

## The Cyclone Line – A Play with Music by Kat Eggleston and CD Release Party at VCA

In Oklahoma in the 1930's, "The Cyclone Line" was a name for the telephone when it was used to pass information on the all-important weather; the tornadoes, the elusive rain, and the devastating dust storms. Kat Eggleston has written many songs inspired by her father's memories of the Oklahoma dustbowl, and the songs have now grown into a play with music.

Kat's play, also called "The Cyclone Line," premiered at VCA in 2016 to sold-out houses. Now, with the release of the new CD of the songs from the play, "The Cyclone Line" returns to VCA, with Kat Eggleston as herself, Seattle-based actor Brian Gunter as Al, and Vashon's John Browne in the musician's role. Directed by Charlotte Tiencken.

Opening night is Friday, September 27 at 7:30 pm, followed by two other performances Saturday, September 28 at 7:30 pm and Sunday, September 29 at 2:00 pm. Advance tickets are: \$10 Student, \$16 VCA member, \$18 Senior, \$20 General. All tickets \$20 at the door. Tickets are available at



Kat Eggleston and Brian Gunter.

VashonCenterForTheArts.org.

## VCA Launches New Lecture Series, TALKS on the Rock



Foss Miller, one of the lecturers in the TALKS on the Rock series.

As summer fades into fall and islanders once again retreat indoors, Vashon Center for the Arts will present Talks on the Rock, A series of stimulating programs for curious people with an insatiable appetite for learning, which just might be a perfect antidote for the winter blues. The series begins on Sept. 26, and runs through June 2020, at Kay Hall.

Talks on the Rock is a new take on a previous program called Arts & Humanities. Both series were created and curated by islanders Gerry and Mike Feinstein. The duo launched the successful Arts & Humanities series about a decade ago in partnership with Vashon Allied Arts/Vashon Center for the Arts (VCA), and according to Mike, that series was the genesis of TALKS.

"We had done this before," he said, "but we wanted this series to be more affordable, and VCA stepped up to make it affordable. The series also has many more speakers. We used to have five, now we have 21, and the subjects run the gamut, with something for all tastes."

"That's why we call it Talks on the Rock" Gerry explained. "It's not all about academic subjects. We have so many things that were not part of our original series – climate science, a documentary filmmaker, birds and poetry, wine and its global significance, feminism, journalism, photography, food science, North Korea, earthquakes, and the pleasures of reading. Each speaker has something to teach us and an interesting story to tell."

To design the series, the Feinsteins focused first on inviting past speakers popular with Vashon audiences, like art historian Rebecca Albani and island musicologist Michael Tracy. Then they met with a number of knowledgeable friends – Tom DeVries, Molly Purrington, Kathryn Stout, Steve Scher, and Ron and Mary Thomas – and essentially crowd-sourced names of other speakers.

"We looked for people who have experience with an audience and are great storytellers," Gerry said.

The series kicks off with an art history talk by Albani about Dust Bowl photographers Dorothea Lange and Marion Post Wolcott, one day before the opening of islander Kat Eggleston's play The Cyclone Line, set during the Dust Bowl of the 1930s. Next up, islander and Pulitzer Prize winning writer Peter Rinearson and former KUOW host and interviewer Steve Scher will discuss journalism today – if it is a polarizing force, the backbone of democracy, or both.

The Feinsteins hope the variety of Talks will appeal to a broad spectrum of community members. The couple worked closely with VCA Interim Executive Director Allison Halstead Reid, who helped shape the series.

"Allison has been a terrific supporter of TALKS," Mike said, "and great in helping to guide it. We are impressed by her judgement and instincts, and extend our thanks to her and Vashon Center for the Arts."

The Talks will run 60 to 80 minutes, with time for questions at the end. All Seating is unreserved general admission. Tickets bought in advance will be priced at \$10 for general audience and \$5 for students, \$15 at the door. VCA is offering two special promotions to encourage early ticket purchases: a "10 Talk Pass" and a "21 Talk Pass". Buy the 10 Talk Pass for \$100 before 9/25/19 and receive 12 Talks for the price of 10. No need to choose which talks in advance. Buy the 21 Talk Pass for \$210 before 9/25/19 and receive a 1 year VCA membership.

The full line-up and tickets are available on the VCA website: VashonCenterForTheArts.org.

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

## The Road to Resilience

### Sleepwalking To Oblivion

Climate denial comes in many colors and shapes. It is usually defined as not believing it is even happening or the refusal to accept the idea that climate change is caused by human activity. Simplistic thinking leads some to think that warm is good and warmer is better.

What we are doing right now is riding a very steep learning curve. We are just beginning to understand how delicately balanced the forces are that make our climate, how the very nature of our economy is driving the crisis, and how our homocentric view of the world keeps us from seeing that our extravagant lifestyle is driving a mass extinction.

Our first strategy, limiting CO2, flies in the face of all that we are and do. We see our transportation and energy capacity as non-negotiable. We know we need to switch to renewables, but are not totally at one with the idea that they will not produce the amount of energy we are used to.

Our world-view is based on the Judeo-Christian tradition. For ten thousand years, our civilization has been buttressed by an unwavering belief that all of creation was given to us by God for our exclusive use – all the animals, plants, rocks, water, air, sun, planets – the universe. As a result, we still tend to view everything in terms of what they can do for us. We learn just enough about how nature works so we can coopt it to do our bidding. Anything we see as not directly related to our welfare is expendable. The ideas that everything in nature is essential to our survival and that the rest of nature has equal rights to ours are ideas that we are beginning to embrace,

By Terry Sullivan,

but only when there is no great cost to us.

This brings up the denial of addiction. An addict knows inside that continuing as they are will mean that they will lose their family, their job, their home, and eventually their life, but somehow, can't seem to stop. We are addicted to human hubris and a high lifestyle that our planet can't afford.

The presidential race is a pretty good indicator of the priorities in our country. The climate crisis seems to be in a solid third place behind health care and the economy.

This not only indicates that most of us still see nature as subordinate to humanity, but that we fail to see that our societal economic behavior is itself driving the climate crisis. The fact that some see action on climate as unaffordable is particularly galling.

So the idea that nature seems to have a mind of its own and that it is overruling our plans, is quite a comedown. This is the more pervasive form of denial and the one that I believe most of us are struggling with. Even though we understand our dilemma intellectually, we can't grasp how fundamentally our way of life is at fault. It's a lot like racism in that our behavior is so pervasive and our ways of thinking so inculcated, we are only just now beginning to grasp the extent of harm done. We are not the rulers of the universe. We have to obey certain rules or risk extinction. Nature has given up on life experiments that have lasted a thousand times longer than ours.

The result is that we know we are in an emergency, but can't seem to act. Greta Thunberg, the Swedish teen that is at the forefront of the children's crusade, with the unique insight of a person with Asperger

Continued on Page 5





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50% off All Draft & Bottle Beer

## Sissy Needs a Home

I’m a mellow girl whose person moved into a nursing home. I have a lot of experience in being a good companion, but the kind that’s quiet and not demanding attention constantly.

Are you coming to the VIPP catio tour on September 21? I’ll be hanging out on my sweet little “window box” catio at the shelter. This type of catio doesn’t require a lot of money or materials to make, and it suits me just fine!



**Go To [www.vipp.org](http://www.vipp.org)**

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**Now Playing**

# The Peanut Butter Falcon



## Coming Soon

**Margaret Atwood: Live in Theatres**  
September 24 @ 6:00 pm

**Where'd You Go Bernadette**  
Playing September 27 - October 3

**Return to Mount Kennedy**  
September 27 @ 8:00 pm

**Dora and the Lost City of Gold**  
Playing September 28 - 30

**Linda Ronstadt: the Sound of My Voice**  
Playing October 2 - 4

**Brittney Runs a Marathon**  
Starts October 4

## Vashon Theatre

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

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

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## 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 October 3



# 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**

### Community Sound Bath

Vashon’s Threshold Choir will share its soothing bedside songs with the island community. Come relax in a zero-gravity chair and listen to the group’s calming a cappella harmonies. Friday, Sept 27 from 6:45 to 7:30 PM at Vashon Cohousing Common House, 10421 Bank Road.

### Coyote Mentoring Workshop



Coyote Mentoring: Raising Nature-Smart Kids in a Modern World, A 3-Part Workshop Series for parents, educators, and caregivers who care deeply about the health of the children in their lives and the restorative power of nature in building healthy communities. Learn powerful, heart-centered, time-tested tools for natural learning and growth. Meets October 15th, November 19th, December 17th, from 5:30-8:00pm at Vashon Island Cohousing. \$135 covers the cost of all three workshops in the series. (Free for families enrolled in one of Vashon Wilderness Program’s current programs). For more information and to register: [VashonWildernessProgram.org](http://VashonWildernessProgram.org)

### Vashon-Maury Hospital District Commissioner Candidate Forum

This public forum provides an opportunity for voters of Vashon-Maury Island to participate in a question and answer session with the 9 candidates for the 5 commissioner positions on the new Island Hospital District, should the district be approved by voters (Proposition 1). Susan McCabe of Voice of Vashon will be the moderator. The event will be recorded by Voice of Vashon for rebroadcast. The forum is co-sponsored by the Healthcare Focus Group of Indivisible Vashon and Vashon Unifying for Democracy. Doors open at 6:30pm.

Accessible healthcare is at a crossroads on Vashon. On November 5th, voters will be voting on both the formation of a hospital district (Proposition 1) and who will run the district, if it does pass.

