



View of Quartermaster Harbor on July 4
Photo by Ali Elsberry

The Vashon Loop loves the wide range of firework displays, from the informal to the extravagant, all around Quartermaster Harbor and the Island. Tom Stewart is probably looking down with pleasure at the continuation of the fireworks show in the harbor.

Legends of Vashon – 40th Secret Mud Bog Anniversary

By Marc J. Elzenbeck

As with many great ideas, it started with a Ford Bronco and a keg of beer. On a Friday night before the Strawberry Festival, several earth-movers and excavators were gathered around a job site after knocking off work. They happened to be parked near an old peat bog pond west of town, a little north of Island Center Forest. Of indeterminate depth, craggy, and treacherous, the pond had an island in the middle. None of them had been out to it before, nor had anyone in collective memory. At that time the bog was on private property, and being a hot year, the water level was somewhat lower than normal.

When they ran out of a shared six pack, one of them (who to this day remains a prominent Island business owner) announced, "I brought a keg. But if you want any, you'll have to get it out there!" He climbed into his rig and gunned its 302 V8 straight into the mire, almost swamped and stalled, but established a channel through and somehow climbed up and out to plant the keg on top of the island.

It is said that some made it out there and some did not; details are murky, but all agree the keg was drained before dawn. And it is a fact that, on this

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What Brought You (Back) to the Island?

By Stephen Buller

Where do a Michigan farm girl and a Detroit city boy go to start a family? For my parents, the answer was Vashon. I was a baby on the go, born in New Hampshire, moved to a Decatur, Michigan farm shortly thereafter, and made my way to Vashon by the time I was six months old.

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Is SIHB Telling the Truth About Their Plans?

By Katy Ballard

There are many concerning zoning changes that Islanders should be paying attention to. Let's start with the proposed zoning for drug rehab and psychiatric hospitals. Whether you're for or against the proposed Thunderbird Drug Treatment Center at the former Vashon Community Care (VCC) building, can we all agree that the truth matters?

It is imperative to have all the facts, so here is some crucial information.

In September 2022, the Seattle Indian Health Board (SIHB) contacted King County's permitting office to inquire about opening a drug rehab facility. They were told that the VCC building was not zoned for this use. But the SIHB created a shell company and bought the building anyway.

They spent \$11 million dollars on a building they knew they could not get a permit for. The building's zoning would have to change before they could open. Also, in the transaction paperwork, the building was assessed at \$5.2 million, but SIHB purchased it for \$11 million. Why was that? We don't know.

In 2023 interviews, the SIHB claimed the Center would open in early 2025. But without permits in place, the SIHB was misleading our community into believing this was a done deal.

On April 4th 2024, KC Council members Teresa Mosqueda, Sarah Perry, Girmay Zahilay, and Reagan

Dunn held a public meeting on Vashon to discuss the once-a-decade Comprehensive Plan update process. Two Islanders who asked about the proposed Thunderbird Center were told that the subject was not up for discussion, as the Center was not part of Comprehensive Plan considerations.

But the SIHB is part of the Comprehensive Plan, and Vashon is a target of a related zoning change.

On May 14, 2024, a new Comprehensive Plan "Emergency Housing" zoning amendment was released that "Allows this use as a permitted use in the R-12 to R-48 zone with development conditions limited to SIC Industries 8063-Psychiatric Hospitals and 8069-Specialty Hospitals, Except Psychiatric."

This means that any residential property or lot zoned with certain acreage on Vashon or in Unincorporated KC can be turned into a drug rehab [SIC 8069] or psychiatric hospital (SIC 8063).

On June 4th, 2024, KC Council member Mosqueda sent an email to Islanders who opposed the drug rehab, writing, "The amendment ... is not specific to any site or jurisdiction." But this doesn't seem to be true, because the following language is now in the Vashon section of the Comprehensive Plan: "[KC] shall allow the siting of behavioral and mental health services in the

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Goodspaceguy: A Perennial Candidate Offering Perennial Optimism

By Andy Valencia

If you've been a voter in Washington for more than a few years, you have seen a candidate calling himself "Goodspaceguy." In fact, if you've lived here 10 years, or 20, or 30, or even 40 - you've been seeing him on your ballot. Since 1980, he's run for public office 21 times.

About that name. Born Michael George Nelson, as the internet gained in importance, he found that his name matched far too many people in the search engines, and decided he needed a political "pen name." Space had always tugged at his imagination, so he tried various space themes and names, most of which still had too many other matches. "Good" and "space" finally came together, and Goodspaceguy was born. Search for

him, and you'll find him.

Although a very long-time Washington resident, Goodspaceguy's early life exposed him to a wide range of experiences across the globe. After World War II, his father decided to remain in the Army, and brought his whole family out to Germany during the reconstruction. Goodspaceguy attended school in Germany - and still reads and speaks German. He lived in a corner of Germany which hadn't been bombed, but he certainly saw the after-effects of industrial warfare.

As Goodspaceguy grew up, he eventually attained a degree in Business Administration with a minor

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July 4th. Photo by Ali Elsberry

New Local Leadership at the Vashon Branch of the Church of Jesus Christ of Latter-Day Saints

The Church of Jesus Christ of Latter-day Saints does not have paid clergy. Local members are asked to serve in all different capacities, all as volunteers without monetary compensation. They receive a "calling" to serve.

After 7 years of dedicated service, Chet Tillman, long-time Islander, has been released from serving as Branch President (congregational leader). We offer to him our deepest thanks.

Marty Mickelson has been called as the new branch president, with Ed Murphy and Gene Kuhns as first and second counselors respectively.

Short Bios: Marty Mickelson has lived on the Island for 19 years. He and his wife Jenny have three kids that they love spending time with. He works in the tech industry with a background in software engineering and management. He hopes to be an example of faith and service to Islanders, showing love to everyone no matter what their situation or beliefs are.

Ed Murphy has been living on Vashon since 1990, managing Murphy

Family Builders, a construction company. He is a loving husband to his wife Robin, father to his children, and brother to his siblings. Ed can often be found dropping what he is doing to lend a helping hand. "Our calling is to love Jesus Christ, our neighbors, and serve each other."

Gene Kuhns has lived on the Island for 16 years with his wonderful wife Jan. They have 7 children and 18 grandchildren scattered all over the United States. Gene is the Estimating Manager for a mechanical contractor and runs a tree service business on Vashon. He and Jan have served in the community teaching food preservation, self-sufficiency, wild foraging, personal finances, and coordinating missionary service projects throughout the Island.

We are here to love and serve this Island in whatever way we can. This world is full of challenges but also light and hope. We wish to extend a hand of fellowship, a listening ear, and help where we can. We are in this together. Come as you are. All are welcome. Sunday meetings start at 10:00 a.m. at 9330 SW 204th St.

Goodspaceguy: A Perennial Candidate

Continued from Front Page



in Economics. He joined the Army Reserve, and received training – first as a member of the Military Police, then in an engineering unit, and finally in Military Intelligence. I expected him to look at this as a progression, but he firmly disagreed – learning to be an MP, to do military engineering, or to handle military intelligence were all valuable, and thus all equally interesting.

With his background in business and economics, you might expect him to be a traditional capitalist. And, to a certain extent, he is. Goodspaceguy believes in a "full employment economy," one where – except for the truly disabled – each and every person works for their living. In his mind, each person sitting at home waiting for the next government check could be doing something to add to the world. It's a failure of the current system that so many people have trouble finding employment.

Goodspaceguy's call to public office is rooted in something much deeper than business, economics, and jobs. It goes back to his childhood in postwar Germany. Because of the destruction, the night sky was free of light pollution. There he was, a boy, looking up into the absurdly rich carpet of stars, and he suddenly knew that up there was the human race's destiny.

Off of Earth's surface, the blaze of the sun provides virtually unlimited energy. Almost every element, from water to iron, can be found in various orbital belts. The old joke is that they call it "space" because there's a lot of it. There truly is; in Earth's orbit alone, we could fit another 73,000 earths. Trail behind Earth in your own solar orbit, and help yourself to as many miles of space as you need.

Unlimited energy, materials, and room. This author's imagination immediately conjured images of an

artist's colony on the ice rings of Saturn. A water crystal cathedral 1,000 miles in size, periodically emerging from Earth's shadow to glow in sunlight. Or a space telescope 100,000 miles wide, enabling entirely new areas of astronomy. A particle accelerator as big as a planet.

Goodspaceguy's campaigns ultimately have a common theme: he wants the powers of government to support the destiny of the human race – to go out into our solar system, and ultimately the stars. In a world where the human dream is increasingly bounded by insect burgers, pharmaceuticals, and video games, his boyhood experiences still call him to reach upward and outward to the biggest frontier of them all.

With another dreary election season upon us, take heart that you can vote for somebody who thinks humans are at the threshold of a brighter future than our race has yet seen. In addition to economics and space, Goodspaceguy also believes that medical innovations are in front of us which can permit 200-year lifespans. In his view, we're not running out of anything. We've barely started.

What Brought You (Back) to the Island?

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When dad started work at Boeing in the 80s, mom wanted space to farm, and neither knew just how much more Vashon had to offer. My childhood was full of contrast, raising chicks and learning what makes a nettle sting feel better one day, going into Seattle to get the latest Nintendo game the next.

Growing up, people said the Island was a black hole: If you don't leave after high school, you may never escape! So, I left for college and career. I went to business school and became a CPA, and I exercised the wanderlust implanted in me as an infant, travelling whenever work or fun allowed.

