

Drama Dock presents The Odd Couple



"Big Girls Don't Cry!" Bonny Moss, Chai Set.Marie, Cate O'Kane, Sue DeNies, Thea Vernoy star in Drama Dock's The Odd Couple (Female Version). Neil Simon's comedy opens Feb. 15 at Vashon Center for the Arts. Peter Serko photo

By Pamela McMahan

In tribute to a giant of the American theater who passed away in 2018, Drama Dock presents Neil Simon's comic masterpiece, *The Odd Couple* (Female Version), opening February 15 in Kay White Hall at Vashon Center for the Arts. The show runs Feb. 15, 16, 21, 22 and 23 at 7:30 pm, and Sundays Feb. 17 and 24 at 1:00 pm. The show is directed by Chaim Rosemarin and features a bright and talented cast of Vashon stage performers.

For those of a certain age, *The Odd Couple* was a hilarious, long-running television series starring Tony Randall and Jack Klugman, though Neil Simon's play began life on Broadway and was

quickly adapted in a roaringly successful movie starring Jack Lemmon and Walter Matthau.

There is a delightful twist in Drama Dock's offering: This version features women as the main characters, in a new play specially conceived and adapted by Neil Simon himself. The familiar lovable slob, Oscar Madison and his fuss-budget roommate, Felix Unger, as well as most of the supporting cast have been recreated as women, while the two charming English Pigeon sisters are now the debonair Spanish-born Costazuela

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If a crime is committed in order to prevent a greater crime, is it forgivable? Is it, in fact, necessary?



Backbone Meaningful Movies presents a one night screening of *THE RELUCTANT RADICAL*, Tuesday, February 12 at 6pm at Vashon Theatre.

The documentary features climate activist Ken Ward as he confronts his fears and puts himself in the direct path of the fossil fuel industry to combat climate change. Ken breaks the law as a last resort and with great trepidation, to fulfill what he sees as his personal obligation to future generations. After twenty years leading environmental organizations, Ken becomes increasingly alarmed by both the scientific evidence of climate change and the repercussions for civilization as we know it. Ken pushes for a crisis level response and when his efforts fail, he embraces direct action civil disobedience as the most effective political tool to deal with catastrophic circumstances.

Following the film, Valve Turner Michael Foster will speak about his direct action experience and his ongoing work to combat climate change.

Foster was convicted of felony

conspiracy to commit criminal mischief and misdemeanor conspiracy trespass in October of 2016 when he entered a valve site of the Dakota Access Pipeline in North Dakota and shut the valve off after notifying Keystone that he was doing so and giving them an option to shut it off remotely. This act of climate disobedience, coordinated with other activists who faced lesser charges, shut down 15% of US crude oil imports for nearly a day – a display of the sorts of shifts that are necessary to avoid complete cataclysm. In February 2018, he was sentenced to 3 years (2 deferred) and his projected released date was December 5, 2018. He was released on August 1, 2018.

The film reveals both the personal costs and also the fulfillment that comes from following one's moral calling- even if that means breaking the law.

Admission is by donation, with no one turned away for lack of funds. The evening is made possible thanks to generous support from Vashon Theatre and Island Green Tech.

The Road to Resilience Is That Our Future You're Eating?

By Terry Sullivan,

The actual farmers that produce crops receive as little as one percent of the profit, after paying these large companies for their seed, fertilizer, herbicides and pesticides. Often these companies advance the inputs at the beginning of the season, charging the farmers for interest as well. When the farmers are ready to sell their products, there is often only one buyer allowed and that buyer sets the selling price.

This system is especially severe for meat growers who are little more than glorified factory workers, although, factory workers are not liable for unexpected costs due to disease, weather or breakdown. Adding more insult to injury, the concentrated animal production system they must use is an abomination of animal cruelty, wasted resources, unnatural and sickening feed requiring massive inputs of antibiotics, and mountains of methane-producing manure.

If that isn't bad enough, the corporate food system, which holds all of us hostage as well, is killing and eroding soil, polluting our rivers with toxins and excess nutrients, dramatically worsening the health of every living being, and is the second largest contributor of carbon emissions behind the energy industry (i.e., fossil fuels).

Chemical toxins and fertilizers kill the microbiota that literally are healthy soil.

Last month's column was given the title of the column from the issue before (*Reflections On Money*). The title should have been "Soil Regeneration." If you passed on reading it because you thought you already read it, please check it out. If you can no longer find an old issue, you can find it at vashonloop.com > Columns > Road To Resilience > Soil Regeneration.

Most of us agree that the fossil fuel industry has got to go. We know that we have to stop putting CO2 in the air, even as the oil industry is still scrambling to find yet more reserves. But there is another behemoth in our midst that is almost as detrimental to the atmosphere and much more so in terms of the degradation of life on Earth, from microbe to soil to plants to our very bodies. I'm talking about our corporate food system.

All the elements of food production, seeds, fertilizer, weed and pest control, land, managing raw product, processing, and distribution have been commoditized for profit and are under the control of a handful of global corporations. Right now, only three companies control the entire seed market for the world, and the largest of those companies is Bayer/Monsanto.

A dead soil, which is now only a mineral medium to hold chemicals and plants, is utterly dependent on chemicals to support plant life. It has lost its ability to hold water so most of the water that reaches it runs off, taking the soil, chemical toxins, and nutrients with it.

Those chemicals are now present in all of our bodies. In the 1960s, only four percent of Americans had chronic diseases. As of 2015, forty-six percent of young people have chronic diseases. The worst incidence is in agricultural communities. Our expected lifespan is beginning to slip. A good argument could be made that we are literally killing ourselves off by participating in this food system.

The icing on the cake is that this dead soil oxidizes the remaining organic matter and thus becomes a net carbon emitter. So we have the deadly feedback loop: warming air, drier soil, more water usage, poorer production, starvation. Fun, huh? At least it is saving us a lot of

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206-463-3232
Call for Times

For show times and info check
www.vashontheatre.com

The Vashon Loop

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Published every other week
by Sallen Group
Vashon Loop, Vol. XVI, #3
©February 7, 2019

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Submissions to the Loop

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

Volunteers Needed

We are in need of volunteers to assist in working with adults with Alzheimer's. Could you give us a morning or afternoon of your time? We meet on Tuesdays and Fridays at the Lutheran Church. No skills required, just bring your heart and share it with those in need! Please contact Ann Scafe (206-852-4543 for more information.

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Send To:
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Next Edition of The Loop Comes out Thursday February 21

Deadline for the next edition of *The Loop* is
Saturday, February 21

Turning Small Talk into Meaningful Big Talk.

Fear of starting conversations is one of our top fears, right along with making a public presentation. Yet it is critical to our well-being at any age that we stay connected with others, growing our face-time with new and old friends. Learn how to master the fine art of small talk in a multi-generational workshop that builds your conversational confidence. Practice new skills to bring more meaning into friendships. With 20+ years of life coaching, Laura Worth, MSW is updating this workshop to intentionally include seniors. Call or email Laura to pre-enroll to allow her to customize the content. Join us for a 2-hour workshop; suggested donation \$30; no one turned away for lack of funds. Starting in February, various dates and locations (including Vashon Senior Center). Contact Laura at 206-463-9283 or laura@coachworth.com.

Threshold Community Sound Bath

Vashon's Threshold Choir will share its soothing bedside songs with interested community members. All are welcome to relax in a zero-gravity chair, and listen to the group's calming, a capella harmonies.
February 22 from 6:45 to 7:30 PM. Stop in at Vashon Cohousing Common house, 10421 Bank Road.



