



VASHON

THE LOOP

Vol. 15, #4

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February 15, 2018

Become “The Voice (of Vashon)”



Become “The Voice (of Vashon)”
Enter VoV’s 2nd Annual
Singing Contest!
 ★ AUDITIONS MARCH 10 & 11 ★
 CONCERT AT OPEN SPACE MAY 5
Details at VoiceOfVashon.org

Become “The Voice (of Vashon)” at VoV’s second annual singing contest. To enter, perform one of your favorite covers at a live audition in the VoV Storefront Studio Saturday, March 10, 9AM to 3PM or Sunday, March 11, 9AM to 1PM. Sing a capella or bring an acoustic instrument as accompaniment. Categories are ages 14-18 and 19 & older.

Selected contestants in each category will perform before a live audience at Open Space for Arts & Community on Saturday, May 5, 2018.

VoV’s celebrity judges will choose four finalists in each category. The audience will pick the winner in each category, so pack the house with your family and friends!

Winning Voices will receive “The Voice (of Vashon)” Golden Microphone trophy - and you know you want one, the opening spot at the VoV Birthday Bash in October, and a solo gig in the KVSH studio at First Friday Live on the Highway.

Details at VoiceOfVashon.org

Falling Awake: A Fugue State

Journeys through time and space, dancing with those both loved and forgotten... In *Falling Awake: A Fugue State*, UMO travels deep into the human condition and its many realities, via language, music, physical theatre – and ballroom dancing.

Glimpses of lives repeat, layer and expand as performers and audience follow narrative threads spun in multiple variations. UMO’s surprisingly funny and compelling new work takes the audience on a shared journey through unexpected recognitions and lives both old and new in a marvelously strange and memorable journey. Identity, love, and memory dance together like dust in sunlight. Once it’s over, the memory of the journey barely remains and we return to the place we began, but are somehow transformed.

Falling Awake: A Fugue State was conceived by guest director Christopher Petit and Maria Glanz, in collaboration with UMO Ensemble.

The script is by Ms. Glanz, with contributions from the cast, and Mr. Petit directs. Composer and Sound Designer Robertson Witmer creates a compelling sound-scape, and Sarah E. Howard choreographs the ballroom dance portions. The cast includes UMO Ensemble members Elizabeth Klob, Janet McAlpin and David Godsey, joined by emerging artists Tré Cotton (member, Actors Equity), Emily Huntingford, Kristi Krein and Reid Watson.

UMO Ensemble is one of the most innovative, compelling and critically



Photo by Andy Dummcliff

acclaimed performance companies based in the Pacific Northwest, thanks to work like *FAIL BETTER: Beckett Moves* UMO, *Resistance Cabaret*, *Red Tiger Tales*, *El Dorado*, *Maldoror* and more. UMO’s mission is to stir the human spirit and incite the imagination by providing awe, challenge and inspiration through the original and compelling art that is UMO. *Continued on Page 1*

The Road to Resilience

Why I’m Going to the PSE Hearing

By Terry Sullivan,

Like many of you, I’ve tended to be fairly satisfied with our sources of electric power here in the Northwest. After all, we live in the land of cheap and abundant renewable hydropower. Our utility, Puget Sound Energy (PSE), has always encouraged us to be more efficient with our energy use: to insulate and seal our homes and buy more efficient appliances. They also offer subsidies and rebates to do that. At our house, we have opted for the Green Energy Purchase. The state requires PSE to provide renewable carbon-free energy to match the total amount of energy delivered to their Green Energy Purchasers. Nobody can determine where any particular kilowatt of energy originated once it is in the grid, but we know that renewable energy equal to what we use is entering the grid somewhere.

If you have been reading your local papers lately, you will know that PSE is being scrutinized by the Washington Utilities and Transportation Commission (UTC) with respect to certain elements of their current IRP. An IRP, or Integrated Resource Plan, is an operational plan for the next twenty years that PSE is required to submit every 2 years to the UTC. Even though PSE is a private

company, they have a license with the state to operate as a monopoly in their service area and, therefore, need to submit to public scrutiny. Right now, the UTC is holding public hearings to help form their recommendations concerning PSE’s current IRP. (When there are this many acronyms, you know you are getting into serious government matters.)

As citizens, we have begun to scrutinize them as well. In the land of abundant hydropower, we find that 59% of our PSE power comes from coal and gas. The IRP calls for phasing out the 4 coal plants they now operate and replacing them with new sources. Two of the coal plants are scheduled to close in 2022. The other two, as it stands now, will be inexplicably extended until as late as 2035 even though they will be paid for and expendable by 2027. The mine that supplies coal to these plants will be depleted, and to extend plant operation further will require that the mine be expanded at great environmental cost. Their reasoning for extending the life of these plants is mystifying.

As we read further into their plans, we find that they want to replace those plants with “cleaner” natural gas. It is true that gas burns cleaner than coal, but if you factor in leakage during extraction and transport, *Continued on Page 6*

Vashon’s Island Spring Organics to install biodigester to generate energy

A solar rooftop for a grocery store in south Kitsap, energy improvements for a new addiction-treatment facility in Seattle, and a biodigester on Vashon Island are the latest projects to be financed through the Sustainable Energy Trust (SET).

The three projects total \$1.6 million in loans from the SET, a revolving loan fund of the Washington State Housing Finance Commission that finances energy-efficient and renewable-energy projects around the state.

“Energy savings make a huge difference for any organization – whether it’s a grocery store or a nonprofit – and we’re happy to partner with the Food Market, Valley Cities, and Impact Bioenergy in their efforts to keep Washington green,” said Karen Miller, chair of the Housing Finance Commission.

The new community digester on Vashon Island will be installed at Island Spring Organics, a tofu manufacturer. Island Spring will use the digester to generate renewable natural gas, heat, power, carbon dioxide and plant food

from an estimated 925 tons of organic waste each year. The digester is owned by Impact Bioenergy, a Washington-based organization that develops and manufactures bioenergy products that enable communities and businesses to turn food waste into renewable energy and organic plant food sources.

