

## VIPP Dog Walk



Come join us on Saturday, August 24th from 9 a.m.-noon for the annual VIPP DOG WALK at JENSEN POINT! Register on site the day of the event as either an individual or a team participant... make a contribution and stroll around the Burton Loop course, with or without a dog, to support VIPP! Prizes include:  
**INDIVIDUAL CATEGORY**  
The highest 3 individual contributors win animal care visits from Joanna Gardiner Loving Care for Animals

**TEAM CATEGORY**  
Each member of the highest team contributor wins a nail trimming gift certificate from Wet Whiskers. A team is just you and your friends walking together (10 max per team)...very unofficial!

**FREEBIES:**  
The first 50 contributors receive a swag bag from Pandora's Box  
A Vipp Dog Walk Tee Shirt while supplies last  
All Contributors entered into a raffle for a chance to win ...A \$100 gift certificate to Vashon Adventures (good for kayaking, paddle boarding and electric bike rentals)  
\*Everyone receives an event photo of you and your dog by Kent Phelan, Island Photographer  
\*Doggie water stations provided by J.R. Crawford, Windermere Realtor  
\*Reiki for your canine  
Come join the fun and walk for VIPP!  
A heartfelt THANK YOU to Windermere Real Estate...the OFFICIAL Sponsor of the VIPP DOG WALK since 2016!

## “The Maury Island Incident”

A presentation/screening of the locally-produced, award-winning film “The Maury Island Incident” to benefit the Vashon-Maury Island Heritage Association will be held on Tuesday night, Aug. 13, 2019 at the Vashon Theatre, starting at 6 p.m. “The Maury Island Incident” is an award-winning 30-minute film that tells the forgotten, tragic story – taken directly from declassified FBI documents – of Harold Dahl’s June 21, 1947 UFO sighting near Maury Island, and the first reported ‘Man In Black’ encounter that happened to him the very next day.

The screening will be preceded by a short presentation, and followed by a Q&A session with Filmmakers.  
The film – which was shot in Burien, Des Moines, Tukwila and off the shores of Maury Island during the summer of 2013 – had its world premiere at the Big Island Film Festival, and its North American premiere at the Seattle International Film Festival. It was awarded the competitive Washington FilmWorks Innovation Lab funding during production.

Directed/Produced by Scott Schaefer from a script by Writer/Producer Steve Edmiston, it features Seattle-area actors Tony Doupé, Allen Fitzpatrick, John Patrick Lowrie, David S. Hogan and many others. It was Executive Produced by John White, and Produced by Scott and Laura Beth Peterson and Danny House. Director of Photography/Editor was Mike Boydston.  
Here’s a brief review from noted paranormal/UFO radio host Clyde Lewis:



“The tension in this film is so thick you can cut it with a knife. The Maury Island Incident captures a moment in time long forgotten by most UFO researchers. It also reopens those Cold War feelings that are nothing but a forgotten memory in the post 9/11 era. Bravo!”  
Tickets are \$10 each, and proceeds will benefit the Vashon-Maury Island Heritage Association.  
Collectible t-shirts and hats will also be on sale in the lobby.

## The Road to Resilience Eating Mindfully

Last October, the Intergovernmental Panel on Climate Change issued a report stating that our children will be toast if we don’t make substantial progress by 2030. On August 8, they will be issuing another report, Climate Change and Land. In this report they will be considering human land use and, according to a leaked document, will talk about the need to drastically alter both our diet and how we produce food. I wanted to talk about this because there are emotional cultural issues with the former and powerful corporate interests heavily invested in the latter.  
Our food production systems are responsible for almost a quarter of our greenhouse gas emissions, and, even if we eliminate fossil fuel use, there will still be considerable emissions from our sick and dying soil. After WWII, an agricultural system known as the “Green Revolution” took over. It involved the intensive use of petroleum for fertilizer, insecticides, herbicides, and for machinery to farm on a much larger scale. Those of you who are old enough will remember “better living through chemistry” was the byline for DuPont. It was thought at the time that the Green Revolution would be the final solution for feeding the world, and,

By Terry Sullivan,  
unfortunately, it still is thought to be so by many. Growing our food on mega farms with cheap petroleum products and feeding much of it to livestock raised in large feedlots means cheap food, especially cheap meat.  
We now know that the toxic stew of chemical inputs kills our soil and its resilience to floods and draught, sending all of it into our lakes, streams, and oceans. It also created a huge meat industry characterized by sick, inhumanely treated animals, mountains of concentrated manure, and corporate monopolies that have turned once proud farmers into poorly paid factory workers.  
As we look to turn around our unsustainable food system, one of the solutions that resonates deeply among many is the need to eat less meat. I believe this is true and that the meat we do eat should be grass fed and grass finished. As the final consumers of this unsustainable system, we must starve out the industrial confined-animal feeding operations (CAFOs). Many of us have decided that going vegan is the single best thing we can do to save the planet. While that decision is helpful for all of us, and we should be grateful for your choice, there is much more to do and consider.  
*Continued on Page 5*

## Chinatown Screening to Benefit VoV

“It grabs hold of you and never ever lets go.” That’s how NPR and LA Times film critic Kenneth Turan describes the classic movie, Chinatown.  
Voice of Vashon is bringing Turan to Vashon for a special showing of Chinatown on August 28 at 6:00 p.m. It’s a fundraiser to support Voice of Vashon’s community service operations with support from the Vashon Theatre.  
“I’ve seen Chinatown more times than I can count, but I’m looking forward to watching it again on the big screen because each time I see it I notice something else exceptional. Squarely in the film noir tradition, it beautifully combines a serious historical theme and ecological concerns with the character-driven narrative drive of the best of Raymond Chandler’s classic detective stories,” Turan said, in praise of the film.

