Vol. 17, #21

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October 15, 2020

Register to vote for the new Council

The New Vashon Maury Island Community Council (VMICC) will be holding an election of its first board. The board will be made up of nine members, 7 of which will be elected by the public and the remaining two will be selected by the elected board. You may vote if you are a resident of Vashon and will be 16 no later than election day, Nov. 3. The election begins on Oct 22 after the closing of nominations and will end at the end of the day on Nov. 3.

You can vote in this election in two ways:

- 1) You can register at vmicc.net (our preferred way) and we will send you an email with a link to the voting website once the voting begins. If you want to enable two people to vote at one email address, we can send you a code to enable the second person to vote.
- 2) If you don't have access to email, you can ask for a paper ballot at either of the grocery stores at the customer service desk on or after Oct. 22. Paper ballots will need to be mailed to VMICC (address on ballot) with your stamp and must be postmarked on or before Nov. 3.

The candidates running as of today and their bios (edited for brevity), are

The New Vashon Maury Island munity Council (VMICC) will be ding an election of its first board. The rd will be made up of nine members, which will be elected by the public below. The complete list of candidates and their full bios will later be in the other weekly, at the paper ballot pickup locations, and will also be available on the VMICC website after Oct 22.

John Affolter

Bio: Retired public school administrator and special education teacher, visual artist, previous democratic PCO. Served on the Vashon Community Clinic board, founder and chair of the Vashon Teen Center board, Vashon Park District Winghaven property steward, Washington State Teen Risk assessment study, founder and head coach of the Vashon Seals swim team. I annually work with refugees in Greece.

Reason: I've lived on Vashon since 1978 and have seen it grow and meet challenges that comes with change. I have worked with the King County Council on social issues regarding Vashon and am skilled with finding solutions to problems through collaborative exchange. I have been engaged in the social fabric of Vashon off and on for many years and now that I am retired, I have more time to serve my community.

Continued on Page 6

New Public Art Unveiling at Open Space



Soon, this scaffolding on the entrance of Open Space for Arts and community will feature "The Mural Project," a collaboration among local artists and organizations.

The "Mural Project" began in the spring of 2020, when 21 local artists began work as part of the !Attention! Artists at Work jobs program created by Open Space for Arts and Community in partnership with Vashon Island Visual Artists (VIVA). The mural will be officially opened to the public on October 24th.

The opening on October 24th will begin at Open Space for Community with a brief unveiling ceremony at 1:00pm, with limited parking in the viewing area available at a first come, first serve basis. Afterwards, from 1:15pm to 4:00pm, guests are invited to drive their vehicles through a viewing area to see the installation. Organizers ask that guests remain in their vehicles during their entire visit. This is a free public event, and the mural will remain open for the enjoyment of island.

"The Mural Project" was inspired by large public art murals of the early 20th century, as well as the AIDS quilt. Rather than one large painting, the Mural Project is a quilt of paintings, each as one-of-akind as our community. A collaborative

effort among 21 artists and the Open Space for Arts and Community and VIVA organizations, the mural consists of 45 panels that are 32 inches square, forming a collage of island art. The 45 individual panels by 21 artists have been placed together on the entrance to Open Space for Arts and Community, and in total the new mural is over 320 square feet. The theme of the mural is "Backyard Universe"

Open Space executive director Jiji Saunders spoke to the goal of the project, stating, "Investing in public art now will put food on artists' tables, create public art for all islanders, and send a message to the future."

The "Mural Project" was the first project of !Attention! Artists at Work. !Attention! Artists at Work (AAW) is a jobs program led by Open Space for Arts and Community in partnership with local nonprofit organizations. The goal of the program is to hire artists during the challenging economic environment that began this March. So far, Open Space for Arts and Community has *Continued on Page 4*

The Road to Resilience

VMICC

In the last few years, we have all become more aware of the importance of local control and self-reliance, especially in light of the instability at all levels created by the plethora of troubles we are facing today. What we are missing on Vashon today is a focal point and clearinghouse for all island concerns and initiatives. Although there is a strong common interest among our residents about a lot of things, it is by no means unanimous. When minorities feel overwhelmed by a general consensus that does not include them, we are a weaker community and people may be suffering due to lack of visibility. We have an amazing number of organizations working on so many aspects of our community now, but how much better would it be if they were all working under an overall umbrella group that could coordinate all their work?

As some will remember, the original Vashon Maury Island Community Council (VMICC) imploded in 2010, due to a public information requirement required of any agency accepting money from the county. There was a single request under threat of suit for all email communications between the board members and, of course, nobody was keeping track of them. The result was, the whole board resigned and that was the end of it. At that point, the county saw that the funds given to community organizations was creating legal liability, and they eliminated all funding for community councils. A couple years later, Tim Johnson, the last chair of the board, agreed to meet with some of us to form a more open format community

By Terry Sullivan,

council. For the next two years, we held monthly meetings at the McMurray all-purpose room with full participation from the county. We never were able to attract the support of the movers and shakers of the original council and with no financial support and with just three of us remaining, we folded in 2015.

Now, with the return of long-time board chair of the original council, David Vogel, the VMICC is rising again in the more familiar old-style format. A small group has spent many months putting together articles and bylaws. Despite the limitations of the pandemic, they have been meeting monthly via Zoom and are ready to elect a new board of directors.

The board of directors do not make decisions for the community. They prepare agendas and run the meetings, facilitate communication between the community and governing and corporate bodies, monitor and evaluate committees, and bring issues before the council as requested by various groups and organizations on the island. The VMICC is a direct democracy deliberative body and the board only acts as a focal point and advocate for concerns brought before it and decisions made by the community. As such, the attributes of good board members are strong community interest, connections with various island groups, an open mind, and willingness to serve rather than dominate.

