

Day of Remembrance Open House at Mukai Farm & Garden



Mukai Farm & Garden is hosting "Day of Remembrance Open House" at Mukai Farm & Garden, Saturday, February 15, 2020, 1 p.m. to 4 p.m., 18017 107th Ave SW, Vashon

Join us on Saturday, February 15th for the Day of Remembrance Open House.

The Day of Remembrance marks the signing of Executive Order 9066, which authorized the incarceration of over 120,000 Japanese and Americans of Japanese ancestry living on the West Coast during WWII. 121 of those were from Vashon-Maury Island.

Continued on Page 5

Salish Sea Soiree - An Evening to Benefit Vashon Wilderness Program

Islanders can look forward to the Salish Sea Soiree - An Evening to Benefit the Vashon Wilderness Program from 5pm-9pm on Saturday, March 7th, at Camp Sealth - the non-profit's 400 acre outdoor classroom of the past 13 years.

Guests will celebrate the 4,500 people of all ages who have benefited from VWP's transformative deep nature connection mentoring programs and community events, and proceeds will ensure VWP can expand to meet the demand for their programs and services, including providing scholarships to those in need.

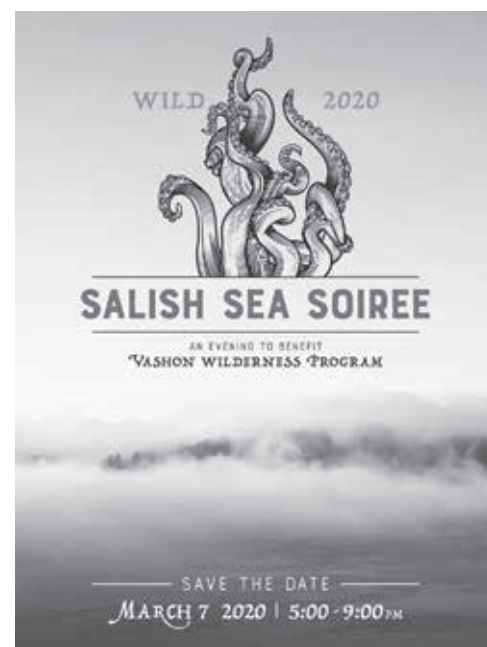
Vashon Wilderness Program is on a mission to ensure a deep connection between humans and the natural world. "We carefully tend relationships with ourselves, each other, and nature based on peace, compassion, reverence, and reciprocity," says VWP's Executive Director Stacey Hinden. "All our programs honor Nature as Teacher and Healer. We help our students fall in love with the Earth so that they will protect it!"

Research has shown that spending time in nature improves health and well-being, including increased cognitive, social-emotional, and physical health. Combined with VWP's cultural practices of gratitude, peacemaking, compassionate communication/conflict resolution, inquiry-based learning, and nature-based community-building skills, youth also develop leadership qualities that will prepare them for an uncertain future.

This year's theme - Salish Sea Soiree - is inspired by our vital relationship with the waters and sea creatures surrounding our Island home. Everyone is invited to enjoy an evening VWP style - full of warmth, connection, and a healthy dose of play!

Guests can look forward to foraged and farmed delectables artfully prepared by Chef Chris Koerber of Earthen; delicious drinks crafted from Vashon's own forest and herb gardens; and scrumptious desserts at the Sweet Treat Trot prepared by professional and volunteer bakers with the sea theme in mind!

Hosted by the warm and witty Marth Enson, the Salish Sea Soiree will help



ensure VWP's legacy of never turning any family away. Guests will have an opportunity to "Raise a Fin" and donate to VWP's Scholarship Fund, which has awarded more than \$207,000 in tuition aid to over 34% of their students.

Be sure to bid at the Silent Auction tables, full of nature-inspired items and experiences to help you connect more deeply with yourself, the community, and nature. There's a one-of-a-kind evening among the stars in a tree-top woven net overlooking Mt. Rainier; a custom Beyond the Bay Kayak Tour for 6 by Vashon Adventures; an Italian Wine Tasting Party replete with land maps and rich stories by local officanado Chris Zimmerman; and dozens of other special items for adults and kids including art, clothing, wildcrafted herbals, massages and bodywork, and so much more. Of priceless value will be Earth Candles lovingly prepared with the small hands of VWP's youngest students (ages 4-6).

Everyone is encouraged to dress up in aquatic attire: A Squid skirt? A Jellyfish jumper? A Goeduck Gown? Let your imagination run wild!

Ample parking is available at Camp Sealth and shuttle service will be available on site to drive guests to and from the event hall at the waterfront.

Tickets are \$65 per person/\$650 per table (early bird price through Feb 7th); \$75 per person/\$750 per table. Admission includes appetizers, a complimentary alcoholic beverage and dinner. Tickets are available online at vashonwilderness.org

VWP (a 501c3 non-profit) provides transformative nature immersion programs and seasonal celebrations for people for all ages from Vashon and surrounding Puget Sound communities. Their approach to deep nature connection, called Coyote Mentoring, has been touted by award-winning author Richard Louv as "... good medicine for nature deficit disorder."

The Road to Resilience Voluntary Simplicity

This column features a guest writer, Scott Durkee:

There have been many environmental movements in America's past. From Amos Alcott's Fruitlands community in the 1840's to the Back-to-the-Land movement in the 1960's, Americans have been searching for ways to escape our modern, mechanized, consumer-oriented society. With differing philosophies and methodologies, adherents have pursued the elusive goal of changing our society's direction and of slowing progress toward a dubious future.

A little over 100 years after the Fruitlands experiment, a contingent of idealistic American youth decided to eschew the materialistic values of their society and to move back to the land, to grow their own food, to take responsibility for their own existence and to create a new paradigm for the future; a utopian society.

Little did they know how hard it is to grow and process vegetables - never mind wheat! A few diehards stuck with it and raised their children with the values and lifestyle they believed in, but most moved back into the city and picked up where they left off, humbled but wiser for the experience.

Another movement arose the early 1980's, sparked by a book written by Duane Elgin titled "Voluntary Simplicity." The forward, written by Ram Dass, describes more than just the fundamental tenets of Voluntary Simplicity. Dass writes:

"The exploration of new ways of living that support new ways of being is a

By Terry Sullivan,

movement that arises from the awakening of compassion - the dawning realization that the fate of the individual is intimately connected with the fate of the whole."

Though Dass is correct and has an insight that many do not, the more basic philosophy of this movement is that, by simplifying our lives, by consuming less and relying more on our own skills and local community, we will not only be happier and less stressed, but will also have a smaller impact on our local environment and on the planet.

I graduated from a small college in Maine that was focused on how humans relate to and effect our local environment and also the Earth. It was at the College of the Atlantic that I first took a course called "Voluntary Simplicity."

