

Wordless Stories

Big and Small Works

By Artists From Around Here

Twelve renowned and accomplished Vashon artists whose contemporary paintings and sculptures are deeply rooted in the Pacific Northwest will show their work at Vashon Center for the Arts Koch Gallery through the month of November. Gallery visitors will have the chance to view works by Victoria Adams, John Anderson, Mark Bennion, Cris Burch, Jack Chevalier, Jean Emmons, Scott Fife, David Kroll, Eric Nelson, Hans Nelson, John Overton and Julie Spiedel.

Island artist Mark Bennion curated the show that opens on Thursday, Nov. 1, with an artists’ reception and on Friday, Nov. 2, for the First Friday Gallery Cruise.

A closing party entitled Fantastic Ekphrasis, Poetry Inspired by the art of Wordless Stories, slated for Thursday, Nov. 28, will include readings by local poets and curated by Vashon poets Cal Kinnear and Susan Lynch.

The Genesis of Wordless Stories

The exhibit is the brainchild of longtime Vashon artist, Mark Bennion. He chose artists whose art give voice to various interpretations of modern and ancient cultural influences and/or the ongoing dialogue between the natural world and humankind. Says Bennion, “The title comes from a line in an essay written for a show I did at the Museum of Northwest Art. I always liked the line because paintings and sculptures are wordless stories.”

Bennion, who first moved to Vashon in 1968, also wanted to display the work of local artists whose focused dedication over many years allowed their talent to mature and eventually become celebrated

WORDLESSSTORIES
... BIG AND SMALL.

WORKS BY ARTISTS
FROM AROUND
H E R E
VASHON CENTER FOR THE ARTS

both locally and globally.

“The artists all hung in there,” Bennion said. “It took a lot of hard work, but they kept at it. You have to have thick skin, be tenacious, and get your work out there. It means taking a risk.”

That risk, he added, comes hand-in-hand with numerous rejections before acceptances begin to roll in. Bennion smiles when recalling his own stack of 50 early rejections slips and then turns somber when recounting 20 years of building boats in Seattle by day and painting in his studio by night. His diligence and determination eventually led to successful shows throughout the United States and Europe.

“I just didn’t give up,” he said. “And, I want to encourage other island artists to stay with it, to keep developing their work and putting it out there, whether it’s accepted or not.”

During the month-long show, Vashon poets are invited to compose verses in response to the work, a process referred to as “Ekphrasis,” from a Greek term meaning the description of a work of art produced as a rhetorical exercise,

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Climate Change and the Future of Vashon

By Steve Graham

My wife and I have been living on Vashon since 1993. In those 25 years, the island has changed relatively little. There has been some building going on, certainly, and businesses came and went and moved around on the island, but the fundamental structure of our community has been rather stable. We islanders tend to take that stability for granted and assume that the island will remain a quiet, rural community for years to come. Our twin barriers of water supply and ferry transportation will keep us isolated.

Looking into the future, however, I think that our island stability is much less likely to persist. Vashon in another twenty-five years from now is likely to be quite different, even transformed, from what it is today. Climate change projections pouring out of the scientific community grow more and more frightening, and we islanders must accept the idea that life as we know it is likely to change. In this piece, I will explore one possibility for dramatic change. But this is only one possibility – there are many. Our future is worrisome – vigilance and resilience will be required to get us through what is to come.

The study of climate-based migration is just beginning, but there have been several articles recently that talked about the estimated effects of climate change on human population flows. Climate change is expected to affect every area of our country and the planet, and people can be expected to react to sea level rise, intensive storms, climbing temperatures, massive fires, declining water supplies, etc., in the way that they have always done, by moving to more enticing places. The Pacific Northwest is always identified as a place people will migrate towards in response to climate change. The region is shown on climate change projections as maintaining a more livable environment right up to 2050 and beyond.

A friend was recently chatting with someone from California who was on Vashon scouting for property and thinking of moving to the region. When asked why he was thinking of moving, the visitor said, “It was 116 in Pasadena this summer”. Clearly, one day of high temperatures is not enough to make someone move here all the way from California. What the visitor meant was that temperatures are steadily increasing in the south and expected to keep climbing. Looking at that scenario, the visitor is thinking that the Pacific Northwest has a much better future than Southern California. Better to move to an area that has a future, while you can.

That visitor will not be the only one to think this way. And as climate change bites in, more and more people are going to come to the same conclusion. King County has already estimated about 100,000 migrants coming in during this last year. We have all seen the countless cranes building new apartment and commercial buildings and the ever-worsening traffic on the major highways. Commute times are going up, tempers

are flaring, and gridlock is the rule rather than the exception.

There are, of course, a lot of factors that affect migration, and climate change is only one of them. The job market, the natural environment, the presence of relatives and friends, housing prices, traffic, living amenities, all act on the migration stream. But if the studies are correct, as climate change intensifies we can expect an ever-growing flow of climate-based migrants headed north from California, Arizona and elsewhere, moving to the Pacific Northwest.

What will be the impact of such a migration stream? King County is already heavily populated, as anyone who has been on I-5 recently can testify. Everett and Tacoma are also densely settled, and the freeways north and south are legendary for their traffic jams. How many more residents can we pack into those areas before conditions become unlivable? Imagine that 100,000 people were to move here each year - that would add a million people in ten years. King County’s population today is around 2 million, so can the region absorb a 50% increase in people? Where are we going to put them? And unlike international migrants, there is no limit to this kind of migration. These folks are US citizens, and we can’t restrict their right to move here. We must find a way to make room for them, especially as conditions worsen in the south.

What to do? The north, south and east of Seattle are already heavily populated. The only part of this region that remains thinly settled is the area west of the Sound. Jefferson County had a population of just 30,000 in 2010, Mason County just 61,000, Clallam County 71,000, Kitsap County 250,000. And Vashon only 11,000. There’s a lot of land in the west, a relatively thin population, good natural resources, and a decent economy. It’s a great place to put hundreds of thousands of extra people.

The problem is cross-sound transportation. To direct some of the migration stream that way, the planners must greatly improve the ability to move people back and forth across the Puget Sound. They can’t send them south around the Sound through Tacoma – that way is already jammed up. They will have to be able to move thousands of people an hour across the Sound in a trip that takes only few minutes. Ferries will not do it. No conceivable improvement to the ferry system will allow that kind of transportation flow.

That leaves two options – a bridge or a tunnel. A bridge has been proposed several times, and there was a serious proposal that was blocked back in the 1950’s. Alternative recent proposals by a civil engineer revolve around underwater tunnels, a technology that has apparently had great success in Japan and Scandinavia. If climate migration intensifies, it is reasonable to assume that the idea of a bridge and/or tunnel will be revived and may well be eventually

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The Road to Resilience

Vote!

By Terry Sullivan,

I have to admit that my faith in humanity has slipped a bit in the last few weeks. I used to think that our better side would predominate when things got tough, but now I’m not so sure. I still think we could pull it out but it is going to take some doing. We are at a point where we have to decide whether we really want to have a democracy or not. It is not a casual proposition. If we want it, we are going to have to fight for it.

It is at a time like this that I was so grateful to get advice from one of my favorite wise persons, Frances Moore Lappé. In her recent article, “What Is Democracy Anyway? Let’s Talk,” she calls democracy a cultural journey, not an endpoint. “It is a journey toward that which brings out the best in us, and away from that which brings out the worst in us.” She sees three main factors. Democracy is a journey away from concentration of power and toward dispersion of power. Secondly, it is a journey away from secrecy and toward transparency. Thirdly, it is a movement away from a culture of blame and toward a culture of mutual accountability.

The first is dispersion of power. Where we see concentrations of power, we need

to break them up or make them directly accountable to us. Large corporations and government come to mind first. Any temporary gains made by concentration of power are eventually lost through the degradation of character of those wielding that power. Only when we equally share power in our government and corporations and share equally in the decision-making concerning our land and resources, will we have the best chance of cultivating our better nature.