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Next Loop comes out June 21

Vashon Park District Levy Pro/Con Committee

The Vashon Park District is seeking members of the public to prepare statements in favor of and in opposition to the ballot measure for the renewal of the Maintenance and Operations Levy for 2020 – 2023 in the April 23, 2019 Special Election. Each committee is limited to three members, but the committee can have an unlimited number of persons assist them to prepare the statements. Interested persons must notify Elaine Ott-Rocheford at eott@vashonparks.org with name, phone number, and email address by 2/21/19 for submission to King County by 2/22/19. Pro/con statements are due 2/26/19. Rebuttal statements are due 2/28/19.

Vashon Social Dance Group Monthly Dance & Lesson

Saturday February 9
Hallmark Holiday Dance & Lesson
Surprise lesson and music provided by Candy
All levels of dancers invited - No experience or partner necessary
Come join us for some partner dancing this Saturday
An eclectic selection of music to dance to Variety dance & Lessons
Variety dance 8:00 - 9:30 pm
Ober Park Performance Hall - 17130 Vashon Hwy SW 98070
No partner needed! Come alone or bring others
Suggested Donation \$10 No One turned away due to lack of funds.
Questions? Leave a message and I'll call you back.
206 920-7596 - Candy

Film Series on Living and Dying

Vashon Conversation for the Living about Dying is hosting a series of three powerful films. Departures is the first film offered on Saturday, February 9 at the Land Trust Building, 1:00 – 4:00. It is a provocative, tender story about caring for the dead. It won the 2009 Academy Award for Best Foreign Film. The film will be followed with discussion about the penetrating intimacy and challenges of death and dying. Suggested donation: \$5.00. Popcorn is free!

Learning the native language of our Salish Sea

While learning the native language of our Salish Sea, also make native gifts to be given to the Lummi tribe, hosts of the *Native Canoe Journey 2019: see <https://blueheroncanoe.com> ~ these gifts are both traditional and allow students to give thanks for the privilege of learning a Coastal Salish language and culture, on island.
Michael Evans, Father of the Blue Heron Canoe and Chair of the Snohomish Tribe, will teach this continuing conversation class in the local indigenous language, Lushootseed, which was also Chief Seattle's language. It is a rare opportunity to gain insight into the wisdom of the people who lived on and around Vashon (traditional territory of the Puyallup Tribe) and Seattle for thousands of years by speaking this living language: Local animal, plant and place names; greetings and basic conversation in the context of story and song.
Cost \$100 for six Thursdays: January 24, February 28, March 28, April 25, May 23 and June 27 from 5-8 pm ~ first class will meet at Vashon Heritage Museum. All others will meet at Vashon Library. Please pay by check in class.

TRASH TALK

Skip the receipt! They're bad for you and the environment. Creating receipts uses 10 million trees, 21 billion gallons of water and creates 686 million lbs. of waste in the U.S. alone. On top of that, they are made using BPA which gets into your bloodstream and makes them not recyclable. Unless it's a something you may return, say "No receipt, please."


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UFO’s

By Sean Malone and John Sweetman

There were UFO’s spotted over Washington D.C. in 1950. UFO is an Air Force word meaning “unidentified flying object.” John and I both belonged to the Ground Observer Corps and were very proud of our pins in the shape of wings. We kids were excited and grew aware of everything in the sky...including suspicious Soviet looking seagulls. Heightened awareness produced a large number of spurious sightings including tricks we played on each other, such as hot air balloons with candles inside rising slowly or flashlights beamed toward low flying clouds. We also participated in an early weather “modification” project whereby under direction of a phone call; a burner was lit under a device that put silver iodide vapor into the air and was supposed to produce more rain, east of the Cascades. We kids were fully engaged in the hysteria.

We were on our backs in the peach orchard eating bruised windfalls. We weren’t allowed to take the peaches that ripened on the trees; those were for canning for the winter. “I can split clouds with my mind,” John said. “What do you mean,” I asked? “Do you see that long low cloud in the West,” John asked? “Keep staring at it, right in the middle” My ears began to twitch as the cloud separated itself into two parts and I was a convert to the art of “cloud splitting.”

Mom was a certified “ground observer” and I begged to go with her so I could earn my “wings” as an official observer. Our post was the wooden tower on Sunrise Ridge where I was “grounded” for carving my initials in the rail around the little building on top. It was government property that I had defaced and this ten year old caught hell for it. If an aircraft made it through the DEW line in the far North, we would report a sighting to the people that manned the plotting tables near SeaTac airport as a four engine bomber, possibly military. Our call sign for reporting the sightings was M-R Cocoa-2-2 Black.

It was cold outside on the rail, the one that had caused me so much grief; this ten year old was starting to shake in the north wind that blew past the tower. Mom, her friends called her “Corb” which stood for her maiden name, Corbaley, was the boss and manned the plotting and the telephone. I moved to the leeward side of the tower to get out of the wind, only to see a strange sight rising up above the Cascade Mountains to the East. “Mom, come see this. I don’t know what it is,” I said. About that time,



whatever it was began to rise above the mountains until it was 20 degrees above the horizon and stopped. Mom went to the telephone to report the incident to the plotters at SeaTac airfield. “This is M-R Cocoa-2-2 Black reporting a UFO to the East, possible military. The craft is over the mountains and appears stationary.” Mom did all the reporting, since ten year olds weren’t allowed to use the military phone line. About that time, I saw two more ships come from different parts of the sky to join up with the first, and all three sped upwards at a tremendous speed to disappear into the night sky.

I took my “UFO sighting” to school the next day, only to be teased by student and teacher alike that UFO’s don’t exist. Had I seen something or was it just a combination of searchlights playing off the low clouds, probably army surplus lights that towed their own generators. In the 1950’s these searchlights could light the skies of Burien, easily seen from Vashon. These lights were commonly used to light up a car lot to boost sales as they drew people’s attention to the location of the car lot.

I know what I saw and there were other reports confirming the sighting, Mom told me afterwards. The government doesn’t tell us about what they hide for security reasons. I guess it doesn’t matter.

After finishing this story, John and I retired to the deck to try to repeat “our cloud splitting days” and found that the peculiar abilities of ten year olds do not extend to “old duffers.”

Sean@vashonloop.com

Protecting the Sacred an Afternoon with Winona Duke

Join the community in an empowering and uplifting afternoon of live music, welcoming ceremonies by Puyallup tribal leaders, and an inspiring talk by internationally renowned post-petroleum activist, Winona LaDuke. Gather to raise money for Winona’s non-profit organization, Honor the Earth, and for the Puyallup Water Protectors. This event supports the important work of these indigenous leaders and communities to ensure a better future for all.

Some’tet, an improvisational jazz ensemble from Vashon, will offer a musical gift from island musicians to Winona, and Swil Kanim (Lummi) will offer spirit-gifted songs on the violin.

Ticket link: <https://www.brownpapertickets.com/event/4044947>

Facebook event page: <https://www.facebook.com/events/282426189089402/>

Post-event reception at Snapdragon, 3-5 p.m. (tickets required)

After the main event enjoy a catered reception with Winona at Snapdragon restaurant. Enjoy local wine and cider alongside a delectable array of locally harvested foods, including Manoomin, or wild rice, from the White Earth Reservation. We look forward to continuing the conversation and connecting more personally with Winona and with one another in celebration and solidarity.

Winona LaDuke is an internationally-acclaimed leader in the indigenous environmental justice movement, and is active in leading on-the-ground initiatives that support indigenous rights and sovereignty, restorative economies, land rights, renewable energy, and local food systems. A graduate of Harvard and Antioch Universities, Winona has



lived and worked on the White Earth Reservation in northern Minnesota for decades, and was a two time Vice Presidential candidate with Ralph Nader for the Green Party. Winona was a strong voice and presence at Standing Rock, and has led opposition to many other destructive fossil fuel pipelines. She has also been a frequent guest on the popular independent global news platform Democracy Now. Today, she is growing Winona’s Hemp and Heritage Farm into a viable, post-petroleum, agricultural enterprise.