Since that time (I graduated in 1984) I have been practicing some level of simplicity in my own life. I guess I would say that it's voluntary, but honestly, I couldn't imagine living a different kind of lifestyle. Since I was a child, I've fantasied about being "self-sufficient," of not needing anyone or anything to survive and thrive (I loved the book 'My side of the mountain'). Of course, those were the dreams of a child and were far from realistic. But living a simple life with simple needs and few wants is not only realistic, but both compelling and rewarding.

Since I graduated, I've been acquiring skills that have helped me to satisfy many of my basic needs. After I bought my land on Maury, I designed my house and built it

Continued on Page 7



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

Windermere
REAL ESTATE

The island home experts



New Listing!

MANZANITA WATERFRONT - Private, west-facing home on 75' medium bank, sandy waterfront. Stunning views, new septic system & great bulkhead --- a rare place!

#1560712 \$699,000



New Listing!

VASHON TOWN CONDO - Enjoy the ease of condo living in this 2 bdrm/1.5 bath unit w/ many updated features. HOA includes most utilities and building maintenance.

#1563119 \$369,000



GOLD BEACH HOME - Enjoy expansive views from this 2,980 sq. ft home with 2 kitchens, detached 2-car garage and separate, heated 200 sq. ft. studio/storage.

#1513190 \$642,000



PENDING!

DOCKTON VIEW HOME - Turnkey one-level home with Quartermaster views, extra kitchen, bonus room and unfinished basement with shop. Across from marina!

#1558992 \$565,000



PENDING!

NW CONTEMPORARY - Turnkey home with a profusion of recent upgrades. Fenced 2 acres with a panorama of park-like, mature gardens & orchard. Close to parks.

#1557329 \$695,000



PENDING!

STUNNING DOCKTON HOME - Gorgeous 3,490 sq. ft. custom home with meticulous interiors, stunning views, professionally designed gardens and more!

#1549188 \$1,100,000

WRE Vashon-Maury Island, LLC

www.windermerevashon.com

17429 Vashon Hwy SW

206-463-9148



IN AND OUT
Queer Film Series
presents

SHOWING

FRIDAY
February 14
1pm

LOCATION

Vashon Senior Center



for more information visit
vashonheragemuseum.org
vashonseniorcenter.org
vashonpride.com

Advertise in the Loop!

It's a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out February 13

Playing Through
February 2
1917



Coming Soon

Best of the Seattle Comedy
Competition
Playing February 14 @ 7:30 pm

Knives Out!
Playing February 16 & 17

Bolshoi Ballet: Giselle
Playing February 16 @ 1:00 pm

National Theatre Live:
ALL MY SONS - Playing February 23
@ 1:00 pm

Met Opera: Agrippina
Playing February 29 @ 10:00 am

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

For show times and info check
www.vashontheatre.com

The Vashon Loop

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

Original art, comics, cartoons:
Ed Frohning

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

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

Published every other week
by Sallen Group
Vashon Loop, Vol. XVII, #4
©February 13, 2020

Loop Disclaimer

Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers. We reserve the right to edit or not even print stuff.

Make a date with Vashon!
www.VashonCalendar.com

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

Get in The Loop

Submissions to the Loop

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

Marijuana Anonymous

12 Step Meeting
Has marijuana become a problem for you or a loved one?
Join us Starting October 1st.
Every Tuesday 7-8 PM
Vashon Lutheran Church,
18623 Vashon Hwy SW

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

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

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

Find us on Skype
Vashon Loop
206-925-3837

Loose Change
R&B Band

Loose Change is now booking for your summer parties.
We have dates available
Call Troy @ 206-794-9451

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, 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.

Community Song Bath

Vashon’s Threshold Singers will share soothing bedside songs with the island. Come relax in a zero-gravity chair and listen to the group’s calming a cappella harmonies. Great way to reduce stress and the winter blahs.
Friday, Feb 28 from 6:00 to 7:00 PM at
Gather (old Heron’s Nest), 17600 Vashon Hwy
Questions? Call Barb at 206-567-5264.

Vashon Elders seeks volunteers

Monday, March 9, Vashon Elders and the Alzheimer’s Association present “The Ten Warning Signs of Alzheimer’s.” The free education program begins at 10:30 am, Vashon Library Conference/Meeting Room. Free and open to the public, presentation will cover the difference between Alzheimer’s and dementia, the importance of early detection, how to approach someone with memory concerns, the diagnostic process and resources available to with time for Q&A. Refreshments provided.

Vashon Elders

Arts, Activities & Respite Program

TRASH TALK

Fashion can be a fun form of self-expression, but did you know the fashion industry is a huge contributor to pollution, global warming and resource waste? Reduce the amount of clothing you buy by asking yourself – Do I really need that? Reuse and Recycle by taking clothing you no longer want to a consignment shop or Granny’s -and shopping for a new outfit while you’re there!

ZERO WASTE VASHON

www.zerowastevashon.org

Next Edition of The Loop Comes out Thursday February 27

Deadline for the next edition of *The Loop*
Saturday, February 22

Vanese Bomber

Vanese Bomber passed away peacefully at Swedish Hospital, surrounded by her family, on Friday afternoon, January 31, after a long fight with pancreatic cancer.

Her mother, Mary Bomber, said of Vanese, “She had a smile for everyone. She loved her friends and family, and her love for her children knew no bounds.”

Many of the people who grew up with Vanese on the island knew her as Tink, or Tinker. She got the nickname from her late brother Clay. As a child when Clay saw the pixie Tinker Bell in the movie “Peter Pan,” he came home and began to call his little sister Tinker Bell. The nickname stuck.

In adulthood she decided to go by her name, Vanese, and don’t you forget it, but for many people she was always Tinker or Tink.

She leaves her mother, Mary, her daughter, McKenzie, and her son, Aaron. Her father Phil and her brother Clay passed



on before her.

She also leaves dozens of friends and other family members who love and miss her, people who either grew up with her or knew her through work, volunteering at the Food Bank and elsewhere, or Facebook, or who were in some way illuminated by the light she was.

Deeply missed by her mom, and all who knew her.

Vashon Island Dog Classic Call For Artist

The 2020 Vashon Sheepdog Classic is running June 11 through Sunday June 14, 2019 at Misty Isle Farms on Vashon Island, WA. Artists are invited to participate in two different art shows celebrating this eclectic Vashon Event. Take your inspiration from the dogs, the sheep, the Misty Isle Field or the fun had by many. Art shows will May 1 - June 26. Deadline for submissions is April 21, 2020.

SHOW #1: Mixed media & photography show at Puget Sound Community Credit Union (PSCCU). With People’s Choice contest.

SHOW #2: Design a “Shep” - artists are invited to design a wood cut out of our beloved border collie mascot. Art show at Our Community Credit Union (OCCU).

Submit your artwork using the downloadable form at <https://www.vashonsheepdogclassic.com/call-for-artists.html>
Contact vashonsheepdogclassic@yahoo.com with questions.

