Vol. 17, #17

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August 20, 2020



VashonMaury SURJ and Indivisible Vashon are partnering once again to help YOU help US save our democracy!! We have launched an online auction to raise money to donate to groups fighting voter suppression and our goal is to raise \$20,200!!

We are currently gathering donations for the next week, and then will go live! So far we have art, quilts, acupuncture, gardening, chain sawing, bodywork and other creative and practical services and items.

Each of us has something to offer; think of Vashon Labor of Love where people donated all kinds of fun experiences: cooking, cleaning someone's house, a guided kayak paddle.... we all have skills and talents that someone else would appreciate.

We would also love things! If you are an artist, consider donating a piece of your art. If you have a house with too many things, please donate some to us! We will accept any item with a worth of \$20 or more. We know Granny's was

closed for an awfully long time and is now only accepting limited donations. Gift some to the auction!!

The donation form takes just a few minutes to fill out. Make sure to decide on a value for your item, then start the bidding at about one third of that value. We also need a picture. There are lots of free images available on the internet if you are offering a service; find one and download it to your computer and upload it to the auction site. We can help with that part if you wish.

To donate or to shop. go to this link: https://www.charityauctionstoday.com/auctions/Fundraiser-to-Reclaimthe-Ballot-12086



The Road to Resilience

The Commons (again)

"This land is your land, this land is my land......" Well, not exactly. There are public parks, streets, and walkways, but don't try to actually live in those places, that is, don't try sleeping there or doing any of those private things that you normally would do in your home. Aside from these designated public spaces, all the usable land has been bought up, so, if you are to live here, you will need to come up with some cash—a lot of cash if you want your own exclusive place and a considerable steady sum if you want to rent from somebody else. Unlike other life forms on the planet, your birthright does not presently include the right to live here.

The concept of private property as we understand it today is only about 200 years old. The aristocracies had their fiefdoms, but the rest of the land was the "commons" managed by local communities for mutual benefit.

The process called the Enclosures began in England around the mid 13th century.

At that time, the subsistence model of rural living was giving way to a more entrepreneurial agriculture to feed the burgeoning city populations. The term enclosure refers to the enclosing of the commons into parcels with fences and windrows. They were sold or just appropriated by wealthier farmers that needed larger scale farming operations. The small subsistence cottagers were ceded their cottages and a small portion of land around them, but their way of life required the larger commons to make ends meet. They could not keep a cow on a small parcel. They needed the commons forests for firewood, hunting, forage, and building materials. With

By Terry Sullivan,

the commons, these people could make or grow what they needed, and, unlike what is said about the commons, they were generally well managed by the community and were not trashed. They had little need for money as they could easily barter for the things they couldn't make.

The privatization of land also led to the specialization of manufacturing and what the poor rural folk couldn't make for themselves, they had to buy. Voila! We now have consumers that need to find a source of cash. Many of those abandoned their cottages to work in the city. There are pros and cons about industrialization, but a self-sufficient way of life very gradually disappeared in England. The Enclosures more or less ended in the 19th century when the last of the practical commons was bought up.

The commons still exists in many socalled underdeveloped countries where you can almost always find a place to build the beginnings of a home and, if you stay there and keep building and adding on, you can have a decent place for your family and the cost to you beyond a lot of work is for materials. Even that, in the case of a wattle and daub house is sticks and mud that cost nothing. There is milled wood and often sheet metal that has to be bought, but nothing like premanufactured windows, doors, and such. These houses are "crude" by our standards, but warm and dry and way better than a dumpster.

I first became aware of this way of life during my time in the Peace Corps in Venezuela. In Spain and its colonies, the commons lands were called ejidos (ay-HEE-thos). The intelligence and practicality of this practice left an indelible mark on me and largely *Continued on Page 6*

Mukai Farm & Garden celebrates Vashon 3rd Annual Japan Festival Virtually



Mukai Home, Courtesy Photo

Celebrate heritage and history at Mukai Farm & Garden's third annual Vashon Japan Festival. Following social distancing requirements, this year the festival will occur throughout the month of September online at mukaifarmandgarden.org/ JapanFestival.org and onsite from dawn to dusk at a special self-guided lantern labyrinth at the Mukai Farm & Garden, 18017 107th Ave SW, Vashon. Online events will feature taiko drumming, Japanese traditions and craft, and Vashon's Japanese American history. More information is at mukaifarmandgarden.org/about/ vashon-japan-festival-2020/.

Visitors to the site can walk the beautifully reconstructed Japanese pond and gardens designed by Kuni Mukai and explore the self-guided Lantern Labyrinth.

The Mukai Farm & Garden is one of the few remaining examples of a prewar Japanese farmstead and is on the National Register of Historic Places. During its heyday, B.D Mukai, a Japanese immigrant and successful entrepreneur and his wife Kuni, welcomed the community to their Japanese stroll garden and Craftsman home. Their home, garden, and barreling plant are icons of these blended cultures and island history. Restoration of the barreling plant is the next phase in this community led project.

The Friends of Mukai are restoring and managing Mukai Farm & Garden to celebrate Vashon's Japanese American and agricultural heritage. Mukai shows how history lives and is relevant to our lives today.



