

Hollywood's Biggest Night at Vashon Theatre

Watch Hollywood's Biggest Night at Vashon Theatre! Doors open at 4PM for Red Carpet Festivities. Popcorn, treats, beer & wine bar will be open! Make your award predictions and fill out a ballot! Drop it off in the lobby before the show starts for a chance to win the GRAND PRIZE!!! The main event will be broadcast live on the big screen at 5PM!

Dinner catered by La Biondo will be served at 6PM – Squash polenta with vegetables, salad and bread! Dinner is \$14 for adults, \$8 for kids plate (8 & under). Prepaying for dinner is recommended but not required.

Thanks to Raven Pyle-McCracken of Vashon Island Professionals for counting our award ballots!

Hollywood's Biggest Night at Vashon Theatre, Sunday, February 9th

The Oscars!
Red Carpet 4PM
Show 5PM
Dinner 6PM
Free Event!



Reserve your seat and purchase dinner in advance at the Theatre Box Office or www.VashonTheatre.com

Dangers of PSE LNG Plant Extend Beyond Local Issues

By Maia Syfers,
Vashon Climate Action Group

The Puget Sound Energy compressed liquid natural gas (LNG) plant in Tacoma has just received its final construction permit. The plan is rife with local issues regarding plant safety in a dense urban area, violation of Puyallup tribal rights, and false narratives from PSE regarding the cost and usefulness to PSE ratepayers and the maritime industry. But the full story is not just a local story. It is no more just a local story than the Camp fire in California, or the wildfires of Australia and the Amazon, the melting ice in the Arctic, or extreme droughts or storms anywhere. The PSE LNG plant is the story of “business as usual” despite all indications that “business as usual” will destroy the fundamental systems upon which we all survive on planet Earth. PSE is a Canadian owned, profit based consortium whose CEO has also served as chair of the natural gas trade association. The PSE LNG plant is yet another example of corporate capitalism attempting to rationalize the profit motive as consistent with the interests of humanity and the environment. This story is what got us here over the last several hundred years, and is not what will get us beyond the worst threats of climate disruption now.

LNG is not a transition fuel to a cleaner economy. Methane is up to 87 times more potent a greenhouse gas than carbon dioxide. Scientists estimate it would only require a 3 percent leakage rate of fracked methane along the supply and distribution chains to make its effects worse than coal. The real estimated leakage rates are being measured far higher. LNG is misnamed “natural” once mined. It is sourced in WA state by hydraulic fracking in Canada, a process that contaminates water systems, despoils land, introduces dangerous chemicals into the environment, increases earthquake risk and has been linked to numerous public health effects. The truth is we cannot afford to exhaust the fossil fuels in current reservoirs and stay within the Paris Climate Accord goals of limiting global warming to 2 degrees centigrade. Fracking and tar sands extractions have no role in the mitigation of climate disruption.

Building a huge tank of compressed natural gas within a densely populated urban area is definitely a potential public health risk. Whatever the debated specific risk calculations, it is simply a completely unnecessary danger to the public. This is

a common corporate narrative in which the precautionary principle prioritizing the public good in situations of significant potential harm is abandoned, and the burden of public protection is shifted onto the public itself rather than the offending corporation or the relevant public agencies charged with our protection. PSE ratepayers will pay for some 43% of the plant costs, while receiving an estimated 2% of the available energy. PSE is filing for further rate hikes. The maritime industry, including TOTE, are already using low sulfur emission fuels, and the future of shipping, like all transportation, is in renewables not natural gas. Who is really winning in this deal?

The Green New Deal strives to realize the connections between social justice and environmental justice and create an economy based on environmentally sustainable practices which serve the best interests of both planet and people. The cost of renewables is steadily decreasing while the technology and potential is steadily increasing. Coal and natural gas will be resurrected only as economic dinosaurs this time around. We don't need the PSE LNG plant to create jobs. We need the Green New Deal to create living wage jobs in renewables contributing to the future of our world. Last year 2019 had the highest level of fossil fuel emissions ever recorded, and was the second warmest year of the warmest decade on record. The fossil fuel industry is now essentially a rogue industry, with enormous political clout, paying for political control through the unleashed freedom granted by our supreme court in *Citizens United v. Federal Election Commission* in 2010. Our youth are rising up around the world demanding action, and we must make the relevant connections to act effectively.

Elemental to social justice is recognizing the rights of historically oppressed groups under the “business as usual” story of the last several hundred years. The Puyallup tribe has legitimate claims and our state government and agencies so far have failed to protect those rights as related to the PSE LNG plant. This too is not a narrative we can afford in building a new and sustainable world. Around the world it is indigenous peoples often leading the struggle against environmental destruction on the front lines. We cannot separate environmental and social justice as both the plunder of peoples and the natural world are the intertwined outcomes of the mechanisms of an extractive and exploitive economic system.

The fight to stop the PSE LNG plant is not over, despite the setbacks and the combined efforts of many activists and the Puyallup tribe over recent years. There are currently two lawsuits since the final permit was granted, one filed by the Puyallup tribes and one jointly from the Sierra Club and Advocates for a Cleaner Tacoma. There will be further public activism. If you are interested in learning more or joining the effort, please check out the Vashon Climate Action Facebook page, or contact Suzanneggreenberg@gmail.com and sign up for email alerts.

The Road to Resilience

The Microbiome

By Terry Sullivan,

In the last year, a revolution in thinking about the dynamics of life on this planet has occurred. The idea behind this revolution is that, except possibly in the very beginning, life has designed this world rather than just being the passive recipient of beneficent geophysical conditions that randomly occurred on our planet. This is not a new idea, but our collective thinking has developed to the point that we can now appreciate its significance. (The reason I except the beginning of life is that we really don't know how life first began, and a lot of the doubt has to do with defining what is living and what is not. Many indigenous beliefs include among the living all of physical reality: all the rocks, minerals, molecules and atoms that make up our physical world. We'll leave that speculation for another time, but I do want to show how the life we know may have designed the world to suit its needs.)

Life is dependent on the existence of water, energy, and the minerals and molecules that are its building blocks, but life decides what to do and when. We've known forever that leaves seek the light, roots seek water, and all life forms migrate to places that are most beneficial to them. We also have known for some time that it was plants that manufactured oxygen, which didn't exist to any significant degree before them. This last fact is just the beginning of our understanding of how life has actually fashioned this world to further itself.

The latest realizations have not occurred before now because we have been largely unaware of the importance

microbial life. Out of sight, out of mind. We now know that much of the precipitation on land occurs because microbes dispatched by plants rise into the atmosphere and act as hygroscopic precipitation nuclei. They seed the clouds and allow condensed water vapor to coalesce into droplets big enough to fall as rain. Clouds and haze, as you know, are condensed water vapor, but they will not produce rain without hygroscopic nuclei to form droplets.

By far the most important realization becoming general knowledge is the importance of the microbiome of soil. Until very recently, we thought of soil as an inert mineral medium which held plants and the nutrients they needed to grow. Now we know that the microbiome is not only the most important ingredient of soil, it can actually be considered to be the main identifying feature of what we call soil.

Coincident with this realization is the importance of the microbiome living in every multicellular animal. We now know that the microbiome is the greater part of what we generally consider to be “us.” This may call for a new definition of self that we are not yet ready to accept.

The microbiome of soil is made up of thousands of different microbes, both plant and animal as well as thousands of kinds of fungi. These work together to actually create the structure of healthy soil, the “soil-carbon sponge” that I have written about before. Without these life forms, the remaining mineral content has no structure, will blow or wash away,

Continued on Page 7



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Feb 4, 5:30pm, Feb 8, 12:30pm

Bombshell
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Richard Jewell
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1917
Playing Feb 7-9

Vashon Theatre
17723 Vashon Hwy
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Call for Times
For show times and info check
www.vashontheatre.com

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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.

Zen Center Events

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

Celebrate The New Year of the Trees

February 9, 2020 from 3 – 4 pm
CHILDREN’S Tu B’ishvat Sedar at the Vashon Havurah. Story-telling, 4 seasons of food, fun activities.
For further information, call Louise at 206- 817-5036

Get In The Loop
Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.
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www.vashonloop.com

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

Lets talk about living and dying

It’s time for the first session of ‘Let’s Talk about Living and Dying” for 2020. This session is titled Death with Dignity and will be held Sunday, February 2, 2020, 1:00 to 2:30 PM at the Land Trust Building, 10014 Bank Road.

