

VIPP Fur Ball The Quarantiniest Fur Ball Ever!

Vashon's biggest party and benefit of the year returns this fall.....at home! That's right, to ensure the safety of all who participate, the Vashon Island Pet Protectors (VIPP) Fur Ball is online, and it promises to be the Quarantiniest Fur Ball Ever! The online auction is set for October 1 - 24, 2020.

VIPP's Online Auction features many of the wonderful items and experiences our Fur Ball fans have come to love. Items include stunning art from Islanders and experiences such as adventures and vacations (with flexible dates). The auction also includes favorite items that make life easy and good, including pet-lover gift baskets, jewelry, clothing, and the ever-popular buy-itnow board and more.

The Vashon Island Pet Protectors' Online Auction launches on October 1 and will run through October 24, 2020.

VIPP's annual Fur Ball usually *Continued on Page 5*



Vashon Time Exchange Launches with Community Teach-In

In this time of Covid-19, particularly here on Vashon as we move toward fall and the coming rainy season, time feels different for many of us in 2020. Some folks have more time on their hands than ever before and feel an accompanying sense of isolation from the larger community, while others are facing the challenges of an overwhelming task list as they juggle the demands of working from home, children returning to online classes, and navigating the new ways we interact with each other and the wider world. Some islanders might have more available time due to less commuting, some are feeling stretched thin by added demands to their daily and weekly schedules.

For many of us, particularly as meeting outdoors becomes more challenging as the seasons shift, there is a growing need to still feel connected to our local friends and neighbors amidst this time of physical distancing. There may well be projects that need attending to or a desire for meaningful ways to enrich our lives during challenging times, by brushing up on old skills or learning something new.

Seeing the dramatic changes unfolding in all aspects of our society, from education to the economy to health care, when the pandemic hit last spring, Backbone Campaign began researching how to create a Time Bank for our local community. Time Banking is a tool for building connection and resiliency, where members exchange services, based on the currency of time. After speaking with Time Bank leaders across the country, as well as learning from Islanders who worked on previous Island Time Banks, Backbone Campaign is launching the "Vashon Island Time Exchange." Islanders are invited to sign up at VashonTime.org.

The time bank works pretty simply: When a member provides a service for another member, they earn "time credits." Time is the unit of measurement,



credit. Earned time credits can be spent throughout the Time Bank community, connected through a web-based software program called Community Weaver 3.

To launch the Vashon Island Time Exchange, Backbone Campaign is hosting a Community Teach-In on Saturday, September 19th from 9 a.m. to 6 p.m. Time Bank members are invited to share their knowledge, experience, and gifts by giving a class, either via Zoom (or another web platform) or at an outdoor location, with masks and physical distancing.

"The Time Exchange tool is about connecting people's unmet needs and untapped resources. Everyone has something to share, and everyone is curious about something," says Backbone Campaign Executive Director Bill Moyer. "The 'Each One Teach One' Exchange is a way to unlock the potentials and gifts of our community members, and it reinforces the idea of lifelong learning. We hope the Teach-In can foster a roster that teachers in our public school system can access. There are many ways our community can show up for our youth, who face unprecedented learning challenges." Islanders who join the Time Exchange are invited to share their knowledge about languages, tools, design, movement, skills for success, history, how-tos, and more by signing up to give a workshop that day. They can advertise their class in the online Time Exchange, and other members can peruse offerings and sign

The Road to Resilience

Degrowth

That economic growth is good, and recessions, times of no growth, are bad are iron laws of western economics. At the same time, we know that our economic activity is driving a climate catastrophe and that we are using resources at a rate that would require six Earths if the rest of the world attained the standard of living we have in the US. Over and over again, we have heard that you can't have unlimited growth on a finite planet. We have a classic dilemma here – damned if we do and damned if we don't.

Economics, in any form, is an abstract system created by humans to control the distribution of resources. In our system, which is predominantly Capitalism, all new wealth is created by expanding our resource base, whether materials or skills.

By Terry Sullivan,

anthropocentric view since there is all the other life on this planet that needs resources as well.

There is one exception to this argument thus far. The power of the sun is, for the next several billion years, an inexhaustible resource. We also know that while no matter can be created, neither can it be destroyed, so all those material resources we have used thus far could be reused if we could recover them. The problem is that most of those resources have been so widely dispersed and/or combined with other materials that they are extremely difficult to recover. Note the difficulty we have with the materials we are trying to recycle now, and that doesn't even take into account that the growth economy will require more and more.

We can continue with the model we have now where eventually a lucky few live in comfort while the great majority live in abject poverty, or we can try to create an economic system that uses resources sustainably to see to the needs of all. There is a term for this system: degrowth economics. The term "degrowth" comes from words in French and Italian that refer to a river returning to its normal size after a flood. Degrowth economics "advocates for societies that prioritize social and ecological well-being over corporate profits, over-production, and excess consumption." How we measure wellbeing makes all the difference. The Gross Domestic Product (GDP) that we use to assess our economy now is increased when profits are made, including when you have a major illness that bankrupts your family, when a hurricane has wiped out a town, or when you have been sued - all these add

When a bank makes a loan, it is paid back with interest. That interest is the source of almost all new wealth. The person or business that takes out the loan expects that they will make a profit by extracting materials or providing a service that others will pay for. It's kind of like musical chairs, except that the loan recipient understands that their ability to pay back the loan requires that they create an extra chair, that is, expand the economy. Easily done if you are extracting resources as we have been taking those at no cost forever.