We need to move away from secrecy and toward transparency because we are then less likely to do something slimy that we wouldn’t want out in the light of day. We’ve all been there, and we all know it is true.

Thirdly, we need to move away from a culture of blame and toward mutual accountability. This follows directly from the first. We naturally blame those that we feel have power over us, that are making decisions that affect us. If we feel that we have taken part in the decisions, we will more likely accept the consequences and work together to make improvements. It is

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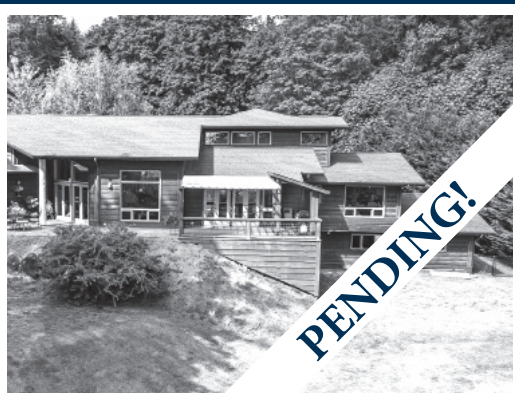
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The Vashon Loop

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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.

Learn the native language of the Salish Sea!

Michael Evans, skipper of the Blue Heron canoe, will teach a beginning class in the local indigenous language - Lushootseed

When: Six Thursdays, 7-8:30pm – Oct. 4, 11, 18, 25 and Nov. 1, 8

Where: Vashon-Maury Heritage Museum

Cost: \$75 for all six classes

This is a rare opportunity to gain insight into the cultural wisdom of the people who lived on and around Vashon for thousands of years by speaking this living language:

Local animal, plant and place names; greetings and basic conversation in the context of story and song.

For more information or to enroll please contact Erin Durrett: allmusicissacred@gmail.com

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.

Find us on Skype
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Next Edition of The Loop Comes out Thursday November 8

Deadline for the next edition of *The Loop* is **Saturday, November 3**

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Vashon Youth and Family Services Home2Vashon Fundraiser

Vashon Youth and Family Services (VYFS) will host its first annual Home2Vashon fundraiser to support the Case Management/ Voucher Program. Join us on Saturday, October 27 at 6pm at Camp Burton for an evening of fabulous food by Chef Dre of Gravy, wine by Palouse Winery, music by Vashon's own fabulous Curvettes, Seattle's The Dunava Balkan Choir, a silent auction of wonderful items all Vashon centered, and ending with a sing-a long!

Tickets are \$100 per person, \$175 per couple and all proceeds go to support the Case Management Program at VYFS. This program supports people on Vashon who are in need of extra help for day to day living: vouchers for clothing, supplies and groceries, ferry tickets and bus tickets to be able to get to important doctor appointments, especially when there is a severe or chronic illness in the family.

Tickets can be purchased through Brown Paper Tickets at www.brownpapertickets.com. The Community Van will pick up people at the Park and Ride next to The Country Store and take people to and from Camp Burton to help alleviate parking.

Special thanks to Rich Osborne and to Granny's Attic for their support of the Case Management Program at VYFS

Resettlement Committee Sponsors Cultural Arts Festival

The Vashon Resettlement Committee will host a very special event that will showcase Middle Eastern food and arts. This unique evening will feature a bazaar of textiles, clothing, and Syrian delicacies, a dinner created by local Syrian Chefs, and Middle Eastern music and poetry.

Proceeds will benefit the mission of Vashon Resettlement Committee, which provides ongoing support for Syrian Families living on Vashon.

The festival will take place at the Vashon Presbyterian Church on Sunday, November 4, 2018 at 4:30 – 8:30 PM. Tickets may be purchased at the Vashon Bookshop and at the door.

Get In The Loop
Send in your Art, Event, Meeting
Music or Show information
and get included in
The Vashon Loop.
Editor@vashonloop.com

volunteers Needed

We are in need of volunteers to assist in working with adults with Alzheimer's. Could you give us a morning or afternoon of your time? We meet on Tuesdays and Fridays at the Lutheran Church. No skills required, just bring your heart and share it with those in need! Please contact Ann Scafe (206-852-4543 for more information.

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

Ending the Silence

Vashon Presbyterian Church and Vashon Youth and Family Services are partnering to bring to Vashon an event about Mental Illness and especially how it impacts those who live in families where it is present. For too long, mental illness has been the source of shame or embarrassment and people who are going through it find themselves terribly isolated. We really feel the time has come to change this unfortunate situation and hope that this may be the beginning of greater acceptance and caring in our community.

It will be called "Ending the Silence" and will be keynoted by a speaker from Seattle NAMI (National Alliance on Mental Illness) Through this presentation, students/families get to see the reality of living with a mental health condition. During the 50-minute presentation, a young adult living with mental illness and a family member tell their stories about mental health challenges, including what hurt and what helped.

In addition, we will have a workshop on Suicide Prevention, support for families living with mental illness (with the hope of creating a safe place for a support group here on Vashon), and as a follow up to the keynote address, the NAMI speakers would be available to meet with folks who have further questions or needing more direction/help.

The event will take place on Saturday, November 10th from 9am to 2pm at the Vashon Presbyterian Church and the cost/person will be \$10 and will include a light lunch. We will not turn anyone away for lack of funds and will offer scholarship if financial help is needed.

For more information, contact pastorleigh@comcast.net

Let's Talk About Living and Dying at a MEMORIAL TABLE

Let's Talk About Living and Dying at a MEMORIAL TABLE Join us on Sunday, October 28 at 12 Noon at the VM Land Trust for a MEMORIAL TABLE. At this session we invite you bring an object for the table honoring someone who has died. We will discuss the meaning of this ceremony and also discuss how we honor our ancestors and how we want to be honored. These sessions focus particularly on open conversations with no expectation of outcomes.

In the summer, we relaunched the Death Café as Let's Talk About Living and Dying. Our new format can include speakers, book reviews, local resources and refreshments. We can be hesitant to talk about death even though we know we are all going to die. The intent of our conversation is to raise our consciousness about our shared mortality so we can live our daily live fully.

We will share stories and talk about death so as to make the most out of every day we are alive. No one is immune to this natural part of life. Quotes from past sessions include: "I want to live fully and I now understand that difficult conversations are sometimes the most liberating." "In this limited time I've got, I want to prioritize what I need to do." "Being here has really prepared me to go home and talk with my daughter."

All conversations are confidential, accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. It is not a grief support or counseling session. It is free from ideology with no agenda towards any conclusion about life, death or life after death. Rather, it is a confidential place to explore one's own thoughts and feelings.

Join us, have a cup of tea and a snack and discuss life and death. We will be at the VM Land Trust, 10014 SW Bank Road. Please call Susan Pitiger @ 206 818 4232 or Jane Neubauer 206 567 5404 with questions.

FREE Wellness Event

Saturday- November 3, 2018
10am-3pm
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More info: Call Vashon Youth and Family Services at 206-463-5511

Sponsored by Vashon Youth and Family Services, Granny's Attic, Vashon Pharmacy, OCCU, Vashon Senior Center and Vashon United Methodist Church.

Wheeling and Dealing



By Sean Malone

One of the roustabouts yelled at me from the other side of the ring where we were busy breaking down the merry-go-round, part of the Peach Festival. “Betcha twenty-five cents that you can’t pick up the spindle,” Shorty shouted. The spindle was the 12 foot long steel shaft that the merry-go-round spun on. The gear at the bottom of the shaft was three feet across and four inches thick, much too heavy to pick up, so I headed for the other end to prove or disprove the bet. They told me that the shaft weighed 800 pounds which I doubted since I was able to squat and pick one end up about two inches off the ground. “OK, OK, here’s your quarter,” said Shorty who ran the hammer game to find the strongest man who could ring the bell and win a stuffed bear. It took six men to load the merry-go-round spindle onto a waiting truck.