There will be nine members of the board of directors, seven of which will be elected by you and two of which will be selected by the elected board. Nine *Continued on Page 6*



Featured here are a handful of the panels created by Vashon artists for "The Mural Project."

The Vashon Loop, p. 2

Windermere

The island home experts

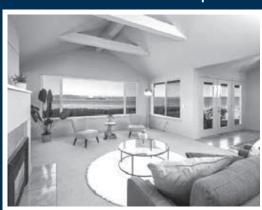


PARADISE COVE - Private 1.7 acres, 375' of low-bank waterfront, miles of sandy beach and 2,844 sq. ft. home. Mooring buoy, boat divit and sublime setting. #1663009 \$1,200,000



VIEW HOME - Glorious Sound and Mt. Rainier views from this handsome home on 2.28 acres. Substantially built with 3 bedrooms, 2 baths and covered deck. #1658756 \$785,000

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GLEN ACRES WATERFRONT - Delightful home on 230' of pristine frontage. Open great room with vaulted ceilings, spacious master, den and 1 bedroom ADU.

#1654508 \$1,380,000



COMMUTERS DREAM - Meticulously maintained mid century home, renovated and remodeled in 1981. On 1.171 acres on the northend - minutes to Seattle ferry! #1656509 \$719,000

www.windermerevashon.com

ELLISPORT HOME - Fully updated contemporary home

3 bedrooms, kitchen with new appliances and quartz counters, master on main, filtered Sound views & more

#1666260 \$649,000



CHARMING BUNGALOW - Restored 1930 home in movein condition located in a quiet neighborhood. Plenty of space for home office and generously sized bedrooms.

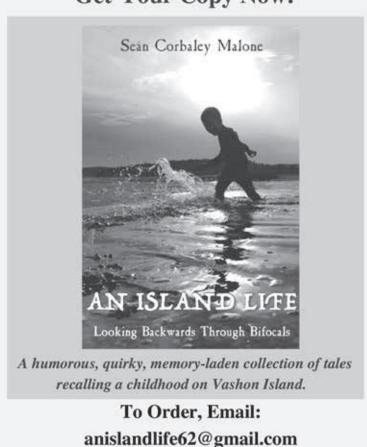
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\$30 per book



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The Vashon Loop

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Published every other week by Sallen Group Vashon Loop, Vol. XVII, #21

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Submissions to the Loop

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

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

Pre-register now for the Quarantiniest Fur Ball Ever!

Set your clocks because bidding starts this Thursday, October 1st! Preview items and pre-register online NOW

Thanks to the generosity of VCA and VIVA, online items may be viewed in person in the VCA foyer Thursdays-Saturdays 12-4pm between October 1 and October 24

Stop by to view our fabulous items in person! Or go to VIPP.org for more information and to register.

Compost the Loop

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

Next Edition of *The Loop* Comes out Thursday October 29

Deadline for the next edition of *The Loop* is

Saturday, October 24



Lodging Shopping Food & Drink Things to Do

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

Do I Need an Altar?

It's the time of year for honoring the dead. It's All Souls time. It's Day of the Dead time. Maybe you have been walking with Vashon Choices in the Cemetery. One means for honoring the dead is to create an altar. It can offer a location for honoring, remembering, communicating, and grieving.

Please join 'Let's Talk about Living and Dying' on Sunday, November 1 from 1 to 230 on Zoom to create and discuss an altar of your own or share your altar at home. Upon registering, you will receive instructions on how to make an altar which we will complete iwhile on the Zoom meeting.

Contact Jane Neubauer@ janeneubauer@janeonvashon.com to register. Contact Susan @ 206 818-4232, Kim @206 678-2204, or Jane @ 206 7993190 with questions.

It's Party Time

Let's shake off the doldrums and Party Like It's a Pandemic! Why? Because we're smack in the middle of one, and we need some fun. This fabulous party will be hosted by professional Zoom maestro, Chris O'Mara of Silent Adventures all the way from Edinburgh, Scotland on November 14, 2020 6:30-8:30PM. That's right, you can listen to that lovely Scottish accent from the comfort of your home, without even tuning in to PBS!

We will dance like Elvis, channel our inner Ella Fitzgerald as we sing-a-long, and pretend we qualified for Jeopardy in our trivia competition. We can all finally be together in one virtual room and party like we haven't seen each other since March. All you need to do is go to www.vashoncenter.org/party and buy a ticket. Ticket prices range from \$10-\$100. The more you pay the more party swag you'll get delivered right to your door!

The day before the party, a score card for the trivia competition, a pen, a feather boa, and a link to the Zoom Party will be delivered to all ticket holders. If you spend more than \$10 on your ticket, you will get more delectable items added to your delivery – think fresh biscotti, hot chocolate, hand thrown mugs and festive party headgear. The entire household can join in for the price of one ticket, but if everyone wants their own swag, everyone should buy a ticket.

Live off-Island? we would love to have you join in anyway! Alas, we won't be able to deliver any swag, but the Zoom Party link and the score card can easily be e-mailed to you. We love seeing our friends near and far.

Proceeds from this event go to support the Senior Center which has been delivering hot lunches to seniors since early March. Mostly we miss being together. This party will let us Zoom Commune, have some laughs, and shake a little booty – all of which is good for our collective health! Plus, once you buy a ticket, all you have to do is join the party and Chris will keep you smiling.



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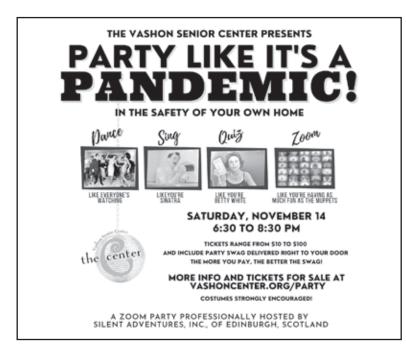
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Two Grandfathers



By Sean Malone and John Sweetman

I woke up on my back in the grass, not knowing what had hit me. The Carahers , my cousins, had bet me a quarter that I couldn't knock off Papa Jim's toupee and I lost. Papa Jim was an ex-boxer, a con man and the grandfather of 23 grandchildren. He was always teaching us from his book, "The Manly Art of Self-Defense," "Mothers of America protect your sons from Unscrupulous Men," though the book was never finished.