But nothing can truly escape a black hole ... After 18 years on the Island, it only took another 18 for Vashon to pull me back. My now wife is from Rockport, Massachusetts, another small, Island town. We moved from Tacoma to Saco, Maine when our first-born was six months old – funny how history rhymes, isn't it? We wanted an adventure; we got lockdowns. The pandemic hit shortly after we arrived, and the state of Maine has been (unfairly) blacklisted ever since.

I don't remember exactly how we decided to come back to the Island, but I remember thinking – as I often

do these days – that maybe my parents knew something I didn't. Vashon is such a peaceful, beautiful place to raise a family. Surrounded by sea and mountains, lush green everywhere, and a dense town you can easily cover on foot. I see people I know wherever I go, and the community Vashon has to offer is rare.

My wife is a naturopathic doctor, and I'm an accountant. We run our own businesses and embrace both the small town and the modern age we live in. We can create Island jobs and bring revenue from afar. We can have Island clients and learn cutting-edge treatments. We can use technology as a tool for prosperity, while keeping our roots in nature and community.



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Today, I shall jump on my soapbox and put on my scolding hat:

As is customary this time of year, you start to see all the information about pets left in vehicles. Your pet will still love you just as much if you leave them at home while you run errands.

Also - leave your dog at home for festival. Really. Massive crowds, overstimulating noise, heat, scorching pavement ... Again, they will love you all the more for leaving them at home.

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Editors: Caitlin Rothermel, Marc J. Elzenbeck, Jane & Andy Valencia

Contributors: Eric Coppolino, Seán C. Malone, John Sweetman, Daniel Hooker, Marjorie Watkins, Michael Shook, March Twisdale, Anne Cotter Moses, Suzanna Leigh, Stephen Buller, Erin Durrett, Alex Soriano, Katy Ballard, Ali Elsberry

Comments: editor@vashonloop.com
Placing ads: sales@vashonloop.com

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Controlling Your Mind

It's Worth It

By Andy Valencia

What would you guess your political view is worth? What would it cost to change it? The 2020 election could have gone differently if just the right 100,000 voters had voted differently. Given that our federal government prints \$1 trillion dollars every three months or so, you could easily justify spending \$10 million dollars for each of those voters.

And yet, it isn't really about money. It's about manipulating minds. We choose stuff to buy: which soap, phone, car, or house. And there are all those advertisers, always chasing us. They want a say in how we choose these products.

The massive size of our federal government makes the political view we hold of the world more valuable than all those other purchasing decisions added together. When they're trying to convince you about a car, you can usually point at the screen and say "car ad." When they're working on how you view the world politically, you should be able to point at the screen and say "psyop."

A "psyop" is the shorthand term for a psychological operation. It is a large family of techniques that exist to manipulate you without your being aware of the manipulation. If Candidate X is on your screen saying that they're great, but Candidate Y is horrible - that is not a psyop. It also doesn't work very well. However,



there are many techniques that work very well indeed.

A classic psyop is "gaslighting," the art of making someone doubt the evidence of their own personal experience. The term comes from a 1938 play where a gas-fueled light is made to dim and brighten, and the husband then pretends that his wife is imagining it. This causes the wife to doubt her own senses. When you read about our great Jobs-Jobs-Jobs! economy during your third dreary month of job-hunting? Gaslighting.

Once the evidence for the problem becomes overwhelming, a common technique that typically follows gaslighting is the limited hangout. With this, you acknowledge a limited part of the problem as if you were addressing all of it.

Applied to inflation, a limited hangout might be played like, "Sure eggs are a little expensive, but did you know core inflation is well below 2%?" The trick is to define "core inflation" to exclude food, gas, heating and electricity, housing, transportation, and healthcare. This

limited hangout tries to make you feel that you're being petty in worrying about a minor point, when the big picture is wonderful.

It's on you to remember that food, gas and all the rest are necessary to evaluate inflation; it's an abusive word game to try and make you forget things which are, in fact, very important.

Gaslighting leads to limited hangouts. A typical third stop in the psyop game is called upon when you've stopped doubting your senses and insist on looking at the big picture. Enter the "dangle."

A dangle can be almost anything; its point is to grab your attention. A violent crime covered in lurid detail will do the job. A war will also suffice, as would a horrific accident. In last month's "Hypernovelty" article, I mentioned the need for a certain coldness of mind, and dangles require that. When the media delivers a wall

of sound and fury concerning some new disaster or outrage, early on you need to turn off the media and ask yourself: "What have I just forgotten?"

Your mental equilibrium is one of your most important assets. If you maintain it, you can still care about world events, while also remembering to protect you and your family's interests: things like privacy, dignity, savings, and even health. Your mind can only hold so many "current events" at once; don't let the media fill it with with fear, anger, and dismay.

You owe them nothing. Certainly not control of what you think, believe, remember, and decide. The more you learn the techniques of psyops, the less they can be used against you. Think of psyops as carefully designed distractions; as you deflect them, you leave your mind free to find new ideas and possibilities.

Being a Reader and Writer for the Loop

Two years ago, in a garden, a wish arose to provide a print space for community conversation and the sharing of ideas. "The Vashon Loop" lay fallow. Perhaps we could relaunch it? Long story short, the rebooted Loop is nearing its two-year anniversary. We thank our readers, writers, advertisers, and financial supporters for making these pages possible!

In our first issue, we stated:

"There's a reason that we're all here on this Island: and that reason is positive and compelling ... We invite you to bring your generous heart and questing mind to these pages."

We don't expect readers to agree or align with all that is written in The Vashon Loop, and some content may be challenging. Our purpose instead is to inspire or enlarge conversation, engage in honest inquiry, share Island voices, and to grow as a community that problem-solves together and appreciates one another.

In addition to the diversity of our viewpoints and lifestyles, we Islanders literally share common ground. The mixed ecology of our Island delights and surprises us. It activates us to look and listen, and to lean in to discover more about who or what is before us. The Island nourishes.

Every day, in small and large ways, our Island community nourishes as well.

Amidst the frictions and disagreements, and the gales and winds of the world, may we find ways to navigate together and be delighted by one another. Ultimately, this is a mission that The Loop exists to serve.

Write for The Loop

Our Island voices are truly valuable.

We are looking for contributions no longer than 700 words on various topics related to Island life, community resilience, our connections to the larger world, Island heritage and nature, challenges of our times and how they affect us, as well as possible strategies and solutions, and so much more.

Before writing and submitting your article, please read "Write for the Loop" on vashonloop.com. Note our deadlines, and be sure to review our Editorial Guidelines. We encourage you to inquire first (at editor@vashonloop.com) regarding your idea. We look forward to hearing from you.



Legends of Vashon – 40th Secret Mud Bog Anniversary

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unofficial 40th-or-so anniversary of the Mud Bog, the inaugural Bronco is still well-maintained by its owner.

These OGs were all Tonka Truck types. They operated heavy machinery, graded roads, blew up stumps, rocks, and took down cliffs with dynamite. So their 4-wheeling challenge was not just vanity, but served professional purposes. Word spread, and other parties modified their Fords, Chevys, Jeeps, Rams, and Harvesters to make them more swamp-capable. By the third year, it had reportedly grown to about a dozen vehicles. Then it exploded.

Meanwhile, in other mud bog locations "monster trucks" were starting to become a real craze. One truck named "Bear Foot" filled arenas across the United States and was featured in a ZZ Top music video. On Vashon, the muddy trend was timed to collide head-on with the regional Grunge movement. Garage musicians clambered up onto flat-beds and plugged their instruments and microphones into outdoor generators.

In later years, if a suitable location lacked enough water, the Vashon Fire Department would volunteer to pump in enough to top it off. While never official, by its heyday in the late 1990s, the Mud Bog was tacitly sanctioned and had non-stop live music, would host scores of vehicles, hundreds of spectators at once, and thousands of attendees over a weekend.

Gradually, concerns over the

booming noises, property liabilities, wayward teenagers, and environmental impacts started to slow the Mud Bog's growth. Some former attendees joke that their experiences helped give birth to what is now known as VARSA, but it was a generally wholesome and fun gathering. On the videos you'll find on our web site, you'll see happy little kids drenched head-to-toe in mud, stranded vehicles being towed out, and people cleaning off mud with jugs of water. You'll only once hear a young-ish person directly in front of the camera ask a friend, "Did you bring any beer?" (Her friend replies, "No.")

There is one actual monster truck in the background, presumably visiting from off island, its tires a couple of feet taller than a man standing directly to its right.

King County acquired the traditional site and officially closed it to disappointed Mud Boggers in 2012. Revivals have since been rumored on private farms and forests. Should such fun and hi-jinks better attract anonymity, or disclosure? It can be hard to tell. We face choices every day, ones that require discernment. While investigating this article, I came across the location of this year's Mud Bog, and was asked to not reveal it. I just hope to spot some capable drivers and vehicles coming through the four-way on Strawberry Festival weekend, drenched in brown from roof to wheel.

Can't stop drinking and want help?



ALCOHOLICS ANONYMOUS

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AA Phone: 206-587-2838
Local Vashon Contact: 206-849-1980

Which country is suffering from too much freedom of speech? Name it, is there one?

~ Julian Assange



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Photo by Mike Evans

Friendship Grows With Song and Ceremony

By Erin Durrett

Drums in hand, we stand on the edge of the central tidepool at Point Robinson and watch a tiny speck afloat on the East Passage waters just off Redondo Beach. A great blue heron is fishing nearby, and we watch it take a bit of a fish just caught by two otters.

We look back. The tiny speck is a bit closer. We can just make out the flash of paddles in the water, so we are sure it's them – the Blue Heron Canoe!

We start drumming as soon as we think the sound will travel across the water to them, and break into song to welcome them ashore: "Land you folks! Land you folks! Land you folks, the First People!"