Turan will talk before the show about the influence Chinatown has had on movies in the 45 years since it was released and there will be a Q&A after the showing as time allows. The film was released in 1974, winning the original screenplay Oscar and ten other nominations. Jack Nicholson and Faye Dunaway star.  
Kenneth Turan is film critic for National Public Radio’s Morning Edition and the LA Times as well as the director of the Los Angeles Times Book Prizes. He teaches film reviewing and non-fiction writing at USC.



His most recent books are “Never Coming To A Theater Near You” and “Free For All: Joe Papp, The Public and The Greatest Theater Story Ever Told.”  
Tickets for the fundraiser showing are \$20. A few tickets are available for an additional \$20 for a pre-event reception at Voice of Vashon’s nearby Jean Bosch Broadcast Studio where movie fans can meet Turan personally. Tickets are available at the Vashon Theatre box office and VashonTheatre.com.





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WRE Vashon-Maury Island, LLC

www.windermerevashon.com

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Restaurant Hours: Mon - Wed, Fri & Sat 11:30am-9pm.  
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[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

## Zeus Needs a Home

Although the Greek god Zeus was the god of thunder, I must not have been named for him. I do purr quite a bit, but it isn't loud like thunder. If there was a god of lap-sitting (Lapsitteus?), he's my inspiration. I'm a big calm guy who gets excited whenever someone sits down near me, because that's my signal to make a beeline for the lap, hop up and settle in for a while.

Did you know that August 8 is International Cat Day? Let's plan to celebrate it together in 2020. By then I will have been your cat for almost a year!

**Go To [www.vipp.org](http://www.vipp.org)**  
**To view adoptable Cats and Dogs**



## Now Playing Yesterday

EVERYONE IN THE WORLD HAS FORGOTTEN THE BEATLES.  
EVERYONE EXCEPT JACK....



### Coming Soon

**Greentech: Maury Island Incident -**  
*August 13 @ 6:00 pm*

**Spider-Man: Far From Home -**  
*August 16-22*

**The Goonies (1985) -**  
*August 16@8pm & 17@12:30pm*

**Patrinell: The Total Experience -**  
*August 20@6pm*

**Once Upon a Time in Hollywood**  
*Starts August 23-29*

## Vashon Theatre

**17723 Vashon Hwy**  
**206-463-3232**  
**Call for Times**

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

## The Vashon Loop

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## Local Weather

[www.vashonweather.com](http://www.vashonweather.com)  
Local Rain Totals  
Temperature hi/low  
Wind Speed & Direction  
Barometric Pressure  
Weather forecasts

## Advertise in the Loop!

It's a great time to get back in the Loop.  
[ads@vashonloop.com](mailto:ads@vashonloop.com)  
Next Loop comes out August 22



# Get in The Loop

## Submissions to the Loop

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

### Master Gardener

Bring your gardening questions, plant samples and/or plant photos for identification to the Vashon Master Gardeners in front of Vashon Ace Hardware and receive free, science-based advice every Saturday 9:30am-2:30pm from April 27-September 21, and first Fridays 9:30am-2:30pm June-September. Contact Vashon Master Gardeners WSU Extension at [mgvashon@gmail.com](mailto:mgvashon@gmail.com) for more information.

### 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 from 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Highway SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

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

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL WHALE SIGHTINGS  
ASAP TO  
**206-463-9041**  
Vashon Hydrophone Project  
Orca Annie Stater and Mark Sears  
[Vashonorcas@aol.com](mailto:Vashonorcas@aol.com)  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
[vashonorcas.org](http://vashonorcas.org)

### Classic Minis and Classic mini Coopers



The “Seattle area mini Owner Association” (SAMOA) will have their annual; Bash on Vashon Island This is Tradition since 1997. The cars will meet and for Display at the Vashon island coffee Roasterie on August 10. Saturday Between around 10am to noon, After that we will drive around the island.

### Open Poetry Group

The August session of the Open Poetry Group will be in the Vashon Library Meeting Room on Wednesday, August 21 from 6:30 pm to 8:30 pm. The workshop will be led by Linera Lucas, a published poet and retired creative writing teacher. Please come with 8 copies of your work. This is a positively-focused poetry critique group, suitable for both beginners and experienced poets. The Open Poetry Group is free and open to all Vashon poets. Linera Lucas won the Crucible Fiction Prize and has had poetry and short stories published in Boomtown Anthology, Change Seven Magazine, Clover, Crucible, Elohi Gadugi Journal, Pindeldyboz, RKVRY, Spillway, VerbSap, VoiceCatcher Anthology and elsewhere. She has a BA from Reed College, an MFA from Queens University of Charlotte, and has taught creative writing at the University of Washington Women’s Center, the Reed College Alumni Writers Workshop, and Hugo House.

