Vol. 17, #11

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May 28, 2020

Michael Whitmore and more Live Stream

The Poodle Sessions #10 coming your way. Michael Whitmore, nylon string guitarist, leader/composer for the jazz ensemble Some' tet will be streaming live on Facebook, Sunday, May 31st from about 6 to 6:30pm PDT. Music, wine, conversation and of course a poodle spinning cartwheels across the floor.

Michael Whitmore tends towards the frayed edges of jazz -- post-jazz, avant-jazz, free-jazz, with a hint of old school samba. He was a veteran of the Los Angeles new music scene before moving to the Northwest a decade ago and for the past seven years, Whitmore & Some'tet have had a Sunday night residency at the Snapdragon Café. Some highlights in a long career include a NEA California Composers Grant, three acclaimed solo CD's, composing music for Pulitzer Prize winning poet Franz Wright, and performing on several dozen albums and soundtracks either as a leader, sideman or as a collaborator. He is an author, music historian, very often a DJ and always a record collector and every week he co-hosts the Friday Morning Scramble with Shelley Hanna on local KVSH 101.9FM.

More Live Stream events can be found at www.facebook.com/vashonlive VashonLIVE is a mobile livestream



capable of high quality broadcasting.

Vashon Events at www. VashonEvents.org also has links to live stream events for viewing.

The Vashon Theatre is excited to partner with Grasshopper Films and Greenwich Entertainment offering you the opportunity to watch independent new releases from home! Vashon Theatre will receive a portion of the ticket price. Find out more on their websute vashontheatre.com

Vashon Center for the Arts Online Gallery

Opens May 1st, runs until June 30th www.VashonCenterfortheArts.org/ gallery





INTERDEPENDENCE is a thoughtful and creative visual art exhibition embracing our relationship to endangered species, climate change, and our environment.

It includes poignant paintings by Robin Jones (Vashon to Santa Fe) and exciting new works by Erin Schulz (Vashon). Contemporary sculptor Warren Pope (Seattle) will exhibit his large minimalist designs as well as cocreate a few collaborative new works with eco advocate painter Britt Freda who is showing her new collection of orca paintings. Rounding out this captivating collection are vibrant, sea life prints by artist/author Josie Iselin ("The Curious World of Seaweed", San Francisco).

INTERDEPENDENCE — because we need each other.

The theme of this exhibition was inspired by the integration of art, science and activism, scheduled to coincide with Endangered Species Day, May 15th. The exhibition was conceived in the Fall of 2019, long before COVID. However, the concept of "Interdependence" is glaringly more evident as we face the pandemic.

INTERDEPENDENCE— we need each other.

The news and social media are filled with stories of people coming to the aide of others, as well as exposing how one's action can harm many. The universal consciousness of our Interdependence with each other, with nature, with other beings – is expanding and deepening.

INTERDEPENDENCE – we need

Within the awareness is greater compassion and appreciation for science that explains and quantifies this interdependence. "Ecological science focuses attention on relationships. It reveals that organisms are not only

mutually related; they are also mutually defining. A species is what it is because of where and how it lives. From an ecological point of view, a species is the intersection of a multiplicity of stands in the web of life. It is not only located in its context, it is literally constituted by its context." - Baird Callicott, an American philosopher whose work has been at the forefront of the new field of environmental philosophy and ethics.

INTERDEPENDENCE – we need each other

This exhibit honors Nature, in all its wildness and wonder... and preciousness. As we move through the current pandemic in gratitude and appreciate for life in all forms, we see and feel more clearly Nature's value system that each individual species is part of the whole – interdependent and needed by each other.

Music History Talk and Performance Live-Stream

Michael Tracy will be joined by Mark Salman and his sons Benjamin and Jonathan, who will play and discuss masterpieces from Beethoven's early years: 1770-1802. Beethoven's formative years were spent in Bonn, Germany until 1791 when he left for Vienna, Austria, then the leading musical and cultural capital of the world. Soon this young virtuoso pianist, who was clearly the heir to Haydn and Mozart, dazzled the salons of aristocrats. His first six symphonies, the first 7 quartets, and the first 15 piano sonatas mark a few of the major compositional works that are still performed on concert stages throughout the world. However, by age 28 Beethoven experienced ringing in his ears, losing the ability to hear high pitches, and faced the greatest horror for any musician: complete hearing loss.

This lecture/performance will Live-Stream from the Kay White Hall at Vashon Center for the Arts.

The Road to Resilience

Get in the Act!

Over the years, I've commented on current trends and speculated about what we can be doing to meet those trends to best advantage. Right now, there is mainly one thing happening and we have no control over it. As a friend and I recently agreed, we all know that we don't know what comes next.

We also know that we will eventually get past this pandemic. One other thing is not so certain, but that uncertainty alone requires that we act now. And this is something we actually can act on at home. We have a national election scheduled for this November. We can't, at present, say whether it will be safe for people to go to a polling place by then, and, if not, what then?

I don't need to tell you how dangerous it is having an aggressively incompetent narcissist running the country at a time when our planet, our society and democracy itself are on the line. We need people to vote this November. We need to make that a viable option and to motivate as many as possible to use it. This means that we need to see that every state offers mailin voting as an option. We need to lead voters through the process they will need to engage in to get a ballot in their state. We also need to lead people in some states through the process of even getting the right to vote.

For the powerful contingent in our country attempting to suppress voting, this pandemic is a godsend. There are important things that we all can do right

By Terry Sullivan,

now to ensure that we don't experience a living nightmare less than 6 months from now.