Honor the Earth, co-founded by Winona in 1993, is currently fighting the construction of the Line 3 oil pipeline that would bring Canadian Tar Sands through the land and waters of northern Minnesota, including the White Earth Reservation and the headwaters of the Mississippi River. Learn more about Honor the Earth here: <http://www.honorearth.org>

Saturday, Feb. 9, Noon-3 p.m., Vashon Theatre

A fundraiser in support of Honor the Earth and the fight against the Line 3 Tar Sands pipeline

Tickets available at [brownpapertickets.com](https://www.brownpapertickets.com), Vashon Bookshop and Vashon Theatre

The Odd Couple

Continued from Page 1
brothers. Simon’s original Odd Couple leads are transformed as Olive Madison, played in Drama Dock’s production by Cate O’Kane, and Florence Unger, played by Dedra Dakota. The cast also includes Bonny Moss, Thea Vernoy, Chai Ste.Marie, Sue DeNies, James Norton and Russell Baker.

While celebrated as a master-craftsman of the well-timed joke, Neil Simon’s writing is also poignant and sharply focused, and his sensitive perceptions of human nature are on full display in The Odd Couple (Female Version). Drama Dock’s production is centered on the female buddy story, with six girlfriends who have known each other for a long time getting together weekly to play Trivial Pursuit. When Florence Unger suddenly and unexpectedly splits with her husband, her friend, Olive Madison invites her

to come live with her. The two women have opposite personalities. Florence is uptight, domestic, and fastidious; Olive is sloppy, careless and carefree. Naturally, they soon get on each other’s nerves, and in typical Neil Simon style, hilarity takes over and the linguini flies. When Olive’s neighbors, the dashing Costazuela brothers (James Norton and Russell Baker) enter the scene, the fun is fever-pitched. Ultimately, the story has much to teach about friendship and loyalty, and Neil Simon’s language and authentic characters gives us a wonderful window into comedy writing that has stood the test of time.

Tickets: \$20 /\$18 for Students, Seniors, VCA and Drama Dock Members, available at VashonCenterfortheArts.org, the VCA Box Office, 206.259.3007, and at the Door.

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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

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Island Life Where the Buffalo Roam

By Peter Ray
pgray@vashonloop.com

*The red man was pressed from this part
of the West*

*He's likely no more to return,
To the banks of Red River where seldom
if ever*

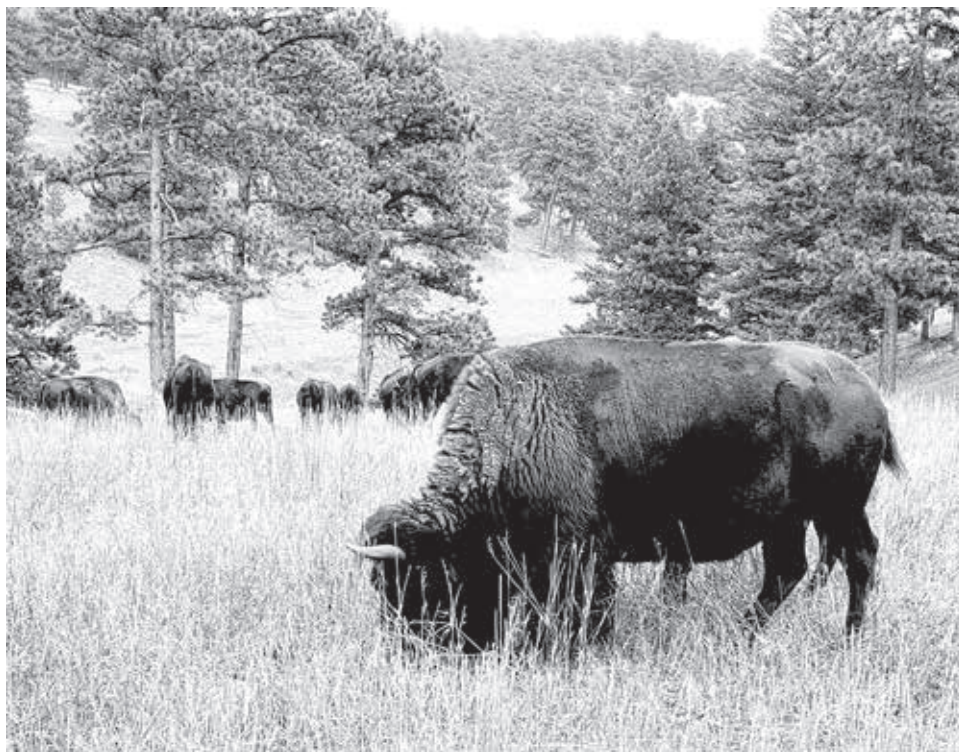
Their flickering camp-fires burn.
A verse of "Home on the Range" as
rewritten by John Lomax

While it wasn't the first change of course along the way, when I came to Denver on my trek east last fall that was roughly following Horace Greeley's journey west in 1859, I did briefly head back to the west to seek out Central City and the former site of a large gold strike at that place from back in that time. As I was rolling along I-70, at one point I noted a group of cars parked on the shoulder with their occupants all out wandering on the edge of the road and standing, gazing and pointing to a hillside field in the valley below which was dotted with what appeared to be furry brown things that I could not quite make out as I hauled by. I assumed that such a spectating crowd would not be so attracted to and fascinated by cows, and a sign a little ways up the road indicated that there was a place to view buffalo nearby. I took note of the area and carried on to my original goal, what at one point in Greeley's time had been known as Gregory's diggings, but was now a restored historical mining site and a wonderland of hi-rise casinos tucked away in the narrow valley along side and below the old town.

On my way back to Denver I took one of my self-allotted diversion tours and spun down a dirt road off an exit that allowed me to get more up close and personal with the fenced and contained buffalo herd than the view from the highway shoulder above would allow. In truth, the signs posted along the eight foot field fence that kept this herd from wandering too far from view all said that one should not stand within x number of feet of the fence. The exact, set back safety distance I fail to recall at this point because I ignored all those warnings anyway and held my camera lenses right up to the square holes formed by the fence wiring so as to avoid those troublesome wires in order to get an unobstructed shot of the grazing buffalo. In doing a bit of reading about the noble buffalo recently, I found that if one took careful note of how these wild and crazy beasts carried their tails,

one could discern the animal's attitude toward your less than welcome intrusion into its space. It seems that a loose and limply hanging tail indicates a general level of concern somewhere around 'whatever'. A tail in any other attitude other than limply vertical is indicative of two things- an impending poop storm or a full on charge in your general direction, or both.

In reviewing the photos that I shot of the buffalo, it looks like their telling tails were indicating a general disregard for my presence. Of the ten or fifteen in the group nearest to the fence, none of them seemed interested in doing anything other than eating through the grass that was before them. All were content to chew and wander. Not one even broke



into a trot or a canter, although it would have been impressive to see that 35mph speed they are said to be capable of, in spite of their lumbering and oafish appearance. What really would have been impressive though would have been to be around back in the mid 1800's or before, back when their numbers in North America were said to have been somewhere between 30 and 60 million. While they mostly traveled in herds of 15-50 animals, during times of migration their roving gatherings on the plains were sometimes seen to stretch from horizon to horizon. As Greeley observed somewhere in Kansas: "Consider that we have traversed more than one hundred miles in width since we first struck them, and that for most of this distance the buffalo have been constantly in sight..."

