

SUPPORT OUR ADVERTISERS THEY MAKE THE LOOP POSSIBLE

August 30, 2018

Conscious Cartoons International **Animation Festival**

Conscious Cartoons is the first Animation Festival of its kind solely focused on short films (15 minutes or less) that address social/ humanistic issues. These films are personal, local, national, global or historical in scope and reflect broader themes such as peace, justice, inequality, love, responsibility, consciousness, and the joy and pain of the human condition.

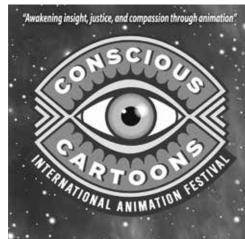
Our core motto is "Awakening insight, justice and compassion through animation" and that directs the type of films we choose for the festival.

Currently, we have 14 of the "selected" filmmakers joining us, some from as far as Europe and Australia, to do Q&A's with our audiences after each show.

Our festival has a wide variety of shows for Kids, Teens and Adults as well as a "pay-what-you-can" Awards screening of the festival winners on Sunday evening September 16th. All the proceeds from this Grande Finale show go to The Vashon Syrian Resettlement Committee.

Along with promoting greater awareness of social issues, the festival will award independent animators cash prizes – over \$20,000 total – in multiple categories, including a \$5,000 award for Best Children's Film, sponsored by Seattle's Committee for Children.

Conscious Cartoons is founded by



animator Bill Jarcho. According to Jarcho, "Conscious Cartoons was born as an urgent call-to-action to help counter the racism, xenophobia, and moral decay evident in our society today. This festival aims to awaken insight, justice, and compassion through the uniquely transcendent medium of animation.

Conscious Cartoons International Animation Festival.

Friday - Sunday, September 14-16, 2018, The Vashon Theatre.

Advance tickets are highly recommended. \$10 adult \$8 students/ seniors. discounted festival passes available.

https://vashontheatre.com/ production/conscious-cartoons-festival/

Catch Us While You Can! 25+ Years Making Art on Vashon

By Christine Beck

One of the first questions Islanders ask each other is "how long have you lived on the Island"? For an artist or performer, there are some slightly humbling ways to quantify that questionif you run into your work at a "collector's sale" aka yard sale or (yikes) Grannies' Attic or if you're a performer, your work dates back to (and sometimes beyond) vinyl, reel to reel, 4 tracks or cassette tapes! Catch Us While You Can, with visual and performance exhibitions during the month of September at Open Space for Arts & Community seeks to nail that question down- if you lived and worked in the arts on Vashon for 25 or more years, you're in!

Hosted by O Space and sponsored by VIVA, Vashon Events and 4Culture, for the opening on September 7 the veteran visual artists of Vashon will take over the Atrium, Black Box and Gallery at O while the equally well aged musicians will fill the Grand Hall with sound. The party will continue throughout the month with gallery hours each weekend except the 14th-16th, salon discussions with venerable visual artists once a week, and a final weekend festival of visual and performing arts. Such a show is bitter sweet as our Island art icons age and a special memoriam section will be



devoted to honoring those artists who are no long with us. Suggestions for this section are most welcome.

Each visual artist should be prepared to submit a piece that reflects their early work (or image thereof) that is not for sale, a current work for sale, and a photograph of themselves and bio. Musicians are asked to submit a

Continued on Page 11

The Road to Resilience

Resource taxes

Initiative 1631, which puts a tax on industrial carbon emissions in Washington State, easily qualified to go on our November ballot. The main purpose is to wean us off high-carbon-emitting fuels, such as coal, oil, and gas, and to reinvest taxes received for renewable energy and transitioning our workforce and infrastructure to a more carbon-free economy. Besides mitigating against the worst case scenario for climate change, it helps to preserve the remainder of the Earth's petroleum resource. We are on track to use up in 200 years a resource that took millions of years to form. By taxing it, we discourage ourselves from frittering it away needlessly. Until recently, the Earth to us was virtually limitless, and its resources infinite and free for the taking. The industrial revolution didn't help matters by making it possible to extract and consume resources a hundred times faster than before. The cost of those precious resources is only the cost of extraction, their innate cost to us is zero. If we paid for them, who would we pay? That is where the tax idea comes in. We can't pay the Earth in dollars but we can pay it in our investment in conservation and the shrinking of our overall footprint.

By Terry Sullivan,

Human population growth is probably the biggest stressor on resource use. We have been growing exponentially, but the good news is that the growth rate is slowing. It took until 1800 to reach 1 billion people, another 124 years to reach 2 billion, 33 years to 3, 15 years to 4, but for the next three billion, the rate peaked at 12 years each and the rate is expected to decrease from here on out. It's good that we are growing more slowly, but the fact that we only have enough resources in the planet to support 2 billion of our 7.6 billion people living a US lifestyle, means we have to cut back drastically. That is the core meaning of sustainability. I want to draw your attention to all of the resources we use personally. Let's look at our most crucial resource and one that is dangerously depleted: water. Only 2.5 percent of the water on our water planet is fresh water. Of that, 70 percent is (or was) frozen. Of the remaining 30 percent (0.75 percent of all water), 70 percent (0.55 percent of total) is used for agriculture, 20 percent for industry, and just 10 percent (0.075 percent of total) is used for human consumption. We can already see the fight for water use even in a water rich region like ours. Do we use our river water to produce power, irrigate farmland, or preserve salmon? For power production and farming, we have options, but to save the salmon, we have no options. Continued on Page 6

Quartermaster Harbor beaches closed for shellfish harvesting

Paralytic Shellfish Poison (PSP) has been detected at unsafe levels in Quartermaster Harbor shellfish on Vashon-Maury Island. As a result, the Washington State Department of Health (DOH) has closed Quartermaster Harbor beaches to

is present by visual inspection of the water or shellfish. For this reason, the term "red tide" is misleading and inaccurate. PSP can only be detected by laboratory testing.

Symptoms of PSP usually begin 30minutes after eating the contaminated

Even as we have begun to understand that all of our resources are finite, we haven't begun to take seriously the idea that it might be a good idea to use them more carefully.

recreational shellfish harvest.

The closure includes all species of shellfish including clams, geoduck, scallops, mussels, oysters, snails and other invertebrates; the closure does not include crab or shrimp. Crabmeat is not known to contain the PSP toxin, but the guts can contain unsafe levels. To be safe, clean crab thoroughly and discard the guts ("butter"). Working with partners, Public Health -Seattle & King County is posting advisory signs at beaches warning people to not collect shellfish.

Commercial beaches are sampled separately and commercial products should be safe to eat.

Anyone who eats PSP contaminated shellfish is at risk for illness. PSP poisoning can be life-threatening and is caused by eating shellfish containing this potent neurotoxin. A naturally occurring marine organism produces the toxin. The toxin is not destroyed by cooking or freezing.

A person cannot determine if PSP toxin

shellfish, but may take several hours. Symptoms are generally mild, and begin with numbness or tingling of the face, arms, and legs. This is followed by headache, dizziness, nausea, and loss of muscle coordination. Sometimes a floating sensation occurs. In cases of severe poisoning, muscle paralysis and respiratory failure occur, and in these cases death may occur in 2 to 25 hours.

If symptoms are mild, call your health care provider or Washington Poison Center (800-222-1222), and Public Health (206-296-4774). If symptoms are severe, call 911 or have someone take you to the emergency room immediately.

Recreational shellfish harvesting can be closed due to rising levels of PSP at any time. Therefore, harvesters are advised to call the DOH Biotoxin Hotline at 1-800-562-5632 or visit the Shellfish safety website before harvesting shellfish anywhere in Puget Sound.



The island home experts



HOME & YURT - Burton Hill home w/ 3 bdrms/2 bath, remodeled kitchen & new deck. Plus 500 sq. ft. yurt with pellet stove. All on 2.67 beautiful, sunny acres! #1348695





LODGE STYLE HOME - Country elegance in this 3300 sf view home w/chef's kitchen, large daylight basement & wrap-around porch. Separate garage w/studio space. #1346158 \$857,000

WRE Vashon-Maury Island, LLC



ADORABLE BUNGALOW - One story 1925 home on 4+ sunny acres near the north end. Lovingly updated. Property features outbuildings and garden space. \$599,000

#1347350



WATERFRONT HOME - Sweeping views from this 3 bdrm home w/ light-filled rooms and updated kitchen. Large 1,164 sf studio/home office and 3-car garage.

#1278388

www.windermerevashon.com



HOME ON ACREAGE - Exceptional contemporary home on 1.07 sun-drenched acres. Home features custom details & large garage w/shop space. Park-like setting. #1334767 \$675,000



WATERFRONT COTTAGE - Rare opportunity to own this low-bank waterfront cabin with spectacular views & sandy beach. Owned by the same family for 40 years!

