Vol. 16, #23

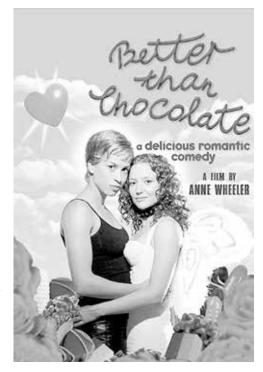
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November 14, 2019

# Better Than Chocolate

Tuesday November 19 at 6:00 PM at the Vashon Theatre along with other Vashon organizations present Better Than Chocolate (1999). This film and the others in the series of historic LGBTQ films for the island is organized by the Heritage Museum, the Senior Center, Voice of Vashon, Island GreenTech, and the Vashon Theatre; the Queer Film series screens at the Vashon Theatre on GreenTech Tuesdays and at the Senior Center on Wednesdays and Fridays. The LGBTQ Film Series is inspired by the IN and OUT: Being LGBTQ on Vashon Island exhibit that opened in June at the Heritage Museum.

Better Than Chocolate follows a young lesbian named Maggi living in Vancouver, Maggie works in a book store which sells titles about the LGBTQ + community, including guides to safe sex. With this material having been deemed obscene, we witness the prejudice and discrimination towards the LGBTQ community in the era of the AIDs crisis. The outcome of this discrimination impacts LGBTQ people in their daily lives. The film depicts the 80's, a historical time in the Lesbian community of Vancouver, BC, centered



around Commercial Drive.

The IN and OUT exhibit is open through early May of next year, Wednesdays through Sundays from 1:00 to 4:00 PM at the Vashon Heritage Museum. The film series runs through next April.

# The Road to Resilience

# Can't Happen Here?

A little parable:

I don't know who else to talk to but we're both members of the Corps, and I think that you will keep quiet about this. Remember when the Leader was first running for president? His rudeness, racism, incompetence, and willful ignorance were already pretty obvious. We expected he would be laughed off the debate stage pretty quickly. When the debates started, between his broad general promises and his rudeness towards the other candidates, it became apparent that the other candidates were actually becoming intimidated. Seems like the public saw that, and far more credible candidates started dropping out like flies. Remember that? We couldn't believe he was getting away with it, and our jaws were gaping when he won the nomination of his party. Our candidate wasn't real exciting but was the most experienced candidate in a long time. Nobody doubted that the buffoon would be gone soon. Remember how shocked we all were when he won? Even his supporters were shocked. Our candidate had 3 million more votes but the Electoral College went his way so that was that.

We expected, after he was inaugurated, the campaign circus would end, and he would start acting more like a president. Incredibly, he turned out to be a one-trick pony and what we had seen thus far was all there was to see. As time went on, we began to appreciate that, despite his vacuousness, he still seemed to effectively intimidate everybody, especially the elected members of his own party who, although they mostly loathed him, dared not speak against him for fear of getting rousted out of office by their constituents, most of whom were with the Leader. His unshakeable faith in his person, as groundless as it seemed to be, kept everybody off balance. So, he blundered on from one fracas to another

By Terry Sullivan,

undeterred by any adults in the room. And his base constituency that loved him in the beginning, about 30% of us, loved him still, every outrage eliciting more delight.

It started becoming apparent that his blatant racism, hypocrisy, and lack of respect for the truth were emboldening those with similar sentiments all across the country. The rest of us were concerned, but the really rabid group was still only about 30% and we could outvote them. There was serious talk about fascism. As the next election loomed, we speculated about whether he would leave willingly if he lost. He had already stated that he would like to be president for life and openly adulated ruthless dictators of other countries. We should have seen that this very simple man lied about his accomplishments and about his critics, but he never lied about his desires. He was really as open and innocent as a six-year-

As the election approached, we felt pretty confident that we could beat him. We had good candidates, good new ideas, and a poor performance by the president. Still, we knew that we would have to beat him convincingly enough to forestall any thoughts on his part of questioning the legitimacy of the vote. To do that we needed to turn out a lot more voters than the last election, which was the lowest turnout ever. We had also learned that we could not be over-confidant like last time.

The election arrived, and we did get a much better turnout. However, the Leader stunned us again by cutting our margin of victory to only 2%. As we feared, he declared the election fraudulent and, therefore, null and void. The entire country was a beehive of activity, but there just wasn't any normal solution to this dilemma. The fifth circuit court did issue a stay of the president's *Continued on Page 4* 

# She Kills Monsters



Producer Bonny Moss with the "She Kills Monsters" Cast. Photo credit: Lisa Work.

By Samantha N. Sherman

, "She Kills Monsters," a play by Qui Nguyen is opening for a twoweekend run. The show is presented by Drama Dock and Open Space for Arts & Community and is directed by islander Chris Boscia.

She Kills Monsters tells the story of Agnes Evans as she leaves her childhood home in 1995 Ohio following the death of her teenage sister, Tilly. When Agnes finds Tilly's Dungeons & Dragons notebook, she learns more about her little sister than she ever imagined. Agnes, driven by familial love and curiosity about a part of her sister she now realizes she never knew, enters into a virtual Dungeons and Dragons game that is in full force. She must learn how to "kill monsters" in order to save her sister and finds that in many ways, she saves herself.