To the plains Indians the buffalo were beings who could speak, feel and think. It has been noted that the buffalo were also a kind of general store for the tribes, providing food, clothing and formable tools. To the white settlers and

emigrants the buffalo were an annoyance that spooked their livestock and were an impediment to their movement. Fur traders from early in the days of westward expansion killed them by the hundreds, taking their pelts and cutting out their tongues which were considered delicacies when salted. After the completion of the transcontinental railroad in 1869, one of the things that was considered sport when traveling west was to shoot buffalo from the trains. This was done and encouraged in part because herds could sometimes block the tracks and delay trains for days. By the 1870's, laws had been passed in Montana, Wyoming and Idaho for the purpose of protecting the buffalo population although they were difficult

or impossible to enforce. Around that same time there was an economic downturn and buffalo furs were seen as a relatively easy way to make money. This led to a surge in buffalo hunters- at one point numbering more than 5000- which led to a glut of hides and a resulting

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drop in market price. To make up for the monetary losses, the hunters just killed more buffalo. By the early 1880's the entire buffalo population had been reduced to thousands as opposed to the tens of millions just forty years before.

After the Civil War, president Grant asked Gen. William Sherman and Major-General Phillip Sheridan to be in charge of dealing with the "Indian Problem" on the Great Plains. Both men saw the dependence the native populations had on the buffalo herds, so they put forward a policy that encouraged the extermination of the buffalo in order to deprive the Indians of their main food staple and starve them into submission and surrendering to life on the reservations that had been set aside for them. Not having the resources to deal with the vast numbers of buffalo, the Army set out to encourage private buffalo hunters to accelerate the task. By 1884 there were 325 wild buffalo left in the U.S.

For the rest of the nineteenth century there were both private and public efforts made to bring back the buffalo. In 1913 a new design for the five cent piece in U.S. currency was designed in part to show purely American images, as well as to commemorate the return of the buffalo. It is unclear as to whether or not the irony of having the head of an Indian chief and the image of a buffalo (both actively driven into near extinction by our U.S. Government) on either side of the nickel was lost on the American public or not. Currently there are buffalo herds in every state of the union, with close to half a million in both private and public herds. In 2016 President Obama signed the National Bison Legacy Act making the American buffalo the national mammal. To the best of my google searching knowledge, it appears that this is perhaps one bit of Obama's legacy of legislation that the current cheese puff in residence at the White House has not yet rescinded.

Next Edition of *The Loop* Comes out Wednesday February 21

Deadline for the next
edition of *The Loop* is
Saturday, Feb. 16

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The Mobile Community Services Office is Coming!

Date: Wednesday, February 20, 2019

Time: 11:00 am - 3:30 pm

Place: Vashon Market Fresh IGA
17639 100th Ave SW
Vashon

At this event, you can apply for:

- Cash Assistance
- Basic Food Assistance
- Medical Assistance
- Medicare Savings Program

You can also drop off paperwork, complete
an Eligibility Review, Mid-Certification
Review or make changes to an existing case.



Spiritual Smart Aleck

By Mary Tuel

Coffee and Prayer

My friend Sonya came to visit for a few days the other week.

Her daughter and son-in-law gave her a Kindle for Christmas, and while she was here she got onto my computer and logged into one of her library accounts to download a book.

When she was done, she got up and walked away from my computer, leaving her library card on the computer desk. Some time later I came in and saw it there and thought, oh, I'll give that to Sonya.

So I picked it up and took it into her bedroom and left it on the table next to her bed.

Or so I thought.

The next day Sonya asked me if I had seen her library card. Of course I had – and went to the table next to the bed, where the card was conspicuously absent.

There followed a search – on the bed table, on the computer desk, on the kitchen table, in the living room, on the floors of all the rooms through which I had walked. Everywhere I could think it might be. Nada.

Finally I took a deep breath and said, “Okay, I’m going to leave it to coffee and prayer.”

I made my morning cup of coffee, carried my mug to the kitchen table and sat down. I took a calming breath and prayed, God, help me find that library card, then said, “Come, holy spirit,” and sat there quietly.

In a couple of minutes it came to me: the washing machine.

Got up and went there, and sure enough, there was Sonya’s library card. It was on the dryer, actually.

I had stopped to move a load of laundry from the washer to the dryer, and set the card down, and by the time I cleaned the lint screen and got the dryer going, I had forgotten all about the card.

This sort of forgetfulness is sometimes attributed to aging but I’ve been losing and forgetting things all my life. Some of us don’t even need to move. We have something in our hands, set it down, and it is gone.

I’m finally learning that what frenzied searching won’t do, calm reflection and prayer sometimes will. The coffee is something to enjoy regardless. And maybe a cookie.

Now, for you constant readers, I said in my last column that I was praying for a



dear one who was going through a rough patch. To catch you up a little, things are better now. When I posted that essay on my blog, I added this:

“Post Script: the rough patch has passed, and my dear one is doing better. Not that I’ll stop praying. Don’t believe in praying? Just think of it as deeply and faithfully and constantly wishing all the best for someone you love, with all your heart and mind and soul. I believe this sort of thing tips the balance of the universe.”

Yeah. I do believe that. Looking at that paragraph now, I think perhaps I should have mentioned that even though you pray and think and wish and hope, you cannot control any outcomes. So don’t expect that.

I know. It’s a bitch. On the other hand, it works in our favor when someone is praying that God would smite us.

Coffee, prayer, and calm breathing are getting me through a lot of rough patches these days, both in my personal life and in my feelings about what is going on in the world. So much has stopped making sense.

I am still watching or listening to the news on Canadian television and radio frequently. It’s good to hear the news of the United States from the point of view of another country. You also realize that the USA is not the only country with problems.

Recently a group of Canadian politicians in their Parliament broke into singing, “Barrett’s Privateers,” a rousing Stan Rogers song/sea chanty, and it made the CBC news. They sang it badly, but still. When have you ever heard any of our legislators spontaneously break into a sea chanty?

Canadian politics became dear to me years ago. I was listening to CBC news, and they had a story about a bill that parliament had fought over. When it came time to vote, one side was certain the other side did not have enough members present to win and they were congratulating each other on what they were sure would be a victory.

Then, at the last minute, a gaggle of opposition voters jumped out from behind the drapes and voted and won.

American politicians never do anything fun like that.

Maybe I’ll pray for singing in our Congress when I have my coffee tomorrow morning. Singing, and prayer, and calm breathing.

Coffee is a personal choice.

Bodacious Botanical Bash

The Vashon Wilderness Program is our island’s trusted resource for nature-rooted culture and education. They’re celebrating 12 years of mentoring 4,000 people of all ages to feel deeply connected with themselves, each other, and nature. And you’re invited to join the fun!

Your WILD evening includes:

- A wild array of foraged and farmed delectable appetizers to please your palate, artfully prepared by Pink Tractor Farm

- Drinks crafted from Vashon’s own forest and herb gardens

- Silent Auction items to inspire your connection with the beauty and benefits of nature

- Deliciously wild Desserts at our Sweet Treat Trot

- Mini-massages with botanical oils to soothe your soul by Jill Bulow

- “Tend a Seed” Special Appeal

- Our very own multi-talented, community-building superstar MC Matt Lawrence

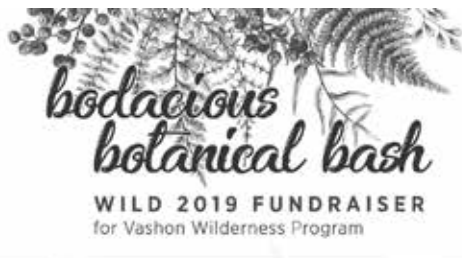
- and More!

Dress up in whatever makes you feel bodaciously botanical! A Goldenrod gown? A Red Alder romper? A Pacific Willow pant-suit? Devil’s Club dress? Red Huckelberry hat? Salmonberry scarf? Let your imagination run wild!

Proceeds from WILD...

