

Parents – It’s Time To Enroll Fall 2021 Kindergarteners



Kindergarten 2021-22 holds the promise of full days in person with eager teachers and boisterous classmates. That first day in school is sure to be an indelible memory, filled with play and friendship. If your child will be five by September 1, now is the time to enroll them in kindergarten at Chautauqua Elementary School (CES).

“We’re planning for full days of in person kindergarten this fall,” says CES principal Rebecca Goertzel, “and we’re prepared to continue health protocols already in place for as long as we need to.” CES Kindergarten students this year returned to in person learning February

1st in socially distant classrooms, wearing masks, washing their hands and joining half their usual numbers of classmates. Students and teachers alike were excited to return to school and everyone has fully cooperated with required health and safety protocols, according to Goertzel. “Next year we may need to have three foot spacing of desks and continue mask wearing. We can adjust to whatever the health protocols require and still offer a fabulous program,” explains Goertzel.

Most years, Goertzel receives information about kinder-ready children

Continued on Page 7

Vashon Medical Reserve Corps is the first topic of Lives Well Lived Talks

Vashon Heritage Museum (VHM) and Vashon Community Care (VCC) are teaming up to produce a new series--Lives Well Lived -- as part of the monthly Vashon Museum Talks series.

Lives Well Lived will explore current events through the eyes of islanders who are making a real difference in this community and the world at large. The talks are inspired by the popular Telling Stories series, produced by VCC almost a decade ago.

The work of the Vashon Medical Reserve Corps (MRC) is the focus of The Vashon Model: A Community-based Response to COVID, the first Lives Well Lived talk on April 8th. Well known island writer and radio personality Susan McCabe will moderate the discussion between Doctors James Bristow, Ina Opplinger, Clayton Olney and Jinna Risdal, all of whom were key players in Vashon’s nationally recognized response to the COVID pandemic.

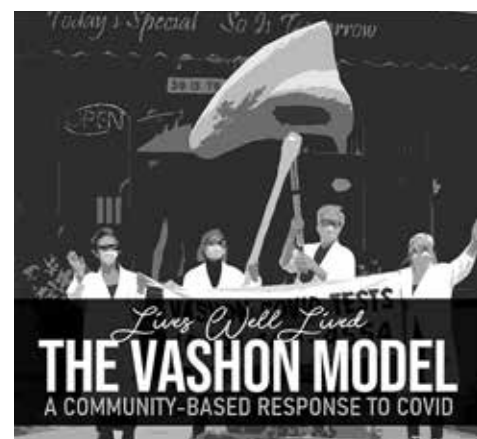
The Vashon MRC was founded in 2002 in response to the 9-11 attacks and functioned until 2008. After several years of inaction, the organization was restructured and strengthened in 2018 under the leadership of Doctors Ina Opplinger and John Osborne. When COVID began to spread in early 2020, Doctor Jim Bristow was compelled to begin a testing site on the island in reaction to his wife not being able to get a test when she thought she had contracted the virus.

One year later, Vashon has the lowest spread of COVID in all of King County. During this past year there have been a total of 108 COVID cases on Vashon (less than .01%) and 3 deaths (.0025%) out of a population of nearly 12,000. 112% of Vashon residents 65+ and 41% of Vashon residents 16+ have been vaccinated as of the middle of March 2021.

“A huge part of Vashon’s success at keeping the rate of infection down was the community coming together to help us do all the things that keep us safe,” says Dr. Bristow. “The infrastructure to start the testing so quickly was already in place with the MRC and supported by a galvanized VashonBePrepared. Another critical element was the mental health support. But we couldn’t have done any of this if islanders hadn’t stepped up to volunteer countless hours of their time and if the community hadn’t listened to what we and public health officials were saying.”

“Vashon Community Care is proud to highlight the story of the Vashon MRC’s remarkable response to the COVID pandemic as our first Lives Well Lived talk because it honors the incredible dedication and perseverance of an enormously accomplished group of leaders who had the support of Vashon’s tight-knit and resourceful community,” says Wendy Kleppe, Executive Director of Vashon Community Care.

Elsa Croonquist, Executive Director of Vashon Heritage Museum, says: “The story of Vashon’s MRC—before, during, and after COVID—is an excellent example



of history in the making. An important part of VHM’s mission is to preserve Vashon history with examples of island residents whose passions and knowledge impact current events.”

Lives Well Lived will be a Zoom webinar on April 8th at 7:00 p.m. To register, go to <http://bit.ly/liveswelllived>

Future Lives Well Lived talks will take place in July and October and will be publicized on Vashon Community Care’s and Vashon Heritage Museum’s websites.

ABOUT VASHON HERITAGE MUSEUM

The Vashon Heritage Museum collects and preserves and exhibits documents and artifacts through award-winning exhibits that reflect the unique heritage of Vashon-Maury Islands. The Museum highlights the universality of the human experience, by preserving and conserving Vashon-Maury Island’s diverse cultural, social, and natural history, from first peoples to present day. The Museum inspires visitors by celebrating our shared heritage, connecting the past and present, and demonstrating how history influences our future.

ABOUT VASHON COMMUNITY CARE

Vashon Community Care has roots dating back to 1928 when Goodwill Industries purchased the Ellsworth Ranch and established a working farm and boarding house for destitute men from “Skid Road” in Seattle. Today, the community includes 40 apartments in Aspiro Gardens Assisted Living and 16 apartments in Beardsley Memory Support. VCC proudly remains an active and vibrant member of the Vashon Island community. VCC is an affiliate of Transforming Age , a leading nonprofit organization committed to improving the lives of older adults through community housing and services, technology development, research and advocacy. Founded in 1956, the organization operates 28 communities in Washington, Minnesota and Nebraska. In addition, it runs an online advocacy forum to combat ageism and its affiliated partner, GSI Research & Consulting, provides business service solutions to the industry. Its affiliate Full Life Care provides critical home and community based services to older adults and people with disabilities. The Transforming Age Foundation and affiliated foundations provide philanthropic programs aimed at supporting those in need.

