

Vol. 16, #22

Vashon Calling CD

Join us for the celebration of Vashon Calling - A compilation album of Vashon Musicians performing original songs. The event will include performances by the artists on the album as well as other Vashon singer-songwriters performing original music.

The album includes the following songs:

Pete Droge & Elaine Summers - Island Jeff Kanzler – If You Ever Wish Sarah Christine - By the Sea JD Hobson - Darkest Hour Has Passed Rachel Harrington - House of Cards Ian Moore - Saturday Night Danny Newcomb - Complicated Kat Eggleston – Home Rusty Willoughby - Cobirds Unite Publish the Quest - Then What!? Saint Ophelia - You Are Allison Shirk - Break My Heart

Martin Feveyear - A Sound That Breaks The Heart

Vashon Calling Album Release Celebration, Friday, November 8th. Open Space for Arts & Community

At 6:00pm, there will be a silent auction and drinks and beverages available for purchase. This will be a relaxed atmosphere with pub tables and chairs to enjoy spending time with your friends and neighbors.

Then at 7:00pm, the entertainment will begin. The event will be emcee'd by Vashon Events Co-Director, Allison Shirk.

You will enjoy live performances from Allison Shirk, Chris Ballew, Chuck Keller, Danny Newcomb, Ian Moore, JD Hobson, Jeff Kanzler, Kat Eggleston, Madeleine Wolczko, Martin Feveyear, Pete Droge & Elaine Summers, Rusty Willoughby & Jennifer Potter, Saint Ophelia and Sarah Christine.

The event is a fundraiser to support

Vashon Events Presents VASHON CALLING Album Release Celebration Friday, November 8th at 6pm Open Space for Arts & Community

FEATURING DERFORMANCES IN: PETE DROGE & ELAINE SUMMERS IAN MOORE I CHRIS BALLEW KAT EGGLESTON I DANNY NEWCOMB JEFF KANZLER I MARTIN FEVEYEAR RUSTY WILLOUGHEY & JENNIFER POTTER SARAH CHRISTINE | ALLISON SHIRK JD HOBSON | SAINT OPHELIA MADFI EINE WOI CZEO MADELEINE WOLCZKO nts.org or \$15 at de Tickets \$10 at www.vashonevents Doors/Silent Auction 6pm | Perfo



Vashon Events, a nonprofit organization whose mission is to inspire and connect the community by promoting and producing extraordinary music experiences and supporting musicians by providing access to instruments, education, resources, and opportunities for paid performances. We would love your support by coming to the show and enjoying the music! Running the sound board and mixing the show will be Martin Feveyear, so everyone will be in good hands!

Supporting sponsors for the Vashon Calling CD Showcase are Sue Carette of Windermere Vashon, The Dove Project, John L. Scott, The Lodges on Vashon, Susan Lofland at John L. Scott, Vashon Brewing Company and 4Culture Naked Sports Innovations, Terrapin Tile, Debra Heesch & Women Hold The Key.

Tickets are \$10 in advance and \$15 at the door.

Ticket link: https://www. vashonevents.org/support-us/ vashoncallingevent

VCC launches new memory care wing



Rendering of the new memory care dining room

By Anne Atwell

Vashon Community Care broke ground the new memory care "neighborhood." About 40 people attended the event, including many passionate supporters. It was a happy day for all involved because it marks the beginning of an exciting new chapter in VCC's history.

Why is this an important milestone? Because--from assisted living and respite care to memory support--VCC can now provide a better continuum of care with a wide range of services to meet the diverse needs of the island's fastest growing population: people over 65. It's a new model, one that allows us to customize care for individual residents as they age. What's different than before? When we closed our skilled nursing unit last summer, we simultaneously acquired a new license that allows us to provide many of the same services as skilled nursing, as well as some we were not providing before. This "heavier care" is available no matter where residents reside, either in assisted living or memory care. Working with families and outside support services, we can fill gaps, like physical therapy and hospice, so that residents can live out their lives here.

The memory care neighborhood--a renovation of VCC's old skilled nursing wing--is scheduled to open early in 2020. We call it a neighborhood because it's part of our community which includes both assisted living and memory care.

Funded in large part by generous donations from Vashon residents, the renovated wing will be bright and homeywith 16 comfortable studio apartments, cozy communal spaces (see images above), and a lovely garden space - for people who struggle with significant memory loss. VCC already has a five people on a waitlist.

Memory care is different than assisted living in that it focuses on each resident in the moment as their attentions demand. With a smaller ratio of residents to nursing assistants, residents will get individualized attention from caregivers.

Vashon Community Care has been on the island, in one form or another, for more than 90 years. While our model changes with the times, our commitment to provide a caring, and compassionate home for Vashon's seniors, remains the same.

In December of 2017, Vashon Community Care affiliated with Puget Sound-based, Transforming Age. Transforming Age is a leading not-forprofit organization committed to improving the lives of older adults through community housing and services, technology development, research and advocacy. Founded in 1956, the organization operates communities in the Seattle area, Minnesota and Nebraska. Transforming Age is formerly known as Presbyterian Retirement Communities Northwest (PRCN.)

The affiliation is a partnership between two non-profit entities in which Transforming Age has taken on the leadership role, managing day-to-day operations and restructuring VCC's business model to increase revenue while continuing to provide the highest level of care. Under the affiliation, VCC retains its separate 501 (c)(3) status while the Transforming Age board of directors maintains fiduciary, strategic and governance oversight.

The Road to Resilience

Planning

About 50 years ago, I got a bachelor's degree in urban planning. After a brief stint with the city of Chicago and then in the Peace Corps, I came to see a raw and ugly political side of planning within the auspices of a city government. In the early 70's, I rejected a career in urban planning and instead decided to apply my planning interests to the "back to the land" movement. I applied myself to become more resourceful: to build, make and grow everything myself. Even back then, I felt that the future would be a radical departure from the world we now live in. Not a popular idea then; I wondered whether I had gotten off on the wrong planet. Today, unfortunately, my long-time suspicion is finding a wider audience as the failings of our ideas and institutions have become much more blatant than they once were. The problems lie deep within our economic and political systems, and the inequality and climate crisis that arise from them create economic, political, and, therefore, social instability that defies prediction or control of likely futures. We have never been more in need of planning for the future than we are today. Planning has been the task of combining current trends and institutions

By Terry Sullivan,

with desired goals and extrapolating these into a workable future. The problem I've found is that many of the current trends and institutions are inimical to our goals-we literally can't get where we need to go on the horse we are currently riding. We need to plan, but we need to get our society off one horse and onto another before we can proceed. Yet we continue to try to tweak the existing institutions so as to produce results that go against the nature of those institutions. For instance, we have housing and healthcare crises that are the natural result of institutions that serve needs with commodities on the market place. If we want to plan for a better result, we will first have to change those institutions. If we don't, we will continually try to make things right by paying off the predators. The other difficulty with planning today is that we are headed into unknown territory. Not only is it impossible to predict the timing and extent of the environmental challenges we face, but the political, economic, social, and personal changes necessary to confront the existential climate crisis are unprecedented. Our first step in planning is to define the values that are important to us and change the institutions that are blocking them. We can have Continued on Page 6



Memory care wing TV room



The island home experts



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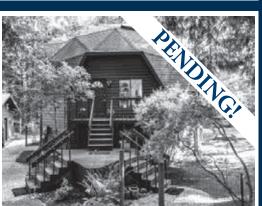


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www.windermerevashon.com



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We're an adorable brother and sister who were born last summer. Soon we'll graduate with honors from VIPP's charm school where we've majored in human companionship. Then we want to apply for work together in a quiet indoor home with people who can be patient as we get to know them. Are you hiring? Contact VIPP to schedule a job interview with us!

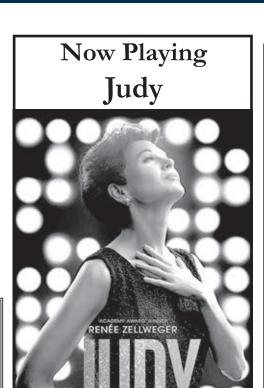


Ladies Night Thursday 6pm to close

50% off All Glasses of Wine

50% off All Well Drinks

50% off All Draft & Bottle Beer



The Vashon Loop

Contributors: Kathy Abascal, Eric Francis, Terry Sullivan, Orca Annie, Seán C. Malone, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons: Ed Frohning

Ad sales and design: Steven Allen Phone 206-925-3837 Email: ads@vashonloop.com

Editor: Steven Allen Email: editor@vashonloop.com **Publisher: Steven Allen** PO Box 1538, Vashon, WA 98070 Phone 206-925-3837

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Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out November 14



Coming Soon

Wandering Reel Film Festival Playing November 1-4

Greentech Night: The Doctor From India November 5 @ 6:00 pm

Met Opera: Madama Butterfly November 9 @ 10:00 am

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

For show times and info check www.vashontheatre.com

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Get in The Loop

Submissions to the Loop

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

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 overlyburdening the tax payers.

Vote Yes for Parks and Recreation!

Scott Harvey

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 **Response to Mr. Jenkel** Thank you, Mr. Jenkel for your response to my letter to the Loop.

I would like to clarify a couple of points for the readers. First you site a different RCW 70.44.007: "Definitions for a Hospital District" whereas I have asked people to read 77.44.060" Powers and Duties of the Hospital district", it's on the ballot. It gives the district commissioners the right of Eminent Domaine which I believe should only be used by railroad barons and local utilities. There are 54 sections of RCW 70.44 to read. The Legal Manual put out by the Association of Washington Public Hospital Districts goes from Governing Legal Authority to Dissolution of Districts. In the final Chapter, 70.44 RCW is silent on how a public hospital district may be dissolved. However, chapter 53.48 RCW makes a uniform procedure to ensure that all debts are paid off before dissolution and must be approved by a Superior Court.