After thousands of years of taking resources with little or no thought, we have finally arrived at a point where we can clearly see the bottom of the cookie jar. If our population grew no more and everybody was satisfied with their material wealth, we might be able to work with that. However, we know that neither of those assumptions is even remotely valid. It is also a strictly

Continued on Page 6

so one hour always equals one time up.

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The island home experts



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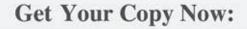


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Sean Corbaley Malone



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The Wizard of Oz Saturday, September 19, Movie at 7:30pm

The Nightmare Before Christmas Thursday, September 24 & Saturday, September 26, movie at 7:15pm

Ghostbusters Friday, September 25th & Sunday, September 27th , movie at 7:15pm

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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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.

Community Council Meeting

If we've learned anything from the COVID-19 pandemic, it's how we islanders actively work to support one another in times of crisis. September 21 is a day to continue building on this work. The Vashon-Maury Island Community Council will be meeting that evening from 7pm to 9pm - virtual of course - to discuss several key issues facing our Island: Airplane overflight noise monitoring, community support from Puget Sound Energy, electing a board for the VMICC, and introducing new issues: Traffic Calming Measures, and Shellfish Overharvesting. The strength of our Community Council lies in our participation. Join your neighbors and share your strength at Vashon-Maury Island Community Council's September meeting on Monday the 21st from 7m to 9pm. All Island residents attending the meeting who are 16 years of age and older can vote. Please go to our website for the invite link.

http://www.vmicc.net/

Monday, Sept 21, 7pm to 9pm. Virtual meeting via Webex

Health Insurance

Washington Health Plan Finder has extended the application deadline for the special enrollment period to Sept. 30th. This allows individuals/families that experienced loss of coverage or drop in income to gain insurance and be eligible for a health insurance subsidy. Or you may now be qualified for Apple Health, the FREE health insurance. You can call Miguel Urquiza (he works for King County Public Health and he speaks Spanish. 206-491-3761 (cell) or 206-477-6965 email: miguel.urquiza@kingcounty.gov Miguel can also sign you up for Food Stamps and an ORCA card (reduced METRO fare card) or visit Washington Health Plans at www. wahealthplanfinder.org



Food bank closure week of September 21st

To provide staff and volunteers a reprieve and to allow staff time to prepare for the impending seasonal shift, the Vashon Food Bank will be closed for the week of September 21. Grocery pickup, on 9/25, and Home Delivery, on 9/26, will be cancelled.

But fear not! We are committed to 1) offering customers extra food in the weeks before the closure, 2) there will be extra boxes of non-perishable emergency food at select locations across the island, and 3) we are prepared to offer folks information about food and groceries that are available through partner programs.

Please, call the office at 206-463-6332 or email admin@ vashonfoodbank.org with questions or concerns.

Virus Rent Fund

Vashon, You have been so very generous. I can not thank you enough for the outpouring of support you have shown for all our neighbors. Helping keep people and families housed is the best act of kindness I can think of. And I thank each of you from the bottom and top of my heart.

That said, the Interfaith Council to Prevent Homelessness (IFCH) needs your help again. The Coronavirus is still affecting people's employment status. In the last six months IFCH has raised \$150,000 thanks to the each of you, the Vashon resident. We have given out \$138,000 in rental assistance to help those who lost their jobs because of Covid-19. We have averaged helping 30 families, 100 people, each of the last six months.

Up until now most residents receiving financial assistance are not getting any unemployment for various reasons. Now that Congress has discontinued the additional \$600 unemployment benefit, the need for rental assistance has increased. This is what keeps me up at night. Imagine how it may feel to the families and individuals who are seeing their income decrease by \$2,400 a month. Talk about scary.

With the schools being remote, more pressure is being put on parents. They are not going to be able go to work with young children at home. We saw new families request rental assistance for their September rent. I believe October rental requests will increase as well.

This money stays on Vashon. Money comes from You and gets paid to the homeowner, who lives here as well. Some of the homeowners have mortgages on the rental, others are seniors who are living on this rental income. This is a typical Win Win Win for Vashon. Tenants have some peace of mind, homeowners have money to live on, and Vashon merchants have more money flowing through their stores. No one gets more than \$1,000 toward their rent and many receive less. Tenants still are responsible for the remainder of their rent obligation.

IFCH has no paid staff, we are all volunteers, so 100% of donations received goes to direct services.

The Vashon community is a generous community. You have always shown up to support food, education and housing. IFCH is grateful for your support and we are asking you to keep giving during this critical time for our neighbors and friends. Be it your first time donating or your umpteenth time, Thank you!

Only monies that clearly state "VIRUS RENT" that come into IFCH can be used for this program.

Please donate to help keep our neighbors housed.

You can make a donation online:

www.ifchvashon.org/donate-2 or You can mail a check payable to IFCH.

IFCH

P.O. Box 330, Vashon, WA 98070

Please write VIRUS RENT on the memo line of your check or On PayPal put the word VIRUS RENT in the "APT" section of the address line



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Thursday **October 1**

of The Loop

Comes out

Deadline for the next edition of The Loop is Saturday, September 26



Thank you, Hilary Emmer

Make a date with Vashon! www.VashonCalendar.com **Vashon Library Events Art & Music Events** Submit your Event on line at www.vashoncalendar.com



Ping and Thud



By Sean Malone

Most of the time, Mom canned our Elberta peaches in halves, but sometimes they were quartered, when they were too big. We had 12 peach trees down at Cove and Dad took care of them assiduously, carefully pruning them in late winter. Mr. Mann came down on his tractor to spray the trees for insects in the spring. The spray had an awful smell and we were warned to stay on the windward side and not to breathe it as it was probably DD-T.