The Road to Resilience

The Dollar Rules

John Locke lost a lot of luster in my estimation as I read the other night that he was a major philosophical contributor to the ethic of profit at all costs. The origin of capitalism (and modern science) is largely attributed to John Locke’s time, the Enlightenment, which began about 400 years ago in Europe. I’m reading a book by Eugene McCarrher called The Attractions of Mammon: How Capitalism became the Religion of Modernity. Capitalism actually goes back well before the Enlightenment to the days when commercial cities were gaining power at the end of the Feudal period. The rise of capitalism seems to be concurrent with the rise of money as a value in and of itself. Locke said in his Second Treatise, “’tis labour that puts the difference of value on everything,” and he later indicates that money is his final standard of valuation. He says further that an English “improved” acre is worth a thousand “unimproved” acres held by Native Americans, that is, acres that have not been developed to yield a monetary profit. Left without attention to “His [God’s] business,” land that “hath no improvement....is called, as indeed it is, a waste.”

That pretty much says it all for me in looking for the philosophical basis for the predicament we’ve gotten ourselves in today. Land or any other resource that

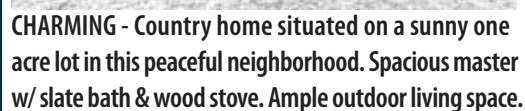
By Terry Sullivan,

can’t be developed to produce a monetary profit is of no value. We should be able to see that Trump’s narcissistic approach to everything is really not much different from the way our civilization looks at the world. Monetary value is the one thing that appropriates anything in this world exclusively for human use, and everything else is simply not on our radar.

We are now talking about putting 30% of the land as well as 30% of the ocean into nature reserves. This is a really welcome discussion, but I believe it is going to be really hard for us to allow resources to be “abandoned” and “wasted.” The extent that we can move forward with this will be an indicator of how much our awareness has evolved to incorporate the rest of the natural world, its own ends being our ends also.

We know that the rest of the non-human natural world is crucial for our existence, but we really haven’t internalized it yet. We still think that we are sacrificing something that part of us still thinks is rightfully ours, (“ours” being property of humans as exclusive to the rest of nature). Someone has monetized the natural services, those provided to us by nature at no cost whatever nor attention on our part— oxygen, water, soil, food,

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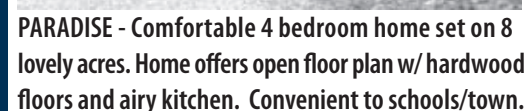
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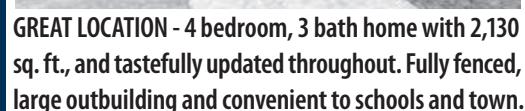
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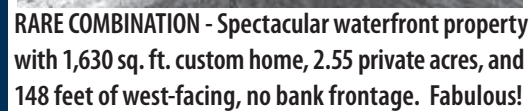
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Submissions to the Loop

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.

The Climate Change Crisis and the Path to Zero Carbon

Dr. Kutscher will provide up-to-date background on the seriousness of the climate change crisis and the many advantages of a reasonable energy transformation. Primarily, he will discuss the achievable approach of using solar and wind to produce enough electricity to satisfy all the energy needs possible, as well as the challenges of utilizing these variable energy sources.

Dr. Kutscher will also present an overview of how we can deal with energy needs that are more challenging to electrify as well as and the various means being explored for the very important step of removing carbon dioxide from the atmosphere.

Join us Sunday at 11am via Zoom:
<https://www.viuf.org/sunday/>
The Climate Change Crisis and the Path to Zero Carbon Vashon Island unitarian Fellowship, April 18

Come to Vashon Rotary Foundations’ Birthday Party

Vashon Rotary Foundation is Celebrating it’s 35th Birthday with several in person and online events. Please visit VashonRotary.org for our Convene, Collaborate and Celebrate poster, the link to our auction page at ourmayberry.com, and for our Sustainability Tour, free, and self guided on 4/11, Sunday and 4/12, Monday, 10 a.m. - 4 p.m. each day. There are over 22 locations to visit, showcasing this island’s commitment to Sustainability and the collaboration between Zero Waste Vashon and Vashon Rotary Foundation.

Also at VashonRotary.org will be the link to our virtual Convene, Collaborate and Celebrate Birthday Party, Saturday, 4/17 at 7 p.m., hosted by Kevin Joyce. Many of our collaborative party members, including Zero Waste Vashon, Vashon Senior Center, Vashon Youth and Family Services, Vashon Community Care Center, The Vashon Maury Island Land Trust, and the Whole Vashon Project, will share how working with the support and volunteer help of Vashon Rotary has made a lasting difference in their community work.

Please check out our awesome auction items, including a Trump piñata, two trip packages, three island tours, handmade spoons, a gift basket, and an inflatable twin bed (camping, visiting nephew) with sheets. Your tax deductible donation will help us reach our goal of \$35K so that Vashon Rotary Foundation can flourish, continue its legacy of community service and party again in 2056!

Vashon Presbyterian Church Heindsmann Family Endowment Scholarship

Vashon Presbyterian Church is accepting applications for the 2021 Heindsmann Family Endowment Scholarship award. This award is granted from an endowment created by Virginia and Ted Heindsmann to a deserving student based on financial need, academic promise, and dependability. Consideration will be given only to students who have completed two or more years of higher education or who are seeking special training or retraining. This award is not intended for high school seniors.

Application packets can be obtained by emailing the church at vashonpresbyterianchurch@yahoo.com or leaving a message at (206.463.2010). Because of Covid 19 restrictions the church building is not currently open. Completed applications must be returned in the mail (P.O. Box 435) or to the church email address by Monday, April 26, 2021. As part of the selection process, finalists will be scheduled to meet virtually with the church’s Scholarship Committee in early May.

