

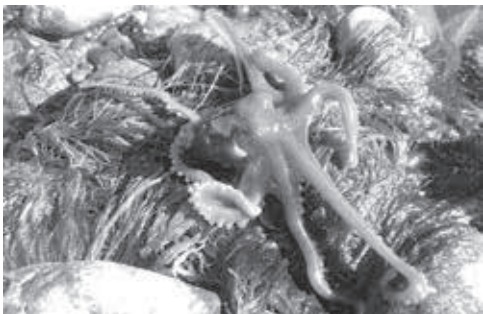
Moonlight Beachwalk

By Adria Magrath

Friday January 10th will be a big night on the beach. That night, the low tide of the first full moon of 2020 will be met with points of light floating under the North-end ferry dock.

Bioluminescence, a much more common phenomenon than one might expect, will likely be on display from a few species that night. Some experts contend that up to ¾ of ocean animals have some type of luciferin molecule that combines with oxygen- in a chemical reaction called oxidation- and gives off photons of light. This light can then be used for anything from camouflage to communication to luring prey and mates.

However, on this night, the dock pilings that sport an outer crust of creatures and teeming pools of seawater



Young Octopus; often found at Moonlight Beach Walk events. Photo: Barbara Gustafson

at their toes will also be lit by people willing enough to lean in close and look carefully. The same can be said of boulders a short walk up the shoreline. Those that observe will be rewarded with a sense of awe and wonder at the diversity of life and ways that animals live. For example, the flowing body of

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The Road to Resilience

Thoughts for the Season

This is a column I wrote for this season in 2011. With some minor changes, it still says what I want to say.

For thousands of years, the winter solstice and the return of the light has been celebrated in all religious traditions as evidence that faith and hope are warranted. I don't profess an organized faith in a deity as such, but, for me, this celebration implies a faith in Life and the "natural order of things." The cycle of light to darkness to light again is a hopeful and comforting meme. As a Buddhist, I am still trying to imagine and embrace the unchangeable wisdom and perfection of "All That Is." As a human, I have to struggle every day to try to do and think better. Nothing strange and new there. As a professional harbinger, I have to continually fight the natural tendency to think that I know better than you do. Fortunately, all the ways that I don't practice what I preach help me to subdue my messianic tendencies. So, what do I do to try to stay focused?

I meditate. Not as much as I would like, but I do it regularly. Also, any other time for idle reflection helps recharge the old batteries.

I write this column. I try to be objective and factual, so I need to keep reading and listening. As far as advice is concerned, there is really nothing new there to you or me, but I know that I need some reminding. I'm thinking maybe some of you do too.

I bounce things off other people, especially my wife, Elizabeth, to keep things in perspective. I bounce them off you, too; I get some response, but could use more.

I TRY to actively build trust and mutual regard by being trustworthy, dependable, and tolerant in everything I do, and don't get beside myself when I fall short. Probably like you, I always intend to do it, but I don't always remember. I really believe, though, that if I do it, others will see and do it too.

By Terry Sullivan,

In order to believe that, I have to come from a default position that all beings are basically good. Many consider that a naïve notion, but, for me, if there were a hell, then not having that belief would be it for me. There is a great ad on public TV where a succession of people notice someone doing a good deed, and they do the same when they get an opportunity. I like, as well, the reminder that you don't have to go looking for good deeds to do; they will come to you and you merely have to decide to do them. I see it as not just a nice thing to do, but as something really practical and necessary if we are going to survive and remain resilient during the trials of the post petroleum, climate change era. We will need to have a strong community based on mutual trust and commitment. It doesn't mean we will agree on everything, but solid ties will mean we can agree to disagree and still find common ground.

What gives me reason for hope? The Tipping Point, by Malcom Gladwell posits that studies have shown that social change begins to occur after 10% of any given population has determined that the change is necessary. This is really hopeful because I know that most Vashon folks are not likely to readily accept the idea that we need to make some drastic changes in our lifestyle. But we have so many groups on Vashon interested in making sustainable, imaginative changes in the way we do things that I have to think that we can easily reach that 10% tipping point.

Another reason for hope is those very groups that are working hard to make us a tighter, more resilient community. To all the people that are working to promote energy and resource conservation, moving us away from fossil fuel dependence, protecting our local biosphere, making us more self-reliant, investigating and promoting local green businesses, improving our ability to find and act on consensus, and seeing that all of our neighbors' needs are

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Big Joy Weekend:

Offers interactive glimpse into filmmaker/poet James Broughton's inspired creativity



What's it like to have an angel who guides you through life as a poet? To find your soulmate at age 62? To have friends like Allen Ginsberg, Imogen Cunningham, Pauline Kael, Lawrence Ferlinghetti, and Alan Watts? What's it like to feel both male and female?

Find out about one "crazy old man's" exuberant life January 11 and 12 as Vashon Center for the Arts celebrates the life, poetry and films of James Broughton (1913-1999), the pre-Beat poet and experimental filmmaker from San Francisco and Port Townsend.

The two-day celebration embraces three events: a documentary film (Saturday afternoon), a poetic performance piece (Saturday evening), and a screening of Broughton's experimental films with commentary by people who knew him (Sunday late afternoon).

Join us for the world's first-ever Big Joy Weekend: Cabaret Screening of Award-Winning Documentary.

Big Joy: The The Adventures of James Broughton (2013, 82 minutes)
Saturday, January 11 at 2 p.m.