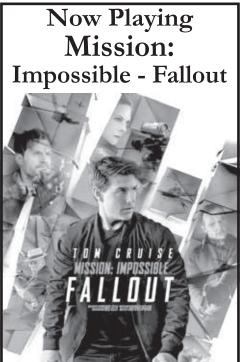
17429 Vashon Hwy SW

#1316202

\$449,888

206-463-9148





\$1,075,000

The Vashon Loop

Contributors: Kathy Abascal, Eric Francis, Terry Sullivan, Orca Annie, Seán C. Malone, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons: **Ed Frohning**

Ad sales and design: Steven Allen Phone 206-925-3837 Email: ads@vashonloop.com

Editor: Steven Allen Email: editor@vashonloop.com Publisher: Steven Allen PO Box 1538, Vashon, WA 98070 Phone 206-925-3837

Published every other week by Sallen Group Vashon Loop, Vol. XV, #18

handsome solid gray guy with a sunny personality. My people moved to a nopets place, so that's why I'm looking for a new home. They described me

enough about that Dusty, you need to be more interested in ME. I'm a



as mellow and very well-behaved. I've I get along with new people just fine. lived happily with a small dog, and Doesn't that sound like a perfect cat? I think so!

Go To www.vipp.org Click on Adopt To view adoptable Cats and Dogs





Coming Soon

National Theatre Live: JULIE September 6, 11am

Christopher Robin September 7 – 13

Conscious Cartoons Festival September 14-16

Vashon Theatre 17723 Vashon Hwv 206-463-3232 Call for Times

For show times and info check www.vashontheatre.com

SAugust 30, 2018

Loop Disclaimer

Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers. We reserve the right to edit or not even print stuff.

Make a date with Vashon! www.VashonCalendar.com Vashon Library Events **Art & Music Events** Submit your Event on line at www.vashoncalendar.org

> Find *the Loop* on-line at www.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. Photos are welcome as jpeg or pdf attachments.

Alzheimer's Association Caregivers **Support Group**

Resources Available for People Living with Alzheimer's and Their Caregivers.

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. Next meeting is Tues. Sept 18, 1:00 pm to 2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at 206-355-3123.

Vashon **Progressive**

Vashon Progressive Alliance 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

Next Edition of The Loop Comes out Thursday September 13

Vashon Social Dance Group **Monthly Dance & Lesson**

Saturday September 8 Vashon Social Dance Group Lesson & Dance Waltz dance lesson from 7:00 - 8:00 pm Waltz is a glorious turning dance with a fun connection with your

partner Variety dance 8:00 - 9:30 pm with Candy as your deejay Ober Park Performance Hall - 17130 Vashon Hwy SW 98070 No partner needed! Come alone or bring others Suggested Donation \$10 No One turned away due to lack of funds. Questions? Leave a message and I'll call you back. 206 920-7596

VASHON ISLAND

Chamber of Commerce

Lodging

Shopping

Food & Drink

Things to Do

Visit the Vashon Chamber on line

at www.VashonChamber.com

SATURDAY SEPT 8

New Session Begins Soon for Chorale Singers

Vashon Island Chorale begins registration for its new session which starts on Tuesday, Sept. 11 with singers invited to come to Windermere Real Estate's new office on Thursday, Aug. 30 from 5 to 6:30pm to pay dues and pick up their music. Another preregistration event will take place on Saturday, Sept. 8 from 10:30 to noon in the same location. New singers are welcome without audition and scholarships are available. Concerts titled "A Very Brassy Christmas" will take place on Dec. 8 & 9. Dues are \$65 and music costs are \$34. Rehearsals are on Tuesday nights from 7-9:15pm at the Vashon Presbyterian Church. Singers can also register on Sept. 11 before the first rehearsal. info@vashonislandchorale.org

Fight Hunger On-Island

Did you know that 1 out of every 9 people on Vashon use the Food Bank?

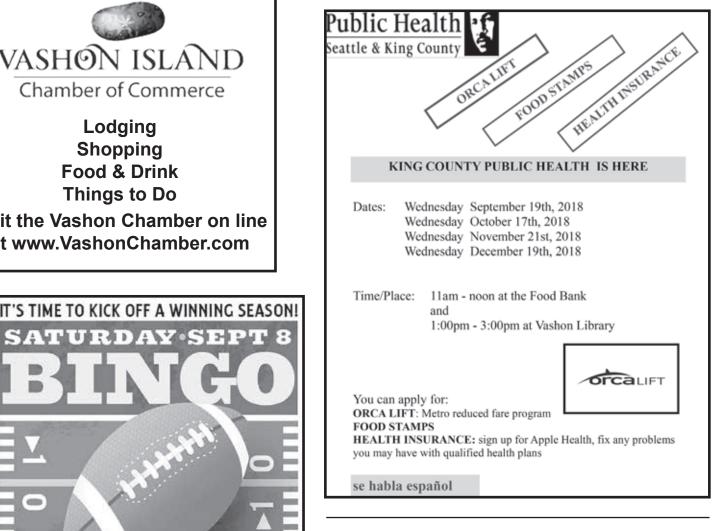
Fight Hunger On-Island

Vashon Maury Community Food Bank Food Drives! Saturday and Sunday Sept 8th and 9th

@ IGA and Thriftway

Vashon HouseHold Presentation

Vashon HouseHold would like to acquaint the community with their potential next project. There will be a presentation on Thursday, Sept. 6 at the Methodist Church from 7:00-8:00pm.



Advertise in the Loop! It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out September 13

Deadline for the next edition of The Loop is Saturday, Sept. 8

Want To Get Rid of **That Junk Car or Truck?** Fees may apply, please call for information

Diagnostic & Repair Service Inc. 206-463-9277

Washington Hulk Hauler's - License #0463-A www.ricksdiagnostic.com



RAINBOW BINGO IS BACK! Join Sylvia O'Stayformore and her sporty assistant, Gladys C. Yawl on September 8 at the Senior Center. Doors open at 6PM; Bingo balls start flying at 7PM. Costumes encouraged. Come as your favorite sports icon: a curling champion, a Seattle Storm dribbler, a Croatian soccer phenom -- the possibilities are endless! Purchase tickets in advance at the Senior Center M,T,W & F 9AM-3PM; \$15 for Senior Center members or \$20 for non-members.

Law Offices of Jon W. Knudson Parker Plaza * P.O. Box 229 Bankruptcy -- Family Law 463-6711 www.lawofficesjonwknudson.com

say goodbye to payroll hassles with professional services Puget Sound Paychecks, LLC Reliable full service payroll at a reasonable price since 2012 (206) 259-3063 or (360) 874-8200

joe@PugetSoundPaychecks.com www.PugetSoundPaychecks.com

Some'tet plays VCA



Vashon Island's own jazz/post-jazz ensemble, Some'tet, will be playing at the Vashon Center for the Arts -- with special guests. This is their first gig at the VCA in the Katherine L White Hall.

From a little 'Sunday night jam', a full-blown band emerged ... the whole jazz, post-jazz, neo-bossa, torch songs from mars, kit & caboodle. Some'tet came together in the summer of 2015, forming out of the Sunday Night Music series at the Snapdragon Café. Since then, Some'tet has been gigging around the Puget Sound area, playing in venues such as the Sorrento, Tim's Tavern and the Vermillion. They just finished a summer long residency at the Musicquarium/ Triple Door. Last year they were one of four bands chosen for the annual Earshot 2nd Century Jazz Series. And still most every Sunday night at 7pm, Some'tet can be found playing at the Snapdragon Café/Home Sweet Home the Bar.

The music is both composed and improvised. The overall sound tends to be mellow, almost west coast cool, but with moments of intense invention. Add clusters of South American rhythms, the occasional art song, a dollop of free jazz, a torch song, a hook, some very soulful vocals and you get the picture.

Their EP "Steps" was released last year. Later this winter, the band will be heading back into the studio to record their first full-length release. Stay tuned.

Some'tet plays The Vashon Center for the Arts Saturday, Sept 8, 7:30pm

Patsy Needs A Home...

I'm a unique combination of calico and Manx. You can't tell from this photo, but I'm sitting on a stubby little tail that doesn't seem to go with the rest of me. Some people think Manx cats are the hybrid offspring of cats and rabbits. I say that's "fake news."

I haven't lived with kids or other pets, so a quiet home with adults probably would be best. In the right setting, I can be a wonderful



CLOSED BORDERS: Human Stories/Inhumane Policies Impact of the "Zero-Tolerance" Immigration Policy

Combining two perspectives, poet, teaching artist and storyteller Merna Ann Hecht and UW Tacoma Professor Emeritus, Robert Crawford, will offer analysis and stories connected to the current refugee and immigration crisis.

The presentation will feature discussion in response to the recent policies of family separation at the U.S.-Mexico border and the outpouring of moral outrage and opposition that continues throughout the country and the world.

Rob will speak to what family separation reveals about the politics that are driving the administration's approach to immigration and the range of possibilities of sustained resistance to those policies. Bracketing Rob's policy presentation, Merna will address how the stories immigrants and refugees tell help us understand the circumstances that force leaving home in search of safety and the dignity of fulfilling work, a sense of belonging, and participation in welcoming communities.

