2Vol. 18, #1

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January 21, 2021

# Savage/Love



Island luminaries Kevin Joyce and Martha Enson perform tales of complicated love in Vashon Repertory Theatre's one time only production of Sam Shepard's Savage/Love. February 13, 7:30 pm on VCA TV

# By Susan McCabe

Vashon Repertory Theatre (VRT) will celebrate Valentine's Day with a televised performance of Savage/Love, Saturday, February 13, 7:30 pm on the Vashon Center for the Arts TV station. (VCA TV https://vashoncenterforthearts.org/vca-tv/). Savage/Loveis a collection of monologuesby Joseph Chaikin and Sam Shepardon the puzzles and vagaries of

romantic love. Because it does not follow the standard narrative structure of a play, it has been staged, since its 1979 premiere at New York's Public Theatre, in varied productions including dance and music. VRT's production companyis capitalizingon that flexibility.

Each of the monologues will be *Continued on Page 4* 

# The Road to Resilience

# Déjà Vu

After a tumultuous two weeks, we will most likely see the end of Trump's pall over the country and the possibility of a beginning of what could be the most thoughtful reorientation of our society in our lifetime. It could also be a return to the old normal or worse. I'll start with the worst scenario so we can spend the most time on the best.

The worst would be a civil insurrection along the lines of what we have already seen that could include assassinations of top officials or celebrities. We don't know how serious the dissenters are going to be, and many of us are old enough to have personal memories of such assassinations in the 1960's. We also know that we don't want to live in a fear-inspired high-security state. That could signal the end of our democratic experiment.

The next possibility would be a return to the old normal in which the wealthy continue to run the show. Biden comes from the neoliberal Democratic Party culture that has capitulated to wealthy interests and might offer only the incremental reforms that are acceptable to the wealthy.

The best scenario would be that the Biden administration will recognize the grassroots wave that is trying to bring about the beginning of real government of, by, and for the people. In order to achieve this outcome, we will have to demonstrate unequivocally that we want to turn over a new leaf in how we see each other and our responsibilities to each other and to the natural world. In my mind, Biden is very malleable right now and will bend to a great degree to grassroots demands. I'm sure he would like to be another FDR and the time is ripe for the same kind of transformation. FDR made it very clear whose side he was on. This from an FDR speech before the

By Terry Sullivan,

"We had to struggle with the old enemies of peace--business and financial monopoly, speculation, reckless banking, class antagonism, sectionalism, war

profiteering.

1936 election:

They had begun to consider the Government of the United States as a mere appendage to their own affairs. We know now that Government by organized money is just as dangerous as Government by organized mob.

Never before in all our history have these forces been so united against one candidate as they stand today. They are unanimous in their hate for me—and I welcome their hatred."

We must remind Joe that it is alright to welcome that hatred because our present situation is similar to then in so many ways. The candidates they really hated were Sanders and Warren, and the corporate media and financing of elections nowadays may very well have beaten either of those candidates. The best the corporates could do was to back Biden, but he can be our Trojan Horse if we signal that it is safe for him to carry out the reforms that will not be in the interests of wealthy corporations in the short term but very much in the interests of our nation as a whole (and the corporate interests in the long term).

As then, we need to build the infrastructure that we need today, i.e. renewable energy, a smart and carbon-free transportation system, clean and safe water, air, and food, affordable housing as a commodity (like water and power). We need to provide universal access to equal, excellent education, living wage for all, universal free access to health care, universal access to the internet, etc.

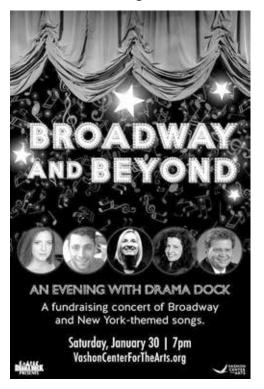
Continued on Page 6

# Broadway and Beyond

Drama Dock, Vashon's non-profit performing arts organization, launches its 45th Anniversary Year with a fundraising concert of Broadway and New York-themed songs. Led by Drama Dock's new Artistic Director, singeractress, composer-playwright, Lisa Peretti, the evening promises variety and inspiration.

Highlights include a performance especially donated to Drama Dock's 45th concert broadcast from VCA, a thrilling performance from Seattle Symphony's Arthur Zadinsky (violin) with Oana Rusu Tomai (piano), playing music by American composer, Paul Schoenfield (Four Souvenirs for Violin and Piano), prerecorded at Benaroya Hall, home of the Seattle Symphony.

Vocal performances will inspire and warm the heart as Brandon and Elizabeth Hell step into the Drama Dock spotlight, singing a Sondheim duet (Into the Woods) and Lloyd-Webber (Phantom of the Opera), and a solo from the new musical Winghaven Park (Peretti), accompanied by pianist, Evan Stultz. Brandon and Elizabeth were most recently seen on the VCA stage in Vashon Opera's La Traviata. A special solo from the Broadway smash, Annie, will be performed by Vashon's own, Utisah Durahim, age 12.



Saturday, January 30 | 7pm

Suggested donations of \$15 will support Drama Dock's mission to foster artistic excellence in our community and showcase new and emerging talent. Please join us as we journey together into Drama Dock's 45th Year!

Streamed on the VCA website and FaceBook Page

VashonCenterForTheArts.org

# Mad Libs, Martinis & May Kitchen

Open Space for Arts and Community and May Kitchen & Bar invites the community to join them for an evening of hijinks and fun during the upcoming event "Naughty Mad Libs, Martinis, and May's" on February 11th, 2021 online at 5:30pm. The event features catering from May Kitchen & Bar, an appearance from musician Angie Louise, and Mad Libs: The World's Greatest Party Game.