The candidate’s vision, qualifications, and collaborative attitude will be crucial to the future of high quality, affordable, Islander-centered care provided locally on-Island.

Attendees are encouraged to stop at the Q&A table as they enter the church to write questions for the candidates, which will be asked during the forum. Time allowing, questions from the audience will also be entertained.

Join in the conversation. Please attend the forum, or, if unable, watch it on VoV before you vote. Ballots should arrive in your mailbox soon after October 18th.

Vashon-Maury Hospital District Commissioner Candidate Forum. Thursday, October 10, 2019

Time: 7-8:30pm (doors open at 6:30pm)

Location: Vashon United Methodist Church, 17928 Vashon Hwy SW (southeast side of town)

### Marijuana Anonymous

12 Step Meeting  
Has marijuana become a problem for you or a loved one?  
Join us Starting October 1st. Every Tuesday 7-8 PM  
Vashon Lutheran Church, 18623 Vashon Hwy SW

### Community Service Area Town Hall Open House events

King County Local Services’ Community Service Area Town Hall Open House. Monday, Sept. 23, 7-9 p.m.; Vashon High School, 9600 SW 204th Street, Vashon

These events give unincorporated King County residents a chance to meet with their local county government officials, learn about government services in their areas and talk about issues that affect their community

Doors open for these events at 6 p.m., so residents can come early to meet some of their King County service providers.

### Let’s Talk About Mental Health

Join us for our Fall Forum (Standing up to Stigma) as we continue the conversation on Mental Health.

Our morning will begin Sat., 9/28, at 9:30 a.m. with a keynote address from Anne Perry, Ed. D, a therapist from Samaritan Center in Seattle. Her topic: “Human Wellness: To Be not To Do.” Workshops 1 & 2 will run concurrently afterwards. After a short break, workshops 3 & 4 will run concurrently. Workshops include topics such as suicide prevention, Mind/Body Link to Depression and Anxiety, Companionship and Breathing and Well-being. Forum will end by 12 pm. Coffee/snacks will be available. For more info: 425-221-1142

### Vashon Elders seeks volunteers

Vashon Elders, a non-profit organization serving Vashon families, offers arts and crafts, music, exercise, field trips, social opportunities and respite for Islanders who care for loved ones with dementia, Parkinson’s and other disabilities. Vashon Elders meets 9 am to 4 pm, Tuesday and Friday (except first Friday of the month) at Vashon Lutheran Church community room. Volunteers are needed for morning shift 8:45 am to 12:30 pm or afternoon shift 12:30 to 4:15

pm; on-site supervision and guidance provided by Program Manager. Contact Lynne: 206.552.1093 or Barbara: 707.812.2420.



### Being with Grief: An Introduction to Grief Ritual

All are welcome to participate in a class to explore and honor the many threads of grief that affect us all. We live in a grief-averse society and many of us have internalized the message that the sorrows we carry are somehow unacceptable. Whether we are grieving the loss of a loved one or reeling from untenable societal and planetary events, our grief begs for expression. This class will include information about the Five Gates of Grief as delineated by Francis Weller in *The Wild Edge of Sorrow*, practices to allow our hearts to open to the grief we are holding and a grief ritual to honor the many aspects of sorrow that need to be shared. Acknowledging our grief and welcoming its expression are necessary if we are to be truly alive in community. It is something that can bring joy, healing and deeper connection.

Saturday, October 5th / 1:00-4:00 pm. Havurat Ee Shalom  
15401 Westside Highway SW / Vashon, WA 98070  
Suggested donation -\$30.

Facilitated by Jean Berolzheimer and Peter Jabin

Enrollment is limited to 15 and pre-registration is required. For information about what to bring and to register, please contact Jean at [jeanberolz@gmail.com](mailto:jeanberolz@gmail.com)

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PLEASE REPORT LOCAL WHALE SIGHTINGS  
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Orca Annie Stater and Mark Sears  
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**Next Edition of  
The Loop Comes  
out Thursday  
October 3**  
Deadline for the next edition of *The Loop*  
**Saturday, September 28**



# Is More Orange a Bad Thing

By Sean Malone and John Sweetman

Old Bill worked at Bill Joslins as a handy man and was able to tell us kids things we never knew and scary things too. We learned early about Bill’s dill pickles, hotter than the horns of Hades or so we learned, more red in the jar than green, from the red pepper. So, Kit Bradley and I schemed to get Bill Joslin’s nephew from Canada to come down to Bill’s which consisted of a shake and pole shack, okay in the summer, but not fit for winter. His army bunk was up against the far side and that is where us kids mostly sat. If Bill had a story to tell us kids, he would invite us up to his shack for a pickle.

We were kind of hiding out at old Bill’s, as it was caterpillar season and we were supposed to be home, lighting torches to burn the cob-web nests out of the trees. We considered it great sport to hear their little bodies sizzle as they fell into the orchard grass to be promptly stepped on. Kerosene was our fuel and we soaked long rags wrapped around the end of a 10 foot cedar stick that had been used for the same purpose for many years, where one end was all burnt where it had caught fire. We used bailing wire to tightly wrap the cloth to the pole which was then soaked in kerosene and lit. We called the caterpillar nests tents, because they were small villages of tiny creatures that were doing our peach trees harm. I hear the new way is to cut the branches off.

John had a slightly different take on the demise of the caterpillars: “I was the lighter and re-fueler from a can of kerosene..Sometimes this did not work well, as wads of cotton or bailing twine fell off and lit things on fire..We had to stamp out the fires. But if you misplaced your refueling kerosene can..You could have a big problem, which I did several times in dry grass.”

A different kind of caterpillar we called a “wooley”, because his fur was long and he shriveled up into a ball if you touched him. The orange or gold band around his middle tells us how bad the winter is going to be. The wider the band, the colder and longer the winter. I have found more than one year where it didn’t prove out. John remembers squeezing the caterpillars to see them spit up nasty green stuff that irritated your skin. “Us



kids debated our parent’s wisdom, handed down from grandparents about winter predictions based on the size of the gold band. Conventional thought was that more gold was indicative of a worser winter.”

Fireweed appears where there has been a fire and in the fall can resemble snow as clouds of the wind enabled seed blows down the slope. The six foot plant blooms from the bottom to the top. Fireweed flowers indicate the end of summer.. They ripen and turn brown from the bottom up. If you can see pink blooms at the top, the amount indicates how long you have left..If they only have an inch by mid-august, you have about two weeks left. “When fireweed goes to cotton, summer is soon forgotten.”

John’s grandfather, a predictor, would look at his neighbor’s woodpile.. who was an old Swede and say: “That Lars has gotta really big pile of wood, must be a hard winter coming.” One year, John asked Lars about his woodpile and how he knew it was going to be a hard winter. Lars explains: “Well, ya better ask your grandpa..Ya..And when it gets sooo big, your grandpa comes over and buys a cord, so I gotta keep cutting, and then he comes over and buys another cord. “So I tink your grandpa knows it’s going to be a hard winter, so I keep on cutting. I dunno how he knows these things...”

Sean@vashonloop.com

# AnnLGBTQ Film Series Starts of Vashon

Five Vashon organizations will present a series of historic LGBTQ films for the island. Organized by the Heritage Museum, the Senior Center, Voice of Vashon, Island GreenTech, and the Vashon Theatre; the film series will screen at the Vashon Theatre on GreenTech Tuesdays and at the Senior Center on Wednesdays and Fridays. The LGBTQ Film Series is inspired by the IN and OUT: Being LGBTQ on Vashon Island exhibit that opened in June at the Heritage Museum.

Catherine Swearingen, Executive Director of the Vashon Senior Center, commented that “The Center is involved in the film series because we want to engage more intentionally with our LGBTQ neighbors and those who love them. This film series not only brings good cinema focused on the LGBTQ community to the island, but also captures the collaboration that exists among Vashon organizations. The Center’s involvement in this project reflects our mission of enriching the lives of older adults on Vashon, where everyone is welcome and supported.” This approach is echoed by Elsa Croonquist the Executive Director of the Vashon Heritage Museum: “Our vision at the Museum is to inspire and educate, so we are thrilled to be part of bringing this inspiring film series to Vashon and to keep the conversation going that was started by our current exhibit, IN AND OUT: Being LBGTQ on Vashon Island. Films, and our partnerships with the Senior Center, Voice of Vashon, Island GreenTech, and the Vashon Theatre, allow us to take our special exhibits out of the museum, and continue conversations about our heritage and thriving culture. It’s a good conversation.”

Films schedule for the series include Radical Harmonies (2002), Torch Song Trilogy (1988), La Mission (2010), Better Than Chocolate (1999), Midnight in the Garden of Good and Evil (1997), TransMilitary (2018) with speaker

Captain El Cook, The Birdcage (1996), Saving Face (2004), and The Celluloid Closet (1995). Stephen Silha, one of the In and OUT curators commented, “Music and film have played such an important role in LGBTQ liberation and history. Between Brian Fisher’s windows and this film series, we are sharing important cultural expressions that have been part of the LGBTQ story, internationally and on Vashon.”

According to Lisa Breen, Executive Director, Voice of Vashon KVSH 101.9 FM, “Being Vashon’s “Community Connection” is our primary mission at VoV and helping the Heritage Museum and Senior Center make these connections feels like a natural fit for us.” The first film, Radical Harmonies, will screen at the Senior Center on Wednesday September 25, at 5:00 PM. Other films will screen each month from October to May.