Rob Crawford is Professor Emeritus at University of Washington, Tacoma where he taught politics and modern and contemporary history for 25 years. Since 2007, he has facilitated the Washington State Religious Campaign Against Torture. He is a regular op ed contributor to local newspapers and online publications.

Merna Ann Hecht, storyteller, poet and essayist, founded the Stories of Arrival: Youth Voices Refugee & Immigrant Poetry Project. Her university teaching, workshops and publications focus on the consequences of war and forced migration for young people and on the positive effects of expressive arts with children and teens experiencing trauma and loss.

Vashon United Methodist Church, Sunday, September 9, 1:30 pm

Co-presented by Robert Crawford and Merna Ann Hecht

RJ's Kids Kenpo Karate Classes with Alex Echevarria

American Kenpo Karate is a modern self-defense system that trains students to instantly respond to physical attacks from locks, chokes, pushes, punches, kicks and weapons. Vashon Kenpo incorporates other martial arts systems including ju-jitsu, kung fu, boxing, ground fighting and stick fighting.

Kenpo Karate self-defense classes for adults and children will start September 10th and 11th 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 11th until December 11th. Tuition fees for 13 classes will be \$80 and will take them to their yellow belt and to the continuing level class in the next semester. This class places an emphasis on anti-bullying techniques as well as physical and emotional selfcontrol.

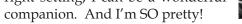
American Kenpo Karate is a modern10th to December 10th. Tuition fees for-defense system that trains students25 classes will be \$135.

Adult classes (ages 13+) will be from 5:15 to 6:15 pm every Monday from September 10th to December 10th. Fees will be \$75 for 13 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. Every Wednesday, from 5-6 pm, there are free drop-in classes for all students with once-amonth sparring offered for all students above yellow belt. Aerobic Kickboxing and Kenpo Concepts will be offered on other days.

The classes will be taught by Senior Instructor Alex Echevarria, American Kenpo Karate 4th Degree Black Belt. Mr. Echevarria has over 28 years of experience in the martial arts and is a retired public school teacher and VIVA artist.

For more information, visit the



Go To www.vipp.org Click on Adopt To view adoptable Cats and Dogs

Continuing children's classes will meet every Monday and Wednesday from 4:00 to 5:00 pm from September Vashon Park District website and Vashon Kenpo on Facebook or contact the instructor at 206-463-0414. Sponsored by RJ's Kids: an island-centered nonprofit for all the people of Vashon.

Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com Or call (206) 925-3837

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

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

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 for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

Island Life Willow

By Peter Ray pgray@vashonloop.com

I woke up this morning to a red ball of light piercing the forest where a brighter, more yellow one should have been. Just this side of the broad trunks of that fir grove which that light had worked its way through stands a scouler willow that began this summer with the best of intentions, but now it stands there with its entire crop of this year's foliage having turned a brown that indicates a critical lack of life force. As one gets closer to the house there is another one of our natives, the indian plum, whose leaves are withered, yellow and dropping. Gazing out of the north facing windows in the kitchen, one can see amongst at least some of the green out there that yet another indian plum is most decidedly brown and more than likely not returning to this or any woodland party next spring. It has been duly noted for a number of years running now that the native shrub that is called both Oemleria cerasiformis and indian plum has not fared well in our summers of increasingly absent precipitation. What were once both large and small specimens all over this property have not recovered from the heat and lack of water, and as it has been stated, these few plants and many more seem to be heading down a similar, terminal path.

Traveling the quarter mile length of our driveway, it is obvious that it is not just our indian plums that are suffering. Yellow and brown leaves seem to be more the norm than the exception for this native plant that used to be quite satisfied with its local habitat and situation. But as one carries this 'what is wrong with this picture?' game out to the expanded view, it becomes disturbingly clearer that the answer in some places can be: "actually, quite a bit." As one wends their way along the Island's thoroughfares- freshly paved or not- one does not have to shift one's focus for long (and hopefully not too distractingly long) to see any number of signs that a variety of the members of the forest citizens collective are either not happy or are no longer conscious of what either happiness or sadness is all about. Alders all over the Island have been losing their tops for years, and right not are shedding extra leaves well in advance of their expiration date. Western red cedars are showing signs of extreme stress in many areas- there are a number of trees along the main highway that are now looking like they may make the shift from evergreen to everbrown and down if this dryness continues. On a recent photographic side trip to the high school I noted that the young trees that were fairly recently planted a few years back along the long, arching sidewalk that crosses the school's southwest lawn were mostly dead or dying. The lawn in that area looked brown and indicated a laudable but perhaps too extreme water conservation effort had been in practice there, and the trees have suffered from that lack of regular water. On the other hand, a survey of nonnative trees seemed to show many faring better than their native neighbors. In particular, the eucalypts appear to be relatively unfazed by the prolonged heat and drought. This is not surprising since they come from that land down under where drought is a common occurrence. Back in the late eighties, when global warming was a topic just being breached by the mainstream, I was asked if there was some sort of prescient reason for my and others experimentation with this Australian native. I would say that for the most part, the reasons for trying out eucalypts and any number of other

non-native species were to see what would grow here and be able to offer alternatives in texture, color, flower and fragrance to the narrow native plant palette we had to work with. It wasn't until a few years ago during a parks commissioners candidates debate that I stated publicly that I believed, when asked about the issue of non-native and other possible invasives, that it could be that as the climate shifts ever more drastically and quickly, it could be the non-natives that might survive and thrive as the natives went away, unable to adapt to the new conditions. As far as native survival goes, it could be that like restocking wild salmon runs and hand feeding starving orcas, the strongest of the native tree species may have to be singled out and propagated from in order to enhance the natural selection process. Or it just could be firs and cedars and willows and alders are no longer amenable to what we have wrought upon ourselves, and that something else will have to come along to take their places.

I do remember when I first moved here in the early eighties that the fall was a time for smokey red sunsets, but this was largely in part to slash burns that went on before the winter rains would render the piles less burnable. As the rampant clear cutting around the sound subsided and more sensible slash practices came into place, the coming of the red dawn and dusk was a much less common event. In the last three years that has changed radically, as evidenced by our present persistence of unhealthy alien smoke and air. I can also remember that back, way back, in my youth, I mailed in my membership to become a Smokey the Bear ranger. One can hardly forget the empowerment their slogan gave to everyone- that only you can prevent forest fires. As a kid from a New York suburb, that seemed important. I didn't really think about the fact at the time that this was also somewhat to mostly irrelevant to my direct place in life. But now, when the results of blazes hundreds of miles away make themselves evident in both the haze of the smoke and, like last year, the ash from Oregon that coated the roof of my car and gathered in the tide lines out in Quartermaster Harbor, the thought of somehow preventing anything seems to be tenuous at best, and certainly not something I am capable of as the "only you" that Smokey emphasized. It doesn't really help that the agencies and acts and the people responsible for seeking the ways toward solving these problems are all being tasked, seemingly, to not do anything about it.

So, where does that leave us, or rather me? Telling people what to do is mostly pointless, which makes making a film seem somewhat futile, as Michael Moore has attested to. But he's out there

Scarlet Letter By Orca Annie Stateler, VHP Coordinato

A month ago, we were blessed to see J and L Pod Southern Residents in Haro Strait. As the orcas streamed by the Lime Kiln Lighthouse, we searched anxiously for Scarlet (J50) and Tahlequah (J35). In the tradition of beloved Granny (J2), matriarch Shachi (J19) led the procession. Tahlequah's son Notch (J47) frolicked The Dorsal Spin Cookie (J38). Several Kéet chased salmon -- delightful! Many of the "ladies" traveled farther off shore in the late afternoon glare. The families of Scarlet and Tahlequah - the J16s and J17s -- were in this group.

We first heard of Scarlet's poor condition in mid-June; it is a testament to her fortitude that she has endured for so long. She is reminiscent of another plucky orca youngster: Kéetla/Springer in 2002. Methods used in the successful intervention with Springer (A73) inform the emergency response with Scarlet (J50). Deworming and antibiotics proved to be enormously beneficial to sickly Springer. Sixteen years later, Springer is a Northern Resident matriarch with two gorgeous, plump offspring. Scarlet has an advantage that orphaned Springer lacked - instant support from her mother Slick (J16) and close relatives. Precious Scarlet is a future breeding female; sitting idly by while she starves is unacceptable.

After our thrilling encounter at Lime Kiln, an early August opening for Fraser River sockeye in Haro Strait drove the Southern Residents (SRKW) away -- out to the ocean. With grieving Tahlequah and starving Scarlet, J Pod understandably would seek to avoid the blaring underwater noise and presence of dozens of fishing boats. Though the fishery was for sockeye, we worried about incidental Chinook bycatch.

Last time I proposed personal sacrifices to make in service to the SRKW. This time your homework is to discover how acoustic disturbance adversely impacts orcas. Visit The Whale Museum's SeaSound Remote Sensing Network page to find links to hydrophones and samples of boat noise. Look up vessel effects studies on NOAA Fisheries West Coast's website and social media - that is also where to follow the progress of J50's intervention. San Juan Island based Orca Relief (www.orcarelief.org) has website and social media links to research on vessel effects and other threats. Read up on Dr. Chris Clark's "acoustic smog" model - "Animation shows boats make 'acoustic hell' for orcas" is posted on KING5.com. Briefly, excessive boats around the SRKW severely compromise their foraging and echolocation efficiency, making it difficult or even impossible at times for the orcas to find the ever-dwindling Chinook salmon they prefer.