They approach the shore head-on, then the canoe turns and circles past us, and we sing out, "Land you folks, the Blue Heron!"

The huge canoe with 11 paddlers aboard turns toward the shore again and comes to a standstill facing us just a few feet away. Glistening paddles are raised in unison. A young man stands in the back of the canoe and calls to us in Lushootseed,

Island Voices

the local indigenous language, and, phrase by phrase, translates what he is saying into English. He gives us his name, his tribal affiliation, lets us know who the honored elder in the canoe is, and where they have come from. He asks our permission to come ashore.

We welcome the Blue Heron Canoe Family, saying we are honored that they have returned to their ancestral shores to join the Low Tide Celebration! Cheering, we waded into the water to steady the canoe as the first two paddlers step out. Slowly, we pull it forward so that the rest of the crew can step into the shallows. When all have disembarked, many hands are placed gently on the gunnel rail. The great wooden canoe is raised out of the water and brought high up on the cobbles, almost to the drift edge, where it will rest safely for the day.

In 2008, Mike Evans, the skipper of The Blue Heron Canoe Family gave us the song and taught us the canoe welcome ceremony. This was so that we of Vashon-Maury Island could be part of a tradition of welcoming that has been taking place in the Salish Sea region for thousands of years.

What a thrill it is to see that great canoe approach – so beautifully built, the Blue Heron painted on its prow, crowning it as a piece of art. It is such an honor to know we are ready to welcome them in a way that shows we are aware of the ancient traditions of our home waters, and know how to uphold them and show respect to those whose ancestors called these Islands home for millennia. We know the Blue Heron Canoe Family has paddled long and hard to come celebrate with us, and we are so happy to see them.

Once they are safely ashore, we are excited to give our hungry guests some of the great food our Island has to offer, courtesy of Iyad, his wife Safa,

and their daughter Gulnar – dear friends who came to us from much further shores, but now call Vashon home. We enjoy lunch together and take time to visit. Then, the canoe family shares traditional dances and some fun new drumming songs we can use every day, like:

Didi swadubsh! (Tide comes in!)

Chut ub swadubsh! (Tide goes out!)

At the end of the day, when the tide has come back in and it is time for our friends to go, many hands gently pick up the canoe and return it to the water. The canoe family climbs aboard as we again hold the boat. Slowly, we push out the canoe, and, when all paddles are ready, release it. Ceremonial words of gratitude are called back and forth, with requests that the Blue Heron Canoe honor us again, as they have done now for many years, by returning to share, teach, and celebrate the creatures who live in these waters we travel upon.

We are truly blessed.



Photo by Mike Evans

Of Innocence and Demons, Part 3

By Michael Shook

Editor's Note: Kirttimukha, Face of Glory, is a demon in Hindu mythology who symbolizes the monstrous nature of life and the glory to be found in realizing that this is just how life is, and discovering how to live in it. Read more about Kirttimukha in Part 1 of this series, published in May 2024 and available at vashonloop.com.

In the Episcopal liturgy there is a phrase, uttered when confessing one's sins, that speaks obliquely to both the question of innocence and one's demons, both within and without. The phrase is, "We repent of ... the evil done on our behalf."

Money makes hypocrites of us all. We're up to our necks in this tragedy of life. There is not a human being alive who has not profited from someone else's misery, children possibly excluded. Even then, their parents, grandparents, or distant ancestors did dirty deeds in order to gain profit, and in so doing, gave their descendants a leg up on their peers.

Consider our relationship with China as a low-cost manufacturing outsourcer. Even as numerous protests have denounced Israel's military action in the Gaza strip, a blind eye and a deaf ear are turned to China, as has been done now for decades.

Yet, it's no secret that China has a horrific record of torturing and murdering its own people, the dead numbering in the tens of millions since the Communists came to power under Mao. Nor is there any doubt that China routinely exercises

relentlessly violent repression of free speech, indeed of any behavior that is not state-sanctioned. As one example, China's ongoing destruction, via enslavement, imprisonment, torture, and "re-education" of its native Uighur Muslims – again an act of true genocide – passes with only an occasional mention.

The truth is evident. China is one of the world's worst dictatorships, made wealthy by trillions of dollars of foreign investment, yet its brutality goes unremarked upon by most of the United States. Nary a peep of protest is heard.

It's easy to discern why. China is a gold mine for Western businesses – and thus, for you and me. We cannot buy enough from them – clothing, shoes, electronics, solar panels, toys, surgical masks – the list goes on. Last year alone, the US imported \$427 billion dollars of Chinese-made goods.

I see no significant difference between what we do now, regarding China, and what people did in earlier centuries regarding chattel slavery. Did the masses back then who bought comfortable, durable, cheap cotton fabric from English textile mills give a thought to the horrific conditions endured by the enslaved who grew that cotton, harvested it, and loaded it on ships? Probably about as much as we give to the Uighurs and other slave labor that makes the products we buy. Yet, we fancy ourselves morally superior to those of the past.

Not a one of us is innocent. That is part of what confronted me as the

carefully constructed persona I had was taken apart, piece by piece, by that lightning bolt emanating from Kirttimukha.

Over time, I came to realize that my belief in a perfectable humanity, a perfectable society (let alone a perfectable self), was nothing more or less than a massive ego inflation. An adolescent fantasy I had to grow out of, discard, or be destroyed by.

That fantasy was rooted in the notion that – to use the philosopher Joseph Campbell's words – I knew "how the universe could have been better than it is," or that with my knowledge I could "first correct society, then get around to myself." So many good intentions! And my personal road to hell was paved with them as I spent far too much time and energy being outraged and depressed that life was what it was.

That inflated ego was an inner demon that was finally put to rout by the demon Kirttimukha. It took time, and great effort, but was worth every bit.

Of course, I struggle with keeping my ego in check, and will for the rest of my life, doing my best to make it a

"good servant," and not a "terrible master."

I've come, slowly, to understand and accept that I am only a small actor in this grand production. Life is unfair, unjust, violent, capricious, and many, many suffer through no fault of their own.

And I continue to learn to live with the knowledge that I cannot change that. No form of government – communism, democracy, whatever – no system of social policies, none of it, will change the nature of life, or the nature of humanity.

Each day presents me with another opportunity to strive anew and consider that what I can do is be as kind as I am able. To help my neighbors, my community, and my place, to the best of my ability. To be grateful, compassionate, to make the changes possible for me to make, and to live in the "joyful sorrow, and sorrowful joy" of life as it is. And to do this, with the full knowledge that I will fall short of these goals, again, and again, and to keep trying.





Dr. Cori Bodily-Goodmansen

17147 Vashon Hwy SW, #111
(206) 259-0216 (call or text)
drcori@vashonchiropractic.com
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Peace Is the Goal, but How Do We Get There?

By March Twisdale

Authors Note: Written in collaboration with Jane Valencia, Island queer community residents, business owners, and others impacted by recent events.

No matter how you slice it, a pitchfork mob is to be avoided. Lately, we seem to be forgetting this.

Most are familiar with the story of "Beauty and the Beast." In the story, we see that pitchfork mobs don't start off waving their farming implements in the air. First, they gather in a community space and listen to persuasive and increasingly vitriolic rhetoric targeting a proposed enemy. The villagers then become frightened, alarmed, outraged, and finally, we have the Shrek moment: "You know! Grab your torch and pitchforks!" Whether the mob uses actual spades, rakes, and shovels, or keystrokes, captured videos, and pressured boycotts, the theme remains the same.

Ironically, it is Belle – one of two victims in the situation – who, having chosen bravery over her fear, has discovered that "the Beast" is both aggressor and victim, to whom she responds with compassionate strength. As a result, she is horrified by Gaston's rhetoric and the mobilization of the villagers, knowing they do not see the beast clearly. In fact, they haven't even tried.

Communication is hard, and there are tools to make it easier, such as asking clarifying questions and practicing active listening. Even when we meet in person, with the full benefit of a person's body language and tone of voice, we can still misunderstand someone's meaning. Or, people can literally misspeak, making clarifying questions all the more important. Challenges aside, talking to one another is worth the time, effort, and patience it requires, as it helps us move toward peace.

When people are triggered or jumping to conclusions, onlookers have a vital role to play. Diving immediately into the fray and allying with one hardline stance or another is like throwing gasoline on a burn pile. It's incumbent upon us all to maintain our composure and encourage positive resolution skills.

A few weeks ago, a local Facebook group exploded over "Pride-related" videos created by

Father Tryphon, of our Island's All-Merciful Saviour Russian Orthodox Monastery. The existence of a conservative Russian Orthodox monastery on an Island with the highest percentage of LGBTQ heads of households (according to the last two census records) is an example of our mission statement as a nation (our Constitution) being achieved. This is diversity at its best! And, it's also an opportunity for conflict and misunderstanding.

This is no trite disagreement over an inconsequential issue. The Monastery's worldview differs markedly from current queer trends and values. That said, over the past few weeks, I've learned that a number of Islanders who identify as queer hold distinctly different viewpoints from those being expressed on Facebook. In fact, my queer friends are less comfortable speaking up publicly than I am.

And then there's what has happened to our Island's grocery store owners and staff. Being dragged into the conflict, under threat of being labeled "this, that and the other," if they don't remove the Monastery coffee from their shelves, has been a disappointing and stressful experience. Raising the all-important question, "How do we choose peace?"

In a public announcement, "Kingian Nonviolence" was mentioned by those organizing an in-person meeting "to combat" the perceived threat of Father Tryphon's videos. Kingian Nonviolence is a step in a peaceful direction. Yet, these valuable, wise philosophies and methods need to be used correctly.