### Thank You

This letter is to thank all the individuals and businesses that supported my candidacy for Unofficial Mayor on the VIPP ticket. This support allowed me to finish a respectable second among five highly qualified candidates, even though I was the last person to enter the race. In addition to allowing “ballot jars” at their businesses, special thanks to the following businesses that made separate cash contributions, they are listed in no particular order: Minglement, Kronos, Camp Colvos, Eyeland Optical, LS Cedar, Gravy, IGA, Pandora’s Box, Luna Bella, Marc Langland DDS, Café Luna, Vashon Pharmacy, Patty’s Place and Vashon Athletic Club. A special shout-out to the following businesses that also promoted the “voting” by prominently placing the “ballot jars” thereby resulting in increased results: Vashon Tea Shop, Island Lumber, Rock Island Pizza, Thriftway, Island Queen, Fair Isle Veterinary Clinic and Vashon Theatre. I also want to include a special mention for an off-island business, Natural Pet Pantry, which made a generous contribution to the “voting”. Again, thank you all for the support. I look forward to personally thanking you with a wag, a lick and bark when I see you most Saturday mornings in town. Petting always is welcome.

Kit  
VIPP’s Tripod Candidate

**TRASH TALK**

Living on an island can make it extra hard to properly dispose of bulky or hard to recycle items. This Aug. 10, King County is holding a special recycling event at the Vashon High School parking lot from 9-3:00. Items that will be accepted include confidential papers for free shredding. Other items like mattresses, computer monitors and tires will be accepted for a fee. Visit [ZWV.org](http://ZWV.org)

**ZERO WASTE VASHON**

[www.zerowastevashon.org](http://www.zerowastevashon.org)

### Celebration of Life

For Phil Ross-Commonly known as Goose  
Saturday September 7th, Dockton Park, Noon Till 6  
Bring Stories and a dish to share

### Virginia V Circumnavigation of Vashon Island



Take a Ride on the Virginia V. An Afternoon Circumnavigation Cruise brought to you by Vashon Maury Island Heritage Association and event sponsors:  
John L. Scott, 4 Culture, Langland Dental Associates, Ojeda’s Construction, Thriftway, Vashon Center for the Arts and the Virginia V Foundation.  
Sunday August 25th, Vashon North end Ferry Terminal. Passenger Only Slip. Boarding 12:30 - 12:55  
Vessel departs at 1:00pm, Returning to dock at 5:00pm  
The Virginia V returns to Vashon Island for an afternoon circumnavigation cruise. This is the last operational Puget Sound Mosquito Fleet steamer. From the 1880s to the 1930s she was part of a network of ships serving the Puget Sound including Vashon’s 32 docks.  
Join us Sunday Aug 25th, aboard this historic ship returns for a single circumnavigation cruise around Vashon and Maury islands. Watch the action the last reciprocating steam engine still operating in North America in action. Enjoy island views from the top deck and see the island from a different perspective.  
Boarding begins at half past noon at the North end ferry dock, passenger only slip. The vessel departs at 1:00pm and returns to dock at 5:00pm. Tickets are \$150.00 Vashon Heritage Members receive a 10% discount. Catered lunch provided by On Safari Foods. Jessica DeWire will host an onboard cash bar. Valet parking available upon reservation.  
Tickets available exclusively at Brown Paper Tickets:  
<https://vashonheritagemuseum.bpt.me>

### Candidates for hospital district sign up this week

This November we will be voting on whether we want a hospital district on Vashon and for 5 commissioners. Even those who vote NO (not wanting a hospital district) get to vote for 5 commissioners. If the measure is defeated the commissioners Do Not Serve. There is a special filing period will begin on Wednesday, August 7, at 8:30 a.m. and will end at 4:30 p.m. on Friday, August 9, 2019. There are no filing fees for these positions. Candidates who wish to file during the special, three-day filing period must complete a Declaration of Candidacy . Information is available on the King County Elections website. <https://www.kingcounty.gov/depts/elections/for-candidates.aspx>

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**Next Edition of The Loop Comes out Thursday August 22**

Deadline for the next edition of *The Loop*  
**Saturday, August 17**



# Why Doesn't the Crow Call Work



By Sean Malone and John Sweetman

The first thing I bought from Earl McCormick was a crow-call and it was all black and shiny with white lettering on the side. I was twelve years old and cocky because I thought I knew it all.

Earl was never known to smile and his sons would tell you that today. With his brother, George, they owned and ran McCormick's Hardware.

I tied a tight cord around the neck of the crow call that read: PS OLT out of Pekin, Illinois on its side. The length of the cord lasted till the age of eighteen and another section of string had to be added with a pair of frayed square knots at either end.

"We crows have never been liked by other birds of prey and drive eagles, osprey and owls away from our territory as they are nest robbers and threaten the flock. The provider feeds us on the rail of his deck with dead mice he has trapped in the house and we sometimes leave one piece of dog kibble on the rail as a token gift for his feeding us. The provider put food on the rail to attract us for his entertainment. If I shake my wing feathers a little, Ma might feed me some more. My call for food sounds more like a creaking wagon wheel than a real crow. Ma tries to whack me with her beak if I come too close to the dog kibble. I flutter to another part of the rail to wait for my turn."

"The provider is not new to us as he hunted us with his shotgun sixty- years ago and called us to him using a small black device he blew from his mouth. Ma told us not to trust him not to shoot at us as he had in the 1950's when the provider had used his shiny new crow-call to fool my grandfather into coming close enough for a shot."