"The play is about loss, acceptance, inclusion and fantasy," says director Chris Boscia. In this scary climate we live in, it's vital that we represent geeks, nerds, queers and anyone else who never 'fit in' into the 'typical' societal narrative. Qui's play does just that and more. What drew me to the play was how seamlessly it tackled very tough issues through humor, pathos, and a whole lot of 1990s pop culture fun. Boscia admits that some of the stage directions in the play were daunting. "When I read that a gelatinous cube had to eat and spit out one of the characters in bits and pieces, I knew I had my work cut out for me!"

Kate Tobie, the creative force behind much of the movement, fights and puppetry in the play says, "I have been amazed by the outpouring of community support coming out of the woodwork on Vashon for She Kills Monsters. Artists that are not normally engaged with Community Theater have generously lent their creative vision to bring this show to life: from puppeteers to sculptors. This truly has been a community effort."

The casting is as diverse as can be imagined. With all colors shapes and sizes, ages ranging from 15-30 were cast. It was also important for Boscia to honor diversity in casting considering that Vietnamese-American Nguyen is the first playwright of color to appear on the Drama Dock stage. Also, many of the performers have never been in a play before and that "fascinated me to no end," exclaims Boscia.

The She Kills Monsters cast includes Maya Krah, Lucy Rogers, David Katz, Sky D'Artell, Elric Baker, Marion Ray, Desiree McIntryre, Elizabeth Schoen, Jasmine Hagerty, Orion Moss, Phoebe Ray, Brette Flora, Alina Brown, Emily Bruce, Nathan Campbell, and Madonna Regis. Islander Sarah Howard has choreographed a special number for the show that is not to be missed and Hally Aldrich has choreographed a hip-hop fight scene like no other. Additional Puppetry and Mask Designs by Adam Ende and Martha Enson with Cyra Jane building some incredible set pieces and Christopher Overstreet composing original sounds.

Show times are Friday, November 15 & Saturday November 16 at 7:00 p.m., Sundays November 17 & 24 at 1:00 p.m. There will be a sneak preview on Thursday November 14 at 11:00 a.m. and a "Pay What You Want" performance on Thursday November 21 at 7:00 p.m. All performances take place at The Open Space for Arts and Community located at 18870 103rd Avenue SW, Vashon Island, WA, 98070.

Please note: Parental guidance suggested for audiences under 14. Mature themes include violence, bullying, homophobia, language and frank sexual discussions.

Ticket info at: https://www.openspacevashon.com/event/drama-dock-o-space-present-she-kills-monsters/

# Live Local Weather www.VashonWeather.com

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to www.wunderground.com, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www. vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site www.vashonnews.com. Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site www.vashonweather.com.

The Vashon Loop, p. 2 November 14' 19

# **\&>** Windermere

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Friday & Saturday 11:30am-12am

Bar Hours: Sun, Mon, - Thur 11:30am-10pm

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**Coming Soon** Doubting Thomas Playing November 16 @ 8pm

> Bolshoi Ballet: Raymonda November 17 @ 1pm

Greentech Night: Better Than November 19 @ 6pm

Frozen ll Playing November 22 - December 5

Met Opera: Akhnaten Playing November 23 @ 10am

Greentech: Symphony of the Soil Playing November 26 @ 8:30 pm

Seattle International Comedy Competition November 27 @ 7:30 pm

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

For show times and info check www.vashontheatre.com

#### The Vashon Loop

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# Go To www.vipp.org

To view adoptable Cats and Dogs

# Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com **Next Loop comes out November 27** 

#### Make a date with Vashon! www.VashonCalendar.com

**Vashon Library Events Art & Music Events** Submit your Event on line at www.vashoncalendar.org

# Get in The Loop

## Submissions to the Loop

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

# Alzheimer's Association Caregivers Support Group

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

# Get In The Loop

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



# 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,

Vashon Lutheran Churc. 18623 Vashon Hwy SW

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

# **Dockton Seawall Repair**

This month, King County Road Services will repair a damaged part of the Dockton Seawall on Vashon Island, just south of Tramp Harbor Road SW near Maury Island. The repair is needed because this segment of the aging wall is deteriorating and impacting the roadway and shoulder.

The work will require a full closure of Dockton Road SW at Tramp Harbor Road SW and extending southward for about 1,000 feet, beginning Nov. 12. It's scheduled to finish on Nov. 27.

This is the first of two phases of repairs for the Dockton Seawall. The second phase is scheduled for spring 2020.

Bus Reroute-

From Tuesday, November 12, through Wednesday, November 27, at all times, Metro Transit service will be rerouted in both directions and will not serve the stops where SW Ellisport Rd and Dockton Rd SW meet, due to seawall construction.

During this time, riders may board or exit Route 118 - when scheduled via SW Quartermaster Dr - and Route 119, at the stops on SW 204th St, west of 94th Pl SW.

Visit Metro's Service Advisories page for complete information about revised bus service, routing and stops for planned construction and other events.