Kathryn Crawford and Donna Klemka, Client Advisors from End of Life Washington will discuss end-of-life care options. As Vashon Client Advisors, they are available to help patients and families seeking information and support for end-of-life care. They can provide information on health care advance directives, dementia and Alzheimer’s directives, and on voluntarily stopping eating and drinking. They can also help with talking to loved ones about dying, finding hospice providers, and understanding all options to achieve a peaceful death. One of those options is Washington’s Death with Dignity Act. This act allows terminally ill adults to request a prescription for life-ending medication from physicians. Patients must be Washington State residents, have less than six months to live, be capable of making an informed decision, and have the ability to self-administer the prescribed medication.

End of Life Washington provides advocacy, education and support for people who want to explore end of life care options. The organization advocates for patient-directed end-of-life care, expanded choices for the terminally ill and optimal pain management. The goal is to help people understand their end-of-life choices so that they can die on their own terms.

There will be time in small groups to talk about your thoughts and reactions to the presentation. We hope you can join us for this next session.

‘Let’s Talk about Living and Dying’ meets quarterly and is a part of Vashon Conversations that focuses on supporting people to finish their Advance Care Directives. It evolved from the Death Café 3 years ago. For more information call Susan Pitiger 206 818-4232; Jane Neubauer 206 567-5404; Kim Eckhardt 206 678-2204.

Low Vision Support Group

Do you or a family member suffer from low vision? Do you have trouble reading? Have you skipped your regular eye examinations? Or do you have periodic treatments for your eye disease? Have you recently been told you may need surgery on your eyes? We talk about these and other issues such as: how we cope with visual limitations, visual aid equipment, the types of treatments we have, the effects these have on us and family members, plus community resources. Would you like to talk with other people with similar challenges about your concerns, and hear their coping strategies? If any of these apply to you or a family member, we invite you to our monthly meetings discussing these topics We will meet on the first Monday of the month, February 3 and March 2 from 1 to 2:30 at the Vashon Public Library meeting room. We are looking forward to meeting you. People of any age are welcome. For further information contact Dorothy Napoli at 206-407-4833.

Vashon Social Dance Group Monthly Dance & Lesson

Swing lesson and variety dance at Ober Park Saturday, February 8. Lori will teach a beginning swing lesson from 7-8pm, then DJ for the dance from 8-9:30.
No experience or partner needed. All are welcome.
\$10 suggested donation. No one turned away for lack of funds.
Ober Park Performance Room, 17130 Vashon Hwy SW, Vashon

Next Edition of
The Loop Comes
out Thursday
February 13

Deadline for the next edition of The Loop
Saturday, February 8

Vashon Community Council is Starting Again!

David Vogel announced he would lead an effort to get the Community Council going again. The first organization meeting was held earlier this week, on Monday, Jan 20 at McMurray Middle School. There were between 20 and 30 attendees, some of whom are on this e-mail list, but not all. I was one of the attendees, and volunteered to get the word out about the next meeting once a date time, and location had been established.

It is important that we get the widest possible representation at these early formative meetings, because the decisions made at these first meetings will determine how this group will run, who gets to vote, who will be on the board, and more.

Please help spread the word about the next meeting through your organization, company, and personal networks:

Date: Monday, February 17
Time: 7-9 pm
Place: Land Trust Building, 10014 SW Bank Rd

It was mentioned at the first meeting that we especially would like to see young people get involved, and though the last time we had a Community Council voting was restricted to those 18+, that age limit could certainly be lowered, if the community wishes to do so. So please encourage young people to attend.

Get Your ‘No Vote’ in the Mail

Since 2011 Vashon has spent \$57,000,000 on schooling facilities and on top of that our former superintendent, Mike Soltman, slipped a tech levy in between the regular four year levies. Now we’re being asked to pass school levies every two years.

Vashon’s “tax donkeys” pass little levies all the time these days; we’re getting nickle-and-dimed. Property tax used to be petty larceny, but in the last twenty years it’s become grand theft.

I’ve said it before: the schools can never get enough. If the schooling industry had to sell their service like a private for profit company it would surely go under. Very few families could afford to spend the more than \$15,000 per year per kid the school district spends.

Her we go again. The school board and “new-be supe” Slade McSheehy are pressing for another six-million bucks. They’ll have you think failing a levy will cripple the schools. I wish it would. School supporters have manipulated levy rules for decades, making levy failure almost impossible. In the last levy vote, 53% of eligible voters abstained. Such an election would have been invalid under the old rules. Of the 47% minority that did vote, the majority approved. I hope you can see the importance of getting your ‘No Vote’ in the mail.

Jeff Schnelz

Indivisible Vashon Monthly Meeting

2020 will be a very big year in our nation’s political history. We know that even though the year is young. Our historically divided political system will take a step towards unity or a step towards irreparable damage to our democracy in the November 3, 2020 Presidential Election. On Tuesday, March 10, Washingtonians will have their opportunity to elect their choice of a new president that will help back our democracy away from the edge of the cliff.

On Wednesday, February 19 at 7PM (doors open at 6:30), Indivisible Vashon will meet at the Vashon library to discuss the “Indivisible Scorecards” that rate each of the Democratic Presidential primary leaders. Informed voting is the hallmark of a healthy democracy. Please stop in to make sure you have the essential information needed for this critical decision and know how to navigate the ballot that you will receive in early March.

Indivisible Vashon will also welcome David Perk, a leader in the newly formed statewide 350 WASHINGTON Civic Action Team. 350WA is the collection of eleven 350.org groups across the state who are now coming together under the 350WA banner. The Civic Action Team is dedicated to protecting the climate by passing environment friendly legislation right here in Washington state. Find out how you can help create a livable planet for our children, grandchildren and the other living things that we value about life on earth.

Indivisible Vashon monthly meeting
7 – 8:30PM (doors open at 6:30PM)
Vashon Library
Learn more at indivisiblevashon.org

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Windage and Elevation

By Sean Malone and John Sweetman

‘We got another problem’. , John shouted out to me...! I was outside and he was inside the cabin as we were working to repair or replace a large window. The old cabin had shifted and the old widow had been altered to a very much out of square configuration.. some glass had broken and wind would pour through the cracks.

John had agreed to help, although he wanted to do things mostly his way. That meant things would be slow and a bit tedious.

We were all at Portage for the 4th of July and Uncle Jerry was bragging: “I’ll bet I can drive a golf ball all the way to Burton.” “It’s over a mile and a half across the water, you can’t do it,” was Dad’s reply; and we hunkered down in the driftwood to watch, as Uncle Jerry drove a steel pipe into the beach gravel at just the right angle to get the golf ball to Burton. He called it a knee mortar, whatever that was.

Uncle Jerry had been in the merchant marines in WWII and crewed on a liberty ship that had no armament to defend itself with while under attack from planes or submarines. Grandma Ada told us that Uncle Jerry was shell shocked from all the close calls and warned us about waking him up from a nap. One time, I reached over the end of the couch and touched him on the shoulder. He exploded off the couch like he was trapped in a sinking ship three decks below the waterline. Maybe that is why they slept on deck whenever they could. Us kids thought it was funny!

He lit the fuse of a cherry bomb, dropped it into the pipe and followed it with a golf ball that had seen better times. We all



put our hands over our ears and Uncle Jerry stepped back when the cherry bomb went off and we tried to follow the tiny speck as it careened toward Burton. Jimbo, we just called him that just because he was a cousin, yelled out: “I heard it rattle the masts of the sail boats in Burton.” “My windage and elevation must have been about right,” Uncle Jerry replied.

The John Wayne movie was over as we tumbled through the red doors of the Vashon theater, with our index fingers held as guns and we made the sound with our mouths, ‘kkughsss’; and ran after each other. “Windage and elevation,” we yelled, windage and elevation,” because that was what John Wayne said in the movie.

Sean@vashonloop.com

Mega Downer

By Orca Annie Stateler, VHP Coordinator

Our critically endangered Southern Resident killer whales (SRKW) cannot catch a break. After a January 24 encounter in Haro Strait, the Center for Whale Research announced the demoralizing discovery that cherished Mega (L41) was missing from his L11 matriline. He was last seen in August, and he looked thin as far back as January 2019. Born in 1977, Mega was the eldest SRKW male.

Like his predecessor Ruffles (J1), Mega was a super stud -- genetic studies revealed that J1 and L41 fathered many SRKW offspring. Ruffles died in 2010 at



Onyx’s social standing. Nugget (L55), age 43, is the matriarch of the L4s. Perhaps Onyx will switch pods again, in search of an attentive post-reproductive matriarch.

Documenting the Transients (Ts)



Handsome uncle Mega (L41) with wee nephew Windsong (L121), born 2015. Paul Pudwell photo, 6/14/17.

the estimated age of 59; Mega was only 42 in 2019, but that is still considered old for SRKW males.