The inspiration for this event was to create the ideal antidote to the winter blues, according to Lila Hughes, who is the event coordinator for Open Space for Arts and Community. "We set out to create a warm, inviting event that brought our community together from the comfort of their home. What better way to laugh, chat, and get a little silly than with Mad Libs!"

Participants will be broken into small groups and encouraged to construct Mad Libs to share with imagination and collaboration. Event attendees can let organizers know ahead of time and be in the same group.

May Kitchen + Bar is developing deviously delicious Martinis paired perfectly with Papia Phak Sot Spring Rolls, which feature fresh vegetables, mango, and coconut flakes rolled in a rice wrap, served with May's light sweet tamarind sauce with a hint of fresh Thai chili. These will be delivered right to the ticket-holder's door the day of the event.

This event will feature Angie Louise, the band leader of The Love Markets, known on Vashon as our Wiermar



Angie Louise of The Love Market's will be performing at "Naughty Mad Libs, Martinis and May's. Photo by Sue Corcoran.

inspired Burlesco Notturno house band. With the Love Markets, Angie composes songs of love and revolution laced with political bite and exuberant soul, luring you down alleys and into speakeasies brimming with subversion. As anyone who has seen Angie perform can attest, ticketholders to this event are in for a treat!

This event is from 5:30-7:00 pm on February 11th, 2021. Tickets start at \$15. Tickets that include food and drink are \$30. The Zoom link to the event will be emailed to ticket-holders on Wednesday, February 10. Participants must be 21+ and to order food and drink tickets. Visit OpenSpaceVashon.com to learn more.

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# **Windermere**

REAL ESTATE

# The island home experts



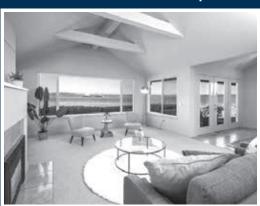
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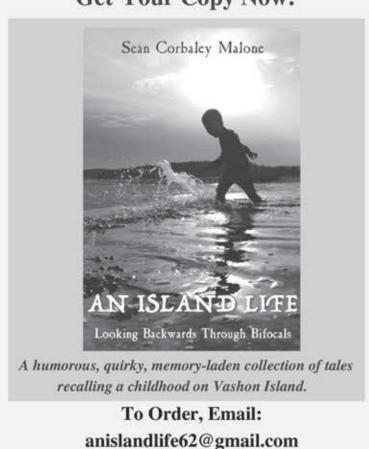
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Sold for \$799,900 206-463-9148





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\$30 per book



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# The Vashon Loop

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It's a great time to get back in the Loop. ads@vashonloop.com Or call 206-925-3837 January 21° 21

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# Get in The Loop

# Submissions to the Loop

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

Can't stop drinking and want help?



### **ALCOHOLICS ANONYMOUS**

Online Meetings: SeattleAA.org

AA Phone: 206-587-2838

Local Vashon Contact: 206-849-1980

# Compost the Loop

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



Lodging Shopping Food & Drink Things to Do

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

# 

Open Daily 9am to 7pm "Last load in at 6:15pm" 17320 Vashon Hwy SW

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Send To:
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# Next Edition of The Loop Comes out Thursday February 4

Deadline for the next edition of *The Loop* is

Saturday, January 30

No puede dejar de beber Alcohol?



# **ALCOHOLICOS ANONIMOS**

Reuniones de Internet: SeattleAA.org Telefono AA: 206-587-2838 Contacto Local Vashon: 206-849-1980

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Sightings NOT Disclosed to Whale Watch Boats
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# **Virus Rent Fund Update**

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

In the last ten months IFCH has raised \$262,000 thanks mostly to the each of you, the Vashon resident. We have given out \$226,000 in rental assistance to help those who lost their jobs because of Covid-19. We have averaged helping 31 families, 100 people, each of the last eight months.

That said, the Interfaith Council to Prevent Homelessness (IFCH) needs your help again. The Coronavirus is still affecting people's employment status.

Last month I received request for rental help from people who have never asked for help before. Some people have gone through their savings. Others lost unemployment because of the lag from the latest stimulus package. This month is not looking good for our residents who have been living paycheck to paycheck with fewer work hours.

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

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

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

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

Please donate to help keep our neighbors housed.

You can make a donation online:

www.ifchvashon.org/donate-2

Or you can mail a check payable to IFCH.

IFĆH

P.O. Box 330

Vashon, WA 98070

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

Thank you, Hilary Emmer

# **Ted Talks on Systematic Racism**

Offered by the Vashon Island Unitarian Fellowship, with an audience discussion afterward facilitated by Cathy de Smet, a member of Vashon-Maury Showing Up for Racial Justice, and Tanya Roberts, retired policy analyst. Everyone's welcome.

Jan. 25--"How Studying Privilege Systems Can Strengthen Compassion" with Peggy McIntosh, feminist and antiracism activist, scholar, speaker and senior research scientist of the Wellesley Center for Women

Starting time is 6:30 p.m. for the program; the TED talks have a deadline of 18 minutes. To sign up, please contact Tanya at tanyaroberts@cemturytel.net; she'll give you the Zoom link and answer your questions. Or call her at 240-505-6110.

# A Winter's Day Retreat on Zoom

Please join the PSZC community for a day of quiet on Saturday, January 23 from 6:30am – 5:15pm. The day's schedule includes sitting and movement meditation periods, chanting and practicing meditation during work activities in your home. There will be opportunities for 1:1 breakout sessions with the teachers. Genko Kathy Blackman will give a talk entitled Threes and Threes which will explore how a koan's haunting image can provide much nourishment for our practice.

Advance registration and payment is required through our website: www.pszc.org. Registrants will be notified of the Zoom meeting ID and password by individual email.