Even today, the crows fill the trees to the north or south of the deck and fly in at full tilt to grab some dog kibble before the next guy gets it. The air is full of their "caws of conquest," as they fight and maneuver for a place on the rail. The provider uses his mouth to sound like a crow to alert the flock down on the beach that a new pile of kibble was in the dish

on the rail. One day, the provider used his 65 year old crow call and it didn't work. The crows remembered the sound of it from three generations before and wouldn't answer the provider or fly into his feeding station.

Raab's Lagoon was a favorite place to hunt for crows, because they hung out between the lagoon and the KING towers. The flock numbered about 250 and they were cocky and hard to hunt. Before I was born, there was a 25 cent bounty on crows because of the damage they did to the farmers at seeding time; when the crows would watch where David Church's father planted his corn seed and fly down to pick the row as soon as soon as David's father left the field or, they would pull up the little green shoots of corn as soon as they broke ground. It was like having to deal with a different tribe who didn't see things exactly the same way. You provided the food and we risked our lives to steal it.

John Sweetman came to visit one day and lost the keys to the courthouse to my pet raven who tore out the door of the cabin and across the yard to dive under the shop with a twelve inch crawl space, not big enough for a man to follow. As John and I prepared to jack-up the front of the shop, he kicked his keys lying in the forest duff under the big fir tree. We remembered how proud Tukataw was, strutting across the yard to lead us to an impossible place for the keys to be, when he had already hid them in the forest floor.

John once had a crow friend on Bainbridge that would take food from his hand but not from one of his cousins because his cousin threw sticks at it.. Crows know their friends and their enemies. John named him "Sammy," for a summer.

The crows and seagulls commonly travel on or above the ferries between Vashon and the mainland. The crows fly straight to a widowed deckhand who feeds them pepperoni from his hand and tells us, that the crows remind him of the spirit of his "dead wife".

# VYFS Sponsors Summer Celebration to Honor Supporters



Photo by Jennifer Stills

Vashon Youth and Family Services will host a special Summer Celebration to honor members of the VYFS community who continue to give back to Vashon in a multitude of ways. The event will be on Saturday, August 10 from 3-5pm at 6605 SW 240th Street, Vashon, WA 98070. Please RSVP to [www.vyfscelebration.bpt.me](http://www.vyfscelebration.bpt.me) or by calling 206-463-5511. Tickets are Pay What You Will. All proceeds go to support the programs at Vashon Youth and Family Services. There will be a performance by Jennifer Stills and refreshments by Earthen.

VYFS is thrilled to be honoring the following people:

Stephanie Findley- one of the Founders of VYFS.

Bob Hallowell- Long-time Vashonite

along with his wife, Claire, and supporter of VYFS and other non-profits on Vashon.

Joy and Chai Mann- Lovers of the arts and social services on Vashon and supporter of Vashon Kids Scholarships.

Marc Langland- Dentist on the island who supports many organizations on the island through assisting with free dental care for those in need.

Rich Osborne- Member of Rotary whose tireless efforts have supported the voucher program at VYFS.

Executive Director Carol Goertzel says, "We hope that as many people as possible will join us in honoring these wonderful people who have made a difference in so many lives. Please join us in thanking them from the community."

8 Flavors 31+ Toppings



Looking for a **kid-friendly** place to relax, enjoy some treats, and check out some art? Bring the family over to

**Kenny's Brain Freeze!**

Try our new **soft serve Ice Cream.**

**Frozen Yogurts, dairy and non dairy & Sobert.**

Choose your favorite and **pile on the toppings!**

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*Make a date with Vashon!*  
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**Vashon Library Events**  
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# Spiritual Smart Aleck

By Mary Tuel

## A Dog, Two Cats, and Integration of the New Kid

I have one dog and one cat, both rescues.

The dog, Marley, is an all-white American Staffordshire Terrier with a black nose. She came to us as a foster dog. I was asked if I would take a pit bull. I said I’d give it a whirl. This was about seven years ago, when the bad press for pit bulls was at its height.

Marley was a “foster fail,” which means we ended up adopting her. She was a couch potato, so I knew she was the right dog for me. She is sweet-tempered, not at all like the pit bulls portrayed in the scary stories. You don’t hear those stories so much anymore. I think the more people lived with pit bulls and realized what sweethearts they usually are, the less impact those stories had.

Don’t get me wrong: any dog can bite, and some do. Dogs mauling people is a real thing. Never assume that your sweet pooch would never hurt another dog, chicken, goat, or human being. It happens, especially if Poochy is running with another dog or two.

Marley has been with me for almost seven years and in that time, I have seen her do that dog thing where there is a lot of growling, barking, and snapping of teeth, but no actual contact or bloodshed,



twice. First time it happened the other dog was being all alpha dog to her. She wasn’t buying it, and after a quick noisy skirmish, he was sent empty away. I was shocked, but it made me aware that even the sweetest dog needs to be watched. You never know.

My cat, Mellow, is a tuxedo cat – black with white marking. He is an affectionate and independent guy who likes to come in the house and go outside about twenty times a day. He greets visitors by jumping in their laps and settling down for a nice



purr and drool session.

Most afternoons he can be found curled up asleep on my bed. During the night he likes to sleep on top of me for short periods of time, then his head comes up like he has suddenly remembered something, and he leaves.

Mellow hunts. This summer I have glanced outside a few times and seen him tormenting some poor rodent he’s caught, and once, a bird. I don’t mind him catching rodents. I don’t like it when he gets a bird, but a cat’s a cat.