After the spraying, Dad mixed lime and water in a five gallon bucket, until it was thick like paint. It was called "whitewash" and he had Mike and I whitewash the trunks of all the peach trees to stop critters from climbing up from the grass. Mike got some whitewash on his hands and went to rub his eye. He screamed "bloody murder" and ran to the house where Mom called the doctor who told her to just wash the lime out of Mike's eye with cold water and soon Mike quit screaming. The burning had gone away.

After that, Dad had us combing the peach-tree branches, looking for the telltale egg rings of the tent caterpillar which we dutifully peeled off and disposed of. To find all the eggs was impossible and as summer came on, the caterpillars built their tents high in the branches of the peach trees and proceeded to eat all the leaves within reach.

Then came the fun part as Dad had us cut twelve foot sticks and wire old rags to the top which was then soaked in kerosene and lit up. Black smoke and fire poured off the torches as we headed into the orchard in search of our prey. The caterpillar tents were highly flammable and went "whoosh" as they ignited into flame and the furry caterpillars fell her if the jars had sealed or not. from the burning tent, igniting with a "shizzz". Sometimes they hung on their

spider-like threads until the tent was no more.

When the "curly leaf" came on, us kids were sent into the orchard to pull the grotesquely thickened leaves off the branches before the fruit had developed and dispose of them far from the orchard. Curly leaf disease could kill a tree, if it wasn't taken care of.

In late summer, the peaches would be coming ripe and us kids would hunt for the juicy windfalls and fight the yellow jackets off to partake of the sweet flesh of the Elberta peach. We weren't allowed to take any peaches from the trees as they were being saved for canning and giving away. Kit Bradley and brother Mike and I would lie on our backs in the orchard, splitting clouds with our "thoughts"; having the power to do so, while we swelled our stomachs with ripe peaches, listening to the crunch of peach pits as old Boots, the Springer spaniel, found the windfalls, we hadn't. "I did it, I did it," Kit yelled. "Right above us; the cloud that's coming apart."

Little kids weren't allowed to pick the ripe peaches, because it took a very delicate touch to pull the peach from the branch and not bruise it. Sister Molly helped Mom peel and slice the peaches for canning. Mom used a water bath to bring the jars to boil until it was safe to remove them and tighten down the Ball lids to seal the peaches in, for the delight they promised for winter.

'Mom, the peaches are making noises," Molly called from the kitchen. The "tops" were popping and Mom replied, "They are only telling us they are happy, because the jars sealed". A couple of hours later, Mom could be seen tapping the jars with her index finger and listening for a "ping" or a "thud," telling

Spiritual Smart Algek

By Mary Tuel

Agape for All

Agape (ä-□gä-pā) n [LL, fr. Gk., agapē, lit., love] (1607) 1: LOVE FEAST 2. LOVE

- Webster's Ninth New Collegiate Dictionary

First thing I saw out the bedroom window this morning was a lot of yellow leaves on the big leaf maple tree. Autumn. Kind of ironic, considering what a crappy year 2020 has been, that I'm not in a hurry to see it go.

Name your poison: the rise of white supremacists and the further desecration and destruction of America, climate change, wildfires destroying homes and killing people, the smoke from the fires, Covid-19 (remember that?), joblessness, homelessness, poverty and hunger.

Still, the Black Lives Matter movement gives me hope. Perhaps sanity will take hold, after all. I believe that most people in this "Christian" nation would like to see Jesus' command followed: love your neighbor as yourself.

A lot of people do love their neighbors as they love themselves and the problem is that they hate themselves. I always want to add a coda to that commandment: first, love and accept yourself. Be kind to yourself. Give yourself a little agape, or unconditional

Now, when our country's founders put all their high-falutin' ideals into writing, they meant freedom and equality for white men who owned property which they all were.

I'm sorry, white guys. I know that you are not all heartless corporate billionaires. I married a white guy, gave birth to two white guys, and I like a lot of white guys, and I realize that our society imposes an extra burden on white guys for being white guys these days, unless you are a filthy rich white guy, and then everything is business as usual.

But I digress.

Unfortunately, the inspiring language of the Declaration of Independence, and the Constitution, and the Bill of Rights, for example, has given uppity ideas to a lot of people for whom it was never meant. You know, black people, women, indigenous people, Latinos, Asians, all people of color. Not to mention the Irish and Italians in their times.

We were taught those lofty ideals, those principles upon which our country was founded, and told we lived in the



We believed what we were taught.

Benjamin Franklin said that our country is a republic if we can keep it. I feel like we are losing, or have lost, our grip. So what can we do?

I strongly encourage you to vote. When you get your ballot for the November election, fill it out, sign the envelope, and either mail it (if we still have a post office) or take your signed ballot up to the drop box at the library and pop it in. Be counted. You matter. Your vote matters.

Then we shall see how it goes.

It is also past time to think about the unthinkable happening and make plans. We have been preparing for the Big One for years, now we need to prepare for wildfire. Do you have water, food, blankets, etc.? Medical supplies? A "go bag?" It is time to do whatever you can to protect yourself and your family.

You know that however the election turns out, we are in for a hard time. If Biden wins, there will be violent resistance from Trump and his supporters. If Trump wins - well, we know what that is like.

Our work is cut out for us. Us and the whole wide world. Our problems ebb and flow in their intensity and demands for our attention. Last week I was worried about a shooting war getting traction. This week I'm worried about the smoke-filled air and the people who have lost everything to fires, even their lives.

And, of course, I worry about Covid-19, the current continuo to all our lives' music.