# **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/.

#### Vashon Elders seeks volunteers

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



& Respite Program

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

# **Community Sound Bath**

Community Sound Bath at NEW LOCATION

Vashon's Threshold Choir will share its soothing bedside songs with the island community. Come relax in a zero-gravity chair and listen to the group's calming a cappella harmonies. Thursday, Nov 21 from 6:45 to 7:30 PM at Gather (old Heron's Nest) 17600 Vashon Hwy

# Next Edition of The Loop Comes out Thursday Nobember 27

Saturday, November 23

## **Open Enrollment**

Open Enrollment is for the Affordable Care Act health insurance.

This is the time to keep your current insurance or change to something that suits you better.

Or sign up after a lapse. See if you might qualify for Apple Health which is for low income people. Apple Health is free. Also children may qualify even if the adult in the household does not. King County Public Health will be here on the following dates

and time to help people navigate the system and answer questions.

Saturday November 16th, 2019,

Noon - 3pm at the

Vashon Library. Wednesday November 20th, 2019, 11 - 12:30pm at the Food

Bank.

1pm - 3pm, at the Vashon Library

Friday December 13th, 2019, 11am - 1:30pm at the Vashon Library.

This is for health insurance that will begin January 2020 You can also apply for:

ORCA LIFT: Metro reduced fare program

FOOD STAMPS

se habla español King County people do speak Spanish

# **Interfaith Gratitude Gathering**

Saturday, November 23, 4 p.m. Church of the Holy Spirit, 15420 Vashon Highway SW, Vashon, WA

Please join the Vashon-Maury faith communities in a celebration of gratitude. This gathering of gratitude will feature activities for the whole family, music, and poetry. We will also collect donations for the Vashon Food Bank.

If you have an offering of gratitude for the community, please contact Sarah Colvin at rector@holyspiritvashon.org or Koshin Cain at koshin@pszc.org

# Vashon Island Pet Protrectors Wreath/Swag sale

The Land Trust Building

Fri: Nov 29th 12-4p.m.

Sat: Nov 30th 10-4p.m. Sun: Dec 1st 10-2p.m.

Stop by & purchase one or more of Vipps' Holiday Wreaths/ Swags starting at \$25. Each year our all volunteer crew craft these holiday delights out of fresh fir, cedar, holly & lots of extras which is then topped off with a beautiful bow. Vipp will also hold our annual "Nikki Champlin Neighbor to Neighbor Pet Food Drive". Items in particular need are:

Wet or dry cat food Wet or dry dog food Clumping litter

Please drop off any donations at the Land Trust Building during the Holiday Wreath Sale.



La Salud Pública del Condado de King está

INSCRIPCION ABIERTA 1 DE NOVIEMBRE - 15 DE DICIEMBRE DE 2019

Fechas: sábado, 16 de noviembre de 2019

12:00 - 3:00 de la tarde en la Biblioteca Vashon

miércoles, 20 de noviembre de 2019 11:00 de la mañana - 12:30 de la tarde en el **Banco de Comida** 1:00 - 3:00 de la tarde en la **Biblioteca Vashon** 

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# Wood Cutting and Selling



By Sean Malone and John Sweetman

John and I were going to cut up a madrona log off Pillsbury Road, South of Burton. I was telling him about working for Bill Poderenko up the Yahk River valley in B.C., next to the border with Alberta. Bill had a crew of five and we were working a small mill on a side hill, cutting railroad ties to be loaded onto railroad cars on a siding near the town of Yahk. Bill ran the mill and we either supplied the saw with logs or pulled the cut ties on six inches of ice, using a picaroon to stack them for the loader to haul to the truck. The truck would then take the ties to the siding in Yahk where we would load and stack them on the railroad cars. The ties were nine feet long and could weigh 250 pounds or more. You had no footing with which to drag the ties off the green chain and onto the ice as they constantly tried to get away from you on the slippery side hill. As the afternoon wore on, Bill asked us to work overtime at the railroad siding to load the gondola. His way of paying for the overtime was to beer us up at the Yahk tavern before sending us home with no money to show for the time. I had a wife and two small children to support at the time and commuted 90 miles in an old flatbed farm truck on roads that were covered with snow and ice. The second time Bill asked us to work overtime for beer, I quit and Bill's response was, "Go wait in the truck."

As we worked to get the log out, John and I started trading wood cutting adventures. It was a way of life up in Ferry County where it could go 40 degrees below zero. In the 1980's, wood went for \$35 a cord, that's 128 cubic feet. John was the county assessor and ran a small beef ranch and I cut and sold firewood year-round.

Mr. Hauglund lived up Swamp Creek where I sold him wood from year to year. I pulled up to his shack one day and got out to unload. "That's a good load of wood," was Mr. Hauglund's observation. "I asked him how he knew it was a good load? " "It's flat across the back," was his reply. Now, old man Hauglund had worked in the with an actual regular paycheck, which was mines all his life and owned a few "glory holes" that hadn't been mined yet. He had a lot of experience with wood as a lot of the early mine equipment was steam driven with wood fired boilers. A flat rear end of the pickup load proved that all the pieces of wood had been cut to the same length and that there were no grouse holes, the space between pieces of wood that a grouse could get through. If there were no holes between the pieces that a squirrel could get through, then it was a tight load and up to the unwritten rules of the life of a serious woodcutter in Ferry County."