Years before the Beats arrived in San Francisco, the city exploded with artistic expressions – painting, theatre, film, poetry. And at its center was the groundbreaking filmmaker and poet James Broughton. Big Joy explores Broughton's life and art which weaves the quirky, bizarre, sexual and charming - all with a sprinkling of spirituality. His remarkable story spans the post-war San Francisco Renaissance; his escape to Europe during the McCarthy years; a special film prize at Cannes; his consorting with the Beats; making films celebrating the human body...before meeting his soulmate at age 62; becoming a bard of Gay liberation; and dying a

conscious death during the last months of the century.

Produced on Vashon Island, Big Joy has been to over 50 film festivals including South By Southwest, Tribeca and Hong Kong. It won several awards including the Reel Northwest Award at Seattle International Film Festival, and played in a shortened version on many PBS stations. Vashon Islander Stephen Silha was a friend of James Broughton, and was present at his death in 1999 in Port Townsend. Inspired by Broughton's films, books, and philosophy, he began a biography project which morphed into this film and a robust web presence [bigjoy.org].

Ecstasy For Everyone!


An original performance piece celebrating James Broughton by Jason Jenn

Saturday, January 11 at 8 p.m.

Poet James Broughton had many sublime personal mottos, including "Adventure, Not Predicament," "Follow Your Own Weird," and "I believe in ecstasy for everyone!" In this show, you will feel all of these.

Los Angeles-based performance artist Jason Jenn (a/k/a the Troubadour Trixter) brings to vivid life on stage the wit, wonder and whimsy of Broughton's world and words. Dramatic readings are supported by movement, song, film clips, costumes, props and other visual elements inspired by Broughton's films to express the heart, soul and wisdom of his extraordinary life. Broughton's work speaks to us with a most beguiling charm, both devoutly spiritual and sexually liberated. The themes are relevant as ever in these troubling times. [jasonjenn.com]


Continued on Page 6



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www.windermerevashon.com

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Joy Goldstein
VCC resident since 2015

As one of the founders of Vashon Household, Joy has left a legacy of concrete action in behalf of those who can't help themselves. Today she thinks a lot about her past. "I'm reflecting on my childhood because my parents raised me on the advice of B.F. Skinner, who told parents to avoid handling their children when they cried. There I was, a little kid, and when I cried nobody came. But when I got here to VCC, I learned that when I pulled the cord somebody would come! And they would say 'what can we do to help?' The staff here is 99 and 44/100ths percent caring and they've been trained to express it." Her message to the VCC staff is "You may not realize it, but you're embarked on a healing process here."

Our Island. Our Seniors.
For Generations to Come.

Help us keep the VCC Promise. Please give today.
www.vashoncommunitycare.org
or mail a check to
PO Box 2114, Vashon WA 98070




Photo: Julian White Davis

Now Playing

**Star Wars:
The Rise of
Skywalker**



Coming Soon

*A Beautiful Day In The Neighbor-
hood* Playing January 17 - January 23

Vashon Theatre
17723 Vashon Hwy
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Call for Times

For show times and info check
www.vashontheatre.com

The Vashon Loop

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*The Loop's soy-based ink
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www.VashonCalendar.com

Vashon Library Events
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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

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL WHALE SIGHTINGS
ASAP TO
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Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

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

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

Sharing a Poem

Awakened from sleep very early, middle of the night
thinking dawn was very far away
I came into the living room
and my cat LIto who had not eaten
in over a week
who had become thin fur over bones
who had stopped drinking water just
yesterday
Had somehow unfurled his fragile body himself
to find his way to a lonely food bowl and was eating.
Then he wandered, leaning his thin body to and fro,
to the water dish
and after drinking plenty
went to his litter box to pee.

Able to hold himself up
he looks at me fully and long.

Grateful am I
to be with him more
until another day, another time
we part.

Jo Ann
on Vashon

Zen Center Events

Intro to Zen. January 19, 1:00 pm - 2:30 pm. Whether you meditate frequently or you’ve never tried meditation, bring your curiosity, your questions, and a friend. All are welcome at our free Intro to Zen. Havurat Ee Shalom Building, 15401 Westside Highway. More details at pszc.org.

Indivisible Vashon Monthly Meeting

Indivisible Vashon’s first event of the year is our January 15 monthly meeting at Vashon Co-Housing starting at 6:30PM. We will gather to celebrate the New Year, share Indivisible Vashon’s 2020 goals, and invite you to share your 2020 goals and aspirations. Make your New Year Activist Resolutions with us so we, together, can create a better future!

We look forward to seeing you on Wednesday night, January 15 from 6:30 to 8:30PM at Vashon Co-Housing, 10421 SW Bank Road. Look for the Indivisible Vashon banner outside the Common House. Inside you will find friends, food, camaraderie, fun and a dedication to a better future for us all. Parking is limited on Co-Housing property--please park on Bank Road. Bring a flashlight! For more information, see <http://www.indivisiblevashon.org/>

TRASH TALK

Resolve to move towards Zero Waste during the new decade. Every step we take in this direction helps to use the Earth’s limited resources more efficiently and almost always reduces our carbon footprint. A great way to start off is by taking all that styrofoam packaging to the recycling event Sunday, Jan 5, 12-4 at the Kimmco building (across from Snapdragon).


ZERO WASTE VASHON
www.zerowastevashon.org

Next Edition of The Loop Comes out Thursday January 16

Deadline for the next edition of *The Loop*
Saturday, January 11

Heart of Vashon

Twenty islanders will read from the best-selling “Heart of Vashon: Sharing Our Stories in Pictures and Words” at Vashon Bookshop on Thursday, January 16th at 6:00 pm. Poems and brief personal stories will be accompanied by a slide show of island photographs taken from the book. Sales from the book benefit the Vashon-Maury Island Heritage Museum. For more information call the Bookshop at 206-463-2616.