... will help VWP provide more people of all ages with transformative, nature-based experiences through:

- tuition scholarships;



- new pre-school and after-school programs;
- nature skills workshops for adults and families;
- free seasonal celebrations for the whole community;
- professional trainings on our renowned approach to deep nature connection mentoring;
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For more information:
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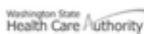
A 12-week class for parents of children ages 8-12 years

February 27–May 22
Wednesday Nights (no class on April 10)
6-6:30 Dinner
6:30-8:00 class
@VYFS Family Place 9822 SW Gorsuch Rd

Class, childcare, and dinner are all FREE
Required registration at varsanetwork.org
Or call (206) 567-2647
Commitment to attending all 12 classes
Free on-site childcare with homework helper
Dinner provided

The Incredible Years School Age Basic parenting program strengthens parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and academic development.

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Planet Waves



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

Aries (March 20-April 19)

You may be wanting to deal once and for all with some conflict in your circle of friends that has apparently been plaguing you. Perhaps it's tempting to seek out a quick and easy solution, so that you can move on. However, the New Moon astrology suggests things are more complex than they seem; that in order to exercise justice, you'll need to take a closer look at the facts. It's possible that everyone will benefit more in this case from kindness and willingness to forgive than from a rush to judgment. Stay calm, and don't act until you're completely sure.

Taurus (April 19-May 20)

During the next week things could progress pretty fast in terms of your career advancement or vocation. It's possible that a specific small move may set off a chain of events that lead to swift changes, until your main work is substantially different — perhaps even unrecognizable compared to what it is now. The timeframe could vary, and you may not notice anything until after Uranus is back in your sign in early March. It's also likely that the initial alteration has to come from within; probably in terms of casting off self-limiting ideas, and opening up to your true potential.

Gemini (May 20-June 21)

The New Moon offers a solid opportunity for you to focus firmly on your highest aspirations, and carve a path toward them. Utilize everything you've learned about yourself, along with your courage and determination, and you can make big strides. One way in which you can especially benefit at this time is by listening — not to anyone who would enervate or dampen your spirits, but to your intuition and the rhythm of the cosmos, to the wise mentors in your life who have supported you, and to the little hints loved ones give that show what you mean to them.

Cancer (June 21-July 22)

There's a lot happening in the world just now, and keeping track of it all can get overwhelming fast. If you're starting to take on rather too much stress, it might be a good idea to scale back your activities this week and stick to keeping things simple and clear. Above all, make sure you leave sufficient time in your schedule to relax and have a bit of fun. If an opportunity arises to meet someone on a human level, to be vulnerable or to share intimacy in any sense of the term, that will probably be worth taking up. Such contacts are rare and precious in these strange times.

Leo (July 22-Aug. 23)

A New Moon in your opposite sign is generally an invitation to renew or refresh personal relationships. This will work best for you if you behave with ingenuousness, and give those close to you the benefit of the doubt as far as possible, even if you've been stung in the past. Every partnership of any sort depends on trust, and a willingness to allow people to be themselves on their own terms. Any need for control is usually founded in insecurity; if you're tempted to hold back or to restrict someone, consider what that might be about. You'll surely be happier if you can let it go.

Virgo (Aug. 23-Sep. 22)

Amid your good intentions, keep an eye on any tendency to dig in your heels.

Make it a policy this week to receive any advice you are offered respectfully and give it serious consideration. People are all too apt to become entrenched in specific beliefs and go on in their elected way, especially if they've invested emotionally or financially in a project. This isn't about accepting undue criticism, doubt or discouragement; it's much more to do with understanding when someone is trying to be helpful, and at the very least to recognize the intent, if not the content, of their message.

Libra (Sep. 22-Oct. 23)

Do not underestimate the importance of play. It's essential to let your hair down every now and then, to give yourself a bit of time off and enjoy the sense of refreshment and rejuvenation that brings, from which you can return to your responsibilities feeling a good deal lighter. Watch your alcohol intake, but otherwise feel free to indulge in some fun. Try to set time apart specially, if you have trouble finding it in your everyday life, even if you have to be firm: there's a lot of intensity about and you may have been particularly sensitive to it lately. If so, you definitely need a break.

Scorpio (Oct. 23-Nov. 22)

Over the next few days you may be inclined to address a matter of unresolved family drama. It might be useful to remember that those involved will each likely have their own emotional responses to the situation, and to employ gentleness liberally. Likewise, be sure to apply it to yourself, and go for fair, equitable treatment all round. Avoid taking on the projections of others, or becoming a martyr to the problem, even if doing so appears to present a simple answer. Nothing in these scenarios is ever as simple as it seems. Be prepared to walk away if you need to.

Sagittarius (Nov. 22-Dec. 22)

If you want to learn a new skill of any kind, but especially in the creative arts, it generally helps first to study the masters in your field; then you'll almost always imitate them before finally developing your unique style. The point is that you get a good foundation on which you can build experiences: gathering information initially is as much a key to producing quality material as practice, or enthusiasm. This is also perhaps true of the wisdom, so to speak, of our environment; we learn much unspoken detail through absorption. This can be restrictive at times, but also undoubtedly helpful.

Capricorn (Dec. 22-Jan. 20)

To a certain extent we tend to take our most basic resources for granted until they are suddenly no longer available: things like clean water, food, shelter and so forth. As the humorous redrawing of Maslow's hierarchy of needs points out, the internet has itself become a necessity, an uncontained feed-line connecting our consciousness to the rest of humanity (almost like the Borg). It's possibly a good exercise, now and then, to recognize what we are treating as if its supply were inexhaustible, and to be thankful for its contribution to making our lives easier.

Aquarius (Jan. 20-Feb. 19)

This year's New Moon in your sign takes place at the very center of Aquarius, a special point in the zodiac known as a cross-quarter, which marks exactly halfway through the season and is thus of universal significance. You

PANDORA'S BOX

January is gone...finished...kaput.

Mom's annual "Think Snow" campaign works again.... snowed in. Come try the newest and best pet food out of New Zealand. We are an official test market for this new international canned food. Get yours today!

Bo's Pick of the Week:

His new self-warming pad - I've got a few left!!



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\$8 Nail trimming with no appointment

17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

"Sonnet Shoppe" at Valise

Every Saturday in February 11 am to 5 pm at VALISE Gallery – Poets will be on duty to write custom poems for your loved one (or your mortal enemy). ValiseGallery.com

February is the month of celebrating love, and for those who dare there's nothing more romantic than giving a poem to the one or ones you love. Rap poems, lyric poems, free verse, ballads, limericks, haikus, or sonnets, take your pick. Island poets will be in residence at VALISE Saturdays during February to write custom poems and letters.

This is a chance for lovers to

celebrate each other. And don't forget grandmothers, favorite uncles and friends. How sweet it would be for kiddos to work with a poet to create a special poem for a loved one. Everyone needs a little reminder that they are loved, especially during the cold, wet days of February! Saunter into VALISE Gallery anytime and fill out a request for a custom poem. Better yet, stop by any Saturday during February and work with an island poet in the Sonnet Shoppe to create an unforgettable valentine.

Come one, come all to the Sonnet Shoppe!

Make a date with Vashon!
www.VashonCalendar.com
Vashon Library Events
Art & Music Events
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www.vashoncalendar.com

Find us on Skype
Vashon Loop
206-925-3837

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

can therefore consider this event as a reminder of one important truth: you matter, and your presence in the world is sacred, without condition or caveat. You don't need to prove anything to anyone, however others might try to convince you of the opposite. Remember that, and take up the space you need unapologetically and unswervingly.

Pisces (Feb. 19-March 20)

Much like retrogrades, activity in the inward-facing 12th house can sometimes feel frustrating, especially when all you want to do is push forward, or you feel under pressure to do so. If something appears to be hindering you, it's very likely worth taking the trouble to investigate this more closely, and figure out exactly where the challenge is coming from and why. Use meditation or divination, or whatever method you might normally work with to make contact with the Akashic library. In the meantime, keep an open heart, and remember to be gentle with yourself.

