

VoV Hosts Zombie Fest Sky, Flamenco en Vivo



By Susan McCabe

This year on Halloween night, Voice of Vashon hosts a Zombie comedy classic film at the Vashon Theatre. “Aaah! Zombies!” turns four undead teens loose after they unwittingly consume a failed military experiment aimed at turning ordinary soldiers into invincible forces. Instead the drug’s ugly side effect is that it turns those who take it into zombies. Worse yet, the zombies don’t know they’ve been turned into drooling flesh-hungry beasts. So the four bowling alley denizens, Timmy, Cindy, Mike and Vanessa are quite puzzled as others flee in terror at the sight of them. It’s a comedy. It’s a gooey love story...really gooey. It will make you laugh in spite of your good taste.

The movie turns the zombie genre on its head telling its tale from the perspective of the brain-munching

zombies themselves. Created by brothers Matthew and Sean Kohnen, the film has become a favorite among zombie movie fans as a metaphor for adolescence.

This Halloween night, “Aaah! Zombies!” will screen at 6pm just as trick-or-treating shuts down on Vashon Highway. Film director Matt Kohnen will judge the zombie costume contest in search of the “weirdest Zombies” who’ll win fabulous prizes from Island businesses. And, if you don’t come to the theatre in zombie attire, face painters will be on hand in the theatre lobby to put your zombie face on.

So, practice your lurching walk, put on your ugliest face and join the fun Halloween Night, 6pm at the Vashon Theatre. Admission is just \$10; \$5 for students and seniors. Tickets are available at vashontheatre.com and at the Vashon Theatre box office.

Seattle-based Flamenco dancer, Savannah Fuentes, brings her latest her show, Sky, and evening of Flamenco, to the Heron room at the Vashon Land Trust October 27. Joining Savannah will be singer/percussionist, direct from Spain, Diego Amador jr. and guitarist Pedro Cortes. The all-ages event is the first stop of 29-date west coast tour.

Savannah Fuentes, born in Seattle to parents of Puerto Rican and Irish



Diego Amador Jr., courtesy photo

ancestry, is one of the only touring artists in the Pacific Northwest region with strong links to Flamenco culture. She studies both baile (flamenco dance) and cante (flamenco singing) and has toured throughout the states of Washington, Oregon, California, Nevada, Utah, Montana, Idaho, Colorado, and Arizona. She has independently produced over 300 performances and workshops featuring internationally recognized Spanish Flamenco Artists such as Jose Anillo, Saray Munoz, Jesus Montoya, and Juanarito. She has studied with artists such as Guadiana, Joaquin Grilo, Eva Yerbabuena, El Farru, and Isabel Bayon. She attributes her formation as an artist to her most significant mentor, Maestra Sara de Luis. She continues to evolve as an innovator and performance artist.

Diego Amador Jr., From Seville, he was born into flamenco royalty. His father is the celebrated flamenco pianist Diego Amador and his uncles are Rafael and Raimundo Amador (Pata Negra). From a very young age he began performing and touring with some of Spain’s top flamenco artists, including Remedios Amaya, La Susi, Lole Montoya, Farruquito and Joaquín Cortés. Known mainly as a percussionist, he also sings, plays guitar and piano and recently launched a solo project as a singer/songwriter, with the track “Y me siento tan bien”.

Pedro Cortes, Comes from a family of Spanish Gypsy guitarists and began his studies with his father and the esteemed Flamenco guitarist Sabicas. Having toured professionally since the age of 17, he is gaining international recognition as a soloist and composer. He has premiered his work En la oscuridad de las minas at the Teatro Albeniz in Madrid, he had works premiered by the Carlota Santana Spanish Dance Company at the Joyce Theater in New



Savannah Fuentes, courtesy photo

York. He has two books on Flamenco, El Dron del Faraon and Cruzando el Charco, published by the American Institute of Guitar. Mr. Cortes, was commissioned by the Cohen Brothers to compose music for the film Paris Je TAime .He also wrote music for a childrens program on H B O called Fairy tale for Every Child. He has toured with Jose Greco and Maria Benitez, La Conja and has performed with such artists as Farrucita, La Tati, Merche Esmeralda, Manolete and the late Lola Flores. He has been guest artist with the St. Louis Opera and the New York Grand Opera, and has been commissioned by and performed as Musical Director with the Guthrie Theater In Garcia Lorcas BODAS DE SANGRE. Mr. Cortes is artistic director of his own Flamenco group, and also Musical Director of Palo Seco. Cortes is a third generation Flamenco guitarists and uses the experience passed down



Pedro Cortes, courtesy photo

to him by his family to maintain the purity of Flamenco while creating new compositions.

Vashon Land Trust
10014 SW Bank Rd
October 27, 7:30 p. m.
general admission \$22, VIP reserved seating \$35, student \$15, child \$8
tickets available at
www.brownpapertickets.com
ticket link
<https://www.brownpapertickets.com/event/4399832>

The Road to Resilience Stuff

Some of us are better at managing stuff than others. There are many factors that determine how much stuff you have and how you manage it, but it is very clear that we, as a rule, have way too much. If you are making a mental inventory to determine where you stack up amongst your neighbors, be sure to include all the stuff that you hauled off to the transfer station. Your place may be neat and clean now, but what you sent to the landfill is still your stuff. I think our stuff problem has gotten worse. I suspect that the extra space we seem to need in a house these days is just a place to put more stuff. If that doesn’t suffice, we have a growing business in rented storage space.

I prefer the traditional Vashon style for extra stuff. My place would be considered by many to be a bit cluttered. Having the luxury of extra land out of the sight of others, I have chosen over the years to scrounge cheap or free items that I felt might come in handy at some point (slippery slope!). At the same time, sweeping stuff under the rug as we all do when we take things to the transfer station, instead of placing something of intrinsic value back into use is a personal failure to me. Thus, you will find many items sitting around my

By Terry Sullivan,

place that are waiting for their call to duty. My place pales in comparison to some of the prime examples of home aggregation that we have here on Vashon, but that doesn’t let me off the hook. As I am getting older, my need to deal with this stuff gets more urgent. I need to become a freecycle samurai. I’m open for suggestions – other than throwing it all in the landfill.

About 90% of the clothes and household items that I buy come from Granny’s Attic. One of the distinct advantages of living in an upscale community is the high quality of used items that get discarded. The intellectual caliber of our community accounts for the wide range of really interesting books to be found there. The library is the best, but if you bring your books back to Granny’s you are doing the same thing. Granny’s provides an incalculable benefit to our community both in providing a place to bring or buy quality stuff, and in giving the proceeds to worthy groups. Unfortunately, because of their high standards, there is no place to bring furniture, clothes, and other items that don’t meet those standards. Much of that can be recycled in some way, but that is usually downcycling (using as scrap for some other product) and wastes the major

Continued on Page 6

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David Crosby: Remember My Name

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VOV Presents: Aaah! Zombies!!

October 31 @ 6pm

Wandering Reel Film Festival

Playing November 1-4 @ 6pm

Met Opera: Madama Butterfly

November 9 @ 10am

Vashon Theatre

**17723 Vashon Hwy
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Call for Times

For show times and info check
www.vashontheatre.com

The Vashon Loop

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Submissions to the Loop

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

Parks Prop. 1

The Vashon-Maury Island Park District is an invaluable asset that should be supported. It provides programs and facilities for all islanders from toddlers to senior citizens. That is why I am voting YES! For Proposition 1, when I receive my ballot this week, and I urge all voters to do the same.

The Park District Commissioners and Executive Director are to be commended for listening to the voters and crafting a plan that maintains and expands programs and facilities, while not overly-burdening the tax payers.

Vote Yes for Parks and Recreation!

Scott Harvey

Marijuana Anonymous

12 Step Meeting
Has marijuana become a problem for you or a loved one?
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Every Tuesday 7-8 PM
Vashon Lutheran Church,
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Send To: Editor@vashonloop.com

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

Thank You P.I.E.



Chautauqua Elementary School would like to thank Vashon P.I.E. (Partners In Education) for our wonderful new apple press! Through the P.I.E grant that was written last year, we received a new American Harvester cider press and grinder from the Happy Valley Ranch company. This Autumn apple season has brought much fun and learning for CES students, and staff, with our new press. We look forward to its continued use this year and for many years to come! Thank you again to Vashon Partners In Education. - Please consider donating to this wonderful organization that does so much for our school district.

Vashon Youth and Family Services Second Annual Home2Vashon Fundraiser

Vashon Youth and Family Services (VYFS) will host its second annual Home2Vashon fundraiser to support medical transportation costs for islanders in need. Join us on Saturday, October 19 at 6pm at Open Space for Arts and Community for an evening of fabulous Syrian food by Mustafa, wine by Palouse Winery, music by Vashon's own fabulous Listen in the Kitchen, and Mark Graham and Orville Johnson, and a silent and live auction of wonderful items all Vashon centered!

Tickets are \$78.65 per person, \$157.30 per couple (the cost of a 5 or 10 pass ferry ticket). A table of 8 is \$690.00. All proceeds go to support VYFS' medical transportation program. This program supports people on Vashon who are in need of extra help for day to day living: vouchers for clothing, supplies and groceries, ferry tickets and bus tickets to be able to get to important doctor appointments, especially when there is a severe or chronic illness in the family.