Mukai Home - Kuni's Pond, Courtesy Photo

The Vashon Loop, p. 2 August 20' 20

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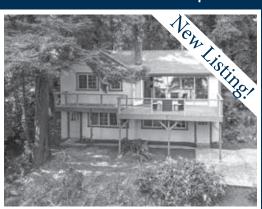
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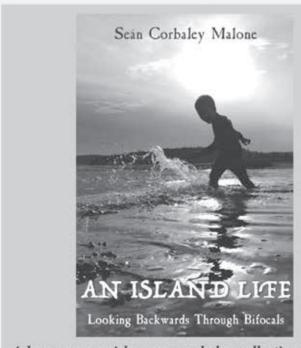
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TICKETS AND INFO AT VASHONTHEATRE.COM

Palm Springs

Thursday, August 20th & Sunday, August 23rd, 7:30pm, movie at 8:30pm

Finding Dory

Thursday, August 27th & Saterday, August 29, 7:05pm, movie at 8:05pm

The Adventures of Priscilla, Queen of the Desert - Friday, August 28th, 7:05pm, movie at 8:05pm

Jaws - Sunday, August 30 Gates open at 7:05pm, movie at 8:05pm

We are located on the great lawn at Open Space! ALL ticketing and concessions must be purchased in advance & online at this time.

Tickets at **vashontheatre.com** in advance. Food ordering on line at https://order.ehungry. com/Night-Light-Drive-In

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

More available at www. Vashontheatre.com

The Vashon Loop

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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@ vashonloop.com

Dockton seawall repairs on Vashon Island Aug. 31-Sept. 17

The work requires a full closure of Dockton Road SW at Tramp Harbor Road SW and extending southward for about 1,000 feet. A posted detour will direct drivers coming from either direction to Monument Road SW. Work is expected to begin at 7 a.m. Monday, Aug. 31 and continue through 4 p.m. Thursday, Sept. 17.

Crews will work from the early morning until the evening Monday through Friday, although tides will affect specific start and stop times.

During phase one, King County repaired 90 feet of failed timber wall and backfilled 23 small sinkholes adjacent to the seawall and two 13-foot-diameter sinkholes near the parking lot. Phase two will repair an additional 100 feet of seawall and another nine sinkholes that were found during a recent annual seawall inspection at the beginning of August. The County split the repairs into two phases to address the most urgent repairs as soon as possible.

As a reminder to residents, the pier owned by the Vashon Park District located near the work area is closed.

Additional work coming to Vashon Island

Later this fall, Road Services will return to another location on Vashon Island to repair the north expansion joint on the Judd Creek Bridge, which is located on Vashon Highway, south of SW Quartermaster Drive. The bridge will be closed to all traffic for three weeks during construction and a signed detour will be provided.

Vashon Community Care is Hiring

VCC has open positions for caregiver and housekeeper? This is a union job and pays \$15-\$20 dollars.

Contact Wendy Kleppe.

Email is: wkleppe@vashoncommunitycare.org

Upcoming Parent Webinars on Youth Substance Use

VARSA is offering two parent education webinars in September. Our mission is to reduce and prevent underage substance use, and one of the most effective ways is to educate parents of teens. You are the expert when it comes to your child, and as knowledge is power, we are here to provide ways to help you parent more successfully.

These two webinars cover youth alcohol and substance use. We know that the past 6 months have been stressful for adults, teens and children alike. While your teen may not turn to substances to cope, you probably know teens who do. So, educate yourself and be that person a teen can talk to.

Pre-registration is REQUIRED. These classes will fill up fast so register today!

These classes are offered FREE OF CHARGE - paid for by VARSA through federal funding with support from WA Health Care Authority and King County Department of Community and Human Services.

Officer Jermaine Galloway (www.tallcopsaysstop.com) is an internationally recognized instructor and expert on various drug and alcohol trends, addressing underage drinking and drug usage. His motto is "You can't stop what you don't know".

Tuesday, September 22nd 6:30-7:50 p.m.

High in Plain Sight: Current Drug Trends, Concealment, and More

This training will cover various trends in underage substance use: opioids, over-the-counter drugs, legal drugs that are used and abuse, along with popular alcohol trends. Items used to conceal drugs and stash compartments will also be discussed.

Registration:

https://attendee.gotowebinar.com/ register/8688774498342000908

Thursday, September 24th 6:30-7:50 p.m.

Vape Pens & Dabbing: Various Vapes and Marijuana Concentrates

This session will cover the sweeping trends of marijuana concentrates, also known as "dabbing". Marijuana concentrates and vaping are sweeping the country and quickly becoming one of the most popular trends among teens.

Registration:

https://attendee.gotowebinar.com/ register/8390937689098341900



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Next Edition of The Loop Comes out Thursday September 3

Deadline for the next edition of The Loop is

Saturday, August 29

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Lodging Shopping Food & Drink Things to Do

Visit the Vashon Chamber on line at www.VashonChamber.com





Ice Cream You Scream



Vashon Dairy Queen August 1955. Photo courtesy Brian Berenno

By Sean Malone and John Sweetman

John Sweetman's Mother was notorious for making odd combinations such as 'avocado' and mango.. things that were unusual in the early fifties.

One time when cream was in short supply.. She used homemade buttermilk.. Made kind of a sherbet with pineapple... Surprisingly good and later she told me that she had not enough sugar and added malted milk powder... it was good and probably 'Baskin Robbins' stole her

It was a nice warm sunny day when John and Diane came over with their homemade ice cream, Not the kind you had to crank by hand, when the cream began to thicken and the cranking became harder. John's ice cream maker had an electric motor; the strawberries had just come off the bush, juicing easily and so sweet as to make Jimmy Matsumoto and his huge Marshall strawberries; lose the race.

