

## Mukai Farm and Garden welcomes neighbors to their first Vashon Japan Festival

Spend the day on the beautiful grounds of Mukai Farm and Garden at the first Vashon Japan Festival. The festival will be outdoors, Saturday September 22, 2018, 10 a.m. to 4 p.m. at the Mukai Farm & Garden, 18017 107th Ave SW, Vashon. Come experience Japanese traditions and get to know your Japanese American neighbors at this free event. Learn what's happening at the historic fruit processing plant and how you can be a part of this vibrant historical venue. Find information and other events at [www.mukaifarmandgarden.org](http://www.mukaifarmandgarden.org).

Like traditional Japanese street fairs, Vashon Japan Festival will feature activities for all ages, including:

Taiko drummers and Bon Odori dancers

Sake, perry and Japanese beer garden  
Japanese food & drink, including mochi pounding demonstrations

A children's village with Japanese games & art projects

Local artisans demonstrating and selling Japanese inspired wares  
Speakers throughout the day

The Mukai house and garden are a blending of two cultures: B.D Mukai, a Japanese immigrant who became a very successful business owner and entrepreneur while his wife, Kuni, expressed her heritage by designing and installing a traditional Japanese stroll garden around their very American Craftsman home. The family blended their Japanese heritage and newly adopted American home to become successful entrepreneurs and members of the Vashon-Maury Island community. Their home, garden, and barreling plant are icons of these blended cultures and island history.

Mukai Farm and Garden are being restored and managed by the Friends of Mukai to celebrate Vashon's Japanese American and agricultural heritage. The Mukai Farm and Garden reminds us of the influential contributions of the Mukai family and the Japanese American immigrant community to 20th century agriculture, business, and community life. Mukai shows how history lives and is relevant to our lives today.

## King County Flood Control District grants to go toward Vashon Beach restoration projects

The King County Flood Control District has approved \$15,000 in grants going toward Vashon beach restoration efforts to coordinate a comprehensive citizen science program that monitors beach restoration projects and forage fish on up to five different beach sites on Vashon-Maury Islands. These funds were part of \$4.6 million the District approved as part of the Cooperative Watershed Management Grant Program.

"The beaches on Vashon and Maury Islands are distinct natural wonders," said Supervisor Joe McDermott. "Protecting these important habitats through outreach organizations like the Vashon Nature Center helps to educate area residents, foster community involvement, and protect wildlife."

"When we invest in restoring King County's critical habitats we invest in the future of our region's ecosystems," said Reagan Dunn, Chair of the Flood Control District. "I look forward to seeing the results of these projects throughout our four major watersheds."

Vashon Forage Fish and Beach Monitoring sponsored by Vashon Nature Center will receive \$15,000. These funds will be used for their comprehensive citizen science program that monitors

King County's beach restoration projects and forages fish on up to five different beach sites on Vashon-Maury Islands. This program is a partnership with King County, Washington Department of Natural Resources, University of Washington, Vashon schools and the greater Vashon community.

King County Flood Control District grant recipients participating in the Cooperative Watershed Management Grant Program must address high priority habitats or watershed processes that significantly influence productivity in each basin. To ensure high quality projects, only those that have been scientifically vetted and ranked competitively by their respective WRIA Forum are candidates for funding. Cities, towns, special districts, public schools, King County, federally recognized tribes and non-profits are eligible to apply for the grants.

The Flood Control District Executive Committee oversees project selections and King County's Water and Land Resources Division administers the grant allocation process. Since 2012, the Flood Control District provides funding for watershed management projects.

## The Road to Resilience Profits Have Consequences

By Terry Sullivan,

Two weeks ago, the waitress that served our Thursday morning breakfast for the past couple years quit. She and her husband could no longer find affordable housing on Vashon and are moving to Spanaway. You may have noticed a lot of "now hiring" signs lately. I certainly have. Having lived here for almost 50 years, I've found that such signs are not common and don't stay up very long. It used to be that a job on Vashon was a much sought after plum. To be able to live and work on the Island and not have to commute was a dream come true. I suspect that the reason those jobs are open is similar to the reason our waitress is leaving. Will they remain unfilled for the same reason? What happened?

About 40 years ago, we started promoting Vashon as a really nice place to live and a regional destination. Obviously, this was a big plus for realtors, home sellers, and most businesses: more people, more demand, higher prices, more business. Even the service sector people could expect a boost as more jobs opened up. The trouble is, we priced ourselves right out of our own homes. The newer arrivals necessarily had more money. They had to in order to be able to stay in the bidding for high-demand

homes on Vashon. Those of us that grew up here and inherited homes or bought them more than 40 years ago were in a great position to advance our fortunes. As we sold homes for huge profits, we found that we too could afford to get into the bidding for a much better place than the one we just sold, thus adding to the bidding frenzy.

However, if you rented, or tried to buy less than thirty years ago, your choices were becoming more limited. Alas, while housing prices grew by 200 to 1000 percent over the last thirty years, service sector wages grew by maybe 40 to 50 percent. The housing market is subject to dramatic upturns, with a given house sometimes doubling in value in a very short time. We would never tolerate such increases in the cost of our goods and services, and wages reflect that. If one didn't have to pay out most of one's income for housing, life out here would be affordable.

As much as we have always wanted a diverse community, we are on the way to establishing an airtight apartheid based on income. As the last of the cheap, older rentals are bought and transformed into high-value homes or air B&B's, all the people that work on Vashon will be

*Continued on Page 4*

## Learn about planned Island Center Forest health work at Sept. 18 public presentation

To help build a healthier forest, King County plans to selectively harvest crowded and spindly Douglas fir trees from a 10-acre portion of the 440-acre Island Center Forest.