Indivisible Vashon has multiple writing options you can employ from home! Because we can't meet in-person these days, we are training people in how to write cards or letters using six different writing programs. Each is a little bit different from the other, and one might appeal to you more than another:

 Vote Forward - Debby Jackson does the training for this one. VF writers send letters to voters who rarely vote, with the goal of getting them to the polls in November. Research has shown that this is very effective for getting voters who rarely vote to do so. VF writers send letters which you print out from the VF website, where VF also supplies addresses. On each letter, you write a couple sentences about why voting is important to you, then put the letter in a stamped envelope and mail them shortly before Election Day in November. Writers need a printer to print out letters, plus envelopes and stamps. Before you attend your training session, you should get an account with Vote Forward at https://voteforward. org/. Contact Debby at debby.jackson@ indivisiblevashon.org.

• Postcards to Voters - Debby

Jackson is coordinating PTV and training is being done by Kevin Jones, who will

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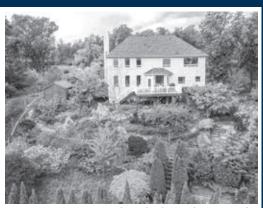
Windermere

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Bringing our homes to you!

During this period of social distancing, we realize that many need to continue their home search.

One way to do this is through our 3D/Virtual Tours.

These tours allow viewers to "walk" through homes to decide if the homes work for them before seeing them in person.

Find these tours on our listings @

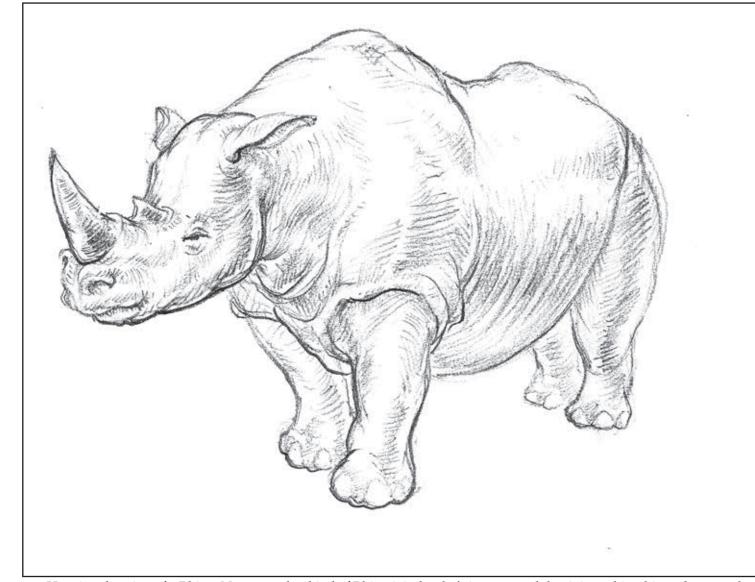
Find these tours on our listings @ www.WindermereVashon.com



17429 Vashon Hwy SW

206-463-9148

\$525,000



Here is a drawing of a Rhino. Not sure what kind of Rhino it is, but let's just pretend that it is a white rhino....because that is the happiest Rhino story going:

"The overwhelming rhino conservation success story is that of the Southern white rhino. The white rhino recovered from near extinction with numbers as low as 50 – 100 left in the wild in the early 1900's, this sub-species of rhino has now increased to between 19,666 and 21,085, with the vast majority living in a single country, South Africa. The Northern white rhino, however, has only two females left, after the last male, Sudan, died in March 2018."

Find us on Skype Vashon Loop 206-925-3837

The Vashon Loop

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

Original art, comics, cartoons: Ed Frohning

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

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

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Steffon Moody

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.

Have a Story or Article

Send it to: Editor@vashonloop.com

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@

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COVID-19 Webinars for Businesses, Nonprofits and Self Employed

The Vashon-Maury Chamber of Commerce is collaborating with VashonBePrepared on a series of webinars focused on issues facing our business community during the COVID-19 pandemic. The series is on Tuesday and Thursday mornings at 9 a.m. to 9:45 a.m. and accessed through a link from vashonchamber.com. Topics like navigating the tax stimulus, unemployment benefits for employees, and issues facing self-employed, tenants and landlords, and nonprofits are discussed by local experts.

"We are trying to share immediate resources and aide for people to navigate and offer diverse resources that meet our island needs," said Cheryl Lubbert, President of the Board of Directors of the Vashon-Maury Chamber of Commerce. "The Vashon Chamber is an all-volunteer nonprofit organization and we are putting these together as soon as we can. Our goal is to help all our bushiness survive, if not thrive, when this is all over." For upcoming topics check: www.vashonchamber.com

VASHON FOOD BANK COVID-19 PROGRAM HOURS

(Starting the week of 3/30)

GROCERY PICK UP (ON-SITE @ SUNRISE RIDGE) WEDNESDAY, 10-2 & 3-7

HOME DELIVERY

TUESDAY 12-4 (IN-TOWN) THURSDAY 10-4 (ALL-ISLAND)

FOR QUESTIONS, OR TO SIGN UP FOR HOME DELIVERY, CALL THE FOOD BANK OFFICE @ 206-463-6332 OR EMAIL ADMIN@VASHONFOODBANK.ORG

Vashon Chamber of Commerce is planning a COVID safe parade.

Vashon Chamber of Commerce is planning a COVID safe parade. On July 4th at 10 am, representatives of Vashon Island businesses and community organizations will gather in decorated vehicles and floats, then caravan together through our island neighborhoods. Plans are progressing and more information will be released as the event date approaches. Social distancing and safety rules will be communicated. Visit https://www. vashonchamber.com/pop-up-safety-guidelines

Sun Island Farm

Sun Island Farm's new farm stand structure is now open on Maury. Current hours are Wed and Sat from 11am to 8pm, days open will expand as more produce is available.