Principle Three of Kingian Nonviolence argues against the coerced "store shelf boycott" of the Monastery's Coffee, because Kingian Nonviolence encourages active listening and respectful engagement, which hadn't happened prior to the call for a boycott. From Principle Four: Negotiation, "the art of bringing together your views and those of your opponent to arrive at a just conclusion or clarify the unresolved issues, at which point the conflict is formalized." Principle Five: Direct Action, is only encouraged "when negotiations have broken down or failed to produce a just response to the contested issues and conditions."

Amid this conflagration, responsibility to "bring together our views to clarify unresolved issues" falls equally upon the Monastery and



aggrieved Islanders registering their complaints. Both have struggled with this step toward peaceful resolution, and both deserve our encouragement at this tender time. Bridging the gap (not widening the divide) is where we will find community peace. Not in radicalization or insularity.

As Plutarch Heavensbee writes in his character's final scene of *Mockingjay* Part 2, "The war's over. We'll enter into that sweet period where everyone agrees to not repeat the recent horrors ... [but] ... we're fickle, stupid beings, with poor memories and a great gift for self-destruction. Although, who knows? Maybe this time we'll learn."

That's the point. Every generation must be taught, again and again, forever. There's no point in getting upset when people repeat the mistakes of recent and long past generations. That's inevitable, and it's why we have myths, fables, and teachings designed to pass the learning on to the next generation. Thankfully, we are blessed to live in a country where we're still free enough to speak up and illuminate the room.

Therefore, as a trans Islander friend of mine recently said, "Will we choose peace? If so, how will we choose peace? And, for whom?"

In conclusion, I want to personally encourage the owners of IGA and Vashon Thriftway to return the Monastery's Coffee to their shelves, making a clear statement to the community that our "grocery store commons" are two things: private businesses and neutral territory. It is not peaceful to use "a false dilemma" to get one's way.

A "false dilemma" creates a false sense of limited options (you're either supportive of the queer community or you're against it), forcing a choice between two extremes, even though alternatives exist, such as allowing Islanders to choose for themselves whether to boycott the Monastery Coffee. This alternative, suggested initially by Thriftway and IGA, doesn't mean that the owners, management, and staff of our local grocery stores are bigots. And, it's not peace-creating to imply they are. Please stop.

Misadventures on Vashon

By Seán Malone and John Sweetman

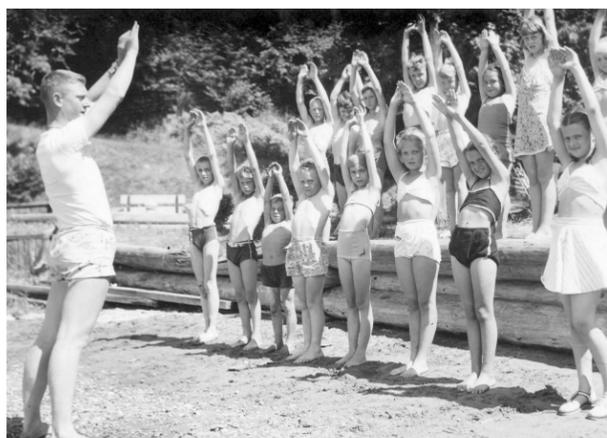
We drank water out of hoses, ate dirt and raw oysters, and fell down steep cliffs. We had other dangerous hobbies, such as climbing the nearly vertical clay bank down at the beach or paddling logs out to the middle of Colvos Passage to wait for a freighter and riding the four-foot waves. Kit Bradley underestimated the outgoing tide and came ashore a good half mile up the beach.

Many misadventures were the kinds we kids told our parents, and many we just kept to ourselves. But somehow, we survived to tell the stories today.

Back then, nobody had watches, and our sense of time was related to the sun or looming dark clouds. We kids fended for ourselves with the minimal parental instructions of "... be back in time for dinner ..." and maybe "... watch out for your brother [sister] ..." or whomever tagged along, against the wishes of older siblings.

Seán had more than a few good stories, and escaped drowning in Mukai Pond once. I'm not sure if that event was before or after he never learned to swim.

Seán's story: I was sinking fast, and my head was underwater when



the lifeguard shoved the oar into my hands and pulled me to the ladder on the float at Dockton. It was our first effort at swimming in deep water, and I failed.

Swimming classes were held at Dockton Park every summer. We were first taught to dog paddle in chest-deep water before being led to deep water at the end of the dock. I cheated and paddled with my hands underwater while reaching for the sandy bottom with my feet. I couldn't swim three feet when we were led out to the float in deep water.

Kneeling at the edge of the float, we were taught to roll into the water. After the lifeguard had pulled me up the ladder, I was sent back to the beach for further swimming lessons. I was determined to learn, as it had only been a few short weeks since my near drowning at Mukai Pond.

John Sweetman vowed that he could build an airplane out of wood and fly off the shed roof. Now for John's story of adventures gone awry:

I grew up with Boeing. Everyone either worked for Boeing or was connected somehow to airplanes. The other universal connection on Bainbridge was that everyone had a boat.

Naturally, I was intrigued by flight at an early age. My dad was a flight engineer on the B-29 project that was started to deliver the first nuclear bomb to Japan. He went back and forth between some obscure base in Utah and Cuba before and after I was born.

After the war, he and my uncle Bill established a foundry on the Island to make model airplane engines. The "Husky" .045 was moderately successful, but required

an extremely unusual fuel mixture due to the very high compression ratio, so after few years, the business came to a slow end.

I had absorbed this aviation interest at an early age, and at four years old started building balsa wood models. Perhaps it was the "Testors" glue fumes that led me into building my dream of a "full-size" aircraft. Parental supervision at that time being somewhat minimal, I planned this out on my own after I decided that the top of an old Quonset hut overlooking a steep drop into a stinky pond would be a perfect launching spot.

Astutely knowing that my aerial adventure would not be greeted with parental enthusiasm, I assembled my parts in secret. My mother asked: "Where is my clothesline?" I had

Contact us if you want to advertise in The Vashon Loop or share an idea for a story!

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Continued on Page 6

Is SIHB Telling the Truth About Their Plans?

Continued From Front Page

Vashon Rural Town including high quality prevention, crisis intervention, mental health, substance abuse disorder, and co-occurring disorder treatment services ... that centers culturally informed and inclusive behavioral healthcare."

"Culturally informed and inclusive behavioral healthcare." The SIHB uses similar language on their website: "culturally attuned inpatient treatment."

Land use attorneys Bricklin & Newman LLP, hired by concerned Islanders, asked KC to hold off on their zoning change vote until there was proper public process, as required by Washington State's Growth Management Act. KC's public participation code requires that the public receive notice of proposed Comprehensive Plan amendments and be afforded a meaningful opportunity to comment these proposals, including public meetings. KC is also required to provide 30 days' notice of public hearings on proposed amendments.

On June 5, 2024, all KC Council members - except Reagan Dunn - disregarded the Growth Management Act and pushed the zoning change forward anyway.

We all agree that people with addictions need help, but Vashon is not an appropriate location for a rehab center. We are an isolated Island with not enough ferries, water, workers, healthcare, emergency services, elder care, or low-income housing.

Here is another important example of how SIHB is misleading the public: At the March 21, 2024 VMCC meeting, SIHB claimed to have "never had a violent crime in 35 years" at the former Thunderbird Center. Past online patient reviews (from Yelp, Google, and Indeed) indicate otherwise. Public records (2010-2012) show that the former Thunderbird Center had 4 or more emergency calls most months,

including transports to hospitals.

I also interviewed four drug addiction experts, including two who work at a Yakima Indian Reservation addiction center. All agreed that Vashon is a poorly situated location for this facility. They are concerned for patients who may need a nearby hospital for life-saving care, which is common. I was told that all rehab facilities experience violent incidents, but these incidents are rarely reported to the police. Treatment facilities are not allowed to physically or medically restrain patients. Most rehabilitation facilities open the door and let violent patients out.

These experts also informed me that patients often have "one last high before checking into rehab." An online review from a former Thunderbird employee said, "Patients were using drugs on the property, sneaking out and coming back in, no support from the supervisor." In another review, an employee said, "Several overdoses." Can we expect more, not less, drug abuse on Vashon?

Islanders are being misled and ignored. The rehab facility is not a done deal. No matter where you align on this issue, can we please agree that the truth matters? Residents deserve the truth and a voice.

The final vote on this zoning is in December. For those who want to help stop the proposed zoning, a grassroots non-profit has been formed called Good Neighbor Vashon: GoodNeighborVashon.Org. You can also donate to our legal fund - anonymously, if preferred: DonateVashon.Org.

[Note: The online version of this article contains links to relevant source documents. Unless otherwise stated, information in this article was obtained from publicly available sources, and all information reported has been independently confirmed by Vashon Loop editorial staff.]

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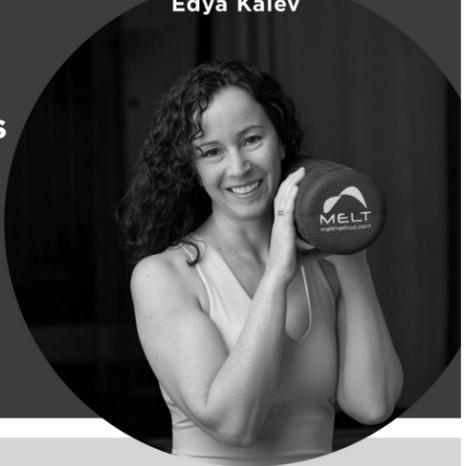
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Misadventures on Vashon

Continued From Page 5

snagged it for "control" cables. "Maybe it just blew away?" I weakly suggested.