Tickets can be purchased through Brown Paper Tickets at www.brownpapertickets.com or through vyfs.org/home.2.vashon. Or you can call VYFS at 206-463-5511.

Special thanks to Rich Osborne and Vashon Rotary for their support.

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, Oct 25 from 6:45 to 7:30 PM at Vashon Cohousing Common House, 10421 Bank Road.

**Next Edition of
The Loop Comes
out Thursday
October 31**

Deadline for the next edition of *The Loop*
Saturday, October 26

A Response to Ms. George Wright's Letter

Ms. Wright's letter about the proposed public hospital district (Vashon Loop October 3, 2019) contained incorrect assertions of fact.

Let's start where we do agree: Ms. Wright says "We need a Health District" - I agree. So far, so good.

How do we get one of those? Well, we need go no further than the enabling legislation that Ms. Wright cites in her letter. The statute states: "The term 'Public hospital district' or 'district' means public healthcare service district". (RCW 70.44.007). The RCW provides the mechanism for a community to assemble the health care services that suit their particular needs. If those needs include a hospital, the laws provide the district with the ability to meet that need. If some lesser need exists, the means to meet that need, or to join with other districts or communities in meeting needs (using a mechanism known as an "Interlocal Agreement") exist as well. The statutes are simply a framework of laws enabling the structuring desired. It is not a scary, overwhelming process as the writer suggests. We don't need a hospital and we don't have the population to support one. No one is suggesting that we do.

Ms. Wright states "It (the PHD proposal) is an attempt to keep Neighborcare at the old Health Center with the idea that all your health needs will be met ...". Well, no... No one with knowledge of the proposal suggests the intent behind the district is to keep Neighborcare Health (NcH) specifically, but rather that it is intended to maintain healthcare generally on the island and to bring the services provided on the Island into alignment with Island needs in a thoughtful and methodical process. The provider may be NcH, or any one of several other medical service providers, or a combination of providers. It depends on who can provide the desired services at a price and in a manner acceptable to the community. The district is a tool which gives us the ability to 1) raise revenue from both the community and from insurance and program payments for medical services rendered; and 2) to contract for the services we need and want. Along with the power to contract, we also gain the power to audit finances, to establish quality control parameters, and to establish performance standards.

No one has suggested that "all your health needs will be met", that is flatly wrong. We are talking about a basic level of primary care on the island, with some additional extended hours and light urgent care capabilities. There will never be a full complement of complex and specialty services, nor will we have 24-hour urgent care. Again, we do not have a sufficient size population for those features.

Let's maintain a dialogue on this issue with accurate facts and thoughtful objective input rather than misinformation and scare tactics.

John Jenkel

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Parker Plaza * P.O. Box 229
Bankruptcy -- Family Law
463-6711
www.lawofficesjonwknudson.com

Reasons to Vote No on the Hospital District

1. Vashon is uniquely located in the south sound with easy access to healthcare on the mainland: close to Seattle, Tacoma and Southworth.
2. NeighborCare corporate received \$14,580,000 from King Co., U.S. Department of Health, and Washington State Department of Health in 2018. If equally divided by all the NeighborCare locations, Vashon would receive approximately \$500,000. Why are we subsidizing that? There are approximately 18 people who work at the Vashon location.
3. If this Hospital District is approved, NeighborCare will most likely be here for a long time. If you received \$1,600,000 a year, why would you leave?
4. RCW 70.44.060 effectively gives an elected Board of Commissioners a blank check in taxing capabilities of up to \$.75 per \$1,000 of assessed value. This will be permanent. This will be forever on each household.
5. Seniors who have property tax exemptions will pay full fare on this proposal.
6. Be an educated voter. Google search RCW 70.44.060 and read the first 5 lines of each section of the law to see the extraordinary powers of the Hospital District commissioners, particularly the right of Eminent Domain and the right to issue bonds.

Sponsored by George Wright

12 Year Old



By Sean Malone and John Sweetman

We thought that the occasional white feather in the crow’s wing was from their parents having eaten too much seagull manure.

Birds fighting are relentless. The Junco remembers “bitches” they had days ago and sometimes; it is just the different breeds disputing territory. The feeders hung in the fruit trees, a popular place for the Chickadee and Bush Tit to light and feed. Dad cut plywood squares, a foot each way. He used sticks, tacked to the four sides to keep the seed from falling out. The feeders were then hung on lines and the birds came in flocks.

Sometimes, a bird would fly into the glass windows in the breakfast nook where they could see through both sides and cold-cock themselves; I’m sure they did it by accident, but it made us feel good when you would look down at the body in your hand and watch the light come back into the little bird’s eye and then his eye goes frantic; he fights to get out of your fist; which after much practice, we learned how to hold them with their heads sticking out. We waited for them to regain their flying abilities before letting go.

Kit Bradley, Brother Mike and i were coming back on our bikes from the garbage dump where we had been picking-up after the army guys from the AAA battery who had thrown away their un-eaten C-rations. The pemmican was the best. We were shooting down Joslin’s hill when Kit rode past at the speed of light, his playing cards whacking his spokes with a sound like machine gun fire. We were like engines pumping the pedals and the cards were the sound of the engine. The noisy-cards announced to the neighbors that we were coming. We thought the card noise made people notice. The cards could have come from Mom’s multiple decks of canasta cards, she never said. Her spare clothes pins held the cards to the fork supporting the front wheel. She did remind us of the stolen clothes pins. Four cards to the front wheel was about the limit. Too many cards would fall off and more than four made pumping the bike harder. We made tassels for the handle bars out of surveyor’s tape or our sister’s hair ribbons. My red painted bike cost me a dollar from a cousin and had no fenders causing a muddy stripe up your back if you rode in the rain. The little clip that held the Bendix brake to the bicycle frame was always breaking or coming loose from our hasty repairs using a bent nail or piece of string, created the catastrophe of coming down steep hills without brakes.

John described those torpedo shaped, chrome headlights clamped to

the handlebars and how he would steal batteries from his Mom’s flashlights until Mom got wise and put a stop to his larceny. His next attempt at lighting up his bike, was to take a large empty can and punch a hole in it to secure it to the handle bars, by melting the bottom of a candle and standing it up inside the can. “I tested it out by going down a steep gravel driveway that had potholes and curves.. at night naturally.. success was not achieved, although a good swabbing with that evil iodine mercurochrome did result..” after the mercurochrome treatment my Mom asked the usual question.. “what were you thinking?”and I replied with the usual answer...’well,,, it seemed a good idea at the time..’.

We patched our old tubes by separating the tube from the wheel; prying up the rubber with a screw driver; no, it was two screwdrivers, one in front of the other, frequently causing us to nick the tube in our haste, creating another hole to patch. We used those old tube kits with a scraper for a lid and roughed up the area to be patched. The patches came in different colors of red and black and sometimes blue.

One of John’s greatest inventions in bike riding.. “After numerous failures with battery powered bike lighting, ... one time I came across an old car in a musty old barn, that was mostly broken down. “Probably not used for decades.. had mouse eaten upholstery.. and hay bales had been put on the back.. likely used for farm stuff.. Wish i could remember what kinda car. Had one of those folding windshields.. think it was chain drive.. This car had carbide headlights.. even though they were large and heavy, I got one and mounted it.. much to the dis-advantage of weight distribution.. turned out, although I got it working. ...it was only effective if you added water to the calcium carbide. ...and not usable for less than several hours.. far too long for my bike rides. .. and only after a short time, corrosion rotted out the brass reservoir. Back to snagging d- cells from the family flashlights. My mother eventually noticed and put a stop to that knavery..

Sean@vashonloop.com

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Who Will Win the VoV Chili Challenge?

By Lisa Breen

The first annual Voice of Vashon Chili Challenge will be a great Vashon-style Sunday afternoon event in early November, perfect for some family fun on a chilly Fall day. VoV and a select group of chili masters will move into the lobby at Vashon Center for the Arts on Sunday, November 3rd from 12 to 4pm.

“Pretty much everyone loves some version of chili,” says Truman O’Brien, producing the event for VoV. “Some like it with beans, even three beans. Purists say it should only be meat and chili peppers. Vegetarians say beans only please. Some even add a secret ingredient. Those are the differences that will make this an exciting contest! We’re hoping a big crowd will turn out to cheer on their favorites.”

The chili cooks include seven of Vashon’s most popular restaurants and a proud group of three amateur chili aficionados. They’ve been invited to pull out all the stops and prove they, of all the others, make the tastiest, zestiest chili.

VoV Chili Challenge contestants include Camp Colvos Brewing, Snapdragon, Gravy, The Hardware Store, Earthen Bistro, Bramble House, Sugar Shack, Rik Reed, Truman O’Brien and Captain Joe Wubbold.

RiverBend will provide their special mix of bluegrass, Cajun and folk music. Nobody needs to miss the Seahawks playing Tampa Bay because the game will be playing on a big screen TV.