King County Parks has scheduled a public presentation about the proposed forest-management action at the next Friends of Island Center Forest meeting, set for 6:30 p.m. on Tuesday, Sept. 18, at the Vashon Land Trust, 10014 SW Bank Rd. A guided walking tour is being planned for later in September, when interested citizens can see the area where the thinning would occur.

The planned selective thinning is expected to last two weeks and be completed in late 2018 or early 2019. This work builds on previous projects in 2008 and 2014 to improve the health of portions of the forest that are crowded and overstocked with Douglas fir trees.

While the trees in the designated thinning area range in age from about 70 to more than 100 years old, their crowded condition has left these portions of the forest undersized and overstocked. Tall, skinny trees with small crowns are the norm in these areas.

Selectively thinning trees implements

recommendations from the site's 2006 Forest Stewardship Plan and increases the growth rate of the most desirable trees. These types of forest stewardship actions also promote plant diversity by increasing light in the understory and enhances the forest's value as fish and wildlife habitat. Forestlands scrub the air and store carbon – an essential component of King County's efforts to combat climate change.

Island Center Forest is certified by the Forest Stewardship Council, the nation's most demanding forest-certification program, as a sustainably managed forest. The certification means trees harvested from the forest can carry the FSC label, a voluntary, market-based system similar to organic certification for farmers or food processors.

Island Center Forest is one of the most-popular outdoor recreation sites on Vashon-Maury Island and features more than 10 miles of trails for hiking and running, horseback riding and wildlife viewing.

For more information about the thinning and harvest work, contact David Kimmett, at 206-477-4573, or [david.kimmett@kingcounty.gov](mailto:david.kimmett@kingcounty.gov).





# Windermere

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## Cathy Needs A Home

You can call me congenial Cathy! I like just about everybody (except other cats); I'm comfortable with adults, kids, even dogs. My family couldn't take me along when they moved, so I hope another family will realize what a great addition I would be to their home. I've always lived indoors, and that's the best place for me.

I like people so much that one of my favorite sleeping places is ON them! I love to get hugs from humans and tell them about my day. I bet you could use a hug, too, couldn't you?



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**Playing Sept 17-20**  
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*Conscious Cartoons Festival*  
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*BlacKkKlansman*  
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*Dark Crystal*  
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**Vashon Theatre**  
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**206-463-3232**  
**Call for Times**

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

**The Vashon Loop**

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**Find the Loop on-line at**  
**[www.vashonloop.com](http://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](mailto: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. At the Vashon Library, 17210 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)

### Next Edition of The Loop Comes out Thursday September 27

Deadline for the next edition of *The Loop* is Saturday, Sept. 22

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### 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

### Job Opening at Chamber of Commerce

The Vashon-Maury Island Chamber of Commerce is looking for a skilled individual to become our Office and Events Manager.  
The Vashon Chamber of Commerce is a membership organization representing over 270 Island businesses and is responsible for hosting the Island Visitors Center, being the voice of the business community, and producing several community events. This is a permanent year round part-time position with a wide range of activity. Duties include upkeep of the Chamber Office & Visitors Center, working with member businesses, answering phones, greeting visitors, creating flyers & brochures, producing and marking community events such as Strawberry Festival, Halloween, Winter-Fest Weekend, Spring-Fling, and more. We are looking for someone with experience in customer (or member) relations, InDesign (or other publication programs), MS Office, marketing and event planning as well as professional written and verbal communication. The Office & Events Manager reports directly to the Executive Director and works in an office environment in the Vashon town core. We offer a steady yet flexible schedule and candidate must be available some weekends and evenings during special events, board meetings and other times as needed.  
**Office and Events Manager**  
+ Permanent Part Time Hours: 25 per week\* flexible daytime hours available.  
+ Pay Range: \$20,800/yr to \$22,800/yr DOE.  
+ Paid Time Off: 2 Weeks  
+ Reports To: Executive Director  
+ To Apply Please Email Resume & Cover Letter to Jim Marsh, [executivedirector@vashonchamber.com](mailto:executivedirector@vashonchamber.com)

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**Craft fair and Flea Market**  
Saturday 9/22, 9-3. Come find that perfect gift for Aunt Helen at the Craft Fair and Flea Market on September 22. The Fair will be held on the lovely grounds of Island Funeral Services. All proceeds benefit Vashon Senior Center. Vendors, to reserve your space (\$25/10ft or \$40/20ft) call the Center at 206.463.5173.

### Vashon Islad as a Health Care Shortage Area

The federal government has designated Vashon Islad as a Health Care Shortage Area (HPSA). We have no hospitals, urgent care facilities, or medical specialists, and unlike other areas served by WSF, we cannot drive to them. Washington State Constitution designates the WSF as our marine highway, which requires access under the law.  
Despite the expense, Washington State has a legal and obligation to provide adequate ferry service for residents, especially with increased tourist traffic. To decrease and eliminate ferry runs, extending the length of time of ferry crossings with increased ridership is not only inconvenient, it is dangerous to the health of our residents.  
Kelly Wright, ND

### Vashon Maury Health Collaborative

The Vashon Maury Health Collaborative will be holding the second community meeting to address sustainable healthcare for the Island from 7 to 9 PM on Wednesday, September 19th in the Land Trust Building.  
The first meeting covered current operations of NeighborCare. This meeting is to discuss what healthcare options Islanders would like to see for Vashon.