When I was in the third grade, Papa Jim took me to Seattle to pose for photographs in boxing shorts in different boxing positions. The pictures never made it to the book and Papa Jim never made it to the 8th grade. He told us kids that he was the middleweight west coast boxing champion and was managing a stable of boxers in the central district in Seattle. He commuted to Seattle every day in his green Ford four-door and when we asked Grandma Ada what Papa Jim did in Seattle, her response was, "I don't want to hear what happens in Seattle," her being very Danish and conservative in

Our other grandfather was a giant in the food industry and an advisor to presidents Hoover and Roosevelt. GCC was scary to us kids and he wore hearing aids and would turn them off at the end of dinner and hum to himself, not wanting to be part of his grandchildren's "prattle."

John Sweetman's family history reads like a story from "Wild West" magazine where they paid their authors a penny a word to print their stories. John's grandfather on his Dad's side was a wealthy and successful cattleman in Northeast Montana. Family history was that he made and lost several fortunes before he moved to Bainbridge Island in the mid thirties.

He and a partner.. The partner turned out to be an unscrupulous scoundrel and con man..., started a town exactly on the Montana North Dakota border, some time after the start of the 1900's.

The town was begun on the speculative prospects of the Great Northern Railroad passing through. Not unexpectedly.. as it turned out.. Montana was a 'wet' state and North Dakota was a 'dry'. state! Apparantly there was a 'business 'advantage to be had

I suppose that is why the town was built exactly straddling the state line, and a saloon was built with the bar in Montana and the Kitchen in North Dakota. We don't know where they put the pool tables.

My grandfather and his partner built this town with a general store.. warehouse.. grain elevator and most likely other businesses.

Within a few years .. Maybe about 1912 or so, the town of 'Mondak' became notorious as one of the most rowdy and violent towns in the west. That was a pretty good accomplishment as the competition for really bad towns in the West was pretty severe at the time. It certainly helped that a primary business of the town was selling booze to dry North Dakota. Things went downhill in about 1915 after the County Seat was moved to Poplar which was a few miles west and wholly in Montana.

My grandfather got out of the business after his Partner absconded with the warehouse inventory and money they had made.

The Town of Mondak is now a 'ghost' town.

Sean@vashonloop.com

New Public Art Unveiling at Open Space

Continued from Page 1

invested \$40,000 and commissioned 60 Vashon artists and artisans to make free public art since Spring 2020 as part of the !Attention! Artists at Work program thanks to generous donations from the community.

The AAW program is comprised of a series of public arts projects. Other projects of AAW include "Distance Dance", which is an ongoing series of physically distance pop-up appearances on the island, as well as an upcoming "Winter Writing" project, which will begin taking submissions later next month. All projects sponsored through AAW are for the public and designed to be easily accessible to anyone on the Island.

Donations to continue growing the !Attention! Artists at Work jobs program can be made by visiting OpenSpaceVashon.com/support. More information is available at OpenSpaceVashon.com/attentionartists-at-work/.



OPEN SPACE PUBLIC ARTS INITIATIVE

Deadline for the next edition of The Loop is Saturday, October 24

Spiritual Smart Algek

By Mary Tuel

Have a Little Grace

Recently a couple of people I know have posted on Facebook, "If you are a supporter of Donald Trump, unfriend me now because I don't want anything to do with you."

Seemed kind of harsh to me, and I will tell you why: if we do not start reaching across the divide soon and giving each other a little grace, we shall have well and truly screwed ourselves.

I try to see the people with whom I disagree as human beings. I say "try" because I know it is the right thing to do, but it is not easy. For example, how anyone could think Donald Trump is a good president is beyond me, but some people do. To me he is the worst president we have ever had - at least in my lifetime, including Nixon, who

Which brings me back to where I started, people blocking Trump supporters on Facebook.

I have blocked three people on Facebook, conspiracy theorists who were so rude to me, and so insulting to my friends who tried to reason with them, that I felt like they were (metaphorically) coming into my house and pooping on the living room rug.

So I blocked them.

DT's announcement that he is not leaving office if he loses the election, followed by his diagnosis with Covid-19, have been sobering developments to say the least. At this writing he is telling people that Covid-19 is, "No big thing." Thanks, pal.

As of this afternoon, October 10, 2020, at 5 p.m., 219,254 Americans have died of Covid-19. Dead people are past being able to think that Covid-19 is no big thing, but their friends and families

might beg to differ.

There has been talk about the possibility of a coup. Most people mean a coup by Trump and the no longer Republican Party if he loses the election, a hostile takeover that will make us into a white supremacist fascist totalitarian state with president-for-life Trump.

A Quaker friend has pointed out to me that there is more than one faction that would like to step in and take control of American government at this unstable and contentious time, so a coup by Trump, et al, is not necessarily the one we'll get. We do not know which way the situation is going to skew. Be ready for anything.

Many people have argued in the Middle with You."



past that the political parties are all the same, and it makes no difference who is

I respectfully submit: nuh-uh.

This election offers a real choice.

We all know that no matter who wins, the shirt is going to hit the fan

Does anyone care about this country enough to recognize that we have more troubles to deal with than our arguments with each other? As in, wildfire to the left of me, hurricanes to the right of me, here I am stuck in the middle with climate change deniers. *

Lately, I have heard some people declaring themselves patriots, and that anyone who does not agree with them hates America. Whoa, Nelly. You don't get to be that rude and dismissive of other people. That kind of thinking leads you into a deep, dark hole in the ground.