The event has been made possible by Event Sponsor Windermere Vashon. Camp Colvos Brewing is the Beer Sponsor and Palouse wine will be poured. Drink tickets can be purchased at the event and one free drink will be included in the admission price. Tickets are \$30 general admission, \$20 for seniors and students, and kids under 12 get in for free. Tickets are available at VoiceOfVashon.org/Chili.



The fundraiser will support daily operations of Voice of Vashon. It’s a people’s choice event so attendees will be the only judges. Attendees will vote with their dollars -- one dollar counts as one vote for your favorite Chili Challenger.

“Of course it costs you nothing to listen to the radio or watch our TV station,” acknowledged VoV Executive Director Lisa Breen. “However, it costs our tiny non-profit plenty to keep our community service to Vashon Island going 24/7/365. We are committed to being your Island Connection and we need help throughout the year to keep that mission alive. Rent, electricity, insurance, stipends for technical staff, maintenance of our sophisticated electronics – all these things and more cost money each and every day.”

Voice of Vashon operates three community broadcast services. They include our wildly popular FM radio station, KVSH 101.9FM, plus our 1650AM Emergency Alert Station, and our community access television channel 21 on cable. All three are also available on the free VoV app and at VoiceOfVashon.org.

Alzheimers seminar

The Alzheimer’s Association, in collaboration with Vashon Elders and support from Granny’s Attic, offers a free educational seminar “Understanding & Responding to Dementia-Related Behavior,” 2 to 4 p.m., Thursday, October 24 at Vashon Library.

Behavior is a powerful form of communication and one of the primary ways people living with dementia communicate their needs and feelings as ability to use language is lost.

Learn to:

- decode behavioral messages
- identify common triggers
- find strategies to shift outcomes of daily tasks

Please join us October 24! Coffee provided. Vashon Elders provides arts, activities and respite for islanders who



are caring for loved ones with dementia, Alzheimer’s and Parkinson’s disease. For more information, please contact Lynne at 206.567.4662 or Barbara: 707.812.2420.

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



Island Life Bare Trees

By Peter Ray
pgray@vashonloop.com

The days have turned into years since I was growing plants for a supposed living, but I will have to admit that I still see what is passing me by through botanical eyes. While I found the politics side of binging through past episodes of the now defunct series known as ‘Designated Survivor’ fascinating, I will have to confess at utter frustration in seeing in the series a complete disregard for seasonal continuity. I suppose that there is enough or more than enough to keep one fixated on with the multiple plotlines of political intrigue and personal mayhem that Mr. Sutherland and Co. have to endure in each passing chapter.

But it just seems to me that someone should have been paying attention to the logical, seasonal progression of things as their time is going by. As one scene changes, we see autumn leaves on the street trees. Then on the next transition we have a glimpse of a green White House lawn and bands of red summer flowers at the edges, followed by yet another scene change where we see an arboreal backdrop completely devoid of leaves. As it is, I have a hard enough time in these multi-layered dramatic concoctions with following who is who and why they are doing what they’re doing without having to reconcile why a scene change involving a few minutes or hours passed lands us in an entirely different gardening mindset. One could even say, in light of all of this, that life is hard enough already in the realm of first world problems, but then some might say that the real, first world status of these United States might be



in the process of reality change thanks to the actions of our “presidential”, scary clown parade, so we might not have that check down to fall back on soon if something doesn’t change.

All that being said, that’s not really why I came here today. Truth be told, I haven’t really come or gone anywhere today. Yesterday, on the other hand, I did venture into that off-Island, over-the-water place to the east, and went through the whole “when did they build that, and where am I?” thing as the grand conversion continues to continue over there. As I was waiting for one of the pedestrian stoplights along Fauntleroy, my gaze drifted to the left and I noted a number of burnt sienna silhouettes of what were now former cedar trees. As an evergreen, cedars generally follow the catch-phraseology of suggested toilet usage during a water shortage, namely: “yellow is mellow but brown is down.” By this I mean that western cedars generally drop some of their scaly leaf sprays every year from the more interior parts of the branches- they turn more yellow and fall, forming the dense duff around the base that does not support much if any undergrowth. On the other hand, if the yellow-brown starts from the outside ends of the branches and works inward, the tree is basically best turned into planks or firewood rather than remain as kindling and fuel for potential summer wildfires. In continuing to glance left as I passed by the rest of Lincoln park, more

tree clusters with brown foliage became evident all through the park- there was one stand that appeared to have passed the brown stage and was now a gaggle of bare-branched skeletons awaiting some sort of final removal ceremony, and the usual complaints from those who arrive to protect nature from chainsaw madness and human encroachment. In this case, they would be way too late.

It should be stated that one does not need to leave the Island to witness arboreal or botanical distress. There is a whole cluster of dead and dying alder on parking lot hill. There are dead conifers on bank road. There was the highly visible Elm tree down at Shawnee that failed to produce any summer leaves and was turned into log rounds, whilst a number of other trees on the water side of the highway down there have also ceased to exist. I have been taking notice of the Indian Plums around my house that have been dropping leaves earlier and earlier and have seen whole stands of them expire and fall over within the last couple of years. One has to ask, amongst all of this terminal behavior- what has changed? It has been fairly obvious (although not so much this last year) that things have been much drier than usual in the summer. This region has been known for its Mediterranean type climate cycle of wet winters and dry summers, but in my experience over the last thirty nine years, the past few have been a lot drier than usual- I think the records that have been set along these lines recently can attest to that as well.

One of the factors that has been a good reason for recommending native plants for the landscape is that they are best suited for that specific climate one is living with and planting into. When the established native plants out in the landscape start dying in significant numbers, especially

plants that have been doing okay in their locale for their various lifetimes, then it is perhaps time to throw out accepted norms and practices and start to look into what the survivability parameters are for our natives, and what alternatives there might be out there if larger areas of native stands begin to die off in greater numbers. I would say that for starters, the change in rain patterns in the summer is perhaps the biggest problem here. That would in part explain the die-off of the cedars in Lincoln Park. I have noted in the past that in greenhouse culture, plants on the whole are more tolerant of much higher temperatures if they have an adequate supply of water. I would say that, with the two summers prior to this last one having both warmer temperatures and less water, it has probably not been a good thing for our natives in general. All of this would have had me concerned just about our regional flora, but having twice driven across country in the last year, coast to coast, and noted this phenomenon of die-off pretty much everywhere that I went, it sets off grander alarm bells that point to a much bigger and more worrisome set of problems.

Last year when I left on my journey, I headed south first. On my third day out I was driving on I-5 between Weed, CA and Redding through the area that had just had one of the monster wildfires of California. There were parts that were still smoking as I passed. A few days later I was heading up into the foothills of the Sierras

Jamila and Mustafa of Mustafa Syrian Kitchen

Jamila is loved for her cooking at the senior center, and she and Mustafa cook Saturdays at Sugar Shack. Mustafa Syrian Kitchen, now catering for events large and small, plans to have a food truck opperating soon.

Jamila has been at home in the kitchen since she secretly made yalangi by herself one day when her mother was out. She was eight years old and had learned by watching everything her mother did. Mustafa was one of the few Syrian men who would venture into the kitchen when they lived in Syria. Even then he loved cooking with Jamila. Now they bring their love of cooking to us!

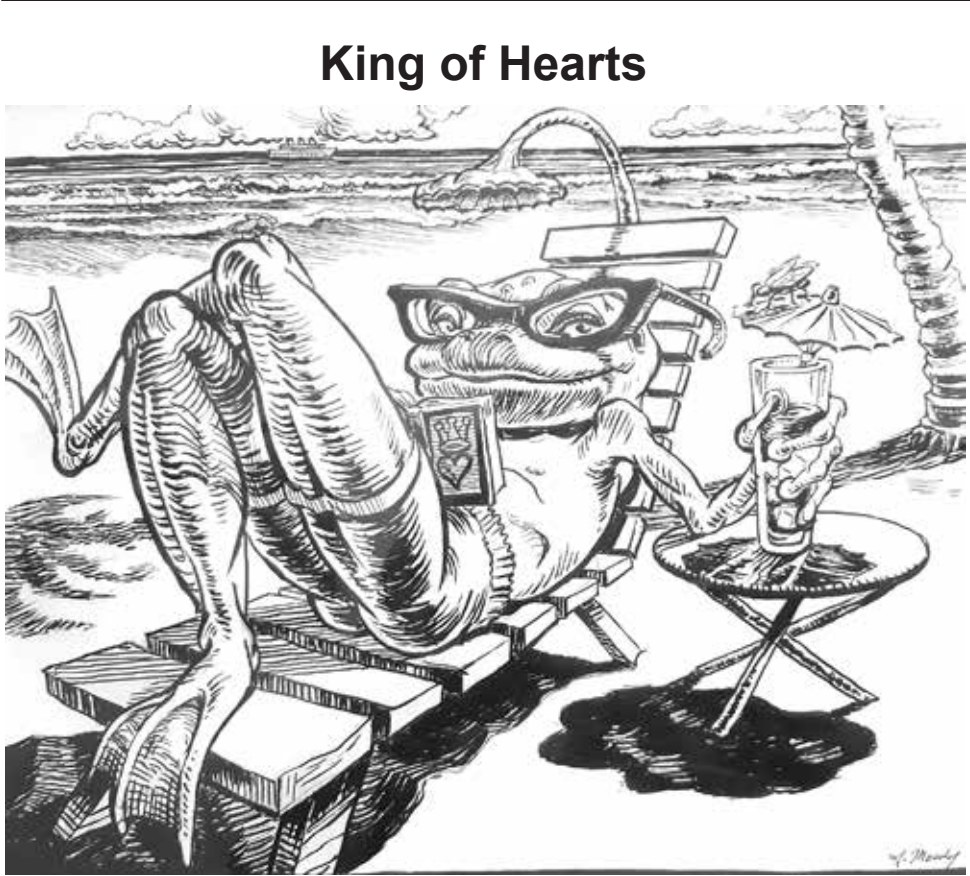
Mustafa Syrian Kitchen will be cooking at Home 2 Vashon!