*Can’t stop drinking
and want help?*




ALCOHOLICS ANONYMOUS

Online Meetings: SeattleAA.org
AA Phone: 206-587-2838
Local Vashon Contact: 206-849-1980


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Your VOICE Matters!

It has been one year since lockdown and the way we always did things changed forever. Thinking differently, asking questions and seeking feedback are all paramount for continued growth and evolution in our lives. Please take our brief survey to help Voice of Vashon be the best it can be for years to come. For you!



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

Next Edition of The Loop Comes out Thursday April 15

Deadline for the next edition of *The Loop* is **Saturday, April 10**

No puede dejar de beber Alcohol?



ALCOHOLICOS ANONIMOS

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Contacto Local Vashon: 206-849-1980

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Second Time Around



By Sean Malone and John Sweetman

“You see that cruiser out there with the big bow wave and huge wake,” I asked John. We were out on my deck, drinking single malt and smoking Dominican cigars, while we passed each other singular non-sequesters. “Dad would say that he’s pushing too much water which he equated with poor boat design.”

John’s response was, “What this world needs is a really good 5 cent cigar.” Attributed to but not authored by Vice President Marshall in our ‘cave of winds,’ the US Senate in the early 1900’s.

“Do you remember the camper trip to Ft. Flagler on Marrowstone Island and smoking the two special cigars that your brother Mike gave you,” John asked? “Very much so,” I said and we stayed up till after midnight smoking those cigars and sipping single malt...”

And John carried on:” while I was not a serious cigar smoker.. That night was incentive enough that when I traveled through Cuba.. I made the effort to bring back really good Cubanos.. and good cigars in Cuba are not cheap. ..even on the black market.. Ordinary Cuban cigars are cheap, but still good. 80 year old grandmas smoke them and can afford to do so even on the small income that is typical for most Cubans..

So I brought back a box.. of the best.. And aside from the few Seán and I smoked together, gave most away.. Certain Island musicians were the main recipients.. and one can only hope certain augmentations of their music resulted.

I had just finished a bowl of my homemade navy beans and ham hocks with onion and garlic, and turmeric, cayenne flakes and sumac, adding a cup of wine with chicken stock to replace the bean water that had boiled away, when..

“Hello, I’m here,” and the front door of the cabin was pushed open while my little dog Duffy had a conniption fit, because he doesn’t like being surprised, when it was only Dr. Thomas coming down for a cigar and a drink of 90 proof Woodinville bourbon, a birthday present from Ryan Gray.

Dr. Thomas started going thru my cupboards looking for glasses. He’s not a medical doctor, but a doctor in forensic psychology and works with people who are mentally ill, through the court system. “Do you have any ice?” Richard called from the kitchen. “I doubt it,” I replied, because I don’t like watering down my whiskey and the ice-trays sit in my freezer so long that the ice disappears.

“Where is that old master cylinder from your 36 Plymouth?” Dr. Thomas called out. He remembered that I use it for an ashtray. “On top of the mantle over the fireplace,” I replied.

I paid Jerry Firnstahl \$25 for that old car in 1957; because it had a rumble

seat. The trunk lid folded back rather than forward and there was a seat for two people. In the old days, a rumble seat was an uncovered seat attached to the back of a horse-drawn carriage that was intended for slaves or servants. In this case, I hauled the Kearns brothers to school at Seattle Prep when the weather was nice. There was an additional advantage to Jerry’s old Plymouth and that was the fact that it had no muffler and the straight pipe ended right under the feet of Tom and Terry keeping them warm. The straight pipe had an additional advantage, as we came through the Battery street tunnel, I could turn off the key and allow the gases to build up in the straight pipe; which, when the engine was re-started would create an awful explosion and a three foot ball of flame would roar out of the rear end of the old Plymouth.

My old time car was lost to the sands of history until recently, when I found parts of it in the old gravel pit on Maury, where Tony Raab had driven it off the cliff for a \$25 joke, which is what he paid me for a perfectly usable automobile. In between the ages of 16 and 22, I owned 22 cars including a 1938 Pontiac with suicide doors and a rusted out floor, which had a story of its own.

I have to stop writing here because I hear the USPS truck turning around at the top of my steps. He had delivered a box of Baccurat-Honduran cigars I got from David Church, the only cigar he ever smokes.

It was then, that Dr. Richard sat down in my big recliner and pulled out a very expensive cigar in a glass tube and proceeded to drop his ashes into the master brake-cylinder of my 1936 Plymouth with a rumble seat.

Dr. Albert Mann was a teacher of Chinese history at Seattle University, and he smoked a pipe full of crumbled cigars. I think he liked the taste of a different tobacco.

John Sweetman gave up smoking pipes 50 years ago because the USAF wouldn’t let him smoke under the canopy of an F100f Super Sabre fighter, while his pilot dropped their spent fuel tanks on a certain mountain just inside the Russian/Turkey border. John willed me his beautiful pipe collection years ago and the cleaning lady dusts John’s pipes off every week, waiting for him to take them back. In the meantime, I’m going to crush a cigar and see how John’s pipes smoke. It doesn’t work, the smoke is hot and without taste.

Us kids smoked cigar shaped sticks which we found on the beach at Portage, though we weren’t allowed to smoke in Grandma Ada’s house. I’ve been told that smokewood comes from willow brush that lines the bank and falls into the sound where the salt removes the lignin, leaving 100 little holes to draw the smoke thru, much like a cigar.

Spiritual Smart Aleck

By Mary Tuel

Second Amendment Rights (and Wrongs)

“A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.” This is the Second Amendment in the Bill of Rights.

Conservative Supreme Court Chief Justice Warren Burger on the Second Amendment: “The Gun Lobby’s interpretation of the Second Amendment is one of the greatest pieces of fraud—I repeat the word fraud—on the American People by special interest groups that I have ever seen in my lifetime.”