Cleaning up persistent toxins in the Salish Sea is a no-brainer - why in the hell are PCBs still being discharged into our waters? NOAA must honor handsome Nigel's (L95's) sacrifice (he died from an infected satellite tag) and expand SRKW critical habitat to include the West Coast. Dam breaching has a boisterous online constituency, but dam breaching alone is insufficient to save the SRKW.



Salmon recovery and habitat restoration efforts MUST be accompanied by efforts to mitigate vessel presence and reduce underwater noise. Our SRKW need immediate relief.

Canadian NGOs Raincoast Conservation Foundation and the David Suzuki Foundation are calling for truly daring action toward orca recovery, challenging the new Minister of Fisheries and Oceans Jonathan Wilkinson

"... to immediately close recreational and commercial marine Chinook fisheries, to suspend all commercial and recreational whale watching targeting the Southern Residents, and to actively enforce these measures." Check out the proposal with supporting documents, and sign the petition if you agree at www.raincoast. org. Governor Inslee's orca recovery task force must consider similar gutsy action. Any serious initiative to prevent SRKW extinction requires sacrifice and perhaps a little pain from all stakeholders and special interests - essentially, everyone.

I trust Transient killer whales, but not bureaucrats, to cull seals and sea lions. Some folks blame pinnipeds for human errors such as inadequate fish passage on many rivers. From a July 30 Vancouver Sun article by Drs. Peter Ross and Lance Barrett-Lennard, "Harbour seals are easy scapegoats in Chinook salmon decline:"

"Unfortunately, history is rife with failed attempts to manage populations by removing predators from the ecosystem. In this case, we need to focus on mitigating our own impacts so as to better protect salmon and their habitat. As tempting as it is to lay the blame on seals, it is we humans that have work to do. Let's celebrate the vibrant population of these predators seals were equally abundant during precontact times when salmon was plentiful."

Akin to a Scarlet Letter, humans warrant a badge of disgrace if we do not muster the political will to do what is desperately needed to ensure the survival of Tahlequah, Scarlet, and their extended SRKW clan.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS & STRANDINGS ASAP TO 206-463-9041. We still have seal pups. When reporting a sighting or stranding, be specific: date, time, location, travel direction, species description, number of whales/seals/etc., and behavior observed. We prefer phone reports, but if email is the only way to coax you to report to us, send sightings and photos to Vashonorcas@aol.com. Your photos of marine mammals are valuable for ID purposes. Do not assume we will randomly find stuff posted online. We are grateful to everyone who reports directly to us.

doing it again. But I will report in here as to what I plan to do, but not right now. I am planning a road trip and some filming, which maybe sounds counterproductive to climate change, but it is the only way I can do it. It will involve history and a bit of then and now, and will hopefully get underway next month. Until then I will carry on with my blither. Until then, enjoy the sunsets.





Darling Scarlet (J50) the Fierce near Point Roberts on 8/10/18. Katy Foster/NOAA photo.

Trevor Hall with Special Guest Will Evans



Debra Heesch and Open Space present Trevor Hall with special guest Will Evans. Trevor realized at a very young age that music was more than just a passion. As an eleven year old, playing harmonica beside his father in the cradle of the weeping willows of South Carolina, music quickly became his most intimate companion, guide and creative outlet. In his elementary years, he began to write his own songs and perform them locally.

At sixteen he recorded his first record, and the following year he left South Carolina to study classical guitar at Idyllwild Arts Academy, an international boarding school east of Los Angeles. There, Trevor was introduced to yoga and certain spiritual practices found in India, which greatly influenced his music and his life journey. During his senior year, Trevor signed a record deal with Geffen Records and his career as a musician formally began.

Trevor quickly broke through the music scene, with such early accomplishments in his career as having a song recorded on the Shrek the Third soundtrack, as well as joining a series of sold-out tours with artists such as Steel Pulse, The Wailers, Jimmy Cliff, Matisyahu, Michael Franti and Colbie Callait. Trevor's quick rise on the scene, however, was ripe with challenges that conflicted with his spiritual life and devotional practice. In order to parallel his life's path with the messages in his music, Trevor moved into a traditional Hindu ashram in Southern California in 2008. When not on tour, he lived as a monk and devoted his days to spiritual practice and service. His involvement with the temple affected his music and his music quickly became his practice.

Trevor Hall's music - an eclectic mix of acoustic rock, reggae and Sanskrit chanting - echo with the names and teachings of divinities, while maintaining an incredibly and refreshingly universal message. While on the road, Trevor sees the stage as his moving temple, a place where he can share in the experience of his spiritual journey with his audience. Trevor's annual trips to India also continue to serve as a source of creativity and motivation for his music. His latest album, KALA, written in Hawaii and recorded in LA, was released August 21, 2015. It debuted at #2 on the iTunes singer/songwriter chart. KALA marks the final chapter in a trilogy that chronicles Trevor's spiritual and musical journey over the past few years. "It's a graceful amalgam of styles by a musician who loves to embrace the music of the world." (Popmatters)

Trevor Hall with special guest Will Evans. Thursday, September 13 at 7:30pm. At Open Space for Arts & Community.

Road to Resilience

Continued from Page 1

That alone settles the argument as to whether we should remove the Snake River dams. We have to remove them even though the replacements for power production and improved methods for farming are not yet in place. We can't continue to argue about whose ox is getting gored. There will be a cost, and all of us should share it rather than leave the onus on the groups that will lose the resource. An overall tax on water use, in the form of higher energy and food costs, will force the appropriate action. We would use the tax money to build new renewable energy infrastructure and develop, teach, and implement more water efficient agricultural practices. My time working at the Fixit Cafes on Vashon has brought another glaring defect in our economy into clear focus. Because we put no intrinsic value on resources, it is cheaper to throw away many personal items, whether furniture or appliances, than it is to fix them. With the fixit café, we have a way to step outside of the money economy and put back into use personal items that the

economy tells us no longer have any value. In fact, they are a liability because we know that we will have to pay just to get rid of them! If we instituted a resource tax, we could make it economically justifiable for companies to design products so that they could be returned for repairs, easily repaired by the owner, or recycled directly into new products. What we have here is a huge design and engineering bonanza waiting to be exploited! All that is needed is for society to put a value on those resources by instituting a tax. I 1631 is a good start. Let's extend the concept to all of the resources we use. There were a couple errors in the last column. I said that only 30 percent of eligible voters in our 34th district voted in the recent primary. I was way off: it was 46 percent, a good showing in terms of the pathetic standard in our country. I also asked you to urge our senators to pledge not to take corporate PAC money. In fact, Senator Cantwell has already done so, which leaves only Senator Murray in need of some prodding.



SEPTEMBER 14-16 VASHON THEATRE 8 DIFFERENT SHOWS FOR ADULTS/TEENS & KIDS

FRIDAY 9/14 PROGRAM 1 @7pm Adult/Teen friendly PROGRAM 2 @9pm Adult friendly

SATURDAY 9/15 KIDS PROGRAM A @4pm (Ages 8-13 recommended) PROGRAM 3 @6:30pm Adult/Teen friendly PROGRAM 4 @8:30pm Adult friendly

SUNDAY 9/16 KIDS PROGRAM B @2pm (Ages 8-13 recommended) SPECIAL PROGRAM @4PM

Comments? terry@vashonloop.com

Oscar winning animator Joan Gratz "LIVE" 50 year career retrospective BEST of the FESTIVAL @ 7PM Final Awards Screening

Over 65 animated films from 16 countries Q & A's with visiting animators \$10 Adults \$8 Kids (8-18) & Seniors 60+ Advanced Tickets vashontheatre.com

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



Plavet Waves



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

With Mars at last direct, you might feel almost as if you've been reborn: somewhat raw and a little sensitive, yet renewed and looking at the world with fresh eyes. As with the Fool card in the Tarot, any type of new beginning contains a whole universe of potential. You can accomplish pretty much anything you set your mind to. Once you have an aim, the next part is to consider the details of how you will get there; what you're willing and able to do on a regular basis. Don't forget to take into account your experiences during Mars retrograde, and the lessons they offered you.

Aries (March 20-April 19)

Taurus (April 19-May 20)

A recent clip making its way around the web discussed how urban design, including that of most schools and offices, is more congenial with added brightness and variety of colors: it was actually found to make people happier. As adults, we are expected on the whole to lead a sober, rather drab existence in the name of responsibility. Yet life is much more pleasant if we let the child in us out to play, at least occasionally; and, after all, creative pursuits of every sort depend on imagination. Take up any opportunity to have some fun and bring color into your life this week.