When, due to unforeseen circumstance, Lisa Cyra was unable to cook for the Home 2 Vashon event on October19,



Jamila and Mustafa of Mustafa Syrian Kitchen graciously agreed to step in and treat us to a fantastic Syrian meal! Tickets are available at vyfs.org/home-2-vashon or call 206-463-5511.

Home 2 Vashon raises funds to pay ferry fare for people traveling off island for medical treatment. Ferry vouchers are available through Vashon Youth and Family Services.



King of Hearts

In some sense I suppose every work that an artist does is a self-portrait. Take Andy Warhol’s Campbell’s Soup cans, for instance. But do you really think this frog looks like me? My son does. He says everything I do looks like me.

Is it the floppy feet, or the bulging eyes, or just the languid pose combined with a cool smirk that says, “I could kill you right now, but I think I’ll wait ‘til later”?

I have been accused of having frog legs in the past, and now that I look at it, my fingers do seem to get wider at the end.

Sure, it’s nice escaping the hubbub of pond life and relaxing on a tropical beach with nothing but a pond-scum-colada, a good book and a throng of low wage 3rd world servants to care for my every inane 1st world need, just to feed their families.

Ah yes, it’s a Frog’s world my friends! I am on the top of the swampy heap, and I have no regrets....no regrets what so ever.

Steffon Moody

and taking note of the dry grass meadows that were dotted with clumps and stands of their native, evergreen oaks. Some had the dark and rich green foliage of a healthy tree, while others looked pale and sick like a plant on the edge of death. I knew from nursery bulletins of years ago that some of these oaks, along with certain other species, were being affected by a blight known as sudden oak death, and so I asked a museum curator where I had stopped if he knew whether the oaks I had been seeing were victims of drought or the oak death blight, and was told it was the former. As I moved further along to the east, there seemed to be a mix of recently burned over areas, along with single trees and small stands that had simply expired on their own. Last year on the whole seemed like everything was parched and about to burn if it hadn’t already. This year, even though my route east took me further to the north, it seemed like everything had been “well watered”,

with large stretches of desert looking uncharacteristically “green” for that time of August, with fresh foliage on much of the desert flora.

There were spotty tree deaths noticeable for most of the rest of the way east, but I am remembering that once I got to the southern tier of western New York, I began to see whole stands of similar or the same species trees as standing dead, both right along the highway and in clusters up into the surrounding hills. At first I thought it maybe could have been the result of winter road salt, but then I saw more dead stand up the hills and far away from the road. And then I thought that it might have something to do with drought and heat, but some of these stands were right along a river that the road paralleled through the bottom of the valley. In the areas of pines and other conifers one could see a brownish tinge on branch ends where the melted, salty

Continued on Page 6



WE SUPPORT ERIC PRYNE

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Counseling Services Available for You at Vashon Youth and Family Services

By Carol Goertzel

Vashon Youth and Family Services was started 42 years ago by an amazing group of civic-minded Islanders who perceived a deep need to provide social services to the Island. These services at VYFS included mental health counseling, social service support, and advice for things like housing, food, and other vital needs.

Today, 42 years later, we continue to support a large range of essential needs for the Island and are pleased to be working with 20% of Vashon Islanders.

In recent years, we have increased our services and now provide behavioral health counseling for individuals, children and families. Our team of counselors is experienced and we have bilingual (Spanish) counseling available. We take Medicaid as well as having a sliding fee scale.

We have staff available for crisis calls along with Crisis Connections- the County crisis intervention team. Any crisis call is responded to immediately. Our crisis number is (206) 463-5511 during business hours, and after hours is 206-461-3222.

Our case management team is available to provide support and assist islanders with essential needs for their daily lives, including providing vouchers for medical transportation and medicine when needed.

We have a new robust drug and alcohol recovery program, called Elements of Recovery. With three groups available- morning, afternoon and evening, and individual counseling with a seasoned counselor we are open to all who want to move forward on their recovery.

Our Family Place division supports families in parent education with home visitors, programs at Family Place on Gorsuch Road, free ‘Baby Boxes’ for newborns and support for children in early developmental stages.

Our Vashon Kids division provides vibrant before and after school and summer support for working parents, giving school aged kids a rich environment between school and home.

Vashon Youth and Family Services is here for you! Do not hesitate to call: 206-463-5511

Road to Resilience

Continued from Page 1

part of the value originally invested in an item. Another item that goes to the landfill is electric appliances, many of which need little repair to be made useful again.

Solving this last dilemma is where the Fix-it Café comes in. We have been holding the Fix-it Café twice a year for about three years now. Many a piece of furniture, lamp, vacuum cleaner, piece of clothing, jewelry, or what-have-you has been repaired and often with an owner now much more savvy about how to fix it next time. These repairs are done at no cost to the owner due to the fact that our fixers do it for the fun and the challenge. The next Fix-it Café will be this Saturday, Oct 19, 10-4 pm at the Eagles Hall south of town. We like unusual items that present an extra challenge. No machines with volatile fluids please, i.e., gas engines. Kids who love to take things apart love it there, so bring ‘em along. And your purchase of lunch there will go to a worthy cause.

We, as a society, waste a phenomenal amount of resources. It is not only the single use plastic, it is the cheap appliances

that are not made to be repaired. It is parts that could be interchangeable among many manufacturers but are not. We can design stuff to last a long time, that can be easily repaired, that can be updated as technology improves, and can be 100% recycled into new products when they wear out. Cradle to grave manufacturer responsibility is now being considered. We might consider also a new product tax.

For now, though, we all have to get better at resisting the urge to buy new stuff. Some things, like shoes, are hard to find used that both fit and are serviceable. But for much else, I think there is real joy in finding something unexpected that you love and that already has some experience. Rather than hide a repair, it can be made obvious so as to add to the aesthetic appeal of an object. It’s the same idea as antiques and collectables extended to everything you use. As with antiques, I think hunting is a lot more fun than shopping. Of course, not bringing stuff home in the first place is the best strategy.

Comments? terry@vashonloop.com

Island Life

Continued from Page 5

road spray had burned the needles of these trees. There were other areas where pines were simply all brown and dead. I can’t remember if there were no salt zones in New York or not, but I recall that the Mass Pike had numerous signs indicating “No Salt” was to be applied to the highway in those areas, which suggested that perhaps a concern about salt based environmental damage was starting to sink in to something besides the roadside soil and water.

In googling dead trees, I also found an incidence of massive eucalyptus death in Australia in new South Wales, where 2000 square kilometers of Eucalyptus viminalis perished by unexplained but non-fire related means. There was another incident on the big island of Hawaii where half of the ohia trees in a 6000 acre area had died, perhaps by way of a fungus. What comes to mind here is the movie ‘Interstellar’, where a small contingent of the human race is secretly trying to find other habitable planets for some to move to, as the rest of

us back on earth watched as one major food crop after another succumbed to untreatable blights. Right now on this planet, there is something going on with the trees that no one is seemingly talking about. In the mean time, large portions of oxygen producing and multiple species supporting forests are getting chopped down for profit and cattle ranches. Ocean acidification and other pollutants are killing off the oxygen producing capabilities of our seas. And the orange idiot of the White House is ignoring and reversing climate initiatives and signing away the logging rights to large chunks of wilderness trees so that they can be converted into anything but the life sustaining link that they are in the chain of life on the planet. If things continue as they are, it just might give a whole new meaning to “someone being a complete waste of air and water”, but if things are allowed to carry on unchecked to that point, I guess it just won’t matter anymore.



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Planet Waves

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



Aries (March 20-April 19)
Sunday’s Full Moon in your birth sign has probably coincided with a wave of new developments in your life, some of the most significant of them centered around intimate partners. Two questions bubble up to the top right away: one is, who is setting the terms of your reality? Who is choosing the parameters, limits and definitions by which you live? Whose interpretation of who you are do you accept as valid? Second, what would this experience be like if alcohol and consciousness-changing substances were subtracted? You may have to speculate there, though imagine a somewhat tidier situation, where events are less episodic and more of a continuous story where everyone remembers what happened last week. Meanwhile, in the Fun Department, if you’re feeling confident of your surroundings and the people you’re traveling through life with, you will have some exciting “peak experiences” if you want them. And if you do, come down gently.