Founded in 2009, 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

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.

Law Offices of
Jon W. Knudson
Parker Plaza * P.O. Box 229
Bankruptcy -- Family Law
463-6711
www.lawofficesjonwknudson.com

If You Shoot It, You Eat It

By Sean Malone and John Sweetman

Papa Jim told us kids: “Never shoot anything unless you are going to eat it.” John told me his Grandfather directed him to follow the same rule.

He told a story of how this admonition sometimes came out in less than pleasant results. He had been pestering his grandfather for years to let him shoot the ‘big’ gun. The ‘big’ gun was a model 1895 Winchester calibre .405. The gun was called by the family ‘the Teddy Roosevelt’ gun, although only later was it realized that the gun was never owned by ‘Teddy’ but only one that was just like one that he had. John still has the gun.

His grandfather had actually met Teddy Roosevelt at some time, which may have contributed to the false family story.

The gun was a big one and had a shell the size of one of his Grandfather’s favourite cuban cigars. John had been itching to fire it off since he was old enough to observe the temptation of it hanging above the old radio set that brought adventure stories of “manly tales” that turned out to be mostly not true.

Big game hunting trophies were hung around the island place and the floors had four or five bear rugs from remote places in Alaska, as well as mountain goat heads and other game trophies, including stuffed birds.

John’s grandfather was a big game hunter and an early member of the Seattle club. What game he shot, and it was a lot, it was all brought back to Bainbridge to be stored in an outside, commercial style freezer/ cooler . Nothing was wasted. He remembers his mother abhorring smoked..‘blood’ sausage, among other things even less palatable.. and some things best forgotten.

The rule of.. ‘if you shoot it, you eat it’ saved countless innocent squirrels and birds from the underpowered aims of a worn out .22 short and an even more ineffective bb gun that was also worn out.

So eventually John persuaded his grandfather to let him shoot the “Teddy” gun off the deck at their Marrowstone Island summer property. John’s grandfather.. (He was called “Grumpy” by the kids) reluctantly agreed to a shot off the deck high above the beach at ‘scow’ bay. The target was the bow of an old partially sunken rowboat in the mudflats between Marrowstone and Indian Islands.

John braced the gun up on the log railing. He was skinny and weighed about 90 pounds at the time..

The gun was heavy and had only blade sights and although John was warned about a large recoil, being only familiar with worn out .22’s and bb guns he was supremely overconfident.

So taking aim at the protruding bow of the mud bound boat he proceeded to rest the great gun and fire. The results, as he tells it, were spectacular and not entirely unexpected by his Grandfather who swiftly caught the rifle as it flew up and John tumbled backward making some noise about his wounded shoulder..

A few moments of painful sniveling resulted and John’s Grandfather, after looking through binoculars .. stated.. ‘Well, go pick up your bird’ .. bring it back and clean it.

As it turned out .. some how John had either shot a mudhen.. or a coot.. or possibly just shocked one to death by the passage of a massive bullet.. He claims that it was either the luckiest shot of his life, or maybe the most unlucky ..(lucky .)’. shot of his life.. since he was directed to go down the steep path to the beach , get the bird , clean it, cook it and eat it. He



said it tasted like a combination of rotted seaweed and old dead clams and he has hated bird-hunting ever since.

On the other hand, John and I loved to hunt, even if it was only a BB gun and we weren’t allowed to shoot the little birds. We hunted each other, wearing cardboard armor, which our Mothers soon put the kibosh on. Nobody put an eye out, but we are both wearing bifocals today. We bicycled up to the garbage dump and hunted rats which were plentiful, but hard to hit, since they moved so fast. Rats were the exception to the rule: “If you shoot it, you eat it”. In truth, we would bring back a string of “dead rats” and toss them out for the dogs. The dogs disdained our generous offering and hauled the rats into the bushes for the crows to eat. This was an early lesson in the importance of the food chain.

The beach was a resource for food or gifts that were born in with the tide. You didn’t need a gun, just a bucket and a shovel.

Grandma Ada was way down the Tramp Harbor beach when she yelled: “Quickly, bring a shovel; I can’t hang on much longer.” She was sixty years old and lying on her side on the wet sand with her hands wrapped around the neck of a giant geoduck and they can pull something terrible as they use their one foot to dig away from a dangerous grandma who had a hold of the neck. We ran down the beach, shovels in hand, as speed was of the essence. The geoduck’s neck could be six feet long and we had to dig fast and hard as Grandma Ada was yelling at Mike and I,..“hurry up,” as she was having trouble hanging on to the large clam that could be as old as 75 years. The tide was rising endangering the hole, the sides were caving in, when Mike yelled that he could feel the shell and the clam came free. Geoducks were prized for their meat and could run 4 or 5 pounds apiece.

I’m thinking of old hunting stories that were mysterious at the time. When we lived in the old Robinson place on Beall Road, there was a large field just south of the green houses and that’s where we hunted. I remember something odd about the “No Hunting” signs on the four foot post; they had to be 25 feet inside your property line. The old guys just laughed and hung their “no hunting signs” on the fence.

Anyhow, Boots, our Springer Spaniel, was hot on the trail of a Chinese Pheasant; back and forth, but straight for the woods, which is where the property line was, and we couldn’t hunt on the other side. Boots couldn’t read signs very well and she wouldn’t come back to her call; she was trying to catch up with the bird and, quick as a flash, she’s under the fence and off she goes, in hot pursuit. Dad was getting red in the face, mad as a wet hen and calling the dog and old Boots won’t come.

Oh, she came home eventually with a magnificent Chinese pheasant in her mouth; we couldn’t get her to tell us what really happened and we only lived a quarter mile away.

Spiritual Smart Aleck

By Mary Tuel

Republican America

“Stop being Democratic or Republican. Be honest, have morals, show empathy, value integrity. Be a GOOD HUMAN.”

That little meme came around on Facebook this week. It seemed like good advice, so I offer it here.

The President was acquitted by the Senate in an impeachment trial that wasn’t a trial. We all knew that his acquittal by the Senate was a foregone conclusion.

Before the trial, he said that anyone who opposed him would end up with their heads on pikes.

Shades of Henry VIII. I suppose we should be grateful that he hasn’t cut off the heads of the wives and other people who have lost his favor.

As many Americans are grieving the end of our democracy, the rule of law, and our constitution, Republicans are shouting about how Democrats are responsible for those things. You know, like those preachers and politicians who scream and holler about the evils of homosexuality and then get caught soliciting boys in public bathrooms. I grow weary of people complaining about other people committing the sins of which they are guilty, truly I do, although it is the best way to keep track of what they are up to.

Many people are celebrating a victory for Making America Great Again, which is code for Making America White Again.