In the old days we would have to pack the bags of ice down from the peach orchard where the car was parked and make ice cream in a stainless steel drum that was full of cream clear to the top where the shaft to the paddles stuck out! Alternate layers of ice and salt were laid between the drum and the inside of the 3 gallon wooden barrel with steel rings around the outside to hold it together. The cream became thicker the colder the drum got, the right combination of salt and ice made the steel drum fog on top and the cranking: "Hey Mom, make Mike take his turn." The cranking was getting tough for a 12 year old. Mom couldn't hear me. She was too far away and besides, Mikey was her favorite and got away with things that Molly and I would be scared to contemplate.

"With that, I took another spoonful of ice cream covered with strawberries, the sugared juice running down the sides of the ice cream."

"I scream, you scream; we all scream for ice cream" was a "mantra" that could be heard across the country in the 1950's, and much earlier as a song from 1921. Of course, us kids thought that it only belonged on Vashon and had originated somewhere near the Dairy Queen at the south end of town.

Maybe Grandma Ollie had taught us, about "Ice Cream You Scream" since she was known for causing our parents problems, such as when they left us to stay with her to go to Victoria for a short vacation from us kids.

On Sunday morning, Grandma sent us up the hill above Cove to attend Sunday school at the Methodist church. Grandma called herself a "heathen" though we found much later that she was a Congregationalist an offshoot of the Quakers. When our folks came home on Sunday, Dad had brought us a small wooden dugout canoe, which gift was dampened when we showed him our gold and red starred report cards from Sunday school at the Methodist church. Dad was "mad as a wet hen," though I doubt he ever said anything to Grandma Ollie, our being "died in the wool" Catholics.

As diplomats, we failed miserably; being noted more for our "whining"; trying to get out of chores or complaining: "Mom, Mike is kicking my seat, make him stop," Molly whined. Mom responded, "You kids stop your

Any plea to stop for ice cream was wasted; if we were acting up in the back seat. "Awe Mom, 'Please?" fell on deaf ears.

In the summer we often stopped at the Homestead at Portage after Sunday Mass at Dockton, where the picnic table was covered with a hand split cedar roof and our Grandfather, Papa Jim had a large white apron and a white chef's hat while he flipped pancakes on a steel grate over a wood fire with a six foot concrete chimney. Grandma Ada would be busy mixing batter and carrying it out to the fire, with her red bandana wrapped around her head. There were 52 Malone's, Mattson's and Carahers living on Vashon at the time.

Hand cranked ice cream was almost a Sunday habit as we fought over who got to lick the paddle after most of the ice cream had been scraped off.

Later in the 70's, Sister Molly remembers Cousin Michael Pickford sweating at the crank for 90 minutes with only runny ice cream to prove it. Michael didn't have the right combination of salt and ice.

FOR ORCAS AND FOR ISLANDERS.

PLEASE REPORT LOCAL

WHALE SIGHTINGS

ASAP TO

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Spiritual Smart Algek

By Mary Tuel

Oh, the **Stubbornness** of Humans

Becky Bumgarner would like to say a big THANK YOU, from the bottom of her still-beating heart, to the EMTs who were on duty at the fire house in Vashon early on the morning of Monday, August 3rd. They totally rock, and they saved her life.

A little after six that morning I got a call from Becky. She said she had been kept awake by chest pains all night.

Now, Becky is the person who took me to the Fire Station when I had my TIA, and she said she felt much better when I got into the ambulance and headed to Swedish, so on August 3rd, when she asked me if I thought she should have her husband Roy take her up to the Fire Station to get her chest pains checked out, I said, yes, I would feel much better if she was in an ambulance and headed to Swedish.

So Roy took her up to the Fire Station, where the EMTs informed Becky she was having a heart attack. They wanted to airlift her but there was too much fog, so they whisked her off in an ambulance to Swedish Hospital at Cherry Hill, formerly Providence, where she was found to have a completely blocked left anterior descending artery, i.e., the big one that runs down the left side of the heart.

The docs put in two titanium stents. When I talked to her later that morning, she was feeling much better.

Stents do that for people. Amazing what getting the proper amount of blood and oxygen distributed to your body

Some of her heart muscle has been injured so she is not home free, but she is home, and she is recovering, and learning a whole new regimen of pills. We were talking about blood thinners the other day.

I am grateful she got in there and was saved, and so is her family, and so are her many friends.

Thanks, Vashon EMTs! Thanks, Swedish Cardiology!

When I spoke to her daughter Maggie, we expressed frustration that Becky did not get help as soon as she felt chest pains the previous Friday night.

She did call a medical advice line before she called me that Monday morning, and they told her to call 911.

"But I didn't want to do that."



Oh, the stubbornness of humans.

When Rick first became seriously ill, he wouldn't go to the doctor.

"I'll work it off," he said, which is what he'd done all his life with every ache, pain, sprain, etc. Turns out you can't work off cancer or kidney failure.

I was angry about his refusal to take care of himself until he was nearly dead, and talking with other women, who said their husbands were just the same, I decided it was all men. Men! So

And then ... I had my TIA. Transient Ischemic Attack, or a little stroke that resolved itself so was not a stroke. Woke up with a loud noise in my head, a weak left arm, and crap balance.