The Blue Ribbon Shows always came to Vashon and set up where the bus garage is now, just west of the high school. All that was there in the 1950’s was a gas shack. The Strawberry Festival was over and Kit Bradley, Gary Larson and I were making a little money helping to tear the show down and pack it on the trailers and trucks to head for the next town. I think we were paid seventy-five cents or a dollar an hour. We worked most of the night and at 4:00 AM they told us we would have to hang around till 8:00 o’clock for Mr. Girling, the owner, to pay us. One of the roustabouts had loaned me a pair of blue coveralls and when I complained about having to wait around for our pay, he pointed to the gas shack and told me I could take a nap in there. When I woke at 7:30, the show was gone along with my wages, nothing left but the sawdust on the ground that was there to hold the dust down. It was the first time I had ever been cheated out of my wages and it has happened only twice since. I was so mad, that I took the dirty blue coveralls off and threw them in the blackberries, much like the kids who tie their old tennis shoes together and throw them over the power lines. I had a pair of pants on underneath the overalls, the only thing that kept me from freezing in the gas shack.

It wasn’t until I was a freshman in high school and commuting to Seattle Prep that I saw Mr. Girling coming down the street at 5th and Pine, in front of Frederick’s. I stepped in front of him and told him he owed me \$8.00. He didn’t give me time to explain, but just shrugged his shoulders and walked on.

In 1952, I got a job working for Harry Larsen making Skipper Craft boats down at the Cove marina. For a 12 year old, 75 cents an hour was great and I could walk to work and not have to bother Mom for transportation. I learned how to chew snuff from the boat builders and loved helping to stain the mahogany veneer that covered the bow of the 14 and 16 foot kicker boats. Harry taught me how to not let the stain get too dry before rubbing the surplus away with a burlap sack, lest the stained wood look muddy. The finished bow piece was beautiful, with swirling patterns in the different shades in the grain of the Mahogany.

The carpenters took their lunch sitting on the edge of the Cove dock which we often used to fish perch and pogies from. Winking to the other carpenters, old Sven Anderson offered his open can of snuz to me. “Take a dip,” he said and the other men smiled as if they had a secret. It was really strong and made the inside of my mouth burn but I kept it under my lip and went up to the second floor to sweep up and lost my lunch, due to the strong tobacco. I couldn’t face the guys downstairs to tell them. They were probably still laughing at me. I just didn’t take much the next time someone offered me Copenhagen. After work, I walked up from the dock to Mackie’s store and bought a package of Brown’s Mule because it wasn’t as strong.

Many years later, I was a night watchman at a small mine in Republic, North of Spokane and still chewing snoose. The Valley mine was started by Mr. Hougland and only employed a handful of miners and didn’t produce a great deal of gold, because the ore at that time ran two ounces per ton.

John Sweetman was the Ferry county assessor and old friend who offered to help me erect a mast for my short- wave radio antenna. I was a ham and did volunteer work for the defense department, patching navy personnel home thru the radio and commercial phone circuits. John had been an air force captain and weatherman and very gracious to lend me a hand for a project that was headed for disaster. It was an ambitious endeavor as the mast was 60 feet long and weighed 400 pounds. I was going to chain the fir pole to the back of the cabin, and I put a 4x4 inside the attic to act as an anchor for a snatch block, which hung out the window. The mast was only half-way up when the back of the old cabin began to bulge from the strain and the front of the truck was lifted off the ground. I had to cut 10 feet off the top to make it easier to lift. John was holding on to the guy wire when the pole decided to swing like a pendulum from one side to another, lifting John off the ground , not once but twice. I gunned the engine of the old green Dodge to try to winch the pole to a higher angle and it crashed against the back of the cabin where it was chained to both sides.

My illegal moonshine ran 130 proof and John and I both imbibed to get rid of the shakes from the near catastrophe. My moonshine was never for sale which didn’t stop the miners from coming by for a drink or two. It was my habit to leave my ax buried in the chopping block when on a certain winter night three or four miners stopped by for a drink, one being an Indian cop who fell on my ax on the way out the door and cut his head severely. They crashed into a couple trees on the way down the driveway and the state patrol found their car parked in the middle of the highway in front of the Blue Cougar tavern in Curlew, a small town on the way to the Canadian border. The engine was running and both doors were open.

When I worked there, the mine was leased out to a high roller from Salt Lake City who was hardly ever seen. The mine closed down and I remained as the watchman and was paid for about a year when the

Climate Change and the Future of Vashon

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implemented. Urban planners in the Puget Sound region are going to have little choice. Their options are very limited, and the land to the west of the sound is very tempting.

The cost of such a solution will be high, of course. But given the kind of population pressure that climate change is likely to bring, the costs will seem more and more reasonable as time goes on. This will not happen soon. Not this year, nor next year, probably not for a decade or more. But climate change is not going away, and as we and the rest of the planet fritter away our opportunities to control or mitigate it, the impact will grow and grow until huge numbers of people are on the move. A good number of those people may be heading in our direction.

What does this mean for Vashon? Bridge proposals in the past have routed the bridge through Vashon, connecting West Seattle with Kitsap County. A bridge like that would dramatically reduce travel time across the Sound and transform the commute for islanders and for those in the west. It could also greatly affect the lifestyle of the island. We would become a lot more accessible, and the pressure on land and population would intensify. But if the sole source aquifer issue remained the same, population would be restricted from increasing too much, for fear of outrunning the water supply.

The real change would come if the bridge/tunnel brought an additional water supply with it. That could open the door

to much more dramatic development. Vashon Maury Island has 37 square miles of territory, one and a half times the size of Manhattan Island. There is plenty of room for people on this island, if the water supply can support them. We, of course, would oppose such a development, but I believe our pleas would fall on deaf ears if the scenario I have imagined comes to pass. With that many people clamoring for a place to live, the planners will have little choice.

I am frankly very worried about our future. Climate change is a mighty and relentless force. The entire planet is in play. The oceans are in play, as is the atmosphere and the water supply. Even the future of the human race is in play. We can’t expect that little Vashon will somehow escape great changes as all this unfolds over the next decades. The scenario that I have imagined in this article is only one way that changes could come. There could be others, unforeseen. We need to look squarely into the future of the island and begin to watch closely and plan our response as developments accelerate.

I am an advocate of the Transition Town model as an approach to this problem and will be giving a talk in the near future about that model and its relevance to the future of Vashon. Those who are interested in attending and taking part in the discussion should send me an email at sngraham98070@gmail.com. I will make sure that you’re informed and invited.

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checks stopped coming. Even when the mine was operating, the miners would drop their shovels on payday and race to town because there was never enough money in the high-rollers account to cover all the checks. The mine manager told me then that the high roller had declared bankruptcy and shot himself with a 45 shortly thereafter.

Mysteriously, two years later, he pulled up the driveway and stepped out of his rig. I was aghast and asked him for the back wages he owed me. “I don’t have the money,” the high roller said. I helped myself to some of their hand tools (it’s called compensatory wages) and then I quit the mine to move back to Vashon.

Island Life The Driving

By Peter Ray
pgray@vashonloop.com

One could say that it's all over but the driving. It also seems that it was a certain Mr. Berra that said something along the lines of it not being over till it's over. What I seem to be trying to get around to saying is that there are about two more weeks of this to go in this adventure, and that in the most figurative of senses it seems I am coming around to the realization that I have paddled all the way out here and now I also have to paddle back. As it is, the car trip odometer reads something close to 7500 miles- The calendar says I have been gathering those miles over the past 36 days. I have given myself about 10 more days to make the return voyage, but there should not be anywhere near as many side trips and reasons to linger on the way back as I encountered coming out here. After a visit with friends in New Hampshire, preceded by a drive by of Horace Greeley's birthplace in the Amherst of that state, I hit the road late yesterday and landed somewhere around Wilmington in Delaware.