Gemini (May 20-June 21)

With the latest retrogrades out of the way, you're probably inclined to pick up the pace as fast as you can, especially if you feel there's some catching up to be done. However, it may be wise just to take a little time first and review how the past couple months have played out for you. It's possible you're still working through some of the effects, and there seems to be the potential for deep healing. While this might not appear like direct progress, it's likely to be a necessary stage of development. Listen to your intuition and let it lead the way for the time being.

Cancer (June 21-July 22)

Like many in the past few weeks, you've likely learned something new about the dynamics between individuals and groups, including through your own experiences. What's emerging for you may be a fresh way to assert your individuality and independence. Some information that specifically connects with past patterns could be the key to showing you the way forward, even if only by your counteracting what has served as a hindrance or complication up to this point. However, you are forging a unique path, which may also need lateral you've proved to yourself sufficiently that you are in fact perfectly capable. This might look to others like an odd technique, but it can work — provided you actually allow a threshold of proof that isn't equivalent to becoming a bodhisattva. In other words, try to be as fair to yourself as you know you are to others, and accept compliments and praise when they are merited — which they almost always will be.

Libra (Sep. 22-Oct. 23)

Particularly when things are going smoothly in our lives, we can be inclined to shy away from the more challenging kinds of emotional work, choosing instead to sweep discomfiting feelings under the rug. You may have found, however, that Mars has had other plans as it gradually changes direction. Confronting what might seem like irrational reactions to a situation isn't easy, but you might consider each occasion as a step toward inner peace. Listen to your instincts, and gently remind yourself of all the progress you've made so far. There is strength in vulnerability.

Scorpio (Oct. 23-Nov. 22)

There's a certain sense of freshness and anticipation in the air, which is unsurprising given the summer we've all had, plus the fact that back-to-school season is fast approaching. You may be noticing this especially, and are perhaps pondering a change in some area of your life, such as beginning a new course of study yourself, or an additional hobby. It's always good to keep the synapses firing, and you have plenty of options as to where to invest your energy – probably more than you realize. While Mars is getting back into gear, you might check out what's available.

Sagittarius (Nov. 22-Dec. 22)

Your creativity would seem to be in full flow, and opportunities may be appearing at work where you can put it to use. Yet a part of you is perhaps hesitant to take them up. You might be recalling a previous moment in your life when you accepted a seemingly ideal position or embarked on an artistic journey, only to find all was not as it seemed. That's fair enough, and there's certainly nothing wrong with being cautious or seeking further information. However, I would suggest that you at least be open to the possibilities. Some risks are very well worth taking.

Capricorn (*Dec.* 22*-Jan.* 20) Who are you, and who do you want



Looking for a **kid-friendly** place to relax, enjoy some treats, and check out some art? Bring the family over to **Kenny's Brain Freeze**!

Try our new **soft serve** and **gelatos!** Choose your favorite and **pile on the toppings!**

Kenny's Brain Freeze, home to Vashon's newest art exhibit. Every First Friday, we will unveil a creative new mural painted by an artistic middle- or high-schooler. Kids, sign up for your mural by coming into Kenny's Brain Freeze and talking to one of our employees about it. Each mural will stay up all month long, giving friends and family the chance to check it out."

Open Sunday to Thursday Friday/Saturday from 11:00 to 7:00 11:00 to 8:00 17320 Vashon Hwy SW (Located across from Pandoras Box)

Local Weather www.vashonweather.com Local Rain Totals Temperature hi/low Wind Speed & Direction Barometric Pressure Weather forecasts

Make a date with Vashon! www.VashonCalendar.com Vashon Library Events Art & Music Events Submit your Event on line at www.vashoncalendar.com





thinking and a certain fearlessness.

Leo (July 22-Aug. 23)

Most children learn something from families that they then have to pick apart as adults. In part, this is due simply to the progress of the species through succeeding generations. We cannot think exactly as our parents did before us, or nothing would ever change. Added to that is the effect family expectations have on our estimate of ourselves and our capabilities, which is almost always lower than the reality. It might actually be healthier to consider no skill off limits, and to cultivate the ones you want. If you're interested in something particular, why not give it a try?

Virgo (Aug. 23-Sep. 22)

Your famed tendency to selfcriticism sometimes means that taking on additional responsibilities requires a sort of suspension of disbelief, until to become? These are questions everyone tackles at some point in their lives, often on an ongoing basis. Very few have a glaringly obvious vocation, and still fewer are absolutely sure of how to fulfill it. Most of us find out by degrees; besides which, we are all constantly changing and evolving. Don't be too concerned with having definite answers in this matter. The journey to discovery may, after all, be a calling in itself; as is healing; as is psychological development. Staying true to your ideals is enough.

Aquarius (Jan. 20-Feb. 19)

By now you've probably gotten to know yourself pretty thoroughly, with the recent astrology precipitating one revelation after the next. You likely feel somewhat that if you have to do any more soul-searching you might as well be looking for a unicorn. Yet you've come a long way, and in the process have unearthed a potent and useful www.VashonEvents.com

stock of resilience, along with a host of abilities and wisdom that you can work with in the next phase of your journey. In addition, you pretty much have a blank slate. Whatever you most desire to accomplish is within your reach.

Pisces (Feb. 19-March 20)

Despite the importance in modern society of the concept of consent, very few people actually have clearly delineated boundaries — whether in sex, friendships, work or any other sphere of interaction. It helps to be aware of this, and to pay attention when someone draws a line that is not to be crossed. Be vigilant also in terms of your own boundaries; read any proposed contracts carefully before you agree to them, and listen closely to your instincts. If you're unsure about anything, don't forget that you can ask. More information is almost always better..

Read Eric Francis daily at www. PlanetWaves.net

Deadline for the next edition of *The Loop* is **Saturday, Sept. 8**

Spiritual Smart Algek

By Mary Tuel Never Too Late

Early in my performing life as a singer and songwriter I observed that in music, it was never too late to be nobody. All you had to do was stop promoting yourself and stop getting bookings for a few weeks and presto! You were forgotten.

In the 1970s I did a lot of solo work, mostly playing around the Puget Sound area but also down the I-5 corridor in Oregon and in coastal California. Did a lot of open mikes in Tacoma and Seattle and knew many of the folk musicians who were working at the time.

I guess I thought I was somebody, because one night at Al and Tony's I introduced myself to a woman playing there, expecting her to know me. She did not.

I got mad and walked out. That was because I was young and dumb and insecure. Being a singer/songwriter was my identity then, my self-worth. Not being recognized hurt.

The experience taught me a muchneeded lesson. I never again assumed that anyone knew who I was, and never displayed that kind of foolish arrogance. I am ashamed to remember my behavior.

There is some longevity in music in your home town, though. When Women, Women & Song was together in the 1980s, we had a loyal fan base on the island, and lots of people bought our cassette tapes. People our age remember us well, even now, thirty years later. Occasionally, some person who is now in their forties will come up to me and tell me how their mom used to play the trio's music in the car all the time, and they often say that they liked it, which is good to hear, especially considering they were captive audiences.

One of the downsides of cassette tapes was that they were so easy to duplicate. If someone liked our music, they'd copy our tape and give it to their friends. We sold about 2000 copies of our first album, "I Won't Wait to Be Happy," but have no idea how many copies were made and passed around. When we played on the mainland people would come up to us and tell us that their therapist, for example, had given them a copy of our tape. We could only sigh and hope that the music did them good.

We sold about 1000 copies of our second album, "The Key of R," and I



suppose that had correspondingly fewer bootleg copies. When I took a theology class at Diocesan House in Seattle there was a student in one of my classes who had a bootleg copy of that album and loved it. I was flattered and discouraged at the same time.

One year at the Folklife Festival I looked out at the audience and was astonished to see dozens of women singing along with the songs. They knew the words better than we did. Had they bought our tapes at a previous concert on the mainland? Maybe.

What could we say? "Glad you like our music. Wish you'd paid for the album."

Wish my parents hadn't been so right when they told me I'd never make a living as a singer.

The last fifteen or twenty years I haven't pursued the singing. Stuff happened. I have been busy. Singing in the church choir was about it.

But now - for the first time since my twenties, I am a single independent person. The goals I had for my life are all behind me now. When I made that vow "until death do us part," I did not realize that after Rick died, I'd be living on for years. I never thought about that, so I had no goals or plans.

So now what?

These days I sing and play with a group, Listen in the Kitchen. With all due modesty, we are five fierce, funny, brilliant, wonderful women who sing and play instruments and laugh a lot. We'll be appearing at the October First Friday at the Puget Sound Cooperative Credit Union. Come and hear us. So far, we have only done occasional local gigs, and have no plans to tour or pursue more work.

Now I'm thinking of doing a little solo singer songwriter work again. This has been a long time coming. Yikes. Will anyone care? Will anyone listen?

But then I think, whether anyone likes my work or not is none of my business. I'm here to sing my songs, that's my business, so what the heck and wahoo. I'll start out and see how it goes.

One obstacle: I will have to overcome my reluctance to leave the house.

It's always something.

May you all sing your songs, whatever form they take. Blessings.

