lucia di Lammermoor, Donizetti  
Friday, September 15, 2017 at 7:30pm  
Sunday, September 17, 2017 at 2:30pm

Tenor Limmie Pulliam in Concert  
Sunday, March 4, 2018 at 2:30pm

The Magic Flute, Mozart  
Friday, May 18, 2018 at 7:30pm  
Sunday, May 20, 2018 at 2:30pm

\$25 - \$45 Season Ticket Price  
\$28 - \$48 Individual Ticket Price  
Tickets: [vashonopera.org](http://vashonopera.org)

## Live Music at Farmers Market

The Vashon Island Growers Association offers locally grown produce at the Saturday Market, in the heart of Vashon's town. At the Saturday Market, you'll find about 30 to 50 vendors of food and arts and crafts, along with live music. At the market, you can buy Island grown organic produce, meats, even wines, bread and cheese...and special gifts for your loved ones.

Market hours are 10am until 2pm.

Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market.

On Saturday, September 2nd, we bring you Cherrywood Station.

Cherrywood Station is Gus and Camille Reeves. The duo met in Portland, OR, and, after singing gospel tunes together a cappella the first night they met, they never stopped collaborating. Both Gus and Camille are prolific songwriters who carry the torch of American music by performing classic and original numbers with the acoustic sounds of soul, country, blues, and folk. Their first E.P., Soup Can Telephone, will be available at their Market gig and includes five original tracks.

On Saturday, September 9th, we bring you RiverBend.

RiverBend is the popular island band of Paul Colwell, Rochelle Munger, Peter Larsen, Dave Lang, Cliff Simpson and Chuck Roehm. Chuck & Peter, played for many years as part of the island band, "The Garage Boys" and suspect this may be the 25th year they have played at Festival. Paul is well known for playing with many Island groups as well as the "The Colwell Brothers" and the "Up with People" groups. Dave is known for his family Cajun band, the Seattle based band Cajun band "How's-Bayou", and many other Island groups. Rochelle and Cliff, who are well known on the Island and have played in many venues and styles of music rounds out the group.

This band has a wide breadth of musical experience and talent sure to please. With instrumentation ranging from Guitars, Banjos, Mandolins, Fiddles,



Accordion, Harmonica and Upright Bass their songs range from traditional old-time country favorites, folk songs, Cajun, new twists on old time rock to original songs. RiverBend will provide a variety for everyone to keep the toes tapping and hands clapping.

**Next Edition of The Loop Comes out Thursday August 31**  
Deadline for the next edition of *The Loop* is **Saturday, Aug 26**

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

**Loose Change**  
R&B Band  
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**Pickles Needs A Home**  
I'm a sweet pickle, not a sour one. I love to meet and greet people so much, I get to live in the shelter lobby. When you arrive, I'll be the first cat you see and really, you don't need to look any further. I'm the best one in the place. My only hangups are that I'm not comfortable with other pets, and kids make me anxious. When I'm with grownups, I cuddle and talk a lot. Wouldn't you "relish" having a new friend like me?  
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Deadline for the next edition of *The Loop* is **Saturday, Sept 9**

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 Parents of school age children time to get out your crying (laughing) towels, summer is over! Let the celebration begin.



Bo's Pick of the Week: Look's like the My Little Lion food is a hit, so we'll find space for it on the shelf.

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