Pride Month

The Vashon Island Queer Task Force is offering two free virtual pride events this June. Join us Thursday, June 11th for a Parent-Talk panel, where local parents and therapists answer your questions on how to best support your LGBTQ+ child. Curious about LGBTQ+ history? Make sure you check out the LGBTQ+ History panel on Thursday, June 18th. These events were created in cooperation with The Heritage Museum and The Dove Project. For more details and Zoom links, check out their respective websites. We look forward to seeing you there!



Next Edition of The Loop **Comes out Thursday** June 11 Deadline for the next edition of The Loop is Saturday, June 6





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Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com **Next Loop comes out June 11**



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

Skallywags and Scoundrels



By Sean Malone and John Sweetman

We got our reputations as small town dealers early and carried those reputations proudly. I got a dollar an hour cutting the grass of a 77 year old widow, Mrs. Anderson, who lived down at Cove. I walked a half mile to get to work when I was ten years old. Mr. Anderson had been lost at sea in a fishing boat accident, years and years ago.

I went to work for Harry Larson, building boats for 75 cents an hour, just down the hill from Mrs. Anderson's when I was 13 years old and got my social security card. "I didn't really build boats; the carpenters let me clean up the floors behind them. It was only later that I learned how to stain the mahogany bows of the kicker boats. I used burlap bags to apply the stain so the top would not come out muddy."

I couldn't write the day the government man asked me to sign my social security card; my hands were sweaty and the government pen skipped because it was almost out of Ink. I wrote over my signature three times and it's still readable 70 years later.

It seems that we were only dishonest with each other and not to our parents; unless we had some reason to try "to get away with it." "I'm going to tell Mom what you guys are doing," Sister Molly called out. Or, "I'll promise not to tell; if you give me back the little black bank, you stole." We didn't have much "brotherly love" between us and "ratting" on each other produced all sorts of yelling and "name calling". 'None of it was to the credit of any of us. To us, the drama was real; or as real as a John Wayne swagger coming out of the Vashon Theater after a good matinee. It didn't matter if you ran into your girlfriend or tried to steal a "girlfriend" from your best buddy.

"Boy, if I see your arm around Kathy again, there is going to be blood in the alley behind the theater." "I didn't want to see that happen."

Early skullduggery is the word. We used it as a tool to gain our own ends, like getting rid of Eddy and not letting him in our "gang" because he was a "snooty-nosed" prepster from Vancouver, B.C. We didn't want him. Every year he came down to visit his Aunt and Uncle; Eddy would try again. We had a short tunnel in the bank above the Cove Road. We shoved Eddy in there and boarded up the front, telling him that we 'Had dynamite and we were going to blow the bank up, and that he would be caught in the avalanche. Eddy believed we could do it and never came back again. Skullduggery.

Sometimes there was 'collusion' involved such as when a sixth grade bully became insufferable to enough smaller victims..eventually, several of the abused younger and less intimidating lads got together and planned revenge. Surreptitiously a significant number of wheel spokes on the bully's 26 inch bike wheels were loosened. In addition there may have been some 'tampering' with the already inadequate brakes. Then a few of the known targets of the bully's Previous victims performed a taunt on their bikes on the downhill side of a steep grade that had a bad curve at the bottom which was bordered by .. well you can guess!.. Blackberries!

The taunts worked and the bully chased his tormenters downhill until they slowed after the curve and you can Pretty well guess the results as the '26 inch pristine Columbia flyer actually flew . .. sadly, but not exactly entirely over the heap of blackberries as the lad landed square in the middle .

The bully's cries for help were ignored.. and the bully was sullenly absent from troublemaking for months. I'm pretty sure that several bike parts that had been taken from other bikes found their way back to the rightful owners.. As the bike was retrieved and the bully left to crawl out on his own.

Other events happened more by accident than design, for example, Dale.

Dale's pants pocket was entirely gone, revealing his red and blistered skin. It was near the 4th of July and Dale and Kit and Mike and I were down at Harold Green's racing his dad's riding lawnmower around their ample yard. I can't remember who threw the first firecracker at the speeding lawnmower, but we were soon throwing them at each other and loving the danger of the close explosions. Dale Bates had a pocket full of loose firecrackers when I launched mine, and didn't see it fall into Dale's pocket. Dale screamed as his pants pocket erupted in a series of muffled explosions; that left Dale running for home, hanging on to his smoking pants.

We had three dogs down at Cove and invariably they did their businesses in the front yard. I had just wrestled Brother Mike to the ground, where he proceeded to roll in dog manure and smeared it in his hair. Mike screamed "bloody murder" and ran for the house, so Mom could wash the manure out of his hair. "Sean, if you don't get a shovel and go on manure patrol, your father is going to hear about it, "Mom yelled out the kitchen window

It could have been that same summer that Kit Bradley and I were throwing darts at each other as Kit hid behind the great wooden door in the fence that separated our two properties. "I'm going to tell Mom," Molly yelled when I turned and threw a dart at her, sticking her in the calf. She carries the scar to this day. I doubt Molly ever forgot the nasty things we did to her, because we didn't want her in our gang.

Mom came running out the front door when Molly yelled, "Mike is eating poison, come quickly." I didn't see Mike take the box of arsenic off the back porch and he was now sitting on the grass under the fir tree in his t-shirt and diaper, his mouth was pink from the arsenic. Mom quickly bundled Mike into the old 41 Chev to drive him to town and the doctor, who told Mom that Mike hadn't swallowed any of the arsenic and was spared the ugly cure of taking ipecac to cause him to throw-up. Ipecac is not used anymore and considered to be dangerous by the Center for Disease Control.