He’s a typical cat in many ways. Likes to get up on the keyboard when he sees me at the computer, and if I shoo him off, he’ll come back and lie down on my mouse hand or crawl up on my shoulder and cuddle into my neck. When I’m reading, he likes to head-butt the book. When I’m writing longhand, he likes to head-butt my hand. If I’m doing a puzzle, he lies down on the puzzle. Sometimes he lies in the meat loaf position, sometimes he sticks a hind leg in the air and licks his butt. See? Typical cat.

Marley and Mellow have worked out their relationship over the years and peacefully co-exist most of the time. Sometimes Mellow will hiss and swat at Marley as she walks by. Marley’s been good about not retaliating.

Often, they snuggle up close to each other on my bed, black cat and white dog, an animal yin yang.

Now, good fortune smiled on me a few months ago in the form of a renter named Erin. If you have ever rented out a room in your house, you know how rare it is to find someone with whom you really get along.

After Erin had been here a few months, she decided to bring her cat here. The cat, officially named Chairman Meow but Bunny to his friends, had been living with Erin’s mother while Erin traveled.

Bunny is a big beautiful, sweet-natured kitty, part Maine Coon cat. He tipped the scales at twenty-four pounds when he arrived. He’s large.

Erin and I both figured that Mellow might have problems with another cat moving into his space, so Erin studied videos on how to introduce the cats to each other. “Slowly” seems to be key.

They have their separate territories in the house. Mellow will run if he feels threatened (did I mention that Bunny is large?), but gradually the two cats have been able to spend a little more time in the same room peacefully. So far so good. We have hopes.

I wish I’d had videos about how to introduce a new critter to the family back when I was having babies. But there were no videos, no internet, no youtube. Oh, children, it was hard times.

# Island Epicure



By guest writer Suzanna Leigh  
**Zahra Maqaliya  
from Mustafa’s  
Syrian Kitchen**

I thought I didn’t like cauliflower, until I tasted Jamila’s Zahra Maqaliya.

Jamila is at home in the kitchen, whether she is cooking for the seniors at the senior center, cooking with Mustafa in that same kitchen or at Sugar Shack for a crowd, or cooking for her family of seven at home. I watched her cook zahra maqaliya (fried cauliflower), as part of a light vegetarian meal. She divided several cauliflower heads into florets and put them aside. While the vegetable oil heated in the wok, she prepared the seasonings: cumin, ground coriander, sumac, crushed garlic, red pepper powder, lemon juice, and salt. These she mixed together in a large serving dish.

While she worked, she told me about their farms in Syria.

We have 9 farms,” Jamila told me. “We have olive trees, we grow cherries and plums, eggplant, cucumber, watermelons, tomatoes, wheat, everything.” I was imagining small family farms, but when I asked how they sold the vegetables, Mustafa told me, “We grow vegetables for the cities and even ship to Europe. ” Jamila and Mustafa spoke in the present tense; their family in Syria is still working the farms, and Jamila and Mustafa look forward to going back when it is safe. It is harvest time now, and even bombers flying over – 12 to 20 a day – can’t keep the workers out of the fields.

When the oil was hot, Jamila added the cauliflower, several pieces at a time, cooking them until just tender. She drained

*The Vashon Loop, p. 5*

the cooked pieces on paper towels, then stirred them into the seasonings until they were well coated.

Meanwhile Mustafa made a cucumber yogurt soup. “They make this in Turkey too, and in Greece. They call it tziki.” He told me, as he grated a large cucumber. To this he added two cups of yogurt, ½ tsp dried mint, 2 Tbs olive oil, 2 cloves crushed garlic, salt, and water to taste.

Next he pulled out a gallon jar with his home made pickled carrots and vegetables and put them in a smaller serving dish.

Now we were ready to eat! Mustafa, Jamila, 10 year old Iylaf, and I sat at the table, while the rest of the family sat on a cloth on the floor in a more traditional style of eating. Iylaf showed me how to tear off a piece of Arab bread and fold it around some of the cauliflower. No need for forks there!

It was so good, I had to make some for my family. I’m a little less organized in the kitchen than Jamila, though, so I didn’t start the oil heating until I had the seasonings mixed.

Zahra Maqaliya  
For one head of cauliflower, I used:  
2 cloves crushed garlic  
juice of one lemon  
a scant tsp of medium red pepper powder (Aleppo is good)  
1 tsp ground coriander  
½ tsp cumin  
1 tsp sumac  
1 scant tsp salt  
Mix these together in a large serving dish.

Deep fry the cauliflower until tender but not mushy. Drain on paper towels. Roll in the seasoning mixture until well coated. Serve with Arab bread (we used burrito shells). We served this with steamed green beans and soup.

Mustafa and Jamila just got their catering permit! Mustafa’s Syrian Kitchen cooks for any size crowd. For information contact Mustafa at 206-458-2450 or Jmila at 206-466-9597, or email m2mustafa71@gmail.com.

## Road to Resilience

*Continued from Page 1*

First, we need to know where our plant-based diet is coming from. If we are eating processed foods (the stuff that fills all the center of our grocery stores), unless it is organic and GMO free, we are still contributing to global warming. We can be certain that any corn or soy product not labeled organic is GMO. Even the organics are probably not being grown regeneratively (with cover cropping and minimum tilling), so the soil they’re grown in may still be releasing CO2 into the atmosphere instead of sequestering it.