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

Next Edition
of The Loop
Comes out
Thursday
February 21

Deadline for the next
edition of *The Loop* is
Saturday, February 16

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



Loose Change
R&B Band

Loose Change is now booking for your summer parties.
We have dates available
Call Troy @ 206-794-9451

Keltoi in Concert

This Concert has Been Canceled Due to the Snowy weather. The concert will be rescheduled because there is more snow forecast for this coming Friday and Saturday.

The new date will be announced soon - Please come and enjoy this wonderful music then!

The Church of the Holy Spirit on Vashon Island welcomes the band Keltoi in a concert of Celtic music to celebrate the feast of Saint Bridget and the coming of Spring! Keltoi’s spirited interpretations of Scottish and Irish dance music and soulful vocal harmonies are innovative, entertaining, and uplifting. Ranging from the fiery to the poignant, Keltoi’s music reflects the passion and experience of its members. Bill Woods has written four books on the bodhrán and folk percussion, is in great demand as a teacher, and also plays in the band Iona Abbey. Fiddler Brandon Vance has garnered premier awards

for Scottish fiddling, enjoys a career as a Baroque and contemporary violinist, and holds an M.M. degree from the Cleveland Institute of Music. Cameron St. Louis’ driving and percussive flute playing draws inspiration from North Connaught flutists Packie Duignan and Patsy Hanly and his singing style evokes the Stan Rogers and “sean nos” songs he heard growing up. Guitarist David Rivers is a graduate of the Berklee College of Music, has played guitar with Abby Mae and the Homeschool Boys, Irish fiddler Erin Hennesse, and is an assistant pastor at Calvary Chapel in Sequim, Wa. Rich Hill has been teaching and singing in Scottish Gaelic since 1989, is a founder of Slighe nan Gaidheal and Féis Seattle, and is also well-known in Seattle’s early music scene.

Please welcome Keltoi to Vashon and join them on February 9 for an evening of foot-tapping tunes and songs from the heart of Gaeldom!”



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Road to Resilience

Continued from Page 1

money and providing quality products. Well, no—it isn’t. The only people that are making out with this system are a small group of billionaires at the top of these parasite companies. In addition to the toxins and worsening environment, they are also bringing you more plastics than you ever imagined you would need: cellophane on the outside, polyethylene on the inside. Amongst these companies are names you will recognize: Monsanto, Syngenta, Cargill, Archer Daniels Midland, Tyson, Nestle, Kraft, Pepsico. You might think twice about buying anything from these people. If you want to read further, I recommend this link: <https://econexus.info/publication/agropoly-handful-corporations-control-world-food-production>

It doesn’t have to be this way. Already, more than half the food in the world is still produced by small family farms that grow their own seed and operate independently (mostly, that is) of the

corporate parasites. As I explained in “Regenerative Agriculture,” healthy soil is not only our ticket out of the corporate madness, it is also our best hope of reversing the carbon buildup in the atmosphere. It not only eliminates a third of our carbon emissions, it has the potential of sequestering even more, while producing healthy sustainable food, wildlife diversity, and returning the profits of food growing to the people that deserve it: the growers. An added benefit is that it is best done at the local scale, eliminating the gargantuan investments that disqualify the small operators.

Let’s continue to lower our dependence on fossil fuels so that we can get off of them entirely, but, at the same time, it is imperative that we take the food system back from the parasites and begin to rebuild living soil that will take CO2 out of our atmosphere.

Comments? terry@vashonloop.com

Vashon Library January 2019 Events

Children & Families

Infant & Young Toddler Story Times
Tuesday, February 5, 12, 19 and 26, 10:30am

Age newborn to 24 months with adult. Stories, songs and fun! Playtime follows.

Preschool Story Times
Tuesday, February 5, 12, 19 and 26, 11:30am

Age 24 months to 6 years with adult. Stories, songs and fun!

Thursday Theater: Wrinkle in Time
Thursday, February 7, 4pm
Family program, all ages welcome with adult.
Rated PG.

Perler Palooza
Tuesday, February 12, 4pm
Ages 6 to 12 with adult.

Come with a little patience and creativity and leave with some cool retro art!
Follow spring and Valentine’s Day patterns or let your imagination soar.

Teens

Turn Cards Sideways
Friday, February 1, 3:30pm
Grades 6-12.
Come play Magic The Gathering and other trading card games with resident super-nerd and card game enthusiast, Cyrus Morosoff. Learn everything from the basics to honing your skills for tournament-level play! Untap and get ready to cast some spells! No cards? No problem. We have you covered.

Game On!
Friday, February 8 and 22, 3-5pm
Grades 6-12.
Come play video games at the library! Hone your gaming skills with Wii U, PS4, or Xbox one. Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

Teen Late Night
Friday, February 15, 6:30pm
Grades 6-12.
Get your karaoke on! Use computers, play video games or tabletop games, make crafts or just hang out. Free snacks and raffle prizes all night long. Teens must be picked up by 9pm.

Teen Cinema: Ant-Man and the Wasp
Wednesday, February 20, 4pm
Grades 6-12.
Rated PG-13. Run time: 118 minutes.

Study Zone
Mondays and Wednesdays, 4pm
No Study Zone on February 18 and 20. Grades K-12.
Drop in during scheduled Study Zone hours for free homework help from volunteer tutors.

Adults

Great Books Discussion Group
Ninth Selection of Great Conversations Book 1 The Value of Science (selection) by Henri Poincare Monday, February 4, 6:30pm

One-On-One Computer Help
Tuesday, February 5 and 19, 6-8pm
Have computer or software questions? Tech Tutor Volunteers provide basic

level help to you.
You may bring your own laptop, but Tech Tutors cannot provide hands-on or hardware assistance.

AARP Tax Help
Thursday, February 7, 14, 21 and 28, 10am-2:15pm
Free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits. Bring picture ID, documented proof of Social Security number, and last year’s return as well as any current tax documents.
Drop-in service, registration not required.

Side Hustles for Creative Types
Sunday, February 10, 1pm
Presented by Jeff Leisawitz.
A good side hustle reminds you that you have gifts to give to the world. Tune into your creative heartbeat. Craft a compelling and attainable goal. Take real action. Learn to identify the intersection between your passion and profitability, create a basic plan to point you in the direction of your dream and take actionable steps to get your side hustle off the ground.

King County Public Health Visit
Wednesday, February 20, 1pm
You can apply for Orca Lift - Metro reduced fare program, food stamps, health insurance. Or sign up for Apple Health and fix any problems you may have with qualified health plans.

Yoga in the Library
Saturday, February 23, 10:15am
Instruction provided by Island Yoga Center.
Tweens through adults.
Yoga is a wonderful practice of self-care for a healthy body, focused mind and sense of well-being. Gentle stretches, strength building and basic meditation techniques for de-stressing and centering from the inside!

Theatre: A Catalyst for Change
Saturday, February 23, 1:30pm
In this interactive presentation, Dr. Jennifer Kulik chronicles how theatre literature and performance has both reflected and shaped political and social movements in Europe and the United States from Ancient Greece to the present.
Learn how several theatre companies (locally, nationally or internationally) are currently using theatre as a catalyst, and brainstorm new possibilities.

Tabletop Gaming
Sunday, February 24, 11am-4:30pm
Ages 12 and younger must be accompanied by an adult.
Unplug and enjoy gaming with others. Learn new games from our experts or play old favorites. Feel free to bring your own games to share as well.