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January 21' 21

# The Hopkins Pass Outhouse



Three Fools Peak and Hopkins Lake. Photo by Andy Porter.

### By Sean Malone and John Sweetman

One early morning, when the mist hung over the small lake, screaming and cursing came from the direction of the outhouse that Frank had asked me to build. I had found two trees not too far apart and proceeded to dig a four foot hole between them. For a seat, I lashed two pine poles between the trees and over the hole, just the right space apart. Porcupines had come into camp at night to lick the salt off the poles, where the guys had missed their aim, pissing in the dark and the constant nibbling of the porcupines had weakened the poles until Frank fell into the hole and woke us with a string of epitaphs; that would make a grade school teacher blush

"Watch out for that stump," Somebody yelled as it flew over our heads, 75 feet in the air; while we ran for cover. The first round had gone off while Frank was still lighting 9 and 10. Crouched behind trees or stumps, we watched as Frank appeared as an apparition, walking out of the dust and smoke, as he leaned over to light the last charge. He always carried the exact number of matches it was going to take to set off the ten charges, so he knew if he missed one or not.

Frank Martin was pushing 60 years old and I was 20 in the 9 weeks I had to put with his mouth. Years later, old Frank blew himself up while powder monkeying the construction of the North Cascades highway. I guess you could say that I missed his passing.

We worked six days a week and I always went hiking on the seventh day or hunted for camp meat. Three Fools Peak was my goal one Sunday. I packed a stick of 30% dynamite with a fused cap in a different pocket of my pack. When I got as far away from camp as I was going to be that day, I jammed the cap into the stick, lit the fuse and threw it down the hill, letting them know in camp that I was on my way back. When I made camp about noon, old Frank asked me where I had been. "Three Fools," I told him. "You couldn't have climbed that peak and got back to camp by noon," he said. I was so dammed mad; they said I split a pile of

# **Local Weather**

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

stove wood five-feet high.

Charlie the packer was going to take me and my gear, twelve miles to the Pasayten emergency air strip, where Everett Halderman, a rancher would fly me to King County Airport so I could return to school. I left camp ahead of the pack string with my 30-40 Krag on my shoulder and my Brother's dog, Mike, a big Labrador by my side. I spotted a black bear grazing on the hill above me and dropped him with one shot and waited for Charlie the packer. "I'm not packing that bear," Charlie said. "It's spooking my horses." The bear was a yearling and weighed 100 pounds when I tied his paws together for pack straps and packed that bear down the trail. I followed the pack string for several miles and caught up with them just a half mile from the emergency landing strip. Charlie took one look at me and never said a thing; just got down off his horse and helped me strap the bear to the pack saddle of one of his horses.

The Cessna 180 dropped into the strip, right on time and we took off for Seattle, bear, dog, pack and fishing pole. The weather in King County was all socked in and the pilot couldn't take me any further; so he landed in Concrete, where I packed my bear and gear out to the road and stuck my thumb out. A 49 Ford stopped, and a bunch of high school kids, picked me up and strapped my bear to the trunk lid. They took me all the way home to Queen Anne Hill and I hung my bear in the basement of our house, overlooking Pier 91. My buddy, George Farmer, didn't believe my story, so I took one of the bear's paws and stuffed it behind the rear seat of his old Plymouth, not to be found for

# Spiritual Smart Aleck

By Mary Tuel

# Relief

We were all hurt by the insurrection at the Capitol in Washington, D.C., on January 6.

Honestly, I would like to ignore the seriousness of the situation. It is the time of year when I go out into the yard and tell the emerging bulbs, "Go back. You're too early." It is hard to think about our country's troubles when spring flowers are coming up.

The violence springs from the large minority of people in our country who have been fed, and have believed, lies and conspiracies for years. There are plenty of real outrages and wrongs that need to be set right, but those do not seem to register with them.

Watching the Capitol building invasion I kept thinking of Fort Sumter. Is this the opening skirmish of our second civil war? A civil war with technology and automatic rifles; with no geographic boundaries; with millions of people willing to fight for what they want?

What they want is to sustain the delusion that they are better than other people because they are white.

This insurrection is not yet the death throe of that toxic lie, but the desperation of the invaders looked like the writhing of a wounded creature. Nobody seems to have learned anything from our Civil War, or from any war, for that matter.

"I am tired and sick of war. Its glory is all moonshine. It is only those who have neither fired a shot nor heard the shrieks and groans of the wounded, who cry aloud for blood, for vengeance, for desolation. War is hell." - William Tecumseh Sherman, Union General in the Civil War. Afterward Head of the Army committed to exterminating our native people.

Some of the post-insurrection reactions of the Capitol invaders have surprised me. It is as if they did not think it through or foresee that their actions would have consequences.

They did not like getting gassed.

The people who did not hide their faces and bragged on social media about what they had done, are now being identified, arrested, and/or losing their jobs.

Fur-hat-and-horns-painted-face-shirtless guy (nice abs, right? Sadly, he is pretty on the outside and bean dip on the inside) was arrested and went on a food strike because his jailers would not serve him organic food. His lawyer's defense argument is that Donald Trump's rhetoric led the puir wee bairn astray.

Many people were hurt in the melee.



Did they not imagine the possibilities of being wounded, arrested, or fired? Or dying? The rioter who was shot and killed probably did not think she was going to die when she got up that morning.

Beyond all this, I am pondering who stands to gain from the overthrow of American Democracy. Where does the money lead? What do I not know, or see, or understand? Quite a lot, I am guessing. I know our struggle is not anywhere near over.

This morning I watched the live streaming of the Inauguration. Kamala Harris is now our Vice President, and Joe Biden is now our President. I did not expect the feeling of relief that washed over me. My whole body was relaxing in a way that it had not for a long time.