Second, we have to consider, if everybody became vegans tomorrow, is there enough plant-based food to feed them? A large part of our food system is devoted to producing meat and the corn and soy that goes into it. We need to eliminate CAFOs, but we also need to transition millions of acres to food suitable for humans.

Third, until we get the government to transfer subsidies to regeneratively grown food, most people will buy and eat what they can afford, i.e., the industrial status quo products.

Fourth, there is growing evidence that livestock can be raised sustainably and, in fact, is a vital part of a healthy ecosystem. Raising livestock, per se, is not the ecological evil that CAFOs represent. I respect a person’s desire to be vegan, but I also think that meat is an important local protein source, especially in parts of the

world where farming is difficult or not possible.

Arrayed against this change is a group of very powerful corporations that will fight ferociously to maintain the current system. Yet, if we don’t fight them and change our diets so as to not buy their products, we will lose that fight.

One of the most important things we can do to change to a regenerative system is to reduce the scale – more small family farms, more local production and consumption. We can’t be dependent on exotic foreign foods for our nutritional needs.

What we need to keep in mind: ninety percent of the meat at our stores is CAFO meat, and we have to stop supporting that industry. There is grass fed, grass finished beef, free-range organic chicken, and wild seafood. Tell the meat people what you want, and they will increase their supply of sustainable meats. It will be more expensive. Eat a lot less of it. Use meat as flavoring rather than the main dish. Think Thai or Chinese food. Remember that many GMO foods are designed to survive extra herbicide exposure. Are you? If it isn’t GMO free, don’t buy it. Cook from scratch; it’s more fun and tastier too. And the best way to know what you are getting is to grow it yourself.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)



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# Rooster

Rooster plays their own unique take on an eclectic mix of “free range” rock, blues, pop, gypsy jazz, soul, and funk, along with many new Rooster originals from their upcoming album release. Rooster has rocked the last seven Strawberry Festivals, numerous dates at the “The Bike” and Snapdragon, VOV Live on the Highway appearances on KVSH FM, as well Burton Greenhouse concerts and other private functions. Founders Rick Doussett (guitar/vox) and Ken Widmeyer (keys) are joined by Andy Doussett (bass/vox) and Stephen Cooper (drums/vox).

Get on your dancing shoes for a rockin’ evening with Rooster!

Friday, August 16th, 7:30pm  
The Red Bicycle  
All-ages ‘til 11pm, 21+ after that  
Free cover!



# Concerts in the Park The Portage Fill Band



Vashon Events and the Vashon Park District have announced the lineup for the annual Summer Concerts in the Park. The extremely popular and free outdoor concert series will begin on Thursday, August 1st and run through Thursday, August 29th. All concerts start at 7:00pm and are held in Ober Park on Vashon Island. Enjoy live music performances from today’s top talent in Rock, Roots Reggae, Big Band, High Energy Folk and Cajun Slamgrass performing against one of Vashon’s most beautiful outdoor backdrops.

Bring the family! There’s plenty of grass and natural berms to spread out those picnic blankets and enjoy some wonderful music on a warm summer night. Families can come relax, let the kids play on the playground and enjoy the entertainment at these summer events.

For well over 40 years, the Portage Fill Big Band has been an integral part of the musical life of Vashon Island. A perennial Strawberry Festival favorite,

the Portage Fill Big Band continues to entertain with exciting and danceable music from the Big Band era and beyond.

The Portage Fill Big Band is Vashon’s oldest “garage band” with their unique brand of dance music. With over 300 tunes to choose from, the Portage Fill promises an entertaining show for listeners and dancers alike.

Made up of almost two dozen current or former island residents, Portage Fill is a classic “Big Band” with full horn and sax sections, backed up by a complete rhythm section, and features 2 vocalists for the crowd’s listening and dancing pleasure. Portage Fill is well known for their selection of Big Band swing tunes from the 30’s and 40’s, but is versatile enough to work in some blues, Latin, or even rock and roll numbers to put on a show for all ages and musical tastes.

Whether you’re there to dance or listen, the Portage Fill is a band you don’t want to miss!

Thursday, August 15th, 7-9pm  
The Portage Fill Band

# In Concert: Jami Sieber, Ferron & Cris Williamson

On Saturday, August 17, join us at Open Space for Arts & Community for a powerful night of women’s music featuring the iconic Jami Sieber, Ferron, and Cris Williamson. We’re absolutely thrilled to be hosting what’s sure to be a memorable night of soul-shaking tunes when this dynamic group of musicians/songwriters/composers grace our Grand Hall stage in a benefit concert for LGBTQ services for youth on Vashon. Doors open at 6pm, and the once-in-a-lifetime performance begins at 7pm.

Electric cellist and vocalist Jami Sieber reaches inside the soul with compositions that are contemporary, timeless, lush, and powerfully evocative.

In addition to being one of Canada’s most famous folk musicians, Ferron is one of the most influential writers and performers of women’s music, and an



Jami Sieber

important influence on later musicians such as Ani DiFranco and the Indigo Girls.

Decades before indie labels were the norm and years before women had any real access to the music industry, Cris Williamson was busy changing the face of popular music.