### Threshold Choir

Threshold Choir invites the community to experience a Sound Bath on September 21, 2018 from 6:30 to 7:30 PM at Vashon Intuitive Arts (VIA), 17331 Vashon Hwy. Relax to calm, soothing music in a recliner chair. Address anxiety, stress, depression, pain, grief by surrounding yourself with healing harmonies.  
Questions: 206-370-9812

**Public Health**  
Seattle & King County

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FOOD STAMPS  
HEALTH INSURANCE

**KING COUNTY PUBLIC HEALTH IS HERE**

Dates: Wednesday September 19th, 2018  
Wednesday October 17th, 2018  
Wednesday November 21st, 2018  
Wednesday December 19th, 2018

Time/Place: 11am - noon at the Food Bank and  
1:00pm - 3:00pm at Vashon Library

You can apply for:  
**ORCA LIFT:** Metro reduced fare program  
**FOOD STAMPS**  
**HEALTH INSURANCE:** sign up for Apple Health, fix any problems you may have with qualified health plans

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# 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 15th, we bring you Tim Couldn’t Make It!

Way back in the mid-1980s, bassist Tim Dahms was making a name for himself in the hip and happening Maui music scene. Much in demand, the tall good-looking Tim could pick and choose the bands and gigs he wanted to bless with his presence and prowess. The fact that most bass players have this luxury wasn’t the point. Tim joined a local rock-and-roll outfit called The Sharks. Playing guitar in the Sharks at the time was Doug Pine. Tim and Doug became friends and also became each other’s favorite musicians, so much so that Tim once asked Doug to tune his bass. Ten strings of mutual admiration.



On Saturday, September 22nd, we bring you The Tab Tabscott Trio!

The Tab Tabscott Trio plays a nice mix of Happy Little Sad songs and Sad Little Happy Songs, coupled with fiery and emotional slide guitar sounds.

Tab has played the dobro and pedal steel guitars for a half century and weaves a spellbinding mix of sounds on these instruments which lends a vocal like quality to his delivery. The music is augmented with delightful ukulele and bass accompaniment and lovely vocals.

## Road to Resilience

*Continued from Page 1*  
commuting in here everyday, much like the “help” at a large mansion.

But will they? We have all seen the proposed changes in ferry service. We may be able to get better service than they are offering, but we need to recognize the writing on the wall. As Kitsap continues to grow and we remain the same, we can expect that our ferry service is going to decline. That may be enough to convince our service sector people to pursue work closer to their mainland homes.

Who on the island will fill those jobs? If they paid as much as a programmer at Microsoft gets, there would be some takers. If not, there are a number of older islanders with paid-for homes that do fine on those wages, but not anywhere near the number we need. We could see many of our stores, restaurants, our schools, and Vashon Community Care with acute labor shortages. Suddenly, our haven in the Sound is not looking so good anymore.

Vashon Household has managed to build some projects over the years that have provided shelter for a number of those low- and moderate-income families. Those that have been lucky enough to live in those projects are very appreciative, but the waiting lists are long, and the loss of existing low-income rentals has probably far exceeded the ones we have created. There is

something wrong in the way our economy works when a special situation needs to be established so that vital members of the community can continue to live here. Our time would be best served if, instead of rescuing “babies in the river,” we figured how those babies ended up in the river in the first place.

Our laissez faire capitalist economic model has failed us, and perhaps if we thought more in a socialist way, we could balance this out. Restoring some semblance of income equity across the board would go a long ways toward making our capitalist model work.

Instead of maximizing commodity value, we should be trying to maximize general sustainable prosperity where everybody can provide for themselves regardless of income, with no need for special subsidies, charity, or handouts. The solution will have to be bold and imaginative. I’ve talked about community land trusts and other means to control the value of property so as to put people before profits. In the meantime, maybe if we all conducted ourselves with a little more awareness of the consequences of our own actions, we might start to see some solutions.

Comments?  
terry@vashonloop.com

# Hestia Retreat

Hestia Retreat is excited to share our offerings for the fall and winter season – some tried and true, some new!

If you’re not familiar with Hestia Retreat, we hope that you will take the time to get to know us and to take time for yourself. The name “Hestia” comes from the ancient Greek goddess of the heart and hearth. As Hestia the goddess is mythologized to have done, Hestia Retreat creates ways for women to find quiet time, to renew ourselves and nurture, support, and inspire each other. We are a non-profit based on Vashon and have been going strong for the past eight years.

In an increasingly hectic world, carving out time for reflection and reconnection with what matters most to each of us is more important than ever. Yet, many women find they are “last on the list,” doing for others more than they do for themselves. Through our programs, we seek to “hold space” for women to reprioritize their own health and well-being.

Please join our mailing list, come to our monthly programs, meet other women on Vashon, and get involved!

Here are our offerings – all at no charge – for the remainder of 2018 and into the new year:

### Book Club

First Wednesday of the month

Next event: Wednesday, October 3, 7-9pm – Book TBD

Connecting time with food/drinks followed by book discussion and selection of the next book at a lovely waterfront home. Contact Julia Baker juliabkr@yahoo.com

### Journaling Group

Second Wednesday of the month

If you’ve always wanted to journal, or if you simply want to get inspiration by writing to new prompts, this may be perfect for you. Plenty of time to write, followed

by brief shares for those who wish to do so. Contact info@hestiarettreat.org

### Serene Saturdays

First Saturday of the month – This is one of our new gatherings!

Next event: Saturday, October 6, 4:30 – 6:00 pm

Time to meditate, read, draw, journal – or whatever serene activity is most healing to you – in a restful yoga studio space in the woods. Contact Emily Herrick at emmylouherrick@gmail.com for information, directions, and to reserve a spot. Limited to 8.