Not that America ever was white. It has been ruled by white Western European males since the 1700s – check out those paintings of the founding fathers - but when Europeans arrived, the Americas were populated by millions of indigenous people whose ancestors had been here for tens, if not hundreds, of thousands of years. They had cultures, customs, cities, languages, laws, agriculture, trade routes, wars, spiritual beliefs and practices.

All that and most of those people were virtually wiped out by 1900.

African slaves were brought to Central and South America in the sixteenth century, and then North America. Slaves were bought and sold and bred like cattle.

Up until 1860 Africans and their descendants numbered about one-fifth of the population in the US census. In the 1860 census the US began to count American Indians, Eskimos, Aleuts, Asian and Pacific Islanders, and



Hispanics of all races - people who were here all the time but were not counted.

When the Irish, the Greeks, the Italians, and Eastern Europeans arrived, they were not considered properly white. Jews? Hah.

America has never been white. It has been ruled by western European white men ever since they could grab the power, true. I believe this whole “making America white again” means a hysterical grab for power by people who feel they are being robbed of their white European birthright. Just guessing.

A little over half the country is certain we are seeing the death throes of this republic and what it stood for. All the high ideals we were taught about freedom and liberty and rights and patriotism and us being the good guys seem to be going by the wayside. Now we’re living George Orwell’s vision: “Lies are truth, wrong is right, up is down, day is night.”

Forget the comparisons with Nazi Germany. We are Republican America, with a new madman at the helm, Henry the VIII with a Twitter account and the certain knowledge that he answers to no one, at least in this country. His followers cheer because for some reason they don’t see the world of hurt that’s building.

For some of us our nation’s best hope is to vote him out this November. That’s tough when the Democrats seem as organized as a herd of cats on the back of a flatbed truck, but still – vote.

It couldn’t be easier here in King County – the ballot comes to your house with a postage paid return envelope. Follow the directions and send it off. Get registered now if you are not registered.

How to register or make sure you are registered: google King County Elections, and that will be the first thing that comes up. Go to the site and follow the instructions. They tell you several ways you can register, online, by mail, and in person.

If you are not a computer person, go to the library and ask for help.

We can expect outside interference, prevention of people voting, the “loss” of votes, and plain old dirty tricks. Voting might not matter in the end, but we must act as if it does, and hope it does.

I hope I live to see the reunification of our country. That’s what I think would make America great.

Because, yoo hoo: climate change. Again, the planet will survive. It’s our children and grandchildren for whom we need to work and fight. Sitting around snarling at each other like we’re doing now, we lose track of what’s important.

Next Edition
of *The Loop*
Comes out
Thursday
February 27

Deadline for the next
edition of *The Loop* is
Saturday, February 22

Local News
www.vashonNews.com

Local & Regional Headlines
Weather forecasts
All the Vashon Headlines
in one place from anywhere
on any mobile device!

Compost the Loop

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

Island Epicure



By Marj Watkins

A Chocolate Valentine

Nothing says, “I love you,” like something chocolate. It tastes good. Eating it makes you feel good. Chocolate may even lengthen your lifespan to its full allotment. For sure, it will enhance your and your true love’s joy in the living of it.

One Valentines day, my grandson James, made a chocolate Valentine pizza. He melted milk chocolate, spread it about ½ inch thick in a wax paper lined heart-shaped cake pan and decorated it with red hots, silver sprinkles, and coconut shreds. James grew up and moved to the mainland long since, but he has the heart-shaped pie pan. Perhaps he’ll make his roommate a chocolate valentine. (I would use bittersweet chocolate to cut back on sugar.)

A special dessert with less sugar in it is this gluten-free Chocolate Angelfood Cake from my small cookbook Wholegrain and Gluten Free, available at the Minglement. This cake makes a good base for slightly thawed frozen strawberries. Add whipped cream and you have a delightful, delicious version of strawberry shortcake.

Chocolate Angelfood Cake
Preheat oven to 350 degrees
Makes 8 servings

Sift:
3/8 cup brown rice flour
6 Tablespoons coconut sugar or Splenda®
2 Tablespoons unsweetened cocoa
¼ teaspoon salt

Beat until foamy:
6 egg whites at room temperature (save the yolks for a custard)
Beat in and beat to stiff peaks:
1 tablespoon cream of tartar
dash salt

Fold dry ingredients into egg whites, one-third at a time. Transfer batter to ungreased 5x9-inch loaf pan. (If the pan has any grease on its sides, the cake will not rise.) It’s okay to grease only the bottom. If you have no tube pan, the chocolate valentine can be baked in a loaf pan.

Bake 45 minutes, until a toothpick inserted at center comes out clean.

Cool upside down on a rack for 1 hour, until cake is quite thoroughly cooled. With a thin knife, cut the sides of the cake loose from the pan. Decant. Slice with an angel cake slicer or with two forks held back to back. Serve with fresh or partly thawed frozen berries and spray-on whipped cream.

Note: To save egg yolks, place them in a small glass jar. Cover them with a thin layer of water to keep a tough skin from forming. Cap jar. Refrigerate. Use within four days. Make custard, or incorporate into scrambled eggs or an omelet for a family breakfast.

They don’t call it Valentine’s Day in Syria. They call it The Day OF Love.

Today I stopped by Mustafa’s Syrian Kitchen Food Truck, parked by Kush, for a quick lunch to go. I got a Chicken Shwarma sandwich and a Kabob sandwich, one for me and one for Rich. Oh. My. Goodness. They were good! Rich and I each shared our sandwiches with the other, so I got to taste both. I highly recommend stopping by for lunch on your way home from church--or wherever you are about lunch time on Saturday or Sunday--and tasting for yourself.

We got to talking about special foods and about what they might sell from the truck in the future.

“What about something special for Valentine’s Day?” I asked. Do you have any special foods you might prepare for someone you especially love? Do you have anything like Valentine’s Day?”

“We have the Day of Love,” I was told. “No we don’t have any special foods, we just give chocolate and flowers.” (Same as in America!)

We started brainstorming. What might they make for next weekend that paid tribute to Valentine’s Day? Something with chocolate? Something



Mustafa in truck

red? Jamila showed me a photo of some Syrian Pastries she can add chocolate to. Oh Yes!

Then she reminded me of a beet and yogurt dish she served me once, which I liked very much. She said she would make it for next weekend. Healthy AND Yummy! Here is her recipe:

- 3 cups boiled sliced beets
- Mix with:
- 1 Cup Tahini (sesame butter)
- 2 cloves of garlic (smashed)
- 1/4 Cup Lemon Juice
- 1 tsp salt
- 2 Cups yogurt

Jamila says her dream is to make enough money not only to support her own family, but also to help people who have been injured in war.



Day of Remembrance Film Screening at Vashon High School Theatre

Mukai Farm & Garden invites you to join us on Tuesday, March 3rd for the Day of Remembrance film screening.