Oh, I know the situation is still terrible – pandemic, tanked economy, unemployment, division of the country as much as ever – but at least now we will have a President and administration that will be working to solve problems. It will be nice to hear something Joe Biden says and think that it is probably the truth.

We owe a debt of thanks to the journalists who have reported the news honestly the last four years. Thank you. You are my heroes. You have done a great service to this country, and the world.

In other news, the house finches are here, and like most of the cute little birds who visit my yard, they attack other birds when fighting for a perch on a feeder. Nice to know we are not the only warlike species, I guess. I got out my bird identification book and browsed through it, looking at all the feathered friends who come back year after year. Red breasted nuthatches, chickadees, spotted towhees, juncos, robins, sparrows, and various LBBs (little brown birds).

I would like to spend my days living quietly, uninterrupted, in my peaceful little world. No civil unrest or war, no fascism, no pandemic, no people without homes, no poverty, no starvation, no bad water, no lies. No sick conspiracy theories. No suffering of the innocent. Only music and writing and friends and family, my dog and cat, the birds. And books. And the internet.

Unfortunately, if I put my head in the sand, I will not be able to breathe. This is our world, and we are stuck with it.

# Compost the Loop

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

# Savage/Love

Continued from Page 1

performed by professional actors and actingcouples, including Kevin Joyce and Martha Enson, David Godsey and Janet McAlpin, Bill Moyer and Esther Edelman, and Mik Kuhlman. VRT Founding Director Charlotte Tiencken and UMO Artistic Director Elizabeth Klobare co-directing. Singer-songwriter Kat Eggleston will attach original music to each piece, and Klob will choreograph dance performances created to amplify the messages of certain monologues.

Playwright Chaikin is quoted as sayingof Savage/Love, "We felt it should

be made up of love moments that were immediately familiar to most people in the audience..."That familiarity makes Savage/Lovean at once moving and joyful experience for any loverpast or present.

Vashon Repertory Theatre is a collective of theatre artists who live on Vashon Island and in the South Puget Sound region.VRT members strive to make a difference in our community and the world.Founded by Charlotte Tiencken, she and the other VRT members startedthis company because they believe it is time to utilize

the wealth oflocal talent to produce evocative theatre that uses high quality stories to explore issues relevant to our lives today.

To learn more about VRT, including its 2021 production schedule, go to https://www.vashonrepertorytheatre.org/

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

# Island Life The Laughingstock Guild

By Peter Ray pgray@vashonloop.com

I believe somewhere back there, perhaps around the first impeachment of the former occupant of the White House, I mentioned that I thought a fitting purgatorial limbo land for his ass would be one where his name was scrubbed from the daily discourse for days and weeks on end. It is the attention he craves, and so it should be that it is attention that he does not get. I would like to hear that his neighbors in Palm Beach have won their fight to have him evicted from his resort for code noncompliance. I would like to hear that he has been convicted in his second impeachment trial, and I would like to hear that he as been banned for the rest of his days from holding any government office. It would be grand to hear that all the outstanding legal actions that have been piling up like so much rain behind the presidential immunity dam that is just about to be breached, were to then crack it all wide open and spill forth like legal, projectile vomit on and around, even if nowhere else, at least the haughty nucleus of the Drumpfian crime family, and sweep them all away to a lockup of their prosecutors' discretion. I know that is a bit much to ask for, given the way things tend to go these days, but one can still hope.

I am tired of wasting my afternoons and evenings being bathed in teevee light, and the relentless soap sales that keep the light glowing and pulsing, all in pursuit of some resolution to this four year detour through someone else's perverse reality. As it is, in a nearly continuous succession of events over the past eight years, from recording and writing about the misguided malfeasance of Bill Ameling and David Hackett and Joe Wald as they ran roughshod over the democratic process as park commissioners and nearly bankrupted the Vashon Park District in pursuit of an overpriced athletic field, to fighting my sister and a prominent New Hampshire lawyer over what was left over from a promised but stolen inheritance that I was counting on to get through the rest of my days, to this latest, four year debasement of truth and reason wrought by an egomaniacal, delusional narcissist, I'm pretty much near done with believing that there is anything good left in the world. Whilst I do have an ongoing theory about stress and the creative process, it would be nice to have a little time where my reasons for creating are not fueled by disbelief at the madness of the world around me.

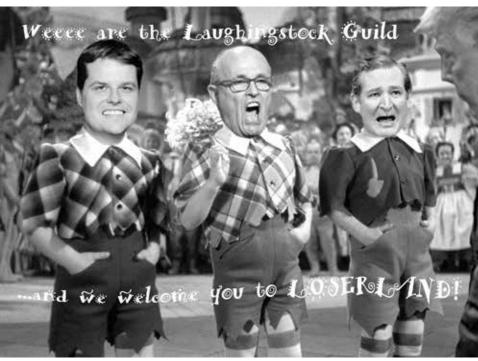
Back in ancient times, one of the alternative belief systems being sold on college campuses was a thing called Transcendental Meditation. It sounded interesting, the Beatles did it, it didn't require lots of money or a cult-like adherence, so I gave it a try. All one had to do twice a day was to sit in a quiet place for fifteen or twenty minutes and silently repeat to yourself your own private mantra. There has been some questioning discussion over the years as to whether or not your mantra was actually unique to you or not- you weren't supposed to reveal to anyone else what the mantra you had been given by the instructor was. It really didn't matter. I would drift off twice daily to a place of calm and return to the world with a more relaxed perspective. I was consistent with my practice, and at one point a few months into it I felt as though I was floating at two different levels. A friend who started at the same time was

jealous when I told him. I wasn't smug about it, but I wasn't wandering around in a cloud of eternal bliss either. I just did it, till I didn't.