“Impact Bioenergy is thrilled to partner with the Vashon Island community, our state Housing Finance Commission and the Clean Energy Fund, to enable more sustainable and holistic solutions,” said Srirup Kumar of Impact Bioenergy. “This project is at the nexus of local food, energy and water and even benefits disaster preparedness and resiliency thanks to decentralized organics recycling.”

The Food Market at Key Center in Lakebay, one of four independently owned grocery stores in south Kitsap and King counties, expects to generate enough power from its new rooftop photovoltaic solar system to offset over 40% of its refrigeration costs – and keep

Continued on Page 4

Windermere
REAL ESTATE

The island home experts



New Listing!

NORTHEAST VIEW HOME - Private 2.2 acres with views of shipping lanes and Cascades. Home offers a great floor plan, shop, 2-car carport, and solar heating.

#1239009 \$625,000



New Listing!

COUNTRY ESTATE - Gracious living in this beautiful home on 4.51 park-like acres with lush gardens, pond, gazebo & greenhouses. Guest cottage & pool.

#1240206 \$899,000



BURTON LOOP HOME - Contemporary one-level home with open layout, walls of glass, and endless views. 3500 sf home, 800 sf deck & 118 ft of frontage.

#1236991 \$1,275,000



PENDING!

GLEN ACRES HOME - Lovely home close to waterfront access. Three bdrm, large view decks, spacious rooms, good floor plan and shop/studio. Amazing landscape.

#1233752 \$499,000



PENDING!

ARTISTIC HOME - Beautiful 100 year old home with chef's kitchen, dining room w/pastoral view & seating for 12, separate guest cottage, and so much more!

#1234771 \$549,000



PENDING!

CHARMING HOME- Traditional home on 1 acre (2 tax lots) of lovely park-like grounds. Centrally located. Home has gracious living spaces, 3 bdrm and bonus room.

#1238595 \$649,500

WRE Vashon-Maury Island, LLC www.windermerevashon.com 17233 Vashon Hwy SW 206-463-9148

QUARTERMASTER YACHT CLUB
Tech Talk Series

Taking your boat to Canada
(and back)

Attend this Tech Talk to discuss:



- What you can take - there & back

- Passports, NEXUS & Procedures

- Licenses, fees & other folderol

Where: Vashon Library Meeting Room
17210 Vashon Hwy SW, Vashon, WA 98070

When: Wednesday, February 21, 2018, 7 to 9 PM

Why: To put YOUR boat in the picture above!

Now Playing

Coco

Coming Soon

Bolshoi Ballet: Romeo & Juliet
(captured live)
February 18, 1pm

GreenTech: Racing to Zero
February 20, 6pm

Karla Bonoff: LIVE in concert
February 21, 7:30pm

Streaming NTL Live: Cat on a Hot Tin Roof
February 22, 4pm

The Shape of Water
- Starts February 23

METropolitan Opera: La Boheme
February 24, 9:30am

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

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

The Vashon Loop

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Sunday - Thursday
Bistro & Sushi service
11:30am to 9pm
Lounge is Open
11:30am to midnight

Friday & Saturday
Bistro & Sushi service
11:30am to 10pm
Lounge is Open
11:30am to 2am

Live Entertainment

Friday, February 16, 8:30pm
High and Lonesome

Friday, March 2, 8:30pm
The Van Redeker Band

Friday, March 23, 8:30pm
One More Mile

17618 Vashon Hwy SW
206.463.5959
www.redbicyclebistro.com

Vashon Theatre

17723 Vashon Hwy
206-463-3232
Call for Times

For show times and info check
www.vashontheatre.com

Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Alzheimer's Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer's Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month, 1:00 pm to 2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at 206-355-3123.

Vashon Progressive

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

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

Next Edition of The Loop Comes out Thursday March 1

Deadline for the next edition of *The Loop* is **Saturday, Feb. 24**

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

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Continuing the Vashon Conversation for the Living about Dying

Unraveling the Mystery of Palliative Care -- a full day of presentations and discussion by experts in pain and stress management. This an opportunity to learn about care focused on providing relief from the symptoms of a serious illness with the goal of improving quality of life for both patient and family. We will explore integrative approaches including complementary and alternative medical interventions.

Saturday, February 24, 10:00 a.m.to 6:00 p.m. at Vashon High School. There is no charge for this event and all are welcome. Come for the whole day or for whichever sessions are of interest.

Schedule and Highlights:

10:00 - 10:30 Welcome and Overview of Day
10:30 - Noon Keynote: The Palliative Care Tool Kit - Benefits for Patients, Families, Staff
Carol Kummet, LICSW, MTS, University of Washington Medical Center Palliative Care Program
12:30 - 2:00 An Integrative Medical Approach to Management of Pain and Anxiety: the Body-Mind Connection
Kathleen Sanders, FNP-BC, MPH, Integrative Nurse Practitioner, Seattle Cancer Care Alliance
2:00 - 3:30 Vashon Cannabis Conversation: Taking the Mystery Out of Marijuana
Dr. Sunil Aggarwal, M.D., Ph.D, FAAPMR, Integrative Pain, Palliative Care, Hospice and Rehabilitation Medicine
3:30 - 5:00 Comfort Care for Animals and Their Companions
Tag Gornall, DVM and Tim Kraabel, DVM
Trained facilitators will be available to help participants consider important end-of-life health care decisions. The goal is to leave with a completed advance care directive. The event is free and all are welcome. For more information: Email: vashonconversation@gmail.com Website: www.vashonconversation.com
Thanks to our sponsors: Neighbor Care Health, Pandora's Box Pet Products, Vashon IGA Market and VI Horse Supply, Inc.

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THE COUNTRY STORE & FARM
WWW.COUNTRYSTOREANDFARM.COM
Chicks Are In!