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Island Epicure



By Marj Watkins

Love Those Legumes

Beans, lentils, and peanuts are all classed as legumes. They all contain protein, but require some grain to present a food with complete protein. Some people totally refuse beans, thinking they all cause gas. In truth, only canned beans cause gas. At our house we usually start with bulk dry beans, soak them overnight, drain and rinse them, then cook them for two hours. For fast cooking, the legume we choose is lentils. They require no soaking and cook in about 35 minutes.

When we visited Korea in about 1983, son Steve and I ate bean jam buns for our breakfast every morning, washing it down with barley tea. A Korean bun with bean jam baked in the middle of it is delicious, yields complete protein, and would not dream of giving anyone gas. The jam is made from well cooked adzuki beans, pureed and sweetened with, I think, brown sugar. The bun that surrounds the jam seems to be made with barley flour which is lower in gluten than wheat flour. You can create bean jam buns using any bun recipe and putting bean jam in the center of your buns before baking them.

To make bean jam, soak 1 cup of adzuki beans overnight. The next day, drain and rinse them. Put them in a 6-cup saucepan and add water to cover them. Bring it to a boil, reduce the heat to medium,

cover the pan and cook the beans 35 minutes. Stick a pin in one. It should go in easily, showing that the beans are done. Add salt, stir gently, and puree them. Stir in brown coconut sugar (1/3 as much glucose as cane sugar) to your taste.

Any dried beans cooked the above way are most unlikely to give you gas. Nutritionally, they provide protein, fiber, and iron as well as B vitamins. Bean protein is not complete but the bean jam and the bun together do give you complete protein. Canned beans of any kind will give you gas because their producer does neither presoaking nor long slow cooking.

Another legume, the lentil, requires no soaking and cooks in 30 to 45 minutes in a covered kettle. Our neighbors in Crete in the mid 1970s ate lentils or large white beans nearly every day. They also ate octopus and squid. The butcher shop at Chersonissas was open only on Thursdays.

Lentil Soup
4 servings

1 cup brown lentils

1 yellow onion, chopped

3 garlic cloves, peeled and sliced

1 large carrot, chopped

½ cup olive oil

1 teaspoon salt

¼ teaspoon black pepper

¾ cup tomato sauce

1 bay leaf, broken up

6 cups water

2 Tablespoons vinegar

In a stockpot, boil the lentils with the other ingredients, except the vinegar, until everything is tender, 30 to 45 minutes. The lentils should still have their shape. This soup, eaten with thick slices of brown bread gives you a delicious meal complete protein. To up the complete protein more we cool our soup with a dollop of low fat yogurt.

On Saturday, February 9th, we are hosting a very special, intimate concert of Tcheka, a Cape Verde International Touring Musician who will be making a special stop on Vashon Island. This concert will sell out. Buy your tickets now and read the story below.

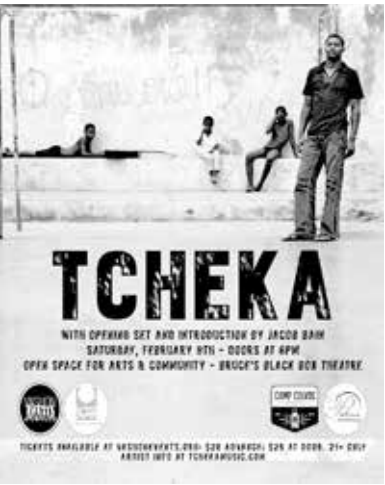
Jacob Bain (of bands Trolls Cottage and Publish the Quest) has long been a musician who has found unique ways to combine his love of world travel with his passion for music. He has made friends with musicians from nearly every continent of the world. He has recorded music with them, performed at world festivals with them, and has created a musical bridge from their countries to ours. World music has influenced and inspired his life and his art. We like to call him the Ry Cooder of Vashon.

Jacob Bain and Vashon Events work closely together to create opportunities to bring these performers to Vashon Island so that we can all experience a little of this world music that gives us a chance to journey to remote parts of the world right from our own small island.

Tcheka is one of those artists. He is from Cape Verde, a nation on a volcanic archipelago off the northwest coast of Africa. Cape Verde is known for its Creole Portuguese-African culture, traditional morna music and numerous beaches. In 2017, Vashon Events and Jacob Bain hosted Tcheka at a concert at the Vashon High School Theater. Then last year, Jacob, along with Pete Welch and Allison Shirk of Vashon Events and Oli Christophersen had the opportunity to visit with Tcheka at his current home in Portugal. We broke bread, jammed together, and spent time getting to know this incredibly talented and soulful artist.

On Saturday, February 9th, we are thrilled that Tcheka is returning to the US for a small tour and will stop by Vashon Island for an intimate concert at the Open Space Black Box

TCHEKA



Theater. There will be only 100 seats and this concert will sell out. We personally invite you to come and meet our friend.

In his own words, “As an island person, I get really happy when I visit other island communities far away. I’m super excited to be returning to Vashon Island in Washington, to re-connect with the amazing singer and homie, Jacob Bain. Thanks to my friends Pete Welch and Allison Jones Shirk of Vashon Events for organizing this concert.”

Tcheka is undoubtedly a young master of an art that he has invented. While referencing multiple Cape Verdean genres (batuku, funaná, finason, tabanka, morna, and coladera), Tcheka’s music is also a busy intersection of Caribbean, Brazilian, and African. It is also folk, jazz, blues, rock, literature, and anthropology. His liquid voice is incredibly soulful and his guitar style is

unlike anything you’ve heard before. Together, his voice and guitar are breathtaking. It’s the kind of music that makes you lean in and hold your breath, punctuated by the moments when his charming stage presence comes through with his smile and joking nature.

Perhaps what Tcheka presents is a vision of what it means to be Creole in the age of globalization: to be a hybrid product of the historical forces of slavery, colonialism, and national independence. At the same time, he embodies what it is to be deeply affected by post-modern forces as well – by the growing inevitability of travel and trans-national encounters, by the emergence of new regimes of knowledge, art and capitalism, and by the increasing inseparability of technology and the human imagination.

This is a rare opportunity to see Tcheka, right here on Vashon Island - we hope that you can join us!

Vashon Events & Jacob Bain present:
TCHEKA
Saturday, February 9th
Doors at 6pm
Open Space for Arts & Community - Black Box Theatre
Tickets: \$20 in advance only
There will not be tickets sold for this event at the door.
Tickets at www.vashonevents.org/support-us/tcheka2019

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Valentine BINGO

AT THE SENIOR CENTER
SATURDAY, FEBRUARY 9TH
DOORS OPEN AT 5PM
GAMES START AT 6PM

WITH CELEBRITY BINGO CALLERS
Miss Informed & Miss Guided

SNACKS, WINE, BEER, JELLO SHOTS, NON-ALCOHOLIC BEVERAGES
AGES 21+ ONLY. MEMBERS, \$15; NONMEMBERS, \$20
TICKETS AVAILABLE AT THE CENTER.

On Saturday, February 9, let Miss Informed and Miss Guided spark your Valentine heart with their witty commentary and bingo ball prowess. Doors open for snacks and drink at 5PM. Bingo balls and your luck in love take off at 6PM. Wear costumes if you wish. Tickets are available at the Senior Center, MTW&F 9AM-3PM. \$15 for members and \$20 for non-members. The Center thanks Palouse Winery for their support!

High and Lonesome



The High and Lonesome Band is a group of friends who've played together nearly 30 years. They've been together so long that some original band members have even been replaced by their offspring. With roots firmly planted in American Ethnic music, High and Lonesome brings an intricate, tasty brew of bluegrass, blues, and Bakersfield-style country music.

Islanders will recognize John Schubert on guitar and vocals, with Tab Tabscott on

dobro and pedal steel. Will McSeveney will play the banjo, Pete Martin on fiddle, mandolin, and vocals, Terry Enyeart on bass and vocals, and Jim Bluhm on a variety of instruments.