Taurus (April 19-May 20)
Your chart is commenting on the nature of “self and other” in your relationships. There are many points of contact available, though not often the ones that you’re expecting. Expectations are usually a good thing to set aside in relationships, as they tend to drown out passion and honest exchange. The last thing people need but usually the first thing they face is living up to projected concepts of identity. And that is not happening for you now; you are reinventing yourself on an almost daily basis and would be wise to set aside any expectations you may have for who you are. This is really the essence of the matter. You’re not accustomed to so much inner change, nor are you partial to it. Yet there’s a fiery essence to your nature that wants to burn off the dross of your past incarnations. As far as relationships are concerned, here’s a bit borrowed from Fritz Perls: “You are you, and I am I, and if by chance we find each other, it’s beautiful. If not, so be it.”

Gemini (May 20-June 21)
Sunday’s Full Moon is in your house of being the life of the party. Correspondingly, the Sun is in your house of art, sex and creativity. This sets up a dynamic where you may be wondering where and how to devote your energy: to matters of a private or internal nature, or a more public and social nature. You may be able to strike a balance, though it will be more like a stretch. I can see the temptation to celebrate and party like it’s 2019 (the best thing since 1999). Yet as far as your astrology is concerned, my take is that allowing yourself to be drawn inward will be the more rewarding, productive and pleasurable direction to go. It will also be more challenging than painting the town red, and your friends might miss you and all of that. Yet this particular astrology is rich with potential, ideas and a level of daring that is rare for you, or for this world: the stuff of which artists are made. And of which you are currently made, or have extra access to. So make the most of it, which means honoring and valuing what you discover.

Cancer (June 21-July 22)
This weekend’s Full Moon reaches across the professional angle of your chart, where matters of reputation, accountability and authority are mediated. I would say you’re on notice not to play fast and loose with anything related to the matters of this house (the 10th, one of the most important of the lot). Rather, make deliberate decisions, and delay until after the Full Moon before you put them to work. In fact it may happen that by Monday morning, you will have

completely rethought your strategy. And you may rethink it again today. There is no rush, only whatever boundaries the calendar prescribes. Therefore, take your time, which means use your time well. Meanwhile, the gift of your astrology at the moment is to allow yourself the freedom to think in highly creative ways that break the mold of the box of limited thinking. Have the guts to see things differently, which means looking at your life and your responsibilities in ways that may shock you a little. There is something about you that was born for the times we are living through.

Leo (July 22-Aug. 23)
The world is bigger than you imagine, and this weekend’s astrology (particularly the Aries Full Moon) will give you a push in the direction of some other shore. You are bigger than you imagine, and this Full Moon is about self-discovery more than it is about anything else, in the sense of altering the scale of your life. This begins with your perception of who you are, which by all rights is feeling a little restless at the moment, like you want to stretch. That means pushing some boundaries with yourself, and getting out of your comfort zones. To do that, all you need to do is find something you’re curious about, that you don’t usually do, and then do it. It does not need to be far away from home, though you might want to travel a little to get there (to activate the 9th house, which is what I’m talking about; driving at least an hour will get the party started). What you want is more than armchair travel, or experience you get from a book — or worse, an app.

Virgo (Aug. 23-Sep. 22)
Be cautious involving others in your finances, particularly over the next few days. Avoid entering commitments, agreements or contracts at least until Sunday’s Full Moon is well behind you. The present astrological climate may reveal certain shortcomings of current or past involvements, particularly ways in which you may have compromised your identity for the sake of a relationship. Any shakeup will come as a result of you waking up to your needs and desires. The grand planetary picture describes you honoring your own values, and also being true to your word. If your values or point of view have changed, that must be included in your calculus. You’re long past the point where you can be involved in any relationship that does not fully include who you are, or one where you somehow fail to include yourself. At this stage of your life, it’s crucial you find ways of discovering yourself that do not involve intimate relationships.

Libra (Sep. 22-Oct. 23)
It may go against your nature to assert yourself, though you’re discovering it’s the only thing that gets results. Said another way, you cannot wait around for someone to take a survey and to express their concerns about you. What you’re learning is how to burn off the lingering guilt associated with being real about who you are and what you need. Think back on all the times you hesitated because you felt guilty bringing your reality to the front of your life. If anyone resists, gently persist. You may be surprised how quickly bluster and bravado give way to a more sensitive state of mind when you maintain your point of view. You don’t have to lurch at anyone; just stay put and insist on a real conversation. It will not take long before you get it, and when you do, it will be best if you know, in advance, exactly what you’re seeking. And when you get it, be happy.

Scorpio (Oct. 23-Nov. 22)
Planets are collecting in your sign —

Inky Needs a Home

Have you heard of Curious George? He’s an orangutan so he and I don’t look alike, but we have curiosity in common. I’m curious about everyone and everything. People say I’m also affectionate and a good lap cat. Come to the shelter and ask for Curious Inky!

Go To www.vipp.org

To view adoptable
Cats and Dogs



Mercury, Venus and Pallas Athene among them, and the Sun will soon follow along. Yet something more interesting is about to happen, which is that Mercury will station retrograde in your sign conjunct Pallas, which is the asteroid of negotiation, law and strategy. Here’s the thing: you don’t want to be too strategic where your personal relationships are concerned. Rather, though it in some ways contradicts the tendency of your current chart, listen and be sensitive. There may be some occasion for you to reflect on the past, which I suggest you do. You don’t need to announce this, nor do you need to account for your review process, though at the end, you may want to share what you learned from your inner journey. You will know that you’ve found some approximation of the truth when you can account for the viewpoints of everyone involved, and have some tangible take-away in the present time. Note, this process works its way out through November. There is no rush, though that’s not an invitation to waste time.

Sagittarius (Nov. 22-Dec. 22)
Sunday’s Full Moon will support many of your goals and endeavors, so many that you want to focus on your priorities. There seem to be a couple that you have not articulated to yourself, though they are percolating around the back of your mind. What are those about, and to what extent do they involve someone else’s priorities for you? It seems that someone is advancing their agenda on you, and that you are agreeing, incrementally, to something that may be part of a larger plan. I suggest you study the pattern of your decisions over the past year, and see if they match the plan you had articulated for yourself 12 months ago. You have time to size up your situation and apply any course corrections you need to make before Jupiter, your ruling planet, leaves your birth sign on Dec. 2. The mission of your life for the foreseeable future is staying in close contact with your values and motives, and making your choices on the basis of those alone. Others may have their say; you have the final vote

Capricorn (Dec. 22-Jan. 20)
You tend to run hot and cold on the matter of self-assurance. By that I mean you tend to jump from over-confident to panic attack in a rather short time. True confidence does not look or feel like swagger. It contains more doubt and consideration than is presented in the movies or on television. The panic attack or security crisis is generally not part of a deliberative process; it’s connected to something else. If you are making an important decision, it’s essential that you consider your concerns and be responsive to them. That means addressing them now,

rather than when time and circumstances are more pressing in a few months. Some of these matters involve your family and your relationship to them. Some of them land right in the four walls where you live today, and involve your ability to be yourself, and to live your life your way. You cannot deceive yourself about this; you need to be honest about both “your life” and “your way” — and your ability to engage those truths.

Aquarius (Jan. 20-Feb. 19)
Be mindful of what you say, how you say it, and to whom over the next several days. You live surrounded by amplifiers of your own voice, and you also live in a world (along with the rest of us) where mistakes go further and nothing is ever deleted. You might even keep your opinions to yourself, to the extent that’s possible, and instead, invest the next few days into observing and learning. This could be about the world, it could be about where others are coming from, and most of all, it includes what you personally think and feel. Remember that ultimately this is a private, inner experience, though one that has in a sense been cast to the four winds of our “communication”-addicted society. Yet most of what happens is not communication but rather broadcasting. The word communication literally means, “to make common,” which is to say, about something we might have in common. That notion barely exists now, though you are depending on it.

Pisces (Feb. 19-March 20)
This weekend’s Aries Full Moon is another reminder to keep your focus on your finances. That means the big picture and the smaller one, mostly on the level of developing and engaging a coherent plan. Money is a habitual matter, and it’s not always easy to change your personal patterns. It helps to see what they are — and then to notice what that says about you. Pisces is famous for “shopping therapy,” which is not really therapy at all; and to the extent that it is, it can be done in miniature. (Soap is cheaper than perfume. Repairing an old pair of shoes you love is a lot cheaper than buying new ones. That kind of thing.) I suggest you place your emphasis on maintaining what you have, and on ensuring that others in your life are not spending your money or running up your bills in a way that you’re not fully aware of, don’t understand, cannot approve of, or cannot afford. Maintain your basic law and order over your priorities and your accounts.

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

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Spiritual Smart Aleck

By Mary Tuel

Eat Less, Lose Weight: Right

Last July I went in for an annual checkup and was given a thumbs up. I was perfectly healthy for my age and condition.

A month later I was diagnosed with breast cancer, but that’s another story.

Because the local clinic has been going through providers like someone with allergies goes through Kleenex, when I went in for this exam, I saw a person I’d never seen before.

She looked me over, approved of my various test scores, listened to my lungs and heart, and was about to tell me I was fine, but she could not let me go without doing her duty as a medical person.