This happened at four or five in the morning, of course, so I called a nurse hotline and the nurse told me to call 911.

But I didn't want to do that.

Part of the reason was that my grandson was living with me then, and he was asleep upstairs. I had to make some provision for him. Finally called Becky and asked her to take me to the ER. She came over, looked at me, and told me she would take me to the fire station.

I argued with her, but finally gave in. She took me to the fire station, where the EMTs put me in an ambulance and whisked me away to Swedish, Cherry Hill. Becky, god bless her, took care of my grandson, until she could hand him off to my son, Uncle Drew.

By the time I got to the hospital my symptoms were gone, but they kept me for a night for observation. That's why I take a blood thinner.

So now I don't think stubbornness is a male trait. It's a human trait. I think most of us, maybe all of us, are pig headed, or simply don't want to admit something serious is happening.

"I'll work it out."

"I'll just sit here with these stroke symptoms, and call Becky instead of calling 911."

"I'll put up with these chest pains all weekend and call Mary on Monday morning."

I'm off my high horse of being angry at Rick, or anyone, for being stubborn. It is humbling to realize that refusing to get help is exactly what I did when the time came.

The best things I learn in life involve being humbled.

Takeaway: When someone tells you to call 911, call 911. Even if you don't want to do that.

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Island Life Yowl

By Peter Ray pgray@vashonloop.com

There are times when it is short, sharp and to the point. Other times it could be construed as an insistent and inconsolable wail-that is if you apply the anthropomorphic filter to it, the one that supposes there is some recognition of loss with the requisite bit of mourning that generally goes with it. I am referring here to Sylvain's varied bits of yowling as he circles by the front door, which formerly was his main, human-activated portal to points that are anywhere else in the neighborhood besides the field-fenced backyard. After his brother Sebastien's recent, unscheduled departure from the planet, as recounted here the last time around, the fenced outback is now recognized as the only place out of doors around here that is safe from the figurative wolves at the door. Sometimes, and in some places, they are indeed known as prairie or brush wolves, but here I am of course talking about the coyotes that have invaded what once was a relatively safe space for pets, and apparently is no more.

From readings on the Vashon Nature Center website, it looks as though the first known recent sightings of Canis latrans on this Island was sometime in 2005. I kind of remember the rumors then, but never really heard the evening pack vocalizations that say that the coyotes have really come to town until ten or so years ago. At the time we had the entire ten acres here ringed with radio wire so our dogs could not wander beyond that border, but the cats could come and go as they pleased. As it was, our dog Taanker had a great dislike for raccoons and pretty much any other wild thing that might pass over the electronic borderline unbothered, so we did not worry too much about coyote intruders as long as she was on the job. She has since passed on the border watch to our new gang from her self-same branch of the Canis genus. However one of that bunch proved early on that, unlike Taanker before her, she had no fear of the invisible fence and the shock that ensues when a border breach is attempted from the inside. That is why we put up the field fence, although in a much smaller border loop. As it was, this barrier also has kept out the marauding deer and allowed small apple trees to not be turned into deer pellets, and there are a number of other plants that have thrived in this barricaded sanctuary of sorts as well. It also is a formidable deterrent to the covotes.

Sylvain's arresting and annoying yowling at the door does at times gain enough attention that he is permitted to temporarily escape the confines of house and fence zone to walk freely, with a minder, out in the front entrance path and driveway, where he and his brother once wandered and often sat and waited until we returned from an uptown errand run that only the dogs got to go on. But they were the sentinels that got to welcome us home, until one of them wasn't anymore. It is still, and probably will always be, unclear as to how Sylvain perceives Sebastien's disappearance and demise. There are points on the walkabouts where he pauses and smells the ground. There are other spots that he approaches cautiously and then stops to peer around shrubs and over grasses as if these are legitimate areas of concern- perhaps the place where a coyote seized on an opportunity and showed off its ability to achieve a forty mile per hour sprint- one that these cats had no chance of outrunning. I wonder if Sylvain was there- the one that won the luck of the draw in the coyote cookout

sweepstakes- and whether or not he saw what happened, and if it was anything like how I see it in my mind when I think about that cat who is no longer here. I also wonder if all the people behind the seemingly daily parade of missing cat social media posts, and the posters seen on power poles around the Island are in some hopeful state of denial that Mr. Fluffy will somehow miraculously pop back through the cat door with tales of adventure and feline party time. I know the pictures conjured in my head are not pretty, and perhaps it was quick and painless. But I did find that pile of coyote scat with cat hair in it, and in truth, that is all the confirmation I would care to see, because even that was a bit too much to

It seems that we are now in a vortex that exists to shred the normal. The weather and the climate are no longer "normal". Public health is no longer "normal". Social interaction is no longer "normal". Politics, well, yeah. What it appears is seemingly normal for Sylvain is to go out the front door, or one of the now closed fence portals, and wander up the driveway. There are certain moss-covered spots along the drive that seem particularly well engineered for lounging, and when he is out there he finds then with ease. Many times now we have gone out and looped around the front turnaround and then come back to the front porch, underneath which is soft dirt that appears cat box tried and tested. All of this was the norm for Sylvain, until now. And just the other day he went and sat in one of his favorite observing spots and he stared into some tall grass, leaped into the air and the grass and then came out with a small mouse that he terminated in a fashion and quickness that hopefully Sebastien shared in his final moments. There apparently was no concern either felt or expressed by Sylvain that his brother had met a similar fate to this mouse. It is, after all, the wild kingdom here, and that is the way we do things, or at least they do.