Sean@vashonloop.com

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Spiritual Smart Aleck

By Mary Tuel

Like It or Not

So much has changed in the last three months, give or take a month, changes caused by a virus that is moving and mutating so fast that you can't keep up without a program, and there is no program.

At first it was thought to be a respiratory disease, and so it is. Then docs began noticing blood clots in some patients. Then it caused heart failure, and kidney failure, and finally, multiple organ failure and body shut down.

People reported other symptoms: body aches, headache, vomiting, diarrhea, shortness of breath, loss of sense of smell and taste. Not everybody gets all the symptoms. Some people do not get any of the symptoms but are still contagious. Perverse little virus.

There are people who become ill with the virus, and seem to recover, and then relapse. Or have they been infected a second time? We don't know.

Now there is a sometimes-fatal inflammatory illness in children, whom we thought were not subject to the coronavirus's predation. We were wrong. One victim described this disease as feeling like lightning in his veins.

So what we thought was an illness of the aged and infirm turns out to be more egalitarian. It will infect any human, any age, any condition. No one is exempt. Except a few people who seem to be immune.

Lately there have been articles and news stories about people becoming mental because of the lockdown lifestyle combined with fear of the virus.

The restrictions do chafe. I feel that, but most of us accept our confinement as a price we are willing to pay for the greater good and our own well-being.

Some people, however, believe that they are being deprived of their liberty, and are protesting and agitating for freedom.

They have not shot anyone as of this writing, but they have talked about killing people, and have waved their automatic rifles around in a worrisome display of their ability to kill if they feel like it. They act with the urgent desire of King Baby: I want what I want when I want it.

Only babies do not usually carry automatic weapons, except the babies and children who accidentally find their parents' weapons and kill family members and friends, a small price to



pay for making sure we all have as many guns as we want, don't you agree.

How many of us have thought that yes, these people need to be free to go out and infect one another? I have thought it, and then reproached myself for thinking it, but gee, natural selection.

The trouble is, as I have said before, they do not stop with infecting each other. They infect innocent children and other people with whom they come in contact. People who love them, as well as strangers, but these liberty mongers desire their freedom to infect and become infected and that desire trumps (so to speak) everyone else's right to stay healthy, in their minds.

This is appalling to the public health sector, as well as to those of us who hoped to curtail the devastation of the pandemic with healthy practices.

Still, I get it. On March 10th, I was happy as an introverted clam. Stay at home? I got this.

But at around ten weeks I began to realize that hey, this is not changing, and further realized I'd had this unconscious expectation that things would change – back to what they'd been, or into something better, because we have all realized that life in the slow lane trumps (so to speak) the crazy rat races of life before the lockdowns.

In my mind I know that things have to remain the same – stay home. Wear a mask and stay distant from other people when I go out. Wash my hands until hell won't have it. My hunter gatherer brain thinks it is time to break camp, scatter the campfire ashes, and move on to the next hunting ground, though.

The enforced isolation has me feeling out of sorts and rebellious sometimes. Fortunately for me, I have a lot to live for, so I remind myself to be patient. I attended a Zoom birthday party for my grandson, attend Zoom church and social gatherings, spend way too much time on Facebook, and lead an active email life. Not to mention streaming television.

Around the world there are countries for whose people this is the same old same old: horrible disease, no cure, people dying faster than they can be buried, breakdown of economies, things falling apart. Happens all the time.

For us first world smarties, it is new and strange, but as people keep saying, we will get through this together.

> So we will. Like it or not. That is, after all, our only option.

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Next Edition of *The Loop* Comes out Thursday June 11

Deadline for the next edition of *The Loop* is

Saturday, June 6

To Go Where No One

By Peter Ray pgray@vashonloop.com

One of the things I have been thinking about lately is the original Star Trek series. It was one of the teevee shows I was fascinated with as a kid. It was one of those things we looked forward to as the "fall line-ups" were revealed after the summer re-runs had stopped their re-running. In its later iterations, the summing up of the various star-trekking crews' mission changed from going where no man to where no one has gone before- a nod to gender and species inclusivity, but without saying so much. To be fair, they had been pretty inclusive from the start. The captain and the doctor were two white guys, but among the core group on the bridge or at the controls in the engine room there was a Japanese man, a Russian, a Scotsman, a black woman and an alien with pointy ears, and they all seemed to get along pretty well for being cooped up in a tin can for five years at a stretch. It was a subtle message, and one that seems to be entirely lost on the people of our own future now, whether that message was actually intended there or not. I wasn't thinking of race and gender relations way back then and I don't recall that the mix of bridgemates at that time was controversial, although it may have been and I just missed it. As it was, the show did get cancelled after only a three year run. Perhaps all that diversity was a bit too much to handle for some people, while at the same time there were allwhite and all-male crews flying into space in real life.

In the ten year interim between Star Trek on the teevee and Star Trek, the movie, there came along in the summer of 1977 another star adventure. As I remember it, I was up in the North Carolina mountains at the time in a sort of semi, self-imposed isolation at the Penland School of Crafts, making photographs and drinking beer, sometimes not necessarily in that order. At the time Penland was in a dry county where no alcohol was sold, although that didn't mean you couldn't go elsewhere to get it. This meant a trip to Tennessee in one direction or to Asheville in another if you wanted to exercise your right to party. As it turned out, for most of my time there I was an official driver for the school, which in a work-study kind of arrangement allowed me to attend my photo classes for free.