For a long time, there has been the idea that the old clinic building is out- dated and ready for the trash heap. Talk of a new "facility" is already being raised. Maybe only one story instead of two? At what part of that discussion would Eminent Domaine be raised? On the main road, uptown for convenience, close to the Fire Station? And no, it isn't too early to discuss this issue.

If I suggest that the goal is to keep Neighborcare here, I guess I am confused. You are promoting the Hospital District at tea parties while being a member of the Board of Neighborcare. As such, you are their defacto representative in the community.

I know we both care for this community and want only the best for our residents. My approach would be a more measured one that did not require the heavy hand of Washington State finality. It should not cost all residents tax dollars to discuss failure and potential success with regards to the island's health.

Respectfully, George Wright

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Meaningful Pathways to Well-Being

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- 2. Develop clarity about what matters to you.
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\$10/meeting in package of four meetings or \$15/meeting. Fee adjustments as needed. Ongoing enrollment starting November. Call for details. Laura Worth, MSW has been "helping clients find their way for a quarter century." 206-463-9283,

www.coachworth.com.

This is a "life coaching group" where my approach to facilitation is multi-generational, specializing in work with older adults.

Chaos, Climate and Creation An evening with Michael Meade

Michael Meade, renowned author, mythologist and storyteller, brings his unique blend of timeless and timely tales and a unique mythological viewpoint on climate change and cultural confusion to Vashon. As the disorder in the world increases, most ideas of the future become fatalistic. Yet, the situation only

seems "hopeless" when viewed from the narrow logic of a collapsing world view. Old ways of seeing the natural world are blocking more vital paths of vision and healing of both culture and nature.

The point is not simply evolution or progress, rather there needs to be a collective shift in how we see and understand the world. Transformation is required to move us from despair and overwhelm to

The Vashon Loop, p. 3

WOW! - our first reaction to the \$60,000 campaign (so far) to create "Protect Vashon Healthcare" for a 'Small Town' tax proposal. True, we were impressed with our neighbors' work - Tim, Tag, Annie and John - the ubiquitous yard-sign posters, careful small salons of 'Yes' voters, large Beachcomber ads.

Then we looked up the WA Public Disclosure Commission reports of their income. Asking who's doing the very, very professional work in our "small town". About 1/3 (\$20,000) donated by a medical workers union. Another 1/3 (\$20,500) came from just 3 households. Turns out, major campaign work was done by big-league consulting firms from Seattle and the other Washington, with local marketing by Beth Lindsay. Smart money indeed, mostly from just 4 sources??

WOW!! again. Sitting on the fence all year with friends like Hilary, we worried about the scarcity of actual information. The last Candidates Forum was mostly versions of: "give us a year to tell you what you approved last year and then we'll give you the done-deal tax bill". We also worried about the "bullying" of voters with actual concerns. Well, we're off the fence now, like Humpty Dumpty. \$60,000 for professionals really worries us.

Yes we remember the "No" vote in 2006 on the same issue. Funny thing though, Commissioners were approved then but didn't take office when the taxation vote failed. They just went away. How about a new approach: vote NO on the tax, approve the 5 Commissioners you like, ask them to work for a year as unpaid volunteers (as promised anyway) to give us a real plan, then a vote on a well-informed proposal to spend the mega-millions in tax and bond-debt money available to Vashon/Maury citizens.

Seems like a winner to us, but we ain't professionals. Bernie & Jackie O'Malley, Dilworth

Indivisible Vashon Monthly Meeting

The Vashon-Maury community is invited to attend the monthly meeting of Indivisible Vashon on Wed, Nov. 6th at 7-8:30pm at Vashon Co-Housing Common House (doors open at 6:30pm). Share snacks, lively discussion, and activities with other progressives. We will be talking about Nov. 5th election results for Vashon and surrounding areas, and getting your input on potential plans for 2020. Also, take the opportunity to sign-up for one or more of Indivisible Vashon's Focus Groups: Write to Resist, Immigration/Refugee, Legislative Action, Building a Progressive Majority, Election Reform, and Healthcare. For more information, see http://www.indivisiblevashon.org/event/ivmeeting-11-6-19/.

Letter to Dow Constantine

This is the Letter I sent to Dow Constantine concerning Vashon's neglected roads:

50 years ago Vashon had nice roads; they were chip-sealed on a biennial basis. 40 years ago the first metro bus showed up on Vashon. 30 years ago the foot passenger ferry was put to Vashon. Since public transportation encroached on our community, the chip-sealing program ended.

Vashon is a cash cow for King county: There's more than enough money to maintain quality roads (the most basic of infrastructure). Public transportation hasn't solved anything; it doesn't get people off the roads when they're not commuting. King County's efforts to get people out of there cars has certainly worked. Now they operate giant SUVs and trucks.

Except for the main highway, the roads are in libelous condition now days. Not only are they dangerous; they're having a negative impact on the environment. Lighter weight alternative vehicles get destroyed by neglected roads.

Our local roads division informed me that Vashon-Maury Island has 160 miles of paved road ways (it hasn't changed much in 50 years). Given a generous estimate of 20' wide, the paved area of the roads works out to less than 2% of the land area of the island. Any argument that chip-sealing our roads will impact ground water is nonsense. The growing population will do far more damage: People pollute. 17% of our spiraling property tax goes to unincorporated King County Roads. In the last 20 years staggering wealth has moved to Vashon. King County has more than enough money to do what used to be done: chip-seal the roads. We don't need to study the problem, the county has had 40 years to do that. Just do what used to be done.

awakening and imagination. We are either on the way to transformation or on the road to greater tragedy.

Join us for an evening of myths of renewal, tales of transformation, and a resounding call to find unity and wholeness in this time of conflict and confusion.

Michael Meade, D.H.L., is a scholar of mythology, anthropology, and psychology. His writing combines compelling storytelling, street-savvy perceptiveness and spellbinding interpretations of timeless myths. Meade is the founder of Mosaic Multicultural Foundation, author of Awakening the Soul, The Genius Myth, and Why the World Doesn't End.

Wednesday, November 13th, 2019, 7:00 - 9:00 PM. Vashon Methodist Church, 17928 Vashon Highway SW, Vashon. Tickets: \$12 General / \$8 Student

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

Next Edition of *The Loop* Comes out Thursday Nobember 14

Deadline for the next edition of *The Loop* Saturday, November 9 Respectfully yours, Jeff Schnelz



Just Take One Bite

By Sean Malone and John Sweetman

"I loved my peas with honey. I've loved them all my life. The honey is kind of runny, but it keeps them on my knife."

Mike, our eighty-pound Labrador was snuffling under the table, looking for tidbits when Brother Mike dropped a handful of peas from his plate, lifting the tablecloth to make sure that his bigold lab had found the evidence. Being only four or five, Mike had never heard of the honey trick and Mom would never have bribed him with honey anyhow. He hated peas.

All of us had root cellars.. usually with no lighting and treacherous steps leading down to a door that usually was very heavy and hard to open and worst to close. The banks to the steps down were dirt which sloughed off, to make the door un-manageable. We would be sent to get some specific item and frequently return with the wrong thing and thus sent back with more specific instructions and if we were lucky.. a feeble flashlight. Then we had to stand on a rickety apple box to reach a shelf higher than a ten year old.. sometimes with glass splintering consequences which we had to clean up. The worst job was retrieving eggs from a crock filled with a gooey mess called water glass. We called it "pig snot" and tried to pass the job off to a sibling.. but welcomed the eggs that the hens had laid when they were "laid off" in the dark part of the year. We especially appreciated the eggs when our Moms used them for baking in the holiday season.. such as lemon-meringue pies and butter horns.

We had all sorts of good things to eat that were homemade, but most required the use of butter which Mom couldn't afford, so we had margarine which was white and didn't look or taste like butter, but came in a plastic package with a capsule of red dye inside, which burst when you pinched it. Us kids were given the job of squeezing the package until the dye had suffused in the margarine until it looked like the color of butter. Mom sent us back to do more squeezing if the color wasn't even enough.

John's Mother churned milk to the relief of having a bit of seasonal butter.. and real sparkling cold buttermilk with real butter flakes. In those days.. cream was usually sold for "pin money".. whatever that was.. and we were left to drink skim milk for a lot of the year.. thus we had to buy that disgusting margarine.

The cultures in Mom's fridge were legendary, always mysterious but edible such as her candied ginger which came from Japan in a little green crock with many flat sides and hard to get into because of the rice straw netting it hung in. We had all sorts of foods in our Roy Rogers lunch boxes; sea foam candy coated with chocolate and hazel nuts which we gathered ourselves. The "seafoam" was the trickiest because it required precise timing. I think it was adding some sort of baking powder at the right moment, but with assorted kids demanding attention and timing being of the essence... it sometimes came to a lesser state of result, resembling beach tar but better-tasting.. we ate it anyway after it was covered with chocolate. Sometimes a portion of old cheese would be found in the recesses of the fridge while looking for something else.. it was passed around for examination of all the colorful displays of what we came to know as fungi or mold; a source of amazement. When Mom looked at what we had discovered, a frequent response was..."Just slice the mold off and it will



be fine." She did the same thing if the paraffin leaked that sealed the top of a jar of jam and mold set in; "Just scoop the mold off with a spoon, there is nothing wrong with the jam underneath." Both our Mom's were excellent candy makers and John still has his Mother's candy thermometer. In the winter, Mom would make a kind of hot chocolate taffy that we would pour in the snow to make it stiff to eat. John thinks that his Mom's sea foam was a technique that she learned from someone at the Bon or maybe See's candy in Seattle. Mom made bon-bons for Christmas though her favorite candy was almond roca, from Roger's Candy which I keep a can of in the cupboard.