This film series brings together a collective of LGBTQ ally organizations in support of Vashon’s LGBTQ people by screening historic LGBTQ films. The exhibit is an inner look at the Vashon LGBTQ community, the film series turns our focus outwards to look at the broader LGBTQ community,” according to Maridee Bonadea, the Film Series Coordinator. She also stated, “As a member of the advisory committee for the IN and OUT exhibit I’m excited about the year-long LGBTQ film festival on Vashon. This film series reflects all the peoples’ vision and hard work organizing the exhibit and how all that has brought so many together culminating in the film festival.”

The IN and OUT exhibit is open through early May of next year, Wednesdays through Sundays from 1:00 to 4:00 PM, and the film series will run from this September through next April. Films and dates will be advertised well ahead of the screenings, and a poster and advertisements will specify each film, time, and date.

## Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday.

Visit our website [www.vipp.org](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

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

Deadline for the next  
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Saturday, August 3

Find us on Skype  
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# Loose Change

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# Island Life Refuge-E

By Peter Ray  
pgray@vashonloop.com

*A thunderhead of judgement was  
Gathering in my gaze  
And it made most people nervous  
They just didn't want to know  
What I was seeing in the refuge of  
the roads...*

Excerpt from Refuge of the Roads by  
Joni Mitchell

I guess there are many reasons that I picked the above quote to begin all this. The simplest is that I just like the song, and it is one of those compositions that occasionally pop into my head in fragments. These generally consists of bits of Mitchell’s lyrics delivered in that voice of glycerin and quicksilver, punctuated and counterpointed by the equally fluid play of Jaco Pastorius on his amazing, fretless bass. Plus, in many ways the memory of this tune comes from uncounted listenings on vinyl, and in an easier time when I was learning to play with light and driving from here to there in my VW Rabbit as if there were no bounds on what I could do.

There is also the fact that the album name- Hejira, is a word of Arabic and Muslim origins, and it relates to emigration and immigration and flight to safety, all of which seem to be topics of importance these days. There is, as well, the relationship of emigration to my most recent set of travels over this land and back- eastward was a dash to serve as guide and nutrient stores distributor for Wendy on a bunch of swims on a bunch of lakes- westward was a more leisurely ramble to fill in some blank spots in my on going pursuit of the story behind Horace Greeley’s 1859 journey from New York to San Francisco, and more specifically his dealings on a day’s travels between Genoa, Nevada and Placerville California with an incipient stagecoach driving legend, Hank Monk.

One cannot fail to make mention here of the image of a thunderhead, or in my case, an entire phalanx of them that taunted my last few days on the road. In one day’s travels, it seems as though there was a darkness on the horizon from somewhere around Susanville, CA all the way to Bend, Oregon, and it harbored and spawned innumerable spikes and bolts of lightning, either dead ahead or somewhere off in my starboard periphery as I made my way north along routes 395, 31 and 97. And when I put in for the evening at the Rainbow Motel (really) in Bend, the light show continued on into the evening in a manner I had never

quite witnessed there before. Actually, I guess we did experience an afternoon of thunder and lightning up in the Cascade Lakes area just before a swim race years ago, but never anything of this duration and intensity.

Upon leaving Bend the next morning, I found the sun out and the weather turning drier as I headed due north to a spot on Lake Chelan for another of Wendy’s swim races, but this time it was all happening on this side of the Great Divide. Following the swim and after most of the trip back here to the green side, the weather definitely took a turn to the wetter, and as we sat on the dock to head back to this Island, a nearly self-same dark presence took up a looming residence to the nearby southwest, and as we drove up off the boat and onto the dock, an insistent rain began to fall. While no thunderheads were visible, it became fairly clear, fairly quickly that most of what was perhaps causing this abundant darkness and downpour might be directly related to a convergence of thunderheads over head, and not long after that we proceeded to experience the great Puget Sound lightning overload of 2019. I don’t know that it was auspicious- just kind of amazing.

And so, what of the space in between where I did not fly over this America? Compared to the progress of the westward emigrants of the late 1800’s, my speed on the roads might be considered a form of relative flying. Even the 120 or so miles I drove on dirt and gravel in Utah where the route I was on closely or exactly matched the path of those in covered wagons and stage coaches, I knocked out in a couple of hours, where the pioneers would have taken weeks even if all went well. But still, I did experience the dust and heat, as I mostly kept the windows open with the air conditioning off, even though my car thermometer at one point indicated that the ambient temperature had reached 100 degrees. I stopped to photograph the wild sunflowers that had naturalized in places along the road. I also stopped to view the wild horses that were in greater abundance than when I passed through here last year. I stopped at a few of the ruins of the Pony Express stations that I had missed last year after a series of wrong turns in the middle of nowhere. And I stopped right after I swerved to avoid what appeared to be a tan and brown checkered, straight line in the gravel that I determined, after stopping and slowly walking back to its position, to be a bull snake taking advantage of the last warmth of the day radiating back out of the road. It was the first and only snake I had seen on either of my transcontinental crossings in the past year, so I at least wanted to take its picture, and

leave it to its own devices after that had been accomplished.

And so what else did I see out there? First of all, everything seemed wetter this year than last. After starting out with the recently burned over stretch of I-5 from Weed to Redding in California in September of 2018, it seemed that almost everywhere I drove west of the Mississippi showed some signs of drought or recent burning. This time however, everything seemed fresher than what I experienced the previous year. The only active burn I witnessed on this pass through was evidenced from a distance by a giant smoke plume coming out of south central Wyoming, and that fire had supposedly been started by a lightning strike. Both the Mississippi and the Missouri Rivers had left their banks by a good number of feet and the Marais Des Cygnes River in southeastern Kansas was overflowing as I made my way to Osawatomie last year. I did get a flash flood warning buzzing on my phone as I passed through a similar part of Kansas this year, but no floods were really in evidence anywhere. Everything most everywhere did look fresh, as if rain had been at least a sometime visitor to most regions. Even in the desert, which had looked parched and starved last year, looked as if someone had remembered to turn the sprinkler on at least a few times this time around. The sage brush had flushes of fresh, if not new growth, and everything had that subtle, pale yellow-green cast to it as if in Spring. As I drove back through the high desert of northern California and south central Oregon the fragrance of fresh Juniper and Sage was everywhere in the air, where in the past, passing through here either to or from Burning Man, the air had generally been filled with the smoke of wildfires or just the late summer parchedness of dried sage and dust.

It should be noted that in spite of our false and fake-newsed president’s proclamations about the carcinogenic malevolence of wind turbines, there seems to be an awful lot of them out there, turbines that is, and seemingly more around every corner. Perhaps this is so that at some point in the time before our extinction, certain members of the legal profession can gain fabulous wealth with an 800 number and a class action in this regard, or maybe it’s just that wind turbines are mostly for the good. I have seen and heard various things in both the pro- and anti-windmill stances, but I think they’re beautiful and would much rather see a farm of them than a stripped mountain with a coal fired plant nearby belching smoke. With the windmills, there are the dead birds that can’t outpace or misjudge the physics of the spinning blades, but in a list of the externalities that our current lifestyle generates as it “progresses”, I am guessing that some bird deaths by

windmill are one of the least of our worries in a relative viewing of the evils of our time.

One of the curiosities to be seen out on the plains are the fields of multiple harvesting going on out there. For starters, there seem to be many new areas that are being freshly fracked. There are small areas where the dirt has been disturbed and a cluster of a few small tanks and some other hardware are in evidence. There are also those things that look like those drinking/ dunking bird toys, forever bobbing in the fields while drawing some fossil fuel to the surface. There are many areas where these pumps have ceased to move, and where one can speculate that perhaps there is no more fuel to be tapped from these veins. And then there are the areas with the structures that look most like oil derricks and which seem to be the source point from where all of those fracking holes are sent threading through deep rock strata with potential for yielding gas or oil. It is places like this where the bee hive of activity is these days. These are the areas where tanker trucks are constantly on the move, hauling fracking fluids to who knows where. One of the roads I drove on in Wyoming last year seemed to be stained with brownish drippings, which one might assume was leakage from these trucks, but then again, it could have been the drippings from livestock trucks hauling lambs and piggies and the four-legged source of your next big whopper to its final grinding ground. I was told by a museum curator last year that he had recently been taken by a longtime resident of Green River, WY to a local spot known to have some still visible emigrant trails passing through it. When they got to where the trails should have been, all they found was newly disturbed soil and fracking equipment everywhere. All of the landmarks and traces of the trails had been bulldozed away. There was some irony in this latest phase of manifest destiny erasing a formative part of its history.

And so now it is time for the great sorting- I finally need to sit down and make a certain degree of sense out of this- arrange clusters of zeroes and ones into moving pictures of stage coaches and gold mines and western characters and show another bit of historical story telling about where we all came from. The other part to Greeley’s “Go West Young Man” statement is “...and grow up with the country.” His most famous stagecoach driver, Hank Monk, is known for telling Greeley on their coach ride from Genoa, NV to Placerville, CA: “Keep your seat Horace and I will get you there on time.” What Mark Twain claimed was the end of that statement is Monk’s simple caveat- “if the axles hold.” Both in the metaphorical land of manifest destiny and in the realm of high speed mountain stagecoach rides, that is a significant what if.



## Road to Resilience

Continued from Page 1

Syndrome, said this, “ It is like we are in a house that is burning, and you say to me, ‘What are you wearing today?’”