Vashon Social Dance Group Monthly Dance & Lesson

Second Saturday Social Dance January 11.
Learn East Coast Swing and stay for the dance with DJ Candy. No experience or partner needed.
\$10 donation but no one turned away for lack of funds.
7pm for dance lesson. 8-9:30pm for variety dance at Ober Park performance hall.

New After School Nature Program - Spring Session

Herbal Kids is Vashon Wilderness Program’s newest offering for children ages 7-10. Every Tuesday, 4-5:30pm kids make wild edibles and medicinals, learn to cook outdoors, practice survival skills, play games, hear stories, sing songs, and more! Space is limited; register now for our Spring Session: Feb 4th – May 26th. More information: VashonWilderness.org



Free Community Celebration Storytelling Festival

For the community, by the community! Share in the ancient and powerful practice of oral storytelling. Vashon Wilderness Program’s experienced storytellers will delight audiences of all ages. Bring a nature-based story of your own to share - personal, mythic, ancestral! Join our One-Minute Storython, play story improv games, and more. Sunday, January 26th, 1p.m. at Vashon Theatre, 17723 Vashon Hwy SW. For more information, visit: VashonWilderness.org



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Sounds of “New Years”

By Sean Malone and John Sweetman

I had just traded a black lab pup to Uncle Jerry for a Krag 30-40 rifle and was looking forward toward shooting it in the air as soon as the clock said it was midnight. It was common practice to celebrate the coming of the New Year by shooting in the air, for sound at night can carry a long ways.

Brother Mike was carrying the shells as we climbed the hay field towards the road that led north to Cove. This was the first year that Dad had allowed us to use a gun to bring in the New Year. It was pitch black except for the twinkle of the stars and the cold made Mikes breath appear as fog as we climbed the hill. “Is it near midnight yet,” I asked Mike? We had synchronized the alarm clock to the radio so as not to be late for the midnight celebration. “It’s five minutes to twelve,” Mike replied as a faint popping could be heard coming from Olalla over in Kitsap county. “Hey, that’s not right, they are jumping the gun,” Mike calls out as an answering report came from Cove, a half mile down the road.

Ed Secor was an aspiring young opera singer and his arias could be heard above the gunfire as we neared midnight and the shooting swelled to a crescendo and I lifted the rifle that Teddy Roosevelt used when he charged up San Juan Hill many years ago. The noise was deafening as Ed’s aria rose above the din of the New Year.

Ed’s family raised chickens for sale and had a steel drum with rubber posts sticking out that would rid the young chickens of their feathers. As the drum rotated, it went whump! whump! As Ed sang along with it. We could hear Ed’s aria, we called all opera “aria”, from our place a quarter mile away as Ed plucked his father’s chickens.

We could hear people shooting clear to Colvos, two miles to the North because the sound of old Al Roen’s elephant gun was recognizable. Actually, we think Al used it on bear. We were surprised to hear Al’s gun because us kids knew that Al was fighting a bad case of hepatitis and was just recovering. More than one well on the west side had picked up the virus, or, maybe that was yellow jaundice that year. I guess you could say that we were communicating the positive spirits of the New Year.

John had a similar take on new year’s celebrations from Bainbridge island.

He said that the ‘sons’ of the Norway used to light things on fire at midnight and pass around a jug of homemade aquavit and a jar of home harvested pickled herring while loudly singing songs in somewhat mixed Norwegian and Swedish.

Wisely.. the daughters of Norway stayed inside while the men did the outside ceremony. They usually quietly consumed



gluhvine and ate cookies since at this time of year it was usually cold and wet..and any practical person could see that being outside at this time of year was just plain nutty..

One of the traditions on Bainbridge island as well as Vashon was to fire off a round or two, at the moment of midnight.. it was only a round or two and never enough to disturb any household pets since most of the rifles were basically big bore monsters only recently converted from black powder rounds so they made a ‘boooom...’ rather than a sharp ‘crackkk...’.

Later, John and i celebrated new years when we both lived in Ferry County. We would fire my 30.40 Krag and his .405 Winchester 95 plus a few left over large Fourth of July monsters.

One year i had been managing a mine for a time and had found some sticks of old dynamite. I cut them in quarters and found some old .. and dangerous blasting caps and some old fashioned fuse. I brought them Over to Johns ranch to celebrate..

John was somewhat skeptical but allowed the load of explosives to be fixed by line to a tree next to his baler which was covered by a tarp.

The guns were fired.., one round each. The night was very cold and clear and sound carried low to the ground for miles. We could hear the compressors working away at the gold mine 5 miles distant. We then lit the fuse to the dynamite, hauled the charge up to the too of the tree, and ran back a good safe distance. The fuse sparked and flared as it burned up to the dynamite. A loud somewhat muffled Boom resulted and the tree flared up in shattered fir needles and branch ends.. and a bit of dull light that seemed to last for a bit.

We stood for a bit in the silence which was broken by a muffled low frequency larger boom. That was the mid shift at the mine setting off rounds deep underground as if to answer our puny efforts. We were pleased to be acknowledged.

No damage due to our celebration was evident until the next morning when it was found that the tarp over the baler was blown across the road onto a fifty foot pine tree.. and was hanging from the top.

Sean@vashonloop.com

Next Edition
of *The Loop*
Comes out
Thursday
January 16

Deadline for the next
edition of *The Loop* is
Saturday, January 11



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Next Loop comes out January 16

13th Annual Storytelling Festival

Vashon Wilderness Program sponsors a free family friendly event on January 26th at the Vashon Theater.

Vashon Wilderness Program will host its 13th Annual Storytelling Festival on Sunday, January 26 at 1pm the Vashon Theatre on Vashon Island. This event is free for one and all and will feature nature-based stories - personal, mythic, and ancestral - told by VWP’s seasoned staff and audience members alike.