Open Space for Arts & Community  
18870 103rd Avenue SW, Saturday,  
August 17 at 7pm

VASHON CENTER for the ARTS

Coming to the Kay White Hall

<div><b>Christine Andreas</b></div> <div>August 10   7:30 pm</div> <div></div> <div>She has sung at Carnegie Hall, Avery Fisher Hall, Town Hall, and the Kennedy Center.</div> <div>Christine Andreas will be performing with her Grammy-nominated husband/accompanist, Martin Silvestri in this exclusive PNW engagement!</div> <div></div>	<div><b>Shawn Mullins</b></div> <div>August 16   8 pm</div> <div></div> <div>PRESENTED BY DEBRA HEESCH AND VCA</div> <div>Grammy-nominated songwriting powerhouse performing as a duo with his keyboardist, Rad.</div> <div>DANNY NEWCOMB opens</div> <div></div>	<div><b>Micaiah Sawyer and Robin Alice</b></div> <div>August 17   7:30 pm</div> <div></div> <div>PRESENTED BY DEBRA HEESCH AND VCA</div> <div>“(Micaiah) has the kind of voice that could make buildings crumble and weep.” - M. Douglas, KEXP</div> <div>Vashon's own MAIJAH SANSON-FREY opens</div> <div></div>	<div><b>Moody Little Sister</b></div> <div>August 31   8 pm</div> <div></div> <div>PRESENTED BY DEBRA HEESCH AND VCA</div> <div>CD Release Celebration!</div> <div>“..This band has True Grit..” - KINK FM Portland, OR</div> <div>With Special Guests SKYBOUND BLUE and ARA LEE JAMES</div> <div></div> <div></div>
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TICKETS AND INFO: VASHONCENTERFORTHEARTS.ORG





# Planet Waves

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



**Aries (March 20-April 19)**  
Jupiter in Sagittarius, your 9th house, has a visionary feeling. This has been going on most of the year. The potential problem is that Jupiter has also been making a right angle to Neptune, in Pisces. From that equation, you could doubt your best ideas, or be unable to distinguish them from the ones you really care about and want to invest in. Jupiter square Neptune has a “what a beautiful bubble” feeling to it. Yet Jupiter is about to station direct, and complete the process of the square. That will be a test of truth for what you desire, feel, aspire to, or want to create. For you, any test of truth is a good thing, as you need to purge your life of what does not measure up. At the moment, evidence will come from seeing what happens when you perform a real-time experiment: try something you want to do, size up the results, and try again. Keep at it for a while and you will learn something.

**Taurus (April 19-May 20)**  
You are rarely the spontaneous action type, though at the moment, you’re sitting on hot coals. Yet is there really anything you need to change? It would seem more relevant to consider what has changed; in particular, you seem to have reached a new depth of commitment in a partnership. That could work both ways: the commitment to hold this level of depth, or concerns with doing so. It will be helpful if you do not consider this a “fixed” situation, but rather a work in progress (as is most of life). Here is a potential tension point, as described by astrology: what is the thing that you must hold space for, or somehow abide? And how do you feel about that? Even if you like that thing, be aware of the role you play: of making something possible. It might seem like you don’t benefit, though in the greatest sense (and many others), you do.

**Gemini (May 20-June 21)**  
Work out your financial kinks one at a time. Don’t just leave them around to fester. Look directly at whatever issues you discover, take them apart, and solve the problem on the spot. And if you cannot do that, you can surely do an assessment and then engage a work plan, complete with a timeline. I can give you one potentially helpful clue: much of what you’re dealing with involves your priorities. You could work out nearly any financial question by sizing up what is important to you, and in what order you handle your commitments. There are times when you have to put food and shelter on top of your list, and there are times when you have to put therapy as item #1. There are times when you have to fix the roof, and times when you have to get out of town. Take this process methodically. Your ideas about life and money are being rapidly shuffled at the moment.

**Cancer (June 21-July 22)**  
If you have come through recent bouts with Mars, eclipses and Mercury retrograde relatively unscathed, it was not thanks to luck. It was due to your ability to skillfully manage your affairs. If you’ve suffered damages or losses, this is the time to do a careful review and figure out what happened. The astrology of the past three months (May, June and July) was a kind of dry run for what will be developing over the next six months, well into early 2020. So, if some matters went less than perfectly, or if any weak spots in your life system were revealed, address them now. What is vital, in the first instance, is that you have people in your life who are reliable, and who are motivated entirely by love, or love and some other reward. Yet your top priority is being able to depend on yourself for your stability, your resources and your most

basic needs. You would be wise, however, to keep practicing being open to the care and support of others.

**Leo (July 22-Aug. 23)**  
If certain creative plans or ambitions have been slow to develop, don’t be discouraged; gently persist. Part of the problem may be the degree to which you’ve depended on partners for energy, inspiration or encouragement. That is the likely energy drain. You might try a policy of maintaining containment on your ideas till they are well into development. You might also avoid those who in any way try to dissuade you from what you want to do, and from the talents you’re devoted to developing. Whether we’re talking about partners, friends, or some other form of associate, surround yourself only with those who support and encourage your excursions into art, love and life. Once you set that as a standard, you may discover that not so many people are there; jealousy and envy are real problems on this planet, though they don’t have to be your problems. Do not invite them in, or reward them, in any shape or form. Do what is right for you.