We are faced with the fact that our Orcas and even our salmon are headed for extinction. We are furiously taking steps to save them, but the causes are so deeply embedded in the way we live, we will have to change ourselves radically in order to save them and ourselves. What is killing them is our lifestyle. It is the waste from our cities – oil, chemicals, plastics, and feces in such quantities that a real mitigation requires us to just stop. It is the daily and ceaseless going to and fro to work, shopping, and entertainment. It is freighter and ferry traffic that makes it impossible for Orcas to hunt or communicate. It is prioritizing too much water for human use. We are indeed in a great emergency, and we have the wherewithal to turn it around, but we fail

to imagine the scope of the misperception that is the basis of our civilization.

We can get out of this mess. It won’t be easy, but it can be joyful. We can do it by transforming ourselves in ways that make life more meaningful, just, and secure.

Let’s read and educate ourselves. Become aware of all the others that live in the room that we thought was only ours. Join the Vashon Climate Action Group, join our kids in the climate strike walk this Friday from 204th St on the highway to town. Find your own place in the Whole Vashon Project where you can use your particular creative impulses to make all of us more aware of the beautiful world we can help make together. Above all, let’s wake up!

Comments? terry@vashonloop.com



# VCA’s Masquerade Art Auction In the Kay White Hall

More than four decades ago, a group of island artists got together, cooked a batch of spaghetti, donated their art, and launched the first annual art auction for Vashon Allied Arts, now Vashon Center for the Arts (VCA). It was one of the earliest auctions on the island, and like any creative project, it has morphed over the years, taking on new sizes, shapes, and features, including the addition of a second evening. Fast-forward to Saturday, Sept. 21, when VCA will unveil a new iteration of its venerable tradition and biggest fund-raising event of the year — the 2019 Gala Art Auction, “Masquerade.”

With a retro nod, “Masquerade” will return to its roots as a single evening, live auction, while embracing the new concept of a three-week long silent auction. All silent auction items have been on display and available for bidding since Friday, Sept. 6, and will be available until the closing bell right before the live auction.

“Our hope is that three weeks of perusing silent auction items will elevate the overall values of the items as well as showcase the generous artists who have donated their works to support VCA,” VCA Interim Executive Director Allison Halstead Reid said. “For guests wanting to bid, our staff will be on hand to sign them up so they don’t have to wait until auction night. We encourage everyone to come in before the 21st to bid on items they want to win. There is also the option of a GUARANTEED SALE – typically an amount above value but for those who don’t want to risk losing the item to a higher bidder. A second reason is timing. The long lead allows us to close the silent auction within an hour of guests arriving at the Gala. Guests then move into the auditorium for the live auction, which should allow dinner guests to be seated somewhat earlier than last year.”

Tasty appetizers, and later dinner, will be served by BJ Duft’s staff at Herban Feast — a generous in-kind supporter of VCA — as guests make final bids on remaining silent auction items.

VCD students will dance pieces specifically related to the auction’s theme of Shakespeare’s “A Midsummer Night’s Dream,” while student actors from the Arts Ed programs will preview excerpts from the upcoming fall musical, “Footloose.” Auctioneer Kevin Joyce will return to enliven the mix, with Martha Enson masquerading as Master of Ceremonies. The volunteer decorations committee plans to transform the atrium and gallery spaces into a magical midsummer eve, and guests are encouraged to don a mask and dress accordingly.

Another new concept for this year’s Gala was to limit the live auction to 12 works of art and 12 experiences. Some of the artists who have donated work include: John Anderson, Bill Cleaver, Michael Elenko, Brian Fisher, Britt Freda, Kristen Reitz-Green, Pam Ingalls, Pascale Judet, David Kroll, Ted Kutscher, Steffon Moody, Bill Rives, Erin Schulz, and Allison Crain Trundle. Highlights of the experiences include: Collector’s Art Tour & Private Dinner with Matt and Kim Bergman; Vacation trips to Provence, France, Rancho Mirage, Mount Baker Cabin; our Froggsong Gardens Peak of Bloom Party and Dinner; a NYC Broadway show package; a VIP Experience with returning concert pianist Slava Gryaznov and a Puget



Kevin Joyce will lead the Live Auction festivities.

Sound Sailing Experience.

Funds from Raise the Paddle (which totaled \$97,500 in 2018) will be dedicated to the scholarship fund, with proceeds from the Dessert Dash directly supporting VCA’s Vashon Artists in the Schools program. The second and most important constant is why the arts matter in general and why specifically for Vashon. Halstead Reid shared her view:

“Having worked in the nonprofit world for over 30 years, both in the arts as well as education, I have seen the importance of arts and integrating the arts into education. It is vital to the health of our community. I grew up in a family of artists and educators. I cannot imagine a world where the arts are not supported or celebrated. As a parent, I have seen firsthand the benefits of introducing my children to the arts. It has broadened their view and expanded their own creativity. Every one of the artists we are fortunate to have on Vashon was a child before they became an artist. Somewhere in their development the desire and call to create art inspired them to choose the path that led them to where they are now – whether instructing children as a Dance Director at VCA or as a featured gallery artist in our Summer Arts Festival. Vashon Center for the Arts celebrates each and every one. VCA is here, alive and strong, because of the art that is made, created, and shared on Vashon Island. Our annual Gala Art Auction fundraiser allows us to continue serving the artists in our community, and just as importantly, the young students who are encouraged and nurtured to embrace their artistic talents.”

There are so many ways to support VCA, she added, through membership, attending events, and bidding on auction items, and “for those who enjoy supporting the arts and even more so enjoy a spectacular party, mingling with art lovers, browsing fabulous art, all under a “midsummer night’s” veil in a beautiful building, VCA is where you want to be on Sept. 21!”

The Gala dinner is sold out, but tickets remain for the Live Auction for \$50, which includes appetizers, wine and beer, and the live auction in the theater. Doors will open at 5:30 pm, the silent auction closes at 6:45 pm, and the live auction begins at 7 pm followed by the gala dinner. Tickets are available at [VashonCenterForTheArts.org](http://VashonCenterForTheArts.org).

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Local Rain Totals  
Temperature hi/low  
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Weather forecasts

# Support the September Youth Climate Strikes!

Fall brings us the seasonal climate changes we know so well...cooler temperatures, rain, gorgeous fall foliage and the mounds of leaves to rake up. But this Fall it is the global threat of climate disruption that should be capturing our attention. The Global Climate Strikes held by youth movements around the world will take place September 20 and September 27 with various events during the entire week. The strikes are planned to coincide with the 2019 UN Climate Action Summit starting in New York on September 23rd and focussing on the implementation of the Paris Climate Agreement. Over 13,000 Climate Strike events are already confirmed, with over 500 of them happening in the U.S.

Student and youth protests have been transformational in many countries throughout modern history. Examples notably include the 1960s in the US and much more recently the Occupy Movement, China in the 1980s ending in the infamous Tiananmen Square massacre, the Arab Spring in 2011 during which young people pioneered the tools of social media for mass organizing, and the currently ongoing youth struggles for democracy in Hong Kong. But we are now witnessing the phenomenon of a rapidly growing youth mobilization on an unprecedented global scale, organized and participated in by children as young as middle school and high school. These young people are facing the prospect of life in untested, unknown and potentially catastrophic circumstances. They are angry and afraid and they are visionary.

In the US, 21 young plaintiffs are suing the federal government over inaction on climate change in the landmark case Juliana vs United States. Teenager Greta Thunberg started sitting outside the Swedish Parliament every Friday in 2018 and inspired the movement Fridays for Future, which expanded into numerous large scale school strikes starting in November of that year during the U.N. Climate Change Conference in Poland. Over 50,000 people participated in over 100 countries with three major demands: 100% clean energy, keeping fossil fuels in the ground, and helping climate refugees. Climate strikes were also held in January, March, May and June of this year. March 2019 saw demonstrations in over 2000 cities and 123 countries and involved an incredible 1.4 million pupils.

Greta Thunberg will be speaking at the U.N Climate Summit in New York, after spending two weeks accompanied by her father on a solar powered yacht to reach the U.S. One of the most basic demands of the youth climate movement is that governments recognize climate disruption as a true global emergency, and enact immediate and broad based transitions to renewable energies as well as measures to mitigate the worse

effects for the countries and populations at highest risk. The IPCC scientists have reported that we have only 12 years to take large scale actions to keep the process of climate change to the below 2 degree Celsius level set by the 2016 Paris Climate Agreement and avoid the worst case scenarios.

I recently had the honor of attending a talk given by a 21 year old youth member of the Sunrise movement, a national U.S. organization of youth that first formed in 2017 to influence the 2018 midterm elections in favor of environmental candidates. Their many actions have included staging a sit-in in the office of Nancy Pelosi together with senator Alexandria Ocasio-Cortez. The Sunrise movement is a strong proponent of the Green New Deal and will be very involved in this month’s climate strikes. Their long term goal is to engage 10 million of the 145 million young people under 35 in the US into the movement. As the preceding generations have failed to protect them, this young woman stated “we’re gonna take take over”. The exigency of the crisis precludes waiting for the natural order of secession... young people know they need action now. This young activist outlined some of the organization’s strategies, such as their discovery of the “power of political confrontation” of politicians and leaders, and “birddogging” these figures until they take responsibility and right action. She described the momentum of the movement, with young people “dedicating their lives to the movement” as they do not see any future for themselves unless climate change is addressed urgently and comprehensively on a global scale. They are right. They are also inspirational and deeply deserve our respect and our active engagement. In March of this year, the UN General Secretary Antonio Guterres endorsed the striker’s actions, stating “My generation has failed to respond properly to the dramatic challenge of the climate change. This is deeply felt by young people. No wonder they are angry”. Maybe as individual parents we have always understood the intelligence and autonomy of our children, but we have not generally as a society. It’s time we did.