John's family always made sauerkraut in fifteen gallon "sauerkraut vessels" and the heavy un-wieldy lids. And in the early stages it had to be maintained.. as in.. taking the heavy stones off the top and skimming off the natural lactic acid-scum that developed. The stones were heavy and had to be set aside and cleaned after the foamy scum was taken off and discarded into a can of debris meant for the chickens or pigs.. nothing was wasted. After cleaning, the stones sitting above a plug of hard maple were set back.. after a number of weeks determined by adult supervision .. the kraut was ready and we were sent down to dip it out into an old enameled bucket.. with a vine maple forked stick. Usually this occurred in late November when the remaining cabbage in the garden had been harvested and used. The best cabbage for fall was "Savoy" which is still grown on Bainbridge and Vashon, although it's probably no longer necessary to cover it with straw after Halloween.

There were also carrots stored in sawdust boxes.. layered. Along with the evil and horrible snarpips.. or as you might know... parsnips; we had to sort those out of the root cellar as well. And lower down were potatoes.. in sawdust and newspaper. John relates how their Mom made scalloped potatoes and had run out of their own stash of potatoes in the late spring.. and substituted "parsnips"... or as his Father called them derisively.." snarpips"...

Traveling Film Festival Wanders Into Vashon

Now in its 5th season of bringing powerful, thought-provoking cinema to small towns and rural communities all over North America, Wandering Reel Traveling Film Festival visits Vashon for the first time, bringing a slate of award winning short films from around the world.

The Vashon Theatre hosts this year's festival, which features four unique collections of inspiring short films (descriptions below). Films start at 6:00 P.M. each evening, Friday, November 1 through Monday, November 4. Tickets are \$10/adults, \$9/student/senior/ military. The Vashon Theatre is located at 17723 Vashon Hwy SW Vashon, WA, 98070. Each screening will be followed by Q&A discussion with festival director, Michael Harrington.

Festival Schedule: Friday, November 1 at 6:00pm Program A: Is This Love?

Stories of compassion, connection, and adventure that question the awesome (and complex) power of love.

Films: Little Waves • A Tangled Tale • The Update • Your Mother Is A Thief • Deep End Dance • If This Isn't Love • Two Balloons

Saturday, November 2 at 6:00pm Program B: The Nonconformist

Description: An examination of some of the unconventional norms that permeate the diverse beauty of modern life.

Films: Washed Away • Mahalia Melts In The Rain • Welcome to the Ball • Lady Hater • Burton Before and After • About the Birds and the Bees • Where Do Cats Go After 9 Lives

Sunday, November 3 at 6:00pm Program C: One World

Description: One part look at the affects of human caused climate change and corporate greed...One part look at war and the refugee crisis... one part look at the common bond of human compassion in a one world we must all learn to share and to save for future generations.

Films: Welcome to the Gwichyaa Zhee • The Fourth Kingdom • Starvation • Untravel, • Aziza • Brotherhood • Bodega

Monday, November 4 at 6:00pm Program D: Revisionist History

Description: History rinses and repeats but is not always as we remember or as we were taught. Tying the past into the present can be a warning, an opportunity to learn, and a celebration



more everyday life happenings in youth culture, our relationships, love, gender and more. Each film is chosen based on its merit of telling a powerful story, then programmed with films that, together, are an integral part of a larger story, represented in the theme of the program.

For the second year in a row, the festival proudly features a line-up of films feature a majority of female filmmakers, a sign that, according to festival director, Michael Harrington, "short films are once again ahead of the pack and paving the way for innovation and true gender equality in the film industry."

Wandering Reel was not only conceived as a way to give a longer life to important short films, but a way to bring communities together through a shared experience, in this case, the shared experience of cinema. For this reason, Michael Harrington leads a Q&A discussion after each screening to deepen the experience and provide information about how and why the films were made. "Short films don't necessarily answer all the questions for the viewer and often times are made to inspire questions," says Harrington. "I'm more of a facilitator of these conversations. The best screenings always end with me learning something from the audience about the films we just watched, not just the other way around."

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

Find us on Skype Vashon Loop 206-925-3837

We hated it, but Mom Was insistent..

"Just take one bite! You'll see.. you'll love it!" Well, we didn't and for once, the entire table rebelled and did not clean our plates.

Usually, it had been only a single sibling resisting something that was not liked.. as in over boiled cauliflower.. but this time, it was unanimous. Later, I learned to like "snarpips".. roasted thru.. and drenched with butter and parmesan.

We hated squash and Mom went to great extents to make it interesting, such as sugaring the top or adding melted marshmallows. Mike screamed, "I hate squash and you can't make me eat it," to which Mom's standard reply was, "Just take one bite! You'll love it! " He didn't!

Sean@vashonloop.com

all at once.

Films: Framing Agnes • A Night at the Garden • Sticky • Counter Mapping • Earthrise

Wandering Reel is a traveling short film festival with a focus on bringing meaningful films to communities with limited or no access to compassionate, thought-provoking cinema. WRTFF strives to engage its audience in deeper conversation about the role of cinema, and how films can relate to community, conscious living, and contribute to making the world a stronger and more unified place.

This year, the festival features 26 short films divided into four different themed programs that explore some of the most important topics of our time, including: corporate greed, the climate crisis, the refugee crisis, immigration, and how we interpret and reinterpret history in the modern age, as well as

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Island Life A Correction

By Peter Ray pgray@vashonloop.com

"Mr. Speaker, would it be in order to move that the article which has been read, be excluded from the Globe? It is absolutely disgraceful to the House of Representatives of the United States that we should have consumed so much time in listening to such balderdash and nonsense." Rep. Ebon Ingersoll (R.-III.) 20 March 1866

It should be noted before we get into where I might be going with this, that the article mentioned above did get read into and recorded for posterity as a part of the Congressional Globe- the predecessor to the Congressional Record which itself came into being in 1873. In the category of "It's still amazing what one can find on the internets", I was able to contact the Library of Congress and get digital copies of the transcripts from when this exchange transpired. The reason this congressional back and forth took place was that Horace Greeley had written an article in his paper, the New York Tribune, about how he disagreed with Rep. Calvin Hulburd's plan for some national debt repayment. As it was, both men were from New York and both were founding members of Lincoln's Republican party, but in this instance they seemed to be miles apart in regard to how a government debt was to be paid off.

The extended exchange between the two was a lot of money-speak to me, which went beyond my head and out the door. But apparently Mr. Hulburd took enough offense at Mr. Greeley's desire to speed up debt payments along with his less than complimentary characterization of Hulburd's grasp of economics, that Hulburd decided to suggest a reading in the House of a part of Artemus Ward's most recent book, 'Artemus Ward, His Travels' from the chapter titled "Horace Greeley's ride to Placerville". Ward was the pen name for Charles Farrar Browne, a comic writer who was a favorite of Abraham Lincoln's and an inspiration for Mark Twain. One entire chapter in the 'Travels' book was dedicated to Horace Greeley's stagecoach ride with legendary driver Hank Monk. Seven years after Ward had embellished a description of that ride, Twain included a whole chapter in his book 'Roughing It' of a similar telling of that same ride. Both versions had Greeley bouncing all around in the passenger compartment of the stagecoach as Monk whipped up his horse teams in order for Greeley to get to Placerville in time for a speech he was to give there that evening. The

anywhere) until just now that perhaps Monk's reason for making Greeley look the fool was that the main stated reason that Greeley was traveling from New York to San Francisco in this summer of 1859 was to promote the completion of the transcontinental railroad-something that wouldn't happen for another ten years. Apparently, Greeley did make a bit of a pest of himself by badgering Monk about his need to get there on time, which did not sit well in Monk's quarter. But it could also have been that Monk realized that a transcontinental railroad just might have an adverse effect on his trade of stagecoaching, and that even though he was committed to getting Greeley there on time, he wasn't happy with the idea of aiding an agent of doom for his livelihood.

Some out there might still be wondering at this point where it is exactly that I am going with this. For that I would reference back to the reading of this tale in the House of Representatives and its subsequent enshrinement in the Congressional Globe as a means of making Horace Greeley look the fool. The problem with all that is that most of this telling of this part of his trip has no basis in fact. It is true that Hank Monk drove Horace Greeley through the Sierra Nevadas on the way to Placerville-I have even seen the stagecoach that took them there and read the documentation papers that confirmed that. A big problem with Mr. Ward's version is that he has the journey beginning in Folsom on the California side and then traveling east to Placerville. As this was a part of Greeley's westward journey from New York, this assertion makes no sense. And in Greeley's own telling, while it is somewhat unclear where his voyage with Monk began, it all definitely originated in the Nevada territory. The bouncing around in the back of the coach part would have been a comic exaggeration of the experience that any rider might have had on this passage, but having one's head go through the coach roof was clearly not close to being a common or random occurrence. The only injury that Greeley is known to have sustained on the entire trip, besides sore feet and saddle sores, is a gash to the leg when a mail wagon he was riding in overturned

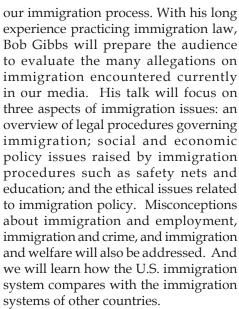
The Vashon Loop, p. 5 Myths and Realities of U.S. Immigration: Current Procedures: What Makes a Person Documented? Learn the Intricacies of U.S. Immigration

Because U.S. immigration policies are complex, are governed by multiple governmental departments, and are constantly changing, it is difficult to understand how our immigration system works-even for informed citizens. On Sunday, November 17, immigration lawyer and long time Vashon resident, Bob Gibbs will answer many of our questions on immigration in a talk entitled "Myths and Realities of U.S. Immigration: Current Procedures." Gibbs, a 1974 graduate of the University of Washington School of Law, is a founder of the Northwest Immigrant Rights Project and its predecessor, the Joint Legal Taskforce on Central American Refugees. He has practiced immigration law exclusively for 42 years and is a founding partner of Gibbs Houston Pauw, a Seattle firm practicing immigration law exclusively.