“Storytelling is a core routine at our nature-immersion programs,” explains VWP’s Executive Director Stacey Hinden, “and our staff have told hundreds of stories over the years to children of all ages.” VWP mentors practice oral traditions to inspire and instill lessons and to help cultivate a learning community that values each person’s life story; and VWP students practice sharing their story of day to both help deepen their learning journey and discover their authentic voice.

“Storytelling is inseparable from human life,” notes Hinden. “For generations, we have been telling story - be it around a fire to convey lessons for survival; at the dinner table to relay a funny happening from our day; or snuggling up in the dark night to whisper a bedtime tale of wonder. The Storytelling Festival will stir the imagination of all who listen, allowing our unconscious to take flight into sensuous realms of magic, myth and hero.”

Audience members of all ages are invited to bring a prepared 5-minute story, or spin a tale in the One-Minute Story-thon, or join the fun, interactive group storytelling improv games.

The Storytelling Festival is best suited for ages 4 and older. Guests are encouraged to arrive early to purchase snacks, and sign up for a tellers’ spot.

VWP (a 501c3 non-profit) provides



nature immersion programs for people for all ages from Vashon and surrounding Puget Sound communities. To date, VWP has helped nearly 4,500 children, teens, adults and families connect deeply with themselves, each other, and nature through their transformative nature mentoring programs, camps, workshops, and trainings.

In addition to the Storytelling Festival, their next free seasonal community celebration is on April 26th: the “Spring Feast and Bizarre Bazaar” is a magical evening to share a spring-inspired potluck meal and enjoy a poignant opportunity to let go and receive at their silent trading market.

For more information about the Vashon Wilderness Program’s Storytelling Festival, visit the website: <https://vashonwilderness.org/>

Companionship Workshop Coming to Vashon

What is companionship? It is providing a compassionate presence for people living in circumstances of homelessness, mental illness, addictions, trauma, and isolation. It is rooted in our natural capacities to act on our concern for another person; it is a relational response to isolation and suffering, supportive of healing and recovery. It’s not about “fixing” but instead, welcomes the stranger, building a circle of care with persons who are facing emotional and mental health challenges. Companionship aims to share the journey side-by-side with those experiencing distress, bearing witness to the full dignity and story of the persons experiencing these things.

The five practices of companionship are: hospitality, neighboring, side-by-side, listening and accompaniment. The three-hour workshop will explain in detail these practices. Companionship is designed to help individuals gain in knowledge and skill to move with confidence beyond the serving counter and into honest relationships with people in need.

Kae Eaton, who lives on Vashon and works with the Mental Health Chaplaincy will be conducting the workshop. Kae holds a Masters in Theology with emphasis in Counseling Psychology, and a Certificate in Spiritual Direction from the Seattle School of Theology and Psychology. She was the 2018 Chaplain Fellow at the Center of Excellence

in Substance Abuse Treatment and Education (CESATE), at the Veterans Administration, Puget sound Healthcare System, and 2017 Chaplain Resident on the Acute Psychiatric Care Unit at the VA Hospital

She also serves as Consultant and Master Trainer for Pathways to Promise, a national cooperative of mental health organizations and faith groups working with those with mental and emotional illnesses and their families. Kae has years of experience on the streets of Seattle, not only working directly with people living without home and dealing with mental health issues, but also training others in the Practices of Companionship through outreach ministries of hospitality. Kae’s work and trainings support both secular and faith-based communities locally and nationally.

The workshop will be free of charge, thanks to the Mental Health Advocates at the Vashon Presbyterian Church. The workshop will run from 9am to noon on Saturday, January 11th. The Mental Health Chaplaincy supports companionship throughout Seattle by providing trainings to churches, nonprofits and other organizations. The goal of the training is to provide the tools to listen consciously, with openness and awareness to the stories and struggles of others, to enable at least a momentary reprieve, and to encourage a strengthening for the journey ahead.

Spiritual Smart Aleck

By Mary Tuel

My Ambition

There was a time when I stood five feet six and three-quarters inches tall. Never made that last quarter inch to five feet seven. Now they tell me I am five feet five inches.

Once my hair was such a dark brown that people told me I had black hair. Now it is becoming more and more gray. People say it still looks brown. Ish. But it has gone over to the salt side of salt and pepper.

Once I could get up out of a chair, or up off the ground, without thinking about it, and certainly without moaning and groaning.

Once I could walk a mile and back with a baby in a backpack.

Once I could run.

Once I could sing for an hour standing up, take a break, and then come back and do it again. I knew all the songs from memory. Now I must sit down and use a songbook.

Once I was married to a sweet guy who loved me, and I loved him. Our marriage lasted for more than thirty-four years, and then he died, and I miss him.

Now I live with a dog and a cat. They love me, although sometimes I doubt that. What kind of best friend steals and eats all your pistachios?

Now I am in my seventies, and all the things that I used to be and have and used to be able to do have changed.

When I was young and heard of someone dying in their seventies, I thought, they had a good innings. But then I once heard someone say, “If I was seventy-six, my ambition would be to become seventy-seven.”

I totally get that now. I also realize that many people do not make it to their seventies, and I have to say that as my friends and I get older we have noticed that we lose friends more often.

Having said all that, I will note that in my seventy-plus years I have had several run-ins with the medical establishment. I have acquired a long list of prescription drugs that I take. I swear I spend more time going to the pharmacy than to the grocery store these days.

If you are in your seventies or better and are not taking any prescription drugs,



God bless you, and whatever you’re doing, keep it up.