I hope that the foes of equality do not feel compelled to go to a full-blown civil war to preserve racism. Because ultimately this is the clash between people who want to have their human dignity respected, and people who would rather die than see that happen.

As far as I can see, there is no gospel, no doctrine, no philosophy of love and treating others as we wish to be treated ourselves, that has not been screwed up by human beings. There seems to be a primal need for war, and power, and wealth, which explains world history as well as the NFL to me.

My plan is, as best I can, to be kind to others and myself. I would like to see agape for all. Probably not going to happen, but I must work for it as if it will.

A little common sense would not

Sean@vashonloop.com

land of the free, and it was the best gosh come amiss, either. darned country in the whole world.

Harley Needs A Home

If I look sad in my photo, there's a good reason why - I've lost everyone I loved. First, my person died. Then my brother left with the kind caretaker, who couldn't provide a home for both of us. Everyone says I'm a sweet boy, and I still have a lot of love to give. Despite my grief, I purr up a storm when I get petted. Will you help heal my broken heart?



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September 17⁴ 20 Island Life Where There's Smoke

By Peter Ray pgray@vashonloop.com

I could say that it was forty years ago today, but I won't, because it most likely wasn't. I am fairly certain though that around this time in 1980 I was somewhere between L.A. and Seattle. I might have been in Los Angeles, hitchhiking or visiting friends. I recall one ride was with some guy in a VW van who worked for a film effects studio- I think it was called Apogee. I believe he said his take on anyone hitching along the L.A. Freeway at the time was either from out of town and clueless, or they were the Freeway Strangler. I assume he was fairly certain that I was one of the former. With that warning in mind, I headed on to visit friends further south, but soon headed north. It's possible that around now forty years ago I might have been heading into Portland, after standing for hours with my thumb in the air on the smaller roads that took me that way. I think it was actually later in the month, heading out of Portland on the way to Seattle, when I got picked up by a guy who, it turns out, grew up about ten miles from me just north of New York City. He was going all the way to Seattle, but wanted to stop and see Mt. St. Helens along the way. I pointed out that the St. Helens he had selected on the road map was the town, not the mountain, so we corrected course and headed up a different small road.

As it had been just a little more than four months since St. Helens, the mountain, had blown its top, the red zone was still in force, and we could not get anywhere near the mountain, so I opted for scooping up some of the ash that was piled along the road when we stopped to honor the road block and turn around. From there on we compared notes about that area of northern Westchester where we had spent time in common, and once we got to Seattle he dropped me off at the Elephant Car Wash in the regrade and I never saw him again. On the way into town on I-5, I remember staring out the window at Mt. Rainier as we passed by. It was there, for the first time, that I understood why someone would want to accept the challenge of climbing a large mountain, although to this day I still have not had an attempt on the summit there as one of my must do achievements. Another thing I noted on the way past that big mountain was the fact that it was shrouded in somewhat of an orange haze. What I learned in the coming years was that this was part of the fall, slashburning ritual around the Northwest. It came and went as the winds and the rain shifted and fell. In some ways it was like the aroma of Tacoma- it was dependent on the direction the winds chose to blow in when the piles were burning. The difference was that the slash burns were mostly an event in the Fall- the Tacoma Aroma showed up on your Island doorstep whenever the breezes blew from the southeast. We could talk about the southerlies that brought in the fragrance of toasting coffee beans, but not this time around. Even though you could see the plumes rise up in the Olympics from the ferry observation decks on one's way to or from the Island, and the sunsets often were oh so much more colorful as the slash smoke produced its evening, western curtain, for the most part these columns and plumes were not signifiers of a fire panic events. Sometimes the piles were burned when and how they shouldn't have been, and a fire would escape into something bigger than they had anticipated, but for the most part

these were more a means for disposal than a destructive happening. Having turned the tree trunks into logs and lumber and exports, the remaining limbs and branches did become potential fuel for future fires that could set back and ruin what had been replanted of the forest. In some ways one could say that it was getting rid of the mess, although some people might say, myself included, that the true mess- the man made disaster if you will- was the clearcut that had come before and leveled most every living thing for miles and miles.

Six years before my arriving in Seattle, my family had visited friends

descent into hell might look like. But it was just burning- not the maniacal, wind driven firestorms one has seen over and again on teevee news of the fires now raging in Oregon and California and Washington, not to mention in Australia and elsewhere around the globe.

Of course, now we don't have to travel anywhere to experience at least the effects and influence of these fires. A few years back as I accompanied Wendy on one of her harbor swims in Outer Quartermaster under an odd, red-orange sun, I paddled my kayak through a grayish band of floating debris that stretched along the east side of the



of my parents in Portland and while I was there, the friends had loaned me one of their cars to go see the coast. It was an amazing day trip through vast woodlands on small winding roads. Part way there I noticed light appearing through the forest in spots that did not make any sense if the densely packed forest were continuing on as it should have, given the slope of the terrain. I finally stopped and got out to walk into the woods. When I walked out of the forest buffer that had been left intact, the full scope of the stumpage that spread out before me in all directions, except where I had just come from, was truly astounding. As I understood it later, it had been a state mandate to leave visual buffers so that passersby like myself might be spared the sight of this carnage. I had seen painted renderings of logging operations on the Weyerhauser calendars that my uncle had given out from his lumberyard. They did show stumps, but interspersed with families of deer and pheasant and new seedling trees, all scenes that looked nothing like neither this wasteland, nor the ones we saw 15 or so years later out on the edge of the Olympics and the Hoh, when we took a wrong turn and wound up on a barren mountainside that had been stripped of all that raw timber that had been lost to accelerated logging of the Reagan Bush era. There were no fires though. At least not then.