I don't recall what it was that made me stop, I just stopped. I didn't feel very different, but I did notice a curious coincidence that I came to attribute to my stopping. I was in the studio art program in college, and one thing I did notice when I began my meditating practice was that I had all the patience in the world when I was in my drawing classes. I am not a great draftsman, but I found that sitting and studying the subjects and attempting to transfer that vision to paper was an easy exercise in

all these creatures- mostly small- has revealed some curious habits out in the habitat. As I went out each time to perhaps take advantage of a change in light, I came to recognize that each of the creatures had assumed an assigned space. It wasn't rigid, and sometimes it was shared, but on repeat visits to all of them I knew fairly assuredly where and when I might find them, and what the boundaries were that I couldn't cross if I wanted to maintain our photographer/ model relationship.

As the time crept into the days of less light, cooler temperatures and damper ambience, I found myself making fewer excursions out of doors, either with or



patience and observation. What I was also noticing was that in my classes where an idea was required to generate one's next piece, I would look within, or wherever that creative base and drive was supposed to be, and all I could see was a giant void. It was kind of frustrating.

Again, I don't remember that I quit meditating because of this, but when I did quit, within a couple of days the random ideas one associates with the creative process began to pop back in with no effort or inducement. It was as if the ideas for silkscreen prints and sculptures were sketching themselves onto what I could have only seen before this as blank pages. And so it was that I began to think about the relationship between stress or the lack of it and the creative process. Throughout the whole ordeal with my sister, in the times I could not sleep I found myself making photos at night with long exposures that revealed a scene that had been barely illuminated in the dead of night and now, thanks to exposures from a few seconds to five minutes, a fully lit view of that space emerged. It wasn't intentional, and I hadn't really thought about the whole metaphor of finding light in darkness as totally relevant to my daily life. At the same time I started to dabble in constructed, photoshopped imagesassembling scenes of my sister and brother in law and the offending lawyer, placing them in prison garb and slogan t-shirts that I found relevant to the time and their actions. They weren't great, but they did help as a bit of a release, even if they didn't have any influence on the final outcome.

It has also been mentioned here before that photography has been an escape in these times of plague and societal collapse. If nothing else, this pursuit has gotten me out of the house, away from the teevee and allowed me to make new friends in the wildish kingdom with the likes of snakes, frogs, slugs, aquatic newts and hummingbirds, not to mention the flowers, leaves and branches. This exercise has had the added benefit of being somewhat of a nature study, as repeated visits with

without a camera. It was also at this time, if you have been following along on the political timeline, that tensions in that realm tended toward a bit more tenseness. I was feeling the need for artistic release and not getting my daily dose of camera/tripod/shutter release cable. And so it was that I started combing through the images that I have been grabbing from the internet's dungeons and selecting an array of potential pieces for photoshoppish assemblage. As this is not something I do on a regular basis, I had kind of forgotten the essentials of photo copying and pasting, and so I decided this would be a good opportunity to hone another skill that might come in handy elsewhere. I took themes that had been building in Memeland like #loser and #presidenteject and an excursion to Loserland where one might have an encounter with the Laughingstock Guild.

This last one was shared by Wendy's dad, and it elicited some responses from some of his way right of center acquaintances. One of them mentioned

something about hoping that I would be happy when in the not too distant future the price of gas was back up to six dollars a gallon, and that I was ready to once again accept the wandering hordes of immigrants that were likely to be streaming over the southern border to, once again, steal our jobs. Having blocked most of such nonsense from my facebooks by deleting unfriends, I had mostly forgotten that stupid still cannot be fixed. Actually, that is not true. There is new news that confirms that every day. News just broke that Steve Bannon was just pardoned to preempt any conviction he might face in a yet undecided case against him for his efforts to scam money out of loyal supporters of the grifter in chief, in order to build the border wall that Mexico was supposedly going to

With his recent and far-too late departure from the twitter, not to mention his resounding electoral defeat that he continues to deny, the omnipresence of the maga- maestro will now hopefully, quickly wane and fade away. This will not make me sad. What does sadden me is that we have gotten from Donald Trump exactly what he said he would deliver us from- American Carnageand at the same time thoroughly deliver on the promise of a deconstruction of the administrative state. That there are 74,223,251 American voters out there that still believe after four years of witnessing this madness that what Trump wrought upon these people, our people, us, is okay with them, is evidence that we still have a long way to go before we are done with this, if indeed we ever will be. That instead of just one dead person on Fifth Avenue in New York City by his gun-toting, fictional hand, the incompetence and indifference of Donald Trump toward the well-being of the American people in the face of the current pandemic has led to the deaths of 396,442 U.S. citizens as of 19 Jan. 2021 at 11:12pm eastern time, and by this we have one more bit of evidence that is yet another affirmation, if not indictment, of the dissonant, dystopic reign of Trump. It is going to take a lot more than clever, caustic memes to get us out of all of this. Hopefully this numerological palindrome of a day- 1202021- will at least be a start towards, and back to, something better. But if there is no accounting for the lies and hypocrisy of some business and governmental leaders and what in some places passes as the news, we will fade away as a failed democracy and a laughingstock on the world stage.

# **Sheeba Needs A Home**

Have you heard about the former shelter pet who's living in the White House now? Congratulations to German shepherd Major Biden on his good fortune!

I don't need to live in a fancy house like Major. Feeling safe and secure will be enough. I've had a rough life which included being harmed by other pets, so I'm looking for a home where I can be the only one. I walk kind of funny, but that doesn't stop me from sitting in laps, purring loudly and snuggling under a human chin.

If Major can be the First Dog of the United States, may I be your First Cat?



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The Vashon Loop, p. 6

January 21' 21

# Island Epicure

By Marj Watkins

# **Chicken Soup for Soul & Body**

We're still in the flu season. I'm still working on getting my energy back from my this-years edition of The Flu. Many of you probably are. Whatever sort of malady is going around when this column hits print, you can benefit from this old-fashioned chicken soup. You don't even have to be a convalescent to be cheered and nourished by it. And you can make it with any meaty chicken parts, skin on. Chicken is low in saturated fatwhich is not as wicked as it's made out to be. Your brain cells need it for their skin.

Grandma served any victim of a cold Chicken Soup. It works against whatever germs you my be or have been exposed to, having mushrooms for their healing power, basil and oregano as antibacterials and flavor enhancers, cloves for anti-viral and anti-bacterial effect, carrots yielding more than a day's worth of Vitamin A, garlic to kill germs, and onion to boost immunity. The chicken skin yields cysteine, a protein that protects against cold and flu germs. Dice it after cooking and return it to the soup pot.

Magic Potion #2: Grandma's Chicken Soup 6 servings 1 small chicken, cut up, or 6 to 8 drumsticks, skin on

- 1 large onion, diced
- 3 to 4 long carrots, sliced
- 1 parsnip cut in 1-inch chunks
- 4 crimini or other mushrooms, chopped
  - 1 teaspoon iodized salt
  - 12 peppercorns
- 1 Tablespoon vinegar or 1 wineglass white wine

½ cup coarsely chopped parsley,

- 1 teaspoons chicken granules or 2 chicken bouillon cubes
- 1 teaspoon dried crumbled basil

 $\frac{1}{2}$  teaspoon dried crumbled oregano leaves or 1/8 teaspoon oregano powder

1 teaspoon dried, crumbled kelp, optional

In a stockpot or large kettle, put the first eight ingredients. Cover with water plus an inch. Bring to a boil, reduce heat, put the lid on the pot, and cook gently for 1 hour.

Add the second group of ingredients and water as needed to keep an inch deep over the ingredients. Simmer another half hour. Taste and adjust seasonings. By now the meat should be so tender it almost falls off the bones. Serve warm. Refrigerate any extra soup and reheat up to four days later, or freeze it in an ice cube tray and reheat a handful of cubes for a single portion.

BTW: Magic Potion #1 is simple, and protects against all germs. The cloves soothe a sore throat, too. Just simmer a stick of cinnamon and a small handful of whole cloves in a pint of water until the water turns brown. Store in a capped jar. Sip or gargle a few tablespoonfuls at the first indication of a cold or sore throat, or enjoy in tea or coffee.

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# Road to Resilience

Continued from Page 1

Roosevelt addressed conservation as well, but our challenge is much bigger than that: we need to address the causes of climate change, species loss, and resource depletion. Something that was not addressed by FDR that we must move forward now is laws governing racial, gender, income, and ethnic justice and equality. We can pass laws to guarantee justice, but cultural biases may take time and experience to heal.

The importance of referring to FDR and the New Deal is to remember that we have been in dark times before and that there was no substance even then to the dire warnings from the wealthy corporate interests. We can do all of these things, and we will prosper rather than self-destruct as the corporate interests are warning.

We can breathe a huge sigh of relief that we will not see another four years of

Trump. We can also be elated (most of us anyway) that the Democrats now control the Senate. With complete control, we should not make the mistake that Obama made in catering to the Republicans. Anything that involves equality, redistribution of wealth, or deficit spending will be met by great cries, lamentations and gnashing of teeth on the part of Republicans. "Socialist" programs of the New Deal such as Social Security, the Federal Deposit Insurance Corporation (insures your bank account), unemployment and disability compensation, the Federal Reserve System, the Securities and Exchange Commission, were met by cries of alarm, yet they are now accepted and revered by all. Also of note is that a conservative Supreme Court in Roosevelt's time eventually approved all of the New Deal programs precedent for our Supremes today?

Comments? terry@vashonloop.com

# Open Space for Arts and Community Expands Literary Program

Open Space for Arts and Community is expanding a new initiative to hire writers to create public art. "The Literary Project" is a literary flash fiction/prose poetry project by Island writers. The goal of the project is for participants to create individual works of fiction, forming a collection to be presented to the community and was originally geared towards writers who have been financially impacted by COVID-19. Due to interest in the project from the community, eligibility of the program has been expanded to include all Vashon residents regardless of financial need, and the application due date has been extended to February 8th. At that time, a jury/panel will review submissions and contact the writers whose works have been selected.

The Literary Project" is the third project of !Attention! Artists at Work (AAW). AAW is a jobs program led by Open Space for Arts and Community in partnership with local nonprofit organizations. Since the spring, the goal of the program has been to hire artists during the challenging economic environment that began last March due to the pandemic. Initially, "The Literary Project" was designed exclusively for artists who have been financially impacted this year, such as with the loss of a day job or reduction in hours, the loss of traditional opportunities for income from writing, or loss of a job by a partner or spouse within their house hold. However, due to community interest, Open Space for Arts and Community has decided to expand eligibility to all Vashon residents. Only artists who self-identify as having been financially impacted by COVID-19 will receive compensation.

Open Space executive director Jiji Saunders explained why the program has expanded its eligibility, "From the beginning, the main objective of !Attention! Artists at Work has been to hire artists, and has provided funding for 60 Vashon artists since March. However, this program has also been about our community. We see this as a tremendous opportunity for Vashon to



make art together while staying true to our main objective: hiring artists who have been financially impacted by the economic and employment crisis that began this spring."

The theme of the project is "Close to Home." The completed works of fiction will be distributed to the public through a variety of ways, which may include weekly digital releases, radio broadcasts, and podcasts, with more possibilities in the works. The "Literary Project" is organized by Open Space for Arts and Community in partnership with Vashon artist and writer Sharon Shaver.

The AAW program is comprised of a series of public arts projects. Other projects of AAW include "The Mural Project," where 21 Island artists created works for a large mural that now resides at the Open Space for Arts and Community building, and "Distance Dance", which was an ongoing series of physically distant pop-up appearances on the island this summer. All projects sponsored through AAW are for the public and designed to be easily accessible to anyone on the Island. To learn more about the program, apply, or donate, visit https://www.openspacevashon.com/attention-artists-at-work/

# Max and Molly Need a Home



We were born under a house last September but want to spend the rest of our lives safe and warm INSIDE one. Despite being a little shy at first, we like to cuddle with adults and older kids we've gotten to know. As you can see from the photo, we also snuggle with each other happily..

We've been living in a foster home and are ready to move on to a forever home. Are you ready for a pair of playful new friends?

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

Deadline for the next edition of *The Loop* is **Saturday, January 30** 

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# Planet Waxes



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

## Aries (March 20-April 19)

It will now become apparent how much your life has changed over the past year, in ways that have opened up many new possibilities for you. Yes, the world is presenting every possible argument to the contrary. Opportunities seem to be drying up. Yet you possess determination and excitement about your existence that few are daring enough to acknowledge much less express. Your secret to success will be engaging with people in person: actual social existence, to the greatest degree possible. Get among your neighbors, your colleagues, your friends, and your community. There, you will find other people who are not afraid to do so, which means not frightened of other humans. Those are your people. Take this opportunity now to establish new friendships, new social patterns, new hangouts and new ways of conducting business. Be a pioneer. A new world will arise out of the ruins of the old, and you have the moxie to be one of its founders and your astrology reveals that many doors will be wide open to you.

#### Taurus (April 19-May 20)

The Sun now joins Jupiter and Saturn in your 10th solar house — the one about your mission, your reputation and your sense of responsibility to the world. These are all the same thing. Because the sign involved is Aquarius, you need to be among people who are true to their ethics. The specifics matter less than the integrity factor; sincerity is of the utmost importance, and it is rare to find in professional environments that depend so much on various unstated intentions, and unsavory allegiances and agreements. In planning your way forward professionally, it is therefore essential that you understand the lines of accountability. Ethics are only possible among people who are true to themselves. Therefore, it's not what claims people make, or what tee shirt or button they wear, but rather the depth of their commitments. You will inevitably be in a position of leadership in whatever you do, and that means it's more important than ever that you discern who is real, and who is not.

# Gemini (May 20-June 21)

Humanity is your religion. It is your faith, it's your hope, and it's your best guess about the whole purpose of the cosmos. There are those who argue that the human experience is insignificant in the cosmic realm, merely based on the size and scale of the universe. Yet that is not a valid argument. It is not an actual assessment. We do not know the purpose of the human experience, endeavor or experiment really, it's all three. Most people do not think of it consciously, as this life is all they know or have ever imagined. Religion (the closest most people get to cosmology) is all centered around the Earth as the only place that exists. Then spirituality chimes in with all kinds of speculation. You, however, have the ability and the calling to ground your entire cosmology in the human experience. And now this is stronger than ever. No matter what the purpose of the experiment on this planet, whether it is accidental or part of some divine plan, all we have is one another. And that is quite

# Cancer (June 21-July 22)

The Sun entering your house of contractual and business arrangements will help you sort out your many pending projects and spinning plates. Take a serious and determined approach with people. Mince no words and listen carefully to

what people say. Take this opportunity to form the right partnerships with the right people - if you do, some of them will last for many years. Yet whoever anyone else may be in your world, in your business or in your community, remember that you are in the position of moral leadership. You are the one who threads the needle and selects the correct fabric. You are the one who sets the example. Your ethics are the bottom line in your life, which is called having integrity. Yet at the same time, the perspective that you hold makes a difference for many people who are disoriented, confused and struggling for direction. The leadership you are learning and teaching is truly what could be called "for a new age," as you are aware of the need to integrate both worldly needs and values that encompass healing and the spiritual condition of the community.

### Leo (July 22-Aug. 23)

In some ways, the condition of your relationships will make much more sense once the Sun has entered your opposite sign Aquarius. There, it joins a grouping that includes Mercury, Jupiter and Saturn. This new, once-ever set of transits has brought sweeping changes into your world and your personal engagements, which may not make sense in the way that you like things to. Now, imagine that your ruling body, the Sun, is going to make direct contact with all of them over the next few weeks. Think of this as being taken on a personal tour of your new world, and the new world that is emerging. I would remind you to be intimidated by no person; and most particularly, by their fears. These days we are seeing the emergence of the ethic, "You must be terrified of what I am terrified of," and that will never work to produce a sane, functional world. Nor will, "You must do only what makes me comfortable." That is not freedom, it is tyranny - and you were born free, and are entitled to live that way.

# Virgo (Aug. 23-Sep. 22)

You must do everything in your power to sort out fact from fiction; hallucination from the truth. This is not any kind of one-off. Rather, it's about a lifetime of seeking and devotion, and the willingness to question everyone and everything. Take nothing at face value. Get beneath the surface. The problem is you may not have a sense of when you're really doing that, and may be too easily placated or made anxious, both of which are means to getting you to compromise. I suggest the most important thing you can work on is paying attention to when you are making assumptions. Keep asking yourself how you know what you think you know. You need to actually know, and not be speculating, as your commitments and responsibilities demand that you have grounding in logic and intellectual rigor. This is a habit, and it must be practiced. It's not easy to keep your powder dry when the whole world is being hosed down by delusion, denial and deception. But you simply must do so.

# Libra (Sep. 22-Oct. 23)

The Sun's ingress into your fellow air sign Aquarius will come as a relief. It's always good to have the Sun in your element, though the thing is, you have so much more there at the moment — Mercury, Jupiter, Saturn, and the meaningful asteroid Pallas. The question of what to do with all this creative energy is a real one. You currently have enough for the next eleven people, and as many ideas. What the Sun moving through this region of your chart can provide is energy

for expression, and light so you can see what you are doing. The essence of the moment is experimentation. The world is currently developing a bad case of rigor mortis from all of social and artistic life being smothered. You need to move and breathe and keep reminding yourself of all the reasons you have to be alive and to be creative. You know that you're healthy when you're feeling well, that is, when you're positive and involved. Avoid health dramas of any kind — and know what they are. Get out the paints and turn on your amp. Get ready to test your theory, in real space, and in real time..

# Scorpio (Oct. 23-Nov. 22)

This is the time in your life when you're building a new foundation. It may feel, at the moment, like everything is shaking and vibrating and changing. Yet that is evidence of movement and progress. Here is the thing to remember: your foundation is social. You might be good with money. You're an excellent worker. You know how to focus your sense of purpose and get things done. All of that is wonderful. But it is society itself that is your foundation: by which I mean the larger society we all share, and your personal society of family and friends. These are the very things under assault right now, as everything is driven apart from everything else, and all the crumbs are vacuumed up onto the internet. Make your home the local speakeasy. Get together with people and figure out what is happening. Have real conversations with people you trust, and get to know one another. Work the details of community and of mutual support. You have a role to play. In your own modest way, you are a titan of industry.

## Sagittarius (Nov. 22-Dec. 22)

You are in possession of some worldchanging idea, and of the power to express it. The idea may come quickly and the development slowly. That is usually the challenging part for you: the arrow that only flies slowly through the air. Yet it is true that each step must be taken consciously; each pitfall identified and remedied; and that you think in wholesystem terms. Whatever you're doing, you're unlikely to be doing it alone. This too presents a challenge, as there is part of your nature that is not all that interested in direct collaboration. You have, at times, thought that this compromises your individuality. But now it is time for individuals to work with one another, in a spirit of equanimity and equality. This is not the time when egos can prevail, if anything is going to be accomplished. And as you well know, there is much that needs to be done and not so much time in which to do it. Therefore, find your project partners and get busy.

# Capricorn (Dec. 22-Jan. 20)

The only thing you have to worry about is being true to yourself. That's most of what everyone else has to worry about, though this is the very epicenter of your spiritual growth. All that has happened the past three years, and in particular the past year, may have left you feeling like it's just impossible to stand up to the world. Yet times have changed, your chart has changed, and you are living in a whole new reality. And in that reality, just one thing matters, and that is sincerity. Therefore, do not brook deception in any form, from you or anyone else. Know what you stand for, on a level deeper than your beliefs, and make all of your choices based on that one thing. If you find that your choices conflict with your values, one or the other has to stand. There is no room whatsoever in your life for cognitive dissonance: that is, two competing realities. You must live one truth, and that requires profound personal investigation. That can be inconvenient and it can be wrenching. Yet you have

little choice.

# Aquarius (Jan. 20-Feb. 19)

The Sun entered your sign Tuesday, and this will grant you a whole new perspective on life. If it feels like everything is changing faster than you can keep track of it, that is true for everyone but especially for you. Yet this 'especially' part gives you an advantage. The most important resources in the solar system Jupiter and Saturn — are now in your sign. This is extremely rare, and it will not last long. So you must take full advantage of this moment. Shake off any lethargy, depression, disillusionment or frustration, and set about doing what you know needs to be done. Live as much time as you can in the world of people and not technology. Meet with your fellow humans in person, where you can see their faces, hear their voices, and work together in a way that is founded upon trust and understanding. Nothing else matters in your life, or in the world. There is no other basis of success, or of community, or of friendship, or anything that is good and true. Therefore, call forth your deepest humanity.

### Pisces (Feb. 19-March 20)

A stunning collection of planets in your 12th house Aquarius, now joined by the Sun, is granting you a superpower. For most, the 12th is vexing. It's the place where people lose themselves or get disoriented. But you are born under the 12th sign, and having planets in the 12th house grants you inner awareness, substance and energy. Whereas others may lose things in the 12th house, you discover them. While others may lose track of the past, you retrieve what belongs to you. Yet there is something even better. You contain, within yourself, a map of all the changes that society is going through. Of all people you may have the deepest insight into the nature of these movements, though you cannot take that for granted. You cannot assume you have some psychic impression and that's all you need. To have possession of the whole truth, verify every fact and every belief against the data. You will need to do this several times, coming at each question from different angles. You will know you're getting there when 1. You recognize how much is at stake and 2. You know what to do.

Read Eric Francis daily at www. PlanetWaves.net

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The Vashon Loop, p. 8 January 21' 21

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# PANDORA'S BOX

Well, looks like the beginning 2021 is not much of an improvement over 2020. But, we shall persevere. Pine Siskins wreaking havoc island wide. At least they're cute.

Bo's Pick of the Week: Continued clay litter shortages are driving everyone nuts. Hopefully all better by month's end. But please, don't hold your breath.

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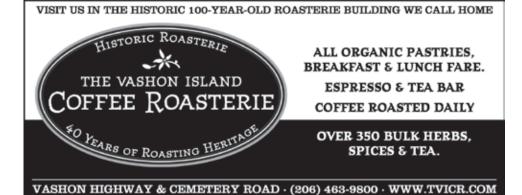
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