How many times have you heard someone say, “They’re coming for our guns?”

How many times has that happened? Zero times. That is how many times the government has “come for our guns.”

That is the fraud to which Justice Burger was referring. The fraud persists. People are forever yelping about the threat to their Second Amendment rights. My totally subjective take: I am so fed up with the fear-hate-mentally unbalanced mindset of the poor deluded gun lovers who have been sucked in by this lie, among other lies that are frolicking across the American landscape.

I have no patience for the people and conditions that sell the lies to create that mindset. I am appalled that so many people in this country feed on delusions like, “they’re coming for our guns.”

No, they are not coming for your guns. That is a lie which you have swallowed whole, and it is making all of us sick.

Now that the restrictions of the pandemic are beginning to loosen, mass shootings have returned. I have not missed those shootings, and I am certain that there has been gun violence in America right along throughout our Plague Year, but it did not get the publicity because, you know, pandemic.

In the type of mass shooting to which I refer, the shooter is almost always an angry young white male, and the victims are innocent people who were minding their own business up until all hell broke loose.

The weapon of choice is the AR-15 automatic rifle, which, when it hits people, turns them to mush, which is exactly what it was designed and built to do.

Some people have formed private, unregulated militias to protect their Second Amendment rights, as they see



them. A lot of those militiamen showed up at the Capitol on January 6, and at some state capitols, including ours, all duded up in their pseudo-military uniforms, flak jackets and bulletproof vests. They came not to secure our free state, but to overthrow it.

They call themselves patriots, which they are not, and say they love their country, which they do not. They love the fear and rage they have about what the country should be and is not in their opinion, and what it used to be, which it never was.

These patriots do not realize that what they are voting for and literally shooting for is the enriching of the already rich and the impoverishment of themselves. They consistently vote against their own best interests to elect people who do not give a rat’s patootie about them.

That is what this old lady thinks, anyway.

I personally do not have any guns, for two reasons. First, I am gun-ignorant, and have heard that having a gun “for protection” but not knowing how to handle a gun can lead to your being shot by your gun.

Second, when my kids and my grandson were little, I did not want to have any tragic accidents.

My dad had two rifles and a shotgun that lived in a gun safe in the hallway. He had cause to use them sometimes around the ranch.

My late husband, Rick, had two guns, a .22 rifle and a black powder pistol which he named “Captain Balls.” He had to make the balls himself by melting lead and pouring it into a mold. A few months before he died, he gave both guns to an old friend of his. When I asked why he gave them away, he said, “Because I know you hate guns.”

He wanted them to go to a good home. He knew he was dying, and he was probably afraid I would toss them. He spared me having to decide what to do with them, which was kind.

All of us have lived with guns and mostly guns are used for hunting, target practice, or maybe knocking off jackrabbits or predators. My dad took my brother and me out target shooting one day when I was quite young, and it was great fun and it turned out I was good at it. Once my mother got wind of it, though, my shooting days were over. One of the disadvantages of being a girl in the fifties.

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Island Life

The Walk

By Peter Ray
pgray@vashonloop.com

It didn’t really start out as a walk. As it was, our rescue Pitbull, who is known at different times as Elle, Ellington, Miss Bugs or Furious E, and doesn’t reliably respond to any of them, had had surgery on her back legs and was required to slow down and do controlled walks while healing. This daily, solo excursion made her feel special, and pissed off the other two dogs to no end. The walk entailed a simple out and back to the end of the driveway which turns out to be close to a half mile in total. It was always a battle to get out the door with a singular dog, and a tussle nearly always broke out with the other two inside dogs left barking and howling as the privileged one strutted at a moderate pace out our front path to the parking lot and the drive beyond.

It was a generally uneventful trip up to the highway and back, with lots of sniffing and gazing back and forth across the landscape as we went along our way. There soon came to be certain landmarks that we always had to pause at just because- I have one friend who calls that “checking the peemail” of the other dogs on the lane. There were other times when Elle would stop in a random spot and plug her snout to the ground. If I happened to be mindlessly walking and staring at the clouds and missed the cue that what she was investigating was really important, the leash would go taught and a series of snorts would come from the four-legged anchor, standing her ground at the other end until all had been thoroughly checked out and cleared through official channels.

Upon our return to the house we could see steamed up glass window panes on the door with gazing, jealous eyes piercing through the window fog. Once we hit the top of the steps on the front porch, the barking and sniping would start and only increase as we tried to push our way through the door that was partly being held closed by leaping, snarling hell hounds from within. It soon became clear that something was going to have to be done in the equity department so that all parties came out of this feeling not left out. And so it was not so brilliantly decided by me that we would individually walk each dog consecutively, which kind of helped, but tripled the recurring dog riot and greeting party as each participant finished walkies on the front porch- something clearly had to change.

Up until this point I had been wary of the three-beast, gang walk. I had, after all, previously experienced attempts at a three-dog, leashed walk to the car for the coveted car ride, after finding that simply releasing the hounds on their own recognizance and trusting that in all the excitement they would actually stop at the car and wait to get in was never meant to be a reality with this group. The first, and I think the only time they were allowed to see themselves out to the car, they all took off at a gallop and realized perhaps part way down the front path that this galloping in a group thing was fun, and they proceeded on past the car and were only deterred in their flight when they decided to check in on the neighbors’ dog while flying past. I don’t recall if we just put them back in the house once they all had been corralled, or if it was

the car that was the enticement to get them all back. After that, everyone was on a leash when we were going somewhere in the car, at least till we got them all safely out to the car and loaded into the back seat.