She felt compelled to speak to me about my weight.

“It’s about portion control,” she said, holding up both hands as if about to catch a volleyball and then drawing them closer together to catch a softball, to indicate smaller portions of food. “You need to use portion control.”

Don’t eat so much and lose some weight. Simple.

She was so nice, and I really liked her. So I didn’t laugh in her face.

I could have, and I could have said something like:

“I am seventy-one years old. I have been on more diets than I can remember. I have lost hundreds of pounds. You are looking at the result of successful diets.”

But like I said, she was nice, and I liked her, so I didn’t laugh at her or tell her what it’s like being a fat person in a thin-obsessed world.

I was put on diet pills by my family doctor when I was a teenager. That did not turn out well. When I ran out of pills sometime later, I did not realize I was addicted. I had mood swings, I fell asleep at my desk at work, I alienated a friend or two. Lost that job, had to move out of my shared apartment because I could not pay my rent, and ended up couch surfing in San Francisco.

Eat less and lose some weight: I have counted calories; used Weight Watcher points; attended other weight loss groups (every diet works for a while); gone to Overeaters Anonymous (3 meals a day, nothing in between, 1 day at a time); became a vegetarian and lost weight (but my hair died); often lived on skinless chicken breast and steamed broccoli and



little else; choked down a plain rice cake while everyone else had mashed potatoes with gravy; had two cups of popcorn with nothing on it as a special snack; carefully measured and weighed my food, and measured lo-cal mayo and lo-cal margarine in teaspoons. Fun fact: when you spread lo-cal margarine on toast little water droplets come out of it.

I looked up calories and carbs in books until the pages were tattered and worn, and kept food journals to track everything I ate, how many calories and carbs it had, and what my totals were at the end of each day. Filled notebooks with these numbers.

Stopped eating all dairy on the advice of a naturopath. He said that would cure my migraines. Lost sixty pounds. Still had the migraines.

Every single time I controlled my portions – my meals – my calories – I would grow weary after months of eating obsessively – putting what food I consumed and how much food I consumed above everything else in my life – and then I would lose control.

Soon I would be eating any old way and living my life for other things: music, friends, family, books. I would gain back all the weight I’d lost, and usually a little more, because losing weight freaked my body out, apparently, and it wanted a bit more of a cushion if another famine struck.

This is a common thing for dieters – lose ten pounds, put on twenty. Lose fifty, put on sixty-five.

It would be nice not to be fat, but every diet has been a lot of hard work for temporary non-fatness (I have never been thin), and then I ended up fatter.

My husband Rick was the opposite. If he missed a meal, he lost five pounds. He complained about not being able to gain weight, and he complained about women saying, “I hate you,” when he complained about not being able to gain weight. He didn’t think that was nice.

“It’s the same problem!” he ranted.

Well, yeah, maybe, I guess, the same in that he could not control his weight, but he did not have the whole world shaming him for being thin.

Fat people do have people shaming them for being fat.

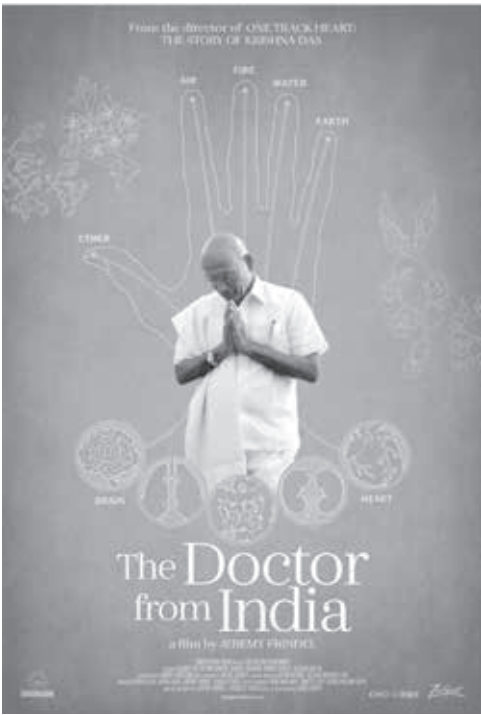
So, anyway, when this extremely nice well-intentioned woman held up her hands to describe portion control as part of her medical duty, I did not laugh.

She meant well.

The DOCTOR from INDIA

Ayurveda is considered by many scholars to be the oldest healing science. In Sanskrit, Ayurveda means “The Science of Life.” Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the “Mother of All Healing.” It stems from the ancient Vedic culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples. Some of this knowledge was set to print a few thousand years ago, but much of it is inaccessible. Ayurveda is the art of daily living in harmony with the laws of nature. The aims and objectives of this science are to maintain the health of a healthy person and to heal the disease of an unhealthy person. Both prevention (maintenance of good health) and healing are carried out by entirely natural means. According to Ayurveda, health is a state of balance among the body’s three fundamental energies, or doshas. Vata –quality of movement, pitta –quality of transformation, and kapha – building block materials. And an equally vital balance among body, mind and consciousness.

The DOCTOR from INDIA is a meditative and immersive portrait of the life and work of Dr. Vasant Lad, the holistic health pioneer who first brought the ancient medical practice of Ayurveda from India to the west in the late 1970s. Integrating his gifts as both a healer and a mystic, Dr. Lad has dedicated his life to sharing what is considered the oldest healthcare system on earth in the complex medical landscape of the United States. This is the beautiful and inspiring story of a man who has for decades been quietly at the center of a revolutionary movement to change



the way we care for our bodies and our spirits. Directed by Jeremy Frindel (One Track Heart: The Story of Krishna Das) with an elegant musical score by Rachel Grimes, and featuring Deepak Chopra, Robert Svoboda, David Frawley, and Claudia Welch.

On November 5th, The Vashon Theatre will be screening the documentary THE DOCTOR FROM INDIA. This screening will be hosted by Life in Balance Ayurvedic Rejuvenation Center, Meadow Heart Ayurveda, Love Is My Religion and Barefoot Goat studio + kitchen. There will be time for discussion following the viewing of the movie. Light refreshments will be provided. Admission is by donation.

Green Tech Night, November 5, 2019 @ 6pm. The Vashon Theatre.

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday.

Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

Let’s Talk about Living and Dying

‘Talking about death won’t kill you.’ This quarterly session of Let’s Talk about Living and Dying will focus on the Fall, 2019 issue of YES magazine, ‘the death issue’. It will be held Sunday, November 3rd from 1 to 2:30pm at the Land Trust Building on Bank Road.

Kim Eckhardt will discuss ‘The Story of Death is a Story of Women’ Reminding us that “a little more than a century ago we died at home” and how and why death management and the funeral process have shifted. “Pre-civil war, it was typically individual and community centered and often female led. Currently, it has grown into a male dominated system of high costs, with sterile rituals and staggering environmental impacts. Kim will encourage us to rethink our society’s denial of death culture.

Jane Neubauer will engage you with stories of alternative methods to honor death and ‘Making Space for Spirits Among the Living’. “Other cultures have introduced diverse ideas about what happens after death and ways to keep ancestors and dead loved ones close.” Jane will especially focus on rituals and altars and how they can support your grieving.

Susan Pitiger will offer her experience of ‘Bringing Back a Visible Mourning Culture’. “America has scrubbed our society clean of anything that bespeaks death. We no longer wear black to commemorate that we are in mourning asking to be witnessed in our grief.” How do we mark the absence of a loved one?

We will break into small groups to talk about “7 things people forget to do before they die.” You are encouraged to take a look at the YES magazine at the library before the session. We hope you can join us for this next session. There will be tea!

Let’s talk about living and dying meets quarterly and is a part of Vashon Conversations that focuses on supporting people to finish their Advance Care Directives. For more information call Jane Neubauer 206 567-5404; Kim Eckhardt 206 678-2204; Susan Pitiger 206 818-4232

Buddhist Study Series

The Puget Sound Zen Center invites the Vashon community to study the foundational and much misunderstood Buddhist concept of Emptiness. This class will take the Heart Sutra as a starting point to look at the meaning and relevance of Emptiness as a Buddhist concept and as a practice. Readings from Red Pine, the Dalai Lama, Thich Naht Hahn, Meister Eckhart and Thomas Merton are included. Thursdays, 7-9 pm, October 24 – November 21 at Havurat Ee Shalom Building, 15401 Westside Highway. Registration and more details atpszcz.org.

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Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

Island Epicure



By Marj Watkins

Hot Soup for Cold Days

As we slide further into fall, daytime and nighttime lower temperatures nudge us to wear sweaters, put extra blankets on our beds, and to cook hot, high protein, high carb meals. Also, there’s nothing like a hot soup to warm us when a brisk and chilly north wind whistles around the house. Bouillabaisse, the French seafood stew, comes to mind. Today it came to our dinner table.

Bouillabaisse can be a little different each time the chef makes it. Its basic ingredients are one or more kinds of fish, plus other sea foods, combined with tomatoes and other vegetables and broths. The ingredients depend on what’s in our freezer or at the supermarket’s seafood section. Tonight we found frozen boneless white filets of tilapia and a packet of shelled shrimp. We still had to get the plastic-like tails off the shrimp. To add color, and for vegetable nutrients, we put in lima beans and diced tomato. A few appropriate dried herbs rounded out the flavor.