Vashon Library May Calendar

Children & Families

Infant and Young Toddler Story Times Tuesday, September 4, 11, 18 and 25, 10:30am

Ages newborn to 2 with adult, siblings welcome. Stories, songs and fun! Enjoy 20 minutes as a group and then have 20 minutes of socialization and play.

Preschool Story Times Tuesday, September 4, 11, 18 and 25, 10:30am

Age 2 to 6 with adult, siblings welcome. Stories, songs and fun!

Brick Builders

Monday, September 10, 17 and 24, 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.

Bedazzle Your Backpack

Tuesday, September 11, 4pm Ages 6 to 12 with adult. Does your backpack need a little bling? Create something amazing with perler beads or make a one-of-a-kind button with recycled magazines or your own art.

Thursday Theater: Early Man Thursday, September 13, 4pm Family program, all ages welcome with adult.

Teens

Teen Cinema: Avengers: Infinity War Wednesday, September 5, 3:30pm Rated PG-13.

Game On!

Friday, September 14 and 28, 3pm Grades 6-12.

Come play video games at the library!

Craftivism: Pet Toys

Friday, September 21, 4pm Presented by Lisa Keller. Ages 12 and older. We will recycle t-shirts and felt scraps to make dog and cat toys. Make one for your own pet and one to be donated to a local animal shelter. All supplies provided.

Makers Gonna Make Wednesday, September 26, 3:30pm Grades 6-12. We're pulling out all the crafting supplies for this low tech maker

wonderland.

Adults

One-On-One Computer Help Tuesday, September 4 and 18, 6-8pm Have computer or software questions? Tech Tutor Volunteers provide basic level help to you. You may bring your own laptop, but Tech Tutors cannot provide hands-on or hardware assistance.

Registration not required.

Vashon Friends of the Library Quarterly Meeting

Saturday, September 15, 10am Join us for our quarterly meeting to see how the Vashon Friends of the Library supports libraries and literacy. Become a member and help them do it!

Growing Up Wise

Thursday, September 20 Parents of children ages 2 to 10: 6-7pm Presented by Andie Lyons, MTS, Health Educator, Family Planning, Public Health-Seattle & King County. Start building the foundations of healthy relationships and values about sexual health when children are young. This one-hour workshop will focus on the skills parents of children need to answer questions and have conversations that are age-appropriate, honest and engaging to begin the process of building healthy sexuality. Parents of children ages 11 to 18: 7:15-8:15pm

Young people learn about sexuality from the media, their peers and at school. But parents are the single greatest influence on teens' decision making about sexual health. This one-hour workshop will give parents of teens the opportunity to learn how to share values, answer questions, and feel confident when discussing relationships, health and sexual decision making. Adults only, please.

Yoga in the Library

Saturday, September 22, 10:15am Instruction provided by Island Yoga Center.

Tweens through adults. Yoga is a wonderful practice of selfcare for a healthy body, focused mind and sense of well-being. Gentle stretches, strength building and basic meditation techniques for de-stressing and centering from the inside!

Tabletop Gaming Sunday, September 23, 11am-4pm Unplug and enjoy gaming with others.



"After the ash falls", 20x30 inches, archival inkjet on Kodak metallic paper

Photographs by Julian Dahl & paintings by Jon Haaland

After our wars are fought and grass has grown over our cities, this is what is left behind: earth and wood, fire and water, splayed detritus disemboweled.

Australian photographer, Julian Dahl, and Seattle artist, Jon Haaland, are having a joint exhibition of postapocalyptic landscape photographs and paintings at Valise Gallery on Vashon Island during the month of September, 2018. According to Julian Dahl, "To me, atrophy and collapse are aesthetically more appealing than conventionally "beautiful" images. I look for sculptures in decaying nature and the shape of space death opens for new growth."

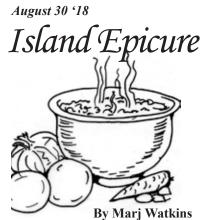
This dark take on landscape is shared by Jon Haaland, who documents "the blight we leave behind, while illuminating the vast scapes held in small spaces, beautiful and unseen, sheltered from human hands."

Over the past 2 years, Julian Dahl photographed dead trees and stumps on Vashon Island beaches. He shot them mostly at night with wireless flash heads. We see these close-up beachscapes looming from the blackness, lit from within like post-apocalyptic magic lanterns.

Jon Haaland's three-dimensional paintings echo this mood of ambiguous malevolence through his use of dirt, fire, oil paint and torn pages from history books arranged in blackened strata covered by Nature in the process of reclaiming Her dominion.

ABOUT JULIAN DAHL: Photographer/Filmmaker born in Melbourne, Australia, 1966, now based on Vashon Island near Seattle, USA. Julian began his creative career as a poet and then an experimental filmmaker in Melbourne using Super 8 film. In 2001, he moved to Los Angeles and directed/ produced two feature films (Camjackers and Being Big) and released a collection of experimental films (Utopia One). He now specializes in experimental landscapes and conceptual art photography. For more info, go to www.juliandahlphoto. com

A new exhibition of photographs by Julian Dahl & paintings by Jon Haaland, September 7-28 at VALISE GALLERY, 17633 Vashon Hwy SW, Vashon Island. Exhibition opening night Sept. 7 at 6pm



Fish for Friday

Time was when people always ate fish on Fridays. For Catholics, at least, it was a religious custom. We eat seafood more often than that. I've adapted three recipe below from one in the book Asia's Undiscovered Cuisine by Rosemary Bressendom. I am indebted to my sister-in-law Jean Hall for turning me on to Malay recipes. Jean and her husband Dick were missionaries in Sarawak (SahRAHwahk), a Malay province on the north side of the island of Borneo. My husband and I and three of our four children (Suzanna, our oldest, was in college in Hawaii at the time) were with the US Air Force at Naha, Okinawa, located at 26 degrees north. We visited the Hall family in Kuching, right on the equator, 0 degrees north. Not realizing that the sun on its way from it's southernmost declension to its northernmost delension would be passing directly overhead at Kuching at that time, we flew down down there one April.

The Halls took us downriver to Santabong. They had reserved Sir Raja Brook's old house, plenty big enough for all ten of us. (Now it's been replaced by a tourist hotel.) Jean spent hours, it seemed, grating the contents of a few coconuts and squeezing the juice out of them to make "santan" enough for a dish to serve our blended group 10 people. Looking back, I feel I should have helped Jean instead of drawing a picture of a Malay boy and painting a watercolor of the

red-brown hump-shouldered cow the boy was herding. Still, I'm glad to have the watercolor painting of the cow grazing under the rose apple tree to remind me of that wonderful vacation.

By Kathy Abascal

diet.

and functioning in their freezing

environment. They typically get

their DHA from cold water krill

or creatures who subsist on krill.

Most other creatures instead make

the DHA they need from plant

ALA. DHA contributes speed and

fluidity so DHA is concentrated in

the axons of nerve cells (to carry

nerve impulses), in retinal disks

(to make vision possible), in the

tails of sperm (for swimming), in

chest muscles of hummingbirds (to

promote rapid flight), in rattles of

rattlesnakes (for quick movement to

generate the rattle), and to sustain

the flights of long-range migratory

converted to DHA in very small

amounts. DHA is vital for brain

function, but is not provided to

a fetus until later in pregnancy.

Premature infants lack sufficient

DHA and if not supplemented

can suffer irreparable neurological

issues. Based on these facts,

scientists immediately concluded

that insufficient DHA was a

problem for all humans and that

all of us, prematurely born or aged,

needed to get DHA from outside

sources. For the longest time - and I am talking decades here - we have

been told to either eat fish regularly and/or take fish oil capsules to get DHA. Many vegans were found to

have low blood levels of DHA and

many practitioners concluded that

a vegan diet as a result was neither

this is not the case. If living in

the wild eating a natural diet, all animals have a near perfect omega 6:3 ratio of 1:1 and have

adequate DHA for their brains,

Science now knows that

sustainable nor healthy.

ALA, however, is only

birds, to name a few uses.

If I had to make my own coconut juice by forcing my way into a coconut, grating, pouring hot water on the gratings and squeezing to make "santan", I would not make, nor recommend that you make, the delicious dish below. We can just buy a can of coconut juice at the supermarket. This makes the Malaysian fish curry recipe below super easy. All the Malay words for ingredients are in now plain English.

> Malay Ikan Moolie Malay Fish in Coconut Sauce 4 servings

1 pound boneless fish like sole, tilapia, or cod cut into approximately 1-inch squares

2 small red chillies, or red pepper flakes to taste

6 thin slices of ginger root, minced

- 1 cup chopped onion
- 1 clove garlic, diced (optional)
- 3 Tablespoons coconut oil ¹/₂ teaspoon turmeric
- 1 (13.5 oz) can coconut milk

2 Tablespoons cornstarch mixed with

- 2 Tablespoons water 1 cup frozen peas
- 1 teaspoon salt

Stir-fry the chillies, ginger, onion and turmeric in the coconut oil until the onion is transparent, about 10 minutes. Add the coconut juice. (If using hot red pepper flakes instead of chillies, add the flakes now.) Heat to simmering. Add the peas. Cook 5 minutes. Add fish. Cook until fish is opaque and flakes easily. Mix the cornstarch and water. Stir them into the pan. Keep stirring until the sauce thickens, about 5 minutes. Add salt. Stir. Taste. Add more salt or a pinch if cayenne if more spiciness desired. Serve over cooked rice.