Jumping ahead in time again, a notable part of the ritual of going to Burning Man from 2002 to 2012 was finding the wildfire burn scars in the landscapes that we passed along the way. They were places where sage brush and grasses and small shrubs and trees had been consumed by a passing wave of fire. Most of them had most likely been started by natural means- probably the result of a lightning strikes. There was one year when we passed an active fire burning on a distant ridge. It was at night and the glow from the fire reflected off the low clouds, giving the whole thing an ominous, apocalyptic look and feel. As we drove down into the town of Warm Springs, Oregon, the fires on the slopes we passed as the road lead down to the bottom of the valley made the ride feel a bit like one might imagine a

channel past Camp Burton. What I could see as I passed through it was that it was a surprisingly large amount of fire ash that had fallen from the sky and accumulated along the tidal interphase line. As I understood it at the time, this particular set of fires, that had dulled the sky and muted the sun, were burning over two hundred miles away in Oregon. There had been ash on the roof of my car that I had noted before we had even left home that day, so it did not take a trip to anywhere really to see that something was extremely not right.

It was around two years ago that I headed south from the Island on the road to find out something about the emigrant trails that traversed this country one hundred and seventy or so years ago and brought the white wave west into indigenous lands, or rather, further west into indigenous lands. It was just south of Weed, California on I-5 that I encountered the remnants of a wild fire that had consumed a large portion of the Shasta-Trinity National forest. Driving through in daylight was no less hellish than our trip through Warm Springs had been years before because you could now see the destruction that had been wrought here and not just the eerie nighttime glow. There were still yellow clad clusters of crews tending to spots that were still smoldering and smoking, and this went on for miles. Further on, after I left San Francisco and headed east, it seemed that around almost every other corner there were new scenes of combusted devastation, from just outside Yosemite on through to an assortment of backroads whose names or numbers I do not recall. After a while, whenever stands of scorched trees and shrubs came into view, I grabbed one of my Go-Pro cameras, hitting the start button and pointing it out the car window as I drove by. I have not used that footage for anything just yet. As of late, I have been doing a daily vertical drone flight, straight up over my house, ever since the fire smoke arrived last week. One is tempted in all of this to do a slight rewrite to that Mama's and

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Papa's song 'California Dreaming' by just changing one word so that it goes "all the air is brown, and the sky is gray", but why memorialize it any more than one needs to? But as I'm up there virtually with my drone in that brown air over the Island, I spin around for a look and still mostly see just trees through the smoke, which should be a good thing. But as the smoke comes in from fires all around us, one can't help but be concerned about a similar wildfire as a smoke source, not to mention all the destruction that comes with it, just as easily happening here. It is still as dry and combustible as anywhere else. But we are not like other areas in more than one way, the most important being that if something like a massive fire happened here, there would be very few places to run. We on this homefront have started to think about structures and plans that might allow for something to survive a worst case scenario here on the property. It would seem that with "The Big One" and a Rainier blow out and a tsunami and all, that a community plan for a fire should also be a part of the mix. In these special times, it's not like we need one more bad thing to think about, but as long as we're making a danger list, fire should definitely be on it so that, first of all, we can do all we can to prevent it, right Smokey?

Vashon Time Exchange

Continued from Page 1

"Our hope is that each member will sign up to take a class and also to teach a class," says Amy Morrison, another Time Exchange organizer. "Share your gift. What can you bring to our community? What are you curious about? These are questions that form the building blocks of a resilient and connected community."

For more information about the Vashon Island Time Exchange, contact time@vashonresilience.org or visit VashonTime.org.

VIPP Fur Ball

Continued from Page 1

provides over \$100,000 in revenue, approximately 40% of our total annual operating budget. VIPP has set a goal of \$120,000 for 2020's Online Auction and fundraising campaign. Islanders are invited to support VIPP in this time of serious need – you'll be helping us care for and rescue hundreds of cats and dogs in the year to come.

On behalf of all the animals we help, VIPP invites Vashon to join us for the "Quarantiniest Fur Ball Online Auction" and support our efforts at this crucial time. A chorus of meows and woofs will thank you. Want to help make this the best Fur Ball ever? VIPP is currently seeking donation items, gift certificates and sponsorships. Here is a link to our 2020 Fur Ball online donation form: https:// vipp.ejoinme.org/2020onlineauction Questions? You can email FurBall@ VIPP.org or call Theressia (ter-RAY-zah) at 206-979-8275.

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By Marj Watkins

Seafood and Your Your Thyroid

Your thyroid gland, a butterflyshaped little thing inside the bottom of your neck, is the master gland that encourages all your other glands to do whatever they are supposed to do. Your thyroid thrives on iodine. It doesn't take a lot of it. Eat seafood once or twice a week and you probably get enough iodine to let your thyroid produce the two necessary horrmones.

Some suggestions:

Salmon Teriaki 2 servings

- 1 Tablespoon coconut oil
- 2 salmon steaks
- 2 tablespoons Teriaki Sauce
- White pepper to taste

In a small skillet, on medium heat, heat the oil until a drop of water flung into it bounces. Add the salmon steaks and sprinkle them with the teriaki sauce. Cook uncovered for 10 minutes per inch of steak thickness. Serve hot.

Serve with brown rice fettucini noodles boiled 16 miutes in a 6-cup saucepan with generous amout of water and a Tablespoon of olive oil until a sample noodle cuts easily with the side of a fork.

Local News www.vashonNews.com

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Road to Resilience

Continued from Page 1 to the GDP.