So the dreaded three-in-hand dog walk remained a non-event until I finally got tired of the time it took for all three solo walks, as well as the repetitive-bark, departure and greeting actions of the single dog sojourns. By now, any walk was considered a mandatory daily occurrence. If it didn’t look like it was just about to happen right now and Elle was ready for it, she would do the four square Pitbull sit on her haunches while planting herself right in your way until it looked liked you were ready to concede and the vest, hat and watch (of course, to record the steps) were all being donned and the leashes were being retrieved and readied for the adventure. One could tell by how easily and ruckus free we passed through these initial steps how the walk might proceed from there. Generally there was some sort of scuffle to determine who would get their collar and leash on first. The ferocity of this competition often would lead to my threatening a cancellation of that days perambulation. This rarely had the desired effect of calming things down through threat of deprivation. The second stage of these threats came as we approached the door and again depended on a certain hoped for orderliness in order for the process to proceed through the front door. This was as pragmatic as it was disciplinary, since many times it was nearly impossible to open the door inwards whilst the whirling canine maelstrom was leaping at it and pushing it back closed. Again the threats would come along with the request to SIT, which mostly distracted things long enough that the open door exit strategy allowed us to proceed onto the porch.

Once the door was closed behind us, the next challenge was to get down the three steps off the front porch without the lunging actions of one or more of the pack causing me to plummet uncontrolled to my doom or untold injury. This porch phase also required a calming , sitting exercise, along with leash untangling and light coiling, so that as we headed down the stairs most of the tugging and lunging actions could be released through unfurling leashes, rather than attempting to restrain all three in their full-on, pathway mad-dashery. As the path from the front door to the parking lot is narrow, it does not allow three abreast, dog passage, so varied leash lengths need to be monitored here as well so as to not cause further mayhem and entanglement. It is often at this point that the largest dog- Homer, a flat coated retriever mix- will often emit these sharp, yiping sounds that seem to have no real purpose other than to rile the Pitbull up. If she happens to succumb and take the bait while we are still on the front path, another timeout session may be called to dial back too much enthusiasm that has been known to result in spontaneous dog riots. Depending on my patience and tolerance for lunacy, at this point the decision is made as to whether we proceed or return to base. It should be noted that Bini (Bee-Nee)- the third of the bunch- is mostly the voice of reason throughout all of this, and being the most empathetic of the three, always is the most disappointed if we happen to abort the walk because the two other members of the chaos club could just not follow the simple rules.

For the most part, I am making this sound a lot worse than it actually is, at

Public Health

Seattle & King County

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SPECIAL ENROLLMENT PERIOD: FEB 15th - JUNE 30th, 2021

Date: Saturday, April 24th, 2021

Noon - 3pm at Vashon Library (OUTSIDE under a tent)

Your eligibility might have changed from last year because of loss of job or reduced hours. Now is the time to get health insurance if you passed up the opportunity earlier. Check it out. It’s FREE!!!

COVID Precautions: Masks must be worn

Temperature check before entry

This is for health insurance that will begin June, 2021

You can also apply for:

ORCA LIFT: Metro reduced fare program

FOOD STAMPS

se habla español

least nowadays. Getting out the door as of late has been a relative breeze, and getting down the steps has been equally uneventful. I had hoped that as we got out on a regular basis, our public personae would mellow and conform to the norms. For some reason though, we have not mastered the driveway encounter, either with vehicles or with people, although we are showing a slight bit of improvement in both cases, even if it doesn’t quite look like it. What tends to happen in either case is that once the “intruder” has been detected, either Homer will attack Elle or vice versa. This is more of a tussle than a life or death struggle although it might not look or sound that way. If I happen to detect an inevitable encounter soon enough, I can grab and shorten both their leashes and restrain them from mortal combat. This has been working pretty well as of late. We also go through the sit drill here, but often the excitement and agitation is too much till the vehicle has passed. With people, they tend to jump around a bit and mostly chill to a bored indifference if I stop to talk with whomever comes along for more than a couple minutes. And then there is the cat who is now demanding walks multiple times a day. Unlike the dogs, who actually have a fenced acre or so in the back yard with woods and

open space and a pond to run through, the cat is the sole survivor of a pair of gray tabbies whose brother I memorialized here last year after the coyotes made short work of him. At that point we sealed off the portals I’d made in the dog fencing so the cats would continue to have the outside access that they’d had prior to the dog fencing. In spite of that, Sylvain has found a way to continue to get out, and so it is that when he wants to go out the front door I tend to walk with him to the edge of the parking lot circle and back. On our morning walk a few weeks ago I did see a coyote cross the driveway about 100 yards away, and with the dog walks I have seen regular fresh coyote scat nearly the entire length of the driveway. And so, when Sylvain meows and squawks about wanting to go out, I generally walk with him because if I didn’t, he’d find his way out anyway, and then show up back on the front porch to show that he had gone out on his own. His asking for an escort tells me he is aware of the danger, but some of his reckless actions say otherwise. As it is though, these days these walks are about the only thing I’m doing involving something beyond sitting on my butt in front of a computer monitor. And so, we walk, and hopefully it is for the good of all of us.

Chloe and Norris Need a Home

We’re a sister and brother 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 bring

Chloe

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 to spend the rest of our lives together, whoever gives us a home will qualify for a “Purrfect Pals” reduced adoption fee. Such a deal!

Norris

Go To www.vipp.org

To view adoptable Cats and Dogs

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday.

Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

Island Epicure



By Marj Watkins

Feast Your Eyes

A real feast for your eyes is not merely beautiful, but also superb nourishment that promotes eye health. Want to keep your night vision? Avoid macular degeneration? Counteract the fatigue of working under fluorescent lights? For the vitamins and other nutrients that support eye health, go for raw or lightly cooked colorful vegetables, also eggs.

Choose carrots, squash, yellow, orange and red bell peppers for Vitamin A. One fairly large carrot when well cooked yields 7,000 I.U. of Vitamin A. Bell peppers give you Vitamins A and C, but don’t overcook them. For flavor and color contrast, enjoy the peppers sautéed briefly in olive oil for a side dish.