### Sunday Conversations

Third Sunday of the month – We are expanding this offering!

Sunday, September 16, 4 – 6 pm, at the Senior Center, Bank Road

Enjoy coffee/tea and conversation in a relaxed setting. This is a great opportunity to meet regularly with a group of women just to be together and engage. Contact Catherine Swearingen, catherine.swearingen@gmail.com, to RSVP or for more information.

### Hestia Annual Celebration

Thursday, December 13 – evening (time TBD)

Gender-inclusive event for people who are already members and those who are interested in learning more about Hestia Retreat or just to gather with others. Take a break from hectic holiday preparations, and enjoy drinks and appetizers by the (Hestia) hearth! Co-housing Common House. Contact Valerie Manusov, manusovv@gmail.com to RSVP.

We look forward to getting to know you at our events as we encourage women to give themselves the gift of time for themselves.

For more information, visit hestiarettreat.org or write to us at info@hestiarettreat.org.

## Island Epicure



## Soups of Autumn, Part I

Now that the heat of summer has passed, hot soups have replaced the cold soups of summer. We’ve even had a little rain, the autumn rain that brings the mushrooms up. If you have access to a field, you should be able to do find agaricus campestris, the white button mushrooms that show up so beautifully against the newly green of the grass. Of course, both white mushrooms and brown ones are readily available at Thriftway.

All mushrooms have healing ability. The Sherpa porters who carry huge loads up Mount Everest credit a mushroom called cordyceps sinensis that grows right beside their steep path with giving them the strength and stamina to carry loads that weigh as much as they do uphill all day. You won’t find cordyceps in the supermarket, but you can get it as a nutritional supplement from Swanson Vitamins on the internet to increase your stamina.

Meanwhile, for flavor and a health boost, go ahead and get some mushrooms at your supermarket and enjoy this mushroom curry soup.

Lacto Vegetarian  
GOLDEN MUSHROOM SOUP

Prep and Cook: 20-25 minutes  
3 servings

2 to 3 Tablespoons butter  
½ cup chopped onion  
1/3 cup sliced celery, optional  
2 cups chopped mushrooms  
2 teaspoons curry powder  
2 dashes paprika  
1 cup hot water  
1 teaspoon vegetable broth  
1 cup milk  
2 Tablespoons cornstarch  
2 Tablespoons water  
¼ cup half and half cream, optional  
Salt and pepper to taste

Melt butter in a 4 to 6 cup heavy-bottomed pan. Stir-fry vegetables with curry powder and paprika until onion is glossy and yellow. Add water and vegetable broth. Cover. Cook 10 minutes. AD milk and as soon as it steams, stir in the cornstarch mixed with water and continue stirring until the cornstarch is cooked and the soup thickened. Add cream if using. Add salt and pepper.

Serve with Bavarian rye toast, buttered and a side salad of your choice. Either a fruit salad on lettuce with ranch dressing offered or a vegetable salad with olive oil and vinegar.

## LOST CAT POOKIE BEAR

Pookie Bear is a short-haired black-and-white female cat missing from the Burton area since 2015. She has a black tail with a little kink that can be felt at the end of it. There’s a black stripe below her mouth. She could’ve traveled anywhere on the island by now. Maybe someone thought she was a stray and took her in. If you’ve seen a cat resembling Pookie Bear, please contact VIPP.



Go To [www.vipp.org](http://www.vipp.org)  
Click on Lost and Found

## Compost the Loop

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is good for composting.

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



# Island Life Symptoms

By Peter Ray  
pgray@vashonloop.com

I have been sick lately. It is one of those maladies that has chosen to remain undefined. No energy, coughing, sometimes sneezing, that weird body hypersensitivity that often comes with fever, but there is no fever. There are of course things that I should be and need to be doing while this is controlling my existence, but for the most part I can't do anything. For the first couple of days all I could do was sleep, and so that's what I did, being too tired to even turn on the TV. The exhaustion combined with a low tolerance for being sold crap in those spaces provided between network or channel content kept the idiot box at bay. It was also during this time of not feeling well that plugging in any number of dvd discs of films in my collection remained unappealing, mostly because I just couldn't sit upright and grant any film the attention it deserves.

When it came to the point that I could assume the sitting rather than fetal position on the couch, the option of viewing a film selection became open- then there came the dilemma of choosing what it was that might properly occupy my time during this slow and tedious slog back from relative incapacitation. Recently, the Comedy Channel has been airing reruns of "the Office" after Trevor Noah and the Daily Show. I was never a fan or even occasional viewer of this series during its original run. As a rule I do not follow any sitcom or drama series shows for the most part, just because I just more often than not forget when they are showing. I do now own all three disc sets of all three seasons of Mr. Robot, and am eagerly awaiting the escapades of Elliot in Season IV, but for some reason when it is currently scrolling in real time through each new season I just can't keep it straight to be a regular viewer. So it goes.

I do, however, keep somewhat regular tabs on the Daily Show( mostly because it is not hard to remember the four nights a week it is on), and in doing that it becomes easier to just leave the TV on and watch what comes next, which as I've said right now happens to be reruns of "the Office". Part of my reason for doing this is just a general curiosity about taking the opportunity to see what made this show popular at the time. What I have seen is that there is a quirky, intra-office set of relationships going on here that alternate between funny to awkward to uncomfortable viewing. Many times I turn it off part way through, not willing to see where the evening's situation might take the characters. But I will also admit to a curiosity about Steve Carell and how his character navigates the various plot twists and turns. This in turn is driven by the fact that I have found Steve Carell to be a fascinating actor in full length feature films. Most recently, his role in the 2017 film "Last Flag Flying" as a Vietnam Vet and father of a soldier killed in the Iraq War. This is an unexpectedly brilliant film about war, bonds formed in war and hidden truths, but it wasn't what I was looking for this day.