Since there were only son Steven and me to enjoy dinner tonight, our bouillabaisse used the quantities given below. To serve four to five people, just double the ingredient quantities.

Bouillabaisse Extraordinaire
Serves 2 generously

- 1/3 pound shrimp
- 1 bay leaf
- 1 slice lemon, optional
- ½ teaspoon salt
- Water to cover

- 1 large tilapia or sole filet
- 2 Tablespoons lemon juice
- Lemon pepper, optional
- Dash salt
- 1 Tablespoon butter
- 1 cup frozen lima beans
- 1/4 to 1/3 cup canned diced tomato

- Broth from cooking shrimp
- Sprinkling of Italian herb mix

In a small saucepan, cook the shrimp, cool it enough to handle and pull off any tail or shells it has. Melt butter in a small skillet. Add the fish filet. Sprinkle with salt and the 2 tablespoons of lemon juice. Cook gently until fish is opaque. Break it up into bite size pieces. Reserve.

Cook the lima beans until quite tender.

Combine all the ingredients in one soup pan. Include the broth from cooking the shrimp, and any juice from the tomatoes plus any liquid that the fish sweated out. Sprinkle the bouillabaisse with Italian herb mix. Stir. Taste and add more salt and/or black pepper if needed..

Complete the menu with toasted and buttered Bavarian rye bread and a salad of washed and dried spinach leaves and diced red pear. Offer garlicky ranch dressing, or Greek yogurt as a dressing.

Nutrition tip: The iodine in seafoods helps your master gland, the thyroid, do its job of keeping all your other glands at their respective jobs. It is said that the thyroid gland lives on iodine. What we get in iodized salt helps, but eating seafood at least twice a week gives your thyroid, and your brain much needed nutrition.

Portland to Vashon



Chris Pureka, Courtesy photo

under her belt, and is an award winning poet. Beth’s mission is to raise the vibration through word and sound. When you see her live you’ll understand why Beth has long been one of the most beloved singer-



Laura Gibson, Courtesy photo

Often called a “force of nature,” Ara holds court on stage like a modern-day mystic.

Thursday, October 24 | 7:30pm

Advance Sales: \$15/ Student, \$20/VCA Members, \$22/Seniors, \$25/General \$30/VIP – first 2 rows
Tickets are available at Vashoncenterforthearts.org.

Vashon Center for the Arts and Debra Heesch are bringing Portland to Vashon with the exceptional talents of Chris Pureka, Laura Gibson, Ara Lee James, and Beth Wood, for an unforgettable evening of music.

Chris Pureka is a Portland-based singer-songwriter whose bold vulnerability in processing the intimacies of her life in song has long appealed to those listeners who crave authenticity. She’s earned accolades from such distinguished taste-making outlets as The New York Times, Paste, Magnet, Billboard.com, and The All Music Guide. Along the way, Chris has remained fiercely independent, selling nearly 50,000 albums through her own label, Sad Rabbit Records.

Laura Gibson is an internationally acclaimed multi-instrumentalist, singer-songwriter and producer, born and raised in the small Oregon logging town of Coquille. Her most recent album Goners (Barsuk/City Slang) is a meditation on grief and empathy which The Fader described as, “so incessantly beautiful that one cannot help but want to gently crack it open to get to its beating core.” The New York Times summarized its themes: “longing and instinct, and whether they can ever converge.”

Texan-raised, Oregon-based singer-songwriter Beth Wood has won almost every major songwriting competition in the United States, has 20 years of touring and 11 studio albums



Ara Lee James, Courtesy photo

songwriters in the industry.

Appalachia-raised, Vashon-based Ara Lee James is a singer, poet, and truth-teller with an unmistakable sound, commanding presence, and a voice that will leave you speechless. Ara has been singing professionally for over 20 years as an award-winning soloist, studio vocalist, and songwriter.



Beth Wood, Courtesy photo

As health care professionals, we believe residents of Vashon Island deserve access to local, quality health care. That’s why we support Health Care for Vashon, the campaign to create a public hospital district. By voting yes for a Vashon Hospital District, we can all work to:

- Keep a clinic open and available to all;
- Provide services better aligned with island needs;
- Safeguard our quality of life



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of a Public Hospital District

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- Andra DeVoght, PT, MPH
- Kim Eckhardt, PT
- Cliff Eckman, DMD
- Kim Farrell, MD
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- Mike Wagner, RN, CRRN
- Jessica Wesch, MD
- David Willingham, RPH
- Myra Willingham, PharmD
- Tyler Young, PharmD

Subconscious Population



The longtime island band Subconscious Population will play a free show on Friday, October 25th at The Red Bicycle. Subconscious Population is a band that everyone knows and is a huge part of our Island history when it comes to music. To say that this band was an inspiration to so many island musicians is an understatement. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps...you might have heard wisps of “Jah Lee Kali”, “Funkified” or “One In A Million” floating through the air...you just might have. Yes, one of the island’s most mysterious and captivating bands ever is back at it and having a blast blazing through their classic songs, as well as creating their own spin on some very cool covers. Like Pink Floyd’s “Wish You Were Here”or Jimi’s “All Along The Watchtower”.

fun and if you’re lucky, you’ll hear some of that from your porch, if the wind carries it just right. Now it’s time we call them out for one of their captivating magical mystery Halloween shows..... The original band dates back to 1980, with different members coming and going, but always centered around frontman Ron Hook. Santana was an early musical influence, but Sub-Pop soon created its own sound with a blend of reggae, jazz, blues, rock and country. Ron & Indigo Hook, Richard Lipke and Steve Brix will play their classic songs, as well as their own spin on several covers. The band prides itself on getting folks onto the dance floor.

Friday, Oct 25th, 8:30pm
Subconscious Population
The Red Bicycle
All-ages until 11pm, 21+ after that. Free cover!

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TRASH TALK

Looking for a simple way to reduce your use of plastics? Buy a bar of soap! It’s amazing how this tried and true staple has been replaced by a products in plastic bottles. Instead of that bottle of hand soap or body wash, buy a nice bar of soap instead. There’s a delicious scent or formulation for every need. Even better, look for ones that are locally made and minimally wrapped.

www.zerowastevashon.org

Earshot Jazz Fest

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 contemporaries like Ambrose Akinmusire, Gerald Clayton, Jon Batiste and many more. Twice selected as a Thelonious Monk Institute National All-Star and a 2013 YoungArts Jazz Finalist - he’s also had the opportunity to perform at the Brubeck, Monterey, Seattle, and Chicago Jazz Festivals -and- at internationally-celebrated venues like Dizzy’s Club Coca-Cola in New York, SF Jazz in San Francisco, and Club Vibrato in Los Angeles.

Friday, October 18, 7:30pm
Students - \$10 | Seniors - \$18
| VCA Members - \$16 | General - \$20 in advance, \$25 at the door
| Premium (first 2 rows) - \$30

Son cubano is one of the most popular musical styles in Cuba and Kiki Valera is one of its foremost exponents. Over the last century this style of traditional Cuban music contributed to many other genres including jazz, cha cha cha, mambo, salsa, songo and timba. Cuban son is the music that made the Buena Vista Social Club worldwide stars in the late 1990s but Kiki Valera comes from a family of musicians whose involvement with Cuban son pre-dates the Buena Vista Social Club by decades.

Kiki Valera is the oldest son of the famous La Familia Valera Miranda septet, a multi-generational traditional music group from Santiago de Cuba. Since the 19th century, La Familia Valera Miranda has played a significant role in Cuban culture by collecting and preserving



the deep-rooted traditions of the legendary Sierra Maestra mountain region. Their debut album, released in 1982, helped initiate the explosion of interest in traditional Cuban music.

Kiki, like most of his family, is a virtuoso. A multi-instrumentalist, composer, arranger, sound engineer and producer, he’s best known as one of the world’s greatest players of the Cuban cuatro, a mid-size guitar with 8 strings grouped in sets of 2.

Kiki picked up the Cuban tres under the guidance of his father Felix when he was a child. He later attended one of the most prestigious music schools in Cuba, the Conservatorio Esteban Salas in Santiago de Cuba, and by age 15 was touring

KIKI VALERA

FRI OCT 25 - 7:30 PM

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 Monday, October 21st, we bring you The Kings of Mongrel Folk: Mark Graham & Orville Johnson!

Why would two of the most talented, zany and widely-respected roots musicians in the United States - both of whom have appeared on Garrison Keilor’s

VASHON BREWING COMMUNITY PUB
Pub Music!
6:30-8:30pm • No Cover

Prairie Home Companion - choose to go on the road as a duo? Simple: Mark Graham and Orville Johnson love the magic when they play together as much as their audiences do. “People comment on that all the time,” says Orville. “They can



internationally. During his years as an electronic engineering student, Kiki co-founded the group Septeto Turquino. In the early 90s, he played cuatro and keyboards in the popular orchestra Los Karachi. By the mid-90s, Kiki was busy recording and touring with La Familia Valera Miranda across Europe and the rest of the world. Kiki continues to direct and perform internationally. He also performs and teaches in Seattle, Washington where he contributes to the vibrant music scene in the Pacific Northwest. His current project features internationally acclaimed recording artists Coco Freeman (former lead singer of Adalberto Alvarez y Su Son and NG La Banda), Leider Chapotín & Steve Mostovoy (on trumpets), Yanill Nario (on bass) & Pedro Vargas (ex-bongocero of Barbarito Torres band of Buena Vista Social Club fame).