Spinach, kale, and Swiss chard give you lutein and zeaxanthin to protect your eyes from sun damage. Besides, they’re delicious side dishes. Wash them, pat them dry, between clean dish towels, and cook them just to the wilting point with garlic and/or shallots, then sprinkle and toss them with a small splash of rice vinegar.

Eggs provide lutein, and cysteine, sulfur,

lecithin, and proteins. They protect your eyes against cataracts. They star in this quiche. It goes well for a lunch, supper, or Sunday breakfast.

EASY SPINACH QUICHE
4 to 6 Servings
Preheat oven to 455 degrees

1 store-bought or homemade pie shell
10 ounce package frozen chopped spinach or 1 bunch washed garden-fresh spinach, stems removed, shredded
¼ teaspoon salt or to taste
1/8 teaspoon black pepper
1 tablespoon horseradish, optional
¼ cup (4 Tablespoons) sour cream
Swiss or Jarlsberg cheese chunk 1 inch x 1-inch x 2 inches
3 Tablespoons grated Parmesan
4 eggs
1 ½ cups whole milk or half-n-half cream
2 or 3 sliced pitted black olives, optional
Bake pie shell 10 minutes. Reserve.

Drain spinach well, pressing into a sieve to remove excess liquid. Place in a bowl. Add and mix: salt, pepper, horseradish if using, and sour cream. Spread mixture in partially baked pie shell. Grate Swiss or Jarlsberg cheese and combine with Parmesan. Strew over the spinach mixture in the pie shell.

Lightly beat the eggs with salt and the milk or half and half.

Place the partially baked pie shell on a baking sheet. Add the egg and milk mixture to the ingredients in the pie shell. Bake on the center shelf of the preheated oven until the top is puffed up and browned and a knife inserted near the center of the quiche comes out clean.

Remove from the oven. Carefully slide the quiche onto a wire rack for a few minutes to let the custard firm up before serving. Garnish with the sliced olives if desired.

Mukai Farm and Garden Launches Second Annual Haiku Festival and Contest

During March and April 2021, the Mukai Farm & Garden on Vashon Island will sponsor its first Haiku Festival, a juried competition for people of all ages to submit their haiku poems to compete in the following categories:

- Heritage Award: Most eloquent portrayal of the history or some other aspect of the Mukai Farm & Garden
- Nature: Most elegant and poignant depiction of some aspect of nature
- Social Justice Award: Shedding unique insight on social equity
- The Young Poet Awards: Best haiku for 1)children (grades K-6) and 2) young adult (grades 7-12)
- People’s Choice: Most popular haiku
- Other categories that may occur to the jurors



our appreciation of Japanese culture, our shared life on the island as well as to invite people to visit our lovely gardens in April—all while practicing ‘social distancing!’” she added.

The deadline for entries is April 24th. There will be a limit of three entries per person. Entries must be submitted electronically on the form posted on Mukai’s website at www.mukaifarmandgarden.org. Entries will be displayed (with appropriate distancing) throughout the Mukai Farm & Garden throughout the month of May.

Between April 24 and April 30, we encourage visitors to vote for their favorite haiku for the People’s Choice awards online or at the Mukai Farm & Garden kiosk.

According to context rules, all entries must follow the haiku convention of 17 syllables. Please include the name, contact information and age (optional) of author. Haiku participants are encouraged to become a member of Friends of Mukai.

Road to Resilience

Continued from Page 1

and energy—at about \$26 trillion/year. We are so infatuated with our technological prowess that we like to think we can, and will, control nature and provide those needs in the quantities and frequencies that suit us, even though the cost in labor and resources would be astronomical if it were possible at all. Alternatively, we will have to admit that we must submit to limits and constraints placed upon us by our natural world. The absurdity of the former option is finally beginning to sink in.

We are beginning to realize that further degrading the natural world is having repercussions for the survivability of humans. From the documentary Seaspiracy, we have this example. In the town of Taigi in Japan they annually corral dolphins. The documentary said something to the effect that they are capturing them for entertainment facilities, but, in fact, they kill most of them. The reason they kill them is because the dolphins are eating bluefin tuna. There are only 3% of them left of their preindustrial population. Never mind that the scarcity of the tuna is predominately caused by human overfishing. These magnificent 300 lb. fish are now outrageously profitable: \$3

million each! For Mitsubishi, the biggest player in this game, cutting back on the catch is unthinkable. Ultimately, if we keep killing off these apex predators, the fish they feed on will wipe out the smaller fish they feed on, and so on. The ultimate result is the collapse of the whole ecosystem and starvation for everybody.

It is theorized that the mere presence and activity of fish in the ocean sequesters carbon and circulates nutrients through the entire water column. These nutrients feed the phytoplankton that produce most of the oxygen we breathe—no fish, no phytoplankton, no oxygen. At the current rate, it is estimated that there will be no fish in 30 years. It is only the inescapable logic of this and other similar scenarios that will bring us kicking and screaming into the natural family of Earth.

Every economic or political decision we make from here on out has to include input from the rest of nature. If a proposal makes impossible demands on our natural systems, then nature should be able to veto it. Only when the rights of nature are fully and equally represented in our legal system will we be able to achieve sustainability, not exclusively on human terms but on Earth’s terms.

Comments? terry@vashonloop.com

Tsuki Needs a Home

I’m a gorgeous long-haired Siamese girl with very soft, silky fur and a strong personality. When you’re sitting, I can be content keeping your lap warm. I might chase you as you walk because I want to grab and play with your leg. A home without small children would be best because sometimes I’m kind of rough when I play. People have found they can distract me with a feather on a string. I absolutely love to chase and pounce on that kind of toy. And when I’m tired out, I’ll climb back into your lap and be a good girl again. There’ll never be a dull moment with me around!