With L41’s loss, the SRKW population drops to 72. For grim perspective, the population was 71 in 1976 when captures for whale jails had eliminated at least one-third of the Southern Residents. The population fluctuated for a time and even rebounded to 98 in 1995, but the SRKW never fully recovered from the captivity era. Shamu died for your sins. Now our Kéet relatives are fading into oblivion while most of humanity is on the sidelines watching this train wreck.

Before the soul-crushing news about Mega (L41), I had planned an uplifting article about the first Vashon orca encounters of 2020. Beginning on January 23, we had three consecutive days of distinguished guests – both Residents and Transients. SRKW photos are scant due to torrential rain and the orcas’ vastly spread out travel patterns. Boat-based research was not possible.

Members of all three pods were present. Based on available photos and video, it appears likely that all of J and K Pods were here with one L Pod matriline for sure, the L4s, and enigmatic Onyx (L87) – at least 49 SRKW. As yet undetermined is the ecotype of about ten orcas northbound in Colvos Pass and off Point Vashon on the morning of the 23rd.

“It’s complicated” is L87’s current relationship status, evidently. In the research community, Onyx gave us a scare in late November when he was missing from J Pod in three sequential encounters – the dreaded three. To our immense relief, he was found with K and L Pod whales at Carmanah on the outer coast.

In December and January visits to Vashon, I spied L87 close to some L4s – specifically Kasatka (L82) and her offspring. Onyx was often tight with the J17s, but their matriarch Princess Angeline (J17) died in 2019. I am intensely curious to see how J17’s loss will impact

was less complicated – Odin and I saw all of them, and I identified most of them. The impressive group included the T90s, T101s, T124As and three lone males, T87, T97, and T124C – a forest of tall dorsals and a slew of youngsters. Imagine a “Far Side” style cartoon of busy mom T124A with a minivan full of offspring. The T124A matriline has ten members, though T124A1 does not always travel with her family.

Roughly twenty Ts trekked south in East Passage, through Dalco Pass, and into the Tacoma Narrows on January 24. They re-emerged in two groups from the Narrows on the 25th. Group One journeyed up East Pass, Group Two went north in Colvos Pass. The Chetzy stopped while Group One sauntered through the ferry lane. Did anyone aboard notice adorable T124A3A, age 1, with Mom T124A3 off the bow?

In Mega’s honor, this week’s photo shows him with his nephew Windsong (L121) in 2017. My favorite pictures are of massive L41 tenderly accompanying his tiny relatives. His legacy endures in his SRKW progeny. Beloved Mega, we will miss you.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS & STRANDINGS ASAP TO 206-463-9041. Several calls from Islanders were extremely helpful to our research effort. Prompt reports expedite vital data collection and sustain an accurate record of sightings for Vashon-Maury initiated four decades ago by Mark Sears. When reporting a sighting or stranding, be specific: date, time, location, travel direction, species description, number of whales/seals/etc., and behavior observed. We prefer phone reports, but if email is the only way to coax you to report, send sightings and photos to Vashonorcas@aol.com. Your marine mammal photos are valuable for ID purposes. We are grateful to everyone who contacts us directly.

History Contest Begins for Elementary Students

What story about Vashon captures your imagination and is something you would like future generations to know?

If you are in 4th or 5th grade (or are aged 9 – 11), now is your chance. It is time for the Vashon Heritage Museum’s 7th annual “Vashon Story – A History Contest.” Students (including commuters) have all of February and March to prepare. The due date for an entry is Friday, April 3, at 4:00 p.m. There will be cash prizes for the top winners.

History projects may be on any topic (as long as it is related to Vashon)

and presented in any format. One good place to find facts and do research is the Vashon Heritage Museum itself and it is open Wednesdays through Sundays, 1:00 p.m. to 4:00 p.m.

For more information or to check guidelines, visit the Museum’s website at www.VashonHeritageMuseum.org/ events.

The Museum would like to thank its generous sponsors who make this even possible, 4Culture, Puget Sound Cooperative Credit Union, and Thriftway.

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of *The Loop*
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Deadline for the next
edition of *The Loop* is
Saturday, February 8

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Island Life “Family”

By Peter Ray
pgray@vashonloop.com

It happened again last week. It of course is that thing that comes at the end of when you get a puppy and run through many calendars only to find that that puppy is not around to bump up against your leg in the kitchen anymore. This was a good run though- Zeek nearly made it to seventeen years, and he bounced back from having tumors removed from his liver and parathyroid, and then seemed to enjoy what remained of his life. Towards the end he mostly did not like going outside, mainly because both sides of our house are four steps above ground level, and negotiating that descent was more of a challenged than he liked to contend with. We have been going through a lot of potty pads and inside clean up time as of late.



Zeek

But when he did get outside, there were times when you could see flashes of his old self, or at least his attempts at that state. He had no trouble walking, but when he was feeling as spritely as he could, he would take off at a jerky trot until he realized that, in going down a slight incline, someone had failed to refill the brake fluid in his system. One time he just crashed, but eventually he learned his limits, and would start to

brake before obstacles or ends of paths came on too fast and close for comfort. And then one day he ate his full can of wet food for breakfast, went for a walk and then steadily declined with yelping and unsteadiness until we decided his time had come, and so it did.

I have watched a number of dogs and cats stop being. It is a strange thing. I watched my mother stop being- that was very strange as well. I watched my dad sit with her after she had gone and felt totally helpless in the moments, because there was, in the end, nothing one could really do about that. What always comes to mind lately when some being stops being is a scene from the movie ‘Rogue One’, which I believe I may have referenced here in the past, since it had a singular and profound influence on me. It occurs toward the end, when the heroine and the hero are striving against all odds to steal the plans to the deathstar and send them up to the rebels circling in their spaceships far overhead. The heroes are being

assisted by a robot who is fighting his own impossible battle to keep the never ending stream of opposing soldiers from foiling their attempts at the theft. The blaster hits finally became too much for him, so he sealed the entrance door and then collapsed to the floor. As his head comes down with a thump, the lights that are his eyes go out in a simple, sudden stillness. The image always sends chills through me in its jarring finality.

Besides cartoons, it seems to me that the first Star Wars with R2D2 and C3PO is the first instance I can recall where a robot actually has a character and a spirit, in a sense. They are artificial intelligence, but they also respond to language and actions as a human would, and so the dividing line between humanoid and robotoid is obscured and perhaps even obliterated. K2, the robot in Rogue One, is seen from the start as snarky and cynical, two characteristics that generally fall to humans rather than mechanical men (they do seem to mostly be “male” identified). The chilling part to me in K2’s lights out death, is that it seemed eerily final. There was a spirit there and then there wasn’t. For some reason that realization flashed over to the big picture focus for me- where does a spirit really go, or does it go anywhere? I suppose that’s why religions where conceived in part, I just don’t find any comfort in the speculation of a belief.

And so it was that my week continued in the knowledge that, in a separate reality, the sunroof in my car had started

Best of the Seattle Comedy Competition

Celebrate Valentine’s Day at Vashon Theatre with the best stand-up comedy Seattle has to offer! Seattle comedian Claire Webber will be our host for the evening. Drew Dunn, 2018 SICC Champion and Vashon Audience Favorite will be back on our stage to headline the show!

If you love our annual Thanksgiving Eve Comedy Night, you’re not going to want to miss this!! Tickets on sale now at Vashon Theatre’s Box Office and www.VashonTheatre.com!

About the comedians:

Drew Dunn started performing comedy at the age of 21 and hasn’t looked back since. This NH based comic quickly established himself as one of the nation’s fastest rising comedians with his quick wit and unique point of view. He has been featured in comedy festivals across the country including the Johnny Carson Great American Comedy Festival as well as being named “Best of the Fest” in the 2017 Burbank Comedy Festival.

Drew has also won the Boston Comedy Festival in 2017 followed by winning the Seattle International Comedy Competition in 2018. Most



recently, Drew was in featured as a New Face of Comedy in the 2019 Just for Laughs Comedy Festival in Montreal. He now headlines comedy clubs and colleges across the US and Canada along with making various types of online content.

to leak and that everything I had tried to do to fix it had no effect in stemming the proverbial tide. I got up Monday morning with the intention of heading to the dealer to face the repair bill music. New cars are not in my future, and a sunroof that works is a summertime joy, and has been a necessity in some of the cross country filming I have done. I made it to the ferry on the way to the dealer and found an email from my nephew on my phone with the subject line that is the title of this piece. I read the first line of it and decided I should probably deal with it when I was sitting at my computer at home. The last two lines of it went like this:

“So if you can do without a bunch of new bikes and dumb filming shit you don’t need, Please send my mom some of your unearned monopoly money.