Complete this menue with a vegetable salad featuring dark green leaf lettuce, well washed and patted dry between clean tea towels, sliced tomatoes (if using grape tomatos, just cut them in half), cucumber slices and chopped green onions.

Note: Salmon is the only fish I know of that yields Vitain D, much needed in our northern latitude and the fall and winter wherever you live. Nutritionists recommend that we take at least 800 to 2000 I.U. of Vitamin D as a supplement to help us ward off winter colds. It could also be helpful in fighting other viruses, like coronavirus.

> Easy Shrimp Salad 4 servings

1 cup frozen ready to eat shrimp, thawed at room temperature.

Dark green leaf lettuce, well washed and dried between paper towels or clean tea towels as above.

Juice of 1 lemon

1 Tablespoon canola oil

Arrange lettuce on plate. Combine lemon juice and oil. Mix with shrimp. Top lettue with this mixture.

Now that the months have R's in them, we can eat fresh oysters, a very good source of zinc as well as iodine. Here is a favorite oyster soup of our household.

Oyster Soup

1 Tablespoon butter 1 jar fresh oysters. 1 ½ cups milk Salt to taste ¼ cup minced hives Paprika

In a skillet, melt the butter. Add the oyster, reserving the liquid temporarily. Cut the oystrs into bite-size morsels. Cook over medium heat until oyster become more opaque. Add milk, salt add chives. Sprinkle with paprika. Serve hot.

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and strong communities. Remember, this is the way most people lived and thrived for thousands of years and still do where they haven't been coopted by the global economy. Some will read that paragraph and think Stalin or Mao. Communism depended on strong central control. What I'm talking about is local control and a loose federation of localities and regions, just like nature. We can and should keep suitable technologies that don't require new resources. We do that by requiring manufacturers to design products that will last a long time, be made from parts that are interchangeable among all manufactured items, that are easily repaired, and that will be accepted by the manufacturers at the end of their life for renewal, all new parts being remade from the old materials. This is a great opportunity for budding creative engineers.

Stephanie Anne Johnson Live Stream Concert

A singer's talent is complete when they can bring a crowded dive bar to a collective hush and also get one of the biggest audiences on the planet to a collective standing ovation. Stephanie Anne Johnson is that special singer. The front person for the Tacoma-based band, The Hidogs, can don a cowboy hat and sing over a slide as old timers weep. And they have wowed judges on the immensely popular NBC TV series, The Voice, showcasing their gifts.

Perhaps it's no surprise that Johnson is so affecting. Their mantra, after all, is "Find your joy and go there." Their prowess exudes whether they are singing the Black national anthem - "Lift Every Voice And Sing" - to a packed auditorium or whether they're cooing acoustic lullabies to Saturday night tavern regulars. Their music, which is rooted in all that's American, expresses the pain of the past, the roots of the down home and the hope that hard work will lead to proper reward.

The Hidogs, which is comprised of touching pedal steel player Dan Tyack, swinging drummer Ivan Gunderson, pocket-perfect bassist Jesse Turcotte and the prolific Johnson, is a nimble quartet equal parts capable of shaking the shingles off a rooftop as making any stage feel like a Sunday service. The group's latest LP, Take This Love, is a blend of Loretta Lynn and Valerie June. It's a stunning catalogue of surprise and satisfaction."

Stephanie Anne Johnson has opened



for acts that include political figure Bernie Sanders, and artists such as Mavis Staples, Cedric Burnside, and Black Joe Lewis.

h t t p s : / / w w w . stephanieannejohnsonmusic.com/

Vashon Live Presents:

Stephanie Anne Johnson

Sunday, September 27th, 8:30pm

The Campfire Sessions

Link to watch: http://www. facebook.com/vashonlive

You can tip Stephanie here: paypal.me/paysaj1 or on venmo @ stephanieanne-johnson

First Friday Gallery Cruise

First Friday Virtual Gallery Cruise Friday, October 2nd 6:00 PM 9:00 PM

Until we can get back to having the First Friday Gallery Cruise again, Vashon Events has been doing a Virtual First Friday Gallery Cruise.

The next one is on Friday, October 2nd! Stop by Camp Colvos Brewing and pick up some tasty food and beverages while you enjoy your virtual First Friday Gallery Cruise! Our newsletter will feature some of our local artists and galleries who would love to have your support. We put out a call to invite any artist on Vashon to participate. Please browse their online store and get in some shopping therapy!

Look for our newsletter on Friday, October 2nd with all kinds of information



Now you may be envisioning a dystopia that erases your freedom and rations all resources. You are not wrong to imagine such a world because it could go that way. In fact, without taking decisive steps to design our future, I fear we will definitely end up in such a world.

Degrowth as it is envisioned is closest to the subsistence lifestyle that most of the third world has developed and enjoyed if they are beyond the reach of or flying under the radar of dictators and industrial exploiters. It is an economy of sufficiency rather than excess, of local community autonomy, a self-determined life in dignity for all.

That last paragraph is loaded with ideological dog whistles, so let me be more specific. Subsistence doesn't mean poverty and hunger. It does mean sufficient wealth in forms other than money that provide food security, shelter,

Comments? terry@vashonloop.com

about local artists - we may have some live in-person events, but they will be mostly virtual links to the artist pages.

If you are an artist that would like to be included next month, and you have an online store, please email us. We'd love to include you.

Thank you so much to John L. Scott Vashon for being the lead sponsor of First Friday promotion - we are so grateful for your ongoing support!!

We'd also like to thank our supporting sponsors: Camp Colvos Brewing,



Evergreen Home Loans Vashon NMLS 1409468, Island Insurance Center, and Sue Carette - Windermere RE Vashon Managing Broker, Realtor. Please take a moment to view their websites and show them your support.