At that time in Ferry County, 1980, old Fred Citi pretty well set the price of wood at \$35 a cord because he and his brother Pete had been cutting wood the longest of anybody in the county. If the woodcutter pulled up to the Brown brother's landing, where they were sawing logs to be cut into lumber, and if you were lucky and the brothers in a generous mood, Jim or one of his brothers might yard you out a wood

Photo courtesy photo U.S. Forest Service

John tells the story of he and a mutual friend, Frank delivering a prime load of firewood....

"When we had unloaded..a cord of prime buckskin tamarak, .. the expected payment was to be laid in cash on the truck tailgate. Instead of cash, some feeble excuse for the lack of paymentbwas offered along with a vague promise to 'pay' later.

The result of this failure of promised payment was predictable.

I had helped Frank when he would ask because not only were we good friends, but in his day job as a professional faller, he would every so often knock down a prime 'pumpkin' tamarack or fir and have it skidded down to the uphill side of a road. He would then tell me where I could cut and split up the log for my own use.

Frank just gave me a look and a slow nod after hearing the story and receiving no cash. He slowly picked up a round of wood and placed it back in the truck-bed.. I nodded back and followed by picking up another round and placing it back in the truck, knowing exactly what we were doing and why.

No words were spoken as we understood the business..

In the truck as we drove off, Frank just said, 'never leave the wood till until the customer shows the money, never unload until the customer sees the wood '. I nodded in agreement.

John related another story; "It was back in maybe 1980...

"my friend, jim had negotiated a load of wood from someone we knew .. 'knew' as in he was a regular at Cassels Tavern in Republic and Jim would stop by for a beer after work. The load of wood was outside the tavern. He took a look at it and made a deal, as it was decent buckskin tamarac and pretty much a full cord in an overloaded ford f250.

Delivery was to be the next day and Jim being a good hearted but gullible soul somewhat unusual in Ferry County at that time, paid cash in advance. Cash money on the bar counter. He later recruited me to help unload and stack the wood..the next day, when delivery was promised.. i would have done this for nothing but he also claimed to have a decent amount of beer and the delivery was conveniently on the night of our monthly poker game up at his place.

Delivery was to to be at four giving plenty of time for unloading and beginning the usual game at six. The usual poker group of four arrived more or less on time and the

It was about eight when we noticed we were out of beer, had consumed the usual fare of venison sausage... and no wood had appeared. At that time, that jim passed on the fact that he had also given the wood guy money to buy beer and to bring a case with the wood.

The wood and the beer were to be brought up together.

Later, with the maturity that comes

with age and making bad judgements.. we came to realize paying in advance for beer or wood and especially both was probably not a good judgement call..

The card game went on nevertheless, as jim found some beer stashed below a part of his unfinished floor. . A lot of nickels..dimes .. and quarters passed across the table into

Around midnight.. a low growling of a truck coming up a steep winding dirt driveway was heard..

The game being pretty much over with the losers vowing revenge.. the winners smiling smugly..we all got out to see what was coming up the road...

Sure enough.. it was the woodcutter.. and he appeared to be in poor shape to drive as he came up to a rise in the road and crashed into the chicken shed... bringing down a post and scattering the chickens into the night.. We left the cabin and gathered

True to his promise he had bought a case of beer but he had somehow managed to consume most of it on his way from town up the hill.

When we inspected the load of wood we found not only different and inferior wood that had been purchased.. but only half a load. That was explained by the truck tailgate that had fallen off halfway up the hill, scattering crappy wood all over the road.

Some discussion occurred. Not all of the discussion was gently done..

It turned out that after Jim had paid for the wood, another person at the bar had asked about the load... bought it and unloaded it off the truck that night.

The woodseller.., cash rich but wood poor, just went out to a slash pile the next day and quickly cut crappy wood. Delivering it at night was a way to hide the devious deed.

There is a lesson here.. somewhere.. maybe it is to never ask someone to deliver your poker beer and wood in the same load.

You had to keep cutting wood whether you had a customer or not and if you needed money right away, say for groceries or gas, you parked outside the tavern, walked inside and ordered a beer at the bar. Once warmly enjoying a beer you looked aroundfor a likely customer.

Another story resulted from a combination of wood cutting, wood selling, poaching and just plain bad judgement.

This particular story resulted as the woodcutter had also taken the opportunity to poach a deer at the landing where he cut wood and cleverly wrapped the deer in canvas and covered it with wood.

Things started to go wrong as he parked in front of the tavern on a slightly uphill slope and carcass blood eventually trailed over the tailgate. The other major misstep was that he approached several people trying to sell the load, but the one that was most interested happened to be a local game agent who had not been in the area long enough for everyone to know him.

The inspection of the load was made by Rod, the game agent and one thing led to another. Rod quickly put the circumstances together and after congratulating the miscreant woodcutter on the stacking of the load, issued him a game violation ticket. Others from the tavern came out and out and inspected the truck and congratulated the woodcutter on the size of the whitetail.

We never really knew what happened to the load of wood, but the woodcutters name appeared in the police blotter a few weeks later. Coincidentally and maybe not related to these events a pile of nice tamarack appeared in the game agents woodshed and the local Eagles Airie 68 served a special on venison chili for two weeks.