It was Samuel Johnson who on April 7, 1775, declared, "Patriotism is the last refuge of a scoundrel." We do not know to whom he was specifically referring (William Pitt? Edmund Burke?), but it is a catchy phrase, and it caught on for general use, because wrapping yourself in the flag does not make you a flagpole and calling yourself a patriot does not necessarily mean that you genuinely, generously, love your country - in this case, it might mean you want things done the way you want, without regard for the other 331 million Americans.

Looking at each other as enemies, making up stuff about what people think or feel or believe, is fatal for all of us, even for people with great big automatic rifles. You must de-humanize a person to shoot them into bloody irreparable bits, but your great big automatic rifles cannot stop a tornado, a hurricane, a flood, a wildfire, or a virus, and guess what - those things do not give a rip about anyone's humanity.

Please, think about seeing the people with whom you disagree as human beings. Maybe try doing it with one person you don't like for a day, for starters. Maybe listen to them without judgment. For a change.

If you can, in these hard times, show vourself and everyone you know a little grace, remember that we are all in this together, and for heaven's sake, VOTE.

"We have met the enemy, and he is us." - Walt Kelly

*Apologies to Joe Egan and the late Gerry Rafferty, who wrote, "Stuck in the

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Island Life My Terrestrial Mollusk Teacher

By Peter Ray pgray@vashonloop.com

It was a day, just like so many other days these days. I was going from one place to another, and back. That is all you can generally do once you are in a fenced back yard in the middle of a pandemic semi-lockdown. Perhaps, with the changing seasons and the promise of yet another layer of disease ridden existence possibly on the horizon, we can maybe expect to be further locked down in order to safely avoid something else sometime soon. This isn't necessarily a bad thing-being confined to a space that is- especially when it is for our own good and the good of others in order to avoid something that sounds to be something that could be horribly bad. And I definitely should not complain, as my confinement extends beyond the four walls of this house. If both my neighbors and myself were to step out of our front doors at the same time, we wouldn't know it, as we are screened from each other by firs and hollies and Indian plums and all those damn exotics that have been filling my front yard for years, not to mention the 300 or 400 feet in between. My life is socially distanced by default, and at least partly by choice, so I am already there because of where I am.

That's not what I'm really here to talk about. Instead, what I'd prefer to relate is a tale of unexpected discovery and surprise. It happened the other day as I was going about my unconfined confinement. I wasn't looking for anything special in the sense that I am always looking for something at least a little different. You can't really go out looking for something different, because if you're looking for something different you definitely won't find it. Whatever it is, it has to find you. That's the way it works- at least for me. As it was, I was walking out to the backyard and I have no idea what I was thinking about. It could have been the plate

grow to nearly ten inches, this particular specimen logged in at almost seven inches, which may not be a record but is certainly on the grander side of normal for these parts.

There were a number of comments on the three picture post I put up about this chance meeting on the facebooks. One of them- "almost makes you love the slimy buggers"- got me to thinking, as I had spent nearly fifteen minutes with the traveler down in its forest floor environment. There is a fascinating flow to slug movement as it conforms to the bumps and contours and obstacles it passes over. In many ways it is like watching a slow motion event when tracking a slug on the go. The front end of the slug raises and lowers as it travels, somewhat like it is activated by a determined but slow hydraulic system. There are four appendages on the head that also extend and retract as the slug moves forward. I have always thought of these as antennae, but I see they are correctly referred to as tentacles. The larger, upper ones have a dot on the top that resembles an eye, but apparently the upper tentacles sense changes in light, while the shorter, lower ones sample the ground for chemical

Getting up close and personal with a slug, or any weird form of fauna, can sometimes lead to varying degrees of anthropomorphizing. While not feeling the need for a naming ceremony, I at least felt a bit of empathy towards this terrestrial slime torpedo and followed my bumpersticker credo of catching and releasing it to a piece of ground that wouldn't be subject to intrusion by errant dog claws, as it was heading right toward the main path between the house and the canine tussle zone. While they are in transit, the dogs have little regard for whatever might be in the way, let alone what might happen to be underfoot or paw. Having safely moved the slug and then initiated the minutes long process of getting the slime off my fingers, I began to recall the early days of encounters with these gastropods.

Way back in time we had ducks, and the original word I had heard was that runner



of onions and hashbrowns I was carrying to the table under the big fir tree in order to sit down and have perhaps the last outdoor breakfast of the year. Or it might have been that I was feeling somewhat smug at the sight of the woodshed that is now stuffed to the rafters with firewood for this winter- a good situation we have not been in in years. It could have been that I was trying to figure out the next step in our bridge building project, where we are finally realizing the completion of the thirty foot span over our pond- a project we have been teasing ourselves with for longer than we should have. I don't really remember what I was thinking about as I was heading out there, but I was on some sort of journey when I caught a glimpse of something out of the

Compost the Loop

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

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corner of my eye, which when viewed it in its entirety, stopped me in my tracks.

In fact, I not only stopped, but I also turned around and headed back to the house to get a tape measure and my camera. For a couple of years now, we have been experiencing a dearth of banana slug sightings around here. Each spring as of late I have been documenting my first encounters with any representative from the Ariolimax columbianus gang. I believe it was fall last year before I even saw a small one here, which was kind of disturbing, since the native western tree frog has seemingly also been in decline on this property, with the annual spring chorus in our pond having nowhere near the conversation-drowning decibels they were once capable of. And so it was that when I stopped and ran back to the house, it was because a banana slug of truly grand proportions was about to cross the path to the back pond, and it seemed only right and necessary to get a measuring device and a camera to record it. Although the info world on the internets tells me that this species can

Backyard Composting Workshop

Fall is a great time to start composting. Ideally, our tree leaves, grass clippings, and even food waste can all be turned into beneficial compost for our yards and gardens. Sounds easy, right? – but what are the various methods and where do you start?