Instead, I went with a different film where Mr. Carell plays a character from real life. Mark Baum was a hedge fund operator back during the crash of the housing bubble. He was apparently one of the few traders at the time who recognized what was happening in time to bet against the crumbling mortgage industry and cash in through a newly devised financial instrument known as the credit default swap. The film follows Carell/Baum and his small band of hedgers, along with a few other investors who happen to also see what potentially might be exploited in the grandest of somewhat legal Ponzi schemes, as they all sweat their ways to millions and billions. Why I find this view

of a slice of this American life worthy of viewing is because of its tell, which is best summarized by the character here played by Brad Pitt and the two words he utters: "Don't dance."

Mr. Pitt plays a former Wallstreeter who left the game years ago in disgust of what it stood for, but he agrees to help two young traders who have spotted this potential for cashing in on the crash, and he succeeds in assisting with their plan and the realization, eventually, of their resulting, handsome payout. It is when these neophyte traders see that they have indeed hit it big through this arrangement that they start to celebrate with their version of the white man victory dance. It is then that Pitt's Ben Rickert confronts the two with the no dancing admonition, the reason being, as he explains, is that their profiteering comes indirectly at the expense of millions of peoples' jobs, homes and pensions. The theme that there is something inherently wrong with exploiting what will obviously become a total disaster for multitudes of others if their plan is to work to their benefit is explored here, but ultimately what one is left with is that the cleverness of their vision in their ability to turn it around to their advantage is what is ultimately most important.

After re-experiencing this part of the 2008 crash here for one more time, I decided to visit with Charles Ferguson's 2010 documentary, Inside Job, which takes a factual and in depth look at how and why the 2008 housing and mortgage crash happened. The answer on one level at this point is: yes, I do have a peculiar way of entertaining myself. But what I see in this doc, which won the Oscar for best American documentary in 2010, is perhaps the best evidence out there that a brilliant exposé about a timely and critical subject can get substantial exposure to little or no effect as far as results in the real world. What seems to come out of this work is that in spite of the fact the government and the regulators had a pretty good idea of what was going on in the financial and mortgage industries, there was no will to do anything about it, before or after the crash, at least in these United States.

In the mean time, what is running concurrently with all of this, besides my being sick, is the latest in contemporaneous revelations about the actions of the current occupant of the White House. It almost doesn't really matter what those revelations might be, because as we have seen so far, what has been revealed up to now has had little effect on the resident status of president 45\*. It doesn't seem to matter that in a book and in a New York Times op-ed piece, the current president is described as having the equivalent to a fifth- or sixth-grader's knowledge and awareness of how our government works, along with the sub par ability to run it. That same president is termed a moron and an idiot by some of those who work for him and yet he is given carte blanche to name a judge to the highest court in this land. Hot off the presses or fresh out of the can, in his newly released documentary we now hear that Michael Moore goes as far as calling Mr. Trump an "Evil Genius" while Mr. Obama- fresh onto the campaign trail for others- against past precedent and tradition- has referred to his predecessor as a symptom, not a cause. While this is not necessarily a revelation, it should be troubling to whomever is looking for a way out of our current dilemma. From the pussy tape to the Nazi rally in Charlottesville and Trump's claim that there were bad people on both sides of that, the fact remains that a statistically significant number of voting age Americans seem to find nothing wrong with Trump's daily metaphorical murders, whether they have occurred on Main Street or Fifth Avenue. In spite of his eloquence, Barack Obama failed to mention in his most recent stump musings that his administration failed to prosecute any Wall Street CEO's for the wrongdoings that caused worldwide financial turmoil and strife, or that under

# Spiritual Smart Aleck

By Mary Tuel

## Prayer and Coffee

The day begins with a woozy shuffle down the hall to the kitchen, where I put water in the kettle and turn it on. Place a filter in the one cup cone, coffee in the filter, and the cone on a mug, and pour the boiled water over the coffee.

Now we're getting somewhere.

Mug full of coffee in hand, I sit at the kitchen table and open my Book of Common Prayer to page 137: "Open my lips, oh Lord, and my mouth shall proclaim your praise." (from Psalm 51)

It's not a bad way to start the day. Do I do it every day? Alas, no. I would be awfully pious if I did, but I often wake up late and dash out the door or am otherwise distracted. So not so pious. I would have made a lousy nun, and not only for my lax rule of life. Obedience would have tripped me up.

Still, I have started my day many mornings the last thirty-one years or so with that routine, and I pray every day, quick prayers, what my friend Julie called arrow prayers, firing them off in the moment.

The morning prayer ritual has become a touchstone and a quiet place when the world around me is noisy and chaotic, which is nearly always. I have a list I keep in my Book of Common Prayer with the names of the people for whom I pray every day, plus people for whom there are emergent needs. I pray for healing, peace, and relief from pain; safe travel, grace, or whatever is asked. I give thanks.

Now, I am aware that many of you think prayer is a lot of hooey. These days there is a sharp kneejerk reaction to the use of the expression "thoughts and prayers" by insincere people who could do something about, for example, gun control, but won't. That's the sort of hypocrisy that gives prayer a bad name.

If you don't trust people who are all talk and no walk, at least you know your instincts are sound.

Does prayer work? Yes, it does, but it's not magic. God is not an online Amazon catalogue. You pray with intention, but you do not know what will happen.