Because I take so many pills, I have a little pill container that I fill up once a week. It has fourteen little compartments labeled for the days of the week, seven for morning and seven for evening. Each compartment has a little lid that snaps shut. It takes a while to fill this pill box, sorting which pill goes where and slicing in half the pill that needs to be divided. I carefully dole out my pills and when I’m done, I feel like I’ve done a good job. I’m set for the week.

The other day when I had finished sorting pills and was enjoying that moment of satisfaction, I snapped all the lids shut, stood up, and turned to put the pillbox on its shelf. That went well. Until ...

I caught the box on something. I dropped it. When the box hit the floor the lids flew open and pills scattered and bounced and rolled across the kitchen like so much pill confetti. Festive, really.

They did not go all over the kitchen, only most of it, under the kitchen table and the dog’s blanket there, the kitchen island, the baseboard heater, my old boombox, and a bookshelf next to the table.

After a moment of closing my eyes and taking a deep breath and letting it out, I went and got a dustpan and brush and got to work.

Collecting most of them took a while, using a straw to push them out from under the bookshelf and the boombox and the baseboard, shaking out the dog blanket, brushing carefully in all directions, and searching for pills as far as they might have gone. A pill bouncing on a hardwood floor can go a long way.

I collected all the ones I could find in a clean tin can, picked up the pill box, sat back down at the table, and started over.

It was another twenty minutes before I had the pills back in their little bins again. This time I secured them with great big rubber bands. Take that, gravity.

Oh well. Life happens, and even though I can’t do all the things I used to do anymore, and my hair is gray, and I’m in my seventies and must take all those pills, I’m happy to be here experiencing life happening. I’m seventy-one and my ambition is to become seventy-two.

Vashon Audubon offers free classes on planting natives to support birds

Intent on providing habitat that supports birds, Vashon Audubon is offering two sets of free classes beginning in January for Island residents to learn about native plants that birds favor—and how to plant them so the plants and birds will thrive.

The first set of classes is hands-on and experiential: an opportunity to help create a demonstration garden for improving bird habitat. Participants will dig and remove invasive plants at the site on Saturday, January 11; create mounds and add woody debris on Saturday, January 25; and plant natives on February 1. Interested? Contact Dana Schuerholz at vashongreenschool@gmail.com

The second set of classes provides classroom presentations and discussions, followed by field trips to island properties and instruction on proper planting. In the first class on Thursday, January 23, participants will learn about the benefits of 18 native ground covers and shrubs, the light and soil conditions they require, and which birds are attracted to them. This class includes a drawing for plants to take home.



The second class on Wednesday, February 19 is focused more on birds: the life history and interesting facts about Island birds, how they use native plants, and at what time of year.

These two classes will be held at the Land Trust Building from 7:00-8:30 pm.

On Saturday, March 28, participants will visit two properties with gardens, wetlands, and/or forest and learn planting and siting techniques.

Island Epicure



By Marj Watkins

Something Warm from the Oven

One of the best things about winter, January in particular, is that now it’s cool enough for heating up the kitchen by baking something. We’re through making gingerbread men and gingerbread houses. We can bake something that goes with a simple supper, but with a little ingenuity make it special.

Today’s recipe based is on the Scone recipes in my book, Wholegrain and Gluten Free. Serve them with a hot beef and or black bean stew, or rewarmed for breakfast.

Spicy Sorghum Cheese Scones - Gluten Free. Makes 12

Preheat oven to 400 degrees
2 cups sorghum flour
1 Tablespoon baking powder
1 teaspoon dried, crushed red hot chili peppers
½ teaspoon ground cumin
¼ pound grated cheddar cheese
¼ teaspoon salt
2 eggs
3 Tablespoons light olive oil or olive oil or melted butter
1/3 cup yogurt or 3 Tablespoons milk

Sift dry ingredients into mixing bowl. Beat eggs, olive oil, and yogurt or milk. Work into dry ingredients. Let rest 5 minutes. Divide in two. On a floured surface, form into 2 disks about 5 inches across. With a wide spatula, transfer each onto a greased or parchment-lined a baking sheet. Score for each disk for 6

wedges. Bake 15 minutes until golden brown on top. Present on a napkin lined plate or plates.

Gluten Free
Sorghum & Almond Meal Scones.

Gluten Free. Makes 8
Preheat oven to 425 degrees
1 ½ cups sorghum flour
½ cup almond meal
2 teaspoons baking powder
½ teaspoon salt
¼ cup currants or raisins
1 egg
½ cup milk
4 Tablespoons butter, melted
1 Tablespoon honey
Sift dry ingredients. Stir in currants or raisins. Beat egg into milk. Stir into dry ingredients. Stir in melted butter and honey. Drop onto olive oil-lined baking sheet. Bake 12-15 minutes. Serve warm.
. Eat with butter or jam if desired. Each scone yields 3.7 grams protein

Road to Resilience

Continued from Page 1
being taken care of, I extend a heartfelt thank you!

There may come a time when it will be a lot harder to do the right thing, or your family’s survival may depend on the good will of your neighbor. And even if things don’t get that bad, being a good neighbor is still going to make your life a lot richer.

Hoping the spirit of the season may set your course for the year!

Comments? terry@vashonloop.com

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Diamond Needs a Home

I’m a real gem -friendly, affectionate, quick to purr. When someone pets me, I get so excited that I start to turn in circles!

My New Year’s resolution is to find a new home. As the saying goes, diamonds are a girl’s best friend (but I could also be a guy’s best friend), so if you want to change your life for the better in 2020, bring me into it. I’ll be a lot more fun than a diet!