It also meant that I was making somewhat regular trips to Asheville for school supplies and to pick up or drop off students who were coming from, or going back to, elsewhere for the six sessions of craft classes that ran all summer long and into the fall. This regular change over of the student body meant new waves of news from the outside, as there were no teevees up there (except at the director's house), only a few radios, and this was years before cell phones and the internets. And so it was at one of those mountain sea changes that conversations in the dining hall all of a sudden turned to this new star movie. There had been rumors for years that a Star Trek film had somewhere been in the works. While I don't recall getting the full story about the film at any of

the meals, out of curiosity I left early for one of my supply runs while just assuming that this new movie was the long-awaited Hollywood version of Star Trek. What I couldn't figure out from the poster outside the theater in Asheville as I walked by it on the way to the box office was why they had changed the name to Star Wars, where Kirk and Spock were and why that guy was holding that weird flashlight shaped like a sword. It turned out to be neither the droids nor the film that I was looking for, but I thoroughly enjoyed the viewing while wondering if the rest of the sparse, matinee crowd had left or gone to sleep.

Both Star Trek and Star Wars made sense in the context of my having grown up being herded into one central classroom in fifth grade and getting to watch John Glenn and the others blast off into space in real time. What Star Trek and then Star Wars represented were an imagined future for the baby steps we had been taking into space in the 1960's, even if one of them happened in a galaxy far away and long ago. The travelers of both Star series were the beneficiaries of technology that allowed them to bridge the giant voids of space in fractions of time and with engines and fuel that were seemingly super efficient and bordered on the magical. We won't get into the buzz kill questions of the problems with light speed travel and communications over massive spatial distances. We could mention the problems we and our current or recent space programs have had with basic weather. After watching Han Solo maneuver the Millenium Falcon through meteoroid fields and blaster explosions, it seems crazy that at this point in time we still can't launch a rocket through a little rain and thunder.

One of the things I always was puzzled by about the space program was the quarantine period the astronauts had to go through when they got back down here on terra firma. I mean, it was the aliens that died of our bugs or viruses when they showed up in 'War of the Worlds'. The main dilemma in Gareth Edward's film 'Monsters' was that we accidentally brought back a living space menace that took over part of Mexico. But both Kirk and Skywalker were only worried about breathable atmospheres when venturing on to really foreign soils. In the bright light of our current crisis with a virus, it would seem that going either way, with a visitor coming here or one of our missions landing elsewhere on a distant orb, a concern with microbes would dominate ones worries of survivability. In the film 'Arrival', the scientists and linguists tasked with establishing communications with the visitors did carry along a canary as something more than just a companion or as an example of where ancient giant earth reptilian beasts had evolved to, but it would seem, like today, that really good test kits would have to be a part of every space explorer's landing gear that could tell whether it was really all clear and safe to pop off that space helmet and take that first deep breath of an alien atmosphere.

Beyond that, one would really have to wonder what it is that we might be going out there to find in the first place. Would we be looking for strange new worlds and be seeking out new life and civilizations? Would we have in place anything resembling the Federation's

"Prime Directive" of non-interference in whatever cultures we might find. Or would we be sending out a landing party of Space Force Trumpian nitwits packing enough heat to neutralize any curious space beast that had gotten stunned in their glaring headlights, and then stripped of enough essentials for the trophy wall back on the bridge of their Enterprise. Indeed, it is interesting to think of the difference between a mission into space with the Prime Directive guiding a Riker or Picard versus a mission with a mandate from Donald Trump. It is also curious to contemplate the metaphorical twists in play when imagining how a spaceship named Enterprise, when being manned by these two divergent sets of crews, would define their mandate in outer space, and what enterprise each might choose to undertake.

One of the most enlightening things a friend said to me a long while ago regarding my getting back into what revealed itself to be a really bad relationship was this: "What has changed?" Since the answer at the time was - nothing- it became quite clear that getting back to it would most likely return a similar result. This is a similar and simpler way of that timeless definition of insanity as being what is indicated by repeating the same action and expecting a different result. One need to only just look all around us now at how we are really screwing things up here. Why would we think that going into space and finding a nice clean planet to inhabit once we have decimated this one would result in something other than finding ourselves with a ruined and exploited former garden of Eden and the desperate need for yet another ticket out of town? One could talk about learning from history, but then one could once again simply say-Look Around! We have the capability to create amazing learning tools and the capability to instantly transmit them around the world, and at the same time we have the capability of creating documents and media that refute that self-same set of tools and data points. We have already been told all of this. George Orwell said it succinctly in his book '1984': "For, after all, how do we know that two and two make four? Or that the force of gravity works? Or that the past is unchangeable? If both the past and the external world exist only in the mind, and if the mind itself is controllable - what then?" He also wrote this: "Freedom is the freedom to say that two plus two make four. If that is granted, all else follows." First we need to get back to some basic math- then we can work on greatness.

Compost the Loop

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www.VashonEvents.org

Mango Needs a Home

I'm as sweet as a tropical fruit! After a rough start as a feral kitten, I've made tremendous progress in the VIPP charm school (none of that virtual education stuff for me - all my classes are in person). Now I like to sit on my foster mom's lap and watch TV with her. In a quiet setting, I could be happy binge-watching with

Make an appointment to visit me at my foster mom's home. Because I need to find my forever family, that would count as essential travel, wouldn't it???



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

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Island Epicure



By Marj Watkins

Potatoes for Your Salad Days

A recent issue of Seattle Times carried a color-photo story about 250 acres of potatoes being about to get plowed under. What could that farmer be thinking of? As Mike Pink, the potato farmer, told the Times reporter, there was no point in nurturing his potato plants to maturity and then spending time and energy harvesting and trying to sell this year's potato crop. He'd been freaked out by the novel coronavirus, and our governor's command that we all stay home. With the restaurants closed, nobody would be going out for fish and chips or burgers and fries, or restaurant meals with mashed potatoes, Mike P. thought, so there would be no market for his spuds. None of his usual customers had put in their regular orders in April. He probably thought hoards of us would be hunkered down in front of our TV sets eating microwaved beans out of cans.