"Who used my handsaw?" My dad asked. "Maybe it just got dull by itself!" I had sawn some scrap wood up for the frame, neglecting to inspect for nails. My sister sniveled, "Who took my roller skates? I needed landing gear.

I got away with using old bed sheets for the wing covers, but did not have enough, so I cut off some of the wing area. "It'll go faster," I said to myself. This turned out to be my only engineering decision that was a successful guess.

I mounted a broomstick for the control stick ... I did not have enough line for anything but the cardboard rudder ... and an old couch seat. I was ready ...

Launch time! I waited for a wind,

and sure enough one came up. It was a gusty one! A problem arose, as not only was I not quite seated in the device, but the wind was the wrong direction and blew my devious work such that it slid backwards off of the launch pad with a giant crash.

The crash resulted in some parental attention and certain confessions. My sister got her skates back. My mom threw the purloined sheets away. My dad gave me a small lecture about the use of a saw, and a sly smile.

Much later, in graduate school studying atmospheric physics, I did belatedly learn which way the wind blows and that gravity turns out to not be your friend. This was after I, not surprisingly, became an Air Force officer. Thank goodness I had not yet built a boat, or I would have been a swabby in the Navy.

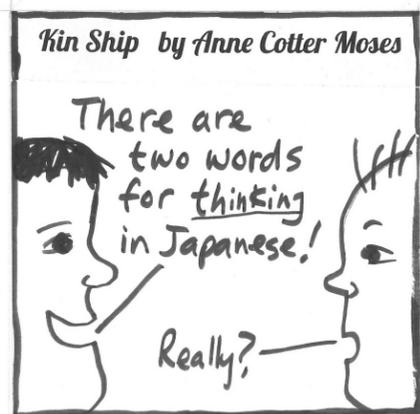
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The V-MCC: Get More Involved in Your Chosen Community

By Caitlin Rothermel

On June 20th, I listened in to the Vashon-Maury Community Council meeting. It completely grabbed my attention. Topics included the electric undergrounding proposal being presented to Puget Sound Energy, the planned Thunderbird drug rehabilitation facility, and the status of the Vashon Health Care District. If you didn't attend, and are interested in these local issues, definitely watch the meeting on YouTube.

The V-MCC is one of the few places where you can still be part of "real-world" community talk about Vashon issues. Compared to social media talk, real-world talk is more to the point, and usually more respectful. I have missed it.

The first Vashon community board was founded in 1933 as a groundwater protection committee. It evolved over time into the Vashon-Maury Island Community Council (note the somewhat different name). That Council stopped meeting in 2010 due to an "increasingly adversarial" environment, and arcane barriers to participation, like requiring board members to understand state administrative codes and the approximately 500-page-long "Robert's Rules of Order."

In late 2020, the Council was started again, with a revamp of

policies and procedures, options for members who could not attend live meetings, and ultimately, the dissolution of the old organization and a business re-filing, with the name changed to V-MCC.

I recently spoke with Diane Emerson - V-MCC board president and one of its "re-founding" members - to learn more about how the V-MCC works, and where it is at, organizationally.

I met Diane ten years ago. Our family had lived on Vashon for just under a year, and in autumn 2014, Diane co-hosted (with Doug Dolstad) a Permaculture Design Course on Vashon, based on the "gift economy." I found a way to take two weeks off from almost everything else (leading to some short-term household tension). Ultimately, we met people and learned new things that positively changed our life here.

I mention my story because it illustrates the kinds of things Diane makes happen: They can be challenging, they have lasting good impact, and anyone can come. Today, Diane wants to ask you to get involved with the V-MCC.

The V-MCC is at a pivotal point in its development - its members have worked hard over the past few years to put workable structures in place. For example, the V-MCC meetings are organized, tech-merged,

interactive, and on-time - not a small feat. The clunky "Robert's Rules" have been replaced with the "Democratic Rules of Order," a streamlined system focused on ensuring equal participation. Most meeting time is dedicated to discussion and voting on key issues. And each meeting's agenda is timed, so members can show up for the most relevant parts.

According to Diane, "We are in a good place where we can talk and quickly address big issues that come up." A good example is the V-MCC's "PSE Activity Advisory Committee," established to understand the PSE tree wire project and its implications for Island property owners. Most recently, the committee petitioned PSE to investigate underground wiring on Vashon.

It is easy to become a V-MCC member - just visit their web site at <https://www.v-mcc.org/contact>. Once you've joined, you might take the next step and become part of a committee. Of greatest benefit, you could consider becoming one of 12 board members (5 positions are currently open).

A critique leveled at the V-MCC regards the validity of a non-elected community council. Is it fair that King County and other organizations perceive the V-MCC as representing Island-wide interests, since only a fraction of residents engage?

Island Resilience

It's true that the V-MCC is a participatory community forum, not a representative body. But the more its membership increases, the more representative it will become. Every Islander is invited to join. It's also true that the V-MCC's participatory structure rewards those who put in the time and effort to understand and consistently advocate for their issue, not the loudest or most well-funded voices in the room.

V-MCC meetings are held on the third Thursdays of the month (7:00 to 9:00 p.m.) at the Land Trust Building or via Zoom. The meeting agenda and background information on the issues being discussed, are posted on the V-MCC website about 10 days before meetings. If you are on the V-MCC mailing list, this information will be sent to you, along with the Zoom link. Get on the mailing list so you can look at the agenda each month at least and show up when it really matters. It's not all or nothing.

There is no July meeting, so August 15th is the next date. However, the V-MCC will have a booth at the Strawberry Festival. If this article has made you V-MCC-curious, that would be a great time to stop by and chat.

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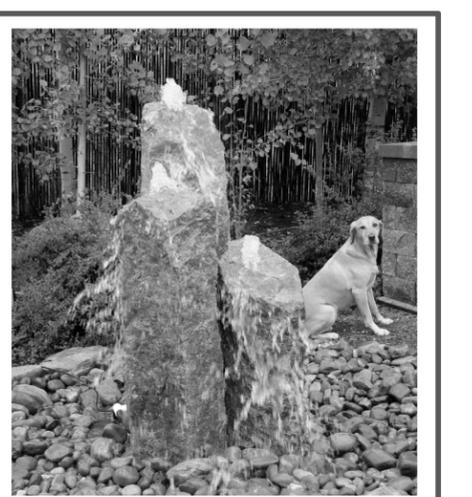
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- The Dignity Index



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On the Rise – Fernhorn Bakery, Part 3

By Jane Valencia

Fernhorn Bakery's story interweaves with that of Island resilience. In our conversation with owners Thomas Vroom and Jordan Ashley Beck, we chat about Vashon-grown grains.

Did you know that it's possible to grow wheat on Vashon? Several Islanders are growing wheat already, and work is underway to support Island grain-growing.

In 2022, Thomas Vroom, Fernhorn Bakery baker and co-owner, got together with Eric Steffens, Leslie Mackie, and Dan Carlson to discuss ways to get a processing infrastructure established for grain-growing on Vashon. Dan Carlson wrote a grant proposal to King Conservation District (KCD) to fund the purchase of a granite stone mill and seed cleaner. The grant was submitted through the Vashon Island Growers Association (VIGA) and awarded in the beginning of 2023. The grant was used to purchase a 27" granite stonemill and an industrial style seed cleaner. Regarding the latter, while the seed cleaner has screens for cleaning wheat, other screens can be purchased to clean other-sized seeds.

Thomas says, "Paco Joyce has a combine and harvests for the wheat growers. We are working on getting a location set up for milling, which is WSDA licensed, and for the cleaning of the grain. Once we are set up and licensed, we will be able to mill flour for the various people who have grown a quantity of grain."

One aspect of the grant is that when a grower runs seed or grain through the mill, 10% is to be donated to the food bank. The goal is to provide local wheat across the spectrum of incomes and people.

"It is a long process," says Thomas. "You get two chances a year to plant, and depending on what the weather's like, this is what decides what

our harvests will be. Eric has had some pretty good harvests, and our summers are tending to be less wet and hotter than they used to be."

"Being able to grow different wheat varieties on the Island and then bake with them will shrink the process and the cycle, so you don't have to go to eastern Washington. You can get wheat and food made with it right here on the Island. And then, if we can get other bakeries or restaurants to use it, that would also be wonderful."

Jordan chimes in, "I feel like this year, we have kind of an informal study, starting with the grain-growing, because there is wheat growing on more of a highland kind of arid area, Jen Keller is growing Purple wheat for Pacific Crest, which is just starting to head, in what's more of a wetland area.

"Even down by Maury Marine Park, in a drier hotter area, it's interesting to see what parts of the Island will produce more and be able to use that information to influence where we want to grow. Is it asking more people on Wax Orchard to start growing on their land, and finding a farmer who's willing to manage all that? Or is it plugging a Paradise Valley farmer and finding that the hilly wetland areas are better?"

"And wheat is not the only grain." Thomas points out. "Rye is a super nutrient-rich grain and got Europe through many of the cold thousand years. It can grow in many places where wheat may not tolerate. Quinoa also grows very well here."

So how can an Islander help support grain-growing on Vashon?

Thomas answers, "The most effective direct support right now is a monetary gift to VIGA or the grain-growing aspect of the Production Committee within VIGA."

Another important way is to make land available to a farmer.

"A big problem on the Island is land use. It is difficult to try to attract farmers to the island when land is unaffordable, as well as the cost of living being unsustainable. It is heartbreaking to see a



farmer who doesn't own land have to stop farming because the land is sold. So, stable land use is necessary."