> Sincerely, Allison Shirk & Pete Welch Co-Directors of Vashon Events

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Plavet-Waves

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

Aries (March 20-April 19)

Pressure will seem to mount, gradually though steadily, for you to make a decision. The inner struggle is: do you make this choice in any way to serve others, or is this one about you, and what you know is good for you? The interlopers may exist in reality, though they have power only through the authority you may grant them. And they may not exist in physical form at all, but only as thought forms you carry from the past. We could look at this as being an issue of whether you are willing to challenge someone else, or to challenge an idea you have in your mind. The bottom line is, to what extent do you actually respect your inner authority? Do you accept what you know about yourself, your purpose, and your calling? Or are you in any way willing to farm that out to others? It's none of their business, even if they claim you as such. If you are willing to hand your power of choice over to someone, you might consider why -- and it's unlikely to involve any reason you claim for doing so. It is therefore about something else.

Taurus (April 19-May 20)

You are pretty sure you can survive, whether emotionally or financially, and I reckon you are correct. It's also time to set your sights higher, no matter what turmoil or tragedy may befall humanity. There has always been plenty of that, needless as most of it is, synthetic as most of it is. Nearly everything hinges on your beliefs. Humans tend to live in an environment of supposition, superstition, and notions great and small. That is different from knowledge, and it's different from self-knowledge. You might take as your first priority learning to spot when you believe something. This is not easy for many people, largely because they are not interested in the distinction. I propose that you are, and that's a good thing. If you start to ask yourself about this, you will learn something about yourself and how you perceive the world. In factchecking – the real thing, not the thing on Facebook – there is only one question the editor has for the writer: how do you know that? Work that as a mantra and you'll get exciting results, though they may shake you up.

Gemini (May 20-June 21)

This week's New Moon will serve as a tipping point for you, or it can if you let it. You are being called to honor something about your essential nature, and your relationship with yourself. In many ways what seems to be relationship to 'the other' is about abiding with them and their process, and in truth has little to do with you and yours. We could trace the long history of this, and the idea of commitment you seemed to form as a young person, and also your ideas about marriage. If there is a situation in your life you're trying to work out, resolve, or remove yourself from, you might go through a mental exercise, a little like this, one topic at a time, each considered carefully: how would this situation be if I removed the financial element? How would it be if I removed the sexual element? How would it be if I removed the expectations of others who have no direct involvement? What if I were not so concerned with the effects and consequences of the past? What if I honored my ability to make up my own mind, and to change my mind when necessary? Give this all a few days, please.

at just the right intensity. You don't want to burn out; there may be areas of your life where you're exerting considerable effort directed at people or situations that at times appear to be intractable. They are not; you will notice over the next few weeks that they begin to move, or you will notice if you are paying attention. The world seems to be trapped in all kinds of intractable circumstances that will never change. You may feel that way as well. This is not true, and it's critical you decide what you want, so that you can take your opening when you see it. Meanwhile, bide your time, which does not mean wait. It means abide in your time and use it well, as it's your most important resource.

Leo (July 22-Aug. 23)

You must be the central organizing principle of your life. Others see you this way for events related to their own lives: a point of focus, and a gravitational force that holds people and events in their orbit. Though this is true, I suggest you take the idea inward. Venus and Vesta are now in your sign, gradually forming a conjunction. This is about you being devoted to yourself, to your growth, to your needs, and most importantly to considering your vision for the next phase of your experience on Earth. I suggest you take the time to set your priorities, and as you do, ask yourself what forces seem to be intervening, within your own mind and feelings. What is the 'but' that comes up? What are the conditions you think you must comply with? Let this bubble up to the conscious level, and capture whatever gas escapes from the equation. Be mindful of how you may be shaping your values against your will. There must be no debate, within yourself, of what is important to you, and this goal is easy enough to attain if you remember that nobody else gets a vote in this matter. Or even half of one.

Virgo (Aug. 23-Sep. 22)

The New Moon in your birth or rising sign later this week places you at a crossroads, though this occurs in your own territory rather than far from home. You are at a turning point; you've known you have adjustments to make, and this is your opportunity. Most of them involve your perception of your family, and what you feel they've taken from you. Whatever it may be - and there is likely to be something - it's yours to claim back. But whatever that 'thing' is, we are actually talking about you, yourself. In many facets of your life, you may account for the influences of your family of origin. Yet in your current analysis, I would propose that your finances and your creative expression are where you are focused. You are making progress on both of those fronts, though they are still the ground you stand on, you will make your life simpler. You are the only person who owes you anything. You are the only person who has an actual investment in not disappointing yourself. You are the first and last person who can and indeed must show up for yourself.

Scorpio (Oct. 23-Nov. 22)

Keep your focus at work, and maintain a respectful relationship with those in authority even if you don't agree with their position. You are in a delicate stage of working out something about your life purpose. This is not the time to instigate conflict, burn bridges or decide you've had enough. Whatever you may do next, the conditions at the end of this stage are the most dependable predictor of those at the beginning of the next. That's why you want to work out your karma on a dayby-day basis, which means taking every step, skipping none, and proceeding with the utmost respect for your commitments. One's success depends far less on how one performs duties one is truly interested in, and much more on how one attends to the tasks that they may find dull or that would seem to brush their fur in the wrong direction. It is not until you love what you do, whatever it is, that you can have the privilege of doing what you love. In truth they are the same thing; the same state of mind leads to that equilibrium.