For three nights last weekend, though I was camped in a roadside motel on New York route 4 between Low Hampton and Whitehall. It seemed like a place that was quite out of the way even though it was less than a hundred yards from the two lane road bed that passed it by. What I found curious and somewhat disruptive in the realm of dreamland was that there was a perpetual stream of traffic passing by at all hours of the night. Besides being shaken through the night by the random but consistent turning on and off of the room heater, I noted during these unexpected samplings of the wee hours that instead of a persistence of relative quiet from the rural surroundings in the nearby out of doors, that there was an uneven but regular pulse of whoosh and whine from vehicles on nocturnal missions. Generally, one could discern a marked difference between the passing passenger vehicle, which came and went with just a hint of a rise in volume of something like a bit of white noise, to the commercial tractor and trailer which obviously pushed a greater volume of air as it went by, along with adding a bit of whine from its numerous truck size tires as well as a varied addition of rumble and clank, depending on the burden of transport it was hauling through the dark.

I spoke with the innkeeper about this the last morning I was there and he related a story about how the owner of the motel had been complaining to him about the relative lack of business there was of late, to which my host had pointed out the fairly obvious fact that most of the traffic was using this mid-state, east-west route to get from here to there and in

fact, they were neither, so of course they would be a blur in the side window of the bulk of this highway's travelers. It was also between seasons- the summer tourists and the winter skiers were either long gone or hopefully soon to be showing up to slide downhill on sticks, if the weather gods and anthropogenic greenhouse effects allowed it.

The innkeep also talked about a rise in police activity in the area because of an increase in a variety of drug traffic through this particular asphalt conduit. Apparently, this stretch of roadway had recently become known as the "heroin highway" because of the amount and form of contraband the police were gathering from planned and random stops of the whooshing and rumbling passers-by at all hours of the day and night. All I have noticed in regard to the presence of the police state is that, coming from the wilds of the west and the relative, nearly complete absence of law enforcement variety of roadside surveillance of any kind, once I crossed the New York border from the west, the covert stakeouts and drive along presence of state police throughout the parts of the northeast that I have passed through has been extensive and somewhat disturbing, not that I have been flying along in the face of local speed limits- I have not. It's just weird to go from having seen almost zero speed limit enforcement west of here, to flashing lights and tensed stomach reflexes whenever a surprise, partial view of a police vehicle jumps out from behind a bridge abutment or amongst the bushes in the u-turn median pass-ways on every roadway in this region.

While I have been keeping an eye on the local constabulary, I have also been keeping up my survey of trees as I do my part as one of the whooshing, vehicular peregrinators. I have continued to notice the curious dead, but I have been altering my theory as to why I am seeing so many of the trees as standing deceased. A day ago I stayed with a swimming buddy from many years ago, and he and his wife have a view of Mount Monadnock out of their back window, and during breakfast he told me the tale of how it got its false tree line. Way back during the settlement of the area, most of the region had been clearcut, as evidenced by the numerous stone walls that run through the once again, now forested surroundings. These were mostly grazing fields for sheep around here. At the time there was also a wolfpack- one of the last in the area back then, and those wolves called the very top of Mt. Monadnock their home. As the farmers lost more sheep to the wolves they searched for a way to stem the tide of sheep slaughter by the pack.

The solution they came upon was to burn the top of the mountain and deprive the wolves of the tree and shrub cover of their home. This seems to have worked, but as with most man made solutions to natural "problems", it had unintentional consequences. With all of the vegetative cover gone from the entire top of the mountain, when the rains came the soil was washed away from the underlying rocks, leaving the top as a bald, rocky cap on what was once completely forested mountain. The lower areas of the mountain still had soil and gradually repopulated with trees, transitioning from conifers at the higher altitudes and working down to a mixed deciduous forest toward the valley below. If one did not know this story, it could easily be assumed that the bare rock that is still dominant up at the top today is the result of altitude and a naturally occur alpine region where trees had never grown. I do not know if wolves have returned to the area, but as I drove away from here and toward the south on one of the main interstate routes I did see signs along the highway warning of moose- something

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How many cats do you know who can walk on a leash? You're looking at one! I'm plenty smart. I have lots of energy, and I love people (not cats, though). It's OK if my new person doesn't want to take me for walks - I'll be content to stay indoors and play. After all, who wants to go out when it's raining? Maybe those silly dogs do, but not most cats!



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Next Edition of The Loop Comes out Thursday November 8

Deadline for the next
edition of *The Loop* is
Saturday, Nov. 3

I recall having never seen when I was in the area forty or so years ago.

As for the dying trees of America that have been noted here in the recent, past odyssey episodes, a friend of my cousin's in the Catskill region of New York where he lives is on a fourth generation farm, and he mentioned when we were there that he has been noticing an marked increase in dead trees on his property. I was talking with a member of the Poultney (VT) Historical society the other day and among other subjects she noted that she had something to do with managing a tract of land that was forested- not managing in the sense of foresting and logging, but rather stewarding and preserving. She said that they had noticed some dying off around there as well. But she concurred with what I was saying regarding my latest postulation as to why this was happening, and that is that perhaps we were seeing the end of a growth cycle- that because these areas had mostly been logged off in large tracts at the same time, that there was not a great age diversity in the populations of pine and fir and oak and maple. Instead, since they all were of the same relative age as the areas began to repopulate, the trees are also ageing out of their various expectancies at similar times. It is a theory, but it seems to make some sense.

What I have also been seeing around the area is a marked lack of color in this region where fall foliage is usually a major tourist attraction. Again, what I heard from my cousins was that in many cases the trees were going from green to gone as far as their leaves were concerned. Normally the hills all around here would be a tapestry of vibrant reds and yellows and greens and browns.

They are not, and this has been attributed to the over-abundance of rainfall that drenched this region this summer. They were also noting that there had not yet had the usual killing frost, let alone any frost at all. When I first moved out to the Seattle area I noted the basic lack of brilliant foliage color each fall. In the summers when we had less rain fest and more drought, especially as we have experienced the past couple of years, the colors all around the Puget Sound were more intense and brilliant. I am looking at various Instagram posts from back there now and see colors I would normally have been seeing here at this time. Drought creates stress conditions that tend to increase the brilliance of fall foliage color.

There was a dappled bit of bright and random sun breaks as I drove across mid Vermont the other day and the colors there were starting to intensify a bit. But then further on, after a bit of a climb and I crested a pass, I found myself in a higher valley that was covered from valley floor to hilltop with naked, deciduous trees. They were not dead, just stripped and dropped for the winter. I heard from the same innkeeper from earlier that he understood that the ski areas near him had begun to make snow. Along Rt. 89 in New Hampshire the other day, on the shaded and northeast facing bare rock road cuts I saw freshly frozen icefalls where the abundant seeps had now been preserved by the overnight cold. With fall color and winter snows being major attractions for this region, one can only wonder how this continually shifting climate will affect things here in the not too distant future, as it seems these things are already happening, kind of like everywhere else.