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To view adoptable Cats and Dogs

Today's Special So Is Tomorrow

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OPEN

Lives Well Lived

THE VASHON MODEL

A COMMUNITY-BASED RESPONSE TO COVID

The Vashon Heritage Museum and Vashon Community Care are partnering to present Lives Well Lived, a series of talks featuring islanders exploring topics that are relevant to Vashon and the larger world. Join us as we hear from Vashon community leaders who helped spearhead the Vashon Medical Reserve Corp's testing and vaccine response to the COVID-19 pandemic.

APRIL 8
7 PM

Register at <http://bit.ly/Lives-Well-Lived>

Vashon Community Care VASHON HERITAGE MUSEUM the Center Voice of Vashon 4 CULTURE



Aries (March 20-April 19)

Right now all matters come back to prioritizing healing. This is not the usual way of the world. Typically, when an issue comes up for healing, it gets suppressed or masked, because to respond could be an annoyance, or get messy. Those are two primary causes of sickness and dis-ease, as buried or hidden material tends to fester. So whatever comes up this week, let it come up into the light for a good airing out. You have plenty of resources to work with, and you will have cooperation if you need it. The thing to remember is that everything is connected to every other thing. There are no parts of you, there is just you, and you are one unified creature with one body and one life. And over that life are looming two questions: why do your friends have so much influence over you? And why do you take authority figures at their word, rather than asking questions and getting real answers? That issue is at the very center of your healing process.

Taurus (April 19-May 20)

There may be some secret you’re keeping from yourself, something you need to resolve and can if you want to. If you feel something like this nagging at you, do your best to put it into words. We live in a time when the prevailing custom is to either go silent when you need to speak up the most, or say anything (such as, to create a diversion) and that ends up translating to ‘say anything except what matters or is meaningful’. You want to stick to what you either know for sure, or know you don’t know. If you think you know something, ask yourself how and why, and size up whether you might have it wrong. This assessment will take longer than five minutes. You will need to run a few “what if?” type scenarios. There is one thing you can be sure of: not all the information you’re working with is accurate. It might look pretty good and still be wildly wrong. If a lot of people believe something, do not assume that offers any credibility: indeed, to the contrary.

Gemini (May 20-June 21)

Keep your awareness high, particularly at work. You must distinguish your personal objectives and goals from what is good for you professionally, and what is good for whatever company, organization or collective purpose you are serving. This is more difficult than most recognize, here in our age of using whatever power one has for whatever purpose one wants. It’s as if all of society has forgotten the concept of a conflict of interest. You cannot forget; you must remember, and remember well, that there are suitable and appropriate uses of your influence, authority, knowledge and access to information. And there are times when you need to honor the proverbial Chinese wall (the kind made of paper, not the big one) and keep your interests separate. Avoid the appearance of a conflict. Keep your hands clean. And most of all, when asked, tell the truth — but don’t volunteer information. Knowledge is still power, and you happen to know quite a bit right now.

Cancer (June 21-July 22)

You are in a teaching role, more than usual. This may be inconvenient; so be it. You must continue to set an example of what is right and true at all times by your actions and your words. Honor your ethics even if this goes against what you think of as your personal interests. Stay in the space where your needs overlap those of the people around you. This will be a wide territory, though it’s often ignored and many pretend it does not exist. The central spiritual exercise we all need and that you must master is seeing the interests of others as your own, and your truly best interests as theirs. This concept is being exploited right now to get people to do things they

would normally be more careful about. It’s born of a place of desperation, anxiety and despair. That’s not what your life is about, and you would be wise to steer clear of those who play this game and use it to justify anything at all.

Leo (July 22-Aug. 23)

You may be feeling the need to answer a spiritual calling. This has been circling around your reality for a couple of years, and you may be experiencing a little extra restlessness now. I would suggest that sometime in the near future, you take a kind of pilgrimage. It does not need to be international. It does need to be relevant to your spiritual studies and your healing process. I know most such places are in Central America, India, Greece or somewhere like that. However, you may have a personal destination that will count for just as much: for example, a visit to your old neighborhood, or to some relatives you have not seen in a long time (potentially, such as on your mother’s side of the clan, but follow your heart on that one). There is a message in your chart about learning from elders. That marker is not going away any time soon, but if you feel the calling to travel for spiritual purposes, you would do very well visiting some living ancestors.

Virgo (Aug. 23-Sep. 22)

You may make a discovery this week that shifts your perception of who you are. It might feel like a shocking awakening, or a subtle one. This may seem to involve a relationship, but if you look carefully, you will see it is about yourself. Virgo seeks intimacy with the purpose of self-discovery. This has its benefits and its virtues, as long as it’s honest. However, times are changing, and there are drawbacks to this approach. One is that it takes up a lot of bandwidth in your relationships. Also, Chiron working this territory in your chart is saying that a direct approach is the best one. Direct means using terms like “I am,” “I want,” “I feel,” and “I need.” There will be a question of context: these statements mean one thing within a relationship, and something else entirely outside of that relationship. This will lead you to see the nature of the agreement, the commitments involved, and the resulting expectations. The question is, where are you free to be yourself?

Libra (Sep. 22-Oct. 23)

The Sun-Chiron conjunction in your opposite sign Aries shines a light on relationship situations that are calling for awareness, inquiry and healing. The chances are that what seems to manifest in the present has its roots in the distant past, as do nearly all matters associated with Chiron. You can no longer carry the burden of the failures from those who came before you. This includes partners and the way that they feel about themselves. It would be way too easy to take on those burdens, which you don’t need or deserve. The good thing is you will be able to look directly at your situation and stand a chance of seeing it for what it is. Chiron has a way of doing that. However, if you miss the message, Chiron will knock louder. And if you keep missing it, you may notice that the door is knocked down. So it will help if you listen and also listen between the lines. You have an excellent chance to learn something that will benefit you significantly.