If you have any heart you will call my mom and offer to help her so she doesn’t lose her farm and her dignity. If you don’t then everything I say is the truest of true. And so it goes Peter Ray, Heaven or Hell?”

For those of you who have not been following the bouncing ball that is this column, or even if you have, it should be stated that after my father died almost six years ago now, I found out that in the final year and a half of his life, my sister, as executor of his estate, had gotten power of attorney and the joint checkbook for his affairs, and proceeded to blow through over a million dollars in that time, half of which I was entitled to according to the trusts, and would have made for a relatively secure retirement, combined with what she had not yet spent, which was not a lot. Having shown Wendy the entirety of the email later that evening, she reminded me that I had predicted this scenario back when things were getting settled with lawyers and stuff. It was actually a fairly easy prognostication to make, when applying,

as I have learned to do in a number of instances, the simple question that goes like this: “what has changed?” In the hindsight of thinking back over some of the mysteries around my sister and my parents and their financial vagaries, it would seem that she had been scamming them most of her life to one degree or another. New Hampshire had passed an elder abuse law in early 2015, which if my dad had still been alive to see, she would then have been eligible for a prison term as a result of her actions- instead she got away with barely a slap to the wrist. And instead, she was free to carry on unbridled, which she apparently has. And in continuing on with her complete lack of spending restraint, she seems to be about to lose her house, because even with all of her trust money pilfering, she failed to pay off her own mortgage at the time. Oh well.

Instead of rejecting her outright, I offered her a plan and some money if she chose to go with it. It involved my getting my money and possibly then some back. She chose to not accept it, which I mostly expected, because I knew that anything that might involve my reciprocal benefit would be unacceptable to her. This did all provide a slight window into perhaps getting back in touch with my nephews and nieces, all of whom except one dropped out of communications as all of this was transpiring. I have been, and continue to be, in touch with some of my cousins in an attempt to maintain some family ties. As for my sister- in truth I just don’t care. Paying any more attention to her would kind of feel like going down with a drowning victim, an escape for which I learned in life saving class so many years ago. One could intone the old trope at this point- Karma is a bitch- but that would entail a belief that Karma is a valid thing with substantial consequences, but at this juncture I’m just not feelin’ it.

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Celtic Spring

THE BELTANE BOYS WITH SPECIAL GUEST JOHN WHELAN



Although these dark winter days are dreary, our ancestors in Great Britain and Ireland celebrated Imbolc in February, as the time of new lambs born along with the crocus, giving hope when we need it the most. And we surely need it.

To usher in this new year, Island singer and music director Erin Durrett has produced a full festival of Celtic Spring events that is both family-friendly and an occasion for late night foot-stomping. Hosted by the Vashon Methodist Church, the day begins with an afternoon walking meditation, story-telling, music and dance workshops before a break for dinner, an evening concert by the Beltane Boys from Seattle with special guest islander John Whelan on button accordion, followed by a musician’s session and Celtic dance called by Alicia Guinn. Events are by donation of \$20-25, and all proceeds go to participating performers.

Celtic Spring will begin at 2 p.m. on February 1, 2020, with a spiral meditation on an indoor labyrinth accompanied by harpists Jane Valencia, Ruthann Richie, and other musicians. Simple, ancient melodies provide a quiet strength to those walking the twists and turns of life.

An hour of Celtic storytelling begins at 3:00 p.m.; these old tales, meant to be heard and not just read silently, contain the history of a people, their origins, their adventures, their spirit and their cautions, using the voices of suspense and surprise. The magic of a well-told story can be learned, but first it must be experienced.

From 4:00-6:00 p.m., participants can attend music, song, or dance workshops by concert musicians and instructors: The Beltane Boys: Brandon Vance on Scottish Fiddle; Tunes and Textures in Irish Flute’ with Cameron St. Louis; and Scottish “Puir-a-Beul’ (Mouth Music) with singer Rich Hill, founder of Seattle’s Scots Cultural Organization, Slighe Nan

Gaidheal (Path of the Gael). These three musicians also perform with a guitar player as Keltoi, known throughout the Pacific Northwest for their authenticity and the haunting lyricism of their songs in Scots Gaelic.

John Whelan, recently moved to Vashon, won the All-Ireland competition seven times on button accordion and is still touring widely. His appearance with Beltane Boys is a bit of serendipity, and we are fortunate to have him playing and giving an introduction to button accordion in his workshop.

Lastly, Alicia Guinn, founder and lead instructor of Sean-Nos Seattle, will offer a workshop on Sean-Nos dancing, the slow shuffling step dances (not “Riverdance!”) easy enough to learn in an hour. All ages are welcome on the dance floor; children should grow up dancing with their parents, don’t you think?

At 7 p.m., the Beltane Boys appear in concert, and will challenge you to stay in your seats. Their high energy music is world class, their voices smooth as fine Scotch, and their connections with the Celtic world evident in their mastery of feeling, instrument, and song.

At 8:30 as the concert ends, the pews will be moved aside, local musicians will join the guest concert players, and a session of improvised tunes and maybe even a song or two will provide background music for Sean-nos dancing called by Alicia Guinn. Sean-nos bears some resemblance to the ‘old soft shoe’ method of movement anyone can do with a little practice. Dancers will be guided through their steps by Alicia, and by the end of the night you will have forgotten that we are in the midst of winter.

Please come: February 1, 2020; Vashon United Methodist Church, 2:00-9:30 p.m. This is a no drugs or alcohol event, but bring your fine self and a guest anyway. Slainte (to your health)!

Vashon Audubon encourages islanders to sustain wildlife with native plants

Dana Schuerholz, Adria Magrath, and Jim Evans – environmental educators with expertise in birds, insects, and native plants – have been working with volunteers to create a demonstration garden at the Heritage Museum as part of the conservation movement to support birds.

While the Vashon Audubon Habitat Garden is designed to sustain wildlife with native plants, the trio also hope to motivate islanders to create habitat on their own properties.

Last September, the National Audubon Society released a report projecting that 350 bird species are at risk of extinction in the United States and Canada.

“It makes a huge difference, almost immediately, to create habitat through native plants,” said Schuerholz. “This project is actively responding to the bird extinction problem.”

If islanders put in an increasing percentage of natives, they can be part of the solution.

On two Saturdays in January, the garden-builders and volunteers dug out invasive alien (non-native) plants and shaped the earth with mounds of soil. Vashon Green School students took a field trip to the site to salvage native ferns for replanting in the garden. On Saturday February 1, Schuerholz, Magrath, and Evans planted the garden with natives.

The “Grand Opening” for the habitat garden will be in June, said Magrath, in conjunction with Vashon Nature Center’s

Wild Wonders, a natural history exhibit opening at the Heritage Museum that month. “The garden will remain as a permanent part of the museum grounds, and as a community resource that will support cultural education efforts around native plants and indigenous peoples,” she said.

Schuerholz is emphatic that the garden will be beautiful, have structural integrity and a diversity of plants and insects, so that it can maintain itself more easily. “A biodiverse garden is a happy, resilient garden,” adds Magrath, “and when there are insects, birds can get a high-protein meal. Even our resident hummingbirds can eat insects.”

Supporting birds long term really means supporting a whole ecosystem and planting plants they can use to survive, she said.

“We can do this – one garden at a time.”

Coming up: On February 19 at 7:00 pm, Vashon Audubon offers the second class in a series of three on using native plants to provide habitat for birds. Instructors Cindy Young and Jim Evans welcome bird lovers, gardeners, and climate change activists to join them at the Land Trust Building – as well as any islander with an interest in learning more about which birds live on Vashon and how to attract them. The class is free.

Swingin’ In The Stacks Mini Golf

Vashon Friends of the Library announces Rip-Roaring Mini Golf event to Banish February Blahs! “Swingin’ in the Stacks” Mini Golf Event will take place on February 7 & 8, 2020. This event raises money for the wonderful programs our library offers for everyone in our community from toddlers to elders!

Friday, February 7th is Over 21 Night, where adults can stroll the book-lined fairways while sipping beer or wine. Saturday, February 8th is Family Night and includes our popular themed holes as well as Mini-Golf for Minis for the golfing toddler.

Join us for snacks, face painting, raffles, live music on Friday from the band Listen in the Kitchen, and take snaps at our



Instagram ready selfie wall.