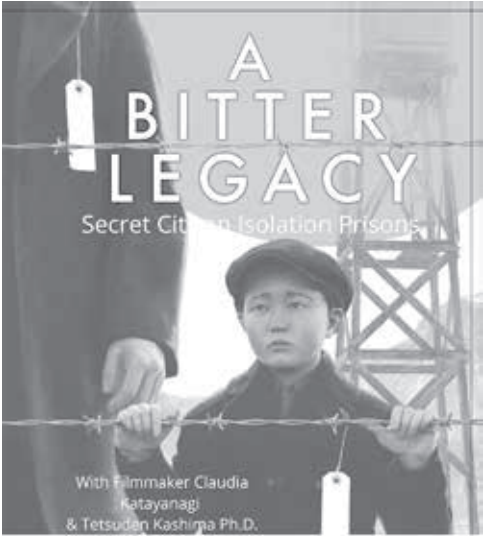
Seventy-eight years ago, on February 19th, Executive Order 9066 was signed which resulted in the forced incarceration of over 120,000 Japanese and Japanese Americans, 121 of whom were from Vashon-Maury island.

The award-winning documentary “A Bitter Legacy,” tells a part of the World War II incarceration of Japanese and Japanese Americans that most of us have never heard, a secret hidden within the larger secret of mass incarceration of Japanese heritage people. Many of us know that immediately after the bombing of Pearl Harbor, the military rounded up almost all Japanese persons on the West Coast, others from across the country, and from beyond our national borders. Very few know about the secret Citizen Isolation Camps established in 1943.

These special camps held people the military considered the worst threats to the U.S., simply because they challenged illegal actions taken against them, regardless of citizenship status. Objecting in the smallest way could merit imprisonment and gross mistreatment in what we now call “Black Sites.” And unfortunately, the same story is retelling itself today.

Following the film, Director Claudia Katayanagi and Professor Tetsuden Kashima will lead a discussion and answer questions about this documentary.

Join us to learn more and reflect on this critical and tragic history.



Day of Remembrance Film Screening
“A Bitter Legacy”
Tuesday, March 3, 2020, 6PM
@ Vashon High School Theatre
(9600 SW 204th St, Vashon, WA)
Free Admission

Local Weather
www.vashonweather.com
Local Rain Totals
Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

Day of Remembrance Open House at Mukai Farm & Garden

Continued from Page 1

Today, 78 years after, we are seeing history repeat itself with the unjust detention and racist treatment of immigrants in our country.

We are hosting a Tsuru (crane) Folding table to contribute to the Tsuru for Soidarity action (<http://tsuruforsolidarity.org>). Origami paper cranes (tsuru) have long been a symbol of hope and compassion in Japanese culture. The Tsuru that we fold will be sent to the Tsuru for Solidarity to be included in its National Pilgrimage to Close the Camps in Washington D.C. this June.

Mukai Farm & Garden celebrates Vashon’s Japanese American and agricultural heritage. The Joy and Heartache Exhibit’s history panels are now permanently displayed in the Mukai house. The garden designed and installed by Kuni Mukai around 1930’s is now restored and is being enjoyed by many visitors.

Come to learn the history and fold cranes with us!

Open House is on Saturday, February 15th, 1:00 – 4:00 pm. All are welcome!

Georgie Needs a Home

I’m a charming young Siamese cat, and I live up to our breed’s reputation as intelligent and beautiful. My ideal home would be a quiet one with adults. I want to exchange lots of affection and conversation with my new people. Can’t you just imagine me sitting next to you, looking up with my big blue eyes and telling you about my day? I can! Meow, meow, meow!



Go To www.vipp.org

To view adoptable Cats and Dogs

Groundhog Day Film Showing & Discussion

Join the Puget Sound Zen Center for a showing of the 1993 comedy Groundhog Day starring Bill Murray. There will be free admission, free popcorn, free soda and a lively exchange afterwards. Sunday, Feb. 23rd at 2:30 at the Land Trust Building.

Murray plays Phil, an egotistical, sarcastic weatherman who is caught in the nightmare of waking up to the very same day, day after day after day. Described by the film's director as "Buddhish", the story shows the character eventually accepting his ego's inability to control life while still finding in each day's repetition the ability to change himself.

As the old Zen saying goes, "Every breath, new chances."

Some thoughts about Buddhism and Groundhog Day:

"All of us are stuck in our own personal Groundhog Days, endlessly repeating the same patterns, always asking ourselves, 'Is this all there is?' It seems that it takes a lot of repetitions to begin to wear down our egos, to convince us finally that our dream of endless novelty and permanent gratification is never, ever going to come true. We cling to that dream with such tenacity because, like Phil, we believe that we are that ego and that without those dreams life would be unbearable."

Lynn and Tom Davis Genelli, Death



at the Movies: Hollywood's Guide to the Hereafter

"This film parallels Buddhist practice. In a training temple, the wake-up bell rings the same time every day. You go to the same place, wear the same clothes, and follow the same routine, and yet each moment is unique. Not distracted by your desire for changed conditions, you can live each moment not knowing what it will bring, seeing the familiar landscape with new eyes." - Dairyu Michael Wenger Sensei

"The life of one day is enough to rejoice. Even though you live for just one day, if you can be awakened, that one day is vastly superior to one endless life of sleep...If this day in the lifetime of a hundred years is lost, will you ever touch it with your hands again?" - Zen Master Dogen

ALICE A fevered dream trip down a Northwest Rabbit Hole

In February, VALISE Gallery presents ALICE. Welcome to Alice's world. She has taken the rabbit hole into the Great Northwest, and found herself surrounded by mushrooms and color. This fevered dream trip is brought to VALISE Gallery by artists Rachel LordKenaga, Lenard Yen, and Janna Cuneo. LordKenaga and Cuneo collaborated on an innovative installation of textile mushrooms that is surrounded by LordKenaga reimagined paintings of Alice and her world. Lenard Yen shows wildly colorful psychedelic paintings. Janna Cuneo, a Seattle artist, adds to the wonderland adventure with her sculptures. Both Rachel and Lenard are longtime Vashon artists and members

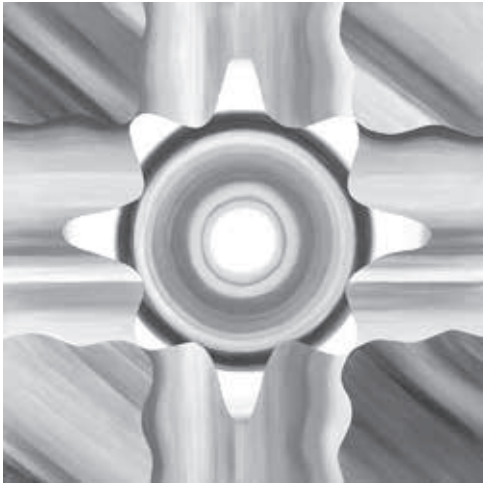


Rachel LordKenaga

and activist bent. The gallery is dedicated to presenting subjects and media that are daring and unexpected. We want to