Zero Waste Vashon has created a video series featuring Island residents and the compost systems that they use. We'll premiere these videos at three virtual workshops that will show you how they compost from the ground up.

The series will include an introductory session followed by two sessions on specific backyard composting methods. All sessions will be held on Zoom and our local composters will be available to answer your questions at each session.

Come join us for an insider's view into how composting works on Vashon!

Share your ideas on composting at home!

- 1) Composting Overview, 10:00 11:30am, Saturday, October 24
- 2) Three Bin and Static Pile Methods, 10:00 – 11:30am, Saturday, November 7
- 3) Compost Tumbler and Worm Bins, 10:00 - 11:30am, Saturday, November 21

To access the Zoom workshops, follow this link:

https://us02web.zoom.us/j/841384 98698?pwd=U3oybWpVL05NejM1VWJI dGlPUm01UT09

Follow Zero Waste Vashon on our website (www.zerowastevashon.org) or Facebook (https://www.facebook.com/zerowastevashon).

Contact us via email at info@ zerowastevashon.org if you have questions.

ducks were the best sluggers. This proved to be very true, and when they were let loose in the vegetable garden where the slugs were doing the most damage, it didn't take long before the beaks of the ducks were draped in this gelatinous goo. When grabbed, slugs do exude more slime than usual as a defensive mechanism, and this extra secretion wound up wrapped around the intrepid, feathered slug warrior's beaks. This did not seem to slow them down. What did slow the ducks down was an incursion of raccoons, who tunneled under the chicken wired walls and slaughtered them without hesitation. The results of these night raids, and the subsequent attacks that thwarted my best efforts to stave them off, lead to abandoning the renewal of duck patrols. It was also around this time that I learned that the banana slugs were not the enemy I had originally made them out to be, and that it was the European and Japanese slugs that had hitched rides in on nursery plants that were the true villains here for two reasons. One was that they were competing with the native slugs for food, along with attacking and eating the natives along the way. And instead of being the woodland decomposers that the natives were, these garden interlopers were more likely to do serious damage to the garden plants we

And so it was that we began deploying beer traps around the yard. This involved pouring beer into some bowl or container and placing them around the garden. It became obvious early on that a fully contained vessel was going to work best. Anything open to the sky was soon found to fill up with what fell from up there, diluting the beer and filling with leaves and other

debris so the slugs could easily get out. It was also noted that open bowls might also be found empty the next day, which lead one to suspect those darn dogs and possibly some raccoons had developed a taste for malted beverages as well. The best container turned out to be a quart size container with a snap on top and some holes cut into the sides just below where the top snapped on. As it was, another revelation in the process was that slugs really didn't care what type of beer it was they were going to drown in. This allowed us to go to the grocery and fill the cart with cases of cheap, 40oz. bottles that some referred to as "scuba tanks". It was a super, economical way to trap and kill slugs all around the garden, and again we found that it was the bad slugs who mostly went for the beer, while the banana slugs either avoided the soup laid out for them, or they were so big that they could go in and out without any damage. The only downside to death by scuba tank was the looks one got when hauling cases of Lucky forty ouncers to the car. I learned to ignore the stares, and the "knowing" but skeptical nods when one tried to explain that the cartload was for the slug traps.

This summer, the slugs did not bother the potatoes or the chard, and it has been the curious dogs who have thought that pulling still unripened tomatoes off the plants was a fun and important thig to do. We are slowly working back to some semblance of an ornamental garden here as well, and we will probably further diversify the veggies next year. At this time though, I have no plans to further enhance and expand the slug death defenses. This may change, but at present I am not missing the slaughter.

Alexis Needs A Home

I'm a mellow girl who's looking for a home because my people couldn't take me along when they moved away. I used to live with a dog and another cat, so a new home (indoor only, please) with other friendly pets would suit me fine. My charming personality is my best trait, but I'm pretty easy on the eyes, too. You can't tell from this black-and-white photo, but my coat is a unique combination of gray and orange tabby markings. Go to the website to



see some lovely color photos of me, plus all of my buddies who are waiting for their forever homes, too!

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

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Island Epicure



By Marj Watkins

The Happiness Foods

Chocolate, of course. Who doesn't love it? Choose cocoa, for a temporary boost to your brains' seratonin, the happiness chemical. It won't give you lasting happiness, but it will—for a little while—make you smarter.

A quick cup of hot chocolate made with milk, and a stack of cinnamon toast made with whole grain bread could fire up those brain cells, make balancing your checkbook easier, and even lighten your mood. Make that French toast, and you'll have a higher protein breakfast, one that stays with you longer.

Tomatoes, whose red color signals the carotenoids that counteract free radicals that destroy fats in the brain—and fat is what brains are mostly made of—assist memory and for thinking straight, as well as being food mood lifters.

Spinach and other leafy greens, and lentils, and beans, all bring you lots of folate, a happiness B vitamin. Your brain uses it to make seratonin, and a couple of other mood-boosting chemicals, dopamine and norepinephrine.

Spinach, cooked only in the water that sticks to the leaves when you wash them, tastes best when cooked just long enough to wilt it. Sprinkle your serving with rice vinegar or balsamic vinegar for a taste treat that proofs you against

mosquitoes, not that they're a problem right now. We mix 1/8 to ½ teaspoon of vinegar with each of our cats' their food to ward off fleas.

Fish is a happiness food. It deserves its fine reputation as a brain food. It's less well known—but should be—for Omega 3 fats EPA and DHA to improve your mood. To keep your spirits up as the darker days of fall and winter close in, try for a serving of salmon, mackerel, or tuna twice a week. Salmon gives you the most Omega 3 fat, and the most protein, plus 400 mg. of Vitamin D, a magical nutrient itself.

A salmon steak needs only gentle braising in butter with a sprinkle of salt and pepper and dill, and a couple of lemon slices on it. Cover and cook 10 minutes, or until the fish flakes easily, and is opaque all the way through.