Another way is through purchase. "When you see the local farms that are growing it, or, once the mill is operating, by buying the flour perhaps, or by supporting places that use the Island-grown flour." Support, donation, and land access are all ways to encourage Island grain-growing, and thus Island resilience.

In Part 4 we return to the bakery, where we discuss Fernhorn's current projects, and conclude the series.

For a list of where to purchase bread on-Island, or to order loaves online, visit Fernhorn Bakery at <https://fernhornbakery.com/>. You can also purchase Solidarity Loaves – gifts of bread for someone in need. See the website for details. Visit Fernhorn Bakery on Saturdays at the VIGA Farmers Market.



Time Together – Pressed Flowers

By Ali Elsberry

Warm summer mornings are my absolute favorite; a quiet stillness in the air, the birds out singing messages to one another, and plants that seem to be so much more alive in those early hours.

I have walked around my yard noticing things in the morning that appear to speak with more personality than at other times of the day, and it always inspires me to find a way to capture that moment.

A few years ago, I found a wonderful little German-made leaf press; quite basic, but solidly built, and small and light enough to throw into a pocket and take out for a hike. Over the years, I have acquired other, much larger leaf presses, but this one is still my favorite because it is just so simple and easy to take on an adventure.

If you do not have a leaf press, I highly recommend you get one; it affords endless craft possibilities and weaves you through an entire process with the plant. You can find them at many online and brick-and-mortar shops, but you can also make them without too much fuss (written and video tutorials are easy to come by online).

If making your own, try using heavier-weight paper than standard print paper so that your plants have more backing while drying. And of course, in a pinch, you can just place your pressings between book pages, which works just as well, as long as you remember they are in there ...

Once you have a plan in place for



pressing, you can start collecting pretty much anything you want. The more solid the specimen, the harder it can be to work with once dried – woody stems and thick flower buds are not as versatile – but I have had some amazing results with some of those things.

I really encourage you to try a wide variety of plants and flowers, to experiment and have fun. The whole process, from finding things in the wild, to the end result of a flattened and dried object, is so fascinating, and is very engaging for children. Mine have selected some plants and flowers I probably would not have picked myself, but they pressed out to the most beautiful and unique shapes and images, so definitely let everyone participate.

Two of our favorites for color and texture are dandelions and buttercups, they both press out beautifully!

You want to use the entire plant, freshly picked, and try to dry the whole thing – from the base of the stem to the top petal – but also break off those parts to dry individually, say for example choosing a uniquely shaped leaf or just a small part of the budding flower. You can refer to Jane Valencia's plant-friendly harvesting tips in previous articles in The Vashon Loop.



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Fire Season – Plants To The Rescue!

By Jane Valencia

Summer wild fires have become more common in recent years. Whether we're traveling through areas where fires are raging, or encounter smoke billowing over our Island from elsewhere, poor air quality can irritate and inflame our bodies in many ways. Luckily, plants abound that can help. Here are some of my favorites for soothing lungs, eyes, and heart during smoky times.

Top on my list is marshmallow (*Althea officinalis*) root, flower, and leaf. Marshmallow, the original source of the popular campfire confection, is high in polysaccharides, a mucilage that cools, coats, nourishes, and repairs inflamed mucous membrane tissues. You can purchase marshmallow root in any health food store that sells herbs in bulk, such as at Minglement here on our Island, or you can seek out other mallow (*Malvaceae*) family plants that have similar properties. Use common mallow (*Malva neglecta*), which grows as a weed, or use garden flower favorite, hollyhock (*Althea rosea*).

Keep in mind common sense practices for harvesting: Avoid any plants that may have been sprayed with chemicals, are close to roadsides and contaminated areas, or lie underfoot.

Please note: If you are taking medications orally, you may want to take them 1-2 hours before or after drinking marshmallow, as some professionals believe the mucilage in marshmallow may temporarily decrease absorption of the medications.

Other mucilaginous and cooling plants you could use are violet (*Viola* spp.) – yes, your garden Johnny Jump Ups can be fine! leaf and flower, and heal-all (*Prunella vulgaris*) leaf and flower. Note that the best way to extract the mucilage contained in these plants, or in the mallow family plants listed above, is to prepare them via cold infusion. That is, let the plant material sit in cool water – flowers and leaves for 2-3 hours, and roots for 4-6 hours or

Health Matters



overnight, then strain and drink.

I also turn to my other plant allies for soothing and healing mucous membranes (bronchial and gut). Children who learn about herbs for first aid invariably learn about plantain (*Plantago* spp.) and calendula (*Calendula officinalis*) – both of which are vulnerary (wound healing), cool inflammation, and offer other healing gifts. As with the mucilaginous plants, both of these plants are superb allies when our lungs are irritated, or when we find ourselves inflamed in other ways (our gut, for instance). Use the leaf of plantain, and the whole flowering head of calendula. Note that an important medicinal concentration within calendula is found in the resinous bracts, contained in the green base of the flower. If you only work with the petals, you're missing out on some potent goodness!

Please note that if you are allergic to any members of the aster (*Asteraceae*) family (such as

chamomile, echinacea, etc.), you may be better off avoiding calendula.

Lesser known as a wound healer, but also a great ally, is rose. Rose works a little differently. As an aromatic and astringent (tissue-tonifying) plant, it cools and calms our inner ecology and mind. If you're feeling anxious, irritated, or grief-stricken by the assault of smoke, or destruction caused by fire, or even due to "fiery" human nature concerns, include rose petals (the more aromatic the better) in your beverages. On its own, rose can be drying, so combine it with one or more of the other herbs mentioned here.

Plantain, calendula, and rose can all be prepared as either a cold infusion or as a tea. As a hot medicinal tea, use 1-2 tps of the dried plant or 1-2 tbsps fresh per 8 oz cup, and let steep in just-boiled water for 15-20 minutes. Press the herbs with the back of the spoon to include some final medicinal extraction.

For eye irritation, you can splash cooled rose, calendula, and/or plantain filtered tea in your eyes, or for a calming treat, you can purchase rose hydrosol. When too much smoke has me down, I like to spray rose hydrosol in my face – a refreshing mist that soothes both eyes and spirit.

One last herb: if poor air quality for days on end has taken a toll on your lungs, turn to mullein, a superb tonifier of the respiratory system. To make a nourishing infusion, fill a quart jar a quarter way with mullein leaf, then fill the jar with just-boiled water, and let sit for 2-3 hours. Important next step: filter the liquid through a coffee filter. This is absolutely essential, as mullein contains tiny hairs that can irritate the throat – not what you want to drink when you're trying to heal your bronchial passages!

Combine any of the plants listed above into a tea, and feel free to include others, such as mint or kitchen spices (ginger, cinnamon, etc) for flavor and their own healing properties.

When wildfires rage, stay cool. Soothe and replenish your body and spirit by turning to our green neighbors, the plants!



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Inflammation: It's not a bad thing, if you can resolve the causative issue. Inflammation is the first necessary step in your body healing itself; it only becomes a health challenge when it persists. Taking NSAIDs, like ibuprofen, shuts down the inflammation pathways (the symptom), but does nothing for the underlying cause.

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Island Epicure – Remembering Strawberry Festival

By Marj Watkins and Suzanna Leigh

Suzanna: You are going to be 100 years old during Strawberry Festival this year! How long have you lived on the Island?

Marjorie: We moved to the island July 1969. Our furniture was due to arrive the next day, so my daughter Jeannie and I went uptown to get cleaning supplies and a few groceries. There was a parade! I said, "This place really knows how to welcome newcomers!" It was Strawberry Festival, but we didn't know anything about Strawberry Festival.

Suzanna: One year you and I had a booth at the Strawberry Festival; it must have been 2010.

Marjorie: Yes, 2010. Oh my goodness, I never got so many hugs in the same day! I was selling some books my father and I had written, "I Remember Logging." Someone came and bought three of them. I think we sold out of the copies we had.

My dad was a good bookseller. When he did a reading at the Vashon Bookshop, there were about 20 people there. He gave each one a book, and at the end, he said, "Now go up to the cashier and pay for your book." That's when the bookstore was where PSCCU is now. He started logging about 1922, and was logging when I was a child.

Suzanna: In one of the photos in the book, loggers were using one of those "misery whips" saws, with a man at each end, to saw through a thick tree. The blade was about six or eight feet long.

Marjorie: Oh yes! Because some of those trees were so thick, a man could lay across the stump. We have one picture of my Dad walking across a stump.

Suzanna: I think you had some of your Rotaida books at Strawberry Festival that year too: "Rotaida and the Runestone," and "Royal Spy".

Marjorie: Yes I did. A couple bought one. They had a baby and they said they would get a copy of my book for her, so that when she grows up they could tell her they know the author. That was one of the years when the vendors were in Ober Park, in the back. The booths were on the grass, and some were on the lawn in front of the library. There was music too.

Suzanna: I remember Gordon who makes the bells had a booth right next to us. I still see him and his bells

on Instagram.

Marjorie: That's right. Silver bells.

Suzanna: And he said, about you, "An old woman with a Peacock feather is more powerful than a man with a sword."

Marjorie: Well said! I love that.

Suzanna: I think I was selling silk scarves and paintings, some cards and prints, and my book Atom's Monster. And of course, someone was selling strawberry shortcake. Too bad they didn't have your recipe for Almond Meal Crepes with fresh strawberries.