Coffee tasting/cupping workshop
Kingfisher coffee, Feb. 18

Community Seed Swap!

local growers sharing stories and tips on seed saving, building your planting calendar, spring sowing and growing. Bring seeds to exchange and used envelopes/containers or just come and learn more about seed saving. February 25, 11-1pm

Check out our Workshops and Events at www.countrystoreandfarm.com



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Taking your boat to Canada (and back) Tech Talk

Just across Haro Strait from the iconic San Juan Islands lie the Canadian Gulf Islands. Only four nautical miles and one international border away! Don't let that border keep you from enjoying the good cheer and unique ports of call of our northern neighbor.

The rules of what you can take there, and back, are a little different than travel by car. Clearing customs, when not constrained by roadways, is entirely different. Then there are those issues unique to boaters - licenses, fees and radio settings among them.

Attend this Tech Talk on Wednesday, February 21 at 7PM in the Vashon Library meeting room and learn how to take your boat to Canada, and back.

Beginning Mah Jongg class



Hazel Wilding (left) is the queen of American Mah Jongg at Vashon Senior Center. She helps Monty Smith (right) learn the game during her Beginning Mah Jongg class. Hazel promises more beginning classes in the future. Non-beginners should join her to play on Monday's at 1PM and on the 1st and 3rd Wednesdays at 6:30PM at the Center.

VWP's Bird Language workshop

It is said that birds have the power to lift the human spirit. They also provide us with an immediate and intimate way to understand the natural world and our place in it. For millennia, humans paid close attention to these winged ones and learned to interpret their sounds and behaviors for survival. While relying on bird language is no longer a survival tool in our modern world, it is a pathway to thriving: birds still teach us about how to slow down, listen, and raise our awareness.

Join Vashon Wilderness Program's seasoned staff for a unique look into the world of bird language. Be prepared to move your body as you practice ancient techniques to connect with the natural world and the messengers of the forest.

In this workshop you will learn:

- The five common voices of bird language
- Shapes of alarm
- Bird mapping techniques
- Powerful sensory awareness practices to slow down
- Activities to engage your whole body in a natural setting

This workshop is for adults only. February 17th, 10am-4pm, \$75.

For more information and to register, please visit vashonwildernessprogram.org

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Celebrating 14 years Serving Vashon Island

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Open 11am to 8pm Monday-Saturday



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Unrequited Love



By Seán_C._Malone
with help from John Sweetman

Debra Paget, a movie star in the 1950’s, was my “first love,” a love that was returned by one printed note and a handful of pictures in various swim suit poses. I had joined Debra’s fan club to fulfill my fantasies that she would one day return the love of this 8 year old Vashon Grade School student. It never happened and after a couple of years, I moved Debra to the foggy confines of youthful memories and took up stamp collecting.

Marvel comics always had a section of classifieds in the back of the comic book. On reading that I could have three stamps “free” if I ordered the package of 300 “on approval,” I started my stamp collection. I forgot to return the other 297 stamps and suffered letters from lawyers for two years having decided that I had “approved” of all the stamps they had sent me and kept them. My un-holy stamp collection only lasted so long, as my interest had turned to girls.

My old friend, John Sweetman remembers the sorrow of unrequited love, after sincere valentines forced upon us to make by our iron maiden teachers, those “stupid cards” they had us do as a class project? It was more like forced labor than a labor of love. How about those little pink heart-shaped candies with printed things on them, like “Be My Valentine,” whatever that meant. Or, “Marry Me,” “Crazy 4 U,” “Be Happy,” or “Miss U.” They made good ammo for rubber band guns made from clothes pins.

I only had love for one teacher, Miss Thurber, and she had just graduated from college to commute to Vashon Grade School to teach 6th grade. Mrs. Marston was too old to attract much attention and Mrs. Clark, who taught 5th grade, was too strict and married. Mrs. Van House was so mean that she made us stand in the corner or, take the time she shook Bobby Greg so hard she ripped his shirt and made him cry, the worst thing that could happen to a 2nd grader. Miss Thurber was kind and very young and good looking. I loved her because she could be taken advantage of

and we proved it by cutting up so much in class that Miss Thurber would hide her face and cry.

I got to sit beside her one day on the bus, when she took us to the potato chip factory in Tacoma and could feel how warm she was with a faint whiff of perfume, not like the Elizabeth Arden “pee-a-boo” scent that our grandmother used and made her smell all over. We got to watch the potatoes being sliced and run on a conveyor belt to the hot fat and dried under red lights. All the people there were dressed in white with puffy green nets over their hair to keep the factory clean. We were showed how the chips were bagged and given a free sample to take home. One day Miss Thurber told us how she would be married and invited us all to the Church in Tacoma for the wedding. I was losing my love for Miss Thurber because I was mad that she got married and she was learning how to take care of us rowdies.

We started being attracted to girls and bumping into them in the hall or someplace by the lockers. They seemed to like it. We tried to invent ourselves into something we weren’t. We thought the more we swaggered, the better the girls would like it. There was a John Wayne matinee at the Vashon Theater and when we came outside, we all thought we were little John Wayne’s, bragging to the girls like how evil it was the way I put my arm around Sharon Osbourne, by stealthily creeping my hand across her shoulder. I knew she was laughing at me, and have thought about how dumb it made me feel, ever since I thought I was John Wayne.

Some guys bragged about imaginary success. They were the guys that went on to careers in used cars and siding sales... others just crept quietly away after being ignored...they just went to college.

After college, I fell in love with a judge with a crippled leg, as she had had polio. I was picked up on a DWI and sent to her court where she sentenced me to AA meetings, one of which she attended. I stood up and said, “I’m an alcoholic,” all the while pointing my finger at her, “And she is the reason I’m here.”

Sean@vashonloop.com

Falling Awake: A Fugue State

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We are a theater of connection – to our audience, to the ensemble, to our bodies, to the imagination. Our work is image-rich and physical. We work with a broad palette, combining character, movement, music, sculpture and story. We seek the ancient alchemy of live performance, through which thoughts and images

under the surface of culture are given voice and form.