LordKenaga & Cuneo

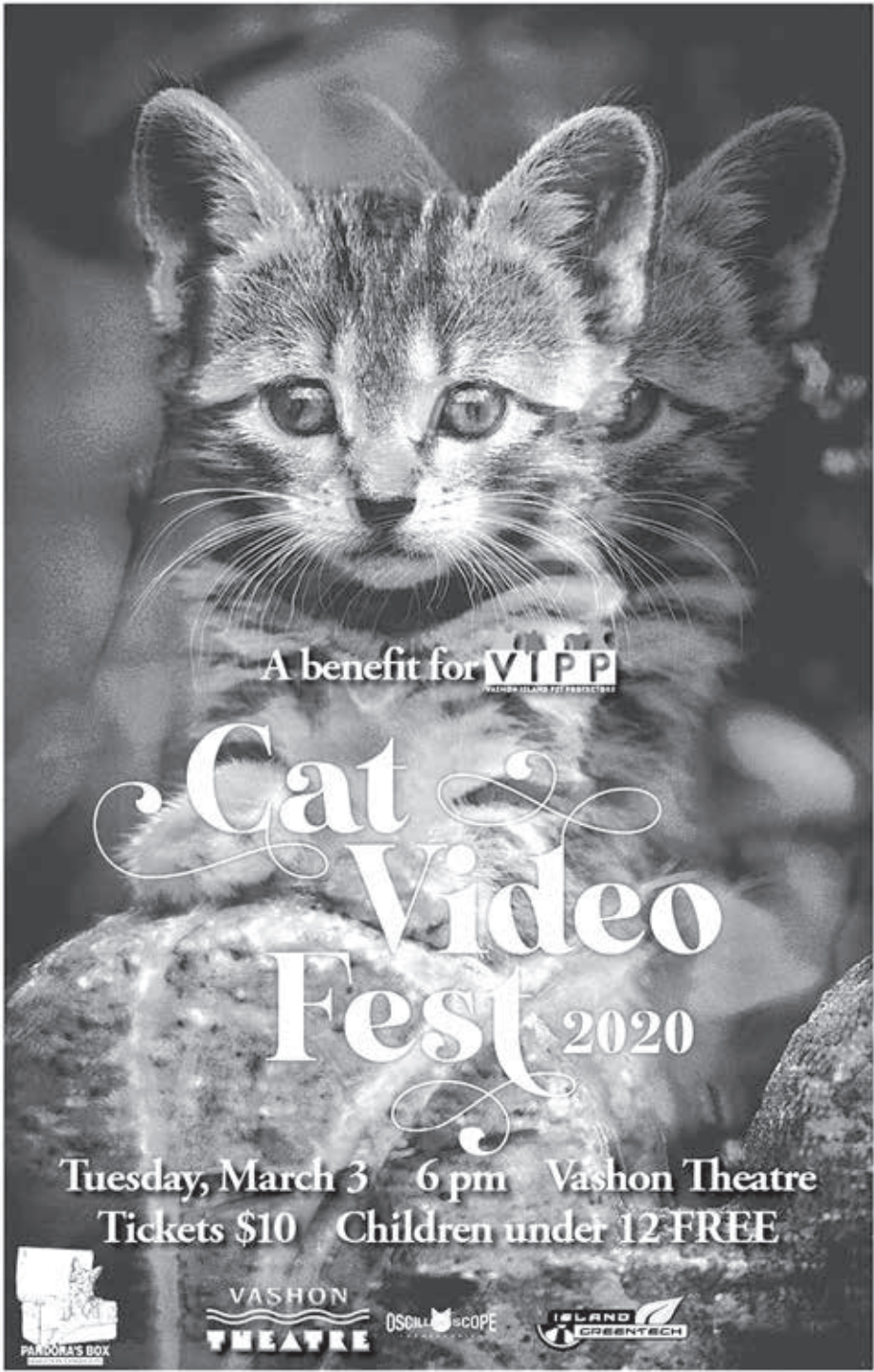


Lenard Yen, Spin

of VALISE Artist Collective and Gallery. The show runs through Saturday, February 29. VALISE Gallery is open Fridays and Saturdays from 11 am to 5 pm, and on Mondays by special arrangement with Rachel LordKenaga, (206) 953-2521. VALISE Artist Collective and Gallery is located in downtown Vashon at 17633 Vashon Highway SW, Vashon Island, Washington.

VALISE stands for Vashon Artists Linked in Social Engagement. We chose these words for their humorous, ironic,





stir our audiences. We want to challenge members to initiate fresh work. We want to share the venue with the community and inspire new ideas. Half of our shows are by collective members and the other half are by artists from Vashon and beyond, regional and nationwide. The goal of VALISE gallery is to be an important and accessible art venue for the community.



A benefit for **VIPP**
VASHON ISLAND PET PROTECTORS

Cat Video Fest 2020

Tuesday, March 3 6 pm Vashon Theatre
Tickets \$10 Children under 12 FREE





The Island's Business Center
VASHON PRINT & DESIGN
Faxing • Internet • Printing • Web Design
Photocopying • Graphic Design

17627 Vashon Hwy SW • Vashon Island • WA • 98070
Phone: 206.463.6100 • Fax: 206.463.6137 • vpd@vashonprint.com

Snowflake Needs a Home

A year ago we were dealing with all that snow, remember? There were WAY too many snowflakes then! I'm the only one at the shelter now. Before being trapped, I must've never lived around people, because I don't want them to get close to me. (I do like to spend time near another shelter kitty, though.)



I'm what people call a low-maintenance cat. If you'd like to have a kitty around that doesn't demand a lot of attention, maybe I'm your girl!

Go To www.vipp.org

To view adoptable Cats and Dogs

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

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



Aries (March 20-April 19)
Venus recently entered your sign, and is now conjunct Chiron. Barbara Hand Clow described this aspect as “orgasmic fusion with the cosmos.” You might experience it as waking up and knowing, like you never have before, who you really are. This is not an illusion. You are self-actualizing. This is, however, not an automatic process. It’s something you must both observe and nurture carefully. Chiron events can arrive with stunning bursts of self-awareness, which are not always welcome, and don’t always feel good. If you’re uncomfortable with yourself, if you prefer not to stand out, or if it’s a stretch to hold your gaze in the mirror, you might be feeling out of sorts. I suggest, though, that you try on whatever it is you’re experiencing. Get a feeling for the shift in perspective, even if it’s a little awkward. All that said, if you want to throw yourself into one of those orgasmic fusions, the way is open wide.