5 X 5 Show at Valise

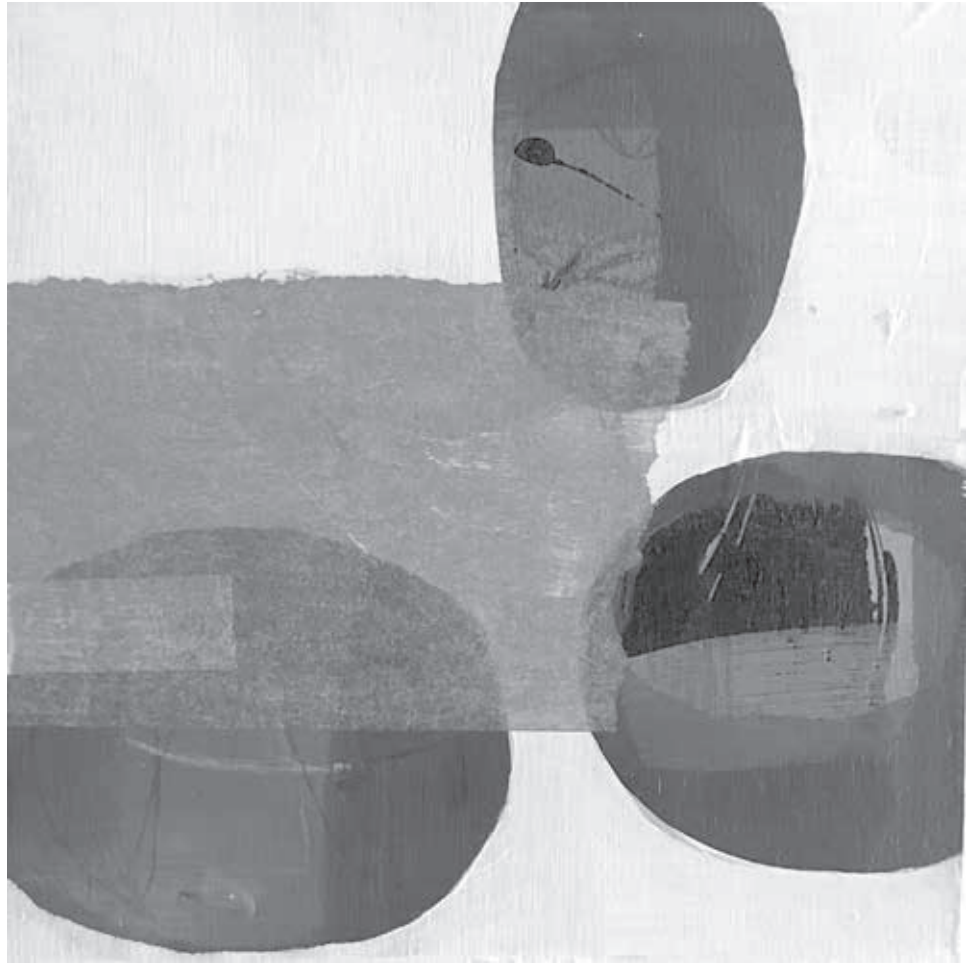


Valise’s popular 5 X 5 show opens November 2 with a show of art as eclectic as the personalities of the eleven member artists. Zany, serene, provocative, whimsical, comical, energetic, dreamy, dynamic, each small painting expresses each artist’s vision, each small painting contributes something unique to the show which buzzes with the energy of eleven creative minds: Hita von Mende’s oils and acrylics, Pascale Judet’s acrylics with collage,



Rachel LordKenaga’s oils and acrylics, Julian Dahl’s photographs. George Wright’s encaustics, Gregory Burnham’s collages and constructions, Jiji Saunders’ acrylics, Andrea Bellon’s acrylics with collage, Adrain Chesser’s photography, Jennifer Hawke’s constructions, and Sharon Shaver’s acrylics.

Everyone is invited to the Opening Friday November 2, 6-9. The show runs through November and continues until the end of December.



Wellness Saturday

Vashon Youth and Family Services will hold its first Wellness Saturday on November 3 from 10am to 3pm at Vashon United Methodist Church. This FREE event is open to all. The following services will be available:

Blood pressure check, foot care, acupuncture, haircuts, flu shots, massages, arts and crafts plus other local service organizations will be there to talk about their programs. Everyone who comes will be entered into a drawing for



a \$100 Granny’s Gift Card! Childcare will be available and lunch will be served. All are welcome. Call VYFS at 206-463-5511 for more information or go to our website, www.vyfs.org. Sponsored by Vashon Youth and Family Services, Granny’s Attic, Vashon Pharmacy, Vashon Senior Center and Vashon United Methodist Church.



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Road to Resilience

Continued from Page 1

very clear that the Blamer-in-Chief has contributed greatly to a mutually hateful atmosphere that threatens to break out in widespread violence, but we are all guilty of this. Blaming and excluding others is one of the ugliest traits of humanity. Stop blaming others for the situation we are in and start thinking about how we can fix it.

I heard a story yesterday on the radio that theorized that liberals’ and conservatives’ brains are wired differently. Liberals tend to be more trustful and not particularly worried about disorder. Conservatives tend to be less trustful and like things to be clear and orderly. Both natures have value, and we have to quit trying to convince each other that our way is the only way. We have to agree to disagree and find the right path from the interplay of our two natures. That doesn’t mean we condone destructive behavior or allow anybody to be treated with disdain or lack of respect.

If we accept the fact that we are flawed beings, we have to resist the urge to indulge in our dark side.

Coming around to the present, let’s remember that we have a very important election right now, and the only way we can peacefully work toward the democracy we want is to vote for candidates that will help us create it. If your choice falls short of some of your

expectations, be sure to let them know as soon as and as often as possible that you have reservations. This election is very important because it is nothing less than a referendum on the kind of behavior that pervades our politics now and whether we really want or deserve a democracy.

For us in Washington, voting is about as easy as it gets. Our ballots are mailed to us, and they are even pre-stamped this year. In other parts of the country, people drive many miles and stand in line for hours to vote. Last week in Afghanistan, people faced the very real possibility of a bomb going off in their midst (and a couple did), barely functioning polling places, and openly fraudulent election commissions, and they still had a turnout equal to ours here where far too many of us simply can’t be bothered to fill out our ballots and send them in.

Think seriously about what system you want to live under. If you like the freedom and security you have, you had better participate in the government that provides it for you.

Comments?
terry@vashonloop.com



Aries (March 20-April 19)
It will help if you're unusually open and conversant about things you usually keep quiet about. That would include all the taboo subjects, but particularly revealing the truth about your desire nature. A group of planets in Scorpio is about to be joined by the Sun on Tuesday morning, which will illuminate the angle of your solar chart where you have plenty to talk about, but might be least inclined to open up. What you may be sensing is that if you talk about what's on your mind, and what you're experiencing emotionally, you are inviting change. This would include change to some of what you think are your deeply held values, and a degree of rearrangement in the dynamics of your relationships. Yet this is movement that will come no matter what, whether you're secretive or coy or reluctant to share — or whether you open up and reveal your innermost reality. It's just a matter of how much choice and influence you have, though that takes courage. Get your full Aries reading by Eric here.

Taurus (April 19-May 20)
Close partners can meet you as you really are, if you let them. That will be the challenge: to allow them into the changes you're experiencing, your evolving perception of yourself, and your morphing role in the world. You are not shifting as radically as you think. Mostly, you are considering the possibilities of who you are, and who you want to become. This will be less like changing and more like revealing your personal qualities that were always present within you. You are more willing to take risks, and the people who care about you are more likely to meet you in that place, and to play along. Therefore, you can afford to be bold, and bring your experimentation to a conscious level. Consistency is important in the world, particularly in our rather unstable time in history, though you can afford to be a little less predictable. Every morning when you wake up, take some time to decide who you want to be and what you want to do. Get your full Taurus reading by Eric here.

Gemini (May 20-June 21)
Consider the wisdom of your actions; that will be the issue, in hindsight. Did you use the knowledge that you had? Was your response to developments and events proportional to their relevance? Were you responding from an exclusively emotional frame of reference, or did you bring your reasoning abilities into the discussion? You have time to decide these things now, before events come to a peak. You do, in fact, know what you need to know, and you can discover any facts or perspectives that you might need. Be sensitive to "when you don't want to know" something, lest it somehow disrupt your plans. That's the very thing you want to know, and any mental shakeup you might experience will lead the way to more creative and strategic thoughts. Those could come at any time, by the way, as the peak of Venus retrograde approaches over the coming week. Ideas that may not seem to be worth much at first glance may turn out to be brilliant, so be alert. Get your full Gemini reading by Eric here.

Cancer (June 21-July 22)
Though life on the planet is way too chaotic for people such as yourself who genuinely value peace and quiet, good things are happening. And you will get the benefit as long as you remain open

and available, which can be challenging in our particular moment. So you will need to keep your signals clear, and be sensitive to when you're being offered something, and when you're being asked for something. Even though those may seem like opposites, they do have one thing in common, which is the potential to get an exchange going. That will present you with an opportunity both to offer and to receive, and it will be helpful if you are able to do both as a conscious act. You have plenty to offer, and that's the side of the equation to focus on. Any creative enterprises you might involve yourself in over the next few weeks will thrive, so do what you can to give those space, time and love, i.e., tune your guitar, or carry your sketchbook. Get your full Cancer reading by Eric here.