Myths about immigration abound because of misinformation and because of the extreme complexity of

whether or not the Vashon Park District were able to carry on into the future. It is not that I intended any of that to be humorous, because it isn't. I didn't make anything up, but I also didn't double check my sources which sometimes can be as bad as creating a fiction.

Over the last week I went to a Park Board meeting and had a two hour meeting with Director Ott-Rocheford. What had set me off the most in what I had heard about the Park District and the VES field was that former commissioner David Hackett had somehow become involved there again. What Director Ott-Rocheford assured me of was that Mr. Hackett was acting in his role associated



The talk is sponsored by the Episcopal Church and will be held at 2:00 p.m. on Sunday, November 17, at the Episcopal Church of the Holy Spirit,15420 Vashon Highway SW, across from the Care Center.

would be a more common sight around the Island if the Park levy does not pass in this go 'round. As it is, the VPD does have the required rainy day reserve on hand if the levy does not pass. The bad news is that it is less than a third of what it costs to run the Parks on fumes and a whim. According to the Director, "a lack of levy funding would limit the options for a contingency plan if the levy fails this time", other than the option of putting it up for another vote in the spring. But even if the fall vote failed and the spring vote passed, that levy money would then not be available until 2021. Under those circumstances, it is unclear how many of the staff would have to be let go in the mean time, and what would have to be done to revitalize a system put on hold for an entire year.

Unless you had been in attendance at a Park board meeting back when the VES mess was in full swing, and most Islanders weren't, it would be hard to convey the disarray the parks were in at that time. You can google VPD on the youtubes and see some of the recordings I made of the rancorous proceedings and the obfuscation that went on there and then. The board meeting I attended last week, however, was one of the few Parks meetings I have been to that didn't leave me pissed off and frustrated and wondering why I had gone in the first place. The new board and the new director (since VES) have brought the Parks around and they deserve a lot of credit for that. To quote the director again: "We are no longer in a difficult financial situation. We have paid off all debt and created a reserve that is adequate for normal operations. The levy is necessary because it is our primary source of funding." I would like to suggest that you vote Yes for Parks as an affirmation of the work they've done, and to allow all of us to see the positive direction that they would then be able to take VPD in from here.



problem with both versions is that most of the pictures that they painted of the ride were basically untrue, especially the part where during one of the more chaotic parts of the ride Mr. Greeley's head crashed upward through the roof of the coach.

Besides being one of the best stagecoach drivers in the West, Hank Monk was also a legendary drinker and storyteller. With Carson City and Genoa being the largest towns in the Nevada territory at the time, and Placerville having both a booming mining business as well as being a transit hub in that area of California, Monk had the opportunity to tell the Greeley story to a number of people as he drove back and forth regularly on that route across the state/ territory line. While the Greeley/Monk tale has been viewed as one of the basic conflict between East coast establishment and the Wild West, I hadn't thought (and hadn't read

in Kansas. There are some other details that don't fit as well, but we won't go into those here.

There is another reason that I am putting you through this obscure history lesson besides the fact that it's something I'm working on right now, and that is that it has to do with elections. It has been said that this comic dramatization of the Placerville ride had a part in Horace Greeley's loss to Ulysses S. Grant in the 1872 presidential election. For a number of reasons, I think that assumption would be a grand oversimplification. If this reason for the election outcome had been the case, then that electoral decision was made on the basis of a fiction. In a similar vein, it would be a bad thing if things that I wrote here a few weeks back regarding the parks had a negative influence on

with the Vashon Soccer Club regarding the installation of the field lights there and that he had no official connection to Parks. She also made it clear that the current Park Board of commissioners were adamant that not one more cent of Parks' money would be spent on completing the still unfinished project there, and that tThe money that was paying for the lights, and the future replacement of the mobile restroom was all coming from grants and not Island taxpayer money.

As for the photo that accompanies this column, it is something of a visual in the Ebenezer Scrooge/ Christmas-yet-tocome mode. While Agren park is indeed closed now as the grass repairs there are allowed to take hold, it is possible that this combination of chains and signage

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

Vashon Audubon: Taking action to support birds at-risk

On October 10, the National Audubon Society reported that two-thirds of North American birds are at risk of extinction due to climate change.

"The Audubon report is an alarming field guide to the future of North American birds," said Julie Burman, Vashon Audubon president. "We must amplify our efforts to make lasting change. Engaging the Vashon community, and kids in particular, is especially important as we take action to support our island birds and their native habitat."

Birds in the report are classified in four categories: high, moderate, and low vulnerability species, as well as stable species. With a warming scenario of 1.5 degrees C, six birds in King County are highly vulnerable, and 70 are moderately vulnerable. With an increase of 3.0 degrees C, 50 birds in the county are highly vulnerable, and 58 moderately vulnerable.

On Vashon moderately vulnerable bird species include Rufous Hummingbirds, Buffleheads, Violet-green Swallows, Swainson's Thrush, and Western Tanagers.

In November, Vashon Audubon offers two ways for island residents to learn about and support birds: the launch of the 2020 Birds of Vashon-Maury Island calendar on First Friday, Nov. 1, 6-9 p.m. at the Land Trust, and a program on November 14, 7:00 pm at the Land Trust, to learn how to participate in the annual Christmas Bird Count, which occurs on January 5th, 2020.

The calendar features photographs taken by local residents of all ages, and includes birds identified as endangered in the report. Visitors can view a continually looping projection of all the photographs submitted, and copies of the National Audubon Society report, Survival by Degrees: 389 Bird Species on the Brink will be available. Calendars will also be available for purchase online at https://vashonaudubon.org

Christmas Bird Count Coordinator Ezra Parker will lead the session on the 14th, providing results from past bird counts and describing how to participate in the full-day count. This citizen science effort provides annual census data of bird populations in America.

To learn about endangered birds without leaving home, islanders can use National Audubon's new interactive tool, the Birds and Climate Visualizer, to see individual pictures of birds at risk in every county across America in scenarios of 1.5, 2.0, and 3.0 degrees C increases in global temperatures. Go to www.audubon.com to read the report and explore the scenarios.

"Next year, we'll team up with community partners to conduct Climate Watch research, showcase native plant gardens, learn from climate experts, attend Lobby Day in Olympia, lead a Vashon species parade, and watch the bird mural take flight," Burman said.

"Birds can't fight climate change," she added. "But we can."

In its newly released report, Audubon has identified five steps every person can take to mitigate the risks to birds:

1. Reduce your use of energy at home and ask your elected officials to support energy-saving policies that reduce the overall demand for electricity and that save consumers money. (Note: In January, Vashon Audubon members joined members from around the state to advocate for environmental legislation. The Legislature passed the 100% Clean Electricity bill (SB5116) – the strongest clean-electricity bill in the nation.)

2. Ask your elected officials to expand consumer-driven clean energy development that grows jobs in your community, like solar or wind power.

3. Reduce the amount of carbon pollution released into the atmosphere. In order to drive down carbon emissions, we will need innovative economy-wide solutions that address every sector of the economy – like a fee on carbon. Another option is to address carbon emissions one sector at a time, like setting a clean energy standard for electricity generation.

4. Advocate for natural solutions, from increasing wetlands along coasts and rivers that absorb soaking rains to protecting forests and grasslands that are homes to birds and serve as carbon storage banks, and putting native plants everywhere to help birds adapt to climate change.

5. *Ask elected leaders to be climate and conservation champions.*

– From Survival by Degrees: 389 Bird Species on the Brink, www.audubon.org

Vashon Heritage Museum Receives Award for Exemplary Achievement in Diversity

The Vashon Heritage Museum received the John D. Spellman Award for exemplary achievement in Interpretation for highlighting and celebrating the histories of Vashon-Maury Island's diverse communities at a recent ceremony presided over by King County Executive, Dow Constantine, and the King County Office of Historic Preservation.

The award recognized the museum's priority to amplify the stories of underrepresented groups within the larger fabric of the community, starting with a 2014 exhibit developed with the Puyallup Tribe, and specifically recognized two exhibits, one focused on the Japanese- American experience titled "Joy and Heartache" Vashon's Japanese-American Legacy, and the Museum's current exhibit, "In and Out: Being LGBTQ on Vashon Island".

Heritage Museum Board of Director's President, Brian Brenno, emphasized, "the exhibits cited for the award, were conceived, curated, fundraised and constructed by community groups in coordination with the museum. The museum's partnership with groups committed to telling the story of their heritage brought regional exposure to the museum and strengthened our bond with the Vashon community."

The exhibit "Joy and Heartache" Vashon's Japanese-American Legacy was assembled in partnership with the Friends of Mukai, the Vashon Japanese-American Research Project, and the Vashon-Maury Island Land Trust.

"The impact of the "Joy and Heartache" exhibit has been huge. It is helping create a new awareness of the important role Japanese Americans have played in Vashon's agricultural history. Now that much of the exhibit has been moved to the Mukai Farm and Garden it continues to educate and inspire all who are interested in the 100-year presence of our community on Vashon" said Rita Brogan, Friends of Mukai Board Member.