Taurus (April 19-May 20)
One of the conditions of our time is the loss of inner awareness. People who meditate regularly know what this is. Poets have a clue. Scholars who read a lot of books and who have since childhood also know. Devoted musicians and artists have a pretty good idea. Yet even they are having the experience watered down by the digital dream that has this way of sucking us out of ourselves. You are in an extended phase of your life when you are recolonizing your inner being. This has been something of an expedition, and the restlessness you’re feeling these days is in large measure an effect of being summoned into your own consciousness. This is a little like waking up inside of a dream and realizing you’re asleep but also that you’re dreaming and able to influence the dream. Such experiences are rare, though it’s a reasonable way to describe your life at the moment. Take a deep breath.

Gemini (May 20-June 21)
Mercury turns to retrograde motion in about a week. It does so in Pisces, which describes making some discoveries about this mysterious thing known as your career. Or perhaps it’s elusive or evasive, especially in recent years. I would imagine that with Neptune making a long trek across this sensitive zone in your chart and in your life, you may have some difficulty finding your bearings. The rather confused condition of the world is not helping matters much. Were there someone you could ask for advice, it might be difficult or impossible to phrase the question in a way that it could be answered. This has to come from you, and Mercury retrograde is here to help. I know the words “retrograde” and “help” don’t usually appear in the same sentence. However, Mercury is your planet, and the reversals of polarity involved in the retrograde are likely to awaken you to some unusual perceptions about your calling. Yet you must be attentive; this will not be spoken in a loud inner voice.

Cancer (June 21-July 22)
The activity of both Venus and Mars over the next week or so may present you with some unusual sexual opportunities. Yet you must remember your spiritual Ps and Qs. Said directly, you’re at the stage where your erotic exploration must be aligned with, and in service of, your spiritual calling. I don’t mean puritanical in any sense. To the contrary, I mean really good, starting with honest. In truth another of the great problems that drags down the exquisite and delicate space where existence merges with beauty is the problem of attachment. You have learned a heck of a lot about this the past few years. There is also the problem of power, which nobody seems to trust these days. Consider this: you are attractive not because you look good or cook well. Rather,

you have a commanding presence that gets attention, and it will be in high form this week. Use it wisely and well, whether in work or in play.

Leo (July 22-Aug. 23)
One of the most interesting characteristics of Leo is how the notion of “self” fuses with that of “god.” This reminds me a little of Valentine Michael Smith, the man from Mars in Stranger in a Strange Land, whose assertion “thou art god” was a statement of humility. A Course in Miracles teaches that god is accessed through connection with your true self. Anyway, this is intuitive for you, and the only thing that would prevent you from following this path is social or religious taboo. But once we set aside the mythical and theoretical attributes of deity (very few of which are friendly), we are left with accessing consciousness through Your Self. This has nothing to do with being megalomaniac, omniscient or omnipotent (or any of that jazz). It is rather a sublime path of awareness. What Valentine Michael Smith knew, though, which A Course in Miracles avoids, is the connection to sex, as in the self-actualizing power of your erotic journey. And that is where you are.

Virgo (Aug. 23-Sep. 22)
One of the essential qualities of Virgo is the quest to find oneself through relating to others. To work at all, this must be deep. There are likely to be bonds on numerous levels, including sexual and financial. The seeming paradox is, you assert yourself to submit yourself to the situation. Then you find yourself and may assert yourself again to distinguish yourself from the situation. You merge, and you go in, and then you sort yourself out. Chiron in Aries has shifted this dynamic some; you have to do the whole thing fully awake. Chiron has no inclination to romanticize anything or anyone. You might rebel or revolt; you might decide the whole “merging into another” thing is ridiculous. However, you get a moment to experiment with Venus conjunct Chiron and Salacia, a meaningful little planet (not an asteroid) that I associate with the journey to sexual maturity. There is such a thing. And it’s really good and it is summoning your awareness and self-awareness.

Libra (Sep. 22-Oct. 23)
You might play with the question of whether you see the world from the viewpoint of someone else, or they see it from yours. You might ask whether the whole question in itself is subjective and can really be documented. Whatever the theory, you might have some remarkable instances of shared consciousness as your ruling planet Venus makes a conjunction to Chiron in Aries. If this happens, I suggest you bring the discussion to the surface and talk about it. This might lead to the ever-necessary but rarely occurring discussion of what we really want from this experience of a relationship together. The thing to remember is that no matter how much merging, bonding, and shared reality may occur, each person in a relationship is an individual. Whether more or less together, more or less separate, more or less in sync, honoring that individuality is essential to respect for dignity. The dance of human encounter is between two distinct beings, experiencing themselves.

Scorpio (Oct. 23-Nov. 22)
Mars crossing the Galactic Center this week is reminding you to be the biggest person you can be. ‘Spiritual’ is not just a matter of how you act; it is about why you conduct yourself in a certain way, and the standard to which you hold yourself. Still, you may feel there is a theoretical dimension to your experience, which could manifest as the person you want to be in the future. That future is coming up fast, however, as Mars makes its way into Capricorn on the 16th.

Suddenly you discover that your words and your actions have many times the influence you were expecting. So you might want to reassess your expectations now and track carefully your speech, your decisions and any movement of your energy (physical, mental, emotional or whatever). Notice the way it makes waves. At the moment, those will be benign; with Mars in its new sign, you will be in the realm of instant karma. At least now you know.

Sagittarius (Nov. 22-Dec. 22)
The source of your knowledge and power is beyond this world, though you would not know about that unless you tapped into them. While this is always possible, some times are better than others, and now happens to be particularly good. Without going too far into the details (which I’ve covered elsewhere), the core of our galaxy is located in your sign, and Mars is about to make a conjunction to it. Visualize this as charging up your personal energy reserve from something with unlimited strength, wisdom and sense of purpose. All of these are easily drowned out or self-defeated in our world, particularly in its mounting state of psychic chaos. These are the days to train yourself in the spirit of the warrior. Focus on your learning and your personal mastery. Ask to be shown what you do not know. Make your moves with precision, and let everything and everyone teach you something. Most of all, practice respect in every moment.

Capricorn (Dec. 22-Jan. 20)
Your inner teacher is particularly vocal right now. It will come through your dreams mostly, though it may also slip in through your imagination. You will recognize it as “the solution that works for everyone.” This in turn may manifest as what feels like the solution to fear. You can have this, though only if you are open to it, by which I mean open to receiving. This is the first and most important choice you will make in the process of being shown a new way to live. There may be a paradox involved for you, personally, which is that the more you receive, the more you will have to give. The twist is that only generosity teaches you about your true assets. If you think that to give means to lose, you will never really have much. So this is all about entering a kind of flow, or cycle. Anyway, pay close attention to your dreams tonight and for the next few nights. Take every symbol as meaningful, though let its revelation dawn on you gently rather than by force.