Leo (July 22-Aug. 23)
You seem to be in pursuit of a turning point that keeps eluding you. The closer you get to it, the less available it seems to be. This might be a decision, a break in your routines, a shift in your life pattern, or the need for some change in your environment that facilitates your progress. This will come in a form different from the one you were expecting, or developing. The real thing you're chasing is your idea of who you are. The first thing to remember is that — add bold italics — who you are is an idea! And so your self-concept is vitally meaningful. Does it align with the underlying truth, or are you struggling to live out some inaccurate, untrue, notion of your existence? The problem here is that towering castles of sand can be built up around false ideas, and fear-based identity structures can be built on sticks. These have no substance other than the attachment you invest. Let them go. Get your full Leo reading by Eric here.

Virgo (Aug. 23-Sep. 22)
You have a lot to say, and I suggest you say it before you explode. Contrary to current popular mythology, this is not all about rage and disadvantage. You have many observations of the world, you have actual ideas, you have helpful knowledge to share. Don't be overly dramatic about this. Writing on a napkin is a good start; capture ideas from emails; if you post a reply to an article, capture the text, and begin to develop it. Most ideas seem small at first; as any successful writer will tell you, the craft is in the development and expression, and this is an organic process. I suggest you not chase the big payoff, but rather recognize how subtle true originality really is. Therefore, to engage your creativity and expressiveness, you will need to be patient. And you will need to be circumspect: look at your situation from many angles, from close to the ground, from above, from all around, and in different kinds of light. The truth is not a thing. It's a point of contact. Get your full Virgo reading by Eric here.

Libra (Sep. 22-Oct. 23)
You might have finances on your mind, which would be appropriate. The essence of your success is understanding your mutual needs with the people around you, and you're getting a lesson in that now. I explain this often: doing business means dependably providing something that people want or need, in exchange for money. It really is that simple, though of course you must be dependable, and maintain a structure that supports your enterprise. That is where most people fall short. They typically need the structure to already be

there, and tend to neglect the necessary maintenance. In our time and in our society, we have many options available that did not exist recently. For example, 20 years ago, it was a big deal to accept credit cards; now anyone can. This and many other innovations have made it easier to do business. What has made it more difficult is a collapse of certain mental structures, ethical structures and motivation. These, you must supply. Get your full Libra reading by Eric here.

Scorpio (Oct. 23-Nov. 22)
Friday is the peak of Venus retrograde — what's called the interior conjunction of Venus and the Sun. (Technically, the word is 'inferior' but I've amended that.) This looks like some kind of revelation, a discovery, or a breakthrough. The essence is taking ownership of something you thought belonged to someone else. There are different ways to describe this — such as "calling in a projection." This is not an easy concept to understand, though the simplest way to say it is being accountable for feelings that you thought belonged to someone else, or that you assigned to someone else when they were really yours. It's about doing something that is most definitely not in style right now, which is being fully responsible for what you feel, for how you perceive the world, and for understanding your own motives. Essentially, you are looking for something you have not revealed to yourself, or admitted to yourself. It won't be hard to find. This is not about them; it's about you. Get your full Scorpio reading by Eric here.

Sagittarius (Nov. 22-Dec. 22)
You will be able to unravel a mystery this week, something that may have puzzled or even vexed you for a long time. This has been brewing as if in the next room, though seemingly nowhere in sight. You will, therefore, need to look, listen and feel in the subtle dimensions of your awareness: your dreams, your intuition (which is never fearful), your fears (as separate from intuition), and something or someone that was lost that's now manifesting in some way, including as the ability to let go or some signal that it is time to let go. Notice how you feel upon awakening, as much as you might focus on the content of a dream. Consider the notion of "lost love," how you have responded to relationships changing in the past, and how you may have held on to your feelings. You are more sentimental than it may seem from the outside, though now is the time not for sentiment but rather for emotional honesty. That will give you some freedom to be yourself. Get your full Sagittarius reading here.

Capricorn (Dec. 22-Jan. 20)
What seems like a complex issue comes back to your family, and is not so complicated after all. Don't be deceived by the feeling that it is; rather, map out "what is so" — your circumstances as you know them to exist — and check that map against a schematic of your family of origin. One of the central questions is "how did things come to be the way they are?" You can apply this like a meditation to any topic, theme, question, circumstance or issue in your life, though an interesting and worthwhile place to start will be your family. Every family has its story of "how we came into being," although usually it's sketchy and in parts and, in a sense, mythologized. Through the holiday season, you may have several opportunities to speak with your older relatives. Get them to share stories about your family and the early days, so far as they understand and describe them; and remember, this is perception and lore, with some reality mixed in. Gently press for specific bits of

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Weather forecasts

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history, with the details, names, dates and places — and write it down as soon as you can. Get your full Capricorn reading here.

Aquarius (Jan. 20-Feb. 19)
You are struggling to let go of certain personality tendencies, and I suggest you give yourself credit for succeeding quite well so far. If you could go back in time and slip into your self-concept of 18 months ago, you would see what I mean. You have made much more room for you to be who you are; you're likely to feel more liberated and free to make choices as a result. Yet this has not exactly been a passive process, particularly this year. Part of how you learn who you are is to assert yourself. People who do not bump, scrape, grind and in some way make contact with one another do not find out who they are. Avoiding conflict is the surest way to avoid enlightenment, growth, maturity or this elusive thing known as adulthood. This does not mean whacking people on the head or picking needless fights. Rather, you've discovered that it's necessary for you to stand up to challenges, and to stand up for yourself. And that, in fact, has been enlightening. Get your full Aquarius reading here.

Pisces (Feb. 19-March 20)
Where do you invest your faith? Think of it as a resource that you can use for a purpose. You can do anything you want with it. Faith is your fidelity: your trust. This is starting to sound like a bank ad. And it's true that plenty of faith is placed in money, such as investments that are supposed to make us prosper. Others say their faith is in God, but don't have a direct relationship or direct experience, so that would qualify more as belief. And there are some who have faith in God that's the result of experience. Others put their faith in magic: If I do this, I will get this result, though there may be no established cause and effect, or even known correlation. Some put their faith in the future. Others invest it in their fellow humans. So let's start with the question, which I would challenge you to answer through direct observation of yourself over the next seven days or so. Notice when you feel strong, and when you feel weak. That will tell you most of what you need to know. Get your full Pisces reading by Eric here.

Read Eric Francis daily at
www. PlanetWaves.net

Spiritual Smart Aleck

By Mary Tuel

Let’s Clean the Whole House

There was this chair at Granny’s. I’d never seen a chair like that. The left arm was a normal wooden chair arm, but the right arm swooped out into a flat writing surface.

It was interesting, but I didn’t need a chair, and there was nowhere in my house to put it, and besides, I didn’t have much money.

It took me a couple of weeks to give in and buy it. I drove it home, shaking my head at my own irrational behavior.

I put it in my music room – office, after kicking aside some of the clutter. I knew something was going to have to give. There was a pile in that room. That pile has had me stuck for at least fifteen years.

It was all the family photos. Rick was an only child, so I have all the photos from his family, and his mother’s family and his father’s family. I also have pictures of our kids and my grandson growing up, and pictures from my childhood and my mother’s family, and my father’s family. Pictures of the aunts and uncles and cousins, and some who died young, because people did die young, of disease and accident.

So, one hundred and twenty or thirty years of photographs, six families. People. Stories. People whose names I don’t know, much less their stories.

I have never been able to sort these photographs. Oh, I’d start putting them into piles, by date and family, but I’d give up after a few days. It was too much.

But now something had turned a corner inside of me. Suddenly it was time to clear out the pile, and time to get into Rick’s corner in the bedroom, which I have not been able to touch since he died.