I think this is one of the gripes some

---

his watch, terror rained down from remote controlled skies in a number of foreign countries in ever increasing numbers. The ball was already in motion on a number of levels- the only thing Donald Trump has done is to normalize the reality of the ugly American and to justify that which allows whatever actions that perpetuate its resilience. There is no genius to that- it is just sad.

## Adopt A Cat Day!

Vashon Island Pet Protectors

### Saturdays 11:30-2:30

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



people have with faith: What's the point if faith and prayer don't FIX everything? What kind of a God ...? Etc.

If the God you don't believe exists has disappointed you because he should have put an end to war, quietly deposed all the lunatic dictators and tyrants, fed all the hungry, housed all the homeless, and put the Mariners in the World Series, then you are right. That God does not exist.

God is not magic. We cannot control everything with prayer.

It is our job to make peace, depose the lunatics and tyrants and then not become lunatics and tyrants ourselves, feed the hungry, and house the homeless. You don't have to be a Christian to do this work.

Working on fixing the world often seems futile, but most of us keep getting up every day and doing the best we can. Sometimes praying is all we can do. There was that time I was in the car wreck and stuck in bed for a couple of months.

Miracles do happen. Usually not the specific miracles you pray for. There have been miracles in my life that I did not recognize until I looked back years later.

The first time I drove off the ferry onto Vashon Island, as I passed the Episcopal Church I had a sudden strong feeling of being At Home. A few minutes later, at the main intersection, the friend I had come to visit introduced me to the first person I met on Vashon Island: Rick Tuel. I did not know that day that I would end up marrying Rick and living on Vashon Island the rest of my life. Well, so far.

You know, we're always petitioning God for things, and sometimes God tells us things with big red capital letters, or points toward things with flashing neon signs, and we don't see them. So maybe you could say we don't answer God's prayers. We don't have the understanding. And yet, sometimes, things come right.

At the end of morning prayer comes the Collect: "... in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen."

The hardest part of prayer for me: being quiet and listening for God's purpose. You must be careful. It is insane to get cocky about thinking you know God's purpose. I think it's good to lead with kindness, though.

Blessings on you, dear readers. We live in interesting times. May we encourage one another. Amen.

P.S. Almost forgot: the Mariners are on their own.



# The Gauntlet

An event like no other, The Gauntlet brings together a myriad of masterful challenges designed to stretch participants of all ages and stages to experience greater levels of connection, growth and FUN!

Come solo or bring the whole family – The Gauntlet is an opportunity to test your own limits through individual and group games while celebrating the magic of community.

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  - ~ Epic live music performances & art installations
  - ~ Nourishing local eats
  - ~ Creative activities to express your personal style, &
  - ~ A beautiful outdoor setting

All proceeds from this event benefit Journeymen Institute, a 501c3 non-profit providing nature-based rites of passage and mentorship services to boys and young men in Puget Sound.

The OpenSpace for Arts & Community  
Saturday, September 22nd, 10am-6pm



REGISTER NOW -  
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# Loose Change at the Bike

Loose Change is one of Vashon Island’s favorite dance bands. The band has been entertaining crowds at private parties, local festivals, and other venues for over 15 years, and is still going strong.

Lead singer Troy Kindred fronts the band with his powerful Joe-Cocker-meets-James- Brown voice and his passion for entertaining. Ultra talented keyboard player and music director Kevin Pottinger is the anchor of the band, pulling together an assortment of players and vocalists to create a fun musical and stage show.

The huge sound of the horn section really sets this band apart, as do the lovely and talented backup singers, fondly known as the Loose Women. The band’s red-hot rhythm section – guitar, bass, and drums – keeps the beat going and your feet moving.

The band play list focuses on classic R&B hits from 60’s, interspersed with a



few disco and funk songs, a few touches of gospel, and little rockabilly. The set list varies, but you’ll almost always hear crowd favorites Mustang Sally, Unchain My Heart, Treat Her Right, Pride and Joy, Take Me to the River, Wonderful Tonight, and Brown Eyed Girl, all sung by Troy Kindred or another band member stepping up to sing lead.

Friday, September 28th, 8:30pm  
Loose Change  
The Red Bicycle Bistro & Sushi  
All-ages ‘til 11pm, 21+ after that  
Free cover!

## Rjs Kids and The Vashon Park Stewards Presents: Jim Henson’s The Dark Crystal at the Vashon Theatre!

Come enjoy a magical night at the Vashon Theatre to raise money for the Burton Action Recreation Center improvements and repairs. B.A.R.C. is one of the Park District’s most unique properties, and it’s improving all the time with the help of a team of volunteer stewards. The Park Stewards hope to turn B.A.R.C. into “THE” alternative park for all.

We will be screening Jim Hensons classic, the Dark Crystal.

“Another planet, another time. 1000 years ago the mysterious Dark Crystal

was damaged by one of the Urskeks and an age of chaos has began! The evil race of grotesque birdlike lizards the Skeksis, gnomish dragons who rule their fantastic planet with an iron claw. Meanwhile the orphan Jen, raised in solitude by a race of the peace-loving wizards called the Mystics, embarks on a quest to find the missing shard of the Dark Crystal which gives the Skesis their power and restore the balance of the universe.”

Admission for this event is free! Raffle tickets with donations! Tuesday, September 25th, 2018 at 6:00pm.

Another World, Another Time...

Jim Henson's

# THE DARK CRYSTAL

September 25th - 6 pm at the Vashon Theatre  
Raffle Ticket with Donation! Free Admission!