Tee time signups at the library begin Monday, Jan. 27th. Tickets are available at the door both nights: \$5 for adults and \$2 for children under 5.



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I have half a mustache but twice the love to give to someone! Whenever a car approaches the shelter, I’m watching it from a windowsill and hoping that soon it will take me to my forever home. After all, what’s not to like about me? I’m relaxed and quiet, and I love to have my cheeks scratched. Besides my mini-mustache, I have beautiful green eyes and the fluffiest tail in the shelter.

You don’t have to travel many miles to meet me. Look for a big cat sitting in the window - I’ll be looking back!



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Aries (March 20-April 19)
You may have a high-minded concept of relationships — an idealistic view of what you would have in a perfect world. However, you must be certain that partners and loved ones share a similar concept or vision. The easiest way to find out is to ask, and that will lead to a conversation, and the conversation will lead to everyone sorting out their feelings, which is exactly what is needed. That said, you can also impose your fantasies on other people and they will probably go along with them for a while. Then the discussion will happen a little later, in a different style, and the result may not be as pleasing to everyone. The challenge this week is emotional honesty. This includes communicating about matters relating to sexual desire, commitment, and determining the most appropriate form of conduct for the situation you are in. This will take some time to ascertain; there is no rush.

Taurus (April 19-May 20)
Interesting questions may arise this week related to what is public and what is private. The distinction is seemingly blurred in our era, between what we say voluntarily online and then what is done with that information behind our backs. However, apart from the digital realm, there is the truly personal one, where matters of what you reveal and don’t reveal directly to others come into question. There exist appropriate people with whom you may discuss certain problems or challenging feelings you may be experiencing. And there are those who are less appropriate. I would suggest, for your purposes now, that challenging personal material not be a topic of conversation for those who have a strong sexual attraction to you. A measure of impartiality, if not objectivity, is important right now. It would be wise to reveal your situation to those who can give you that.

Gemini (May 20-June 21)
There remain certain questions of how people have gained so much power over you, and to claim it back. The short answer is thinking for yourself. The long answer involves understanding the ways that you do not, and then noticing when this is happening. There are three basic ways someone has leverage over another person. First is money; second is sex; the third is information. Therefore, to free yourself from the bonds that have held you back, you will need to address all three. Financial independence in this context means having your own bank account and covering your own expenses. Sexual independence means you have the power to say no when you know that sex is not right for you — such as when it will perpetuate a relationship you don’t want. Finally, you must know yourself better than anyone. This means understanding your strengths and your weaknesses, and putting that knowledge to use.

Cancer (June 21-July 22)
Live your life as if you are setting an example for others, all the time. This is not easy. It requires constant self-reflection and scrutiny, and also compassion for yourself. This is a fine line to walk. You would not be choosing actions specifically to be exemplary, but rather doing what you normally do in a way you would feel confident to have others emulate. This boils down to some of the seemingly most ordinary and basic activities in life, and rises to some of the most important. One is the way you handle authority, whether your own or that of someone else. This is about Chiron in Aries, more than anything. Gradually, you become the person whose example you want to follow. However, a rare configuration this week is suggesting you observe what you believe or do not believe — that is, what you accept as true,

or not true — as a crucial model for others. Put simply, keep an open mind.

Leo (July 22-Aug. 23)
You may feel some powerful sexual attractions, and have the opportunity to act on them. In the current zeitgeist, people tend to jump in without thinking, or to be so cautionary they don’t actually get much experience. Your passion and desire may drive you. You may have a fantastic time; you may be disappointed; you would in any event have an experience to reflect upon. I would propose you place two ideas at the center of your reality. One is that you would be having an encounter for your own sake, not as a long-term investment in a relationship. The other is that experience is a benefit and an end of its own, which leads to the ability to refine your skill at making choices. It is essential to know how to allow your curiosity to drive you. It’s important that you be real with others, such as saying, “I’m here to explore. Let’s play.” Then it’s helpful to talk about it. You’ll learn a lot more.

Virgo (Aug. 23-Sep. 22)
For now, I recommend you set aside the notion of true love as an actual thing, and instead, observe where your ideas come from, and what seems to be motivating you. True love is often a placeholder for a wide diversity of emotional and social needs. I’m not saying that it does not happen. Rather, I am suggesting it’s often a ruse that masks what you want and need on a deeper level. The concept is ingrained in most children with no alternatives discussed. How many are taught that there are many ways to love and be loved, rather than one “true” way? Instead of exploring and seeking self-understanding, most children are set on a course of expecting that happily ever after is the one and only way to relate emotionally, sexually or domestically. Yet you may be obsessed with one concept or model. You may feel it’s your deepest need. That alone suggests you peel back a few layers and discover what is really going on.

Libra (Sep. 22-Oct. 23)
I propose that through this week, you keep your focus on your work and your primary mission rather than getting distracted by emotional impulses. Also, keep your mind and your eye on your money, which you would otherwise be likely to spend at a far brisker pace than you are bringing it in. You might say that putting business before pleasure will serve you well for the next seven days or so. You may think you’re missing all the fun, though you’re more likely to miss all the distraction. And then on the other end, what fun is yours will still be waiting for you. You will feel better and you’ll be able to do your thing with a clear head, and more money in your pocket. While on that topic, cash is nice; cash flow is fantastic. Yet when you actually look back on your experiences, it’s very often the ones that cost the least that gave you the most. And if you think you need something, check your drawers and closet before you buy it.

Scorpio (Oct. 23-Nov. 22)
Pay attention to your motives this week. Only you can figure out what they are, and this may not be so easy as it seems. Your sign is one of the more complex ones, and the current astrology is arranged in many layers of feeling and emotion. You may not find out what is motivating you until after you make an important decision, so it would be best to pause, particularly around sexual choices and major purchases. There is a high probability you may decide that something you cannot reverse was not worth it. Therefore, the best thing to do is to pause. However, there is one place you can dive in, which is whatever you do for creative pleasure or experimentation. You are under

daring astrology, and the place to take the risks is in the sanctity of what you express, whether musically, visually, in words or in movement. That is where you can take a chance and be entirely safe at the same time.

Sagittarius (Nov. 22-Dec. 22)
Mars in your sign is about to reach a square to Neptune, and to Venus. This suggests that the more you want something, the more it may frighten you. The deeper your desire, the more insecure you may feel. There are times when there’s something to be said for this, when it’s appropriate to go right out to the edge. I would propose that this is not one of them. You’re likely to get lost in your own sauce, and caught in the vortex of your own confusion. Rather, stay at the edge of your emotions. Touch them and feel them rather than indulging in emoting. Stay out of the vortex. Take a sniff of how you feel, gently enough to be able to give it a name. This also holds true for your fears, which are most likely to manifest as self-judgmental insecurity. If this is true, what is being revealed is something that is already there, and is just being highlighted by current circumstances. This is an excellent time to learn what is going on for you.

Capricorn (Dec. 22-Jan. 20)
So, first I’m here to check in. One of the major events of your lifetime has come and gone. While there will be residual influences, and some exciting developments are coming, you have passed a certain very important threshold. And my question is, how are you doing with that? If you had to describe this moment as a “before and after” time in your life, how would you do so? Or — as is possible — this has been an unusually concentrated time, though you may not feel like there is anything special happening. As planets make their way into your neighboring sign Aquarius (particularly Saturn), the pressure will lighten up and the density will give way to a bit more clarity. Suffice it to say that you’ve been through something significant on a whole-life scale. The results will begin to manifest, and make themselves known, particularly through March and April. For now, look, listen, feel and sniff within.

Aquarius (Jan. 20-Feb. 19)
Your astrology looks like you’ve finally gotten out of the house after spending three years indoors. You may not want to venture further than the garden, though it’s good to get fresh air, and to see that there is a world around you. I recommend you close your eyes and look toward the Sun, and allow its warming rays to enter through your third eye. You need light, and nature, and if possible light reflected off the water. You need to come out of the confines of your own mind, and in particular, your family and what you think of as its ideas about you. You have had a chance to assess some of your worst fears, and you now have a clue where they come from and whether they are necessary, useful or even meekly valid. The important thing is you know what they are. The more important thing is that you learn how not to have them control you.

Pisces (Feb. 19-March 20)
The past few years have been an unusual time for you professionally. This includes what you might think of as your public position. Though it can be difficult to actually see how you interrelate with your

Road to Resilience

Continued from Page 1

and will grow plants only if fertilizers that are readily assimilable by plants are applied. This is the condition of most of our modern industrial agricultural soils. One of the most promising developments today is the soil regeneration movement. This is a drive to spread the word about healthy soil and how to make it. The first prerogative is the care and feeding of the microbiome. Extra inputs may be required to revive our seriously depleted soils, but soil with a healthy microbiome needs only the natural input that any undisturbed soil would need: plants, animals, dead organic matter, variously processed organic matter, better known as “poop,” and water. As we know, healthy soil readily absorbs and holds water, so drought and flooding are less likely to occur.