County Executive Constantine commented on the second exhibit, "The 2000 census showed that Vashon Island has the state's largest per capita concentration of LGBTQ people, yet association (Heritage Museum) members saw a lack

The Vashon Heritage Museum of representation within the historical ived the John D. Spellman Award for narrative."

This was addressed through the museum's current exhibit - running through March 2020: "In and Out: Being LGBTQ on Vashon Island." Since opening in June, it has been a great success, in terms of both community engagement and fundraising. Six hundred and fifty visitors attended the opening, the largest first night crowd in the museum's history. Symbolically accessed through a closet passage, the exhibit leads visitors through a timeline of events and individual stories. It extends beyond the museum walls, into an outdoor AIDS garden and ultimately into the larger community through a Queer Film Series hosted by the Vashon Senior Center and the Vashon Theater.

Ellen Kritzman and Stephen Silha, curators for the In and Out exhibit commented, "There is not a formally or informally organized LGBTQ+ community on Vashon, the community is more a spread of disparate individuals who, while they may know each other, have never witnessed themselves represented publicly as an identified community. This exhibit represents and tells the story of the LGBTQ+ community on Vashon-Maury Island."

"The Vashon Heritage Museum is where history lives on Vashon, commented Bruce Haulman, Heritage Board Member and Vashon Historian. "That history cannot be adequately told without including the stories of all of the people of Vashon. For too long the stories of women, people of color, ethnic minorities, LGBTQ+ islanders, and other marginalized groups have been left out of our island's history. The Heritage Museum is committed to telling all of the stories that come together to form the living history of this magical island."

"We applaud the Vashon-Maury Island Heritage Association for sharing stories and perspectives that needed telling, and for raising the voices of our neighbors, friends and fellow community members." concluded Executive Constantine.

Recipients for the 2019 awards were recognized in the categories of Interpretation, Restoration, Legacy Business, and Heritage Promotion.

Road to Resilience Continued from Page 1

desirable contingency plans available and enact them as the opportunity arises. I don't think we can plan more precisely than that as we can't really anticipate what our institutional environment will look like down the road do that. The old image of an angel on one shoulder and a devil on the other is actually pretty perceptive. Our better nature is loving, cooperative, compassionate, and joyful. Our baser nature is hateful, selfish, greedy, violent, and fearful. We have to be very careful about the things we do and tell each other because they influence our nature. What our leaders and media dwell upon really matters. Free Community Talk, "Tangled: Why your Hair Matters to Society"

So, what can we rely on as we try to utilize our uniquely human faculty of seeing into the future and making adjustments to avoid danger? I can think of two things that will not change: the laws of nature and its corollary, human nature. They both are capable of death and destruction as well as life and abundance depending on the interplay of the variables within each. We can't change the laws of nature or human nature, but we can manipulate the variables. It is not the same as deciding how and when a particular project will be completed. It is more like planting a seed, providing the necessary care and hoping for a good result. On a larger scale, we can be pretty confident of results, but in this we are only manipulators, not creators.

In our present situation, our human nature has tweaked the laws of nature into death and destruction mode, and addressing that has to be the highest priority. However, we have to address the imbalance of variables in our human nature in order to The society we live in today is dominated by our baser nature. Without taking willful action, the current chaotic state of the world will only make it worse. Yet, we know that our better nature is alive and fairly well.

In a time like now where the future is unknowable, we really can't make precise plans. Yet, plan we must. What we can do is create a sort of operating system that nudges us toward desirable goals as the opportunities avail themselves. There will be need for collective and personal sacrifice, and for this we will all need to understand that we are all in the same boat. Any inequality, prejudice, or intolerance will make it impossible for us to do what needs to be done. Random acts of kindness and refraining from judgment are not just nice. They are our route to survival.

Comments? terry@vashonloop.com

The Vashon Havurah, Vashon-Maury SURJ and Humanities Washington invite the community to an engaging conversation with Anu Taranath, a member of the 2019-2020 Humanities Washington Speakers Bureau. This free event takes place on November 9, 2019 at The Vashon Havurah, 15401 Westside Hwy SW, Vashon.

Hair is simply a collection of protein filaments that sprout from our scalp, yet it carries great meaning for us and our society.

From twists and tapers to braids and buns, what's on top of our head and how it is received by others often reflects society's standards of beauty and desirability. Using song, video, poetry, and imagery, this interactive presentation encourages us to examine our cultural conceptions of gender, class, and race. Why, for example, is one kind of hair or hair style understood as "better" than another? Who says so? What are the consequences of sporting an unruly doo, and how has that changed over the years?

Join professor Anu Taranath to untangle the meaning of hair, and better understand the stories we tell about beauty, bias, and belonging.

Anu Taranath is a professor at the University of Washington specializing in global literature, identity, race, and equity. She has received University of Washington's Distinguished Teaching Award, a "Best of Seattle" designation from Seattle Weekly, and multiple national Fulbright awards and fellowships. She is the author of the book, Beyond Guilt Trips: Mindful Travel in an Unequal World, as well as a consultant for schools, colleges, libraries, community organizations, and government agencies on social justice and global issues. Learn more about her work at www.anutaranath.com.

Taranath lives in Seattle.



Plavef Waxes



Aries (March 20-April 19)

It may be tempting to cover your tracks or slip out of a situation with a white lie, though it will only come back to haunt you. The underlying issue seems to be about you or a close partner wanting to avoid a confrontation. But there is tension or pressure that needs to be resolved somehow, and it's not going to be through avoidance. The first thing to do is figure out where you stand with yourself. You will need to sort out the ways in which the viewpoint of a partner is interfering with how you feel, and what you think is true. So you will need to factor for this, and not be intimidated by whatever someone thinks they can hold over you. You can learn something by applying a tool from Transactional Analysis. Is this a transaction between adults, between children, or is it a parent-child situation? I don't mean this in terms of chronological age, but rather mental and emotional posturing. The only people who can work this out are two adults.

Taurus (April 19-May 20)

You have more influence on others than you realize. You're already aware you have a way of agitating people and situations (particularly with Uranus in your sign). You might take a balanced view of this, and not assume it's OK because people need it, or because they love (or depend upon) you, or whatever excuse you might make. You will be doing your relationships a service by staying in contact with people and sizing up how they are actually responding to you. If you're going to be a source of stimulus in your environment, it will help if you do your part to hold up the structure, keep things on schedule, and clean up after the party. Stay in communication and, particularly with Mercury about to be retrograde, make sure that there are as few misunderstandings as possible. Minimize assumptions. Repeat your understanding back to others, for example, "What I hear you saying is [so and so]. Is that accurate?" The world will be a happier place.

Gemini (May 20-June 21)

Mercury, the Gemini planet, is about to be retrograde in Scorpio. That gives us a clue as to the nature of the retrograde and how it will influence you. This is your 6th house, which covers work and wellbeing. It would seem like you want to accomplish a lot. The way to do that is to mind your politics. Rather than running wrangle, check with both colleagues and higherups and figure out the best way to allocate your energy. Avoid surprises; negotiate everything except maybe bathroom breaks. Do your part to support your total environment. As for health-related matters, you seem to be walking a fine line between emotional detachment and overload. The way to handle this is to find methods to stay in contact with yourself, though without diving all the way in. There is a way that you can touch the edges of feelings without getting soaked in them. This is a little like dipping your feet in the pool rather than going off the deep end. You can still feel the water, but there's no chance of drowning.

contact. If one situation does not work out, another will. It will also help to distinguish sexual attraction from "true love" in any form. I'm not talking about joining Tinder or Grindr but rather allowing your erotic transactions to be friendly and gentle, though driven by curiosity rather than by some notion of commitment. Be present for the people you share yourself with. That is committed enough.

Leo (July 22-Aug. 23)

Be aware of when you are "efforting." I know this word from Hakomi therapy training; it's when the therapist is working too hard, or expending emotional energy, to make a point or get some result with a client. Only in this case, it could be any kind of efforting, or action that seems to be futile or pointless but is still burning up your energy. Stop and think the second time you try to do something and you don't get a result. There is a good chance you can take a whole other approach and get a much better result. You will make things easier for yourself by being less emotionally invested in an outcome, and instead, do what you're doing as an experiment. Your astrology illustrates two things that I'll pass along as suggestions: one is to stick to tidying and improving your home; and the other, which is related, is to take your creativity to the kitchen. Baking and cooking would be perfect things to do this week and for the next few weeks. Nothing will make your home feel quite as homey as something good on the stove.

Virgo (Aug. 23-Sep. 22)

The theme of language is all over your solar chart right now, particularly with Mercury about to go retrograde in Scorpio. One theme is that of "revision." This is the time to rethink, revise and rewrite. You can apply this to work or creative products with excellent results. You might go through your social media feeds and delete any posts that you no longer agree with, or that might not serve your future interests. This is also a good time to fix any misunderstandings that might have arisen the past few months, and get a little clarity before you forgive and forget. Meanwhile, now is the time to edit carefully anything you write, and plan what you're going to say before you say it - especially in a professional environment. Carefully consider the impact that your words will have, and bear in mind that it may not even vaguely resemble what you expect. You cannot control the responses of others, though you can write and speak carefully, and listen to what comes back ..