Go To **www.vipp.org**

To view adoptable Cats and Dogs

Doodles and Detritus

VALISE gallery ushers in the New Year with Doodles and Detritus, a uniquely colorful show featuring two Vashon artists: Robert Passig and Bill Jarcho. Their work is sure to bring brightness and energy to a drab January.

Robert recently returned to the United States after many years of living and teaching art in South Asia. He has worked mostly as an installation artist with annual installations in Vilnius, Lithuania, and recently in North Macedonia. Since coming back to Vashon, he has re-focused on painting.

Homelessness and the discarded are the central themes of Robert’s new painting series: discarded images heaped together in large works that juxtapose dark subjects with vivid colors.

Bill has worked for almost forty years in a variety of related art forms. He is best known for his animated films and early work with Mtv and Nickelodeon and for creating and performing his giant puppets for festivals, events and Vashon’s own Backbone Campaign. He also is the director of The Conscious Cartoons International Animation Festival.

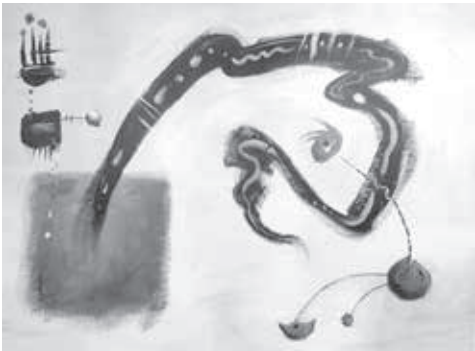
This show features almost two dozen of what Bill calls “Abstractulations”: whimsical animated looking paintings, 3-D boxes and sculptures. These pieces are mostly non-figurative and celebrate form, color, motion, and playfulness.

VALISE will have a “Soft Opening” of Doodles and Detritus, on Friday, January 3rd from 11am-7:30 p.m. and the regular First Friday Opening on Friday, January 10th from 11am-9:30p.m.



The gallery is open Friday and Saturday from 11 a.m.-5 p.m. throughout the month.

<https://www.facebook.com/valisegallery/>
www.valisegallery.com



Big Joy Weekend

Continued from Page 1

In Ded with James Broughton and Friends.

Experimental film screening, conversation with people who knew Broughton. Sunday, January 12 at 4 p.m.

Called by some the Father of West Coast Experimental Film, James Broughton (1913-1999) made 23 experimental films, and wrote 23 books of poetry.

Experience some of his films and discuss them with people who knew James, including filmmakers Janice Findley and Corwin Fergus.

Testament (1974 - 20 min) - A whimsical look at Broughton’s life. He thought it might be his last film, but then he met Joel Singer.

The Water Circle (1975 - 3 min) - An example of his poem/films - an art form he pioneered. We might also show his 1951 poem film Four in the Afternoon - 15 min.

The Bed (1968 - 20 min) was his most

famous film. Made during the summer of love at Druid Heights, Alan Watts’ Marin County compound, it explores all the things that can happen on a bed. Cast includes Watts, Imogene Cunningham, Gavin Arthur, Anna Halprin, and many hippies.

Devotions (1983 - 22 min) - A collaboration with his husband Joel Singer, Devotions explores many different ways men can love each other.

In the midst of winter, come explore your own joys and sorrows for the world’s first Big Joy Weekend, at Vashon’s beautiful Vashon Center for the Arts, 19600 Vashon Highway SW. Note: Contains nudity and adult themes.

The Big Joy Weekend is presented by Vashon Center for the Arts, in collaboration with the Vashon Heritage Museum’s exhibit IN AND OUT: Being LGBTQ on Vashon Island, which is up until early May.

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

Advertise in the Loop!

It’s a great time to get back in the Loop.
ads@vashonloop.com Or call (206) 925-3837

Vashon Library January Events

Children & Families

Family Story Time
Saturday, January 4, 1pm
All ages welcome with adult.
Stories, songs and fun!

Brick Builders
Monday, January 6, 13 and 27, 4pm
Family program, all ages welcome with adult.
We’re having a block party! Build a stunning creation all your own, or collaborate with a friend and make something spectacular.

Infant & Young Toddler Story Times
Tuesday, January 7, 14, 21 and 28, 10:30am
Ages newborn to 24 months with adult.
Stories, songs and fun!
Playtime follows.

Preschool Story Times
Tuesday, January 7, 14, 21 and 28, 11:30am
Age 24 months to 6 years with adult.
Stories, songs and fun!

Family Movie Night: Smallfoot
Thursday, January 9, 4pm
Family program, all ages welcome with adult.
Rated PG. Run time 1 hour 36 minutes.

Library Lab: Bubbles
Tuesday, January 14, 4pm
Ages 5 to 12 with adult.
It’s a bubble flurry! Blow them, bounce them, bop them and learn how to get a toy to visit your giant bubble castle. Make your own custom bubble wand to take home.

For the Birds!
Thursday, January 23, 4pm
Ages 5 to 12 with adult.
Meet a member of the Vashon Audubon Society to learn about the birds of Vashon and how you can support them. Make a nest box to take home that will welcome birds to your yard.

Teens

Turn Cards Sideways
Friday, January 3 and 17, 3:30pm
Grades 6 to 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? We have over 50k cards to build and keep your decks. Now with Dungeons and Dragons! Learn how to be a dungeon master, make a character and play the game.
All skill levels welcome!

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

Teen Cinema
Spider-Man: Far From Home
Wednesday, January 8, 3:30pm
Grades 6 to 12.

Study Zone
Wednesday, January 8, 15, 22 and 29, 4-6pm
Grades K to 12.
Drop-in for free homework help from trained volunteer tutors.