In fact, there are no apparent downsides to creating healthy soil. Farmers find that less work, less additives, better water retention, and better yields just mean more money in the bank. When they find that they also can get paid by us to create carbon sequestering soil, it gets even better. Right now, the Sustainable Farms and Fields Act, which pays farmers to sequester carbon, has already passed the Washington State Senate with bipartisan support and is now likely to get passed in the House.

Some of us have recently formed a group to promote the knowledge and practice of regenerating soil right here on Vashon. We call ourselves the Soil Ambassadors. We hope to be making some presentations on the nature of healthy soil, what is being done now around the world, and producing and working with your own soil. The VIGA Get Growing program this spring will feature soil regeneration. This news is a bright star among the dire prospects we are looking at these days. Nature will heal the world if we just defer to it rather than expecting it to defer to us.

Comments? terry@vashonloop.com

environment, you have made a mark, and you have opened up a place for yourself. Now, your assignment is to occupy that space in a loving way, express yourself, and develop what you have started. This will include involvement with a widening circle of people, though you’re not here to cater to anyone’s whims or fancies. You are here to do what you came here to do. Therefore, it will help if you set aside any notion of what others may think, and allow yourself to be internally guided by what is right and true. “Internal” also means being in ongoing contact with those who can serve as reality checks. And this is the time to live consciously and with discipline, one day at a time. When in doubt, slow down, and check in.

Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

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Spiritual Smart Aleck

By Mary Tuel

Daddy’s Leg

Alley Sheffield, my mother’s father, lost a leg around 1920. I don’t know how he lost it, or which leg he lost, only that he lost a leg.

The story that came down to me from my aunt, Sister, was that after he lost his leg he was unable to support a family with five children, and that’s why the four younger children were put into the Salvation Army orphanage in El Paso, Texas, in 1921.

Then he and my grandmother, Lottie, divorced and went their separate ways, and Alley settled in Carrollton, Texas, where he remained the rest of his life.

I never met these grandparents, only heard stories.

After Sister was married and settled in California, she kept in touch with her older sister Gladys and her father in Texas, and even went to visit them a time or two.

Now, Sister was married to my Uncle Mike, who worked as an auto mechanic, and he was darn good at it. Uncle Mike was born in the 1890s and grew up in a time when if you needed something, you built it or made it. At least he did, because he had the magic in his hands, and the skill in his soul.

By the time he and Sister married, it was the 1930s, and Daddy, as Sister called him, must have complained about the deficiencies of his wooden legs.

I am willing to guess that the science of prosthetics was not advanced in Carrollton, Texas, in the 1930s, and if there were more sophisticated options than a handmade wooden leg, Alley could not afford them.

So Uncle Mike began making wooden legs for Daddy.

As a child I had no idea about Uncle Mike’s leg making activity. One more thing in my world to which I was completely oblivious.

Until 1968, when my college sweetheart, Van, and I dropped by Sister and Uncle Mike’s house one day for a visit when we were in town.

We talked of this and that, and then for some reason Sister got onto the subject of Daddy’s wooden legs.

Mike had made so many legs for Daddy, she said, and when they sent them to Texas, they were beautiful, and when Daddy got them he used them until after a time the wood would crack, and then he’d need a new one. So Uncle Mike would make a new one.

Uncle Mike would saw and carve the



pieces and put them together and sand the surfaces until you could slide down them on your bare fanny, I’ll bet. Uncle Mike was a perfectionist.

It was so frustrating that the wood always cracked, Sister said. Mike tried different varieties of wood, and he would let the wood get good and dry before working with it so that theoretically it would be beyond cracking. It cracked, anyway.

Once, Sister said, they submerged a log in the Pajaro River for six months, then brought it out and let it dry for several months, hoping that would bring out all the wood’s cracking tendencies before it was used.

The finished leg was sent off with high hopes for its longevity.

Alas, that leg cracked, too.

Finally they got fed up, and figured that if Uncle Mike was going to have to make another leg soon, why not skip curing the wood? He made a leg out of green wood and shipped it off to Texas.

Sister beamed triumphantly as she said, “And Daddy said it was the best leg he ever had!”

Van and I sat and listened to this story with the politeness and respect due to Sister and Uncle Mike, and we must have said, well, that’s great, and how about that, how wonderful, and so on.

After a while it was time for us to take our leave.

We got out to Van’s car, looked at each other, and burst out laughing.

Why did the leg story strike us as so funny? I don’t know. It just did. Speaking for myself, I was a callow youth at the time. I will say that over the years when I remembered Sister saying that last line, I laughed again, and smiled, and not in a mean way, honestly.

Sister and Uncle Mike both died in 1987. Sister gave me my first guitar, the Stella she played while singing on the street in the Salvation Army. Uncle Mike helped my dad repair my ’58 Chevy when I drove it without water and turned the cork gaskets into charcoal.

God bless them all.

Errata: last column I said that I sometimes think of someone as an “adverb moron.” I should have said, “adjective moron.” Sorry.

I will say that “adverb moron” trips off the tongue more musically than “adjective” moron.

The 11th Annual Vashon Island Dog Classic

Vashon Sheepdog Classic announces 2020 sheepdog trials running Thursday June 11 through Sunday June 14, 2019 at Misty Isle Farms on Vashon Island, WA. On over 30 acres of breathtaking fields at majestic Misty Isle Farms, top sheep herding teams from across the country participate in the largest event of its kind on the West Coast. Tickets: BrownPaperTickets.com starting April 1, 2020. Advance tickets are required for all days and events, except Thursday. Event admission is Pay-What-You-Will on Thursday, \$15/general admission for Friday, Saturday, Sunday. A 4-Day Event Pass is available for \$25. Kids 10 & under are FREE*. Shuttle bus service from the north and south end ferry dock to VSDC on Saturday and Sunday only: \$5 round trip (pre-purchase only). Free shuttles from downtown Vashon are on Saturday and Sunday.

As this century-old sport continues to gain in popularity (nearly 10000 visitors in 2019), so must our commitment to providing a respectful and community-oriented atmosphere. In 2020, we are introducing two major changes to that end. First, spectator dogs or companion animals are no longer allowed onsite, only licensed service dogs with signed waivers. Second, the Classic is launching a Zero Waste initiative.

Official Statement: Vashon Sheepdog Classic is dedicated to preserving the natural resources of Vashon Island. There will be very limited landfill services plus recycling and composting sorting in partnership with Zero Waste Vashon. We respectfully ask all visitors to take



part in our new initiative to reduce waste, improving your experience and leaving our beautiful island better than we found it.

To support this effort, leave single-use plastics at home, pack out any landfill garbage home, and bring your #picnicAgame with reusable cups and serviceware, along with a refillable water bottle. All food and craft vendors, including the beer garden, will participate. During the event, enter to win with your best Sheepdog picnic photo using #sheepdogpicnic hashtag..

The Vashon Sheepdog Classic entertains, educates and captivates spectators. Come and enjoy local fare, fiber arts, and other artisan crafts while you experience this highly regarded national competition. Proceeds from the event benefit island organizations that work on enrichment of education and health for Vashon youth. There is no other place like the Misty Isle fields, and no other herding event that embraces the history and beauty of this sport quite like the Vashon Sheepdog Classic.

www.vashonsheepdogclassic.com

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Next Loop comes out January 30

Pete Needs a Home

I’m playful and full of energy. My forever home had better stock up on toys! They don’t need to be fancy, though. I’ll swat around and chase just about anything.

When I’m not playing, I like to sit on laps. Sometimes I get a little too excited for young children to be around me, but I would do well with in a quiet home with older ones where I can be the only cat.

My first birthday is coming up soon. Let’s have a party for me at your house!



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

Island Epicure



By Marj Watkins

Herbs for Health

Whatever health problem besets you, there is a natural remedy that will supplement and make more effective whatever prescription the doctor gave you. In fact, I’ve found that the appropriate herb or spice may make a visit to the clinic unnecessary and have no unpleasant side effects. For instance, once I had a bladder infection, probably brought on by insufficient hydration. Not running enough water through my body had not washed out bacteria that clung to my bladder wall.

Of course I went to the clinic, got a prescription and took one of the capsules on reaching home. Then I read the page of information that came with the medicine. The first line--and it took a full line--was simply a list of bad side effects, ending with: death.