It was the main reason we got Sylvain and Sebastien to begin with- to help in reducing the rodent population around the house, which had mostly gotten out of control by the time we got them. They did their job extremely well, and often left evidence of their hunting prowess along the path to the front door, perhaps so that we would see it prior receiving their greeting, and perhaps so they would get some bonus pets on the head, both for being there to welcome us home and for rodent reduction production. And then, when it dawned on us that perhaps Sebastien might not be coming home to this normal, the plugs went into the portals, creating a new normal that Sylvain still has neither understood nor

I am also having a hard time with this normal- the coyote normal- as it creates a whole new level of worry and uncertainty to the mix. I understand the "risks of the rural" and the "this is their home too" things, but the fact remains that for more than twenty of my first years here, coyotes didn't fit into either of those categoriesnot here anyway. There is a quote on the Vashon Nature Center website that says: "the tricky part of living with wildlife is consistency on the part of the whole community." In referencing consistency in relation to how we as Americans in general have dealt with things like climate change, the current occupant of the White House, racism and the covid plague, this does not give one a whole lot of hope. There does seem to be a bit more cohesiveness and unanimity of purpose in this community however, but it seems that given some of the solutions offered in terms of living with covotes, I think more will be necessary than just a live and let live attitude in terms of getting

VYFS substance use treatment program grows to meet Island's need

By David Carleton, VYFS

"When my clients make progress I can see it in the way they walk," describes Tom Walsten, "I feel their self-esteem growing, and recognize their renewed relationships with family and friends."

Tom recently celebrated his one year anniversary as Vashon Island's only licensed Substance Use Disorder Professional. Tom is realizing his goal of growing the Substance Use Disorder (SUD) services available on-Island, including being recognized as a King County preferred provider. This recognition is a strong indicator of VYFS's growing success providing SUD treatment on Vashon.

Although group meetings have been cancelled or gone online because of the pandemic, Tom has increased the amount of 1-on-1 time he spends with his clients, either remotely or outside with social distancing. During the COVID crisis, 1-on-1 meetings allow Tom to provide the extra care and personal attention his clients need as they face heightened anxiety and stressors.

Vashon Youth and Family Services has specifically increased outreach and counseling for youth and young adults, a chronically underserved age group on Vashon in spite of high drug and alcohol usage levels. "It comes as no surprise that COVID has increased triggers, strained relationships and amplified anxiety. But young adults are very concerned about privacy and the stigma attached to SUD, which keep them from seeking

help. So I am working to establish strong, trusted referral channels with partners like Vashon High School," he explains, "Ultimately I'd like to get SUD classes integrated into the High School's Health curricula."

Tom's 1-on-1 counseling with young adults is a critical front-line effort to address SUD before it develops into a more destructive force in their lives. "It is difficult for young adults to commit to treatment. 1-on-1 counseling is definitely better for them. Once I've gained their trust, it's easier for them to relax and open up with me than in group settings," he says, "This is when I can help them the most."

"My experience with VYFS outpatient treatment has been really great and continues to have a positive impact on my life," describes one client. "I have been meeting with Tom on a regular basis and he has been very helpful. As I continue down the road of recovery I have also decided to seek mental health counseling through VYSF to avoid depression and anxiety. VYFS has had a really positive impact on my life and I am so lucky to have these services available on-Island."

Donations from the Vashon community help cover the costs of counseling for youth and young adults. Please give today to support the health and well-being of our Island's youth and others in need of SUD treatment and support.

through this. To start with, when my visualizations merge with the fact that a female coyote can give birth to from three to twelve pups every year, with no other predators besides the random, wayward cougar to limit growth, it doesn't take rocket math to see that there may be more of a problem here than waving sticks and throwing rocks and "making yourself big" can handle. Not making friends with coyotes and scaring them off with inflatable, attention getting, scary man tactics might work just fine in places where there is somewhere else to go. But with water on all the borders here- even if it is as they say, that covotes are great swimmers- there is mostly nowhere for them to go, except to leave and become a problem for your neighbor down the

lane.

We have resolved to keep Sylvain in and to walk him when his yowling gets to be too much. If the coyote plague continues to grow and worsen, we have also resolved to not get anymore cats. It's just too painful to lose anyone else, and too disturbing to live with the imagined path of their demise. Perhaps there will be a coyote population collapse at some point- nature does have a way of limiting these things. Or maybe, after the last cat is eaten and the tricksters just can't stomach wild island cherries and blackberries any more they'll all just swim away to the mainland and vanish into what is left of the woodlands. You know, just magically disappear, like Covid-19.



Island Epicure



Cool Soups for Hot Days

As I write this at 9:30 p.m. it's still a stubborn 83 degrees in my house and today'a Seattle Times says it will get hotter as the week goes on. Not to worry; Daughter Suzanna has promised to bring ice cubes. And we'll have the air conditioner going. for dinner tomorrow night.. Steve and I will probably have cold cucumber soup for lunch tomorrow . It takes only ten minutes to prepare and seventeen minutes cooking time, Better yet, I may make Tzatziki Thessaloniki.