It appears that all living things There are problems though. While we have the ability to make (insects, plants, mammals including humans, fish, fowl, plants) need enough DHA, we cannot do so omega 3 fats. Only plants make the unless we eat properly. And eating basic omega 3 fat ALA which plants properly means balancing the ALA primarily use in their chloroplasts. we get from our chloroplast-rich ALAs are highly reactive and allow vegetables against the omega 6 (a photosynthesis to continue even different plant fat) foods we to tend overeat in our food culture. Modern as temperatures drop and other fats begin to solidify. ALA is an man eats enormous amounts of omega 6 dominant foods (such as essential fat for humans and one reason we need plant foods in our grains, nuts, and seeds.) This why many vegans lack sufficient DHA: While ALA is a fluid, Their diets are too rich in omega 6s highly reactive molecule, it can and too low in ALA. Ultimately, if be elongated into a much more we are willing to eat well we do not need fish to stay healthy. Nor do we fluid, yet more reactive molecule known as DHA. DHA is needed in need to take omega 3 supplements, be it fish or krill oil. And the fact significant amounts in cold-water fish (such as herring and salmon) that we can limit or manage without and sea mammals (such as seals fish and DHA supplements is good and whales) to keep their cells fluid news for the environment.

Eating Fish Food is Optional

Many of our whales, seals, and long-range migratory birds must have cold water krill to survive. While there seems to be an enormous abundance of cold water krill available, global warming is changing that in dramatic ways. As a result, it is far from clear that krill oil supplements are sustainable. Second, most fish oil supplements are manhandled as they are manufactured raising questions about whether it is even healthful to take them. Most are made from small, fatty fish, the food source for many challenged and starving larger fish. The amount of menhaden used for fish oil instead of feeding wild fish is shocking. Third, we all suffered as we watched an Orca mother drag



Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

her dead baby around Puget Sound for days on end. Orcas are seriously endangered. They suffer high toxin loads and they are starving because the Chinook aka king salmon stocks are dropping. Some Seattle restaurant are eliminating king salmon from their menus in support of the Orcas and many of us are following suit. And, as we do this it is good to know that we are not jeopardizing our health. In fact, as long as we replace seafood, in part or whole, with the right balance of ALA rich plant foods, we will be as healthy or possibly even healthier than we were with seafood and krill oil in our diet.





Make a date with Vashon! www.VashonCalendar.com Vashon Library Events Art & Music Events Submit your Event on line at www.vashoncalendar.com

heart, sperm, eyes, etc. This proved true for everything from gorillas to chimpanzees to hummingbirds to mice to rattlesnakes, many of which consume no sources of premade DHA. As well, peoples with fish taboos (such as the Southwestern Native Americans and a number of pastoral African tribes), live without fish or fish oil supplements but do not develop omega 3 deficiencies. It is now certain that any human who eats a relatively healthy diet will make all the DHA that person FOR ORCAS AND FOR ISLANDERS. PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-904 Vashon Hydrophone Project Orca Annie Stateler and Mark Sears Vashonorcas@aol.com port Vashon-Maury Island Whale Research htings NOT Disclosed to Whale Watch Boats vashonorcas.org



That cows are being fed formaldehyde so they CAN DIGEST FISH & BE SOLD AS A SOURCE OF DHA?

That many foods have been gene silenced BUT ARE NOT REGULATED AS GMO?

That this September is the last time A TQI CLASS WILL BE OFFERED ON VASHON?

A TQI CLASS TEACHES NUTRITION. That knowledge is key to making wise choices. Come to class to revisit some important and AMAZING FACTS ABOUT THE FOODS YOU EAT.

> **CLASS STARTS SEPTEMBER 12** Wednesdays, 6:00-7:30 PM Details & Registration At:

> > TQID1et.com

Put Your Mask On

Vashon Center for the Arts (VCA) is pleased to announce tickets go on sale August 1 for the 2018 annual Auction and Gala.

Held over two evenings, September 21 and 22, the annual event showcases the creativity of the local arts community and generosity of local and off-island donors and patrons.

The gala theme this year is the Masquerade, and the events that make up the celebration promise to be something special.

"We felt the need to really change things up this year," says Kevin Hoffberg, Executive Director of VCA. "We've lowered the cost of the Friday night auction. The live auction both nights is going to be in our auditorium and will include a show. The gala dinner will be held in our lobby after the Saturday night auction. The asks will all be done so we can just enjoy each other's company. Guests who don't want to stay for dinner can come to the Saturday event for just \$35."

The annual affair is actually built around three events that bracket the month of September.

On September 7, from 6:00 pm to 9:00 PM, VCA opens its doors to preview the art and experiences that will be on offer. VCA friends will have the opportunity to meet the artists and view the art that will be featured in the auctions. Local restaurateurs Dre Neely and Pepa Brower will be catering the affair and showcasing the cooking of both Gravy and new restaurant Sugo. There is no charge for admission.

Friday, September 21 kicks off with "Maker's Masquerade." Participants are invited to dress "Vashon formal" (muck boots should be washed off please!) and to bring their own mask or buy one at the event to benefit Vashon Artists in Schools. Doors open at 5:30 to delicious finger food, fine beverages, and the silent auction. The live auction will be held in the auditorium and will feature just 25 items. The event includes two live performances that are sure to thrill the audience. The auction is followed by an afterparty. Best of all, tickets are just \$35. Catering is provided by local favorite, Herban Feast.

Saturday, September 22 is final night and "Venetian Nights" Masquerade. Guests are invited to don their finest and wear or buy a mask that benefits VAIS. Doors open at 5:30 to food, fine beverages, and the silent auction. The live auction will be held in the auditorium and will feature just 25 items. The event includes two live performances and the auction is followed by a proper sit-down dinner.

At dinner, guests will have the opportunity to enjoy good food, good wine, good company with no asks. Just thanks.

Tickets for "auction only" are just \$35. Auction with Gala Dinner tickets are \$165 if purchased by

/CA's 2018 Art Auction
s Sept 1, and seating is limited.
" Catering is provided by local favorite, Herban Feast.

Masquerade

"The annual auction and gala are the centerpiece of our annual fund drive," says Kevin Hoffberg. "We've been able to raise \$100,000 each of the past two years for our scholarship fund. This means we're able to say 'yes' to every Vashon resident who wants to take a class but needs financial help to do so. We have also netted about \$100,000 each of the past two years to support dance, arts education, Vashon Artists in Schools, visual arts and performing arts. We're awed and grateful for the incredible generosity of our community."

Kevin Joyce, master auctioneer and local creative genius joins us again as auctioneer both nights.

How to purchase your tickets: Online (preferred method): Go to www.VCAMaestro.com and create an account (super easy!) or log into an existing account. After you've done this, click on "Buy Tickets" at the top of the page and follow the simple steps.

By Phone: Call the Katherine L White Hall front desk at 206-463-5131.

In Person: Come in to the Katherine L White Hall and purchase your tickets at the front desk.

Bill Brown & The Kingbees

Bill Brown just got back from Mexico where he performed with several groups. The rest of the Kingbees have many other projects and continue to play as The Tonze, a very exciting 4 piece group that plays danceyour-shoes-off music, when Bill is not there. They launched an album last year that has been selling well. This year the Kingbees are doing several outdoor concerts and a few club gigs.

Friday, September 14th, 8:30pm



Bill Brown & The Kingbees The Red Bicycle Bistro & Sushi. All-ages 'til 11pm, 21+ after that. Free cover!











West Seattle Soul is bringing the funk to the Lodges on Vashon over Labor Day weekend for a late summer meltdown.

The free show will be from 6-9 PM on September 2 and is open to all ages so bring the family and celebrate another epic summer. Gravy Vashon will be serving food and, as always, drinks will be available at the Lodges' minibar. Lounge in the lawn, get your groove on and enjoy a perfect NW summer evening on Vashon. West Seattle Soul brings together over a dozen talented players to share classic rare raw funk. The brainchild of longtime West Seattleite, drummer, and arranger Ollie Klomp, West Seattle Soul features a 6 piece horn line, a rhythm section, some of Seattle's best guitarists and a rotating cast of special guests. For additional details on the concert, please visit lodgesonvashon.com



Making her Vashon Island debut, Oakland, California's Briget Boyle will be performing September 11, 2018 at 7:00 PM as part of The Next Line album release tour. She will be performing with Tim Silva (drums and vocals) and Suzanne Yada, aka Little Spiral (piano, vocals). Tickets are available at the Vashon Bookshop or at the door at the event and cost \$10.



vocalist, and guitar player based in Oakland, California. As part of a full schedule of performing, teaching, and touring, Briget and a talented group of guest musicians have just finished recording Briget's second album, The Next Line, which will be available in fall 2018. Find out more about Briget at http://www.brigetboyle.com/

Get In The

Open Daily 9am to 7pm "Last load in at 6:15pm" 17320 Vashon Hwy SW (Located across from Pandoras Box)

Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out September 13

Find us on Skype Vashon Loop 206-925-3837

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

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

La Boheme

Please join us for our 10th Season with a return to our beginnings and a salute to contemporary American Opera.