There are local events happening in Seattle and Tacoma, and right here on Vashon Island. You can find these events at the [350.org](http://350.org) site. On Vashon there will be a march September 20 from 204th and Vashon Hwy (20312 Vashon Hwy SW) at 1pm to town. It will be followed by an art action in town and then a gathering at Snap Dragon to view images of the actions around the world and join with other concerned Islanders. We hope to see you there!

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  
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**Next Edition  
of The Loop  
Comes out  
Thursday  
October 3**

Deadline for the next  
edition of *The Loop* is  
**Saturday, Sept. 28**





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



**Aries (March 20-April 19)**

You seem to be blessed at present with unusually clear insights into where you’re headed and what you want. If you wish, you can pursue a fairly single-minded course and probably span a large distance in a short period of time. That said, it will be useful to double-check your route for any potential snags, especially where ethics are concerned. There may be more than one way to go about your business, and without capitulating to unreasonable demands, it helps to be considerate of other people’s situation and feelings. If in doubt, look for a scenario in which everyone wins. This approach will benefit you in the longer term.

**Taurus (April 19-May 20)**

Over the last few weeks you seem to have had something of a wild ride emotionally. This may still be happening, though it would appear the more intense turbulence has settled down. What these experiences mean for you, only you can determine. At least in part, however, one thing that appears to be emerging for you is a new understanding of your influence within relationships of all kinds. You may have previously underestimated the weight of your word or your desires. You might have felt invisible or as if you were shouting into a void. Now you know you are in fact clearly seen, heard, trusted and loved. That is as it should be; just keep it in mind.

**Gemini (May 20-June 21)**

Recently you’ve been undergoing a process of inward change, though this hasn’t necessarily been recognizable as such. At times you’ve perhaps felt discomfort, as if suddenly discovering you’re wearing ill-fitting clothes or sitting on a hard surface. You might also have noticed differences in your environment; yet these are likely to have emanated from you, as opposed to happening of their own accord. What this effectively boils down to is that you’re having the emotional equivalent of a growth spurt, and your horizons are expanding accordingly. At some point, you will probably find you’ve adapted. In the meantime, be patient with yourself.

**Cancer (June 21-July 22)**

It’s generally a highly useful rule of thumb in close relationships to be explicit about how you’re feeling. True, not all partners or friends welcome this approach. There seems to be an ongoing expectation instead to bury our real sensations in order to keep things smooth, or that significant others should be able to second-guess our mood if only we drop enough hints. Part of this is often based in the fear that we’ll be seen as selfish if we ask directly for what we want. Yet all that happens if you push aside something important to you is that resentment starts to build. A far healthier approach is to drop any pretense and just be honest about who you are.

**Leo (July 22-Aug. 23)**

If you need it, cut yourself some slack. So much these days seems to be a mad rush, though at least some of the time the rushing takes place in a maze, and then it’s ridiculously easy to wind up facing three walls of privet hedge. If you get confused, I suggest you stop, check your bearings, and remind yourself what you’re aiming to do. Don’t be afraid to ask for help, or for a friend’s perspective, if you want either. You may feel like you’re expected to carry various loads for loved ones or colleagues, though you’ll probably be pleasantly surprised if you ask them. In any case, it’s important that you practice fairness to yourself, and be open to reaching out.

**Virgo (Aug. 23-Sep. 22)**

Though the world might not yet observe the difference, within yourself you’ve

come a long way in the past month. Your next step is to make those gains manifest in the external world, and build on them. This will first require you to cement your understanding of what has taken place: what you’ve discovered about yourself, and what it all means to you. Then you need to ensure you don’t forget it, and lapse back into old habits. One important facet of this is you now recognize more easily when other people’s changes of mood and behavior are about them, rather than about you. As a result, you have a far clearer sense of your autonomy, and can use it accordingly.

**Libra (Sep. 22-Oct. 23)**

You may well feel as if you’ve lately taken part in a mammoth wrestling match with your own psyche, and are only now emerging. While the experience perhaps felt draining, you have learned a good deal and are on much more solid turf. It appears you’ve succeeded in breaking through specific habits of mind that were getting thoroughly in your way. This should make forward motion a lot easier, along with your new gravitas and added maturity. If you’ve previously lacked the chutzpah to follow your own path regardless of permission or approval, that will likely be a lot less difficult. There are only so many damns one can give, after all.

**Scorpio (Oct. 23-Nov. 22)**

Certain matters that may currently appear confusing or lacking all the puzzle pieces might appear in greater clarity if you shift your perspective somewhat. Recently, you’ve begun to see how you can do that, and approach the issue from directions you might not previously have recognized. Yet you’ve had quite a lot of practice lately in understanding how things are sometimes far from what they seem, and in holding space for unusual possibilities. During the next few weeks, you’re likely to make significant progress in opening up your perspective. Keeping track of your thoughts will help. Notice when you change your mind, even in a small way.

**Sagittarius (Nov. 22-Dec. 22)**

Subjectivity is often decried as a less valid method of looking at issues than objectivity; though in reality the former is all we have, and the latter may be impossible for humans to accomplish completely. Your reasoning about the world around you is almost certainly biased in some way. There’s nothing wrong with this; all you need to do is acknowledge said bias and make allowances for possibly being mistaken. When it comes to your own life, conversely, your primary knowledge of yourself is usually the best indicator, as are your instincts. Others might offer good and useful advice; whether or not you follow it is your decision alone.

**Capricorn (Dec. 22-Jan. 20)**

Your ruler Saturn has begun the final leg of its journey to connecting with Pluto, which will happen in late December. For you this is likely to be the culmination of many, many months during which you’ve developed a better knowledge of yourself than some people ever reach. True, you can still surprise yourself; yet all the same, you’ve gained an invaluable maturity, especially in terms of understanding your potential. You now need to ensure you retain your awareness and continue to act in accordance with it. The time has long since passed when you could afford to trip yourself up. Now you have far more important calls on your energy.

**Aquarius (Jan. 20-Feb. 19)**

Pay attention to your instincts, which are currently finely tuned to an unusual degree. Check in with them often, and especially when you encounter any scenario that may be unfamiliar or potentially

## Nutmeg Needs a Home

I was part of a litter called the Spice Girls. My sisters Cinnamon and Curry have already found homes, which makes no sense because I’m obviously the most beautiful cat in the world. Look at my markings!

I’m looking for an indoor home where I can sunbathe and make biscuits. If you’re looking for a pretty kitty to spice up your life, we might be a match!



**Go To [www.vipp.org](http://www.vipp.org)**

**To view adoptable Cats and Dogs**

challenging. You are likely to be one of the earliest to know when something is amiss, or when an element of your surroundings has changed. This is even more the case when it comes to your wellbeing, particularly emotional. Notice any time you feel more liberated and happy, and likewise whenever you feel drained or under the weather. Use the patterns you see to direct your energy and resources in a way that’s optimally healthy for you.

**Pisces (Feb. 19-March 20)**

One immensely useful tool for making relationships easier is tackling our propensity for projection. This is especially true if we are in the habit of idealizing partners: assuming

that they possess specific qualities, or putting them on a pedestal. It is surely more helpful (and more accurate) to treat one another as rational, imperfect, equal human beings. The difficulty generally consists of letting go of agendas, owning up to the truth of your feelings, and recognizing that others have free choice whether to respond to you. Yet with sufficient effort and determination, it’s possible both to make rapid progress and to understand the substantial worth of this approach.

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

# As Fire Prevention Week™ approaches, Vashon Fire District reminds residents: Not Every Hero Wears a Cape. Plan and Practice Your Escape!™

September 10, 2019 – The Vashon Fire District is teaming up with the National Fire Protection Association® (NFPA®)—the official sponsor of Fire Prevention Week for more than 90 years—to promote this year’s Fire Prevention Week campaign, “Not Every Hero Wears a Cape. Plan and Practice Your Escape!” The campaign works to educate everyone about the small but important actions they can take to keep themselves and those around them safe.

NFPA statistics show that in 2017 U.S. fire departments responded to 357,000 home structure fires. These fires caused 2,630 fire deaths and 10,600 fire injuries. On average, seven people died in a fire in a home per day during 2012 to 2016.

“These numbers show that home fires continue to pose a significant threat to safety,” said Lorraine Carli, NFPA’s vice president of Outreach and Advocacy. “In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

While NFPA and the Vashon Fire District are focusing on home fires, these messages apply to virtually any location.

Situational awareness is a skill people need to use wherever they go. No matter where you are, look for available exits. If the alarm system sounds, take it seriously and exit the building immediately.

The Vashon Fire District is hosting an Open House in support of this year’s Fire Prevention Week campaign, “Not Every Hero Wears a Cape. Plan and Practice Your Escape!”. The Event will be held Saturday, October 5, 2019 from 10:00am to 2:00pm. The Fire District will also be sharing tips to help keep you and your family safe via Facebook and Twitter, follow us @VashonFire. See the fire trucks, aid cars, engines, meet the fire fighters, jump in the bouncy house, spray the fire hose, try on bunker gear, free hot dogs and chips, see AIRLIFT NORTHWEST Helicopter (landing at noon), get information on HAMM radio group, CERT Vashon’s Community Emergency Response Team, Vashon Be Prepared and more.