Libra (Sep. 22-Oct. 23)

Be careful whom you involve in your financial plans, and to whom you reveal them. Overall, less is more: less involvement, and less discussion. This is particularly important during the Mercury retrograde that starts on Halloween and ends on Nov. 20. The chances are, your agenda will be in flux. That means putting new commitments on pause, and investing your energy into sorting out your overall financial situation. This is largely a matter of knowing the balances in all of your accounts. Then, take steps to ensure that you're spending less than you're bringing in. If you do this carefully, you will find a number of unnecessary expenses and at least one financial involvement that is not helping you. Be on the lookout for someone who messes with your plans, or throws you curves. The people you want in your financial life are the steady and predictable ones. If the provocateur is someone with whom you're in an intimate relationship, you will need some boundaries around their financial power over you.

Addie Needs a Home

Happy Halloween! I'm so much more than a symbol of that holiday, though. My classy black fur is in style year-round, and I love to have it brushed and petted while I purr.

Although I'm not a kitten, I still have a lot of love to give. I'm like fine wine - improving with age!

Go To www.vipp.org To view adoptable Cats and Dogs



Scorpio (Oct. 23-Nov. 22)

Tonight's New Moon in your birth sign will be full of surprises. Some may seem to come from you, others from people close to you. Therefore, keep your plans loose for the next few days, to accommodate anything interesting that might arise. With Mercury about to station retrograde in your sign, you will likely be revising your agenda a few times, so you would be wise to avoid making promises. And this is definitely one of those "don't sign, don't buy" Mercury retrogrades, particularly for you. Rather, see who and what comes your way. You don't need to make anything official, or sign onto anyone. You might have amazing experiences you're not expecting, and then on other days, disappointing developments. Yet you can minimize the negative by letting go of all expectations. Rather, take a "let's see what happens" approach and your life will be much more pleasant and interesting. One other thought - there seems to be some deep frustration you're dealing with but may not have articulated to yourself. Do the work. Don't take it out on anyone, including and especially yourself - but not anyone.

Sagittarius (Nov. 22-Dec. 22)

Keep your secrets to yourself, and especially keep them off social media. You need to concentrate the power of your selfawareness, and figure out where you're really at. Then you will be ready to share your thoughts, when appropriate, with the person you need to share them with. You are a work in progress at the moment, and if you pull your awareness inward for a while, you will make a few discoveries, particularly as Mercury changes directions on the 31st. These discoveries are likely to involve another person or, rather, how you feel about a relationship. However, I suggest you resist the notion that you're making any certain or final determination, as Mercury retrograde will take you on a tour of yourself and your feelings over the next few weeks. You may change your mind a few times before you finally choose a direction. Go fully into each possibility, and then explore the next one as it presents think other people think/feel about you. However, this is gloriously irrelevant if you are comfortable with yourself. You would serve yourself well, though, to be aware that all kinds of people have all kinds of sexual thoughts about you, and there is nothing that you can do about it. Be aware that your speculation of someone's thoughts, or even inferences you may draw, are not necessarily accurate. And whatever ideas enter your mind are your ideas, no matter where you think they "came from."

Aquarius (Jan. 20-Feb. 19)

At this new stage of your vocation, profession or career (however you may think about it), be mindful of mistakes you've made repeatedly. Pause for a few thinking sessions and go through your history and make a list. Maybe there will be one thing, maybe there will be a few; but get familiar with them. This is not necessarily part of your nature, though you will identify tendencies you need to correct or alter; you can choose to do so. This process starts with awareness of what you're addressing, and studying where it may come from. (You will need to consider both parents carefully, and other early influencers.) Mercury retrograde through your 10th house the next few weeks says put new plans on hold, tidy up past accounts and commitments, and plan your next move carefully. You may not have clear data on that until Mercury stations direct on the 20th and the Sun enters Sagittarius on the 22nd. So bide your time and abide it well. And get your resume down to one page.

Pisces (Feb. 19-March 20)

As the world opens up for you, tune into your powers of observation. Let this be on every level. Remember, as Sting said, "In the empire of the senses, you are the queen of all you survey." That also means you are the regent of your feelings, your ideas, your body and your desires. Your relationship to existence, God, Goddess or the universe is your own, one-to-one, direct from source to your soul. All you need to focus on is your connection, and what your senses offer to you. That will provide you with enough information to make any decision you need to make, and navigate any opportunity or challenge. There are plenty of distractions available that can take you out of those two nourishing and guiding factors. There is plenty of needless misery, struggle, jealousy and competition. Don't fall for any of it; stick to the truth and the love of existence that is burning at your core. This may take a good bit of gently sidestepping all that is unnecessary, unhappy or ridiculous. Again and again, come back to yourself, open your eyes, and feel.

Cancer (June 21-July 22)

This week's New Moon in Scorpio, your 5th solar house, is like turning up the voltage on a sex electromagnet. I am aware that most of the world is too pure these days to admit sexual desire even to themselves. I suggest you not play this game, and allow yourself to feel what you feel and want what you want. You're likely to be experiencing some powerful attractions, though I suggest distinguishing this from being attached to someone, or an idea about them. Move quickly through your environment until you arrive at a point of

itself. You will have much more clarity when Mercury stations direct and the Sun enters your sign the third week of the month.

Capricorn (Dec. 22-Jan. 20)

This will be a hot week for the gossip circuit, and I suggest you park your consciousness elsewhere. Avoid discussions of other people (if they are not present), and do what you can to avoid being made a topic of conversation. However, that statement excludes being sincere in social situations, which is the very thing you're wanting to learn the most these days. One of the situations you face is being uncomfortable with what you

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Spiritual Smart Algek

By Mary Tuel Radiation Therapy Ha Ha

This morning I had two treats in my hand to give my dog, Marley.

I made her sit and gave her one. Good dog. But then she saw that the second treat was bigger, and she spat the first one out. She looked at me soulfully, begging for the bigger treat.

Which I gave to her.

That's why I am lousy at training dogs. I'm a squish.

She does a lot for me, though. Mostly she keeps me company.

She kept me company after Rick died, and she's keeping me company now as I go through radiation therapy following surgery for breast cancer.

I was feeling fine until my cancer was found. Then I had surgery, and wasn't feeling so fine, and was given painkillers, which sent my brain on vacation.

When I recovered from surgery and the effects of the painkillers, I was feeling fine again. Now I have started radiation therapy, which requires driving into Seattle. Marley comes with me when I drive.

I have completed one week of radiation therapy, and I'm feeling okay. I have been told that as time goes on, I will become fatigued, and my skin might become burned. Or not. Some people don't get the burn.

My doctor's office gave me a list of things to get to preserve my skin. Calendula cream, avocado oil, and aloe vera gel. The calendula cream is supposed to be applied three times a day. The avocado oil is supposed to be applied at bedtime. The aloe vera gel is in case my skin does suffer burns.

So many women have been through this drill and are passing along what worked for them. One says to use the aloe vera gel right after treatment. One survivor says a nurse told her to use Noxema, and that worked for her. Another woman emailed that her doctor told her to use Bag Balm.

Well, of course. Good old Bag Balm. As for Noxema, I'll try it, but I know I'm going to smell like my aunt's house.

I can already picture my Aunt Della and Uncle Mike in my mind, as well as the interior of that tiny house, and the incredible red roses that grew in profusion all along the backyard fence. So many



associations set off by thinking about Noxema. But I digress.

"Radiation therapy" is a euphemism. What it means is that a part of your body is zapped with radiation to kill off any stray cancer cells that might be lurking in the neighborhood, i.e., breast, where your tumor(s) grew. There will be damage to your healthy cells and skin as well as the cancer cells.

The literature says that the cancer cells will die, but your healthy cells will repair themselves, although my radiation oncologist did mention in passing that sometimes radiation therapy causes cancer. She said that with a casual shrug of her shoulders.

Radiation poisoning is what it is.

When we boomers were children and living in the constant fear of nuclear war, we thought of radiation as a bad thing. We heard about and saw pictures of the survivors of Hiroshima and Nagasaki and were horrified.

Now I'm supposed to think of radiation as my friend as I go in for "therapy."

Because I have a frozen right shoulder, I cannot extend my right arm straight over my head. Instead I get my upper arm up as far as I can and placed into an arm stirrup at the head of the table, then bend my elbow and put my hand over my face. This is tolerable for a few minutes.

About the third day I noticed that when radiation was being beamed into my breast, a blue light came through my hand and arm.

When I closed my eyes, it looked purple. The eye that is not covered by my hand and arm does not see any blue light in the room. I need to ask about that.

I was originally told I would have six weeks of radiation. For some reason my radiation oncologist decided to let me off with four weeks. I am happy about this, mostly because I am commuting to Seattle five days a week to be irradiated, and it takes five or six hours, round trip, for a treatment that lasts seconds.

A few wonderful people have volunteered to drive me in to my treatments, and that has been grand. I come home to Marley, and we settle in for the evening. It's becoming a routine.

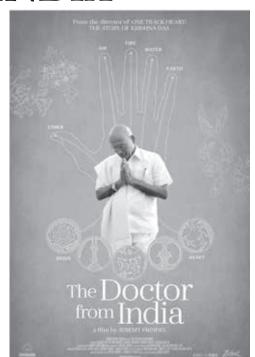
This morning I tried giving Marley one of those treats again. She spit it four feet across the kitchen floor. I'm beginning to think she might not like them.

I have never had a dog with such a talent for spitting. I admire it.

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.