A much less expensive choice, and a low-fat one, is cod, splendid this Greek way.

Baked Cod in Tomato Sauce

3 servings
Preheat oven to 350
9 to 12 ounces true cod
½ lemon, optional
3 Tablespoons light olive oil
1 cup chopped onion
½ to 1 green bell pepper, chopped
1 15-ounce can tomato sauce
salt, pepper, and oregano flakes
Butter

Butter a baking dish. Cut the cod in 3-inch pieces, approximately. Sprinkle it with lemon juice, or not. Arrange the cod pieces in the baking dish.

Heat the oil in a frying pan. Stirring occasionally, fry the onion and green pepper. Stir in salt, pepper, and oregano. Strew over the cod pieces. Pour the tomato sauce over all. Bake 25 minutes. Serve with steamed brown rice or millet.

Road to Resilience

Continued from Page 1

candidates have self-selected, so far, and we are hoping that more people will step up and nominate themselves. You can see the candidates thus far in an accompanying article in this issue. If your group or interest doesn't seem to be represented among the current candidates, I strongly encourage you to nominate yourself or someone else in your group. The more representative the board is, the better it will be. Nominations will be accepted until midnight on October 20. You can familiarize yourself with the new council, register to vote, and/or nominate yourself for the board at the website, vmicc.net. Everything you need to know about the new council is there.

The election will be using a form of "ranked choice voting" which allows for a more nuanced representation of voter's preferences. It takes into account second and third and lower choices of all voters so

that all elected will have majority support and ties can be easily resolved. Ranked choice voting is the method of the future. The state of Maine has adopted it for all their elections. The biggest impediment to its acceptance is that it is difficult to explain. One example to get some idea is this: if nobody's first choice achieves a majority vote, but everybody's second choice does, that person, who may have been eliminated by our current system, is recognized and elected. In this election, you will rank all of the candidates, knowing that most of your choices will be elected, but, in the case of ties in the last few positions, ranked choice will be able to resolve them. The election will be primarily done by email, but those without access to email will be able to vote a paper ballot available at the service desks of both grocery stores. More detailed information is in the accompanying article

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Register to vote for the new Council

Continued from Page 1

Terah Bruce

Bio: I've lived in the PNW all 30 years of my life – grew up in Stanwood/ Camano Island and have been on Vashon the past 2 years and am absolutely in love with this place. I am a Thai Massage therapist and care a great deal about the well-being of people and the planet. My interests include dance & movement, order & organization, creating a more just world, food (all things food), Thai medicine, and reading.

Reason: I am running because I want to participate more fully in my community. In these times it seems more important than ever to further build community cohesion and resilience. I work at The Ruby Brink, volunteer at the food bank, have participated in the research team of King County Equity Now, and have made many friends and connections here.

Diane Emerson

Bio: Have an MBA in marketing management, worked 17 years in the special chemical industry, served on several boards, spent seven years volunteering around the world. Arrived on Vashon in 2013, married islander Michael Laurie in 2014. Together we run Garden Green: helping Islanders garden organically, and sell native and medicinal plants. I run a separate landscaping business

Reason: I responded to David Vogel's request for help in restarting the council because I believe strongly in its purpose. I have helped create bylaws and policies, promoted meetings, taken many minutes, co-managed the e-mail lists, and have hosted many of the virtual meetings on Webey

Dawn Hylton

Bio: I have served in the Army and Air Force as a Chemical Operations Specialist specializing in CBRNE education, decontamination and recon. I received my Bachelors in Nursing from California Baptist University and my Masters in Social Work from Walden University. Born in Los Angeles, spent most of my childhood in Jamaica and the Cayman Islands, currently work for a Non profit agency serving as an Infant and Child Mental Health Therapist.

Reason: My desire to run for member of the council stems from my passion of helping others and seeking the best interest of the people in our community. My goal is to be active in areas of racial equity and social welfare within our communities by way of education, art and other partnerships whose mission encompasses social welfare for the diverse populations within our communities.

L. Nicholas Jurus

Bio: Islander since 1983, Master Carpenter & Builder for most of my life in Washington since 1980 and Vashon since 1991, volunteer of three Teams: search & rescue, crime scene investigatior, missionary construction teams serving globally, published author, professional certificates in business writing and home inspections. Volunteering is what I best do in life.

Reason: I care about our island and the quality of life for my fellow islanders, have long experience working at management level, think outside the box, inventor-creator-problem solver, team worker, ability to see things from all perspectives. I have been a supporter of whatever is "Truly Good" for our island, and if I can make a difference or be a part of a Team- who's 'focus' is the betterment

of our island and communities... I'm in! Camille Reeves

Bio: Third-generation Islander and on a first name basis with a large portion of the community,

part of Island's vibrant music scene, a writer and an independent scholar focusing on history and philosophy. Truth-seeking is important to me. Being a mom is my primary purpose, but growing and sharing my own food, creating infrastructure that promotes community reliance and homespun economic resilience is exciting to me.

Reason: What I want to offer the Council, and my community at large, is my insight into the past – historical inquiry and my experience of the Island over the last three decades – and my vision for our future, am a strong advocate of sustainable, local economy, artistic community, and of our local farmers, will advocate for essential elements of our ecosystem, with input from ecological experts, local hunters, forest stewards, and water district managers.

Nicholas Simmons

Bio: Lifelong island resident, class of 2002. Work experience split between construction, IT, and the Burton Water Co. I have always volunteered my skills when I can to help those in need, see here: https://www.seattletimes.com/seattle-news/lending-a-hand-in-new-orleans-leaves-vashon-bloggers-touched/- more embarrassing photos available upon request.