I dug in. Started moving stuff out of Rick’s corner. Mind you, tidying up Rick’s corner is not a rational action. There was his drawing board, and the space heater he kept under the drawing board, so he was toasty warm when he worked. There were sketchbooks and drawings, and tons of pencils and drawing pens, and along with Rick’s drawings that I knew well, I found things I’d never seen. Little notes he’d scribbled on the backs of envelopes, or on odd scraps of paper.

It took most of the week, but I got the corner a little more organized and I got the pile of photos moved out of the music room – office. The chair I did not need now sits where the pile was, and the floor is clear for the first time in years.

Bags of stuff went to recycling. Bags of stuff went to Granny’s. Bags of stuff went into the garbage cans to await being taken to the transfer station.

There is much more to do. It was



tiring work, but so worth it, and I really loved finding those little Easter eggs from Rick.

Meanwhile, back out in the world, there were bad things happening. A journalist was brutally murdered, for speaking truth to power. Most of us understood what had happened



and why, even if we didn’t know the gruesome details, but the powers that be lied about what happened, and dissimulated. They said, “We don’t know if he’s dead; he left by the back door; we’re investigating; oh, he’s dead but it was an accident, an interrogation got out of hand;” and finally, “Why are you so outraged? You want to shut up your critical journalists.”

Meanwhile we have heard that a caravan of thousands of refugees from Honduras is marching north through Guatemala into Mexico, heading for the United States. Things must be terrible in Honduras if people would walk over a thousand miles to arrive at our border, where they will most likely be arrested and deported, and lose their children in the bargain.

Conservatives I know are angry and afraid because of this caravan. The thought of immigrants coming here threatens them. “They are coming here to get FREE things,” one friend said.

Yes. It is so cheap to live in this country. The free health care, the free education, the free housing for the homeless ... oops, I dozed off there for a minute.

America is not cheap, but America is our home and it is in trouble. I can still write smart aleck essays and not get my head chopped off. It’s a home, a country, worth fighting for. Let’s clean house.

VOTE: Get your ballot in before the mail goes out on November 6, or into the ballot drop box at the Vashon library before the box is closed at 8 p.m. that night.

We’ll see how the election goes, and then we’ll have a clearer idea of where we go from here.

Vashon Library November Events

Children & Families

Thursday Theater: Wonder
Thursday, November 1, 4pm
Family program, all ages welcome with adult. Rated PG; 1 hour, 53 minutes.

Brick Builders
Monday, November 5, 19 and 26, 4pm
Ages 5 to 12.
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.

Infant & Young Toddler Story Times
Tuesday, November 6, 13, 20 and 27, 10:30am
Ages newborn to 24 months with adult. Stories, songs and fun!

Preschool Story Times
Tuesday, November 6, 13, 20 and 27, 11:30am
Age 24 months to 6 years with adult. Stories, songs and fun!

Pajama Story Time & Stuffed Sleepover
Thursday, November 8, 6:30pm
Ages 2 to 7 with adult.
Throw on your PJs and bring your favorite stuffedie to the library for an evening of stories, songs and rhymes! Afterward, tuck your stuffedie in for a night to remember-a sleepover in the library!
Who knows what fun they will have at night when the people have all gone home?

Harry Potter Party
Monday, November 12, 1pm
All ages welcome.
Celebrate the world of J.K Rowling’s Harry Potter with an all-ages afternoon of crafts and fun.
Costumes encouraged.

Potions Class
Tuesday, November 13, 4pm
Ages 8 to 12.
Try out a new recipe for laughter potion and change the color of our very own polyjuice potion. Whip up a batch of some pretty Felix Felicis, Veriseratum and other classic Harry Potter potions to take home in a bottle. Please register beginning October 29 at kcls.org/Vashon or call 206.463.2069.

Teens

Tech & Tool Zoo
Saturday, November 3, 12pm
All ages welcome.
Come meet knowledgeable people and enjoy new tech, arts and crafts! See something you want in the Vashon MakerSpace? Are we missing something you would like to see in the MakerSpace? Want to get involved? Share your thoughts and meet the current members.
In partnership with Vashon MakerSpace.

Game On!
Friday, November 9 and 23, 3pm
Grades 6-12.
Come play video games at the library! Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

Harry Potter Crafts
Wednesday, November 14, 3:30pm
Grades 6-12.
Take your chances with Bertie Bott’s Beans. Design a wand. Watch a movie. Plenty of other crafts and snacks to be had.

Turn Cards Sideways
Friday, November 16 and 30, 3:30pm
Grades 6-12.

Adults

Art of Arabesque: Watercolor Workshop
Sunday, November 4, 1pm
Presented by Amina Quraishi.
Ages 10 to adult.
Arabesque art is decorative art consisting of rhythmic linear patterns with floral and vegetal foliage. Learn to draw an arabesque pattern with step-by-step instructions and paint with watercolor.
All supplies provided.
Please register online beginning October 21.

Great Books Discussion Group
Sixth Selection of Great Conversations
Book 1: Out of the Cradle Endlessly Rocking by Walt Whitman
Monday, November 5, 6:30pm

Congresswoman Pramila Jayapal
Mobile Office Hours
Thursday, November 8, 10am
The Congresswoman’s staff members are able to assist constituents with Federal Agency issues such as Social Security, Internal Revenue Service, State Department and, provide housing and financial support resources and help with federal grants.

Yoga in the Library
Saturday, November 10, 10:15am
Instruction provided by Island Yoga Center.
Ages tweens through adults.
Yoga is a wonderful practice of self-care 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!

Mischief Managed
Monday, November 12, 6:30pm
Come in and get crafty! We will be making a Marauder’s Map Mug and a Chocolate Frog Coaster.
Sorry kids and teens, this one is for the ADULTS! Age limit strictly enforced.
Registration required as supplies are limited beginning October 29, 206.463.2069.

Open eEnrollment for the Affordable Care Act (ACA)
Saturday, November 17, 11am
King County Public Health will be here to sign you up for health insurance using the state exchange.
You can also sign up for Apple Health.

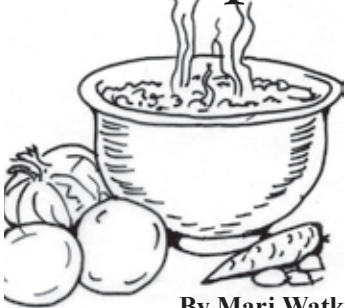
King County Public Health Visit
Wednesday, November 21, 1pm
Apply for Orca Lift (Metro reduced fare program), food stamps and health insurance.
Sign up for Apple Health or fix any problems you may have with qualified health plans.
Assistance also available in Spanish.

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Island Epicure



By Marj Watkins

Pumpkin Time

There's a very small pumpkin on my porch. It's a two-faced pumpkin. As you come out the door you see a smiling face. As you prepare to enter from outside you may be discouraged for a moment by a grim face with a handlebar mustache he could twirl if he had hands. I will not have to attack and destroy him to create a food product my family can enjoy. Luckily, pumpkin pulp comes ready to eat in cans.

Faithful reader Jan Pruett while cleaning my teeth at my dentist's office asked for a recipe for pumpkin muffins. Not one of the cookbooks in my two sets of bookshelves plus another shelf contains a recipe for pumpkin muffins. Some pumpkin bread recipes, yes, but none adapted specifically for muffins. I suppose you could make pumpkin buns with the yeast raised varieties, but they require you to have that much time for cooking. I set out to

create quick pumpkin muffins. I made several experimental batches of pumpkin muffins, all of which got praise from the family, but they were too flat because pumpkin made the batter heavy, or not spicy enough. I think I finally got them right. The nutmeg was son-in-law Rich Osborne's suggestion. Feel free to tinker with the recipe yourself, spice wise. You might try adding fresh orange peel zest, for instance. Or use all-purpose flour. Because so many in my family and in my readership are sensitive to gluten, I try to avoid or minimize it.