In the past 25 years, UMO has made over twenty mind-blowing, gorgeous, original pieces of physical theatre. For just a tiny taste of our past work, visit <http://www.umo.org>

Spiritual Smart Aleck

By Mary Tuel

Football, with Sides of Theology and White Privilege

Couple of Sundays ago, midafternoon, I realized the Superbowl was on.

It was the Philadelphia Eagles vs. the New England Patriots, for those of you who live on the moon or don’t give a rat’s patootie. Many people were Eagles fans for the day. The Patriots may be loved by their own fans but are not loved much outside that demographic.

Last time the Seahawks played the Patriots in the Superbowl, the Patriots won. Then it was discovered that they had cheated in the game by using a partially deflated ball. Cheating does not inspire respect, or love.

This was an exciting game, with the teams scoring back and forth. The Eagles held the lead until the third quarter, when the Patriots got ahead by one point. They may have thought they were going to win then. They looked smiley and relaxed on the sideline.

In the fourth quarter, the Eagles scored a touchdown to regain the lead, and then the Patriots mounted a drive which ended with a sack of Tom Brady in which he lost possession of the ball. That warmed the cockles of many hearts. The Eagles scored a field goal for three points, the Patriots were unable to make a comeback, and the Eagles won their first Superbowl, 41-33.

The New England Patriots zombie-walked off the field in a state of cognitive dissonance, making their way through hysterical Eagles fans running on to the field.

Like many other people I enjoyed watching Patriots quarterback Tom Brady walk off the field in defeat. This is called schadenfreude, or pleasure in someone else’s misfortune. Not a Christian virtue, but a common human feeling.

After the game, when Eagles coach Doug Pederson was interviewed and asked to what he attributed his team’s win, he said he gave credit to his savior, the Lord Jesus Christ.

I got a warm glow inside. Aw. Someone who is unapologetic about his faith. Then I shook my head. Wait a minute, did he just give his personal savior Jesus Christ credit for the Eagles winning the game?

See, you might think you and Jesus walk in the garden alone when the dew is still on the roses, and that’s a beautiful hymn and I love it and have sung it all my life, but there are many, many other



Christians in the garden with Jesus, and Jesus loves them equally, and they aren’t all on the same side of everything that you are.

Listen up: Jesus does not take sides in football games, even the Superbowl. Jesus does not make the catch in the end zone. Winning the game is due to all the training, talent, skill, exertion, teamwork, and luck of the guys playing the game, plus maybe a few good calls from the refs that could have gone the other way.

Football games are man-made concoctions, as are the wars for which they substitute. God is with you win or lose, that’s my point. I wish people, including atheists, would stop giving God credit or blame for things human beings do.

But I digress.

When Darrell Green, a retired player, carried the Lombardi trophy to the podium after the game, the Eagles teammates stood alongside the path it traveled with tears in their eyes, reaching out to touch it. Soon they started kissing it. Then they were all kissing it, kiss on top of kiss. All I could think was, in about a week all these guys are going to have the flu. They won’t have Jesus to thank for that, either.

That night whole families of Eagles fans went out into the streets of Philadelphia to celebrate. Most of them were fine, celebrating the win with civility and team comradery. A few, male and white, got caught up in a mob spirit and rioted. White American men tend to riot over victories. It’s a phenomenon. You can look it up.

There were cries of, “White privilege!” because the rioters were not busted, though there were arrests in the following days. It was a fair call. If you are white, you can riot and get a pass, or be arrested, and get due process. If you are black, you can do absolutely nothing, and have terrible things happen to you, up to and including being killed. You can look that up, too.

Richard Ross, the Philadelphia Police Commissioner, did a good job of leading his force in keeping things mostly calm and safe in Philadelphia that night and in the week after the game. I think he understands the definition of “peace officer.” I wish we had more genuine peace officers and fewer officers who shoot without thinking.

Now. Enough football already. Let’s go outside and dig a trench for planting peas.

Vashon’s Island Spring Organics to install biodigester

Continued from Page 1

its prices low.

“Power costs will do nothing but go up,” said owner Don Stolz. “We’re there to support the community and provide good quality at a reasonable price.”

On Seattle’s Beacon Hill, Valley Cities used the Commission’s Land Acquisition Program loan to purchase property, and a SET loan to finance part of the substantial renovation of an existing building into its new Recovery Place Seattle. The intensive residential facility for substance-abuse rehabilitation opened October 19 and expects to serve 1,500 people a year.

“Without financial support for the purchase and renovation, this building would have been torn down and in its place would be dozens of townhomes,” said Ken Taylor, CEO of Valley Cities Behavioral Health Care. “Now there is hope for thousands of people and their families.”

The energy upgrades to the HVAC and lighting systems will help the building exceed compliance with the Washington State Energy Code by at least 10%.

For more information about the Sustainable Energy Trust, visit wshfc.org/energy



Planet Waves

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



Aries (March 20-April 19)
One reward of this time in your life will be new friends, new groups to hang out with, and new social patterns. If you find yourself among people you don’t know, go with it. However, this could be enough to cause panic among the younger generation, which prefers everything to be familiar and somewhat scripted. So if you suddenly find yourself among people you’ve never met, and don’t know much about, what do you do? Start by introducing yourself. Pick someone who looks friendly, walk up to them, and say hello, and tell them your name. You can even ask their name! It’s totally OK. Social circulation is good for the universe, and making new friends is good for you. A gathering may have a specific reason, though this is not necessary. No matter what the stated purpose, the underlying motivation is likely to be social. You don’t need an excuse to have fun.

Taurus (April 19-May 20)
This week’s solar eclipse in your house of reputation and achievement will wake you up to the role that you’re serving. Most likely this is through some professional activity, though it’s not necessarily associated with your formal role. It could be, though every person serves a purpose in a social environment. For example, if you answer the phone all day, you spread your vibes to everyone you talk to, and by extension, everyone they come in contact with. Locate yourself within the social network you contact through your profession, and notice the ways you can tune up the role that you play. If your work specifically involves messaging of any kind, whether sales, or politics, or media, you are part of establishing a new pattern of speech and thought. You may not see yourself this way – but then, you might want to look, in such a way that you do.