Woodcutting can be brutal and even deadly as our friend Frank found out when he was hit by a log from behind, he didn't see it coming.

The wonderful log of Madrona up Pillsbury road was waiting for us and getting wet. John wanted to use a snatch block to put an angle in the pull and I would

## Road to Resilience

Continued from Page 1

order, but he simply ignored it. Amidst a lot of dithering and indecision, inauguration day came and went, and here we still are.

With no organized opposition, the Leader targeted leading opponents, stymied their efforts, and put some in jail. He retained only loyal members in the executive branch and founded the Patriot Corps, inviting citizens to police their neighborhoods to assure loyalty to the Leader.

We can now see what happened in Germany. It wasn't just the rabid group we needed to fear. Normally decent people decided to make the best of a bad situation and to cooperate for the time being. For me, protecting my family was my first priority - like putting your own oxygen mask on first so you can care for your kids and other passengers. I feel really bad about my neighbors Bob and Marsha, though. I tried to talk them into cooperating, but they said it was wrong and refused. They were visited, and they got into a heated argument. There was a fight, and they shot Bob. They shot him! They subdued Marsha and took her away. They took the kids too. Tim and Amy are such nice kids. I don't know where they took them. I hope they're okay.

Inspired by the 1936 Play by Sinclair Lewis, It Can't Happen Here, performed on Vashon by Drama Dock last year.

Comments? terry@vashonloop.com

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

Find us on Skype Vashon Loop 206-925-3837

## Compost the Loop

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



hear none of it. I wasn't going to use a snatchblock, period. And proceeded to haul the winch cable up the steep hill to the snout of the log. John had already dished out the front of the log to make it look like a sled runner so the log would ride up over the brush on its way down the hill. I choked the log and headed down hill to the winch to guide the log down. The log was moving, but too slow, so I locked up the winch and started to back the truck down the hill when John cried out: "The log is going to roll;" as I tromped on the gas trying to get the log to jump the ditch and land on the road. It didn't stop and kept on spinning across the road and down onto John Ernest's back porch, inflicting some damage to it. Sometimes even the best intentions, "Gang aft agley."

Sean@vashonloop.com

# Spiritual Smart Alçek

**By Mary Tuel** 

# Regrets I've Had a Few

Don't you hate it when you wake up for the usual reason in the middle of the night, and having completed your duty you go back to bed and you lie there in the dark while your brain starts bringing up things you regret? Things that make you cringe, and even writhe, with the memory?

Peg Bracken, an American humorist of the twentieth century (she wrote The I Hate to Cookbook, a big bestseller) called these memories "spinners," because they could spin you right out of bed.

It seems unfair to me that at my age I still have regrets. Shouldn't all that mortification have drained out of my system, whether because I have faced it, or simply because of the passage of time?

If you think I am going to tell you any of my regrets, you are correct, but only a few old ones that aren't spinning me out of bed anymore.

One day when I was in the fourth grade, we were all sitting at our desks, coats on, hands folded, silently waiting to be dismissed. Our teacher, Mrs. Dawson, an intimidating woman, called my name. I got up and began to skip down the aisle, assuming I was privileged to be the first one called to leave.

The look on Mrs. Dawson's face and the horrified faces of my classmates told me I had read this all wrong.

I stopped short. Tried to save the situation by bending over, placing both hands on my knees, summoning every ounce of cute in my nine-year-old body, and saying cheerfully, "What?"

"Don't talk in class tomorrow," Mrs. Dawson said.

The class laughed. Mrs. Dawson did not.

I went back to my desk and sat down, burning with shame, and the class went through its regular dismissal routine.

That incident had me waking up spinning for years, and for all those years it rated as the Worst Moment of My Life.

Well, the worst moment I could attribute to my own behavior.

Then in high school came the Spanish reading incident.

In high school I took Spanish for three years, for all the good it did me.

One day I was reading out loud, and came to the word, "diarias," which is



pronounced "dee-AH-ree-us," and means "daily." In my fierce concentration as I read out loud, I pronounced it, "diarrheas."

The whole class, and probably Mr. Sanchez, the teacher, fell on the floor laughing, while I sat there blinking, because I did not realize what I'd done, only that they were laughing at me.

So that burned for years.

Here's the kicker: it was not until about thirty years later that the shame lifted enough that the incident replayed in my mind and I finally "heard" what I'd said.

Oh. Now I get it.

No wonder they laughed.

In my twenties, out of school and into the world, I came to regret falling for the totally wrong person. This is not a funny story. Everyone has flings that don't go well, but this was a jail sentence, a train wreck, a mine cave-in.

For people who grew up in families that looked okay on the outside but were hellholes on the inside, and there are so many of us, it was easy to slip into such relationships. They felt so familiar.

Getting out was the second-best thing I ever did for myself. Marrying Rick was the first.

Meanwhile, back in the wee hours of the night, lying in bed, tossing and turning, I try to decide what the odds are that I'll go back to sleep, or if I should turn the light on, pick up my book, and read.

Reading puts me to sleep. I tend to go to sleep reading every night. When Rick was still around, sometimes I would wake up as he gently lifted the book from my hands. Now the book either drops on my chest, or the bed, or the floor.