How many doses of this medicine does it take, I wondered,to kill a little old lady like me? At once I called the doctor, who assured me that only about 2 percent of the people who took this medicine actually died. Most of them just threw up. Well, I thought, if you throw it up, how can you get any good from it? If you manage to keep it down, how many doses can you survive? Especially a small person who is also elderly, thus more susceptible to “bad side effects” than a young person,

I decided I’d not put any more of that prescribed chemical medicine into my body.

I started keeping track of how much liquid--water, soup, juice, etc--that I swallowed in a day, aiming for at least 5 cups. Then I remembered that the Native Americans in Tillamook County, Oregon where I grew up used leaves of a plant that grew in the rocky soil along the railroad track. The Natives called it kinnikinnik. My mother had called it bearberry. Minglement actually had bearberry leaves I got some, made a tea of it and took a swig. Bitter! The Indians must have stirred large gobs of honey into their kinnikinnick tea. More research turned up the same herb dried, in capsules, and under its Latin name, uva ursi (egg of bears) among Swanson’s herbs, 1-800-

437-4148. The herb is much less expensive than the pharmaceutical medicine that makes its victims vomit and sometimes kills them. uva ursi, and increasing my hydration, soon banished the infection.

Many kitchen herbs and spices kill bad bacteria and/or viruses. They improve the flavor of your foods, act as home remedies, and boost the effectiveness of your immune system. Colds and the flu can be prevented or at least mitigated with my antibacterial, antiviral solution. It doesn’t taste bad, especially when you dilute it with spice tea, green tea or just plain boiled water. I keep a jar of a tincture of this cinnamon and clove solution in my refrigerator. It’s kept me from colds and flu since 1912. Christmas of that year was the last time I had the flu. If a cold sneaks up on you and you find yourself coughing, simmer up some of this Magic Potion. You may already have the recipe, but if you’ve missed it or lost it, here’s the easy recipe again. Clip this and post it on your refrigerator door.

MAGIC POTION:
Makes about 2 cups

- 1 cinnamon stick
- 2 Tablespoons whole cloves
- 2 cups water, preferably filtered water

Bring to a boil, reduce heat, and simmer until the water turns a rich, dark brown. Cool, transfer to a pint jar, cap it and refrigerate it. The cinnamon kills bacteria. The cloves kill viruses.

If you feel a cold coming on, or have been exposed to a cold or flu, pour about ¼ cup of cinnamon & clove tincture into a mug and dilute with hot, boiled water or tea or coffee. Add lemon juice and honey to tea if desired. Sip it often.

Good health to you! Take care not to burn or scald your hand or any other part of you, but if that happens, here’s a remedy for that, too.

Burn Remedies: Aloe vera is primo for taking the hurt out of a burn. Break off a leaf from your aloe plant, if you have one, and squeeze the inner gel onto the burn. No aloe vera? Wash or soak the burned finger or hand or other part with running cold water or black tea, or green tea if that’s what’s in your teapot or cup. A used tea bag cools and heals a small burn Run cold water over the burned area while someone in the family makes tea if none is on hand. Or grab a package of frozen peas from your freezer and hold it against the burned area to take the heat out of it. Then apply aloe vera lotion. I keep a bottle of aloe vera lotion in my kitchen.

Vashon Center for the Arts Gallery presents visual portrait of racism and social injustice

The Vashon Loop, p. 9

By Juli Goetz Morser

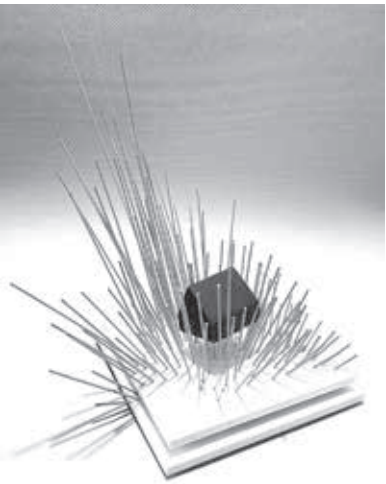
In honor of Black History Month, Vashon Center for the Arts will present “Warren Pope: Blood Lines, Red Lines,” a solo exhibition by West Seattle artist Warren Pope whose powerful work addresses the history of redlining, social injustice and the artist’s African heritage. The exhibition opens Friday, February 7th with a Meet the Artist reception from 6:00pm – 9:00pm and goes through February 29th, 2020.

It was the fall of 1955 when Pope, then age 8, first saw photographs of the disfigured remains of Emmett Till, who at age 14 was brutally lynched. The images stayed with Pope his entire life. Now, at age 72, the artist will exhibit new work dedicated to Till in his upcoming show.

“Most of my art is driven by social justice,” he said, “ but I also like to transfer beauty into the places where you look.”

That beauty emerges from his unique combination of canvas, wire, steel, banana leaves and wood in his mixed media and contemporary sculptures, while his subject matter pierces the heart. And should the art need further clarification, then the titles will remove all doubt about the artist’s vision and statement.

“One work, called ‘Recolonization,’ is a very tech piece about redlining,” he said. “‘Incarcerated in My Own Skin,’ is the name of another piece – it will steal your heart.”



The Pain of Redlining

York; Tacoma, Washington; North Carolina; Kansas; and Munich, Germany, where he was born. His mother, Ann, taught Pope about art while father John, who was in the military, taught him about his African heritage. In the show, Pope calls out to his “Blood Lines” with a series of African masks.

“I love the idea of bloodlines,” he said. “I hear people say, ‘African art is primitive,’ but I say, ‘let’s see you do it.’ It’s not primitive if you do it well. I enjoy working on a mask, trying to make it as good as an African piece.”

Pope said he receives comments, from both blacks and whites, that his work is deeply affecting. He cites an Instagram post from a young, white woman who wrote under a photo of “American Legacy,” a 60-inch carving with hands reaching out of it: “I haven’t felt this way in a

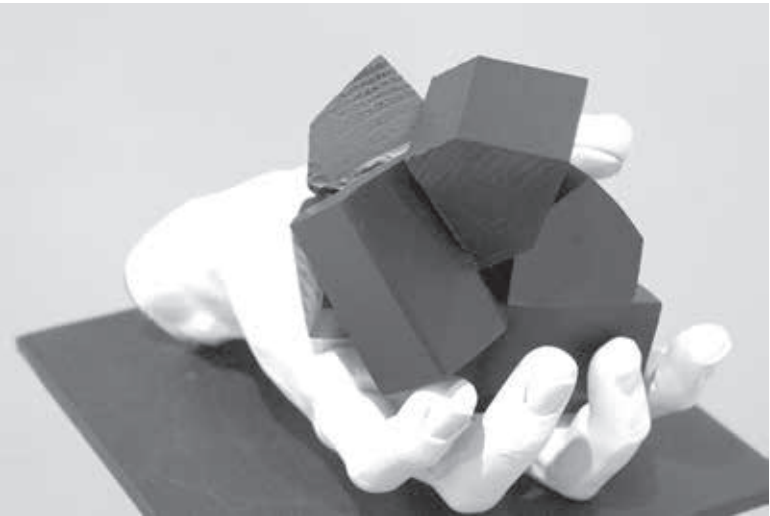
long time. It’s a must see.”

“If I can relate to a 20-year-old woman, then I know I can reach people,” he said. “At my exhibit last year, I watched a six-foot-two black man well up in tears, profoundly moved by my piece called ‘Sharecroppers.’”

Pope has lived in Seattle for more than 30 years. A self-proclaimed minimalist, a title critics have used since his first art show as a junior at the University of Puget Sound in the early 1970s, Pope has exhibited his work at exhibited his art at American Art Company and Gallery Mack. His show “Blood Lines, Time Lines, Red Lines” opened at Seattle’s Northwest African American Museum (NAAM) last summer to rave reviews and was extended an extra month due to popular demand.

While “Red Lines, Blood Lines” will not be Pope’s first showing at Vashon Center for the Arts (VCA), it will be his first solo exhibit, and will include new work plus some pieces from NAAM.

“Working with Warren Pope is a pleasure – to experience his vast amount of work, all created with such a poignant narrative,” VCA Gallery Manager Lynann Politte said. “The exhibit is a visual conversation of systemic inequities of redlining and the historical impact of slavery. The show will intrigue and inspire its audience for both new viewers and those who have followed him over the years.”