To find out more about a tour t the fire station please contact the Vashon Fire District at 206-463-2405 or Administration @VIFR.org. For more general information about Fire Prevention Week and home escape planning, visit [www.fpw.org](http://www.fpw.org).

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# Spiritual Smart Aleck

By Mary Tuel

## Post Op Notes

There is not much to say. To be honest, I am in no shape to say anything, because I am taking pain medication following my lumpectomy surgery, and writing is difficult to impossible when taking pain meds.

The surgery went well, and when my surgeon gets the lab reports back, she’ll know if she got good margins. She thinks she did. “Good margins” means she got all the cancer, plus a bit more tissue surrounding it. Just making sure.

The surgery itself was a snap, for me, at least. I slept through it and woke up feeling great.

The placement of the wires beforehand to indicate where the tumor was – not a snap. Enough said.

The next step, assuming the margins were good, is radiation therapy.

The women who have been through radiation therapy tell me that it burns you, and one survivor has passed me a jar of a cream especially designed to soothe radiated skin. The brand name is “My Girls.”



Well, duh, did I expect breast cancer to be fun?

One thing has become clear to me. All my life, when I heard someone had cancer, I thought of them from that point on as that poor person with cancer. Now I realize that I am, that we are, not defined by our cancer. We are the people we have always been, and we have received a crappy diagnosis. We are not a diagnosis walking around in a person who has become secondary to a disease.

Cancer does not define us. It is not who we are. Good thing to know.

I’d write more, but my latest pain pill has kicked in, and my brain has hung up the closed sign.

This has always been my problem with the opiate painkillers. I miss myself. But I am told that I will heal faster if I am not in pain. So I’ll stop trying to write and go continue watching “The Good Place” on Netflix. While playing a bubble breaking game on my phone. Because that’s how I’m rolling this week.

Blessings to all, and grace and peace, from the land of fuzzy thinking.



Marley: my companion, editorial assistant, and doorbell.

# Indivisible Vashon

Indivisible Vashon was created in the crucible of the 2016 Presidential election. The principles of RESIST and REPLACE resonate strongly with our membership. We have been RESISTING for nearly three years now. Resisting assaults on immigrant children. Resisting assaults on our environment and the climate. Resisting the forces that seek to suppress the rights of women. Resisting the culture that leaves us living in a war zone of gun violence. Resisting the forces of segregation and eroded basic human services that seek to divide us.

But now change is in the air. Can you feel it? The longing for a new dawn, a new integrity, a restoration to normalcy! We too.

So we are shifting our focus to REPLACE. To “Focus: 2020 – The Democracy we Deserve”. This shift is about the power that a small island in Puget Sound can have on a nation. We flexed this power to help elect Manka Dhingra in 2017, turning our state Senate blue. We flexed this power in 2018, and now Dr Kim Schrier sits in the US House of Representatives. We will flex this power again in both 2019 and 2020, to elect progressive candidates.

Our goal is to restore our Democracy. A Democracy that encourages and enables all citizens to vote. A Democracy that continues our evolution to a society that respects all as equals. A

Democracy with fair taxation and economic opportunity across all social, racial, cultural and economic groups. A Democracy that recognizes the immense potential of human capital by providing healthcare for all.

First in 2019 local races – like adding climate conscious members to the Tacoma City Council and Tacoma Port Commission. Next by ramping up the progressive base in Presidential primaries across the country – emphasizing voter registration and mobilizing that base to the polls. Finally, in the most critical Presidential election of our lives, by turning the US Senate and the White House blue.

Our Democracy doesn’t have rest areas. Our Democracy doesn’t run on autopilot. Our Democracy is us, collectively, and fueled by our collective voices. All of us, all the time.

The good news – we make it easy. Willing to write a few postcards? Join us. Willing to make a few phone calls? Join us. Willing to text a few progressive voters? Join us.

Join us to create the blueprint for the Democracy we Deserve. It’s time. It’s timely. It’s happening here on Vashon.

Indivisible Vashon monthly meeting – October 2, 2019 – 7 to 8:30PM (doors open at 6:30) – Vashon Library – indivisiblevashon.org

# Open House For New Drop-In Teen Youth Center Saturday, Sept. 28, 6 to 9pm.

Open Space for Arts & Community is excited to announce our new teen program OSpace4Teens launching this fall! We have dedicated nearly 1,500 square feet of revitalized warehouse space to create a place where teens can connect, create and celebrate. On Saturday, September 28 from 6 to 9 p.m., Open Space for Arts & Community will host an Open House in the new teen space located on the west side of the building through the red door. There will be food, a DJ, photobooth and activities that invite teens voices and visions to help sculpt the program and its values.

OSpace4Teens welcomes high school teens and their families, as well as organizations that work with youth to view the space and learn how to get involved. The space consists of a rec area with ping pong and foosball, a pool table, piano, open art studio and lounge. OSpace4Teens will be partnering with island organizations such as Journeymen and SisterHood and Seattle’s renowned Lambert House to host events and focused drop-in days. High school students are invited to come after school, on weekends or both to hang out, play games, do art and connect with their peers.

Activities this fall and in 2020 will include dance parties in The Bruce Black Box or Grand Hall, opportunities for advocacy and fundraisers for school clubs and teen causes. OpenSpace4Teens hopes to launch programs for middle school teens in the Spring.

OSpace4Teens is a gathering place driven by and for young people’s voices and visions to connect, create and celebrate. Our goal is to place teen voices at the center of all that we offer and expand our programming based on their needs and desires.

If you would like to get involved or have any feedback please contact Veronica Aristeo, Youth Program Coordinator

at Veronica@OpenSpaceVashon.com or send a DM to our instagram at OpenSpace4Teens.

Veronica Aristeo has been working passionately with underserved communities and LGBTQ youth for ten years focusing on supporting them in arts, activism and health. From 2011-2015 she co-founded and lead an outdoor education school and LGBTQII music camp in Olympia, Wa. She carried on her dedication to youth work by directing Girls Rock New Orleans, developing afterschool programming in Oakland and managing health interventions for a non-profit serving homeless youth in San Francisco. Her love for nature and desire to be closer to her hometown of Seattle has brought her to Vashon Island where she has continued her commitment to youth empowerment by creating teen programming at Open Space for Community and Arts. Her excitement, experience and values are bringing to life a vision of the future.



Veronica Aristeo, Youth Program Coordinator

### Compost the Loop

The Loop’s soy-based ink is good for composting.

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

### Local News [www.vashonNews.com](http://www.vashonNews.com)

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Weather forecasts  
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Island Epicure



By Marj Watkins

Philippine Flavors

When you think of the Philippine Islands, you usually think of the Spanish influence and expect their cuisine to be like that of Spain, but the fruits, vegetables, nuts and spices are somewhat different as the Philippines are located at a latitude farther south than Spain’s. In Spain you’d be served a small piece of meat and a small piece of fish on the same plate. In Manila, though, you’d probably get one or the other. Chicken seems to be a worldwide meat favorite.

In Crete we ate, and cooked at home in Chersonissos Limen, Kotopoulo me Domathes (Chicken with Tomatoes). Here, using a recipe from the book “Cooking from the Caucasus,” we cooked--at different times--Chicken with Peaches, and

with pears, and with apples and cinnamon.

Tonight we’re having the rest of last night’s main dish, Chicken in Coconut Sauce from the Philippine cookbook son Steve gave me for my birthday in 1987. The recipe serves 4. You could say we’re having leftovers, but last night we had no garlic. Today Steve bought some; tonight we’ll have the dish with garlic. It was delicious last night; tonight it will be more authentic. Here is the recipe from the book:

- Ginataang Manok  
Chicken In Coconut Sauce  
4 servings
- 1 3-pound chicken cut into serving-size pieces
- ¼ cup white vinegar
- ½ cup water
- 3 cloves garlic, crushed
- 1 1-ounce can coconut milk
- 1 Tablespoon salt
- ¼ teaspoon pepper

In a saucepan combine all ingredients. Bring to a boil. Reduce heat and simmer until the chicken is tender and the liquid reduced and somewhat thickened. Serve hot with steamed rice accompanied by a vegetable of your choice. A fruit salad completes the menu.

**GLAM**  
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**9.21.19**  
**Doors Open at 5**  
**Games Begin at 6**  
**Beer, Wine, Jell-O Shots**  
**Non-alcoholic Beverages**

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and other fancy attire is encouraged!

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**Sylvia O'Stayformore**  
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**AGES 21+ ONLY**

The Center 206-463-5173

BINGO is back at the Senior Center! Saturday September 21, 2019. Doors open at 5PM. Balls fly at 6PM. You can reserve your spot now by calling 206.463.5173. All tickets will be sold at the door, per Gambling Commission regulations. Glam it up and see if you can out-costume entertainer extraordinaire, Ms. Sylvia O'Stayformore. A boa here. Patent leather there. Maybe a tiara or top hat will do. No costume? No worries -- just come and have a ball!

**Advertise in the Loop!**  
**It's a great time to get back in the Loop.**  
**ads@vashonloop.com**  
**Next Loop comes out October 3**

Of Heaven and Earth -  
Hildegard von Bingen

Two opportunities to experience an  
extraordinary 12 century woman

By Jane Valencia

Coming up are two rare and exciting opportunities to engage with 12th century German abbess, composer, physician, author, visionary, and saint, Hildegard von Bingen by way of her mystical music and the medicinal plants of garden and field.