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Next Loop comes out September 27





**Aries (March 20-April 19)**  
You’re ready to be more socially adventurous, after what may have been a series of misadventures. I suggest doing this with a new definition of friend, one that’s based on loyalty more than it is on any other form of affinity. As you’ve probably learned, this needs to be in a lighter and less structured environment than you may be accustomed to. You also need to take special care with people you only know through digital environments, as these can contain extreme distortions, all of which seem to exist in a blind spot. Your conscious process of building trust needs to include in-person experiences, experiences in different types of social environments, one-on-one and group encounters, and some understanding that is based more upon eye contact than it is on words. Also, study the ways that different people resolve conflicts, as that is a vital element of friendship.

**Taurus (April 19-May 20)**  
In your personal and business relationships, there will be the obvious level and the hidden level. Pay attention to both. The hidden level will more likely address your insecurities. The obvious level will be where you relate to your desires, and what you perceive as available to you. The two are related in that your insecurities will tend to rule the day, if you leave them where they cannot be seen, or if you don’t admit to them. It will be much easier on the people you’re intimate with if you state your fears out loud. By intimate I mean situations where love, sex, food and money are concerned. It may seem like the most terrifying thing in the world to be honest about what you fear the most, though you will likely find it to be both liberating and grounding. It’s true that this calls for some genuine vulnerability, and that, too, will serve you in many productive ways.

**Gemini (May 20-June 21)**  
Work with the idea that everyone is connected to everyone else, though you may not be able to see or understand the lines of contact. When they make themselves known, they may be subtle and easy to miss. You may also see things that don’t check out. If you’re trying to solve an important problem, I would offer my most basic tool for investigative reporting: make written lists of what you know, what you don’t know, and what you think may be true. This will pretty much get you to the bottom of every mystery, especially if you take that important step of only putting in the first column what you can factually verify, and connect to a reliable source. Each entry within your three lists will probably be connected to someone specific. Then, from there, follow the connections, without being suspicious. Take it easy and let the facts speak for themselves..

**Cancer (June 21-July 22)**  
Over the next month or two, you will discover many things that were previously concealed from your awareness, kept secret, or were lurking in the shadows. Trust that you’re going to find out what you need to know, when you need to know it. You don’t need to poke and prod so much as you need to keep your ears on, and listen to what people say, and notice who told them what. There are answers to the mysteries you’re confronting, and you will have them soon enough. The most important thing you can do is be cool, get along with people, and try not to reveal your irritation when you feel it. That will only get in the way of your information-gathering process, which is essential to your success right now. Nothing is too trivial to note or observe. Go deeper and get a handle on where people are coming from and why, and how they influence one another.

**Leo (July 22-Aug. 23)**  
You must be realistic about money where partners are concerned. You might have practical ideas for how to be more efficient, and in order to please a partner or loved one, you might allow them to be subverted. Be wise with your money now, and don’t spend your resources in an effort to impress anyone. And if, on the other hand, a situation genuinely calls on your generosity, make sure you give from the heart, without concern about whether your gift is received in the same spirit in which it was given; it may not be. This week’s New Moon happens along what you might call the “resources” angle of your chart. This includes your own resources and the ones that you share. The emphasis is partly on the material aspect of things, though mostly on the spiritual aspect. Look closely at whether an important relationship is in balance, and whether everyone feels like they actually belong there.

**Virgo (Aug. 23-Sep. 22)**  
Take a more relaxed attitude toward planning, and make peace with the basic fact that not everything is under your control. You seem to have your mind riveted to a set of plans that’s growing narrower and narrower. You need to take the opposite approach, and look at the world through your wide-angle lens. Look at the subject you’re focusing on, and the background behind it. Turn the lens around and look at yourself, and the background that surrounds you. Experiment with whole-system thinking: what is sometimes called synergy or biophilia. This is the idea that life is greater than the sum of its parts; and that every living system is part of something greater than itself. This is another way of saying keep your eye on the context of your plans, your needs and your desires. Consider their impact and their influence. Know what it means to be broad-minded, and guide yourself in that direction. To do that, you may need to set aside certain strategies, particularly if they don’t get you any results.

**Libra (Sep. 22-Oct. 23)**  
Venus has entered Scorpio, and you may be getting some vibes associated with the forthcoming retrograde of your ruling planet, which begins on Oct. 5 and lasts through Nov. 15. The theme is the value that you put on yourself and your existence. Borrowing some of the most efficient language found in A Course in Miracles, remember, “Every decision you make stems from what you think you are, and represents the value that you put upon yourself.” Let those words be your guide through the process of Venus retrograde, which will, at first, serve to ask many more questions than it answers. Yet don’t assume you know the answers, particularly if you think that they in some way will reflect negatively on you. The passage concludes: “Believe the little can content you, and by limiting yourself you will not be satisfied. For your function is not little, and it is only by finding your function and fulfilling it that you can escape from littleness.”

**Scorpio (Oct. 23-Nov. 22)**  
One theme of the forthcoming Venus retrograde is experiencing the world from the viewpoint of others. I mean this emotionally more than from any other point of view. How does it really feel to be someone else? You might be surprised to learn that people struggle more than you think. It’s not just you. The world is challenging, and there are very few certainties to grasp onto. At least as one born under the sign Scorpio, you have an idea that life is in a constant state of transformation, evolution, breakdown and rebuilding. This process is not as natural

# Paul David Hoffmann

On Wednesday August 29th 2018, Paul David Hoffmann passed away while surrounded by his family, in his home on Vashon at the age of 54. Paul was born on December 27th, 1963 in Seattle, WA. to Dan & Karen (Lodahl) Hoffmann. He graduated from Vashon Island High School in 1982 and stayed on the Island where he had a lifelong career in truck driving. In 2003 he was married to his longtime girlfriend Robyn Meeker in Lake Tahoe, Ca.