Take heart, Mr. Pink. In real life most of us normally eat at home. We sometimes make oven French fries by peeling potatoes and cutting them into French fry shapes. We toss them with olive oil, spread them on parchment lined baking sheets, then baking them in a 375 degree oven to an appetizing brown. Salt them to taste.

On hot days, we make potato salad early in the day and chill for a backyard picnic. Or we nuke potatoes in our microwaves for a quick carbohydrate to go with warmed up leftover meat and a lettuce, cucumber and tomato salad. Without Mr. Pink's 250 acres of potatoes, we may be eating more pasta and more rice, millet, or quinoa.

Will it be with potatoes like it was with toilet paper for a while? I don't really think so. Potatoes do not hoard well. Unless you have a huge refrigerator your potato hoard will soon put out

inedible shoots. One thing you could do is to cut a potato or three into chunks, making sure each chunk has an "eye". Plant them in buckets or bucket size patio pots filled with dirt or potting soil. Water them occasionally. Potato plants were once grown for their beauty, They grow perhaps eight inches tall and produce pretty little lavender blossoms. In the fall, empty the potato filled buckets. Or dig into one of your ornamental pots to harvest your home grown potatoes. return the dirt to your garden scrub the potatoes and store in a dark place until you are ready to cook them.

We usually make a plain Scandinavian type potato salad garnishing it's stop with slices of boiled egg and a sprinkling of paprika, but we also like other varieties. Here are, one from Germany, and one one from Poland. These are summer salads. In winter, Germans make hot potato salad.

Kartoffelsalat

Serves 4

2 lbs. Potatoes, peeled, cooked and chopped

4 Tablespoons olive oil

2 Tablespoons vinegar

1 small onion or 4 green onions with their tops, chopped

Salt and pepper to taste 1 cup beef stock

Mix all ingredients in a pretty bowl. Refrigerate until time to eat.

Salatka Kartoflana z Winem Serves 6

2 lbs. Potatoes, cooked in salted water, then peeled and sliced

1 cup white wine

1 stalk celery, sliced and boiled in a little water

 $\frac{1}{4}$ cup chopped fresh dill or 1 Tablespoon dried dill

3 Tablespoons lemon juice

1/3 cup oil

1/4 cup minced parsley

2 Tablespoons chopped chives or green onion

1/4 teaspoon pepper

Pour the wine over the cooked, peeled and sliced potatoes. Puree the celery. Combine 2 Tablespoons of the celery cooking water with the celery, oil, dill, parsley, lemon juice, chives or green onion, and pepper. Add this mixture to the potatoes. Mix. Serve and enjoy.

Rocky and Sarah Need a Home

Do you have kids? We're used to being around kids. With our easygoing personalities, we would make great family pets

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Sarah



Rocky

two fantastic kitties who are absolutely compatible and save money, too - what a deal!

Please contact VIPP to make an appointment to visit us in our foster home. We're waiting for you . . .

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Reopening Workshops

Over the next several weeks, Washington state's phased recovery plan will allow businesses and organizations to begin reopening their doors to the public. As exciting as that is, it also raises plenty of questions about how Vashon gets back to business while protecting the health and safety of our community.

We'll be honest: We're small-business owners ourselves, and some of us are already discovering just how daunting reopening can be.

Luckily, there's no need to go it alone. To help make sure local businesses and organizations have answers to their questions, the Vashon-Maury Chamber of Commerce has organized a series of virtual workshops with Dr. Mary Bergman, a retired physician here on Vashon. Over the course of about an hour, Dr. Bergman will discuss coronavirus transmission risks, answer individual questions, and ultimately help you craft a customized reopening plan tailored to your own organization's unique needs.

We'll discuss topics such as:

How to modify operations (pointof-sale practices, cleaning schedules, etc.) to reduce coronavirus risk

How to reorganize the flow of traffic in physical stores to ensure social distancing

How to communicate new policies to staff and customers

What to expect as the reopening process continues

We'll even outfit you with a toolkit to help you reopen, including necessary PPE, or personal protective equipment (face masks, hand sanitizer, and other basics), and signage to help you communicate



Chamber of Commerce

clearly with staff and customers alike.

These sessions are open to ALL Vashon Island businesses and organizations. There's no need to be a member of the Chamber

Interested? Please register via the links below or via the calendar on our website at www.vashonchamber.com/events/calendar:

Please refer to the schedule in the registration and indicate the time slot(s) that fit your schedule, keeping in mind that sessions will be filled on a first-come basic

Questions? Please contact the Chamber at executive director@vashonchamber.

If there's one thing this pandemic has taught us so far, it's that working together makes us all stronger. We're proud of how the Vashon community has responded to this challenge, and we're committed to doing everything we can to help the recovery continue.

The Chamber of Commerce and Vashon BePrepared believes that the best way to get through these difficult times is together. Please join us, share your insight, and help us emerge from this challenge stronger than ever.

Stay healthy!

Road to Resilience

Continued from Page 1

show you how to sign up so you can request addresses and write to voters. PTV typically asks people to sign up with vote by mail in Florida but features other special campaigns as they come up. Writers need to buy their own postcards and stamps. Info about PTV can be found at https://postcardstovoters.org/.

• Reclaim Our Vote - Jessica Lisovsky coordinates this. ROV writes postcards to disenfranchised voters in states with over 20% people of color to encourage them to register. Writers get postcards and a list of addresses through ROV (they have a great design with ROV logo on the front) and buy their own stamps. Jessica is coordinating getting the cards and addresses through Indivisible Seattle's ROV group, so you don't need to worry about getting too much, other than stamps. You can find out more info and sign-up for ROV at https://actionnetwork.org/forms/ reclaim-our-vote-signup. Contact Jessica at jalisovsky@gmail.com.