Almond Meal Crepes with Fresh Strawberries

Makes about 12 mini-crepes

- Sift:
- ½ cup almond meal flour
 - ¾ cup sorghum flour
 - ¾ teaspoon baking powder
 - ¼ teaspoon salt

- Stir and beat in:
- 2 eggs
 - ¾ cup milk
 - 2 tbsp olive oil
 - 1 tbsp honey

- Have ready:
- Cottage cheese or vanilla yogurt
 - Strawberries, sliced, with honey dribbled over them

Spray skillet with cooking oil. Heat to medium hot. Spoon a tablespoon of batter onto the skillet. Tip and turn the skillet to spread the batter. Cook until the surface is covered with bubbles. Turn and cook until golden brown on each side. Transfer to a platter. Repeat until the batter is used up.

Spread 2 tbsp of vanilla yogurt or cottage cheese onto each crepe. Top with sliced strawberries. Roll. Keep warm until eaten.



VASHON ISLAND COMMUNITY CHURCH

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Sunday Service at 10:00AM

Berry Upside Down Cake

By Joyce Kiefer

Joyce Kiefer is a frequent visitor to Vashon, and the mom of editor Jane Valencia. She shared this recipe.

Grandpa grew "young berries" in the backyard by the back fence. These berries were a hybrid of blackberries and raspberries. We had to do something with the abundant crop, so this cake was one way to use 'em.

I love the cake and have made it many times over the years, often with blueberries.

Berry Upside Down Cake

Ingredients, bottom of the baking pan

- 3 tbsp butter or margarine
- ⅓ cup brown sugar, firmly packed
- ½ tsp grated lemon rind
- 2 tsp lemon juice
- 2 cups fresh blackberries or blueberries (raspberries tend to get squishy)



Melt butter in an 8" x 8" baking pan. Add sugar, lemon rind, and juice, and stir well. Arrange berries in this mixture to cover the bottom of the pan.

Ingredients, cake batter

- ¼ cup shortening (we used Crisco; leaf lard is also an option), melted
- 1¼ cup sifted cake flour (to use regular flour, sift flour, then measure it and sift again as indicated)
- ½ cup sugar
- 1 egg, beaten
- ½ cup milk
- ½ tsp vanilla
- 2 tsp baking powder
- ¼ tsp salt

Melt the shortening and let it cool while you combine the dry ingredients and sift them into a mixing bowl. Combine the egg, vanilla, and milk. Stir gradually into the flour mixture. Add the cooled shortening. Mix well and pour over the berry mixture in the pan.

Bake at 350 degrees for 40-45 minutes or until done. When cake has cooled, cut into squares and invert each square so the berries are on top. Makes 6-8 servings.

Updates on Pecan Court Apple Cake

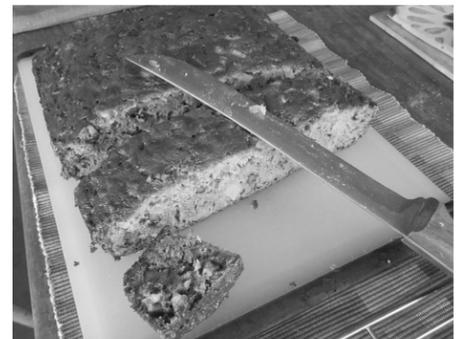
Alert reader M.D. noted that our apple cake recipe, lacking any oil, milk, or water, might end up being unusably dry. Happily, reader C.H.L. wrote in about the recipe; she had discovered that there's an entire genre of oil-free cakes. Finally, M.T. noted that these were likely rooted in the Great Depression times, when one tried to economize on ingredients.

Vashon Loop Kitchens was pressed into action so we could contribute our own experience with the recipe. Aside from using an extra egg (ours seemed smaller than the ones I remember from my childhood), we followed the recipe precisely. The apples were peeled and, given M.D.'s concerns on moisture, were diced pretty finely. The cake mixture was indeed very dry and sticky until the

diced apples were mixed in, at which point they added moisture and made the mixture perfectly usable.

See the web version of this article for pictures of C.H.L.'s results, along with some extra commentary.

And our own cake, though we didn't have the "official" pan. It still tasted fine!



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Vashon! Do you have a favorite recipe you'd like to see published in The Loop?



Share it with us at editor@vashonloop.com

Yoyo

sun comes out
 so do I
 sun goes away
 I'm inside
 a syncopate pullin' a looped knot ringing
 thrusting down then up the heavy airs
 those temporal loops
 in clouds blacken'd in all directions
 a toy spindle waxed into new tricks
 around the clock
 around the world
 and then maybe,
 over the moon
 but this howling - a bare axial to rotate
 wood unwinding its cotton— akimbo
 till slacking still, an ancient
 sideways sleeper.

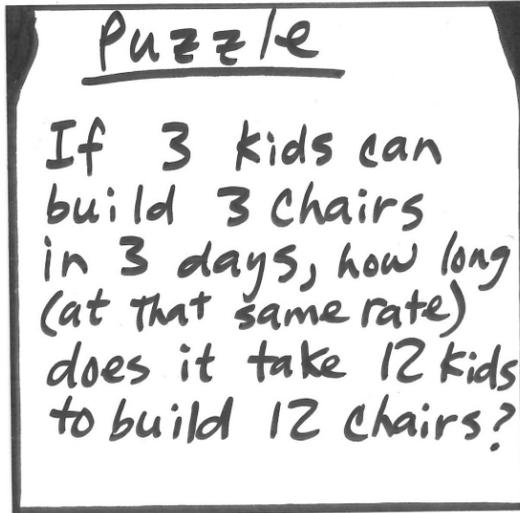
*Note the best record: a dead weight oreo
 a length of 3 hours- springs back alive
 to be rockin' the baby, be a cradle for cats.*

I want to slice time into motion, toss
 a night of hard rain into something pale
 yet my barometer whips at the wrist,
 an outside loop
 fingering quick into a daring trapeze,
 a spooning up elevator.
 Yet, I'm just a yoyo
 gone to walking
 gone walking the clock
 and gone to walkin' the dog—
 inviting the night to come in.

Claudia Hollander-Lucas

Math Puzzle

By Anne Cotter Moses



News You May Have Missed

The last USA Tupperware factory closes
 The FBI raids a landlord over rental prices
 Appliances are breaking down more quickly
 These and more at:
vashonloop.com/missed

Llaughing Llamas Chronicles

By Daniel Hooker



I had an experience at the Senior Center many years ago. Carl, a deaf man, was telling a joke.

As he walked around the room, all you could hear was the punch line, "Dam! Dam! Dam!"

The expressions on the elderly ladies were precious. They thought he had lost his mind.

Finally, Carl came around and told me the joke.

Q: What did the fish say when it hit the wall?

A: Dam!

~

Gordo, who was a familiar at Granny's Attic, and always wore a hat, was crossing underneath the trees between the IGA parking lot and going towards the post office.

As his hat got knocked off, I said, "Gordo, you need to take up the formal Brazilian martial art, capo-weara!" (Capoeira)

~

My friend Brian Hildebrand was given a Chevy Volt. I said, "That's a nice car. When you're recharging it, are you re-volting, Brian?"

~

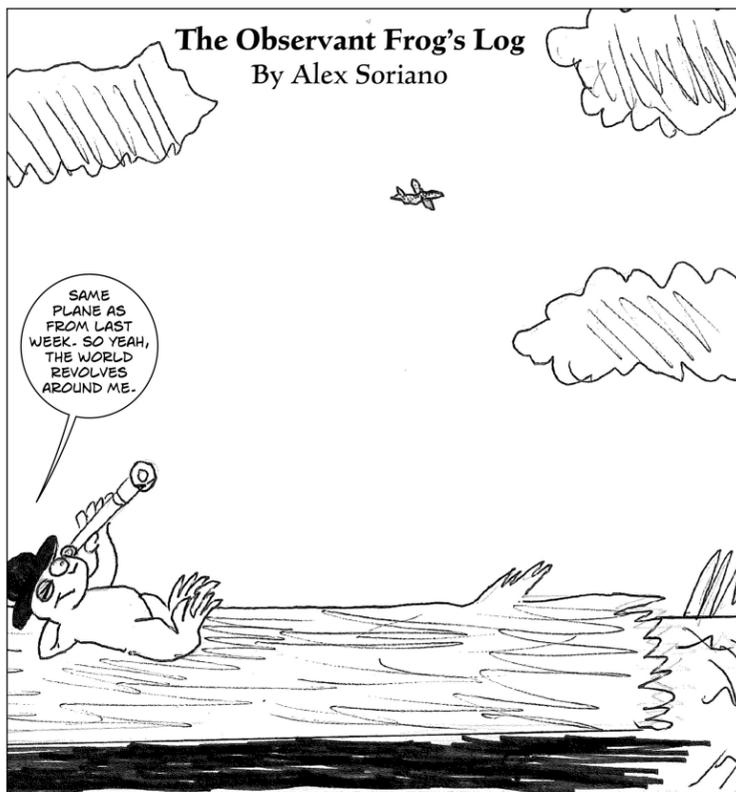
I told my girlfriend I could build a car out of spaghetti.

You should have seen her face as I drove past-a.

~

Q: Why are elevator jokes so funny?

A: They work on so many levels.



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Meet with Miguel from King County Public Health
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 Saturday, August 17
 Wednesday, Sept 18**

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This month: Spirited Away
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Aries (March 20-April 19)

Who holds authority in your life, and why? This would include direct control or any oddly persuasive influence, and the more subtle forms as well. What is the underlying nature of any agreement you have with another person where they have control over you? Through the Pluto in Capricorn years (starting in 2008), this was an ongoing issue. There are times when you feel like you're getting on top of it, and yet the matter persists. The emotional hooks always come from early caregivers, and your astrology is offering a clue. If you are analyzing the role of any person from your past, and you get a sense of what they did to you, and then you feel guilty, you're onto something. Your guilt response is the scent you're after, that is, the one that points to a potentially responsible party. Yet it's also designed to warn you to look elsewhere, placing the blame on someone who does not deserve it. To grow, you must be courageous about this, and understand the influences of those who held themselves as paragons of benevolence.