Paul had many passions and hobbies throughout his life. He was an avid wrestler, soccer and baseball player in his youth and you could always count on seeing him on the water in the summer months. In his later years he developed a love for hot rods, motorcycles and firearms and spent much of his free time shooting and volunteering at the Sportsmen’s Club where in 2012, Paul was voted Sportsman Of The Year. He was well known for his quick wit, his infectious smile, and his willingness to lend a hand anytime to anyone.

Paul is survived by his wife Robyn and their dog Madison, stepson Josh Olson, parents Dan and Karen Hoffmann, Grandmother Luella Lodahl, brothers Dave, and Doug (Sue), sister Karilyn (Mark), nephew Mikie, nieces Kristyn, Brittany, Danielle, and Great Niece Karlee, as well as numerous aunts, uncles and cousins.

A celebration of Paul’s life will be held on Saturday September 22nd, 2018 at 2:00pm, at the Vashon Sportsmen’s Club. Please bring your smiles, funny memories and epic stories of Paul to share.

Please visit our online guest book at [www.islandfuneral.com](http://www.islandfuneral.com).



to others as it is to you. Once you tune into this, you will have a better idea how to handle people when they are quaking about the intensity of life — or your supposed intensity. It does not help that we live in a world where nearly everyone wants nearly everyone else to dial it back, or where asking a question is considered a confrontation. Sometimes a question is just a question.

**Sagittarius (Nov. 22-Dec. 22)**  
Confidence in yourself is rarely perfect. I would even suggest that when you are feeling perfect confidence, without any hesitation, that is the time to pause and reflect. So if you’re about to move forward on your plans and you’re not feeling like you’re 100% on solid ground, count that as a positive sign. There is wisdom in insecurity, which most of the time we miss in the effort to plaster it over with something seemingly more solid. As Alan Watts put it, “The desire for security and the feeling of insecurity are the same thing. To hold your breath is to lose your breath. A society based on the quest for security is nothing but a breath-retention contest in which everyone is as taut as a drum and as purple as a beet.” So the best thing you can do is to breathe and to begin; to commence your plans despite any uncertainty, knowing that you don’t find out where you’re going until you get there.

**Capricorn (Dec. 22-Jan. 20)**  
As you may be aware, the recent Mars retrograde mostly took place in Aquarius, but the station-direct happened in Capricorn, your sign or rising sign. Mars has what the old astrologers called “dignity” in Capricorn — it’s exalted there, and helps explain what is underneath the reserve and caution that you rely on to feel grounded and secure. The presence of Mars is suggesting that you take another approach: being bold, and in your own way, throwing caution to the wind. This involves taking some risks. Doing that involves the potential for what some call failure, but more appropriately, the willingness to experiment with potential outcomes. Said another way, rather than having “a goal,” think of this as a time of embarking on both new ideas and new methods for developing them. Dial back the control factor, and open up the aperture on your willingness to experiment with what you want. Let desire and curiosity drive you.

**Aquarius (Jan. 20-Feb. 19)**  
Motivation. What is it? How about this:

it’s always speculative. What motivates anyone to do anything is a mystery. It is, however, worth asking: why am I doing this? And keep asking: Am I driven by an outcome of some kind, or by the experience? Who else is involved? Are there any matters of image or appearance involved? Is there something involving repairing the past, or getting any form of retribution? Am I seeking profit, power or pleasure? Those are some good checkpoints with motives, though they’re still likely to remain a mystery for you. Given the complexity, you might be exceedingly cautious in assessing what you think motivates others to do what they do, or say what they say. When in doubt, ask, and take their response as a form of fiction or philosophy. If you take this looser, lighter approach, you will be less likely to fall for any ruses, or desire to have some kind of status, or to be seen a certain way. You want the inside story. And remember: it is a story.

**Pisces (Feb. 19-March 20)**  
Stick to the facts, and your intuition will take care of itself. That’s another way of saying don’t act on hunches or suspicions or your gut or whatever. Pay attention to what you know, and how you know it. Then assemble the facts various ways, and notice that you may get different versions of the scenario based on the same basic elements of data. This is inconvenient to some; it’s just good sense to others; for you, it’s a necessity at the moment, with so much Neptune active in your chart. Neptune works best when you have the technicalities taken care of, and the collection of planets in Virgo is saying that you need to do exactly that. You might avoid drawing any conclusions, and rather think of everything as an inference, suggestion or potential. Ultimately intuition will come into play when you have to work with the whole fact-pattern, though given time, the truth will have a dependable way of speaking for itself.

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

Deadline for the next edition of *The Loop* is **Saturday, Sept. 22**



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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  
11:00 to 7:00  
17320 Vashon Hwy SW (Located across from Pandoras Box)

Friday/Saturday from  
11:00 to 8:00

**DANNY'S TRACTOR SERVICE** 206-920-0874

- ▶ Land and storm damage clean up
- ▶ Tree Cutting and removal
- ▶ Field mowing, brush cutting and tilling
- ▶ Hauling and refuse removal
- ▶ Scrap metal removal
- ▶ Driveway repair and grading

→ **Dan Hardwick**  
oldredtruck@comcast.net

**PANDORA'S BOX**  
Well, the summer beds that were due in July showed up in late August, and are almost all gone! Whew.  
September progresses with the following notes:  
New cat food from Core and Dave's.  
Both not popular with family test cats.  
**Bo's Pick of the Week:** Annual customer appreciation event is T-minus 8 weeks to go! mark your calendars!  
It will be bigger and better than ever. November 16-18.  
**(206) 463-3401**  
\$8 Nail trimming with no appointment  
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