• Grassroots Dems - Kevin Jones is the go-to person on this. GD is currently writing postcards to flip the US Senate seat in Arizona for the Vote for Mark Kelly campaign. Find out more at https://grassrootsdems.org/. Contact Kevin at Kevin@indivisiblevashon.org.

•Together for 2020 - Kevin Jones is coordinating this effort and will buy sets of 50 pre-addressed postcards to voters for the first 12 orders from Vashon residents. Focus is Vote by Mail in Pennsylvania - a key state to win the White House. Kevin orders the postcards, a script and instructions and delivers them to you. Mailing addresses are PRE-printed on the cards! You write the personal note, add a stamp and mail. Get more info at https://togetherfor2020.org/action-recipe/turn-pa-blue-postcards/.

• Carrie Hesch (D) for WA 26th LD Rep - Kevin Jones is coordinating this effort. Free postcards and postage! You address the cards, write a brief note about why Carrie is the best candidate for State Rep for our friends in Port Orchard and Gig Harbor, and Fred Olin adds stamps and mails the cards. Easiest postcard writing campaign we've found to date!

If you have time on your hands, why not help save our democracy? I admit that I have been dragging my heels on this, so I am giving a big thank you to all of you that have made this so easy and available to the rest of us! You can access easily pastable web addresses by accessing this article at Vashonloop. com>columns>road to resilience.

Comments? terry@vashonloop.com

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Planet-Waves



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

Aries (March 20-April 19)

Lou Reed once said that you can't always trust your mother. The question is, do you, and on what topics? Whether she's in-body or not, that list will help you, because you're likely to take her advice quite a bit without thinking about it. If you're going to be influenced by the feelings or the emotional responses of your parents, let it be conscious and positive; take the good and make a choice to leave behind what does not work for you. There's another message about paying attention to when you're speaking from present conditions that are real now, or from a past emotional state that does not connect directly to the present. When you speak, be clear whether you're speaking from your position now, from feeling, or from a state of fear. It's too easy to confuse those, and it's why so many conversations go in unhelpful directions. Know where and when you are at all times.

Taurus (April 19-May 20)

Take advantage of this time of reevaluation. While on one level you can do almost anything at any time, there are moments that are appropriate to certain personal projects. And now, the purpose of the time is a reevaluation of your priorities. To do this, you can start with the big ones or the seemingly small ones, though eventually you get to the stuff that would seem never to be subject to question. One of the most significant themes involves your professional commitments. This is a message coming from Saturn in Aquarius the next three years. This may feel like enforced changes, though it's also granting you a kind of Midas touch when it comes to reinventing your career or vocation. To do that effectively, though, you need to go right to the core of your values, which means: what motivates you to get up every morning and live every day? Is there anything you're in conflict with? Now is the time of the season to work that through.

Gemini (May 20-June 21)

You are in one of those profound transformational moments. Yet this will only be the beginning that the astrology describes if you treat it as such, with the utmost respect for your mission on the Earth. If you're in any doubt or confusion about that, please don't push the issue. Instead, listen. Listen to your environment, and the people around you. Notice what you observe about the place and time in which you're alive. Mostly, listen to yourself. Hear well what you have said to yourself many times. These are often the things most easily ignored. Notice what keeps returning to you, that you set aside or put off to the future. The idea of a calling is not well understood. There is no direct path from the high school theater production to the red carpet at the Oscars, and you don't want one, anyway. Your journey, that is to say, the winding road of your life, is about what you are called to do, and to create, not so much where you think you might "end up." So listen, and also, observe, what you do with your days, when you sense you have the choice.

Cancer (June 21-July 22)

Do everything you can to translate from fantasy to reality; from your imagination to the tangible thing or experiment you're working on. Set up the work flow, from your interior to expression. The standard is not perfection, success or viability. The standard is action, based on an idea. This is, you might say, the essential tantric act of the moment. We could sum it up as simply as getting real. Action counts for writing something down, and developing it within one day. Reaching to another person to discuss a plan, or seek advice or information, is action. Actually doing the thing is action (for instance, the thought, "I want to be a photographer," followed by taking photographs and then looking at them). You do not need to do anything well, or brilliantly, or confidently. The threshold here is doing it at all, about the thought you're thinking. This would include sharing and experimenting with living out any sexual fantasies you have rather than holding them in and keeping them

Leo (July 22-Aug. 23)

In the U.S. and other countries, we're now living through this weird time of "social distancing." The concept is supposed to be that we're being good neighbors and helping one another stay healthy. Even in the unlikely chance that's true, the collateral damage includes increasing paranoia, hypochondria, judgment of others, stress, isolation, and the fear of human contact that has become so pervasive in our digitized world. You have an opportunity to take leadership on the level of being social, and reminding people what that means and why we might want it. Yours is one of the most outgoing signs, partly for reasons of being easily conversant in nearly any situation. Even under 'normal' conditions, you don't have any use for being shy or demure. And now, under rather abnormal conditions, we need your example, and your courage. You know you would not be happy in a world where hugging is illegal or where band practice could lead to house arrest. Please show us the way out of this tangled web.