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

tell we’re having a good time up there. We play on a lot of different emotions.” Friday October 25th we bring you Tim Couldn’t Make It! 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. You can see pretty pictures there too!

Monday October 28th we bring you The Tab Tabscott Trio! The Tab Tabscott Trio plays a nice mix of Happy Little Sad songs and Sad Little Happy Songs, coupled with fiery and emotional slide guitar sounds. Join them for an intimate evening of soothing sounds, delightful vocals, and solid rhythms from many parts of the globe.

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Burlesco Notturmo

Burlesco Notturmo’s “Enchanted” will magically appear at Open Space for a sensuous night of glamour and wonder. Doors open at 6:30pm, and at 7:30pm the evening’s illustrious acts take center stage to lure guests on a beguiling night of mystery and seduction.

The sensational Mme. X (and her lovable, silent lawyer) will cast a spell on the audience and guide the wide-eyed crowd through “Enchanted,” an evening of alluring beauty and camp. The show will feature sparkling new acts from the Atomic Bombshells and guest performers, as well as the lush music of the Burlesco house band, The Love Markets.

The Atomic Bombshells are one of the world’s most respected dance troupes. Founded by original members of the Shim Sham Revue in New Orleans’ historic French Quarter, the Atomic Bombshells have been described as “Polished, clever, and glamorous!” by Dita Von Teese herself.

Kitten n’ Lou, of Atomic Bombshell



Kitten n’ Lou, Photo by Michael Doucett

fame, have just returned from debuting brand new acts at the 17th annual New York Burlesque Festival. The resulting rave reviews were to be expected of this pair who were voted the #1 Burlesque Duo in the World in 2015. Described as “the wacky love child of vaudeville and club drag” (Australian Stage 2016) and as simply “GENIUS” (The Huffington Post), this thoroughly extraordinary duo has shared the stage with the likes of Lady Gaga and Tony Bennett. Accolades for the prodigious pair are as impressive at the show they put on. Come see what NYC audiences went wild for!

The renowned burlesque group also stars the bewitching Ruby Mimosa, a bodacious blonde originally from Hawaii. Her performances are a unique blend of athleticism, dance, theatrics and bubbly charm all at once. Ruby will dazzle you.

Fellow Atomic Bombshell troupe member Miss Indigo Blue will delight with her mesmerizing stage presence. Known as “The TwirlyGirl,” she is also Headmistress of the Academy of Burlesque, Founder of BurlyCon Burlesque Convention, and The Queen of Burlesque Miss Exotic World 2011. A lifelong student of dance, theater, and performance, Miss Indigo began stripping at the Lusty Lady in 1991 and starred in



the 2008 critically acclaimed documentary film “A Wink And A Smile” about her Academy of Burlesque. The Seattle Weekly has deemed her performance “Delicious.”

New to the Burlesco Notturmo stage is



Tony Tapatio

Tony Tapatio who has also freshly returned from performing at the New York Burlesque Festival. His hilarious and testosterone-fueled acts are always a crowd pleaser. A man of many talents, Tony was inducted into the US Air Guitar Hall of Fame in 2017!

You will be awed by the acrobatics of Terry Crane, a performer who walked calmly away with the circus at the tender age of 20. A veteran of the big top and the stage, he has performed in countless countries for various companies, including Teatro Zinzanni, Les 7 Doigts de la Main, and Circus Monti. He will enthrall you with his beautiful and dramatic performance.

Howl with our werewolf-loving house band, The Love Markets, the incomparable black slip beret band inspired by the decadence and political transformation of 1920s Berlin. The Love Markets deliver a delectable blend of playful mastery in their tunes—follow them down winding alleyways into forbidden speakeasies, and raise your glass to this merry band of outcasts: they’re right at home in Burlesco Notturmo.

Dive in, indulge yourself and let your tastebuds be charmed by the evening’s VIP hors d’oeuvres and VIP dinner brought to you by Chef Lia Lira of Bramblehouse. Gold Star tickets include the VIP hors d’oeuvres and VIP dinner plus a private post show party with the artists and a full dessert tasting table by chef Lia Lira.

Advance tickets are \$28, or \$35 at the door. Reserved table seats are \$42. VIP table seats are \$75. Gold Star tickets are \$155.

Get your tickets here: <https://www.openspacevashon.com/event/burlesco-notturmo-november-2019-enchanted-copy/>

Rebecca Albani Art History Lecture on Frida Kahlo

Rebecca Albani’s Art History lecture on Wednesday, October 23 at 11:30 am will be about Frida Kahlo. Kahlo took up painting after a devastating streetcar accident and wed Diego Rivera a few years later. She adopted a flamboyant persona, slugging tequila and taking lovers of both sexes, and used art as a way of combating her physical and emotional pain. Kahlo produced strikingly original and often unsettling imagery drawn from dreams and imagination; Surrealist Andre Breton described her work as like a ribbon wrapped around a bomb. Her own features provided the basis for her most frequent subject matter, and in Kahlo’s hands the self-portrait became an extraordinary expressive vehicle for autobiographical mythmaking. Kahlo also carefully crafted her own public image, and long after her death both her work and



Rebecca Albani, Courtesy photo

Auditions announced for Drama Dock’s summer musical play

Drama Dock announces a new Vashon-created full-length musical play, “Winghaven Park,” to be performed next summer, 2020 at Vashon Center for the Arts. Auditions are scheduled for the first two Saturdays in November for singers and actors eager to take to the VCA stage in a dreamscape of a show set in a small island community during World War II. Are you eager to audition for a truly beautiful story and musical play? “Winghaven Park” is written by Islanders Lisa Peretti (book, music, lyrics) and film composer Jason Staczek (music, lyrics). The songs draw on the diverse musical palette of the 1940s – swing, blues, ballads, musical comedy – with a balance of songs and spoken dialogue. The story is about the consequences of war and forgotten love in a rural island setting, with a wide-ranging cast of characters who find resilience through love and hope. “Winghaven Park” is directed by Charlotte Tiencken.

Parts are available for men and women, ages 10 and up. Auditions are 4-6 pm, Saturdays Nov. 2 and Nov. 9 at Vashon Methodist Church with



callbacks on Sunday, Nov. 10. Scripts are available for an on-site preview and read at Vashon Library. Please come prepared with one up-tempo song to sing, not more than one minute, and one monologue (not Shakespeare) not more than two minutes. An accompanist will be provided. Interested performers are encouraged to sign up for an audition time slot through the following link:

<https://www.signupgenius.com/go/20f0b4ca5af2ea1f49-winghaven>

Rehearsals for “Winghaven Park” begin in April. Performances run June 25-July 3, 2020 at VCA. For those unable to make the November auditions, another opportunity is in March in Seattle at Theatre Puget Sound’s General Auditions.

For more information, contact Drama Dock’s “Winghaven Park” producer Gaye Detzer, detzerubicz@comcast.net

Vashon Chamber Music opens 11th Season with a Classical Cabaret

The first concert of Vashon Chamber Music’s 11th season opens with Paul Schoenfeld’s “Cafe Music”, a jazz-inspired romp for piano, violin and cello. Vashon baritone Hugh Davis follows with a set of cabaret songs. After intermission we present Arnold Schoenberg’s Germany-between-the-wars expressionist masterpiece, Pierrot Lunaire. Famous for its use of Sprechstimme (“singspeaking”) by the solo soprano, this piece stunned audiences when premiered and continues to captivate audiences today. Artists featured on this program are Dawn Padula, soprano, Maria Sampen, violin,



Dawn Padula



Hugh Davis

Jennifer Rhyne, flute, Mary Kantor, clarinet, Tanya Stambuk, piano, Anna Wittstruck, conductor and Rowena Hammill, cello/piano.

The concert takes place on October 27th, 7:30pm at VCA. Tickets are available online at vashoncenterforthearts.org or by calling (206)463-5131.

her flamboyant persona still inspire young artists who thirst for self-invention.

Tickets are \$10 in advance, and \$15 at the door. Student tickets are \$5. Tickets are available at Vashoncenterforthearts.org.

Albani’s Art History series, which is part of VCA’s TALKS on the Rock lecture series will continue with:

- Faith Ringgold, January 15
- Louise Nevelson and Louise Bourgeois, February 26
- Maerican Neoclassical Sculptresses in Rome, March 25
- The Impressionist Garden, April 22

Make a date with Vashon!
www.VashonCalendar.com

Vashon Library Events
Art & Music Events
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Find the Loop on-line at
www.vashonloop.com

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Halloween approaches! What does Tom have up his sleeve this year? We all eagerly await. How many pieces of candy will we give away this year?

Bo's Pick of the Week: TONS of cute crawl-in beds for the wee ones. Sorry big dogs, but your turn will come.



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