Gentrification



Cotton is King

Having witnessed the positive effects of the 1964 Civil Rights Act, the Voting Rights Act and affirmative action, Pope, who is of mixed racial heritage, said he is worried about the current, regressive landscape in this country. In response to last year’s rejection by Washington state voters to overturn a decade-long ban on affirmative action, Pope created a sculpture called “3.5.” The translucent tube holds 300 white plastic balls along with 10.5 black balls to visually represent the percentage of Washington state’s black population.

“What were they worried about? The odds are stacked against us,” he said. “We are going backwards. The chasm between white and black is growing.”

As the son of a white Czech mother and an African American father, Pope experienced a vast array of cultural and social customs while traveling with his family between Harlem, New

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Siobhan McComb is a speaker, consultant and educator for sustainable living, zero-waste principles and a plastic-free lifestyle. She is the owner of One Glass Jar, a zero-waste in-home consultancy & lifestyle blog.

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Ticket proceeds donated to the Vashon-Maury Land Trust.

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Vyacheslav “Slava” Gryaznov

The remarkable Russian pianist and composer Vyacheslav Gryaznov has performances in China, Australia, France, U.S., Russia, Poland, Ukraine, the Netherlands, Croatia, and Belgium this year. And Vashon Island!

“Slava” returns to Vashon Center for the Arts for his second engagement with us.

Vyacheslav graduated with honors both from the Central Music School of the Moscow Conservatory, and the Moscow Conservatory. He continued at the Moscow Conservatory as a post-graduate, and was on its teaching faculty. He later completed Yale University School of Music’s Artist Diploma program under Professor Boris Berman.

He is an Artist of the Moscow Philharmonic Society and is an Artist-in-Residence with The Drozdoff Society in the U.S. Recent performances include Berliner Philharmonie,



Carnegie Hall, Ehrbar Hall in Vienna, National Center for the Arts, Mexico City; soloist with the Atlantic Classical Orchestra, Moscow Philharmonic, RTÉ National Symphony Orchestra, and Dnipro Philharmonic.

Vyacheslav Gryaznov has authored more than 30 concert arrangements and in 2014 signed a publishing contract with Schott Music (Germany). In 2018, he released a CD of his

Russian Transcriptions on the Steinway & Sons label.

Vyacheslav “Slava” Gryaznov

Kay White Hall
Vashon Center for the Arts
Saturday, February 1
6:30PM Pre-concert talk |
7:30PM Concert

\$15 Youth, \$28 Members,
\$30 Seniors, \$32 Gen

Tickets at
VashonCenterForTheArts.org

David Armstrong’s Broadway Nation

Live Presents:

“In the Mood for Love”

Women have had a much greater impact on the Broadway Musical than is generally acknowledged. David Armstrong, Artistic Director Emeritus of The 5th Avenue Theatre, will share the fascinating stories, and timeless musical creations of top lyricists and composers such as Dorothy Fields, Carolyn Leigh, Betty Comden, Janine Tesouri, Lucy Simon, Cindi Lauper and more! With special guest Albert Evans, and musical performances by stars of The 5th Avenue Theatre.

Friday, February 14 |
7:30PM



David Armstrong, Courtesy photo

\$20 members, \$15 youth,
\$20 seniors, \$25 general, \$35
premium

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Pub Music

Vashon Events is really excited to be working with Cliff Goodman at the Vashon Brewing Community Pub to bring you live music at the Pub on Friday and Saturday nights!

Swing by and enjoy one of many tasty craft beers or if you can’t decide which one to order... try a flight of tasters! The Pub also has Palouse wine, Kombucha, Cider and organic root beer available. You’ll also find some tasty pub bites to nibble on.

For your live entertainment, on Friday, January 31st, we bring you Gus Reeves!

Gus Reeves is a songwriter and singer specializing in a decidedly soulful brand of Americana. He has been creating and performing for over twenty years and was honored by the Illinois Arts Council with an Artist Fellowship Award. He does music composition, lyric writing, and remote vocal work for clients around the world.



A few of his influences are Hank Williams, Bob Dylan, Joni Mitchell, CSNY, Taj Mahal, Otis Redding, and Aretha Franklin. He lives and works on Vashon Island, WA.

Greg Blake and Real County House Concert

Having the privilege of traveling and performing with several different musicians, young and old, near and far, famous and yet to be discovered, Blake has found a stellar group of young musicians that have the same interest in and passion for preserving, promoting and performing an interesting marriage of musical genres. Greg, Nico, Miles and Isaac will be seen at any given time, traveling literally around the world performing a 45-50 minute set of blistering and/or mournful traditional bluegrass, and then turn around and dawn a Telecaster, sit down at the pedal steel and deliver an hour long set of Cash, Haggard, Jones and Buck Owens classic country music that will bring back memories of AM radio and Saturday night dances.

Whether its traditional bluegrass or classic country, either performance will be marked by superb artisanship on whichever instrument and a distinct, authentic voice that, although smooth and mellow,



will pierce through the crowd and into your heart and down to your feet. After you’ve heard no more than three songs, you’ll probably agree with those who write the reviews as well as the person standing or sitting next to you in the audience and say “Now, THAT is real country!”

Greg Blake returns!
Suggested donation \$20.

Friday, February 7th, 6pm
Potluck, 7pm Music starts.
15326 115 ave. SW.

Have a Story or Article

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Mike Veseth - Around the World in Eighty Wines

Mike Veseth is editor of the award-winning The Wine Economist blog and author of four books on wine over the last decade: Wine Wars; Extreme Wine; Money, Taste & Wine; It’s Complicated; and most recently, Around the World in Eighty Wines. By profession, he is a political economist, and is professor emeritus of international political economy at the University of Puget Sound. His writings on wine and globalization have been widely praised, and he is a sought-after speaker at wine industry meetings around the world. Inspired by Jules Verne, he takes us on a mad global dash, collecting wines and their stories, not just to find the best wines, but to understand what they mean and why they are important to us. The lecture will be followed by a wine tasting hosted by Vashon wineries.



Mike Veseth, Courtesy photo

Sunday, February 2, 4:00pm
Tickets: \$10 in advance, \$15 at the door | \$5 for youth
Following the lecture, join us for a wine tasting with Palouse Winery, Pollard Per Se, Alli Lanphear Vineyard

& Winery, and Precept Winery.
TICKETS:
VashonCenterForTheArts.org

Love Me or Leave Me

What happens when a letter crafted uniquely for one reader is put on stage for all to see? Intimate thoughts laid bare, intended for one, are held up for us like a mirror, making us reflect on our own hearts, lives, desires, and times.

Letters Aloud’s “LOVE ME OR LEAVE ME”—letters of longing, loving, and leaving” is by turns steamy, lustful, and sweet. Through these real letters by real people read by great actors from Seattle and Vashon Island, we get a provocative look at the true meaning and nature of love.

Vashon actors reading letters will include: Bruce Morser, Anthony Winkler, Amy Broomhall, Martha Enson, Kevin Joyce, Maria Glanz, Mik Kuhlman, and Darragh Kennan.

Take a trip from the romantically sublime to the pathetically ridiculous! From awkward courtship to horrible breakups to loves of a lifetime and lifetimes of love, we’ve got it all from the likes of Mark Twain, Frida Kahlo, Charles Bukowski, George Carlin, Virginia Woolf, Napoleon Bonaparte,



Mik Kuhlman

and a sweet kid named Trevor. Reality TV’s got nothing on us!
Saturday, February 15th at 7:30pm
\$10 Student, \$16 Member, \$18 Senior, \$20 General

Shakespeare and the Alchemy of Gender

Internationally renowned actor Lisa Wolpe has arguably played more of the Bard’s male roles than any woman in history. From cross-gender exploration to the unforgettable story of her life, Lisa triumphantly illustrates that Shakespeare’s insight into the human condition is as relevant as ever.

Finding celebration and solace in the words and enchanting power of Shakespeare, Wolpe explores the courageous, often tragic, always fascinating history of her troubled family-weaving in glorious passages from Hamlet, The Merchant of Venice, The Winter’s Tale, Twelfth Night, Richard III, and Romeo and Juliet. Wolpe’s own story wreaks havoc on the heart as the catastrophic circumstances of her family history would be too much to bear if not for the liberation and catharsis that this valiant performer discovers (and the audience shares) in the telling of it. Wolpe offers a unique celebration of the power of the eloquence of Shakespeare to build empathy and understanding in a world where the unspeakable seems to happen again and again.

Sunday February 9th at 7:30pm



Lisa Wolpe -Courtesy

\$10 Student, \$20 Member, \$22 Senior, \$25 General
TICKETS:
VashonCenterForTheArts.org



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Bo's Pick of the Week:
Pouting because his chief human, Jenny, has flown south for the winter.



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