Gemini (May 20-June 21)
What is the future, really? Is it a thing that already exists, and we wait for it to reveal itself? Is it something we create, and aspire to? Or is it an experience that’s creating us right now, as we proceed in its direction? Every one of these possibilities is conceptual, and unproven. However, some have demonstrated that it’s possible to envision something, to aspire to it, and to have that thing happen. It’s also noticeable that many have a fixed view of the future, or seem to ride along a path that’s set down like train tracks. (Take the local, or take the express, but don’t get off till you find success!) This week’s eclipse of the Sun in Aquarius will shake up your concept of the future, and free some bandwidth and energy that will help you make decisions. More than anything, you need an open mind, and to be aware that you’re not living your parents’ life – therefore, you’re not subject to their beliefs.

Cancer (June 21-July 22)
A deal is a deal, right? Well, it is, if everyone keeps their promises. In the business world, that’s called good faith: everyone trusting that everyone else means what they say, is willing to come through, and is able to deliver. It doesn’t matter whether this is a verbal contract or is in writing; the sincerity of a promise is all that matters. On any pending business or financial matter, check in with yourself, and make sure that your promises are in good faith. Evaluate the track record of those you do business with, and size up their intentions based on what they actually deliver. In this realm, peer pressure usually comes in the form of blaming an organization for delays, lack of flexibility, or the failure to deliver. If you notice a shock to the system, or some unexpected change, take advantage of it. Utilize anything out of pattern, or where there is some disruption to the usual social order.

Leo (July 22-Aug. 23)
This week’s eclipse of the Sun takes place in your relationship zone, Aquarius. If you keep an open heart and mind, this aspect – a conjunction of the Moon, the Sun, Venus, Mercury and asteroid Juno – will teach you something about the potential of your relationships. The old Flock of Seagulls song “Modern Love is Automatic” describes the reality for many, who struggle with a seeming lack of choice, with incompatibility, and with lack of freedom. This may emerge from not seeing one’s options, or not choosing consciously. You’re being encouraged to open your eyes and notice who is available, and on what terms, and to engage in a real conversation. Beware of seeing yourself in others; make sure that the commonality you notice is not a projection. Pause before doing something you’re supposed to do, or that’s expected of you. You are free. Proceed in manual mode.

Virgo (Aug. 23-Sep. 22)
The changes at work are coming on fast and furious. Yet you would be wise to slow down, and notice that what’s really happening is that new patterns are being established as the old ones break down. Rather than dealing reactively with the confusion, create something that works better, particularly on the human level. With so much activity in Aquarius (including Mercury, your home planet), one might make the mistake of thinking this is all about technology. But Aquarius is more about human design than it is about anything else: those group relationships that so often prove so challenging. The more you honor the voices of individuals, the less the group dynamic will dominate. And though we’re all drowning in technology, the world was, is, and will always be about people. So listen to what they say, and feel what they feel, and help create a world where everyone is welcome.

Libra (Sep. 22-Oct. 23)
A diversity of aspects, and worldly events, are conspiring to liberate you from the past, and open up the future. The main element of freedom from the past that you’ll benefit from is freedom from your insecurities. You’ve turned a corner here in recent months, as if you suddenly have a more stable foundation. Now you get to test that out. You may be familiar with the dilemma: do you do what you want because you’re making enough money, or do you do what you want, and figure out how to have that support you? These days, it seems like the second one is more valid for you. Time is precious, and you’ve crossed enough thresholds to prove that you can make progress toward your goals. At a certain point you have to claim that progress and seize an opportunity when you have it.

Scorpio (Oct. 23-Nov. 22)
You’ve reached a point where it’s time to ask yourself how much involvement with your family is appropriate. Even asking this question can send shudders down the spine, which means it’s worth considering boldly. You may rationalize your involvement on the basis that they all need you, and if so, that’s the first thing to question. It makes a convenient excuse, in part because it may be true. However, do you need them just a little more? You may be trying to cover what you perceive as a psychological weakness that prevents you from being more independent in your choices. The way to heal this is not to cover the weakness but rather to reveal it for what it is, and get an understanding of how it may be serving you in some way. For example, do you use it as an excuse in any way? You want real confidence, not a substitute.

Sagittarius (Nov. 22-Dec. 22)
Mars in your sign, or anyone’s sign, would usually describe being in a self-serving and competitive mood. Yet due to



the presence of other planets, you’re more in a self-sacrificing state of mind. This could inspire you to serve others, or at least to put their needs first. The world could use more of this, and it’s likely to be a dominant force in your character for a while. Just two cautionary thoughts, though: One is to pay attention to whom you’re serving, and to what end. The other is to make sure that you’re not avoiding intimacy, using work or service as an excuse. It’s one thing if you’re actually involved and invested and need to get a job done. It’s another if you’re avoiding something. You’ll have a better sense of this by next weekend, and can evaluate your situation then. It’s likely that you are, in fact, working for the good cause, not as a sacrifice but as a gift.

Capricorn (Dec. 22-Jan. 20)
The theme of financial reorganization is all over your charts, and it’s going to happen one way or another. Get a grip now, while the gripping is good. Take charge, which begins with a breakdown of the numbers. Know exactly where you stand. As you do that, notice how you’re keeping track of both the figures and your documentation. This really is a paperwork question, though it’s ultimately about the framework of your financial life. There is a psychological element to this, and a maturity element. Freud said that challenges around money involved father issues. Jung said they involved mother issues. We can speculate and say that when we’ve resolved the lingering baggage of our parents, the matters of finance are both easier, and more personally meaningful. If at this moment you don’t have ease, go for meaning. Your income potential is significant; you have every reason to involve yourself in an improved approach to the subject.