Virgo (Aug. 23-Sep. 22)

You may be experiencing some mix of total confidence and incomprehensible uncertainty, particularly related to career or professional matters. At times you know exactly what you want, then this is thrown into reverse (or bumped sideways) by some competing influence. This has been true for you for a while; you always seem to have two major goals you're working with at once, two different ways you define yourself in a professional context, or options for what business card to give out. I suggest you make a card with your name, email address and phone number, and that's it. You give your contact information and nothing else, so that you cannot be directly tied to your past, or to a purpose that you may not have in that moment. What you present, personally and as a person, in the encounter where you hand someone the card is all that the person needs to know about you. You don't need to prove anything, and at the moment, you need to give yourself plenty of room to maneuver.

Libra (Sep. 22-Oct. 23)

You seem to be deep into the experience of determining what is true for you, and what is not, on some rather encompassing issues. Keep your sense of proportion as you are guided through this. You don't need to answer all of life's mysteries at once. It would help significantly if you didn't even try. There is a spiritual tool, not widely acknowledged but known to a few,

that involves standing in the face of mystery for as long as possible. This is a way of keeping your mind open and uncluttered by what you presume or assume. It's a way of holding the ground clear of false answers or even real" ones. You would be well served by seeking even one sincere question. That said, Venus retrograde describes a subject area that might be fertile territory for exploration: how you integrate your sexuality with your spiritual life. They are not opposites; they are facets of the same thing. To be one self, united with your creative power, notice and embrace the many ways that works.

Scorpio (Oct. 23-Nov. 22)

Notice what is exchanged when sex or money is transacted. It's not just those things: many other items come along for the ride. Feelings, ideas, commitments, assumptions, presumptions and expectations are often involved. Some are spoken and some are not. The message of your astrology for the foreseeable future is to get the contracts of your life into clear language. This begins with a review of all of your standing commitments. First make an inventory of the ones you know about. Then dredge up the ones you forgot about, whether they're unkept promises, missed emails, or recurring charges that don't belong on your debit card. That will be fruitful. Notice the contractual nature of nearly every human transaction, even if it's as minimal as "I'll call you Wednesday." It's likely that this process will extend into an existing longterm relationship, particularly one that has endured a few shocks or undergone some radical transformation. Update

Sagittarius (Nov. 22-Dec. 22)

It's time to pluck up some courage, and keep it up. A little will go a long way and a modest amount will serve all of your purposes. This is true in when it comes to your personal relationships, your business dealings and your creative projects. The purpose of courage is to allow you to take action in the event of some situation demanding that very thing. You seem unsure what to make of your circumstances, and those of the wider world. You don't need certainty to get results. You surely don't need false certainty. You will feel better if you count your life as an experiment rather than as a program you must follow. The easiest way to connect with courage is to allow your curiosity to drive you. Find out who everyone you encounter is. Do things just to see what happens. Try taking the opposite approach when one method does not get a viable result. Your options are open, and you're free to explore them.

Capricorn (Dec. 22-Jan. 20)

LIKE most occupants of the planet, you may be obsessing about your health. But are they really, and are you? You do have a fantastic opportunity to confront certain bottom-line issues related to how you take care of yourself. That's what your chart is all about. Lent is over, though there are definitely some things you need to give up. Most of them are mental and emotional habits, without which you will feel a lot better. It's still a challenge for you to be honest with yourself about a few topics that get lost in the clouds of your mental approach to life. You still have an idea that rationality will solve everything. Some things that are true cannot be proven, and many things that are false cannot easily be debunked. However, when the reality of something has established itself over and over again, you might want to take note of that. Also, where you resist will tell you a lot about what you're concerned might be true, rather than false. And

if you listen carefully, you will notice when you're trying to prove something to someone. Who is that someone, and why do you want to win them over?

Aquarius (Jan. 20-Feb. 19)

Imagine your life is an art studio, with every supply you could ever want: anything from 100 colors of paint and any conceivable brush, to a block of stone and sculpting tools, to a recording studio. What would you create? This is a fair description of your spiritual state right now. You have all the physical means of creation, and people who will collaborate. You have ideas. All you need to do is channel them into physical manifestation. Remember that perfection is not a value and not your aspiration. You might strive for imperfection, in that exploring creativity is a matter of trial and error — and it's often the errors that get you further than the trials. You are learning how to experiment with the physical space that you inhabit and that contains your physical life. Take some chances here. Move things around until you find a configuration that facilitates what you're doing, and then rearrange your space to accommodate your next idea. Even your desk would count.

Pisces (Feb. 19-March 20)

You are being called to participate in the world in an expanded way. In fact there are many calls and many openings. What would seem to be bad news for others reveals an opening for you to engage life more fully. This is not theoretical involvement; it's direct, physical, spiritual involvement. Your actions count, and what they mean to you and to others counts more. Your wide perspective is giving you many reasons to respond to current developments with something other than fear, and that something is the willingness to serve. This is a phase of deep evolutionary work for you, and it's not happening in a monastery or a cave in India. It's happening right where your contribution can be seen and felt, and you're learning as you go. Be flexible, and if you make a mistake, quickly make the necessary corrections, make an entry in your lab notebook, and keep going. The deeper your experiences touch you, and the more you learn, the greater the positive impact you will have on others.

Read Eric Francis daily at www. PlanetWaves.net

Next Edition of *The Loop* Comes out Thursday June 11

Deadline for the next edition of *The Loop* is **Saturday, June 6**

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Obviously, not everything we carry is up on our website at this time, but we are slowly getting everything posted.

Don't see what you're looking for?

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Remember to boost your immune system, that's your best defense right now. As usual, we are here to help you with that!

Stay healthy, my friends...



Like us on Facebook Hours: 9am-6pm ●10am-5pm Sundays

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PANDORA'S BOX

Many, many thanks to our funny little community that has supported us through the last few months.

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Here's to a better June!

Bo's Pick of the Week: Jenny's Home! That's all he cares about. That, and cheese.

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