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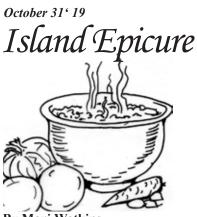
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By Marj Watkins The Blessings of Beef

Food writers have been steering us away from red meats, our best food source of iron. Go too low on iron from your diet and you become anemic, always feeling tired and even depressed. The recommended daily amount of iron for children ages 1 to 10 is 10 milligrams; for teenage boys and adult men, 15 milligrams; for teenage girls and adult women, 12 milligrams. For vegetarians and vegans, the best source of iron is amaranth, a South American grain that yields 15 milligrams per cupful. Warning: amaranth is very laxative; don't gorge yourself on it. Oats yield 7.4 milligrams of iron per cupful. A pound of beef tenderloin gives you 10.9 milligrams of iron; round steak, 8.5 mg.; sirloin 10.2. A whole pound of ham provides only 4.5 mg. of iron. Best we stick with beef, and keep taking our multivitamin-mineral pills or capsules! And enjoy our beef for the blessings of its flavor, it's protein (88 grams per pound), and what iron it yields. Here's my recipe.

> Beef with Herbs and Spices 2 to 3 servings

½ pound leanest beef, cut in bite-size pieces

1 cup coarsely chopped onion

2 Tablespoons coconut oil 2 large or 3 smaller garlic cloves, sliced

¹/₂ teaspoon coriander seeds 1 teaspoon ground cumin

1 Tablespoon dried, crumbled oregano

2 cups water

2 cubes beef flavoring

Black coarsely ground pepper to taste

In a wide skillet that has a lid, heat the coconut oil. Brown the meat a few pieces at a time. (If you put them all in at once they cool the pan and simmer instead of doing the browning that gives the meat a caramelized flavor.) Transfer the browned meat to a bowl and reserve. Add more coconut oil if needed. Saute the onion. Push it aside, Add the garlic. When it tans, stir it into the onion. Return the meat to the skillet. Sprinkle with coriander seeds, cumin, oregano, and pepper. Stir. Add water and beef flavor cubes. Reduce heat to medium low.

Demon in the Thicket: A Cautionary Tale

The following message the remnants of an old leather bound journal with the name "E. Harper" stamped on it - was found in a badly rusted metal container, uncovered as a field of blackberry thickets was being bulldozed on Maury Island. Few of the pages were legible, but this was pieced together with some effort.

Thursday, June the 4th, 1895 This morning, it was with great anticipation that my wife, Eliza, and I viewed the shores of Maury Island growing nearer. After a long and most tiresome journey by boat up the coast from California, we arrive at last at our new home. We are eternally grateful to my distant cousin, none other than the esteemed botanist Luther Burbank, who purchased property for us in this lush and verdant country on a visit he made last year. He remarked in his letters that he had gone so far as to plant a small stand of his recent triumph, the Himalayan Blackberry, at one corner of the acreage, so that we might enjoy its sweet fruit in our first year here. How thoughtful! How kind a man to go to such lengths! He further assured us of the beauty of our plot, and its excellent situation for small farming. But farming will be inconsequential in our plans, as I go to my new job at the shipyard in Dockton on the coming Monday. Nevertheless, once we have a house built, and are settled proper, we shall certainly invite him to stay, and Eliza can bake him a pie from the fruit of the very plants he supplied us with. Our hearts are near to burst with joy!

Friday, June the 5th

My dismay cannot be adequately described. Yesterday, we hired a wagon out of Dockton, and with our few possessions stacked upon it, made our way up the hill to the property. How shall I describe the scene that greeted us? A vast, sprawling mass of thick green vine, clad in thorns, a veritable sea of brambles, spread out before us like the unending waters of the Pacific Ocean. Only, on our land! The road into the clearing for the building site the depths of the vegetation. I could just thence perceive where the road bed was, but my gaze could penetrate no more than a yard or two. Inching forward on my belly, to see what else might reveal itself, I was rewarded with a lashing of thorny growth, and received several painful scratches on my face.

We returned to Dockton, and found a hospitable family that has allowed us to pitch our tent on their land, until I can forge a path into our site. I have spent the day - or what was left of it - collecting my wits, and sharpening my tools. Though the blackberry thicket is dense, I have no little experience in hard field work, and am confident that, by Sunday, we shall be well situated on our land. Monday shall find me at the shipyard, and Monday night, I will pen a note to Luther, and ask if he had any notion of just where he was planting his berries. The roadway is certainly no place for them. I can only imagine that, botanist though he may be, he is no forester nor farmer either, and thought to set them where we could pick them most easily. A silly fellow, for all his book learning.

Saturday, June the 6th

I have been working hard since daylight, and am confident I must be making good headway into this briar patch, but confess as well a feeling of unease, and some dispiritedness. The latter stems from my struggle to cut away the vines. Never have I toiled so, and still the clearing - which Luther aptly described in his letters - is nowhere in sight. For that matter, very little of anything save the tangle of blackberry vines is in sight, and indeed, I cannot be quite sure how far, exactly, I have come from the road. I am, for the moment, seated on my lunch pail, taking a small bit of food, for the morning's exercise has been most arduous. But as I sit here, I can only see the brambles surrounding me and the sky above, a beautiful, serenely rich blue, ringed about by the hole which I cut upwards through the berry thicket. Back toward the main road there is merely a tunnel hacked through. Yes, a tunnel, for I had not the strength to clear away all the brush to the sides of the road, nor even a narrow path. Such is the vigorousness of the vines. I decided to settle on this sort of warren, with the thought that, once into the clearing, I could come back out, and make another pass on Sunday. The Lord will forgive me for working on the Sabbath, as I promised Eliza and myself that I would get us situated before work at the shipyard begins.

presence, a presence that made the hairs on my neck stand up. There was - there is - herein an evil, a sinister force, unseen but real. I told myself it was fatigue, and over-excitement from the voyage, the landing and so forth. Thus I dismissed the occurrence entirely, and was not troubled. But, today... today, the feeling has returned, doubly so. Something unknown and dreadful is within this tangle, I feel it in my very bones! And most unsettling is that whatever "it" is, it seems not of tangible form, but nonetheless pervades these vines.

But, no! I will not allow such thoughts to overtake me. I will prove the master of myself, and hammer ahead. I am determined, and know I will make the clearing today. Eliza will not fret if I am late home. She has confidence in me, and I in the Lord.

Evening, June the 6th.

I am exhausted. The day wore on, the hours crept by. I cut, and hacked, and hewed at this demonic brush with all I had and yet, still - still! - I cannot find the clearing.

Never have I encountered a less hospitable place, nor such vile vegetation. It is alive with a malignant consciousness, a ruthless desire to inflict punishment upon any who dare come upon it, who dare to challenge its supremacy over the land. I am sore covered with scratches, some quite deep, my clothing has been torn as if by an angry animal, and several times I narrowly escaped being blinded in one eye or the other as an especially long and tough vine of thorns whipped my face.

Most worrisome is that it now grows dark, and I fear I have lost my way. For a time, when the sun was at its zenith, enough light penetrated this infernal gloom such that I could navigate roughly toward where the clearing must be. But the thicket has only grown more dense, more resistant to any effort to prise it apart and thus see the sun. These last hours have found me struggling to make way of any kind, and I no longer have a true bearing.

And, incredible though it may seem, the path I so laboriously carved to this spot - wherever this spot is - has disappeared. The growth has evilly closed in behind me and, without old Sol to reckon off of, I know not which direction is the road. There is no alternative for me but to make a hard and cold bed here, in the midst of this hell-vine. In the morning, God willing, I shall make for the road. Foolishly, I have consumed all my food, and nearly all my water, and now I am desperately thirsty, but must forbear any more drinking tonight. I will need all, I fear, for the push to get out tomorrow, and once out, never return.

the darkness under which I have striven for hours has deepened. I am utterly, completely lost. Lost, lost, lost! Despair and dread gnaw at the fringes of my thoughts, and I scarce can hold them at bay - but I must! I must! To give in means my doom.

Sometime today - I think it must have been in the morning - there were voices, faintly calling. Alas, shout as I might, I could not make myself heard, and upon the voices receding, I fell unconscious, as much from disappointment as from weakness. I know not for how long I lay, but upon waking oh, God! what horror! - I saw my legs wrapped about with the accursed blackberry vine! I felt myself going mad, and only by summoning a supreme effort was I able to cut myself free, though what is left of my trousers are mere shreds, and I will bear a series of scars from the thorns, as well as several more where my hand scythe went astray.

The air has become dreadful hot, so thick it is a labour almost unbearable to simply draw breath. The vines press in on me, my thirst is a singular torture of itself... is there no respite, no relief from this mass of green death?

If I can but rest for a time, I intend to marshall my strength for an assault straight up through the tangle, into the light of day. Then I will take my bearings, and make for the road. Eliza! I will see you again, I vow. Oh, God, give me your guidance, your strength...

June... the 10th?

My dearest Eliza, I love you. I love you so, but I am defeated. It is only with the greatest effort that I write. For days I have struggled to find the way out, but it is useless now. I have not slept, and lack of water has sapped me of life. No torture devised by man, no ring of hell from Dante's Inferno, could do justice to the suffering I have lately endured. If I cease hacking at the vines for even a few minutes, I must watch, horrified, as they maliciously, grotesquely, and painfully grow over my body, and I have no more strength - alas, none! - to fend them off. Even now, I feel them constricting me, binding my chest, suffocating me. Only my hands are still free... free to pen these last words. I leave this to any who might find it, as epitaph and warning. For the sake of your soul, and the love of God, stay away from the blackberry vine! Oh, Eliza, my love, would that we had never come here, and that Luther had never made such a planting...

Stir. Cover the pan. Cook slowly until the meat is very tender..

Serve over cooked brown rice. Complete your menu with a salad and a side vegetable such as buttered peas or steamed broccoli florets. Pass - Luther assured us it had been made - was utterly impassable. Indeed, we could not FIND the road, until I lowered myself flat on the ground, and peered into

the avocado dressing or plain ranch dressing.