Workshop: Saturday, Sept. 28, 10am to 4pm,

Sing in the Garden: the mystical music and plant medicine of Hildegard von Bingen

Led by medieval chant specialist and cantor Erin Durrett and herbalist and harper Jane Valencia

Discover how Hildegard’s music and plant medicine mirror one another as expressions of the Sacred both within ourselves and in the world around us. In a day devoted to beauty and direct engagement, we’ll experience the vibrance and blessing of Hildegard’s chant and healing ways. This workshop takes place at a private location on beautiful Maury Island.

Cost is \$100 or Pay from the Heart (you choose what you pay). Scholarships available. No one turned away for lack of funds. Fee includes a simple healthy gluten-free, dairy free lunch and snacks. Part of our time will be spent outside. For more information visit [www.foresthalls.org](http://www.foresthalls.org).

Concert: Sunday, October 6, 3pm.

Hildegard von Bingen: Mystical Chants of Earth and Her Elements

Church of the Holy Spirit, 15420 Vashon Highway SW, Vashon WA. Suggested Donation \$15. No one turned away for lack of funds.

Immerse your spirit in this one-of-kind meditative musical experience in which Hildegard’s heavenly chant expresses the spiritual illumination of the elements and heaven within earth. This concert brings together a talented group of singers and harpists from the island, as well as internationally-known harpist and special guest Christina Tourin, founder of Healing Harps International to perform the music of Hildegard.

Voices: Erin Durrett, Fiore Grey, Barb Adams, Angela Hodge & Amy Cole Harpists: Christina Tourin, Deb Knodel, & Jane Valencia

For more information, visit



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

Hildegard von Bingen has blazed into our cultural consciousness as a woman for our times. She is rightly recognized as a powerful woman who, upon following the dictates of God, declaimed her visions and gave council to the most influential individuals of her patriarchal time and place – including communicating with the pope.

A woman of many abilities, Hildegard herself is an expression of the medieval cosmology from which she operated and created. The idea is that the fundamental elements of Creation pattern not only the macrocosm but weave throughout nature and express themselves within our own bodies and minds: as above, so below – and within. In addition to her strength of leadership, Hildegard was equally at home in contemplating the spiritual nature of all things, as well as working with the medicinal herbs and in the infirmary.

Hildegard crafted unique luminous chant for her nuns and herself to sing in devotion, music which captures many appreciative ears and yearning souls today. As an infirmarian, Hildegard also got down and dirty attending to the many ailments from which folk associated with a monastery (cloistered and lay people alike) could suffer. She even wrote a healing manual, Causae et Curae – “Causes and Cures” -- covering the philosophical causes of disease and their very practical treatments.

The belief, one which Hildegard herself perpetuated, that Hildegard lived entirely cloistered in a walled cell of a monastery for years “as if dead,” and never setting foot outside,

may be a “trope” -- an expected storyline for a visionary woman to possess to be viewed as an acceptable voice in her times. Her detailed description and treatments for men’s issues as well as women’s, and frank and practical knowledge about many matters of the heart, physical bodies of men and women, and myriad ailments of the time all belie the commonly held notion that the young adult Hildegard lived completely removed from the affairs of monks and common folk around her. If she started out completely walled in, this situation likely shifted when her anchorite and mentor, Jutta von Sponnheim, began attracting more girls and women to their hermitage. Hildegard seems to have been the one tagged to learn medicine, perhaps initially to support Jutta, whose practice of severe ascetism included self-flagellation. In her apprenticeship Hildegard likely served as assistant to the monastery physician. Contrary to Jutta’s extreme practices, Hildegard espoused moderation.

In her practice of medicine, as was the practice of physicians of the time, Hildegard regarded the human body as being made up of a balance of four qualities, hot, cold, moist, and dry which mixed and mapped the four elements of nature – Fire, Air, Water, and Earth. A fifth substance, viriditas – the greening, procreative agent of creation as physically manifested in the sap of plants – was also part of her cosmology and lens by which she viewed her patients. By noting how an ailment was hot, cold, moist or dry, where in the body it manifested, and the constitution of the patient, Hildegard would choose treatments involving plants and other natural substances to counterbalance the ailment. She would also prescribe lifestyle changes and rest, allowing time for healing to occur – sensible protocol for folk in any time period.

In the lyrics of her chant and the expression of her melody, Hildegard engaged with these very elements and aspects of nature, voicing their spiritual dimension – how they, and all things are expressions of the Divine as manifest in our world. Her chant celebrated Mary, women, and the earth as powerful and beautiful, and not only worthy of respect but rightly serving as role models for proper devotional living.

From soaring, illuminated chant to mortar-and-pestle remedies and protocols for individual sufferers, Hildegard herself embodies the expanse of heaven and earth. That is what the two events, the Sing in the Garden workshop on Sat. Sept. 28, and Hildegard’s Music concert on Sunday, October 6, 3pm, will celebrate. Please join us!

*The Island's Business Center*

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# Rumor Has It



This rockin' Vashon band will lift your spirits while you kick up your heels and dance. They began in 2009, when a group of long-time island musicians got together in a Vashon cabin to make music and sing. These great island musicians have cooked up a delicious stew they call "stringband rock" - a tasty treat of many different styles of music - Americana, R&B, bluegrass-jam, folk-rock, and Afro-Celtic - all with their signature musicianship. Oh, and there's lots of singing.

Rumor Has It  
Friday, September 27th,  
7:30pm. At tThe Red Bicycle  
All-ages 'til 11pm, 21+ after  
that. Free cover!

## TRASH TALK

If you want to reduce waste, take a few minutes to check out the bulk section next time you're at the grocery store. You might be surprised how many everyday items you can find there. Using your own containers eliminates all that packaging. Bring them to customer service first to get them weighed. If you do use plastic bags, save them in an empty paper towel roll to bring on your next trip.



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

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# The Van Redeker Band

Get down with the Van Redeker Band on Friday, October 4th, 7:30 PM! Vashon's popular dance band returns to the Red Bike with an evening of groove-infused numbers. The band has added over a dozen new songs & arrangements for this show.

Known for their energetic performance style, lush vocal harmonies and non-stop boogie – the group will present a set honed over years of playing island dance events. Expect classics by The Beatles, Michelle Shocked, Creedence Clearwater Revival and ZZ Top along with tasty originals by songwriting team Daryl Redeker and Sam Van Fleet.

Van Redeker Band shows

have become community events, with the dancing spilling out onto the street. The group loves playing music to all the island's movers and groovers, with the dancers becoming a vital part of the show.

Daryl, Sara, Sam and Dodd invite you to join them and dance the night away!

The Van Redeker Band are:  
Daryl Redeker on lead guitar and vocals.  
Sara Van Fleet on bass, guitar & vocals.  
Sam Van Fleet on guitar, harmonica & vocals.  
Dodd Johnson on drums & percussion.

The Van Redeker Band  
Friday, October 4th, 7:30 PM. At The Red Bicycle

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The Van Redeker Band  
Friday, October 4th, 7:30 PM. At The Red Bicycle

# Earshot Jazz Fest

LAVON HARDISON  
FRI OCT 4 - 7:30 PM



What do The Clash, Katy Perry, Simon and Garfunkel, and The Chiffons have in common? Their songs are all fair game for joyous reinterpretation by one of today's most compelling voices in jazz.

LaVon Hardison.

This electrifying performer will be performing in the Katherine L White Hall on Friday, October 4 at 7:30pm as part of the 31st Annual Earshot Jazz Festival.

"I try to make music that delights me," she says. "When I first started singing jazz I felt that I had to do it a certain way. I had to be sultry and sophisticated. Now I follow my gut and I follow the song. I am more open musically. Also, time mixed with life experience awakens new depths in songs."

LaVon was a featured

album, *There Will Be Trouble* (self-released, 1 October 2018). She has clearly found her own voice, distilling all of that experience into a pure musical elixir. She calls her music jazz, but soul and country and pop and punk and other influences bubble tantalizingly just beneath the surface.

Friday, October 4 | 7:30pm  
Students - \$10 | Seniors - \$18  
| VCA Members - \$16 | General - \$20 in advance, \$25 at the door | Premium (first 2 rows) - \$30  
Tickets available at: <https://vashoncenterforthearts.org/>

Chicago native Joel Ross has performed with historic and seasoned artists - Herbie Hancock, Louis Hayes, Christian McBride, and Stefon Harris - as well as with cutting-edge

LaVon was a featured performer at the 2009 Festival of World Sacred Music in New Delhi, India. In 2016, LaVon won the Seattle-Kobe Sister City Jazz Vocalist Audition at Dimitriou's Jazz Alley, claiming the prize of a jazz-soaked journey to Japan, performing in Kobe, Osaka, and Tokyo. In 2017 she was named the EarShot Jazz Vocalist of the Year. LaVon has also hosted a weekly radio show, "The Jazz Experience" on KAOS-FM.

Born in Boston, LaVon's path has woven through dead-end day jobs, church choirs, commercial voiceover work, musical theater, TV acting, opera, stage acting, inspirational music, a swing duo, and more. This winding road led to LaVon Hardison's fourth

album, *There Will Be Trouble* (self-released, 1 October 2018). She has clearly found her own voice, distilling all of that experience into a pure musical elixir. She calls her music jazz, but soul and country and pop and punk and other influences bubble tantalizingly just beneath the surface.