Those middle of the night soul searching sessions don't happen often anymore, thank heavens. Maybe I do fewer dumb things, although I wouldn't bet on it, but I am older and don't embarrass as easily as I used to do when I do something idiotic. Seventy-one has a much thicker hide than fifteen, or nine. A lifetime teaches you what is the small stuff you don't need to sweat.

Turns out it's not all small stuff, but most of it is.

Good to know.

Oh – and Peg Bracken's I Hate to Cookbook recipes were 1950s classics and looking them over now (of course I have a copy), they're not bad. A little heavy on meats, salts, and canned soups for current tastes, but Peg Bracken's narration is healthy and delicious.

# Myths and Realities of U.S. Immigration: Current Procedures:

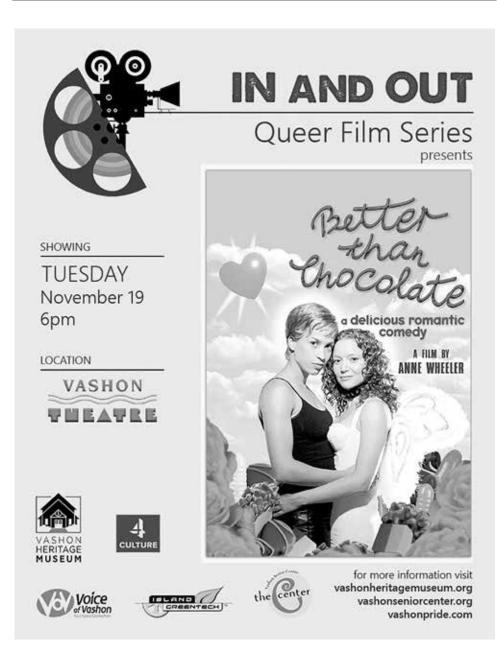
# What Makes a Person Documented? Learn the Intricacies of U.S. Immigration

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

our immigration process. With his long experience practicing immigration law, Bob Gibbs will prepare the audience to evaluate the many allegations on immigration encountered currently in our media. His talk will focus on three aspects of immigration issues: an overview of legal procedures governing immigration; social and economic policy issues raised by immigration procedures such as safety nets and education; and the ethical issues related to immigration policy. Misconceptions about immigration and employment, immigration and crime, and immigration and welfare will also be addressed. And we will learn how the U.S. immigration system compares with the immigration systems of other countries.

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.





# Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

November 14' 19 The Vashon Loop, p. 6

# One More Mile



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

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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!

# Gaybaret

Last year, for their wedding, David Mielke and Thomas Hitoshi Pruiksma offered their guests an original performance that they called a "Gaybaret." They wanted not only to share their stories - and the story of how they met-but also to delve into the deeper and more universal aspects of those stories, using a cabaret form that combined storytelling, original songs, and theatrical magic.

What emerged was an unusual and moving exploration of how friends and teachers help us to be ready to meet and say yes to a life-partner - gay, straight, or otherwise. Come be part of the public premiere of this inspiring and innovative show, newly revised into a free-standing performance that David and Tom plan to take on the road. Expanded and developed with support from 4Culture and presented in collaboration with Vashon Center for the Arts and the Vashon Heritage Museum exhibit "In and Out: Being LGBTQ on Vashon Island," Gaybaret promises to be a singular theatrical event.

**GAYBARET PERFORMANCES:** Fri. Nov. 22 at 7:30 | Sat. Nov. 23 at 7:30 | Sun. Nov. 24 at 2pm

\$10 Student, \$16 VCA Member, \$18 Senior, \$20 General in advance - \$23 at the door

Tickets: vashoncenterforthearts.org/

Related Panel Discussion:

"Prelude to a Gaybaret: A Historical Panel on the Art of Transformation," at 7:30pm on Thursday, November 21, 2019. Free for youth 18 and under, with a suggested donation of \$10 for adults to benefit the Vashon Heritage Museum.

As part of the show's public premiere, Vashon Center for the Arts, the Vashon Heritage Museum exhibit "In and Out:



Being LGBTQ on Vashon Island," and 4Culture are pleased to sponsor a special panel that sets Gaybaret's themes of hidden shame, mentoring, and marriage in a wider set of perspectives.

We've asked five distinguished panelists of different ages, backgrounds, and walks of life to share stories and reflections in response to the question of how we transform into our truest selves. How does art help us know ourselves more fully? How can rituals like a ceremony of marriage or theater itself offer the possibility of healing? How do we make sense of historical change as we experience it in our own lives, acknowledging both the blessings and the curses of the past?

Find Out More Here: https:// vashoncenterforthearts.org/event/ prelude-to-a-gaybaret-a-historical-panelon-the-art-of-transformation/



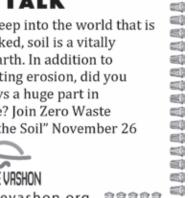
## TRASH TALK

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Take a beautiful journey deep into the world that is soil. Though often overlooked, soil is a vitally important part of life on earth. In addition to growing crops and preventing erosion, did you know that healthy soil plays a huge part in combatting climate change? Join Zero Waste Vashon for "Symphony of the Soil" November 26 6pm Vashon Theater.



www.zerowastevashon.org



# 40th Annual Seattle International **Comedy Competition**

The 40th Annual Seattle International Comedy Competition will take place in November!