Game On!
Friday, January 10 and 24, 3pm
Grades 6 to 12.
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, January 31, 6:30-9pm
Grades 6 to 12 only.
Get your karaoke on! Not a singer? We will have 3doodler pens available for your crafting needs. Use the computers, play video or tabletop games, make crafts or just hang out. Free snacks and raffle prizes all night long. Teens must be picked up by 9pm.

Adults

Great Books Discussion Group
Fifteenth selection of Great Conversations Book 1: Boys and Girls by Alice Munro
Monday, January 6, 6:30pm

One-On-One Computer Help
Tuesday, January 7 and 21, 6pm
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.
Registration not required.

King County Public Health Visit
Wednesday, January 15, 1pm
You can apply for Orca Lift-Metro reduced fare program, food stamps and health insurance, You can also sign up for Apple Health or fix any problems you may have with qualified health plans.
Se habla espanol.

Vashon Friends of the Library Quarterly Meeting
Saturday, January 18, 10am
Join us for our quarterly meeting to see how the Vashon Friends of the Library are working to support libraries and literacy, and how you can become a member and help them do it!

Tabletop Gaming
Sunday, January 26, 11am
Adult and teens ages 12 and younger must be accompanied by adult. Unplug and connect with fellow tabletop gamers! Learn new games from our expert volunteers or revisit old favorites.
Game selection varies monthly.

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Aries (March 20-April 19)
Your astrology is prompting me to remind you of something my father taught me when I was a teenager and he was a corporate consultant. I’ve written this a few times; here you have it again. There are basically two kinds of power in the human realm, formal and informal. Formal power is holding office or officially leading an organization. Informal power is what someone draws from their social connections, their relevance to others on the human level, and their ability to lead, as apart from some vested authority. Events of your life at the moment may seem to be about the first kind, though the whole direction you are heading in is the second. Your ability to be with people, to understand them, to connect with them, and to be relevant in their lives, is how your life is developing. You have a few clues now, though they will continue to draw your attention. Remember your true strength.

Taurus (April 19-May 20)
You may finally be getting a sense of the extent to which your life has been run for so long by beliefs that are not your own. That is finally starting to give way to something more grounded in verifiable reality. You must still be vigilant when you’re accepting something as true when it has no basis in fact. It does not matter how long the idea has existed; some of the most harmful are the oldest, and the ones passed down from generation to generation. There is also such a thing as wisdom. That can have an old pedigree, though to qualify, it needs to be both time-tested and relevant in the moment. To figure all this out, it’s necessary to think in a creative way. One factor that is changing is your approach to reality (which is what the word “thought” means). I can suggest a simple formula for discerning where you’re coming from: are you motivated by love, by fear or by anger?

Gemini (May 20-June 21)
Whatever you may think is happening, you are in the process of claiming back the power that people seem to have over you. You may think they have taken it, you may think you’ve given it away, or you may be reconsidering exchanges and trades you’ve made in the past. You will need to sort that out. Yet it’s essential that you bring your full awareness to the financial and sexual situations in your life, particularly the places where they seem to overlap. Those gray areas are zones where you can lose considerable authority over your life. As for where to start, I suggest getting a grip on your money. Know what is yours and take control over it. Where sex is at issue, be sure you understand the difference between yes and no, and why you might say (or more likely imply) one when you mean the other. Be bold about knowing when something is just not working for you, and have the strength to do something else.

Cancer (June 21-July 22)
After many years of enforced changes in your relationships, you are finally looking at an opening. It’s the perfect environment for an exchange. It’s also a moment when some doors will open and others will close; both are essential. The thing you don’t want to do is make any firm commitments before the Jan. 12 grand conjunction in your opposite sign Capricorn. (If you’re curious about that, poke around Planet Waves and you’ll find it.) This aspect is the pivot point. That is where you get a significant clue, and maybe even an answer, to where you stand with many different situations in your life. Therefore, bide your time, which means to abide within time. Do not wait; rather, participate. Yet this is about the present, not the future.

Leo (July 22-Aug. 23)
This is an excellent moment to let go of a bad habit. You can probably think of one you want to rid yourself of. You now have that opportunity. It will help considerably if you replace it with something affirmative and necessary, so that you consume in a positive way the energy it was taking up. The theme of food is developing in your life, though more immediately, I see a focus on time management. Remove something that is destructive or wasteful and direct your energy into what is useful and creative, and which brings you pleasure. You could even skip the “useful” part and go right to wholesome pleasure. You have a lot going on right now; I would not be surprised if you’re overwhelmed with work and family-related material. Speaking as a busy person, I’ve found that it often helps to have a diversion. This will remind you that your time, and your mind, are your own.

Virgo (Aug. 23-Sep. 22)
You are working your way through a series of creative breakthroughs, though it will help to know that they may not feel like some kind of triumph. Rather, what you’re doing is gradually removing inhibitions and, I think more significantly, stoking your desire to express yourself. Strong Virgo types can miss the point that there is something inherently good and necessary about letting your ideas flow, just for your own sake. Yet for many years (back to about 2008) one of your most important quests has been to do just that. This is often a long process, but you’re at a place where some of the most challenging blocks are showing signs of giving way. This always happens under the influence of desire. In a pinch, urgency will suffice. Maybe these are arriving in some combination. Whichever it may be, you’re at the point where inhibition is no longer an option. It never really was.

Libra (Sep. 22-Oct. 23)
Nobody will ever ‘make’ you feel secure, or confident, or like you belong where you are. That has to come from you. Fortunately, you’ve been on this project for many years, whether you were aware of it or not. Pluto in Capricorn has taught you many lessons about your need to stand on your own, and in particular, to distinguish your idea of security from that of your family. The truth is, you cannot rely on them and you are much more qualified for them to rely on you. This, too, is something you need to watch carefully, as unstable people can be a drag on your time, your energy and your ability to thrive. You are in the process of taking a big step in the direction of your independence. Remember, it is more about a feeling than an idea, though certain structural elements — such as your bank account — will make a big difference. Look after your own interests first.