Scorpio (Oct. 23-Nov. 22)

Your current astrology calls for total honesty with yourself. This is not easy in a world where so many people cope with reality by using denial in some form, even as a way of life. Denial ranges from various shades of ‘I don’t want to know’ to being afraid to find out, generally uncurious, or actively pretending something that is happening is not happening. Denial can

also come in the form of believing anything whatsoever without verifying it, no matter who or what the source may be. To put it bluntly, take nothing on someone’s claim or authority. Make sure you are aware of other sides of the issue, and that you understand them even if you don’t agree — you are wholly and solely responsible for your knowledge or lack thereof. Notice when you’re feeling defensive; that is a classic response to the aspect you’re currently under, which is Mars square Neptune. Defensiveness can take many forms, including and especially, ‘I am not interested in knowing that’, or deciding someone is crazy before their facts are scrutinized.

Sagittarius (Nov. 22-Dec. 22)

You need direct experience. Straightforward, actual, real and substantial — and preferably repeated. Not theoretical experience. Not virtual experience. Not the video tour. Not the app. You need to feed your curiosity and allow yourself to feel the full sensation of wanting to know, and then finding out. Your chart has a touch of not knowing when you don’t know going on — or of thinking you know when you don’t. You must therefore verify and crosscheck. Speak with others and learn about their experiences. Yet the most critical thing you can do is learn directly, as participant or eyewitness. Mars in your opposite sign is going to lead you into experiences, and lead people directly to you. It’s crucial that you take none of what you experience casually. Be prepared, be alert and aware, and notice the seemingly subtle messages coming from your body and your emotions. Actually listen to what you’re telling yourself. If your short hairs stand up, if you get the chills when you shake someone’s hand, or if your cat doesn’t like someone, notice.

Capricorn (Dec. 22-Jan. 20)

If something makes you uncomfortable, stay with yourself. Stay with the feeling and follow it closer to the source. Don’t be in a rush to get anywhere, to resolve the matter or to find answers. Right now, challenging feelings and relevant questions are your best friends. You may feel like the fast, easy way through inquiry is the best one, though this is not about efficiency. Rather, this is about sincerity, and the long, painstaking process of making peace with yourself. This is not about mailing yourself a greeting card or saying you wished something never happened. Rather, you must stay with the program for a while until you start to connect with the ways that what happened to you has provided you with a source of wisdom and strength. That will take some persistence, partly due to your impatience

and partly due to a fog surrounding the situation. But there is something more important: the more you know, the more you will find out. And that may mean implicating people whose conduct was harmful but who you may be afraid to admit were involved.

Aquarius (Jan. 20-Feb. 19)

Mental focus is not easy to come by these days. The electronic environment requires people to have a case of attention deficit as an essential survival tool. However, you must pick some key projects and goals, and focus on them. I would say choose one, but that’s probably not going to work. However, if there is in fact one thing you absolutely need to get done, that’s the thing to do, and drive that to completion. A little obsessive-compulsive energy can also be a helpful tool when you need to get one crucial thing done. Just make sure you pick the right thing, and add some flexibility to your equation so that you know when to get out the drill, when to use dynamite, and when to take the path of least resistance. While I don’t suggest you get a large committee together, you will benefit from one or two advisors or collaborators, one of whose jobs should be to make sure you stay on course and don’t get distracted from your actual priorities. That could be an issue.

Pisces (Feb. 19-March 20)

Your intuition is at its best right now, though you still want to use the scientific part of your mind and seek observational evidence and even proof of what you choose to believe. The problem with intuition is that it can easily be corrupted by fear. You might get one message from within yourself, and then you look around, look at Twitter for 30 seconds or witness the panic attack enrapturing half the planet, and your doubts can take over. Now, you may be the kind of person who understands the influence of fear. You may have practice sorting out your intuitive messages from what would throw you off of their scent. I would encourage you, though, to maintain the presence of your logical mind. Be diligent and gather the facts and figures, especially where financial situations are involved. Here’s the thing: you cannot see around certain obstacles to your view. And what may look like clouds or scenery is, in some directions, obscured by a fog, but you won’t know it until you bump into something. Therefore, be as clairvoyant as you want, but use your ruler and your calculator and take copious notes.

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

Parents – It’s Time To Enroll Fall 2021 Kindergarteners

Continued from Page 1

from the Island’s several childcare centers. This year, however, “Childcare centers are closed, so we don’t know how many new kindergarteners are out there.” Consequently, CES is reaching out to parents in the community via unusual means, like newspapers. Look for posters around town and fliers too. “We have three or four classrooms of kindergarteners, with class sizes of up to 20 students. Knowing how many students we have will let us know how many teachers we need. Also, when parents enroll before May 1st we can make sure to put them with a friend in their class,” added Goertzel.

Ideally, kindergarten enrollment will be complete by April 30. That way, Goertzel will know how many teachers and paraeducators she’ll need, assuring she can add top quality candidates to her staff. Kindergarten at CES is already top quality with math and literacy learning in small groups, daily projects in art, crafts and drama. Teachers emphasize collaboration in all activities to prepare

kids for teamwork with their classmates. Physical activity is key with three daily recess times and a weekly ‘forest’ time. Bilingual teacher specialists support English Language Learning students, and the school counseling team works on social-emotional skills. Students participate in art, Spanish, music, physical education and get to explore the library.

Goertzel encourages new Island families as well as those who’ve been around a while to enroll right away. It’s simple online at: <https://www.vashonsd.org/enroll> . Contact Kelly Murphy at kmurphy@vashonsd.org with your questions. Or call 206-463-2882. To arrange before and after school care, find out how to enroll with Vashon Kids at Vashon Youth & Family Services: <https://vyfs.org/vashon-kids>.

Now more than ever, kids need to expand their horizons, and kindergarten can be the first big step in a healthy introduction to the joys of community. Enroll your child now.

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PANDORA'S BOX

March is gone, kaput...out the door.
She went out like a lamb. April showers will be bringing those May flowers, or so I've been told.
Not gonna hold my breath.

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