32 comedians from around the world will come to the Pacific Northwest to compete-only one will become champion-in one of the longest running and most prestigious events in comedy.

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  - Over \$15,000 in cash prizes
- Talent executives from CBS, NBC, and more: movie studios, managers, agents and producers
- It's America's biggest touring comedy festival

40th Annual Seattle International Comedy Competition



Night 2 of Finals Week! Thanksgiving Eve Wednesday, November 27th at

The Vashon Theatre

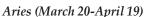
# Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com **Next Loop comes out November 27** 



# Planet Waxes

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



This week Mars in your 7th house forms an opposition to Eris, which potentially describes old tensions rearing their head in close relationships. This could refer to arguments you've previously had with a partner, or the influence of patterns dating from further back. Either way, it'll be useful to understand where everyone is coming from, and to focus on a resolution. That means avoiding wreaking your temper for the sake of it, even if you feel sorely aggrieved. Relationships are encounters between two individuals. Respecting that goes a long way. You also need to acknowledge anything you do feel, as opposed to pretending it's absent. Your emotions are part of you.

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

Vesta's ongoing retrograde through your sign suggests you may be experiencing some unusual relationships at present. This can include any connection in which the dynamic is different from what is generally expected. For example, a close friendship with a person of an older or younger generation, or one specifically devoted to a common cause. Such interactions can often be informative. Should something like this cross your path, look for the ways in which it teaches you about yourself, and what it reveals. Notice if there seems to be a pattern to these encounters, and what that might be suggesting.

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

As your ruler Mercury continues making its way backward through your 6th house, you may be experiencing a higher than usual incidence of minor frustrations or slip-ups. You may need to muster some extra patience to deal with these annoyances; also, don't overestimate their significance. The world isn't perfect and neither need you be. In particular, if snags are getting in the way of progress on a specific project, don't give up. Hold on with gritted teeth and aching fingers if you must. The more work you've put in up to this point, the more worthwhile persevering will be. A few weeks will likely see you on much firmer ground.

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

There are essentially two things you'll want to remember this week, as the action continues in your 5th house of art and play. The first is: notice what prevents the flow of your passion and imagination, and avoid it. The other: recognize what, where and who best encourages your creative potential and supports your desires, and spend as much time as you can in those environments. Soak in the love of life, the joyful communion with all things that makes the world so much more beautiful. Then write, paint, draw, dance - however you prefer to express yourself, to bring a glimpse of the divine light into manifestation. Let it all come out; you can deal with editing and fine-tuning later.

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

Moderation is useful in most things, and that includes slowing down the pace of life when you need to. Especially in the West, we tend to do everything as if wanting to break the sound barrier, and we don't seem to be applying the brakes anytime soon. Stepping back from the bustle from time to time is refreshing and healing. It doesn't mean you have to refrain from doing anything at all, and it does add to your fuel reserves, so that when you pick up the threads again you will be all the better for taking a break. Not only that, but it sets a good example for others around you to emulate.

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

You may have gathered by now that Mercury has some lessons this month regarding the power and responsibility of communication. Words have consequences; we all know this, and yet social media is set up like a game, or a billion personal reality shows. This is encouraging an ever-growing carelessness in the way we interact online, which is also leaking out into the real world. In order to stand your ground against this tendency, you'll need to choose your words with care, and be meticulously truthful. Getting lost in the fracas is easy, though holding on to your most foundational ethical principles will keep you anchored.

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

Maintain a cool head this week when it comes to managing your finances. Pausing on major new purchases is advised pretty much ubiquitously when Mercury is retrograde, though given that it's happening in your second house of possessions and resources, you might benefit from extra prudence. Be especially wary of impulse buys, which could tempt you at this point in time. Even if you have your eye on something specific, there's generally no problem with waiting two to three weeks. In that time you could find a better variety at a lower price, anyway. If you're just looking to feel good, there are plenty of cheap ways of accomplishing that.

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

You are gradually becoming liberated from restrictive notions about who you are, and who you can become. Others cannot dictate your identity or character; it is for you alone to decide. And you are complex; were it possible to sum up a whole human being in one sentence, I suspect our brains would be a lot smaller, for one thing; and for another we would not alter nearly so much. Don't try to force yourself into categories that fit uncomfortably, or strip you of any one of your innate qualities. Who you are today begins with how you feel right now, what you're doing and what you want; these are the keys to self-discovery.

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

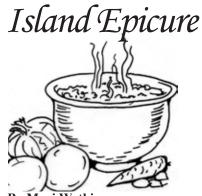
If you find yourself confronted with the question of what is real, a useful way to work with that is to ask, "What is real for me, in this moment?" If you consider that idea with some depth, you'll likely find that it leads to a better understanding of your emotions and why you feel them. This, in turn, will shed light on the macrocosmic world (the one outside of your mind), which after all is constantly exchanging information with the microcosm (within you). Note that some of what you need to know may be appearing through the medium of your dreams, or in sparks of intuition, so pay attention for clues.