**Virgo (Aug. 23-Sep. 22)**  
Be alert to any paranoid thoughts about others wanting what you have, or having agendas that conflict with yours. You don’t know what people really think until they either tell you, or actually do something you can observe. What you think they think is not enough. In fact, it’s likely to be a distortion of reality, and a picture of what you have in your mind, and nothing else. The same is true, in any situation, for what you think people think of you. But here is the thing to practice working with — in the end, what people in general think of you matters so little as to be irrelevant. Whether their opinion is horrid or wonderful or some combination, it’s unlikely to be grounded in fact, and it’s subject to change at any time. However, your opinion of yourself matters a lot, and if there is anything for which you need to make amends, now would be an excellent time. For you, self-respect is everything. And you know it must be grounded in reality.

**Libra (Sep. 22-Oct. 23)**  
Your astrology is full-on social mojo. This is just at the right time of year. True, summer usually is your best season, though your astrology is peaking at the moment. You might have the idea that you will meet The One. Be careful with that; you will do much better if you take an egalitarian approach when you meet people. Silently say to yourself, “I have no idea who this person is.” But if you’re into meeting men, you might say, “This man is not my father.” If you’re into meeting women, you might say, “This woman is not my mother.” Get the relationship onto level ground as fast as possible, meaning in the first five minutes. Remember not to be intimidated by anyone, no matter how attractive, charming or funny they are. Keep the relationship human to human, with full dignity and respect. There’s nobody here but us critters.

**Scorpio (Oct. 23-Nov. 22)**  
Aspects are supporting and encouraging of your professional aspirations. Make sure you know what you want, and that you have at least a modest plan for how to get there. However, you would be wise to take a service-based approach to the puzzle rather than an ambition-based one. Instead of thinking of yourself as a star, remember, you’re the one who is good at holding things together. Make sure that is your primary organization — and then indulge in a little sparkle. Yet it’s better if you give

## Lucy Needs a Home

The first thing you’ll notice about me when we meet is that I’m QUITE a talker! I like people a whole lot, so I’m just trying to get them to notice me and give me some pets. One thing I don’t like is other cats, and I complain very loudly when any are nearby. You won’t need any other companion animals if you adopt me, because I’ll give you all the affection as you can handle. Let’s get together so I can start telling you my stories - I hope you’re a good listener!



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To view adoptable Cats and Dogs

credit for great accomplishments to the people you lead or help organize. Even so, this is not all about appearances; you need to maintain your core strategy of paying attention and making decisions; of noticing what others fail to see, and listening when someone points something out to you. Your best approach is leadership not from the front, nor from the back, but rather from the center.

**Sagittarius (Nov. 22-Dec. 22)**  
Much that has been stuck or stagnant could begin to move. Don’t push things; wait carefully for your moment, or the appropriate moment for each stage of your plan. Keep in mind two properties of the current astrology. One is a reverse in polarity: people may switch sides; you may choose to reverse your objective and go in the opposite direction; the environment may suddenly support another approach or plan. Second, small factors may play a far greater role than large ones. Therefore, do not discount the influence of any particular factor, and take note of what may seem insignificant. One gram of weight, one nudge, one tap, could shift the direction of your life. And that is to say, one thought. So do not rush or push forward. And do not passively wait. Rather, set your life in order, and spend enough time listening to your mind in the depth of silence (try to get there). We are looking at a process that will take about 10 days, and they are indeed 10 days when you can alter the trajectory of your life.

**Capricorn (Dec. 22-Jan. 20)**  
You will feel the energy give way first within you, then in your outer personality and in the world around you. Therefore, keep your attention focused as inwardly as possible, here in the digital hall of mirrors we are living in. If you are older, you may remember how this is done: give yourself some peace and quiet, isolated from activity, for a little while each day. Turn your attention within and hang out there for a while. Be at least somewhat consistent and you will feel the change I’m describing. If you’re younger, your concept of internal space may be rather different from those of older people, which means it may not exist in quite the same way. Your interior world has the feeling of a dream. All the stimuli and imagery and sensation are contained within you. Right now this seemingly

hidden or invisible world is where all of the action is in your life. The externals do not matter, or matter very little. They are subject to the shifts and movements that you and you alone contain.

**Aquarius (Jan. 20-Feb. 19)**  
The world is rumbling, though you may be catching a glimpse of how you are larger than your perceptions. Your inner existence is the place to focus in these strange and dangerous times. Though you have responsibilities in the world around you, you are being called to do what so few can accomplish at this time: maintain your quest for change, progress and healing without projecting it onto the world. You do something difficult, which is accept your involvement in all that you see, and understand that your perception is the ‘cause’ of how you perceive anything. Here, the most meaningful change is possible — the one that originates with you. In truth, there is no other change possible, because this is the only one that counts, individually or collectively. To put this in simple language: don’t worry so much about the world as you do about how you perceive it. There is crucial work to be done, and it begins with you.

**Pisces (Feb. 19-March 20)**  
This is the time of year when you benefit from taking extra care of yourself, which sets a pattern for a few seasons to come. But with Venus and Mars joining the Sun in Leo, your work angle, you seem determined to keep your focus and accomplish great things. Yet you can afford to slow down the pace, and take items off your progress agenda, and add a few to your self-care program. The time for a serious push will begin when Jupiter stations direct on Aug. 11, though for several reasons you run the risk of wasting energy. Practice efficiency and be selective about what commitments you take on. Take every effort to ensure that your priorities are in order. First things first will be a helpful guide, and at least get a start on longer range plans so that you’ve got a little something on the page when it comes time to write the story. You can count on the fact that you always get things done when you need to; maintain your positive state of mind first and foremost.

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

## Adopt A Cat Day!

Vashon Island Pet Protectors

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