Aquarius (Jan. 20-Feb. 19)
The bigger your plans, the more they may evoke your insecurities. This is typical even of high achievers, though you may want to gain some insight into the issue. Consider two possibilities: one is that you’re confusing

your potential success with your self-worth. This is easy to do, in a world where little attention is paid to human factors (such as feelings), and much is paid to externals, such as the appearance of success. A related matter is whether you feel you’re of value to a spouse or other intimate partner. The all-too-sad truth is that many people do indeed value their partners based on success, which translates to how much money they make. If you can account for both of these factors (which involve confusing self-worth with success with financial success), what does it mean to “accomplish something”? What does it mean to make a contribution? Is that even important to you? This week’s eclipse in your birth sign is a fine occasion to sort some of this out.

Pisces (Feb. 19-March 20)
This week’s solar eclipse will let off some psychic pressure, which you may not have known you were even experiencing. You have plenty of responsibility at the moment, and a good few aspects of your usual life seem to have gone missing. So it’s not surprising that you would be feeling some tension. However, once you experience what looks like an equalization of your inner atmosphere, you’ll be able to breathe easier and have more room to maneuver. When the Sun arrives in your sign in about a week, you’ll feel even better. Start stretching out now – your body, your traveling range, and your mental outlook. Remember how much music helps lighten your spirits. You’re feeling restless, and your solar chart describes a classic case of cabin fever, which usually gets you this time of year. It’s true that the dark, damp winter is not especially appealing to someone who would rather be on a Caribbean beach, though this would be a good time to go out exploring and see what warm places you can find, wherever you can find them.

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

Coco Needs A Home

My foster mom says such wonderful things about me, I’m almost embarrassed to repeat them. She raves about how affectionate and friendly I am. Even though we hadn’t met before the day she took me to her house, I was relaxed and comfortable within a few hours. I love to be picked up and petted all the way down my back. When she’s on the computer or watching TV, I help by sitting on her lap.

I always come when called, and I run to the door when my foster mom returns home. If you adopt me, you can count on being the center of my universe!

Go To www.vipp.org Click on Adopt



Drama Dock announces auditions for spring play

Auditions for Drama Dock’s spring play, All in the Timing, are set for Sat. and Sun., Feb. 17 and 18. Location and times for the auditions will be announced soon. A perusal script is available at the Vashon Library. Please ask at the front desk.

All in the Timing is a series of six one-act comedic sketches written by David Ives. Michael Barker will direct Drama Dock’s production, set to open in late April. Winner of the John Gassner Playwriting Award, this critically-acclaimed, award-winning show established David Ives as a playwright who could combine great wit

and intellect with satire and just plain fun. “It’s a happy (and slap-happy) evening of mini-plays,” according to Ben Brantley of The New York Times.

All in the Timing is all about writing, language and word-play, which is not only very funny, but with “density of thought and the precision of poetry,” claims The New York Times. It is “like sketches for some hilarious, celestially-conceived revue.”

For more information, contact Gaye Detzer, gaye@dramadock.org

Karla Bonoff: Songs of a Generation



Karla Bonoff has been described as one of the finest singer/songwriters of her generation. That description is not hyperbole.

With a career spanning four decades, Bonoff has enjoyed critical acclaim, commercial success, enduring popularity and the unwavering respect of her peers. In addition to charting with her own recordings, Karla has seen her songs become hits for Bonnie Raitt, Wynonna Judd and Linda Ronstadt. Many of

Bonoff’s ballads are classics. She has continued to tour extensively, playing sold-out shows around the world. Hearing Karla’s moving vocals on her rich, expressive songs is like standing beneath a sparkling waterfall-refreshing, exhilarating, restorative. Experiencing them live can be transformative.

Karla Bonoff: Songs of a Generation
The Vashon Theatre
Wednesday, February 21st at 7:30PM
Tickets \$30 Advance/\$35 at the door

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Selena Needs A Home...

I’m an elegant Siamese but not too sophisticated to be a great companion. When I’m in the mood to socialize, I enjoy playing with kids, other cats and well-behaved dogs. Other times I’m content to be by myself.

I know how to use a cat door, and I like to go out and sunbathe on the deck. I’m pretty enough to be a work of art; wouldn’t you like me to beautify your home?



Go To www.vipp.org Click on Adopt

Road to Resilience

Continued from Page 1

the greenhouse effect is worse than coal.

This transition to new energy infrastructure is a huge opportunity for us to invest in 100% clean renewable wind and solar power. In the last few years, costs for solar have dropped 40%, wind, 66%. They are now competitive or cheaper than fossil fuel plants. Could it be that the gas plant is cheaper to operate? PSE charges us more for power now than most other utilities in the state that use 97% renewable energy. There doesn’t seem to be any economic or scientific rationale for PSE’s plan to build a natural gas power plant.

It begins to make sense when we see that PSE is owned by the Macquarie Consortium of Australia, which holds the fourth largest natural gas production and distribution company in the US. We find also that the CEO of PSE, Kimberly Harris, has just been named Chairperson of the American Gas Association. Could there be a conflict of interest here?

This is a very important decision point for us and for PSE. We badly need to transition to renewable energy, the transition is economically and

technologically feasible, and PSE is at a place where new investment needs to occur. They will saddle us with a gas plant that we will be paying on for the next 30-40 years even though the climate crisis and a carbon tax may make the plant uneconomical or inoperable. As PSE is a monopoly provider and a private company, we have only one way to influence PSE plans and our energy future, and that is to influence the UTC Commissioners at this upcoming hearing. This absolutely requires massive public participation, both by submitting comments and by actually attending and testifying at the hearing. I’ve attended one of these preliminary hearings, and I can attest to the effect of our influence on these commissioners. This is a watershed moment when we can help avert catastrophic climate change. That is why I have submitted comments and will be testifying at the hearing as well. I strongly recommend that you do likewise. There is seldom a time when so little effort on your part can have such a dramatic effect.

You can submit comments by going to www.indivisiblevashon.org/cfletter or regular mail to: PO Box 47250, 1300 South

Vashon Opera presents Limmie

Critically acclaimed tenor Limmie Pulliam returns to Vashon for a matinee program of operatic greatest hits on Sunday, March 4 at 2:30 pm at the Vashon Center for the Arts. Sharing the stage with pianist Spencer Myer and a troupe of Vashon Opera favorites, Limmie brings his powerful, dramatic and sensitive voice back to Vashon in this one showing concert!