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

You may find yourself stepping back somewhat from your social life just at present, as indicated by Mercury traveling backwards through that territory. It's important that you know you're free to do this if you need to. There's a lot happening, both in the world and in your sign, and occasionally your nerves could well feel overstretched. You might need to recognize in particular where this is happening through social media, and consider withdrawing a little if it helps. Checking in with friends using more oldfashioned methods could actually be a source of relief; try making a phone call or, better still, visiting in person.

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

With the big conjunction of Saturn and Pluto brewing in your 12th house (of all that lies behind the veil), you seem to be diving



# By Marj Watkins FOODS versus PAIN

For a long time I spurned canola oil because, though it claim to be a source of Omega-3 fats, it doesn't really have very much. It is a pretty good source of alpha linolenic acid (ALA), needed by victims of gout and other forms of arthritis. Numbness in fingers and toes is also relieved by a diet high in ALA.

Sour cherries in any form--fresh, dried, or canned reduce arthritic pain and numbness of fingers and toes. Other sources of ALA are: lettuce, broccoli, spinach, kale, beans--especially lima beans, navy, and pinto beans.

But its my back that's killing me, you say? Then you need more of two minerals that work together to mitigate your pain: Calcium and Magnesium. Almonds have both. Spinach gives you lots of each. One cup, boiled, yields 245 milligrams of calcium and 157 milligrams of magnesium.

Children whose backs hurt need to be seen promptly by a doctor. Anyone

deeply into some profound philosophical questions. These may appear as a review of your current aspirations and trajectory, though in reality they almost certainly begin at a much more fundamental level. What you do is about who you are. It's as if you're peeling back layers gradually until you discover, or rediscover, the essence of you. Those layers may be partly constructed from other people's impositions and prejudices, which influence most of us rather too much, and which you can freely discard. From now on, you get to decide where you're going.

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

Mercury retrograde has a way of ferreting out hidden information, and during this one something surprising may emerge. This could take the form of a matter that seems to be a foregone conclusion turning out to have a juicy twist. Even if you're absolutely certain on a particular subject — if the evidence all seems to point one way, for example, or if everyone around you is convinced — leave at least a little room for uncertainty and for new details to transpire. Allow yourself to be curious, and be prepared to question firmly held beliefs, however you arrived at them. We are all learning, every moment of our lives.

Read Eric Francis daily at www. PlanetWaves.net

with back pain may have blocked arteries leading to their spine. I credit the pomegranate juice I drink every day with keeping my arteries "as clear as a two-year olds," as one cardiollogist put it.

"Whatever you do," says Dr. Neal Barnard, "don't stay in bed. Keep active and flexible." He says to stay out of bed between 9:00 a.m. and 9:00 p.m.

I recommend the mild movements of Chinese exercises of tai chi or qi gong. I'm always in an optimistic mood after doing qi gong, and feeling less of whatever pains I had.

Foodwise: salads featuring lettuce, de-stemmed raw spinach, raw peas, and well-cooked lima beans with a dressing of canola oil and your choice of vinegars will supply a goodly amount of ALA. We like to use spinach leaves, uncooked, as a base for either vegetable salad or fruit salad.

Remember that cane sugar makes all pains feel worse. Avoid it. I use coconut sugar or honey in small amounts when sweetening is necessary.

White Bean Salad 4 servings

2 cups canned white beans, drained, rinsed under cold running water and drained again

¼ cup olive oil or canola oil

- $\frac{1}{4}$  cup lemon juice, seeds strained out
- 2 green onions, chopped
- 1 tablespoon finely chopped parsley 1 tablespoon finely chopped mint
- 1 tablespoon finely chopped dill
- 1 Tomato cut into eight wedges
- 2 hard boiled eggs, quartered
- 8 black olives
- Salt and white pepper

Dark green lettuce leaves or spinach leaves

In a salad bowl beat together the oil, lemon juice, salt and pepper. Blend well with a fork or whisk.

Add the drained beans. Mix gently but well. Refrigerate until serving time. Sprinkle the scallions, dill, parsley and mint over all. Garnish with tomato wedges, eggs, and olives. Serve on salad plates lined with lettuce leaves

#### **Local Weather**

www.vashonweather.com
Local Rain Totals
Temperature hi/low
Wind Speed & Direction
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Weather forecasts

Find us on Skype Vashon Loop 206-925-3837

## Jill Needs a Home

My first people wanted me to be a barn cat, but I was having none of that. I wanted to be indoors with them! Then they moved to a place where I couldn't go along. I'm looking for a quiet home with lap-sitting opportunities. It'll take me some time to warm up to a new person, but after that I'll happily warm your lap!



# Go To www.vipp.org

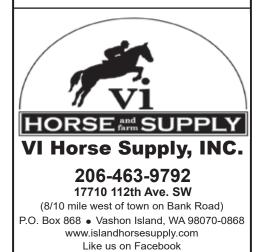
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Everything is marked down - this is it! Once a year, we celebrate our birthday, but you get the presents!

**Bo's Pick of the Week:** 

Well, he's eating the new Sheba. But the new "Inception" line looks really promising.



\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch







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