Sagittarius (Nov. 22-Dec. 22)

As David Byrne sang, "Never for money, always for love," though you must make the financial element work for you, not against you. Contrary to popular thinking, this is the creative element. Some believe that the product, the service, the art, is the creative part; actually, it's the monetary aspect of the work that is the test and the proof of the true artist. At least that is true today; I do not discount the brilliance of poet Emily Dickinson, who was supported by her family her whole life and who only had to leave the house twice, to have eyeglasses fitted. We live in different times, when no such specialization is possible. Those who have something interesting to do, and who also need to make a living, have been put in the position of being alchemists of a sort: those who can turn paint, pixels and ideas into gold. Do not expect the manager or the marketing genius to come along and take up your cause. You must do this thing we've all been told that creative people are not supposed to do. It's up to you to make contact and enlist the business of those who want and need what you alone can do.

Capricorn (Dec. 22-Jan. 20)

Jupiter has just stationed direct in your birth sign, and is heading on one of its greatest adventures ever: conjunctions to Pluto in November, and to Saturn in December. That means big movements are in progress. Yet you have specific challenges to face before you get there. While you could skip over those, you don't want to carry over the needs of your prior life into your new life. There is just one thing that stands between the two, which is your willingness to confront the insecurity that has held you back for so long. You may not think of it as such; you may call it respect for the wishes of others, or respecting your family, or the past. You may think of it as not wanting to knock over the fruit wagon. However, it is the underlying emotion that counts, particularly as regards anyone who held power over you as a child. Their ghosts still seem to haunt you, and to limit your bliss. Over the coming weeks you will engage this challenge one way or another: willingly or not, with an open heart or not, in the spirit of your growth, or on some other terms.

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prompted. Practice saying things like, "I can do that," or, "I don't think I can do that," or, "I see room for a compromise that may work for both of us. What do you think of this idea?" In our world, much that 'goes without saying' in fact needs to be said, and said clearly, and to be heard, and to be responded to. That is mutuality. Everyone cannot be expected to fulfill every need, whether of everyone or of anyone specifically - except for one: which is the need to be responsive. You will be rewarded for owning up to what you cannot deliver, and for delivering what you can. The imperative on integrity is being true to your word. Forget that this is not popular. Forget that it can be difficult. Make a point of promising less than you can actually fulfill.

Pisces (Feb. 19-March 20)

You are in a position where you must abide many situations you do not approve of and that were not of your own creation. Yet abide you must: be patient, bear witness, hold space and do what you can. Listen carefully for your opportunity to respond. This must not be haphazard; do not rush into commitments, or for that matter, out of them. Hold steady and stick to your values: to what is true for you on the bottom line. You are going through a series of transformations (with peaks in April, June, November and December) that are taking you from one dimension of your life to another. This is not occurring all at once; it's happening in stages, thankfully. One essential element is your relationship to 'the community', however you may think of this term - and I suggest you analyze the concept carefully. Pause and consider carefully the role you play, formally and informally; consider how you communicate with what you consider your 'public'; and more than anything, consider the power of the example you set. Note: you will have supporters and detractors. Make the most of both.

Read Eric Francis daily at www. PlanetWaves.net

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



Cancer (June 21-July 22)

You have a lot to offer, and while you're doing so, you want to keep a little for yourself. That could mean your resources in any form: love, devotion, ideas, mental bandwidth, and especially time. It's particularly vital that you tend to your inner flame, which means keeping the fire going metaphors. You are what you seek. You are all you have. Remember that, and remember as well to challenge the lies that you were told. This need not be done with rage, but rather with the recognition that you have no investment in what is untrue..

Libra (Sep. 22-Oct. 23)

Mercury in your sign is cautioning you against exaggerating your feelings, or the facts of your situation. Life is not perfect for too many people right now, though you are doing better than you might otherwise be, considering the present circumstances of the planet. If you find yourself having to make some difficult decisions over the next week, remember that all you can decide is whether or not to be in accord with who you are. If you start from the premise that you cannot be anyone else, this will be a lot easier. You may feel anger that others are not delivering the kind of security they promised, or that you expected or agreed to. Yet if you begin with the concept that you provide your own security, through your own connection to

Aquarius (Jan. 20-Feb. 19)

The details matter, and I suggest you be responsive to them. That means stating your specific needs and requirements affirmatively. And it means listening attentively to what others say they need, and responding directly, without being Next Edition of *The Loop* Comes out Thursday October 1

Deadline for the next edition of *The Loop* is **Saturday, September 26**

September 17' 20

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your order curbside within the hour. It's that easy!

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? Give us a call and we will get it added to our website pronto!

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...



Hours: 9am-6pm •10am-5pm Sundays CLOSED Wednesdays

PANDORA'S BOX

The long summer of Covid is over. As we roll into the fall season and whatever that brings, many thanks to everyone who has made it possible to stay in business! We truly appreciate your ongoing support.

Bo's Pick of the Week: New CRAVE cat food. Lots of wet flavors to choose from and the kibble looks delicious!





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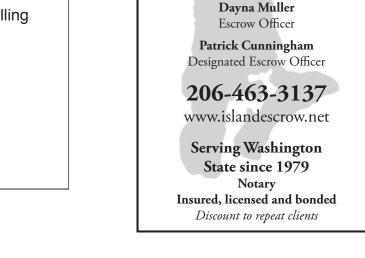
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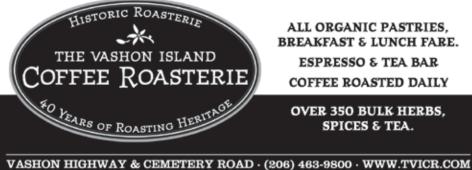


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