Vashon audiences remember Limmie’s heartfelt and soul wrenching portrayal of Canio in Vashon Opera’s recent production of I Pagliacci and the glorious ringing rendition of “Nessun dorma”.

The afternoon will feature guest appearances by many Vashon Opera favorites including José Rubio, Julia Benzinger, Jennifer Krikawa, and Andrew Krikawa as they join Limmie on stage for operatic duets and trios. And, soprano Kim Giordano makes her Vashon Opera debut singing the duet ‘Vicino a te s’acqueta’ from Andrea Chenier with Limmie.

Come be uplifted by the glorious



sounds of one the greatest tenor voices in the world. You’ll hear arias and duets from La Bohème, Carmen, Otello, Eugene Onegin, The Pearl Fishers, Les Troyens, and much more. It promises to be a wonderful afternoon of beautiful opera and an event not to be missed. Tickets can be purchased at vashonopera.org.

Tenor Limmie Pulliam in Concert
Sunday, March 4, 2018 at 2:30 pm
Vashon Center for the Arts

Evergreen Park Drive SW, Olympia, WA 98504-7250. Be sure to state that your comments refer to dockets: UE-160918 and UG-160919. The hearing will be on Wednesday, Feb. 21, 1:30-7 pm at 7115 Maple Valley Hwy, Renton, WA. There will be a rally prior to the hearing at 12 noon at the same address. Car and vanpooling will be available at the high school. The rally caravan leaves at 10 am and the hearing-only caravan leaves at

11:10. If you are interested in carpooling, please email CarbonFreeVashon@gmail.com or contact Ward Carson 206 715 1330.

Comments? terry@vashonloop.com

Deadline for the next edition of *The Loop* is **Saturday, Feb. 24**

Island Epicure



By Marj Watkins

Edging into Lent

Today, February 15th, my devout readers begin their Lenten six-week fast from red meats and eggs. Their menus will offer diners bean dishes and seafoods. No beef, lamb, bison, or pork need apply for admission to their kitchens. Even so, gourmet meals can and will be served. Fish will also be allowed. After all, Jesus and his friends ate fish at the Last Supper.

Here are is a dish my son Steve and grandson James enjoyed recently. James, a very good cook himself, praised the Seafood Chowder, and split the last bites of the Pear and Gorganzola Salad with Steve, so I'm sure you and your family will enjoy them.

Seafood Chowder

4 servings

About ½ pound raw prawns
Or 1 cup large cooked, shelled frozen shrimp

2 filets of sole or other white fish

1 can chopped clams with their liquor, optional

1 to 2 Tablespoons coconut oil

1 cup diced onion

4 small red or Yukon gold potatoes

¼ teaspoon dried dill

Hot water to cover

Salt and pepper to taste

Dash red pepper flakes or 3 drops Tabasco sauce

½ to 1 cup milk

If using raw prawns, cook them with a bay leaf and a slice of lemon until the prawns turn pink. Remove them from the hot cooking water. Keep that water for the chowder. For now run cold

water over the prawns until they are cool enough to handle. Take off their shells and cut them into bite-size pieces

Open the clans if using. Put their liquor with the prawn cooking water and set the clams aside while you peel and dice half of a very large white onion or all of a small red onion.

Wash and remove any sprouts from potatoes. Wash potatoes, removing sprouts if any.

cut each potato into bite size pieces.

Heat the coconut oil in a 6-cup saucepan, stir-fry the onion until it is shiny and limp. Add the potato pieces and the prawn cooking water, discarding the bay leaf and lemon slice. Add more hot water as needed to cover these ingredients. Bring to a boil. Reduce heat to medium. Cook until potatoes are easily pierced with a fork. Add a little more boiling water as needed.

Add the sea foods. Cook 5 minutes or until fish flakes easily. Break it into bite size pieces. Add milk to make the chowder your desired consistency. Heat to steaming, but do not allow to boil again. Add red pepper flakes or Tabasco. Serve with toast or crackers.

Complete the meal with a salad. My suggestion is:

Pear & Gorganzola Salad

4 servings

4 large lettuce leaves

1 ripe Anjou pear

Gorganzola cheese crumbles

Wash lettuce leaves one at a time under running hot water. (Don't worry; they won't wilt.) Pat them dry between clean tea towels. Tear lettuce into pieces and place in a salad serving bowl. Cut the pear into 8 wedges, removing the core. Arrange atop the lettuce. Scatter the gorganzola among the pear wedges. Alternatively, cut the pear wedges into bite size pieces and scatter them atop the lettuce, then follow up with the gorganzola crumbles.

Ceremony at Mukai Farmstead Marks 76th Anniversary of Executive Order 9066

Friends of Mukai will mark the 76th anniversary of President Roosevelt's signing of Executive Order 4066 with a Remembrance Day Ceremony at 2 pm on Sunday, February 18, at the Mukai Farmstead & Garden, 18017 107th Ave, SW.

Approximately 120,000 individuals of Japanese descent, both immigrants and American citizens, were adversely affected by that Order.. They were vilified and threatened. Most lost homes, businesses, most of their treasured family keepsakes, and in many cases, connections to their community when they were imprisoned in 10 US concentration camps. The wounds caused by this treatment were deep and still remain.

Joseph Okimoto will speak of his experience in the Poston camp with his family.

Joe is the first child born on American soil of immigrant

Japanese Christian missionary parents. As a child, he and his family were interned in a camp in Poston, AZ for 3 years resulting from Executive order 9066. He is a retired psychiatrist, and a Friends of Mukai Board member.

Thomas Hitoshi Pruiksma will present a short reflection entitled "A Light at the Crossroads", using poetry and story to explore how events like the Internment reverberate across time and our ideas of identity.