I'll give you both of these recipes for cold cucumber soup.

Tzatziki Thessaloniki Greek Cucumber Soup Prep: 15 minutes No cooking Makes 6 servings

1 quart plain yogurt

2 medium size cucumbers, peeled and chopped

4 cloves garlic, smashed, peele and minced

1/4 cup minced parsley, packed

2 Tablespoons minced fresh mint

leaves Dash salt

Combine all ingredients in a food processor or blender. Whirl just until ingredients are well blended and of soupy consistency. Chill until time to

Variation: Omit the food processor or blender. Stir all ingredients together. Chill. Serve as a dip or salad dressing.

> Cold Cucumber Soup with Dill and Tarragon Makes 4 servings Prep: 10 minutes Cook: 17 minutes

1 10-ounce can condensed chicken broth

1 cup water

1/2 cup shredded carrots

3 green onions, minced

1 cucumber, peeled and chopped

1 tablespoon chopped fresh dill or one teaspoon dried dill

2 sprigs fresh tarragon

or 2 teaspoons dried tarragon leaves

1/2 cup sour cream or 1/2 cup half & half cream soured with

> 2 teaspoons vinegar or 1/2 cup plain yogurt

Heat chicken broth in a 2-quart kettle. Add carrots, onions and cucumber, plus dried tarragon if using. Bring to a boil. Reduce heat and cook 10 minutes. Transfer to a jar and chill 45 minutes or more. Puree in food processor or blender. Just before serving, stir in the fresh dill and tarragon, then the sour cream or yogurt.

Sarah Christine Live Stream Concert

Vashon Live Presents: Sarah Christine Sunday, August 30th, 8:30pm The Campfire Sessions http://www.facebook.com/

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vashonlive

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Sarah Christine is a visionary songstress, soulful siren, composer, multi-instrumentalist and recording artist with a deep desire to facilitate connection and healing on the planet through music. She is a passionate lover of life and catalyst for change who uses music to create authentic, uplifting experiences that ignite the senses & penetrates the soul. Her evocative, angelic voice beckons the listener inward to remember their own truth within while her unique sound blends Acoustic Soul, Reggae, R&B and Gospel to provide an upbeat yet soothing soundscape for her enchanting vocals to soar over. Whether performing solo acoustic or with a full band, her shining presence radiates while delivering conscious lyrical affirmations intended to stimulate awakening and empowerment. For more information on Sarah, visit her website

https://sarahchristinemusic.com/



The VashonLIVE team is: Producers: Bonnie Clark, Sarah Howard

Director: Simon Clark |

Cameras: Bonnie Clark, Jackie Domi, Lars Cain, Alexandra Latham

Audio Engineering: Martin Feveyear, Laird Gonter

Lighting Design: Jessika Palmer EFP Technician: Lars Cain Production Assistant: Sonam Miller Artist in Residence: Jennifer Hawke Promotion & Posters: Pete Welch/

Allison Shirk at Vashon Events

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Chairman Meow Needs A Home

I'm one of those adorable orange boys, in the proud tradition of Morris and Garfield. I get along with other cats in my foster home, and I'm fine with kids, too.

I have a condition called FIV, but it doesn't keep me from being very active. I even growl at deer!

You can visit me at my foster home. I like to talk (that's where my name comes from), so I hope you want to hear my stories!

Go To www.vipp.org



To view adoptable Cats and Dogs

Road to Resilience

Continued from Page 1

informed the way that I proceeded to provide for myself here on Vashon. I did have to buy my land but everything beyond that I built myself and mostly out of materials I salvaged or things I found on the land. The old high school that was torn down around 1980 was a rich vein of gold for me.

How do we rebuild the commons when we have already sold it off to the highest bidders? I'm afraid there is no going back to the past, and that may be for the best, but I think there are ways that we can bring some of the best aspects of the commons back, and, once again, make the dream of owning your own home and garden a reality for all. We as a community will have to buy back land. One of the most efficient ways to do that,

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as I've said many times before, is with a community land trust. We already have the example of the very successful and appreciated Vashon Maury Island Land Trust, which conserves natural land and the life thereon in perpetuity. We can also maintain housing stock that is affordable to our lower income neighbors in perpetuity. The VMILT has already expanded beyond preserving natural areas to preserving agricultural land use at the Matsuda farm. We can do the same for housing. Vashon Household has already built the Roseballen CLT, but we need to do this on a much larger and more flexible scale. Only this kind of paradigm change is going to put everybody in their own home, the way it's "s'posed to be."

Comments? terry@vashonloop.com

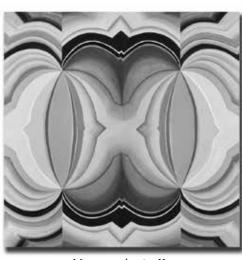
Compost the Loop

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

Gradients, Inflections, **Palindromes**

In August, VALISE Gallery presents Gradients, Inflections, Palindromes, a solo exhibition of Lenard Yen's vibrant paintings. Yen, who is a member of the artist collective, will show a set of color abstractions that are both full of motion and also meditative views of stillness and explorations into expressing light in vivid form. "These color abstractions came out of a passion for mixing viscous pigment and navigating around color spaces. Light being the source of all color, I find experimenting with the full spectrum an unending delight. It is in our visceral relationship with color and color families where emotion, memory, and resonance are embedded. I paint light as energy, using high chroma hues and corral light into crystalline forms, biomorphic shapes, or through apertures like windows to the beyond. I invite the viewer to engage in these works whose juxtaposition of colors pose both an objective and a subjective concept of reality. They meet in the illusion of massless form and ambiguous space suspended in light."