P.S. Four chicken livers give you about several milligrams of iron, but it's hard to find healthy looking ones. If you can find some, each average size liver will give you 6 milligrams of iron.

To cook chicken livers, dredge them in flour, salt and pepper and fry them in olive or coconut oil or butter until they are not bright pink inside anymore. They are delicious!. As for the sense of unease, its genesis was, in truth, yesterday, but I could not admit of it then. Yet now, I would take an oath that, while peering into the green darkness yester morning, something... something made itself known. I heard no sound, I saw no movement, and yet felt distinctly and assuredly a

June the 7th.

Day's end, and the only way I know it to be so is that Luther! LUTHER! What have you done? WHAT HAVE YOU DONE?!!

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The Curvettes

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

The Curvettes are backed by an acoustic swing combo that puts a nostalgic spin on even the most modern tunes, but isn't afraid to bust out a beat when



they need to. Gavin Kovite on upright and electric bass, Marshall Murray on the cocktail drum kit, and Matthew Chaney on keyboard are seasoned performers who provide the backbone. Rick Doussett adds electric and acoustic guitar, depending on what and how many strings he can handle at any given time. Gary Milligan on horn adds some sass and splash.

Friday, November 1st, 8:00pm. The Curvettes

The Red Bicycle

All-ages until 11pm, 21+ after that. Free cover show!

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 November 1st we bring you Steve Amsden & Friends!

A warm, talented performer, Steve is widely acknowledged as an exceptionally creative musiciansongwriter. Over the years he developed the strong voice and powerful presence for which he's



now well known.

Steve consistently works on new material, performs, records, jams and rehearses, produces music events and supports other musicians. He plays many types of music--folk, bluegrass, country (and Western), rock and roll, blues and jazz standards. He is a mainstay in a community that joyfully integrates the arts.

Friday November 15th we bring you Pat Reardon & Friends!

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-didhe-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. Monday October 28th we bring vou 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.

New Works on Paper by Ann Leda Shapiro



Ann grew up in NYC, near the Museum of Natural History and the Metropolitan Museum of Art.

She spent the sixties in San Francisco, attended art school, protested the Vietnam War and participated in feminist consciousness raising groups.

This set the stage for merging activism and personal content within her art.

Ann lived on a desert ranch in Arizona, a miner's cabin in Colorado and sailed around the world for semester-at-sea program.

Ann volunteered at an AIDS clinic in Texas and was introduced to chinese medicine. This sparked a lifelong direction integrating art and healing. Inspired to research and illustrate chinese medical history, Ann enrolled in acupuncture school, became a board certified acupuncturist and has practiced chinese medicine for almost thirty years.

Her art reflects cross-cultural perspectives, interweaving environmental issues, science and medicine and autobiographical emotional states. Ann has traveled from Europe to Viet Nam to Vashon Island where she maintains an art studio in the shadow of Mount Rainier.

Puget Sound Cooperative Credit Union, Vashon Island. Exhibition Dates: Nov 1-Dec 31

First Friday Party December 6, 6:00-9:00

6th Annual 5 x 5 Show at VALISE Gallery

In November and December, the 6th annual 5 x 5 Show returns to VALISE Gallery for a 2-month run showing more than 200 works of art. The gallery will be jam-packed with a stunning array of affordable work by new and longtime members Lenard Yen, George Wright, Hita von Mende, Sharon Shaver, Jiji Saunders, Robert Passig, Rachel LordKenaga, Pascale Judet, Bill Jarcho, Julian Dahl, Dot Church, Jennifer Hawke, and Gregory Burnham. Each artist received 20 blank 5"x 5" wood panels on which to create art. The results will surprise and delight you! Every piece of art is priced at \$75, and one-of-a-kind art makes the best holiday gift.

The opening celebration is First Friday, November 1 from 6 to 9 pm. Preview the show on Friday afternoon from 11 am to 5 pm. The show runs

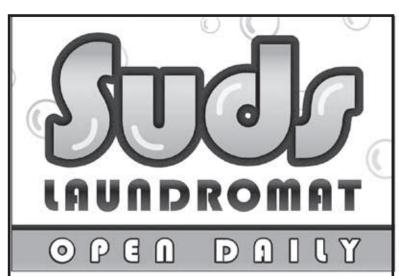


Pascale Judet

11 am to 5 pm, and is located in downtown Vashon at 17633 Vashon Highway SW, Vashon Island, Washington.

VALISE stands for Vashon Artists Linked in Social Engagement. We chose these words for their humorous, ironic, and activist bent. The gallery is dedicated to presenting subjects and media that are daring and unexpected. We want to stir our audiences. We want to challenge members to initiate fresh work. We want to share the venue with the community and inspire new ideas. Half of our shows are by collective members and the other half are by artists from Vashon and beyond, regional and nationwide. The goal of VALISE gallery is to be an important and accessible art venue for the community.





Open Daily 9am to 7pm "Last load in at 6:15pm" 17320 Vashon Hwy SW (Located across from Pandoras Box)

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 ZERO WASTE VASHON

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Bill Jarko, General TSA

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E1)

through Saturday December 28. VALISE Gallery is open Fridays and Saturdays from

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It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out November 14



Rachel LordKenaga

TALK on the Rock David Guterson

David Guterson, Seattle novelist, short story writer, poet, journalist, and essayist, will be the featured speaker in the forthcoming Vashon Center for the Arts TALKS on the Rock series next Wednesday, November 6, at 7:00 pm. His appearance coincides with the publication of his latest book, Turn Around Time: A walking Poem for the Pacific Northwest, and his subject for the evening—walking, meditation, and their relationship to the writing process springs from the book itself.

October 31' 19

Guterson said of the book, "It's a journey through quintessential and iconic Northwest mountain landscapes the poetry of an inveterate hiker and climber who returns to the same trails, river valleys, and peaks year after year." His talk, he said, will explore the the relationship of walking and writing, the ways they resonate with one another, and their long association in literature.

Guterson's book is something of a departure for him. "Turn Around Time, in a sense, happened to me over the course of two weeks," he said. "The music of the poem began to play inside my head, and I rode along on its propulsive rhythm happily to the end." Vashon Bookshop will have copies of the book available for purchase at VCA.

He is best known as the author of Snow Falling on Cedars in 1994, which earned him the prestigious PEN/ Faulkner Award. His many other awards include a Guggenheim Fellowship, the White Award for Journalism, the Washington State Governor's Writers Award, and the American Booksellers Association Book of the Year Award. He



is the author of 11 books to date.

He is a graduate of the University of Washington with a BA in English and an MFA in creative writing. After graduation he taught high school English, and at the same time began work as a freelance journalist, becoming a contributing editor to Harper's magazine. He is also co-founder of Field's End, a writer's community, and in 1998 established the David Guterson Award for MFA students in creative writing at the University of Washington.

Wednesday, November 6, 7:00pm Tickets: \$10 in advance, \$15 at the door | \$5 for youth

One More Mile



Dia de los Muertos



Baile Folklorico courtesy photo

Come celebrate Dia de los Muertos at VCA November 2nd, 4-6pm. Day of the Dead costumes welcomed (but not required), get your face painted and dance with us as we embrace this fun cultural holiday of honoring our ancestors. We have a variety of entertainment from Baile Folklorico dancing, to clowning by Luz Glaxiola and other guest performers. Harbor school student ofrenda art will be on display along with art from a class for 7-11 year old's held by the Arts Ed program and taught by Caroline Rockey and Anna Sander. And we invite you, Vashon to come participate in creating our community "Remembrance Alter" to honor our loved ones who have passed.

Saturday, November 2, 4pm-6pm FREE Event suggested donation of \$5.

Vashon Maury Chamber Orchestra



The Vashon Maury Chamber Orchestra, under the direction of Music Directors Karin Choo and Justin Cole, will welcome violinist, Svend Rønning to join the orchestra for a wonderful program of Sibelius, Jerry Kracht and Tchaikovsky on Saturday, Nov. 9 at 7:30pm at the Kay White Hall. Tickets are \$5 for Student, \$14 for VCA Member, \$16 for Senior, and \$18 General.



Local Weather

Road worn, but not weary, the latest incarnation of the blues band "One More Mile" includes talent from some of Vashon's most celebrated musical groups. Individually they have all performed on stages throughout the Northwest.

Over the course of their varied careers, "One More Mile" band members have played many genres of music, while being ever committed to the roots of the blues. Now the five Journeyman players are joining forces to put their unique stamp on Blues classics by Cotton, Muddy, King, Wolf and Wells, while throwing in some funky surprises just for good measure. You'll hear in their music there's a strong kinship, and that these guys have a mutual appreciation for each other's styles.

This band enjoys playing out live and strutting the Blues. So its safe to say this group is sure to keep the memory of the music ringing in the audience's ears long after the show has ended. "One More Mile" loves to groove...and like the song says, It's a "Boogie Thing"! Folks, Keep an eye out for this band. They'll be bringing their version of Rockin the House Blues and Funk to the Bike soon! How many miles left to go? Just one more.....

> One More Mile is: Jason Lollar : Guitar Mike Nichols: Harmonica Chuck Keller: Bass Tony Mann: Keyboards Wes Peterson: Drums

Vashon Events Presents: One More Mile Friday, November 22nd, 8:00pm. At the Red Bicycle

All-ages until 11pm, 21+ after that. Free cover show! www.vashonweather.com Local Rain Totals Temperature hi/low Wind Speed & Direction Barometric Pressure Weather forecasts

Deadline for the next edition of *The Loop* is **Saturday, Nov. 9**

Make a date with Vashon! www.VashonCalendar.com Vashon Library Events Art & Music Events Submit your Event on line at www.vashoncalendar.org





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