Reason: Growing up on the island I figured I'd end up living somewhere else, but the community and land always drew me back. In 2012, I bought a house on the North end, got married and had two kids. This community has been good to me, and the community council is a way for me to give back. I have connections in: the trades – contractors and subs, musicians and the arts community, water purveyors, environmental and conservation orgs., and the schools. I am passionate about representative democracy.

Nathan Tedrow

Bio: I'm a 31 year old Data Analyst for Tableau, raised in Unincorporated King County and moved to Vashon in Aug '19 with my partner, Steve. I love nature, animals, and helping others.

Reason: I'm currently a sitting member on the BoD for Vashon Island Unitarian Fellowship and the non-profit DOVE. I have experience in student government, feel comfortable talking to big (and small groups), and I'm passionate about advocacy. My hope is to involve young and queer voices leadership on Vashon to help build a stronger community.

David S. Vogel

Bio: Law school in MA, moved to Seattle in 1983, Vashon in 1984. From 1986 to 1993, president of the VMICC and remained on the Board till 2001. Co-Chaired the Vashon Town Plan Committee and Vashon's Street-Naming Committee, served on the Boards of The Harbor School and Vashon Household. In 2008, moved to San Luis Obispo County. Upon moving back, I started the process to bring back the VMICC.

Reason: Growing up in NYC taught me to treat everyone with respect, can communicate easily with large groups, am pragmatic, and my training in mediation enables me to work with opposing viewpoints. In the past, the VMICC has been called "a small group of liberal dogooders," but I would like to reach out to more people from all walks of life and all political persuasions.

Time is going fast, the world is getting

whether consciously or not; whether used

productively or not; whether connected to

anxiety or to wisdom. The most valuable

concept of the future that you need involves

a vision of what is possible, and for what

you want. When you can see something in

your mind's eye, you are much more likely

to create it. As for the past, it's important

worthless if it is not in service of wisdom,

and wisdom applied to the present.

Pisces (Feb. 19-March 20)



Planet Waxes





Aries (March 20-April 19)

You seem to be in a struggle for your independence. If so you might ask: from what, or from whom? These can be tricky situations, where present circumstances have an overlay with impressions, values, experiences, and expectations from the distant past. This is one of the greatest challenges that an evolving person faces: reckoning with the influences of history. These have social and biological roots, and effects in all directions. The way these challenges are usually confronted is typically to ignore them and to live with a festering crisis. In a way this feels "comfortable" because it's familiar and does not require a confrontation. Yet the ultimate confrontation is with oneself, in the form of questions such as, "How long am I willing to live like this?" And, "What is the real cost of living like this?" And, "How do I really feel about this situation?" Notice the absence of the question, "Why?" That is an abstraction, rather than a factual assessment. There is no tangible answer to "Why?" "How long?" is subject to a review, to facts and to an opinion that counts.

Taurus (April 19-May 20)

You are being influenced by forces you cannot see. This is always true, though it's especially true now, such that you may look for them, and get an understanding of what they are. In a word, the thing to look for and to notice is anger. This is the anger that you don't want to admit, or that you might be inclined to deny or to explain away as something else. I would therefore challenge you: what are you raging over inside? What persistently and over time comes up again and again as an irritant, as something intolerable, as a source of pain and resentment? That is the thing to identify, and to get into a dialog with. If we use astrology for clues, we see this in the distant past (Mars retrograde in the 12th house), going back so far that it is likely to have ancestral roots. While some would say this scenario exists only in your psyche, I have seen credible evidence that ancestral reality is tangible, whether considered as karma or as genetics or some other factor. Yet like a dream, you must take ownership of the ideas before assigning them to others. So you will need to sort that out carefully. This starts with being honest about what you feel.

Gemini (May 20-June 21)

Monitor your health-related fears. This is a challenging time to do such a thing, with sickness and death being advertised wall to wall on every channel. Yet maybe it's the best time to learn the skill of detachment from environmental psychic influences. What that means in reality is listening to your body, listening to your inner voice, and understanding your health history and that of your family. Many people already experience hypochondria: illness anxiety. It's understandable enough, given the diversity of factors we experience every day, especially now, and the collective rising tide of health-related fear. Deep in the heart of this is the idea of death. With your ruling planet Mercury turning retrograde in Scorpio, your 6th house of health and wellness, you might give that idea a voice, if only momentary. We usually experience death in reverse: the latest supplement or treatment or exercise plan that will grant immortality. This is why anxiety can strike with such seeming vengeance. It is mostly the result of suppression and of denial. There is plenty you can do for yourself. Worry is only toxic.

Cancer (June 21-July 22)

You have little choice other than to make use of the friction you may be experiencing in your professional life. To the extent that you are in a leadership position,

you will need to refine your approach to how you manage others. That includes doing what you can to minimize conflict without compromising your integrity or your goals. There may be times when you need to make explicit demands on others, which may not be your style. Do so in a calm and direct way. Make your expectations known, and get them into the form of a mutual agreement. To the extent you are subject to the authority of others, you will need to steer clear of controversy with them. Make sure you are authorized to take action if you do, without being pushy about it. Yet you may need to be persistent, and work the politics of the situation. The thing to remember is that you are not powerless, which is to say, you have lines of influence. This is particularly true if you take care of your home life and your emotional life. That may be challenging, and it will be worth rising to the occasion.

Leo (July 22-Aug. 23)

It is not easy get along with one's neighbors these days, though you do your best. Don't be surprised if some conflict arises this week as Mercury turns retrograde and the Moon and Sun collide with many other planets. If there be conflict, don't be the one to start it; conflict is easier to resolve and get out of if you're the one who is aggressed. It's also easier to avoid, because staying silent or moving out of the way is always an option, and it would be a worthwhile one to keep in mind this week through Friday's New Moon and a little beyond. Yet it is up to you to move civil conversation along, where it matters. You can take the lead there, remembering that the thing you need the most is a sense of balance of all viewpoints. That does not mean they are all equal; some are ridiculous and some are insightful. Rather, balance is an organizing principle, a kind of map, to making sure that people feel heard and that progress is actually made. There is important work to do.