Aquarius (Jan. 20-Feb. 19)
The recent Full Moon in your opposite sign Leo is about you recognizing someone as an individual, or noticing the ways that you did not. I am not fond of the expression “agreeing to disagree,” though it may feel like that. More accurately, the theme is respecting someone’s point of view. To do that, you need to know what it is, and you may be misunderstanding them. Few people are especially articulate with themselves, and much less with others. Use your power of listening and translation, and see if you can get someone’s ideas into words you can understand and relate back to them. You might try this with everyone you meet, or converse with, no matter what the context. Take the time and effort to seek understanding. You have only to gain. And working from the other direction, you may decide that you have something to say. If you do, go for clear, direct speech that, on its face, will come across clearly.

The Vashon Loop, p. 7
Road to Resilience
Continued from Page 1

with the help of a few friends. I used many recycled and upcycled materials which satisfied two of my requirements: keep costs low and reduce the environmental impact of my project.
I’ve also voluntarily chosen to drive an old, ‘beat up’ VW Jetta. I can afford to buy a nicer car, an SUV or an electric car; it’s within my budget. But I choose to drive an older car that I can repair myself with inexpensive parts (duct tape and bailing wire), that I don’t have to stress about scratching or denting, and that I can run on renewable, carbon neutral waste vegetable oil from island restaurant fryers.

Another reason that I can drive such an ugly old car is that I’m not overly concerned about what people think of me or my car. I don’t have the ‘keeping up with the Joneses’ syndrome; I have more important priorities that concern me other than the image of my status or wealth.
I also feel strongly about getting the most out of a product rather than throwing it away and buying a new one — whether its a car or a toaster. (Quick reminder: the next fix-it cafe is coming up on March 30.). These products required energy and resources to manufacture, so we might as well get the most out of them before tossing them into a junkyard or landfill.

As evidence of climate change pervades our lives, from droughts in Australia causing massive fires to historic rains and floods in Africa, its ever more apparent that we are spiraling down in a positive feedback loop that can only result in a planet so altered by our activities that it will be unrecognizable.
It’s for this and many other reasons that I’ve chosen to live a life of voluntary simplicity. I would encourage you to check out Elgin’s book at the library and share its insights with your friends and family. As our world gets ever more complicated and complex, I think that we could all do with a little more simplicity.

Thanks, Scott!

Comments? terry@vashonloop.com
(I’ll forward to Scott)

Pisces (Feb. 19-March 20)
Take full responsibility for your words. This will present you with situations where you simply must be diplomatic. Under such conditions, the less you say, the better. Get your message into the shortest format possible. Given that we are in Full Moon time, and that Mercury in your sign is making a good few aspects, engage with others when the emotional energy is lower rather than higher. Let the Full Moon dissipate and delay any important correspondence into next week. With Mercury about to be retrograde in your sign, you might put certain projects on hold for a month or so, and see how they look on the other side of the crossing. That, incidentally, is one way to look at the retrograde — as a conceptual bridge you will traverse, which will lead you to another place and time. Items with a high priority today will be replaced by others that have not revealed themselves yet.

Read Eric Francis daily at
www. PlanetWaves.net

Adopt A Cat Day!
Vashon Island Pet Protectors
Saturdays 11:30-2:30
Our VIPP Shelter is open for adoptions every Saturday.
Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.
Or give us a call 206-389-1085

Feeling under the weather this winter?
Boost your immune system naturally!

We've got the best selection of natural health and healing products for Horses, Dogs & People!

Double Helix Water
Silver Biotics
Immune Support
Restore4Life
EcoNugenics
Nordic Naturals Fish Oil
Equine Gut Flush
Natural Equine Detox Protocol
CBD Tinctures & Salves



HORSE and farm SUPPLY
VI Horse Supply, INC.
206-463-9792
17710 112th Ave. SW
(8/10 mile west of town on Bank Road)
P.O. Box 868 • Vashon Island, WA 98070-0868
www.islandhorsesupply.com
Like us on Facebook
Hours: 9am-6pm • 10am-5pm Sundays
CLOSED Wednesdays



Next to the Post Office
10015 SW 178th St.
(206) 463-0555

Island Security Self Storage
Full line of moving supplies
Radiant Heated Floor - On-Site Office
Climate Control Units
Video Monetering - RV & Boat Storage

VoV Is Your Island Connection



Make Us Part of Your Day!
101.9FM • VoV-TV • VoiceOfVashon.org • VoV App • 1650AM Alerts

DANNY'S TRACTOR SERVICE 206-920-0874

- ▶ Land and storm damage clean up
- ▶ Tree Cutting and removal
- ▶ Field mowing, brush cutting and tilling
- ▶ Hauling and refuse removal
- ▶ Scrap metal removal
- ▶ Driveway repair and grading

→ **Dan Hardwick**
oldredtruck@comcast.net

WET WHISKERS GROOMING SALON
PROFESSIONALLY TRAINED CERTIFIED GROOMER

We Offer:
Wash and Go
Bath and Brush out
Thin and Trim

CALL TODAY FOR AN APPOINTMENT
(206) 463-2200
17321 VASHON HIGHWAY SW
CONVENIENTLY LOCATED INSIDE PANDORA'S BOX

ISLAND ESCROW SERVICE

Dayna Muller
Escrow Officer

Patrick Cunningham
Designated Escrow Officer

206-463-3137
www.islandescrow.net

Serving Washington State since 1979
Notary
Insured, licensed and bonded
Discount to repeat clients

PANDORA'S BOX

Ark Builders Anonymous meeting here at the store in between monsoons. Searching for any high spot on the island that is not waterlogged.

Bo's Pick of the Week: Well, we have a new dog food from Nutrisource, but he doesn't care about that. And we have run low on Go Cat teasers. All in all, a rough month for the boss.



(206) 463-3401
\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Sporty's RESTAURANT & BAR
Where the Locals Go!!
Family run business for over 30 years
17611 Vashon HWY SW
206.463.0940

Live Music

Homestyle Breakfasts and Plate Size Pancakes
Breakfast served till 5pm Fri, Sat & Sun

Sports on 5 HD TV's

Open 7 days a week 6 am til 2am



AJ's Espresso
Latte and Wisdom To Go
17311 Vashon Hwy Sw

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm
17311 Vashon Hwy Sw

Cash & Checks Welcome


PERRY'S VASHON BURGERS
Celebrating 17 years Serving Vashon Island
17804 Vashon Hwy SW
Open 11am to 8pm Monday-Friday



Best Burger in Town!
For a Burger Emergency
463-4-911

Gluten Free Buns!

VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME



THE VASHON ISLAND COFFEE ROASTERIE
40 YEARS OF ROASTING HERITAGE

ALL ORGANIC PASTRIES, BREAKFAST & LUNCH FARE.
ESPRESSO & TEA BAR
COFFEE ROASTED DAILY

OVER 350 BULK HERBS, SPICES & TEA.

VASHON HIGHWAY & CEMETERY ROAD • (206) 463-9800 • WWW.TVICR.COM