VALISE Artist Collective and Gallery will be open for first Friday, August 7, from 6 to 9 pm. The show runs through Saturday, August 29. This is the gallery's first foray into in-person viewing since Covid-19 safety measures began in late February. Protocols will be in place to ensure the safety of guests during these difficult times. Persons entering will be limited to groups less than five and masks are required. In addition, VALISE will be open on Saturdays during August from 1-5 pm and by appointment. Signups can be made for this show by e-mail: lenard@ lenardyen.com. VALISE Artist Collective and Gallery is located in downtown Vashon at 17633 Vashon Highway SW, Vashon Island, Washington.



Metamorphosis_II

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

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Planet Waves



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

Aries (March 20-April 19)

You must be clever with money this week, and take advantage of any opportunities that come your way. Such are most likely to arrive with a little shakeup in your plans. This is often the moment of invention or breakthrough: something you were not anticipating, which may even be annoying, though it presents an opportunity to make a decision. It is in that moment of interruption when you can intervene with an idea. However, it's critical that you proceed in a gentle, persistent and nonviolent way - yet without suppressing your feelings. You may feel some powerful emotions moving through you, and the thing not — as in n-o-t — to do is to take them out on yourself. Don't take this pressure out on others either. You need pressure vents, creative outlets and quite possibly sexual outlets. If you feel inclined to use 'power' in some way, try another concept: leverage. Exert yourself less, not more; the right tool will help you get the job done, including the right spiritual or psychological tool. You have many.

Taurus (April 19-May 20)

It's time to exceed what you think of as your limits. This is a central topic for Taurus Sun and rising, and to some extent Moon: a set of constructs that in essence serve to bind you to the past. Mostly this happens through your belief structure, though you have in recent years, and particularly this year, had many experiences that demonstrate many of your beliefs are no longer applicable. Several of your past experiences that would serve to uphold those beliefs have been replaced by new experiences. Vis-a-vis the whole concept of belief, I would offer two things. They make it difficult to actually think. They are like training wheels on a bicycle, which are good at first (maybe), though you cannot go far. They also serve as insulation to protect the believer against any idea that would shake their reality structure. Yet your whole chart is about nothing except moving, shaking and quaking. Uranus in your birth sign is not taking any bullshit. Neither should you.

Gemini (May 20-June 21)

The more complex any situation may be in your life, the more you must speak with the determination to be understood. That will likely require understatement, which in turn requires a degree of emotional detachment. That may be difficult with Venus moving through one of the most sensitive signs, though you might invest that energy into cleaning the refrigerator, wiping down the window sills and making sure there is food on the stove for everyone who comes into your home. You can also use the nearly clairvoyant sensitivity offered by Venus in Cancer to detect when people are overreacting, and to know when they are responding appropriately. Your personal ruling planet Mercury is now in Leo. This bestows the golden tongue, so you are under excellent stars for speaking and writing. Just remember that the skill you need most right now is listening. You will need to do that in manual mode: pause, take a breath and get to the bottom of what people are trying to say to you.

Cancer (June 21-July 22)

Venus has embarked on an unusual path through your sign, as it will make many aspects in the coming weeks to points in the other cardinal signs — Aries, Libra and Capricorn. This in turn puts you into a state of enhanced contact with your environment, with sensory data and other information coming in from all directions. The place to hold your locus of attention is

within yourself. If you can stay emotionally centered, you can accomplish anything and you will be able to help those around you who need you. There is an art to this, and a measure of dignity is called for as the prerequisite. To be effective, you must take care of yourself, which means the necessary food, water, and rest, and getting outside into the light of day and the dark of night. And you need appropriate companionship of peers with whom you are not directly involved in some process of assisting, people with whom you may be open and speak from the heart.

Leo (July 22-Aug. 23)

If you are wondering what to do with your hours, your days, or your life, the question is: in what way are you being called upon to serve? This is not so much about what you want to do but rather the way you feel summoned to take a particular role. The value of preference is way overstated. Many people of great accomplishment followed a calling rather than "did what they loved." What you may discover when you do that is that you grow to love your calling in a way you never loved anything else. Many people are teetering on this brink at the moment - including a good few who feel fortunate to have had their employment survive this ongoing social and economic tsunami. For anyone whose livelihood has been disrupted, seize the opportunity to make the long-overdue adjustments you've wanted to make. Streamline your life, work cooperatively with others, and listen to your calling: listen with your ears and your whiskers and smell the air.

Virgo (Aug. 23-Sep. 22)

Prepare for a horoscope about sex. One, two, three, here goes: Your selfdiscovery process is going into overdrive as Mars moves through Aries, the sign for you of orgasm and surrender, and something of your core identity. One of the most basic personality structures of Virgo involves losing yourself in another person, and then waking up and finding yourself. This has worked one way through most of your life, and due to Chiron's presence in Aries, it is now working another way: mostly, that you are skipping the "losing yourself" part of the process and going direct to discovery. Mars is making contact with Pluto in Capricorn. A decade of this has compelled you in that way only Pluto can do to admit, confront and overcome your inhibitions. You still have a few more of those to work with, though you're at the stage where cracking through them can be fun and pleasurable in a courageous way. Follow your curiosity with passion and intrigue. As is said in the Pathwork, sexual curiosity is its most life-affirming form.