Almost Gluten Free Pumpkin Muffins

Makes 12

- 1 3/4 cups barley flour
- 1/4 teaspoon powdered cloves
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1/4 cup brown sugar
- 1/2 cup coconut oil, softened
- 2 eggs
- 1/2 cup pumpkin pulp
- 1 1/4 cups milk

Grease and flour muffin cups. Sift dry ingredients into mixing bowl. Separate eggs. Put the yolks into one small bowl, egg whites in another. Beat egg yolks and add pumpkin pulp and milk. Mix well. Stir into dry ingredients. Whip egg whites

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to stiff peaks. Fold into batter. Spoon batter into greased and floured muffin pan cups. Heat oven to 425 degrees. Put pan of muffins into oven. Reduce heat to 400 degrees. Bake 25 minutes. Stick a toothpick into a central muffin. Did it come out clean? The muffins are done. They're yummy with butter or without.

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Deadline for the next
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Next Loop comes out November 8

Local Music Series at VCA Presents: JD Hobson, Gregg Curry & Jeff Kanzler

When Outlaw Country and Americana meet the Delta Blues you get a whole new genre. JD Hobson takes his Virginia Appalachian blues roots and combines it with Seattle's Americana and rock scene, and a sound is created that has gotten people standing up to take notice.

Jeff Kanzler is a Seattle born singer-songwriter who landed on Vashon via Los Angeles and Alaska. With an expressive and rough-edged voice that has been compared to early Dylan, his beautifully wrought tunes and finely crafted lyrics straddle country, bluegrass and folk genres.

Singer-songwriter Gregg Curry brings the energy of his full band to his solo performances as he performs his powerful original songs and a selection of covers that says so



Photo by Pete Welch

much about his musical roots. His music can best be described as Americana, as he mixes rock, country, blues, folk, bluegrass, and gospel ingredients into a delectable musical stew.

November 2nd (First Friday)

7:30pm-9:00pm
Free
VCA is proud to host this series of local musicians performing at the Katherine L White Hall in partnership with Vashon Events and generously sponsored by John L. Scott.

An Evening with 2018 Intiman Emerging Artist Alumni

Vashon Center for the Arts & Intiman Theatre Present: An Evening with 2018 Intiman Emerging Artist Alumni

Directed by Francesca Betancourt

For the fourth year, Intiman Theatre produced the Intiman Emerging Artists Program (IEAP), a no cost to participant program that brings a cohort of diverse local artists together for professional training and development that prepares them to work professionally in the region. The program culminated in an exciting Showcase Production with performances by the Emerging Artist Actors. Sara Porkalob, performer, director, arts activist, and Intiman Trustee, provided leadership and guidance to the cohort and directed the original showcase.

On November 3rd and 4th, Vashon audiences will have the opportunity to hear a selection of these original and devised

stories that illustrate the new American dream.

"The Seattle community is full of narratives that deserve a full voice, and having a seat at the table with Intiman means I can give power to those narratives," Porkalob said. Sara was one of the first recipients of a Village Theatre Original Writers Residency. DRAGON LADY, her first full length work, has garnered a Seattle Times Footlight Award and Broadway World Award for "Best New Play" and in 2019 she will develop and perform her Dragon Cycle at American Repertory Theatre.

"Intiman's Emerging Artists are a great group of shining new stars in the regional theatre community," said Angela Gist, VCA's Artistic Director. "These actors are tackling all the issues, writing from the heart, and creating bold new theatre. VCA is thrilled to be collaborating with Intiman to bring these



wonderful performances to the Vashon stage."

Kay White Hall, VCA
November 3 at 7:30pm
November 4 at 4:00pm
Advance Sale Tickets: \$10
VCA Members, \$12 Students/
Seniors, \$14 General
All Tickets at the Door: \$18

Wordless Stories

Continued from Page 1

most often as a dramatic, verbal description of a visual work of art.

Says Cal Kinnear, former Vashon Poet Laureate, "Ekphrastic poems are fantastic because they bounce the light off the art in perceptive, nuanced language, adding another layer of depth and emotion. This show, by its very title – Wordless Stories Big and Small... is a natural fit for this style of writing. It gives island poets a chance to interact with island painters, adding words to wordless stories. VCA is serving the community in fine fashion with ideas like these."

Poetry Submission guidelines:

Poems should not exceed one page and must be submitted in PDF form (so your fonts don't go wonky) by midnight, Sunday November 19th.

Attach your PDF(s) to an email addressed to both susan.lynch@goddard.edu and calkinnear@gmail.com with EKPHRASTIC in the subject line.

Be sure to note on your PDF which artwork inspired the piece.

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Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.

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Open Sunday to Thursday 11:00 to 7:00	Friday/Saturday from 11:00 to 8:00
--	---------------------------------------

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Next Edition of *The Loop* Comes out Thursday November 8

Deadline for the next edition of *The Loop* is **Saturday, Nov. 3**

The Curvettes

The Curvettes (formerly the S Curves) came together in the summer of 2013 as a result of a fun and funky traveling performance party called "The Swamp Bottom Jamboree." Their debut performance included cocktail dresses under hip waders in the middle of a pond by candlelight, accompanied by the boisterous bass of a croaking bullfrog. The next summer, they revisited that pond in a rowboat dressed in nightgowns. Unexpectedly, the bullfrog made a repeat performance. Cleaned up and dressed up (but without the frog), the Curvettes trio is comprised of seasoned Vashon and Seattle performers whether at the OSpace, Blue Heron, Red Bike, Drama Dock, Vashon Opera, Seattle Opera, and various gigs over town. The Curvettes – Arlette Moody, Elaine Ott-Rocheford, and Stephanie Murray – are a "retro chic" trio that puts their own curve into music nostalgia.

The Curvettes are backed by The Straightaways, an acoustic swing combo that puts a nostalgic spin on even the most modern tunes, but isn't afraid to bust out a beat when they need to. Steve Meyer on upright bass and Marshall Murray on the cocktail drum kit are

seasoned performers who provide the backbone. Andre Sapp adds mandolin, ukulele and guitar, depending on what and how many strings he can handle at any given time. Christopher Overstreet brings a stunning array of piano chops, classical technique, and avant-garde sensibilities. Gary Milligan on horn adds some sass and splash.

Friday, November 9th, 8:30pm
The Curvettes
The Red Bicycle Bistro & Sushi
All-ages 'til 11pm, 21+ after that
Free cover!

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!

Guess what? The Farmer's Market has moved indoors to the lobby of Vashon Center for the Arts this winter, where it's warm and dry!

On Saturday, October 27th, we bring you Some'tet!

Some'tet and all its jazz, post-jazz, outsider music, torch songs from Mars, kit and caboodle, evolved from a weekly jam on Vashon during the summer of 2015. The overall sound is almost west coast cool -- but with some wicked curves. One part composed, one part improvised, a hint of neo-bossa rhythms, touches of free jazz, plus a bit of old-school soul. Some'tet gigs every Sunday at Vashon's Snapdragon Café and regularly throughout the Puget Sound region. Last year they were one of four bands selected for the annual EarShot 2nd Century Jazz Festival in Seattle.

Some'tet is:

- Michael Whitmore - nylon string guitar
- Barrett Cooper - trumpet & flugelhorn
- Christine Goering - vocals
- Patrick Christie - upright bass
- Ambrose Nortness - tenor sax & bass clarinet
- Wesley Peterson - drums

On Saturday, November 3rd, we bring you Rooster!

Rooster plays their own unique take on an eclectic mix of "free range" rock, blues, pop, new wave, soul, and funk, along with many new Rooster originals from their upcoming album release.

Rooster has rocked the last five Strawberry Festivals, many solo dates at the "Red Bike" and Snapdragon, VOV Live on the Highway appearances on KVSH FM, as well as festivals, concerts and private functions. Founders Rick Doussett (guitar/vox) and Ken Widmeyer (keys) are joined by Andy Doussett (bass/ vox) and Stephen Cooper (drums/vox).

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