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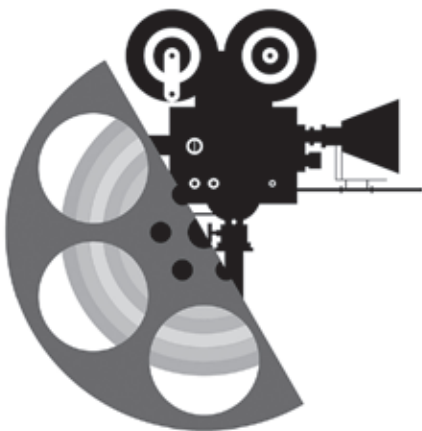
Chicago native Joel Ross has performed with historic and seasoned artists - Herbie Hancock, Louis Hayes, Christian McBride, and Stefon Harris - as well as with cutting-edge

JOEL ROSS  
FRI OCT 18 - 7:30 PM



# IN AND OUT

Queer Film Series  
2019-2020



- |              |     |  |
|--------------|-----|--|
| <b>9-25</b>  | 5pm | <i>Radical Harmonies</i> (S, P)                    |
| <b>10-8</b>  | 6pm | <i>Torch Song Trilogy</i> (T)                      |
| <b>10-18</b> | 1pm | <i>La Mission</i> (S)                              |
| <b>11-19</b> | 6pm | <i>Better Than Chocolate</i> (T)                   |
| <b>12-13</b> | 1pm | <i>Midnight in the Garden of Good and Evil</i> (S) |
| <b>1-21</b>  | 6pm | <i>TransMilitary</i> (T)<br>Speaker: CPT. El Cook  |
| <b>2-14</b>  | 1pm | <i>The Birdcage</i> (S)                            |
| <b>3-17</b>  | 6pm | <i>Saving Face</i> (T)                             |
| <b>4-14</b>  | 6pm | <i>The Celluloid Closet</i> (T)                    |

T= Vashon Theatre S= Senior Center P= Potluck

for more information visit  
[vashonheritagemuseum.org](http://vashonheritagemuseum.org)  
[vashonseniorcenter.org](http://vashonseniorcenter.org)  
[vashonpride.com](http://vashonpride.com)





## Pub Music

Vashon Events is really excited to be working with Cliff Goodman at the Vashon Brewing Community Pub to bring you live music at the Pub on Friday and Saturday nights!

Swing by and enjoy one of many tasty craft beers or if you can't decide which one to order...try a flight of tasters! The Pub also has Palouse wine, Kombucha, Cider and organic root beer available. You'll also find some tasty pub bites to nibble on.

For your live entertainment, on Friday, September 20th, we bring you Pat Reardon!

Pat Reardon has been writing and performing his songs since 1981 when he began busking in his hometown of Burlington, Vermont. Pat plays clever original songs woven within "what-did-he-just-say?" yarns; wrapped up in blankets of word-play and squirming vibrant images; all nestled within poignant lilting melodies and snug toe-tapping grooves.

Pat wrings rhythmic emotion from the neck of his guitar, moans kisses from his harmonica; and stops the crowd with his powerfully soulful voice. His originals jump from genre to category to decade in a smooth confident style. Pat's stage banter is as entertaining as his songs and often verges on a high wire comedy act - he works without a net, folks! Original he is, boring he is not, come be entertained.

For your live entertainment, on Monday, September 23rd, we bring you Camille Reeves!

Camille Reeves is a singer/songwriter and multi-instrumentalist who grew up on Vashon Island. Her



eclectic influences come through to create her entirely original, yet familiar, sound. Having grown up to a soundtrack that featured the Beatles, Sam Cooke, Aretha Franklin, and Carol King, she later branched out, gleaning influences from gypsy jazz and folk music of the Balkans, as well as early American music. Although she has performed on the accordion, mandolin, piano, and guitar, she most recently accompanies herself with the ukulele.

For your live entertainment, on Friday, September 27th, we bring you Tim Couldn't Make It!

Everyone wants to know why Tim can't make it. The 'why' is not important. It's a work in progress. He has a therapist. Baby steps.

Despite Tim's predictable absence, the boys carry on playing interesting and out-of-the-ordinary music. If you've heard the band, you'll know they feature a variety of cover tunes that aren't on the



list you expect, along with some you do. They play stuff they like. Their audience likes the music because they keep coming back for more. You can hear the band's music at [www.tcmi-band.com](http://www.tcmi-band.com). You can see pretty pictures there too!

The band: Chuck Keller on bass. Wesley Peterson on drums and vocals. Rick Dahms on guitar and vocals. Doug Pine on guitar and vocals.

For your live entertainment, on Monday, September 30th, we bring you Tab Tabscott & Ron Frombach.



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

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

Join Tab and Ron Frombach for an intimate evening of soothing sounds, delightful vocals, and solid rhythms from many parts of the globe.

Vashon Brewing Community Pub  
17205 Vashon Hwy SW  
Free cover!



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

## Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

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

## Singing for change: Come join Vashon's Community Choir this fall!



Dear friends,

You are warmly invited to come sing with the Free Range Folk Choir this Fall Season, starting Monday, Sept. 23rd, 2019. The choir will rehearse in the Vashon High School band room (see map) on Monday nights from 7:00-8:30 pm. (Registration begins at 6:45 pm on Sept. 23rd.)

Join us this fall as we practice singing for peace and compassion each week. Rounds for peace, and songs to nourish our joy are on the menu for the seasons ahead.

Fun events this year:

At the end of the fall season, we will give a thanksgiving concert of gratitude.

In the winter season, we will travel south to join the Olympia Peace Choir and other groups for a choir festival and joint concert. Meet community folk choir singers from around the region, share inspiration, learn new music!

For spring season, we'll round out the year with a performance at NW Folklife Festival over memorial day

weekend at the Seattle Center. This show is always packed, and is such a fun adventure.

Online access allows choir members to listen to and download tutorial recordings for all the vocal parts we are learning, as well as videos of many of the pieces we will sing this season. You do not need to read sheet music to join: all parts are taught call and response. Members are also able to share announcements and organize with other choir members - we have a lively community!

Fall season meets for nine weekly sessions from September until mid November. Please visit our schedule page for more details on the rehearsal schedule and upcoming seasons.

Under the direction of Shane Jewell, the choir celebrates the ways that music from around the world can lift the spirit and cultivate community. Feel free to come join us! Invite your friends and neighbors. No auditions necessary to join; everyone is welcome.

## Fidel Nadal

Friday, September 27th at 8pm, join us for a powerful night of music from two-time Grammy nominee and high energy Reggae Latin Rap star Fidel Nadal!

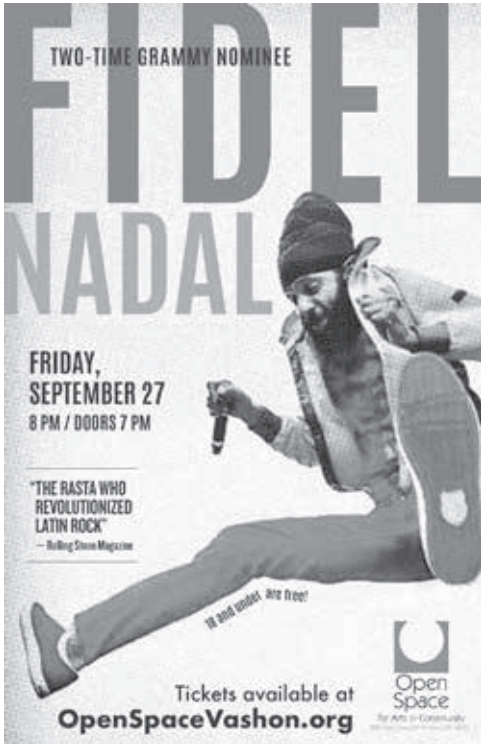
Fidel Nadal is a twice Latin Grammy nominated Afro-Argentine singer, songwriter and pioneer of Latin American Reggae en Español and the underground hardcore punk movement of Argentina. His signature sound fuses roots reggae, ragga, dancehall and soundsystem beats along with contagious lyrical flow and grooves.

Fidel's prolific musical career spans over three decades and crosses all cultural, musical and language barriers. He has produced over 30 albums, including 20+ as a solo reggae artist, authored over 250 published songs, and has collaborated with dozens of revered musicians and groups worldwide. Since 2009 his official videos have racked up over 199 million views.

Fidel commands the stage with his high energy performances, contagious melodies and powerful lyrical flow. Never one to mince words, Fidel sings of social and political oppression, revolution, and also connects with his audience through his Afro-Argentine identity, Pan African consciousness and messages of spirituality, freedom, solidarity and love.

Fidel has never performed on Vashon - this marks his island debut! But music similar to his is popular here; Clinton Fearon comes to mind, as does Publish the Quest. At this point, no local opening act is planned. The specialness of this show is that Fidel Nadal is going to come to our little island! This musician is nothing short of a legend in South and Central America and beyond.

Fidel Nadal's music is deeply familiar and refreshingly new. Not one to be easily



defined by just one musical style, Fidel's music brings several traditions together. His songs combine rock, reggae, ska, rap, salsa, cumbia and other styles into his signature sound, fusing it all with roots reggae, ragga, dancehall and soundsystem beats. The music is upbeat, danceable, and message driven.

Come join us for a night of unforgettable music and positive message!

Show at 8pm, doors at 7pm

Tickets

\$18 Advance General

\$29 Table Seats

\$24 Day of Show General (Tickets available online day of & at the door)

Learn more at <https://www.openspacevashon.com/event/fidel-nadal/>



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