Scorpio (Oct. 23-Nov. 22)
It is not easy for you to change your mind, though at the moment it is essential. You may not fully recognize the many ways you’re caught in outmoded beliefs about the world. Observe your thoughts and consider your assumptions. Do not be surprised if you decide you had something all wrong. The important thing is that you get with it and understand what is now valid, but without falling for the notion that it’s some kind of permanent and indelible truth. That’s where you’re coming from, not where you’re going. Most of the time an old idea is replaced by a more compelling new one. However, this process is far from over, and it’s essential that you reckon for what you got wrong, rather than take on something new and go on with your life. It’s crucial that you learn how to scrutinize your own thoughts, and honestly evaluate why you believe what you do.

Sagittarius (Nov. 22-Dec. 22)
How do you get your messages from the gods? Do the forces of nature have some dependable way to get information through to you? Guessing, superstition and bending to your fears don’t count. You are likely to be getting some signals that a particular way of life has reached its natural end, and it’s time to make some adjustments that work out in your favor. These will involve changing the structure of your life, not merely your current activities. In this world, the word “structure” will almost always involve your finances. It’s time to consider your long-range plans, going forward at least 10 years. You need much more freedom than you currently have, and this will involve taking over as your chief fiscal officer. You do have a way of getting by when you wing it, though time and circumstances are calling for a more grounded and realistic approach. It is time — and it is possible.

Capricorn (Dec. 22-Jan. 20)
Pay special attention to when something or someone manifests in the form of mommy or daddy. I mean this in the metaphorical sense, or in the literal sense — including people who have authoritarian roles in your life. Parental influences have only one end result, which is to rob you of your adult autonomy. Be aware that many people consider this a benefit, because it seems to be easier. There’s less to worry about if someone makes the important decisions, or any decisions that impact you. Yet that will not serve you much more than it has, and how much it has is worth questioning. You are heading for a major decision; there will be no delaying this for much longer. This is something you will need to resolve for yourself, based on your necessities and your priorities. You have all the information and experience you require to make the right choice.

Aquarius (Jan. 20-Feb. 19)
The recent solar eclipse took place in the deep and mysterious 12th house of your solar chart. This may have come with a discovery that you soon forgot. However, take note of any shifts in understanding you’ve had over the past few days, and pay attention to your dreams. The parts of your mind that you don’t usually access are trying to get through to you. This is likely to come through “non ordinary” states of consciousness, hence the importance of tracking your dreams and the feelings that come with them. There’s also what bubbles through your imagination, sensations of deja-vu and even persistent synchronicities. However you manage to do it, it’s necessary for you to get the message and act on it. You’re in a zone of your life when the past has in fact caught up with you, and you are responsible for what you know and what you find out.

Pisces (Feb. 19-March 20)
It’s true that we’re in the holiday season when most people are resting up or having a good time. I suggest you emphasize getting your work done, and more significantly, focusing on projects that are designed to build your future. You’re in an extremely rare window of opportunity to feed your progress and momentum.

Moonlight Beach Walk

Continued from Page 1

a nudibranch with feathery gills or the squishy movement of a color-changing octopus can only truly be appreciated by first-hand account.

This is all happening because the Vashon Nature Center, now leading the group of Vashon Beach Naturalists, is hosting the long-standing annual Moonlight Low Tide Beach Walk at the North-end. Luminaries will light the way and tea, cider and hot cocoa will be served by donation as usual. In fact, the entire event is run by visitor donations and volunteer Naturalists who have studied the intertidal animals and their relationships and are eager to share them.

After the winter solstice and holidays, this full moon community event is the perfect opportunity to reorient ourselves to exploring outdoors, just in time for the return of days’ light. For me, this annual event is a celebration of the diversity and tenacity of life concurring with the start of a new calendar year. This time though, it is at the turnover of a new decade, and amidst a degraded social climate and changing global climate. What better time to share an experience with your community and express gratitude for the richness and wonders of life found on our shores? It is the perfect antidote to hibernation.

The Moonlight Beach walk is 8-11pm on Friday January 10th at the North-end Ferry Beach. Parking is in the commuter parking lot. Visitors should dress for the weather and wet, bring a headlamp or two, and bring their own mug for hot refreshments.

You can accomplish what you previously thought of as difficult or impossible. Long-planned projects and long-delayed plans are coming to fruition, though none of this is going to happen by accident. It looks like there are a lot of people around you, so help will be available if you ask for it. If people are willing to assist, make sure they can do a task equally well or better than you can; otherwise, do it yourself. Pay close attention to who you can and cannot trust, and make sure you use your discretion and hold the line when you need to. You are on a mission.

Read Eric Francis daily at
www. PlanetWaves.net

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Hedda Needs a Home

2019 was a big year for me. I was lost and sick when a kind stranger came to my rescue, but I’m all better after recuperating in my wonderful foster home.

Now that I feel good, I’m talkative and can provide lots of companionship. Being petted makes me so happy that I’ll head-butt your hand (gently, of course) to keep you from stopping. My favorite snack is those yummy Temptations treats. I’m a sucker for them. I hope after reading this, you’ll be tempted to give me a forever home!

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PANDORA'S BOX

Happy New Year! Here's to a far-sighted 2020....
We'll be looking for all the best new stuff to make living with your fur family fantastic!

Bo's Pick of the Week: Well, he's outing...
Jenny's ditched him again and he is bereft.
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