Virgo (Aug. 23-Sep. 22)

Venus in your sign represents your highest potential, though you will want to take careful steps toward getting there. This is because Venus is opposing Neptune, and that is like a big sign that says "slippery when wet." So through this week, you will be best served by taking an idea or a theory, and testing it in a small way. Then, work with what you learned from the experiment: what succeeded and what seemed to go wrong. Yet this will take some time, as the opposition is exact on the 18th. This happens amidst much other astrology, including an impressive Mercury retrograde that begins today, Tuesday. The message of this retrograde is: rethinking. If you have not noticed, we live in the era of pick a viewpoint and camp out there eternally, regardless of what compelling evidence may present itself. Now you get an opportunity to do what many people feel is impossible: change your mind about something. This would involve admitting you were wrong, though for someone of your intelligence, that should exist on the level of sport. It's fun being wrong, mostly for the awesome benefits.

Libra (Sep. 22-Oct. 23)

The New Moon in your birth sign Friday presents you with an option: take care of your own priorities, or get totally involved in everyone else's. You may not be able to stay out of others' situations entirely, though you can know where you stand with yourself. The problem is not so much about helping others, but rather being invested in situations where it is not possible to do so: situations that only burn your time and resources. Plenty of people spend their whole lives doing this, wondering where their time and energy went. For many reasons, this happens easily and it happens often, and extracting yourself can require the focus and persistence of any great life accomplishment. And it would count for that, if you did it. For you the current question is: does any personal goal motivate you enough to stand up for yourself? Do you feel that your own needs, desires or creative intentions are worth the effort? That is a significant question at this stage, and it's likely to keep coming up, demanding an answer.

Scorpio (Oct. 23-Nov. 22)

If there is a "bone of contention" in a relationship, it may pertain to an unresolved issue that belongs to you alone, and therefore, not the relationship. It is a situation only you can resolve, perhaps with the help of someone more objective and skilled than a relationship partner. So, first, identify the persistent issue. What is it, and what is the prevailing theme? The theme is the thing to track: the prevailing message of the event. This is likely to involve gaining an understanding of expectations. Here is a question to try on: what is the purpose of an intimate relationship? Unpack that for a while. Then ask yourself where all those ideas came from. For example, a great many people still aspire to have the relationship that their grandparents had, while knowing little about it, or the circumstances that created it. Lots of ideas about relationships come from movies, which are all about image and little about understanding the human condition. Consider: what do you actually want, and what do you actually need? Write that down, and stare at it for a few weeks - making any necessary edits.

Sagittarius (Nov. 22-Dec. 22)

Keep your inner ear open to information about unresolved attachments in your life. This can range from anything to a babysitter you loved to your last three partners to your first love to unrequited love affairs to any missing friends. You will need to pay attention, though, as these observations can disappear faster than they showed up. Often they arrive with the wispy quality of a dream. There is something in this mix about needing to be the most important person in any given situation, which could be personal and intimate and which could relate to work. John Lennon once made a comment that I've taken to heart. He said that most of us want to be loved with the intensity with which we loved our parents. The thing is that no matter how much our parents may have loved us, for a long time they were our whole world, while we were only part of their world. So that degree of involvement is rarely returned, and leaves behind a power imbalance. Then, this shows up all kinds of odd ways, though mostly as expectations. If you have any of those, at least know what they are.

Capricorn (Dec. 22-Jan. 20)

Set your own goals or others will set them for you. You have the ability to do this. The question is, do you have the maturity, and the faith in yourself? The forthcoming Mercury retrograde is cautioning you to be cautious about reading the tea-leaves of public opinion, especially about yourself. Anybody who speaks up about anything relevant is met with a barrage of verbal retort, repartee and trolling. That is not an accurate reflection of who you are. It's barely an accurate representation of the world around you. And at the moment, the distortions are unusually bold. Yet there is likely to be someone who tips their hand and reveals something that you benefit from. So you will need to listen carefully, and read carefully, and not take anything personally. Ok, that's nearly impossible, so you will need to maintain your sense of perspective. Your current astrology has you inclined to be a walking emotional trigger. Be aware of that, and keep your sense of humor handy at all times.

Aquarius (Jan. 20-Feb. 19)

smaller, and every day the future seems to be diminishing in its value as a resource. Still, you must slow down, think bigger and make some investment in the future all of this on a regular basis, even daily. There is much being said about "staying in the present." That has value, and when it's really happening, might feel like an LSD or Ayahuasca trip. The past and the future exist not just as concepts, but as ones that support the continuity of the mind. They will exist

to recognize that it happened, and that it had an effect on you. All that experience is

Sex and relationships are important to you, though they can be perilous. You have learned many times that your interactions with others cannot determine your values, which is one of the things that happen when intimacy and sex are involved. The message of the Libra New Moon is to know where you stand with yourself. Know your priorities. Retrograde Mars in Aries suggests strongly that this is a work in progress. So part of what your relationship experiences are here to provide for you is some contrast between you and the other. You do not need to buy in, sell out, sign for the loan or make a deal. The nature of your relationships is "I am me, and you are you." This always was and always will be. Yet it can take some working out, and dedication, especially if you are a people-pleaser (most Pisces are). Your chart suggests you are strongly other-identified. That is probably true. So it will take some focus and reflection to keep your life centered around your own needs and priorities first, and those of others

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The Vashon Loop, p. 8 October 15°20

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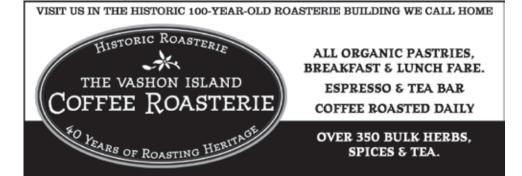
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