In September, Vashon Opera presents Puccini's La Bohème, a sweeping love story set in bohemian Paris. This opera was Vashon Opera's very first presentation in 2009 and we revisit this beloved opera in celebration of 10 years! Puccini's most popular opera La Bohème's enchanting arias and endearing characters make this a sure fire hit for the first-time opera goer and for those who were there with us 10 years ago.

Season tickets are on sale now at vashonopera.org.

La Bohème

Friday, September 14 at 7:30pm Sunday, September 16 at 2:30pm



Fresh - Vashon Farmers Market Music

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.

Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market. The music is almost always from 11am until 1pm, in the northwest corner of the Village Green. We'd like to thank Nan Wilson at Manage Ad Music for generously sponsoring the music again this year!

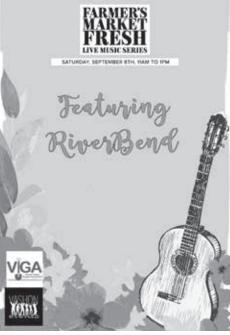
On Saturday, September 1st, we bring you Catbird!

Playing a fun mixture of Old Time music and Jazz Standards, CatBird will take to the stage. Mary Shackelford and Jim Burke are a husband and wife duo who have been playing together for over four decades. With Mary on the mandolin and Jim backing her up with guitar and banjo good time tunes are a natural. Get ready to do some toe tapping or even a bit of the old soft shoe.

On Saturday, September 8th, we bring you RiverBend!

RiverBend is the popular island band of Paul Colwell, Peter Larsen, Dave Lang, Cliff Simpson and Chuck Roehm.

Paul is well known for playing with



many Island groups as well as the "The Colwell Brothers" and the "Up with People" groups. Chuck & Peter, played for many years as part of the island band, "The Garage Boys" and have played at Festival over 25 years now. Dave is known for his popular family Cajun band, the Seattle based band Cajun band "How's-Bayou" and many other Island groups. Cliff rounds out the group and has played in many venues and in different styles of music.

With instrumentation ranging from Guitars, Banjos, Mandolins, Fiddle, Accordion, Harmonica and Upright Bass this band has a wide breadth of musical experience and talent, they are fun to

Concerts in the Park

On Thursday, August 30th, we are excited to bring you Trolls Cottage!

Trolls Cottage is hypnotically simplistic; music soaked in lyrical contemplations. The energy this band brings to a performance is exhilarating and most certainly compels the audience to get up and dance. With intoxicating genre-bending music and lyrical depth, Trolls Cottage has withstood the test of time. Nearly twenty years after their inception, Trolls Cottage returns to the Island for their first public show on Vashon in four years.

Sometime in 1997, Earl Clay was going to college in Bellingham and roommates with Matt Bain, Jacob Bain's brother. Jacob started playing guitars with Earl around that time - he didn't even know that Earl played the drums at this point. Jacob had this battery powered alarm clock with a cassette player on the top of it. He immediately wanted to record some of the stuff he and Earl were coming up with. Next time Earl came to the Island for the weekend, Earl and Jacob went down to the oil docks and while looking across at the city lights, they made this little four-song recording. It was just fun and in the moment at the time, without vision...but it was really the start of something much bigger. Earl took the tape up to Bellingham and over the next year whenever Jacob would visit, all his friends and comrades that he had come to know on the college scene up there were totally blowing Earl and Jacob up like it was the next best thing.



Trolls Cottage released two live CD's and four full-length studio CD's, the last one in 2008.

While they mostly stuck to larger clubs around Seattle and neighboring cities, Trolls Cottage also completed several West Coast Tours that included shows in British Columbia, California, Idaho, Montana, Oregon, Utah, Washington and the Hawaiian Islands. Over the years, Trolls Cottage has shared the stage with many international acts such as Lucky Dube, Culture, Natural Vibrations, Eek A Mouse and Clinton Fearon at festivals such as Bumbershoot, Folklife, Feather River Festival and Island Earthfair.

There's so much Island history attached to this band – the stories, the family of friends that are drawn to this experience and the music that played such a big part of so many people's lives that grew up here on the Island.

Don't miss this one, it's going to be one of the biggest family reunions Vashon has ever seen.

Catch Us While You Can

Continued from Page 1

recording of early work for playing during the exhibit run, their bio and photograph, and be prepared to perform. Visual art is being coordinated and curated by Christine Beck and Kristen Reitz-Green while musicians will work with Vashon Events to best meet their scheduling and sound needs.

Deadline for submissions is August 15, 2018 and will be accepted at O Space. There is no size restriction on work as O Space's generous walls can accommodate small to large and there are no entry fees for either visual or performing artists. A grant received from 4Culture will assist with honorariums to musicians. Visual artists should contact Christine Beck, cdbeck@yahoo.com, and Kristen Reitz-Green, reitzgreen@comcast.net, and performers contact Vashon Events, vashonevents@gmail.com.

So mark your calendar and join us throughout September and Catch Us While You Can!

Music schedule:

Saturday night, September 29th, 2018:

Main Stage:

0	
06:30 - 07: 08:00 - 08: Population	45pm The Spotlights 15pm High and Lonesome 45pm Subconscious n 15pm Sinner & The Saints
Acoustic S	Stage:
07:20 - 07:	20pm Bob Kueker 50pm Mary Litchfield Tuel 20pm Chuck Roehm
Sunday ni	ght, September 30th, 2018:

Main Stage:

03:00 – 03:45pm Mike Shapiro plays with Fire 04:30 – 05:00pm Catbird 05:45 – 06:30pm RiverBend 07:15 – 08:00pm Loose Change

Acoustic Stage:

Make a date with Vashon! www.VashonCalendar.org

Vashon Library Events Art & Music Events Submit your Event on line at www.vashoncalendar.com



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

Next Edition of *The Loop* Comes out Thursday September 13

> Deadline for the next edition of *The Loop* is **Saturday, Sept. 8**

Compost the Loop The Loop's soy-based ink is good for composting. Friday night, September 7th, 2018:

Main Stage:

06:00 – 06:30pm Kat Eggleston 07:15 – 08:15pm One More Mile 09:00 – 10:00pm Portage Fill Band

Acoustic Stage:

06:40 – 07:10pm John Van Amerongen 08:20 – 08:50pm Bob Krinsky õ

03:50 – 04:20pm Some Hat 05:05 – 05:35pm John Browne 06:35 – 07:05pm Loren Sinner with Bob Goering

Presented by Open Space for Arts & Community

CATCH US WHILE YOU CAN! 25 + Years Making Art on Vashon Friday, September 7th through Sunday, September 30th

Animal Behavior Consultant

Small Animal Massage Practitioner

Wendy Dahl, M.A. 206-463-9721

www.dahlbehavior.com

wendy@dahlbehavior.com



- Tree Cutting and removal
- Field mowing, brush cutting and tilling
- Hauling and refuse removal
- Scrap metal removal
- Driveway repair and grading

Clothing & Outerwear for Kids & Adults

Feeders, Hooks & Hardware

• Gates, Fencing & Stable Supplies, Buckets,

• Straw, Shavings, Bedding Pellets

Grooming Supplies.

- English & Western Tack, Horse Blankets, Chaps, Gloves & More. We're your local EasyCare Hoof Boots Dealer
- Dewormer for all your critters, Fly Sprays, Traps & Masks, Wound & Leather Care

One-stop shopping

for your horse, barn,

pets and more:

Eastern WA Timothy Alfalfa & Orchard Grass Hay

Nutrena' Full Selection of Greain & Feeds

Nutrena, LMF, Nature Smart Organics, Country Feeds, Na-

ture's Cafe, Mazuri, Standlee, Mid Valley Milling, Sun Seed

& Zupreem + Dog Food, Collars, Leashes, Supplements &

- Local Distributor for Double Heli Water* Nordic Naturals Fish Oil, Restore for Gut Health & Silver Biotics
- Cox Veterinary Labs, Uckele, Select, Cosequin, Animed, Wendals Herbs and More





www.vashonweather.com Wind Speed & Direction **Barometric Pressure**

Adopt A Cat Day!

9FM • VoiceOfVashon.org • VoV App • 1650AM Alerts

Vashon Island Pet Protectors

Saturdays 11:30-2:30

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

Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com Or call (206) 925-3837

Dan Hardwick oldredtruck@comcast.net

PANDORA'S BO

Summer winds down and we await the clearing of the smoke. We've got some new stuff blended in with the old stuff. Kind of like hide and seek.

Bo's Pick of the Week: The wonderfully awesome and brand spankin' new cardboard cat scratchers. Who knew they could do that with recycled paper?



206) 463-3401

\$8 Nail trimming with no appointment 17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch