

Registration Opens for Vashon Remembrance February Mukai Master Project: Beyond Names Classes and Statistics

Mukai's February Master Class lineup includes a two-part class on how to make sake and sake kasu with islander Rita Brogan. The first part of the class provides video instructions on how to make your own rustic, homemade sake over the next couple of weeks. Then on February 13 at 1:00 PM, you will learn how to transform the leftover sake lees into a versatile and delicious cooking paste called Sake Kasu. A donation of \$20 and registration at (insert) will reserve a spot for you. If you choose not to make your own sake, but still want to take the Sake Kasu class, you can purchase sake lees at Uwaijimaya.

Next, on February 25 from 9:30 to noon (and live from London!) popular instructor Rob Jones will conduct a workshop on the art of Bori Bori mending. The fee for the 2.5 to 3 hour workshop is \$50. Once registered, Mukai will send the list of supplies. Rob also offers two kits that can be purchased directly from him at:

https://www.romordesigns. com/shop?category=Kits%20for%20 Workshops

More details and registration for these and future classes is at mukaifarmandgarden.org/classes.

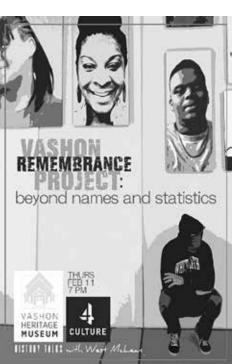
Mukai Farm & Garden is being restored and managed by the Friends of Mukai to celebrate Vashon's Japanese American and agricultural heritage. Mukai shows how history lives and is relevant to our lives today.

The intent of the Vashon Remembrance Project is twofold - to combat the forgetting or whitewashing of significant historical and recent atrocities, and to honor the victims of those atrocities by humanizing their lives beyond statistics and names. This is done by researching the individuals displayed in the portraits seen around Vashon Island, and connecting their faces with relatable - and very human - facts about their lives, to inspire reflection. In this presentation, artist West McLean will discuss the project, its inspiration, the necessity of sonder, and the insidious idea of otherism.

West McLean is an island artist, designer, and educator. He is the founder of the Vashon Remembrance Project, which created portraits of persons of color killed by law enforcement, and coordinated the display of these portraits at island businesses.

The Artist West McLean Vashon History Talks.

Presented by the Vashon Heritage Museum. February 11, 7:00 P.M.



Register on line, visit the Vashon Heritage Website at:

www.vashonheritagemuseum.org

The Road to Resilience

Education is Key

If we are to "build back better" as President Biden claims he wants to do, we will have to take bold steps and invest a lot of resources to make the sustainable economy that we need. The transition we need to make will eliminate millions of jobs that would no longer be relevant, and create millions more in new renewable energy industries, expanded healthcare, education, service industries, etc. No one can say that we don't have a lot of work to do. But do we have a labor force that is big enough and trained to do that work?

The millions now working in the fossil fuel industry will need to be retrained to work in the new renewable energy sector or a profession of their choice. When we institute universal healthcare, we will need to retrain millions of insurance administration workers who now decide who gets healthcare and who doesn't. We will also need millions of new doctors, nurses, and other healthcare workers to take care of the increase in demand as a result of universal care. The neglect of mental healthcare alone will require a huge increase in practitioners. For lack of care, mentally handicapped people are living on our streets, packed away in jails, or, if marginally functional, may be doing harm to themselves and others at home, at work, or elsewhere in the public sphere, such as in politics. When we talk about Medicare for All (universal coverage), we don't often think about the fact that our healthcare resources will need to be greatly expanded. This and all the retraining, new research and development that we will need requires a greatly expanded and accessible education system. That is why I consider that one of our very first actions in transforming our culture is to make education free at all levels. In fact, I think that paying people to get schooling for professions that need to be greatly expanded is a very worthy investment.

By Terry Sullivan,

We are already hearing from our more conservative compatriots that we can't afford it. This is mostly coming from the people at the top or the people that work for or believe in those at the top. The wealthy are making out like bandits right now so why try to fix fabulous? Building back better means that we have to create the economy that works for everybody, and that will require a substantial redistribution of wealth from the top 1% to the lower 90%. The wealthy will call it a "give-away," but, in reality, it is a very smart investment.

I've talked before about the fact that our most valuable resource in terms of overall impact is human resources. There is no single element of our economy that has a larger impact on our productive capacity and the focus of our efforts. Privatizing education is one of the dumbest ideas out there. Making education an expensive commodity is the surest way to making certain that we don't have the people we need to make a healthy, functional society. In the same way, commodified unaffordable healthcare and housing cannibalize society for the benefit of nobody in the long term. The first step is to train teachers. We will need to short-cut this training by hiring experienced career people to teach the new teachers. As we build up the teaching staff, we can release temporary teachers that would rather work in their respective fields. People who have their talents honed by training and are placed in positions to benefit all of us are assets, not liabilities. This is the beauty of the Green New Deal. The quickest way to unite this country is for the government to guarantee everybody a good paying job and the training they need to qualify. This is an investment that will pay off big time. If all of this is true, why aren't we

Savage/Love Olivia Pendergast Studio Sale

Vashon Center for the Arts Gallery will be showing works by former Vashon resident Olivia Pendergast, all at substantially discounted prices to raise funds for an art program she is heading in Kenya. Olivia says, "One part of the craziness of living abroad during a pandemic is that my belongings have been safely stored on Vashon for a few years. This has made for a lovely opportunity for a Studio Sale."

Olivia is passionately involved the Alfajiri Street Kids Art Program in Kenva, working with boys who sleep and eat in the garbage dumps of Malango Kubwa. Alfajiri is a center that provides them basic hygiene items, food, clothing, and a place to just be kids. Olivia helps them create art and has facilitated two exhibitions of their work, one in a museum and one exhibit in an art gallery. A portion of the art sales in Olivia's VCA Studio Sale will go to Alfajiri Street Kids Art Program in Kenya. Olivia's Studio Sale includes her earlier work, some that has been shown on Vashon and other work that is new to Vashon. All art is priced at a discount of anywhere between 30%-60% off her original retail price. The art in the collection is hang ready and gallery standard with the exception of a few pieces that are not framed and a couple with small imperfections. Olivia unfortunately will not be on Vashon for the sale. But we are hoping to host her on Vashon with her new works



CENTER February 5 - 28

Continued on Page 6

Olivia Pendergast Studio Sale



concenon.

Show opens Friday February 5th with extended gallery hours: 12noon – 7pm. Regular gallery hours are Thursday – Sunday, 12noon – 4pm. All the art will also be available for viewing and purchase online as of noon on Friday February 5th, on VCA gallery's new virtual gallery www.VashonCenterfortheArts.org/ gallery.



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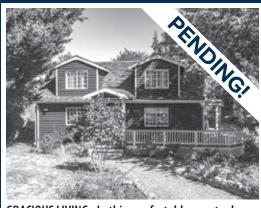
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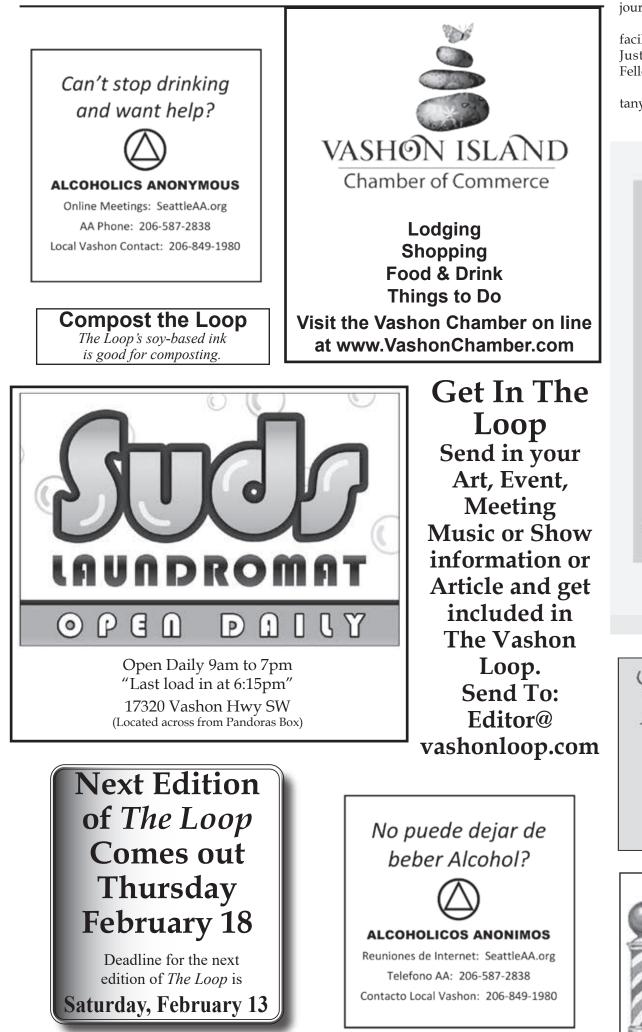
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Submissions to the Loop

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



Discussion group on Racism

Join our free discussion group on RACISM, starting Monday, February 22, 6:30pm. We will meet for 5 consecutive Mondays, for 60-90 minutes depending on the number of people in the group.

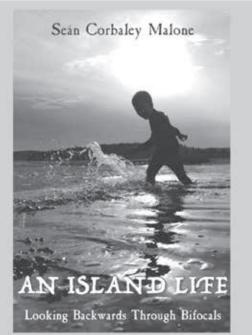
Supplies needed: The book, Me and White Supremacy by Layla Saad, and a journal.

Structure: We will be using her step-by-step reflection process to examine our racist thoughts and behaviors. For 28 days we will journal and we will meet weekly over Zoom to discuss the process.

Who: All of Vashon is invited, teenagers and adults. Cofacilitators are: Cathy deSmet, Vashon Showing Up for Racial Justice (SURJ) and Tanya Roberts, Vashon Island Unitarian Fellowship (VIUF).

To join and get the Zoom link, please contact Tanya Roberts at tanyaroberts@centurytel.net or call/text 240-505-6110.

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Fiddle Heads and Bracken



By Sean Malone and John Sweetman

Dogfish.. Ugly as they are, were once considered worthy of low level individual commercial fishing in the Sound. According to John's grandfather, dogfish were actually canned and sold in the area during WWII under the name 'Silver Cod'. Likely the only market for this was the Scandinavian stronghold of Winslow on Bainbridge.

While dogfish are loggy and slow when caught on the line, once landed out of the water and in the boat, they thrash around and wrap themselves in line and gear, all the while trying to stick you with the hidden poisonous spine behind the dorsal fin.

Uncle Jim raised chickens on Tramp Harbor at Portage and rowed to Tacoma once a week to sell their eggs. On the side, he fished for dogfish in the 1940's for their livers, which were made into a substitute for cod liver oil, their bodies making prime garden fertilizer because like sting rays the flesh had a large amount of ammonia, which made them difficult to prepare as food, although somehow the Swedes and Norwegians managed to do a respectful job of making them edible.

Bobby Millard once showed me his garden where the rows of peas were two feet higher where the dog fish had been buried.

Uncle Jim wasn't careful enough one day and a big four foot dogfish nailed him in the leg. Since his Father was a doctor from Denmark, the leg was treated at home until the blood poisoning could be seen moving up his leg in red streaks. Uncle Jim nearly lost his leg over that move. screaming as he ran around the house naked, only increasing the spread of the poison until his whole body was red with little bumps and his mother took him to Dr. Osborne who gave him an antihistamine which killed the stinging in 30 minutes.

If one of us got the measles or chicken pox, the patient was restricted to their bedroom and all their dishes and utensils were washed and stored separately, lest the disease be passed to a sibling; which happened commonly, whatever precautions were taken to prevent it.

Anything that was dangerous held our interest. Down below the rose garden, where the brush got thick, Brother Mike showed me a long green vine winding its way about four feet off the ground. There was green fruit hanging on the vine, about the size of a large pear. I cut the fruit apart and found large white seeds. I brought it home to show to Dad, who told us never to touch the Wild Cucumber again as it was deadly poisonous, which he knew having grown up on Vashon. You can find these vines today over on the East side of Maury.

Boy, were we proud, knowing how to deal with nettle stings which were probably our most common problem, spending most of our spare time in the woods, swinging on the ivy in Bradley's canyon or similar common pursuits over 20 or 30 acres, disregarding the neighbor's property lines. There were nettle wars in which bundles of nettles were used as swords for a few moments until they broke apart, usually causing more damage to the sword wielder than to the proposed victim. Our simple solution to the stinging welts caused by the nettle was to quickly pull the short fiddleheads that would grow into the tall bracken fern and to rub the juicy stalks over the wound and provide near instant relief from the stinging nettle. The older bracken wouldn't provide the same relief due to the lack of the healing juices of the "fiddle head."

Spiritual Smart Algek By Mary Tuel

Requiem for a Contractor

In the late summer of 1975, a restaurant called Sound Food opened a couple of miles south of town on the Main Highway. The restaurant was funded by several partners, of whom the most visible was Frank Miller, who worked in the restaurant.

Linda Miller, Frank's wife, also worked there. She had long hair and wore long skirts. Many women wore long hair and long skirts in those days.

Then, and I do not know the time frame or the order of these events, Linda came out, cut her hair short and stopped wearing skirts, announced that her name was now Lotus, and left Frank.

(She once told me that men were okay, but when it came to the quality of a relationship, women were beyond compare. When Rick and I married, Lotus told me that Rick was a good guy and all, but it was kind of a shame, because I would have made a great lesbian. I took it as a compliment.)

As a single mother she needed a means of support, so she became the best contractor on Vashon Island.

Seriously, she was.

In 1977 I came to live in the dilapidated former mess hall of what had been the Beulah Park church camp and Chautauqua grounds. The property had passed into private hands, and the mess hall and the little cabins on the property had become cheap rentals.

The mess hall had many deficiencies as a living space.

No bathroom. You had to walk up the hill to another building where the toilets and a shower were located.

No heat except the brick fireplace. Rick plugged several airtight stoves into the fireplace. Remember airtights? All the structural integrity of a beer can and they burned out fast, but they were cheap, and they worked. You can still buy them.

The building had two electrical circuits. There was a four-socket box with a breaker next to it on the kitchen wall. Two sockets, on the left side, were one circuit. The two sockets on the right were the second circuit, and that circuit supplied electricity to the entire building.

If the lights were on in more than one room, and I was cooking on the electric stove, the breaker would snap, and the lights would dim. At which point I



through to the finish. There were no "contractor gone missing" episodes.

The transformation took about four months, ending in January 1988.

Lotus and Kate did meticulous work. Everything was level and plumb and sound. There were no mistakes, no need for do-overs. Nothing turned up months or years later.

The house had all new wiring.

It had baseboard heaters. After relying on wood heat for ten years, Rick set down his chainsaw and never looked back.

It had insulation.

We had an indoor bathroom, with toilet, sink, and tub. Wahoo!

It was a great place to live and bring up the kids.

I do not know how many houses Lotus built or remodeled or what other projects she did on the island. I only heard good about her and her work and a lot of us were disappointed when she hung up her tool belt and started teaching at a community college.

I look around the house now and think what a fine builder she was, and what fine work she and Kate did.

She was a good friend. She was practical, but she knew how to laugh. She was a fine farmer/gardener, and she did a lot of volunteer work to make Vashon a better place to live.

A few years ago, she became ill.

A few weeks ago her bright light blinked out.

Deepest condolences to Barbara, Sonam, and all other family and friends. Virtual hugs, and peace, and grace, to you.

Rest in peace, Lotus. You done good.

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Poison ivy and poison Oak were thick among the giant Madrona trees at the head of inner Quartermaster and chasing after a miss-thrown baseball or throwing the ball into the ivy on purpose and laughing at the cousin who fell for it was grounds for punishment. Poison ivy and jelly fish stings were similar in the little red bumps and pain and itching they produced. The redder the jellyfish and the longer his red streamers created such pain that it could send a little kid

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Later in the season as the ferns hardened, they were used as 'swords' in pitched but short lived battles. Battles lasted about three or four 'whacks' and then even the hardened ferns were broken.

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would go over and push the breaker back up. We lived with that until the night I pushed the breaker up, and sparks flew.

So I applied for a couple of King County loans, and in 1987 we signed a contract with Lotus to remodel our house.

Lotus had Kimmco come down and put a concrete foundation under one side of the house. Meanwhile, Lotus and her assistant Kate (mea culpa, Kate – I have forgotten your last name) got into the crawl space on the ravine side and put in supports that went down to bedrock.

Once the house was stable and level, Lotus and Kate stripped the interior of the building down to the studs and outer walls. Then they built a new house inside that shell, listening to loud country music on the radio while they worked. Lotus hired subcontractors to do the wiring, sheetrock, taping and mudding of sheetrock, and plumbing. Once they started the job, they worked straight Compost the Loop The Loop's soy-based ink is good for composting.

Deadline for the next edition of *The Loop* is Saturday, February 13

Island Life I See Dead People

By Peter Ray pgray@vashonloop.com

You may be thinking that the title here is a bit old and dated and derivative, and you may be right. The thing is, I had been thinking about this general idea for the next verbal wandering for this column before the editor dropped his usual query about whether I had anything for this latest edition. I was wavering, even though I really didn't have any other avenues for expression and thought provocation. And then it happened. I opened up my connection to the facebooks and started to scroll down when one of those selector bars with individual boxes containing photos and names appeared that suggests suggestions for "friends" connections, and there, as a first offering, was Rex Morris, who as some may know passed away a while back.

I thought this was odd, but not totally. It wasn't too long ago that I got a reminder that I should wish someone a Happy Birthday, which again I thought was odd since I also knew that that person had passed away a number of years before as well. As a rule, I do not respond to these solicitations of birthday greetings for anyone, especially dead people. I don't have a good reason- I just don't. Along those lines, I have removed my birthday from sight in my information there as well because I don't want anyone having to feel obligated to congratulate me for surviving yet another year in this madhouse. I would just rather do as I do there in terms of daily online existence- grab a handful of rose petals and cast them upon the waters of the internets and see where they go and what response they might garner. I look back in now and again to see if there are responses and try to answer what comes at me, but for the most part I try not to spend much time there. I would much rather spend time making things, mostly photographs, that might contribute to the flow out there instead of spending a lot of time taking in the sights of cyberspace, which at times gets testy and disturbing and unreconcilable, and seems like a pointless waste of time to me.

I do find information of interest there, such as the recent CDC directive that appears to make bandanas an unacceptable means of preventive the in- or outflow of virus bearing droplets. I know that they have been listed fairly low on the list of transmission spreading effectiveness, but mine have worked for me so far. But since they seem to now fall amongst the lowest of the low, it seemed like it was time to use the internets to purchase a protective covering that would allow me to pass amongst the general public as something more than a health directive pariah. And so it was that I did a number of searches and read a number of sometimes less than informative product

As it also is, I have recently ramped up my participation and attention to duties that I signed on for with regard to the upcoming "celebration" of my fiftieth high school reunion. I have been having the zoom meeting thing with a classmate and a person from the school over the past couple of months. Along with other things, we recently were given the list of fellow classmates who have passed away, and in looking it over I noticed that there was someone's name that was missing. In truth, the passing of that person had been in question. There had been no formal notice from the school, and in searching around a bit I had found no evidence of an obituary in his hometown paper. It has only been in the last couple years that I have been in contact with anything other than a handful of my classmates. I will admit that it has been through my intermittent residence on that social network thing that I have slowly been reconnecting with a number of classmates. I think may have to go beyond both my hands to my toes so that I might be able to indicate my current school friend count. I had been occasionally conversing with the missing classmate in question, and then, radio silence. There was speculation amongst the class as to where he had gone. There had been the whole political going off the rails thing that had caused some of us to step away from some of his rants. It was then his daughter that had referenced him in the past tense, but when questioned, details were still sketchy.

And then the recent in memoriam list

arrived without Dave on there, and so I decided to head back to the facebooks to see what I could find. His son had since put out a general notice that he could "fill in the details" if one messaged him, so I did. In my role as yearbook photo editor way back when, one of my tasks was to shoot informal senior portraits to go on the same page as one's formal, studio portrait. It was one of those snipe hunt type assignments where you had to go find the person and then either shoot something right when you found them, or schedule a time and a place to get it done with whatever props and gear they had in mind. I knew I had at least one photo of Dave, because i knew I had takenhis informal, so I told his son in that introductory email that he could have scans of anything I might find with Dave in it. I heard back from him the next morning.

Zach, his son, was willing to submit something in the way of looking back on Dave's life, but was uncertain as to what we wanted. I wasn't really totally sure what we did want, but I wanted to assure him that I was going to get him some photos as a part of the deal, and so I began going through what I have. As it is, I had already begun to shuffle through this "filing system", but this is basically the first time I have seen many of these negatives in nearly fifty years. And what the system consists of is a couple shoe boxes filled with folded paper towels from the school darkroom with strips of five or six photos each, six or so strips stacked inside each paper towel- not exactly archival preservation methods. A few of the paper



descriptions and wound up ordering a couple types of masks to see how they would perform. And so it was also that soon after my queries had been sent out into the dungeons of the interwebs, the algorithms kicked in and in many of those ad blocks that populate the edges of my web spaces there appeared multiple offerings for all sorts of facial coverings, most of which I have chosen to ignore until I see how the ones I've ordered happen to perform. towels had something written on them in black marker, but for the most part there was no indication what was in each towel. I had started to go through some of these negatives early last spring, but when George Floyd and the Black Lives Matter movement ramped up, it seemed like the fifty year old goings on of a bunch of mostly white, mostly rich kids at a toney New England prep school were kind of irrelevant to the pages of the facebooks where I had been posting them, or anywhere else for that matter, so I stopped. It wasn't until six or

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had planned to eventually go through all the negatives and catalog and archivally clean and file everything, I had of course put a lot of that off until the deadline has now drawn perilously, but not threateningly close. I have been ordering archival negative sheets, a special film cleaner, archival storage boxes, a couple of external storage drives for digital safekeeping and some cotton gloves, the last of which arrived today.

Having gone through a number of envelopes late into that evening, I did find one shot with Dave in one corner of a single frame of a bunch of students engaged in some sort of meeting whose purpose seems to be totally lost to time. There were a variety of expressions on those who were visible, as well as a number of free floating balloons, which made no sense at all. I have posted it to the FB to see if any classmates might remember, but nothing has surfaced in the way of any recognized activity. I picked up one more envelope at 2am with the intention of stopping after I looked at this batch, and then, there they were- Dave's informal shots. I swabbed them with some cleaner, blew them with the canned air and ran them through the scanner. There was still some random dust spots that I removed in Photoshop, did a little contrast and sharpness adjustment and then sent them on to Zach with a note in an email. When I checked the next morning he had responded and was stoked to get them. He and his sister were going to work on an obit. With that, I would have said that my job, that part of it anyway, was done, but I noticed that parts of the negatives needed more cleaning, so I got out the cotton swabs and special sauce and had at the emulsion once more. The first swipe across yielded more black residue. How dirt gets inside a tightly folded paper towel inside a stack of towels inside a closed shoebox, I will never know. It does appear though that my work is more cut out for me than I was expecting.

As it is, I am finding that I still have some of the images I am finding in my head. There are other images, like the one mentioned above, that draw complete blanks. There are the dead people that come to life and emerge from the black and white negative as if it were just yesterday. I have found two separate image groups of Emmet, who was the first in our class to pass on, and by his own hand. It was at our fifth reunion, after he was gone, that his dad sought out our class, and in a somewhat drunken ramble went on about how he was sorry that Emmet had "let us down". It was awkward, to say the least. I found an image of Chuck stretching his leg way out to capture a soccer ball on his way down the field. After graduation and college, he had gone to a Pan American Games somewhere in South America, I do not recall where, and had bought some food at a vendor and had gone into anaphylactic shock from the peanut oil no one had said was in there, and died. But there he was again, making the play on the ball in his sweatpants and sleeveless jersey. There was another Dave, smiling and hanging from a tree in his climbing gear. They are ghosts, the end.

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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 so months after that I became involved tree in his climbing gear. They are ghosts, with the reunion yearbook thing, so while I but they are there, and probably will be till the and

Winnie Needs A Home

Although a lady never has to tell her age, I'll admit that I'm a "senior catizen." I've had some hard times but am feeling and looking much better these days, thanks to a special diet and medicine that's been prescribed for me. I'm looking for a nice quiet retirement home where I can be the only pet.

Due to my age and past injuries, I spend most of my time relaxing. I still like to play sometimes, and I have perfect litter box habits. You can see a photo of me on the VIPP website where I'm snuggling with one of my favorite toys. Even more than toys I love my heating pad, and I'll get to bring it with me to my forever home!



Go To www.vipp.org

To view adoptable Cats and Dogs

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By Marj Watkins

A Valentine's Day Dinner for Two

For a supper that includes the Valentine's Day motifs of the color red and a heart shape, you might try a heart-shaped Salisbury steak. It comes to the table under a blanket of red sauce. The whole menu could be: Vegetable salad, Salisbury Steak, steamed brown rice, kale with garlic, ginger, and a sprinkle of rice vinegar or red wine vinegar, a salad of dark green lettuce leaves, diced cucumber and diced red bell pepper with your favorite salad dressing, and for dessert sliced strawberries and whipped cream over chocolate shortcake.

Order of preparation: Start the rice cooking. Set your timer for when the rice will be half done. Prepare the kale. Peel and slice the garlic. Mince the ginger. Wash, hull, and slice strawberries. When the timer goes off, start cooking the meat.

> Salisbury Steak 2 servings

Spray-on olive oil Or 1 Tablespoon extra virgin Spanish or Turkish olive oil ¹/₂ pound leanest ground beef, flattened and formed in heart shape

15 ounce can tomato sauce

Coat the bottom of a large skillet with olive oil. Heat it.

Apply the heart-shaped meat patty. Brown it, turn it and brown the other side. Pour the tomato sauce over it. Reduce the heat to medium low. Cover the pan. Cook 20 minutes. This is difficult to transfer to a serving dish. I'd just serve from the pan.

The extra red sauce, flavored by the meat, goes well on steamed rice.

Kale with Garlic & Ginger

¹/₂ bunch kale
2 garlic cloves
3 or 4 slices ginger
Dash chicken granules
¹/₂ cup water
sprinkle of rice vinegar

Wash the kale. Cut the tough center rib out of each leaf. Stack the leaf halves and cut in several small pieces. Place in saucepan and add remaining ingredients. Toss. Bring to boiling, reduce heat, cover and cook 15 to 20 minutes, until tender. Offer rice vinegar at the table.

Chocolate Shortcake: The Chocolate Cake, or the Chocolate Angelfood Cake from my cookbook, Wholegrain and Gluten Free, available at Minglement. Or a chocolate cake from a store bought mix with an extra tablespoon of cocoa powder stirred into the batter, will serve well here. Bake in a square pan or pans. Cut in squares, top with sliced strawberries marinated with a little brown sugar or coconut sugar and topped with whipped cream.

A very happy Valentine's Day to you all! Marj.





February 4' 21

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

Aries (March 20-April 19)

You are in one of the most financially ambitious phases of your life, though money is likely to take care of itself if you remain true to yourself. That's not easy in a world that routinely expects people to violate their core values just to make a little money. By this I mean actually encouraging what is genuinely wrong. This works fine for people with no ethics, who do not suffer the psychological consequences. Happily, you do not qualify, so that means you face the quest of what it means to do the right thing, for your peace of mind. This does not just happen in the workplace. The new burst of Aquarius energy is leading people to think they can get others to conform with their every whim. The challenge you face is about standing out. Borrowing from the astrology to illustrate: all that Aquarius in your 11th house (groups, organizations, your immediate society) is blaring with the message that we all must do the same thing. However, Chiron in your birth sign, among other factors, is saying that you must stand up, stand out and be yourself. Listen to how terrifying people describe this as being - and it's all a head trip. Or better said, it's not fear of others but rather fear of oneself. Chiron will push you to never have that be something that controls your life, and this month you have much help from Mercury retrograde in Aquarius. Nothing says 'independence of thought and action' like Mercury - a vitally important planet to your sign Aries. Be the person you actually are, in the face of any and all pressure to deny yourself. This may seem to take courage. Really, it bestows courage.

Taurus (April 19-May 20)

The world is in a crisis of what psychologists are now calling 'executive function'. This is about people not being able to show up on time, follow instructions of more than two steps, cooperate with others, set and keep basic goals, make decisions, or take responsibility for their choices. Your chart, however, has the executive function angle lit up by the most exciting astrology

in a generation. However, you could be inclined to take this in theory rather than in practice. Here are a few keys to making it work for you. The first one is that you're likely to have your own way of wanting to get things done. If you are surrounded by other people, you must use leadership, charm and confidence-building to get your way. Those are crucial elements of working with others, if you have the concept that you know needs to be implemented. To do this, you must work closely with higher-ups, as well as colleagues and those who are in a service role. To do that, you need to be a master of communication. As a Taurus, you're not one to over-share, though I suggest you do. What to you feels like saying too much will probably be just right for everyone else. Make sure you ask people their positions on important issues, so you know where they stand, and so they know you care. One last thing: a combination of factors is suggesting that you allow your curiosity to lead you. Remember that in life as in journalism, we need to know who, what, where, when and why. Only people who ask those questions can truly be in a position of leadership. Use what you know.

Gemini (May 20-June 21)

Lately it seems like what we think of as existence is on a daily basis being corralled onto the internet. Whether we're talking about school (from kindergarten to post-graduate), social life, associating with colleagues, or any form of art, this is all rapidly being reduced to computer code. People think this gives them more freedom and opens up their potential, making all kinds of new things available. That is true to a point, though not everything can be reduced to data. In effect, the internet, by which I mean the digital sphere, is a hallucination. Marshall McLuhan said way back in the 1960s that computers were LSD for the businessman. And now we are all caught in the matrix or the digital dream. I suggest you figure out where you are, and then find your way back to Earth. Do Continued on Page 7

Chloe and Norris Need a Home

We're a brother and sister who have learned to like people even though we weren't around any when we were teeny-tiny kittens. Eventually we figured out that good things {like treats!) come from people, so now we look forward to seeing the shelter volunteers.

One of our favorite places to hang out together is the catio. We can't





Norris

bring ours along if you adopt us, but VIPP can give you information on the many different kinds - there's one to fit every space and budget. And speaking of budgets, because the two of us want



Road to Resilience

Continued from Page 1

at the same time. Of course, there is no consensus on what the building design should be. The important thing is that we already have most of the knowledge we need. We just have to roll up our sleeves and do the work. Democratized education is the key to everything.

doing it? Because the name of the game is greater and greater concentration of wealth and power. In just the last ten years, the number of major pharmaceutical companies in the world went from 60 to 10. Big corporations want good expendable employees, not new young entrepreneurs that will create competition and will inevitably replace many of them in local economies everywhere. No more cornering the market on corn, soy, chicken, or energy. In fact, we may find that "big" in some cases is a liability instead of an asset. So, it is understandable that we will have to fight to displace some of the wealthy few while creating the new diverse economy that will replace them.

It isn't going to be easy. It will be like living in a house while completely rebuilding it and learning the skills and creating the resources we need to do it Comments? terry@vashonloop.com

Next Edition of *The Loop* Comes out Thursday February 18

Deadline for the next edition of *The Loop* is Saturday, February 13 Chloe

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whatever you can do in the physical world. Get among others and remind yourself what eye contact and facial expressions are about. Notice how you feel when you're in your body. To what extent is your physical existence an object of fear, and to what extent is your body a means of self-expression? How do you feel when you're around other people? Are you afraid of them, or do you tend to trust them? Mercury retrograde in Aquarius for the next few weeks will be urging you to take part in the world of people, even if not so many are interested. Yet there's something more relevant: what is your long-term plan? Are you signed up to go along with the new normal, or are you interested in creating the social and creative life that you want? Many obstacles are now out of the way. You have ideas. You have much more freedom than you may imagine.

Cancer (June 21-July 22)

There's an old expression that it's lonely at the top. It's also lonely many other places these days, particularly as the world becomes more competitive and many strive to be what they think of as number one. You face a different situation, which is about using your power in ethical and honest ways. This requires growth and selfawareness that are not popular items. Most people are not willing to subject themselves to honest self-scrutiny, which comes with the necessity to change as you discover those things in you that need changing. It's a lot of work. There are few examples of people who are willing to do this, which contributes to the illusion of isolation. Yet you are getting instructions from a deep place within yourself, if you would only listen. You're also in the situation of being the person that people are looking to as an example, even though you may consider yourself imperfect and not necessarily ready for the role. Yet that is the nature of the human experiment. Perfection is not a value. Yet the willingness to learn, to love and to grow most certainly is a value, and it's one that you possess on a deep level. None of this matters on a good day, when things are going according to plan. It matters when the chips are down, when there is a risk, when there is moral confusion, and when people are in pain. Trust that you're doing better than nearly everyone, and that you have your priorities in order. Also bear in mind that many people tend to overplay their hand and exaggerate their knowledge and abilities, while others shrink from any challenge. Your true friends will tend to do neither.

Leo (July 22-Aug. 23)

The Full Moon takes place in your birth sign this month, and describes you in the position of the outlier. While much of the world has been swallowed and is being digested in the belly of the beast, you remain outside of most of what you see and hear. You are on your own journey, which requires you to face the world with better tools than fear, being judgmental or resisting anything seemingly different from yourself. Fortunately, those resources exist. And fortunately, not everyone thinks the same way or believes the same thing. Yet the way to get close to people is to foster intimacy with yourself. That means recognizing you are on a distinct journey that others may not understand, which you must embrace. A journey means traveling from day to day. You do not need a planned itinerary. Rather, wake up each day and plot your destination. Account for what you must do, for what you want to do, and for what has some flexibility. If you need assistance from someone, choose someone who is cooperative and who likes being helpful. There are likely to be a lot of new people in your environment, and they are not all cut of the same cloth. You must pay attention to what they say, and what you deduce that they actually know. In all ways, strive to make your life simpler and easier. The past few years have not exactly delivered proof that this is possible, though we are now in a new day and a new phase of human history. Yet not everyone knows

this. You can afford to do what so few dare to do: live for the day, each and every day.

Virgo (Aug. 23-Sep. 22)

You are blessed to have a purpose. I suggest you gather wood and tend the fire of your purpose all the time, day and night, in whatever weather. You may be starting small, as all natural things do. What matters is your quality of attention. What matters more is cultivating your experience of devotion. This includes your commitment to learning, and putting what you learn to good use. You may feel like The Hermit, holding a light on top of the mountain, though remember that the light is within you. The path that you are on comes with many questions, many of which surround whether what you do is really useful, or whether it will serve you or others in the long run. There is only one way to answer those questions, which is through a process of experience and observation. You cannot assume you know the ultimate outcome, for that is to deny yourself the beauty of discovery. In that context, it would be wise to focus less on ultimate goals and more on the process of how you get wherever you're going, or doing whatever you're doing. Keep notes, remember the recipes that work, and write down the dates of discoveries and new formulations. Think of yourself as a young herbalist who is suddenly placed in a community of people who need your services; at the same time, you have not yet mastered your work. This is the perfect place to be, as long as you balance caution and courage, which is the same as balancing your knowledge with the need to experiment. You will make mistakes; what matters is that you learn from them. That's the best definition of success that I know of.

Libra (*Sep.* 22-Oct. 23)

Amidst much other notable astrology, let's start with Chiron in your opposite sign Aries. This is providing you with a focal point, in a world where everything seems to be going out of control. In the simplest terms, that focal point is that there is such a thing as meaning. This comes through two sources: people who serve your interests, primarily as teachers or mentors; and then from your ability to recognize patterns in your environment. That is all this elusive thing called meaning really comes down to - when set in the context of personal relevance. Chiron is focusing your attention on healing. This is happening in a time when the chaos of the world is being driven by the fear of sickness and death. Anyone could be driven to madness or illness by soaking in this environment, and I have no doubt that much of what is happening is based on over-immersion in fear, chaos and meaninglessness. Take the opportunity to learn from those who have ideas, and who set a wholesome example. At this time in your life, one or two such relationships will keep you grounded in your purpose and in your sanity. You will also be able to learn how to serve others. The quality that you're looking for is fearlessness when it comes to approaching the challenges of life. This is exceedingly rare, so it should stand out from all the glare and noise. And of course, you would need to understand that the lack of fear, and the refusal to be ruled by it, is not about being a fool. It's about having a holistic understanding of life, which above all else you need to embrace. The whole is far greater than the sum of the parts, and the particles.

Reject any approach that begins with some form of 'you suck', remembering how often people fall for these; negging works because people expect it and take it as a compliment. It is not. The question to ask yourself is this: how do you feel after you've spent time with someone? How do you feel the next day? Are you more or less productive? Speaking of - matters related to health, and work, and where the two intersect must remain at the top of your priorities. Conduct a health and safety audit on all matters related to your workplace, your workspace and your daily workflow. How is the air? How are the vibes? Do you get enough light? Are you bored, or interested? Are you sitting in the right kind of chair? Most significantly, do you have any way of expressing yourself through the work that you do? Your true profession must be a balance of service and the ability to do something that is genuinely your own. These are not absolutes and perfection is usually an unattainable value. Yet there is a range of what is acceptable, which is the first thing to strive for.

Sagittarius (Nov. 22-Dec. 22)

You will not want to rush into any decisions, as you're involved in a long process of thinking, review, and rethinking. You may not be a patient person by nature, though this would be a good time to practice. This is not the patience of waiting for something, but rather the type called for during a process of experimenting and analysis. Slow down your process of coming to conclusions, and practice holding your mind open and suspending judgment. The easiest way to do this is to engage in a process of conscious observation, particularly of people, and also of how you relate to them. Have as many conversations in person as possible, as close to your home as possible. You probably don't live in Mayberry where you're on a first-name basis with the postal clerk, but do as much of that as you can; this will feed your thought process. You will learn things on your feet that you won't learn in your seat. You of all people cannot withstand the dehumanization process that humanity is currently being put through. And you hold some of the keys to undoing its worst effects. Yet to be effective you need to be informed and involved in your community, in the most direct senses of those ideas. Mercury retrograde through Aquarius the next few weeks will encourage you to step out of abstract mode and into what is measurable, physical and tangible. You seem to struggle with trust more than most people, and more than you need to; what humanity is going through right now would be different were we more open and willing to accept one another as who we are. So pay attention and suspend judgment. Only then is learning possible.

Capricorn (Dec. 22-Jan. 20)

You are fast approaching the time to make some important financial moves, but not with Mercury retrograde in Aquarius. Now is the time for due diligence. That means conducting research, checking references and knowing more than anyone around you. However, there are two things more important: knowing when you don't know, and disproving your theories. Be bold about being wrong. Use this approach especially when you assess your priorities. You need to know what is true for you on the most elemental level, so that you understand the basis for all of your decisions. This getting to the bottom of things has been a theme of Pluto in your sign for the past 13 years, and it is not quite over. You are starting to get ahead of your insecurities, though you're not fully there yet. If you notice a fear response to a nonthreatening situation, it's important to notice your state of mind rather than to suppress it. You are still way too influenced by what you think that others think, and what you believe others believe. Certain events in your family history have injured your selfconfidence, and those are bubbling to the surface. These issues do not heal by magic. For most people, it does not heal, ever, and you cannot allow yourself to be one of them. Confidence is what stands between

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you and the life that you want. That means learning how to think for yourself, which is rarely ever encouraged even in times when individuality and self-actualization exist as options in public consciousness. People will almost always default to the 'safe' option, without considering whether it actually bestows any protection — and at what cost.

Aquarius (Jan. 20-Feb. 19)

Fire your public relations team and speak for yourself. Forget your identity and be yourself. The turning point moment of your life is an experiment for which you must be flexible and spontaneous, though you're also in line to learn the art of followthrough. You may start many things now that you don't ultimately complete, so be careful that you develop your best ideas. The great virtue of Aquarius is its ability to have a new concept. The pitfall of Aquarius is a struggle with being adaptable, willing to learn, and willing to be wrong. Think of intelligence as being more about curiosity and less about certainty. With Mercury retrograde in your sign, that translates to curiosity about yourself. You may be investing time and energy into learning different systems of self-knowledge, which can be beneficial. Yet the thing you want to understand above all else is what motivates you. Notice what pushes you to make choices, take action, and to prefer certain people and things over others. Notice your habits. This is an excellent time to be shifting the ways you are habituated, and rather than form new fixed patterns, form new flexible ones. Place your life into manual mode rather than automatic. This is not going to be as easy as it seems, as we are being conditioned to think and conduct ourselves like the robots who dominate our lives. Far from being a conscious process, this has soaked us from the bottom, with phrases like "rewired," "hard wired," "reprogramming," "rebooting," and even "system upgrade" being used to refer to humans. Natural biological beings have no wires or operating systems, and that includes you. Invest in your humanity and nothing else.

Pisces (Feb. 19-March 20)

The time is long overdue for you to pull in and get to know yourself again. The events of recent years have felt like being hung out to dry. There was a time not long ago when only a select few real estate agents had their photo on the little ads in shopping carts. Now all of social life has been thrown inside out. Privacy is now a concept so fargone that nobody understands it and few remember what it was like to be in the space of your own thoughts and feelings without the whole world invited to spectate. The alignment of planets newly in Aquarius is calling you within yourself in a way you have not experienced in years - perhaps many of them. Respond to this invitation in tangible ways: principally, less time online, more time alone, and more time in one-toone company. Sleep more. Go places where there are not so many people, or where you can be alone outside of your house. I suggest you stop taking on new tasks, projects or assignments, and focus instead on advancing or completing one or two long-term goals. Part of being interior means honoring what is true for you, and giving yourself what you need. These things are unlikely to have much in the way of outer manifestations, at least for now, and that is part of their virtue. Interior space means honoring what is meaningful primarily to you. The past year has run all of us ragged to some greater or lesser degree. We are being subjected to a new propaganda campaign every day. Treatment from society and many individuals qualifies as brutally abusive. Step back and take care of your spiritual needs. You are, after all, a Pisces.

Scorpio (Oct. 23-Nov. 22)

Who you choose to relate to has never been more important. Emphasize those who are genuinely helpful. Sidestep those who serve to disrupt your peace of mind. This includes aggressive people, as well as those whose primary orientation is their anger. This can take many forms, from the types of depression that are merely a mask placed over suppressed rage, to what is wrongly called passive aggression. (That calls for an example: those who screw you up on a regular basis but make it seem like it was merely circumstances outside their control.)

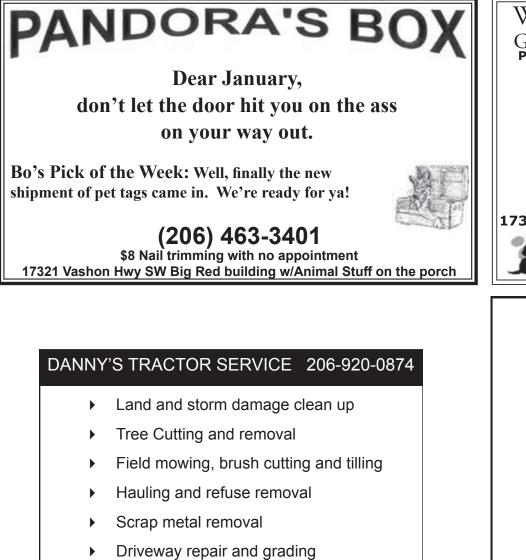
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