Taurus (April 19-May 20)

Some ideas defy expression, and usually those are the most important to get into words. When you encounter guilt, it's not because you've done something wrong. (That emotion is called regret.) Guilt is the eruption of suppressed rage that then turns into a bitter form of anger called resentment. This is why acknowledging guilt is so important: it's you reminding yourself that you really do have something to say. Now, once you contact the anger, you're at the next level, and anger does not make you right. But it does remind you that you feel betrayed in some way. It's simpler than it seems—as long as you don't automatically presume you're wrong when you feel bad. This is an essential point of learning and most people never get there; they remain entangled in negativity they don't understand their whole lives. To get free from this, it's necessary to violate the code of silence and speak up when you have something to say—to those you care about most, and even in casual encounters. Then you sort out the results.

Gemini (May 20-June 21)

You may feel pressure building, this month and as the season develops, of the kind that says, "This is your last chance." Maybe it is, maybe it isn't, though practicing a little *carpe diem* never hurt anyone: seize the day, and gather ye rosebuds while ye may. Yet the sense you have may be more karmic than immediate, like this lifetime is your last chance to get something right. I don't know if that's true—but I know that Jupiter in your sign square Saturn (which can only happen a rare few times in one lifetime) can come with a feeling of urgency. When you have the chance to do something, consider whether it's the kind of thing that happens once (an unusual invitation, or a rare concert)—or the kind of thing that recurs (a movie or a baseball game). This is the kind of thing usually relegated to workshops at the Omega Institute, where you're supposed to make big decisions and think important thoughts. You are indeed here for a purpose. Let that purpose inform everything you do and every choice you make. It's easier than it seems.

Cancer (June 21-July 22)

You may have the sense that people feel unusually strongly about you these days, which may make you uncomfortable. You don't need intense opinions coming at you in your ordinary day-to-day activities, or from your circle of friends. Fortunately, you are in possession of something rare to find in



Planet Waves

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



our era, which is social graces. And one of those is knowing when and when not to take things personally. You're an easy source of kindness, yet you're also something of a lightning rod, because you have a strong sense of your own direction and authority over your affairs. You make things that are very difficult for others seem easier than they are. The delicate message of your chart is to make sure you don't avoid certain kinds of people just because they might test you. The thing that's sensible to skip over is social drama, which could fly in abundance early in the month. When encounters cease to be fun, that's the time to go in another direction.

Leo (July 22-Aug. 23)

To have what you want, it will help if you identify what you don't want. Most of us live in an overwhelmed state, and eliminating unnecessary and unhelpful influences is one of the most important exercises in choice. There is something that I think is more significant—the ability to tell where you are and to identify the properties of your environment at any time—situational awareness. The more situationally aware you are, the less likely you are to do a roundhouse kick and take out five adversaries. Therefore, walk around life sniffing the air and asking yourself: "Ok, so what's going on here? Who are these people? What are they doing?" However, the more significant matter is your inner environment and awareness of your mental and emotional situation. Your relationship to yourself evolves and changes—as steady as your outer personality may be, your inner weather is in constant flux.

Virgo (Aug. 23-Sep. 22)

A long phase of your life is melting into a new one right in these very weeks and months. Yet the change may be so gradual that you're not quite noticing. The differences may be subtle, though one of them may be that you're not feeling like you're so driven along the tracks to your destiny. A space is opening up where you have available many possibilities that you may have never considered, or that only vaguely occurred to you. They are changed by your observation, and there are many possibilities for how they might transform. If you notice this happening, you will start to catch onto other ways that your observations and awareness evolve the meaning of people, events and situations you experience. You're likely to want others, though the deeper lesson is that a little goes a long way. You don't need to plunge in; walk through the kitchen and give everything a little sniff. You are teaching yourself how to notice what you want, which is the most vital information you can be working with at this important stage of your growth. The result will be much better decisions.

Libra (Sep. 22-Oct. 23)

One theme of the next few weeks is you holding space for others in social situations. You will be free to have a good time—with a purpose, and that purpose does not really involve you or your needs. Rather, you may find yourself in places where your presence allows things to happen that might otherwise be difficult or impossible. Early in the month, you might observe someone set an example of how to do this—and recognize how helpful and necessary it is. In one scenario, you're in a conversation with several people and you hear someone start to say something, but then they get cut off. Your role could be to notice that and ask them to continue what they were saying—and hold the conversation open until you're certain

they have said what they want to say. The thing that matters is the opportunity for people to be real, and for those whose voice is usually squashed to be free to speak—whatever they have to say. You will be performing a vital service for your immediate society, and learn some rather unusual lessons in the process.

Scorpio (Oct. 23-Nov. 22)

One emotional state I associate with your sign is playing hide and seek with how you feel. However, certain commitments to yourself have now come due—especially the promise you made about not disregarding your instincts, needs and opinions. You've long been reciting a mantra about being true to yourself. Yet the ways you skip over any such opportunity are long ingrained, and they are the product of family conditioning. Constant subtle and not-so-subtle compromises, adding up over years, can lead to considerable resentment. At the heart of all of this, you would serve yourself better by acting on your feelings or at least speaking up or even just saying to yourself out loud what you really want. Free will means you can ignore your personal truth. This is your divine right. Nobody can stop you. But neither can anyone induce you to be real with yourself, with the possible exception of the friendly neighborhood astrologer mentioning it to you in your horoscope. We all know about this. It affects both men and women, though in my experience, women are more frequently affected and also more surreptitiously. You will LOVE speaking up more.

Sagittarius (Nov. 22-Dec. 22)

What drives you to the decisions you make? As forward-thinking as Sagittarius is said to be—think of the one-pointed arrow of will, expertly aimed at your goal—your thoughts seem to be mired in the past. This might seem to be your own personal past, though it's more like the concerns of previous generations percolating up through your mind. You have your own ideas, and you want to express them, but it's often easier not to. You might clash with others in the process of figuring out what to do. Your ancestors had problems, and they had some few solutions, but they are not your problems or your solutions. Ah, but what might keep you coming back to their views, or their presumed feelings? The sense that you owe a debt to the past—the idea you owe those people something. But that's not possible; they don't care. The biggest favor you can do yourself is to be in the present moment right now and ask yourself what your life is about.

Capricorn (Dec. 22-Jan. 20)

For a sign allegedly driven by logic and structure, it's often difficult for you to get a handle on your feelings. Or perhaps said better, it can take you a long time—and by then, you're figuring out your decisions and actions in the past, rather than making the best decisions for yourself now. However, you're in a good moment to get a handle on certain matters of personal and family history. The challenge is observing how the conditions of other people from other generations, who lived in other places, and had other problems, have largely determined who you think you are. It can be a wild revelation, or a little maddening, to think: I believed this about myself because those other people believed that about themselves? It's possible to blame the chaos of the world, and there is a connection. What you will see on the front

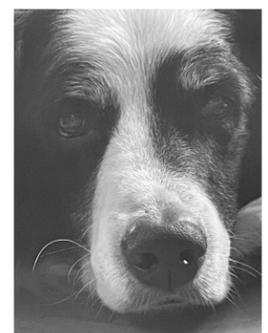
page of The New York Times or any news feed is unresolved family baggage that concentrates into the global crisis. You are at a very important turning point right now, where the crux of the matter is right in your hand. Think carefully and the decisions you make today and this month can have a positive influence on the rest of your days.

Aquarius (Jan. 20-Feb. 19)

The more certain you are, the more appropriate it is to doubt your thinking. I'm not talking about giving yourself a bout of neurosis—the nameless void of vague, acidic uncertainty. Rather, I mean three things: an ongoing process of fact verification; ongoing checking with your intuition about what is right for you; and learning how to be mindful about knowing when you do not know. No astrologer understands the full influence and impact of Pluto in your birth sign; apart from the past year or so, nobody on the planet has ever lived through it, and Pluto was not discovered the last time this happened. Pluto in your sign will, at least, be providing you with a sense of meaning and purpose: a point of orientation amidst the chaos of society. The easiest way to think of this is as a learning process that drives your relationship to yourself. This is a self-creative process. You are taking the gifts given to you by Prime Source and using them to weave, grow, develop and gradually inhabit a world of your own creation. Stay close to the deeper intelligence that got the whole thing known as you started. Stay close to the mystery of your own existence, and of all existence.

Pisces (Feb. 19-March 20)

You're in an unusual position to use your creativity to earn money. This is a rare state of being, and while it will take some work, the actual necessary ingredient is the willingness to dare. I reckon you will have that in abundance, though as usual you're probably worried about taking things too far. The influence of Saturn in your sign is providing a reliable boundary for you—a sense of conscience and also a reminder of your limitations. But these are the very limits you want to transcend. The idea now is to exceed what you thought was possible, proper, appropriate or whatever—according to those in the past who would limit you. This is a privilege in all of human history. Few people rarely make it this far, so busy are they arguing with the (mostly dead) people who they think are holding them back. There is also the nagging fear, seemingly endemic in humanity, that to use your creative power means taking on responsibility. That's exactly what you want. The message of your chart—sometimes whispered, and sometimes speaking with a crack of thunder—is that the buck stops with you. It always has, but the benefit comes from admitting this fact.



"The longer I live, the more deeply I learn that love - whether we call it friendship or family or romance - is the work of mirroring and magnifying each other's light."

- James Baldwin