Get ready for some good time dance music in a folky/country vein. No cover, show starts at 8:30pm, all ages until 11:00pm.

Friday, Feb 15th, 8:30pm
High and Lonesome
The Red Bicycle Bistro & Sushi. All-ages 'til 11pm, 21+ after that. Free cover!

Delilah Pearl & The Mantarays

Put on your dancing shoes, your skinny ties, those sartorial dark-rimmed glasses and lets swango again like we did last night.

Delilah Pearl and the Mantarays crafts a signature sound and a style all their own. Throw in a bit of 1940's hepcat jazz, a heap of modern soul and R&B, a smoky torch ballad and there you have the simmer, Delilah Pearl reinventing the classic diva with shades of Peggy Lee, Ella Fitzgerald, Nina Simone and "Lady Day".

The Mantarays, always dressed to the nines — stylish threads toggled to the bricks, reat pleat with a drape shape! — deliver the goods freshened by year's of gigging in all sort of genres from jazz to rock to soul to bossa nova to the avant garde. DPM — making hay, making waves, making whoopee since 2012.

Friday, March 1st, 8:30pm



Delilah Pearl & The Mantarays
The Red Bicycle Bistro & Sushi. All-ages 'til 11pm, 21+ after that. Free cover!

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

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THE **Odd Couple**

Female Version

Directed by Chaim Rosemarin

February 15~17 & 21~24

Curtain at 7:30pm Except Sundays at 1pm

Katherine L. White Hall

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Available at VCA and At The Door
VashonCenterForTheArts.org 206.259.3007

CULTURE

National Theatre Live

VASHON THEATRE

KING LEAR

BY WILLIAM SHAKESPEARE | DIRECTED BY JONATHAN MUNBY

Sunday, February 10th at Noon

Show Tickets: \$20/\$18 - Catered Lunch \$12

www.VashonTheatre.com

VASHON THEATRE

VAN GOGH

OF WHEAT FIELDS AND CLOUDED SKIES

TICKETS \$10/\$9

MASTERPIECES FROM THE KRÖLLER-MÜLLER MUSEUM

SUNDAY, FEBRUARY 17th -- 1:00PM

Art History Talk with Rebecca Albani: *Andy Warhol's Campbell's Soup Cans*

When we think of Pop Art, we think of Warhol's Campbell's soup cans. We will see how deliberately Warhol set out to create an icon, and we will examine why so many Pop artists were borrowing from the supermarket shelves and other feminine realms for some of their best known imagery. This latest installment of this year's art history lecture series continues the inquiry around how a work of art attain iconic status.

Ms. Albani graduated with highest honors in Italian and Art History from UC Berkeley. For the last 15 years or so she given the monthly Art History Lecture Series at the Frye Art Museum, where her topics have ranged from ancient Egypt to Pop Art.

February 12 @ 11:30 am - 1:00 pm
Katherine L White Hall
Tickets \$16 - \$24
Tickets: vashoncenterforthearts.org



Rebecca Albani. Courtesy photo)

Brian Doyle Remembered and Celebrated on February 17



Mary Doyle, wife of the late Brian Doyle, will participate in the panel discussion.
Courtesy photo)

The prodigious writer Brian Doyle, whose humorous and poignant prose earned him several prestigious awards and a national reputation, died of brain cancer in 2017 at the too-young age of 60. His voice lives on through his far-ranging stories, essays, and novels that are brimming with universal, life-changing truths.

Islanders, Gerry and Mike Feinstein, who knew him personally, are co-producing two events at the Katherine L White Hall to remember their friend and explore his genius. The February 17 Arts & Humanities talk, "Story-Catcher—the Life and Writing of Brian Doyle," features a panel discussion by four people who knew him in various personal and professional capacities. Moderated by Mike Feinstein, the panel will include three of Doyle's close friends: Oregon nature writer Robin

Cody, University of Portland English professor Father Charles Gordon, former director of the Lake Oswego Library William Baars. Brian's wife, artist Mary Miller Doyle, will also be part of the panel. From February 16 through March 10, a special exhibition of several of her paintings will hang in the VCA lobby.

The February 17 panel discussion will also feature a preview of the "Kissing the Joy as It Flies, the Wit and Wisdom of Brian Doyle," a lively presentation of some of Brian Doyle's best essays and excerpts from his stories and novels, which will be presented at Kay White Hall on March 9 and 10. Tickets to both events are available at vashoncenterforthearts.org.

February 17 | 4 pm
Tickets: \$18 Member | \$20 Student & Senior | \$22 General
All Tickets at the Door: \$24

Best of the Seattle International Comedy Competition

Celebrate Valentine's Day at Vashon Theatre with the best stand-up comedy that Seattle has to offer! Drew Dunn, 2018 SICC Champion and Vashon Audience Favorite will be back on our stage to headline the show! Dunn will be joined by Seattle based comedians Alyssa Yeoman and Wilfred Padua. Our fourth and final comic will be announced on social media a week before the show. If you love our annual Thanksgiving Eve Comedy Night, you're not going to want to miss this!! Tickets on sale now at Vashon Theatre's Box Office and www.VashonTheatre.com

Drew Dunn
Drew Dunn started performing comedy at the age of 21 and hasn't looked back since. This NH based comic performs all over New England and New York City. Drew's quick wit and unique point of view has allowed him to quickly establish himself as one of the regions fastest rising comedians. Coming from a large family and being a young newlywed provides this comic with endless stories to entertain crowds of any age. Drew's use of voices and accents always leaves audiences laughing and wanting more.

Along with being a finalist in multiple other contests all over the region, Drew won the New Hampshire's Best New Comic Contest in 2014. Drew was featured in the prestigious Great American Comedy Festival in Johnny Carson's hometown of Norfolk, NE. Drew is also the most recent winner of the Boston Comedy Festival.

Alyssa Yeoman
Alyssa is a co-host of the popular Leafly podcast, The Roll-Up. Alyssa is also the creator and co-host of the relationship podcast You Suck, Don't Leave! She works locally as a producer



for Seattle's Naked Brunch, QTPOC Is Not A Rapper, Don't Tell Comedy Seattle, and Unladylike at Comedy Underground. Alyssa has worked with Amy Miller, Esther Ku, Sara Schaefer, Janelle James and Rory Scovel. Alyssa has performed in Control Yourself, Minority Retort, NW Black Comedy Festival, 10,000 Laughs, the Seattle International Comedy Competition, and Bumbershoot.

Wilfred Padua
Wilfred Padua is a comedian from Seattle who has an MFA in Writing from some school in Chicago. He has performed at Bumbershoot, Bridgetown Comedy Festival, the Boring Time Comedy Festival, and Summer Meltdown Music Festival. He's usually an idiot.

Best of the Seattle International Comedy Competition
The Vashon Theatre
Valentine's Day
Thursday, February 14th at 7:30PM
Tickets \$25

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**Next Edition
of The Loop
Comes out
Wednesday
February 21**

Deadline for the next
edition of *The Loop* is
Saturday, Feb. 16

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

www.VashonEvents.org

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

**The New Trauma Void
Lynx Helmet has arrived!**

Trauma Void™’s Lynx™ helmet is the wave of the future, and the next step in brain protection technology for the equestrian community. The most important component of the Lynx riding helmet is the incorporated Multi-Directional Impact Protection System (MIPS), which has been used in snow, motor, and bike helmets for years.

February/March Special

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Shadow Needs A Home

Did you know that Abraham Lincoln, whose birthday is next week, loved cats? He even fed one from the table at a formal White House dinner. I bet he and I would’ve gotten along fine, because I follow people around like a shadow. My front feet are declawed, so I’m looking for an indoor home (preferably one without other pets). It doesn’t need to be a white house, any color will do!



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