Tom is an author, poet, translator, magician, musician, and lover of life. Born in Seattle, he has lived and worked in Tamil Nadu, india, and Oaxaca, Mexico. His books include Give, Eat, and Live; Poems of Avvaiyar, and Body and Earth: Notes from a Conversation, written with the south Indian artist C.F. John. Tom was recently awarded a



National Endowment for the Arts Fellowship to support his new translation of the most important work of poetry and philosophy in the Tamil language, Tirukkural.

The Farmstead will be open to welcome visitors from 1pm to 4 pm

From Science to Spirit to ONE

The series began on December 2nd, 2017 -- The Grand Convergence, The New Science of the Body-Mind-Spirit Trinity with Bruce Lipton Ph.D. infused Vashon with an initial dose of spiritual awakening with wisdom gained from the perspective of looking through a microscope. Now, it's the new year and we are ecstatic to announce our next presenter. A pioneer in the fields of light, vision and consciousness, Dr. Jacob Liberman brings his book tour to Vashon Island to present: Living a Luminous Life. His newly released book,

Luminous Life, How the Science of Light Unlocks the Art of Living, has been praised by other authors with broad global recognition. For example, Eckhart Tolle said of Liberman's new book: "Behind the disguise of brevity and simplicity lie pearls of distilled spiritual truths - truths to be cherished, to be shared and, above all, to be lived." Depak Chopra, MD said "Luminous Life is an exploration into light and consciousness and helps us to see their impact on every aspect of our humanity." A mutual friend and the first presenter in the Science to Spirit

to ONE series, Bruce Lipton Ph.D. said of Luminous Life "A brilliant synthesis of modern science and philosophical wisdom. Dr. Liberman has managed to unravel the secrets of light and offer them to the world as a source of profound transformation and healing."

Living a Luminous Life

We are all aware of light's impact on the growth and development of plants. However, few of us realize that a plant actually "sees" where light is emanating from and positions itself to be in optimal alignment with it. This example of how a plant responds to light is not limited to the plant kingdom. Humans are also directed by light - the same light that spiritual traditions refer to as God and physicists describe as the essential field energy underlying all creation. This animating force that guides plants, tides and seasons also directs our lives. During this presentation and book signing, Dr. Jacob Liberman revels how the luminous intelligence we call light effortlessly guides us toward health, contentment and a life filled with purpose.

Dr. Liberman's is also the author of Light: Medicine of The Future, Take Off Your Glasses And See and Wisdom From An Empty Mind. His newest book, Luminous Life: How the Science of Light Unlocks the Art of Living, reveals how light guides our every step, so we may fulfill our reason for being.

Event Details:

Sunday, February 25th 2018
4:30pm - 6:30pm

Vashon Island High School Theater

Tickets are \$15 pre-sale and \$20 at the door/day of event

Tickets available at the Vashon Island Bookstore & at www.nurahealth.tix.com

High and Lonesome



The High and Lonesome Band is a group of friends who've played together nearly 30 years. They've been together so long that some original band members have even been replaced by their offspring. With roots firmly planted in American Ethnic music, High and Lonesome brings an intricate, tasty brew of bluegrass, blues, and Bakersfield-style country music.

Islanders will recognize John Schubert on guitar and vocals, with Tab Tabscott on

dobro and pedal steel. Will McSeveney will play the banjo, Pete Martin on fiddle, mandolin, and vocals, Terry Enyeart on bass and vocals, and Jim Bluhm on a variety of instruments.

Get ready for some good time dance music in a folky/country vein. No cover, show starts at 8:30pm, all ages until 11:00pm.

High and Lonesome

Friday, February 16th, 8:30pm. The Red Bicycle Bistro & Sushi. All-ages 'til 11pm, 21+ after that. No cover!

The Van Redeker Band

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

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

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

Come party with The Van



Redeker Band - grooving harder than ever before.

This is an all-ages free event until 11pm, then it will be 21+ after that.

The Van Redeker Band

Friday, March 2nd, 8:30pm

The Red Bicycle Bistro & Sushi

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TRASH TALK

As of January 2 at our local Transfer Station, cardboard, scrap metal, and yard waste are no longer accepted as garbage. Instead, they must be recycled. Happily, the fee to recycle yard and food waste is under half that for garbage. There is no charge for recycling cardboard or scrap metal, but they must be separated from comingled recycling.



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WHOOSH

Lonnie Johnson’s Super-Soaking Stream of Inventions

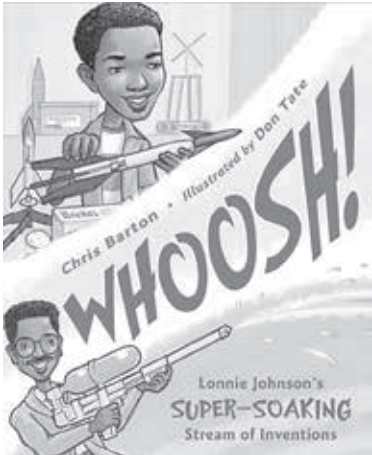
A story of a cool idea with a big splash! You know the Super Soaker—one of the top 20 toys of all time. An accidental discovery brought it into being: experimenting with a new cooling system for refrigerators and air conditioners, inventor Lonnie Johnson instead built the mechanics for the iconic toy. A love for rockets and robots was evident in Johnson’s early life. Growing up in a house full of brothers and sisters, he demonstrated persistence and a passion for problem-solving, the cornerstone of his career as an engineer and work with NASA. Yet his invention of the Super Soaker water gun made the most memorable splash in popular culture.

-Book by Chris Barton,
Illustrated by Don Tate

-Presented by Book-It
Repertory Theatre

For more information and to purchase tickets, go to the event webpage at: <http://www.vashoncenterforthearts.org/event-cal/family-series-whoosh-lonnie-johnsons-super-soaking-stream-of-inventions/>

Or call the Katherine L. White Lobby front desk at: 206/463-5131



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Barometric Pressure
Weather forecasts

Adopt A Cat Day!
Vashon Island Pet Protectors
Saturdays 11:30-2:30

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

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

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

**Next Edition
of *The Loop*
Comes out
Thursday
February 15**

Deadline for the next
edition of *The Loop* is
Saturday, Feb. 13



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