Libra (Sep. 22-Oct. 23)

Above all else, you want fairness in a world where it rarely seems to be forthcoming. You want to be able to take action where you see others abusing their power or their influence. How you handle such situations is critical. You are likely to run into a few of them this week, and you need to proceed with the care and caution of the bomb squad. Remember that a K9 trained in explosives or even drug detection does not bark; they sit down next to the suspicious package to signal their handler. Merely barking can set off the device, so the loudest sound will be sniffing and paw pads. Your most vital asset is your ability to see a situation for what it is, and map it out carefully. Assuming you are called to assist, you will be able to find the one thing that deactivates a potentially explosive situation with as little intervention as possible. This could,

for example, include engaging someone in a conversation long enough to get them to reconsider their choices, not by using persuasion but rather a delay or distraction. Small moves mean a lot.

Scorpio (Oct. 23-Nov. 22)

The ancient and modern rulers of your sign are forming a square aspect right now - Mars in Aries square Pluto in Capricorn. If you study this aspect in books, it will be like reading the treatment to a David Lynch psychological thriller with a touch of horror film and a protagonist who gets so swept away with their passions so as to have no self-control (and so on; you can keep making up psychodramas for entertainment). For you this week, the translation is to be impeccable with your words, right down to rewriting something six times to get it down to as few words as possible. Be extremely cautious at work. While it's unlike you to refrain from speaking your mind, you might want to hold off. If you really need to say something, choose one person in a position of more direct authority and mention it calmly and get an acknowledgment. You might take the approach of the canine I describe in the Libra horoscope. Do not bark. Do not growl. Just get the attention of someone who can do something.

Sagittarius (Nov. 22-Dec. 22)

However you may define your growth and your evolutionary process, what you are actually doing in these days of your life is establishing your priorities. You may have had some prior experience of thinking you knew what your priorities were, then some event, incident or discovery wakes you up and you begin to make decisions. So to be clear, I am not talking about priorities in the theoretical sense but rather in the sense of what you prioritize for action, and then act upon. You are going through a process of aligning with yourself, and catching up with the growth you've experienced, and then bringing that forward into what motivates your choices. This is more like shooting pool than it is like attending a meditation workshop. You line up your best shot and you take action. This is based on a larger game plan, and you need to be aware of every level as you make any one decision. There may remain some still-unfolding critical situations in your life, though you know enough now to act in a way that honors the future tangibly, and that sets you up for success.

Capricorn (Dec. 22-Jan. 20)

Study your emotional motives carefully before you make any decisions this week. You may feel driven by the urgency of certain situations, particularly related to family or your household. These may relate to your sense of security or stability, whether emotional or connected to a tangible circumstance. I say this knowing much of the world has been thrown into an unprecedented degree of economic chaos, which means being confronted by food and shelter security issues for the first time. Whatever you may have going on for you on the level of emotional challenge, or interpersonal challenge, or actual economic crisis, your most important tool is grounding in who you are. For Capricorn, it is helpful to sort out your sense of identity and of being as something distinct from your family's expectations - or what you think of as their expectations. This can take guts and you may need to cut through a few layers of guilt.

Aquarius (Jan. 20-Feb. 19)

The most important activity in your chart remains behind a kind of veil; it's taking place in Capricorn, the sign before yours. Yet over the next few weeks, the way to track your progress in this invisible realm will involve monitoring two things: the state of your health, and how you feel about work. These are often indicators

of how a person is doing, and for you they are particularly important, as a life calling and also over the next few weeks as Venus moves through Cancer. Because so much is going on behind the scenes, you need indicators of where you stand with yourself. So pay attention to your daily activity and how you feel about it: does time seem to move quickly or slowly? Are you interested and invested in what you're doing? Observe yourself closely and be especially honest. As for your health: how do you feel when you wake up in the morning? How do you feel at sunset, and how do you feel before you go to bed? Take careful notes. These are important factors

Pisces (Feb. 19-March 20)

pointing you to the future.

As you discover what it means to live in a much wider world, you are also discovering what it means to be living in a rapidly and radically changing world. This may seem chaotic, though I suggest you stay close to the changes and close to the action, as proximate as you can get, and take nothing for granted. Make your own observations. Maintain a dialog with as many people as you can, and pay attention to what you learn. A combination of three factors: world conditions, the state of your immediate community, and your personal growth, are aligning in a rare form. You do not need to fear the changes that are happening, so long as you are aware of them and participating in them consciously. Some facets of your situation are pushing you to your limits, which it's time to exceed. As a Pisces, one thing you have going for you is the possibility for a very wide view of existence. Yes, it's possible to squander this in petty affairs. There, I cannot help you. If you keep a broad view of yourself and your environment, and track your own movement through this unusual maze society is in, you will find yourself in a position of rare advantage.

Read Eric Francis daily at www. PlanetWaves.net

Next Edition of *The Loop* Comes out Thursday September 3

Deadline for the next edition of *The Loop* is

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PANDORA'S BO

Corrine's grand Rumspringa comes to an end with another cross country drive with her Momma. ALSO in amazing news, I've been married 30 years and the hubster turned 60. Yes, 60!!

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