A Voice Like No Other

Christine Andreas to Sing at VCA.

Sometimes this way a Broadway legend comes.

If you love music and musical theater, you’ll love the opportunity to spend an evening with the incredibly accomplished Christine Andreas and her Grammy nominated husband/accompanist, Martin Silvestri.

“I first heard Ms. Andreas sing a few years ago,” says Kevin Hoffberg, Executive Director at VCA. “I cried at least twice, and she had only sung four songs. She has a voice like none other, and it will be thrilling to hear her in our performance hall.”

Ms. Andreas is playing at VCA for one night only, August 10th. The show is called “Love Is Good,” and if a sassy, warm, moving heart pounding collection of some of all-time classic love songs, including what Stephen Holden of the New York Times says is... 

“The most thrilling rendition of “La Vie en Rose” this side of Edith Piaf.”

Ms. Andreas has had a spectacular career performing on stages around the world, including Seattle! She first captured New York and Broadway’s hearts in the 20th anniversary production of MY FAIR LADY as Eliza Doolittle (Theatre World Award); followed by the revival of OKLAHOMA! as Laurey, working with Billy Hammerstein & Agnes de Mille (Tony Nomination); and ON YOUR TOES, as Frankie Frayne, directed by the legendary director for George Abbott; (Tony Nomination). Says Hoffberg, “In February audiences thrilled to the piano playing of Slava Gryaznov. In July, Seattle Dance Collective put four performances for the ages on our stage. In my mind, Christine Andreas is the equal of Slava and SDC except the magic is not in her finger tips or her arabesques, it is in her voice.”

As always, Ian has his eyes on the challenges faced by musicians of every stripe, having experienced the spectrum of artist successes and tribulations himself over a nearly 30-year career. “It’s a very different climate right now. When we hit a city, it doesn’t matter that I have 14 records, radio hits, etc. The only thing that matters is if we can really show up and leave the people feeling they saw something amazing. It keeps me hungry, and I like the challenge” says Moore. You might have been surprised to hear Moore’s voice as well popping up on major network shows on prime-time television this past year, after several selections prominently being featured as performances on both American Idol, and leaving the people feeling they saw something amazing. It keeps me hungry, and I like the challenge” says Moore. You might have been surprised to hear Moore’s voice as well popping up on major network shows on prime-time television this past year, after several selections prominently being featured as performances on both American Idol and The Voice (“Satisfied” and “Blue Sky”). Moore’s story is often told and probably familiar to most critics; his initial record on Capricorn propelled him to national tours with the Rolling Stones, ZZ Top and Bob Dylan, acting in the acclaimed indie feature “Sling Blade,” and having Ice Cube direct the video for his legendary guitar prowess with radio-friendly singles.

Meanwhile, he’s founded the artists’ healthcare alliance SMASH (Seattle Musicians Access to Sustainable Healthcare) and has joined the board of NARAS for the Pacific Northwest as governor and head of the advocacy committee.

As always, Ian has his eyes on the

Original art, comics, cartoons: Ed Frohning

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Phone 206-925-3837
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The Bad Decisions - Friday, 8/2, 8pm
Rooster - Friday, 8/16, 7:30pm
Live Entertainment

www.redbicyclebistro.com
17618 Vashon Hwy SW
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Happy Hour
Weekdays 2u-6pm  Weekends 11:30am-6pm
$2 PBR Draft  -  $3 All Draft Beers
$3 Well Drinks  -  $3 House Wine

Ladies Night Thursday
6pm to close
50% off All Glasses of Wine
50% off All Well Drinks
50% off All Draft & Bottle Beer

Vashon Theatre
17723 Vashon Hwy
206-463-3232
Call for Times
For show times and info check www.vashonthetre.com

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The island home experts

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**Get the Loop**

**Submissions to the Loop**

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

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**Master Gardener**

Bring your gardening questions, plant samples and/or plant photos for identification to the Vashon Master Gardeners in front of Vashon Ace Hardware and receive free, science-based advice every Saturday 9:30am-2:30pm from April 27-September 21, and first Fridays 9:30am-2:30pm June-September. Contact Vashon Master Gardeners WSU Extension at mgvashon@gmail.com for more information.

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**Alzheimer’s Association Caregivers Support Group**

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month from 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Highway SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

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**New Bridge Class Starting!**

New Bridge Class Starting! Have you wanted to learn the game of Bridge? Do you play, but want to become better at bidding and playing the hand? A new set of lessons will start on Tuesday, August 6, from 3-5 pm. Instruction, handouts and practice with Ellen Trout. Sign up by calling the Senior Center 206-463-5173. The classes are free and open to the community.

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**Let’s Talk about Living and Dying**

Come to the Next Let’s Talk about Living and Dying. Sunday July 28th 1:30pm-3:00pm at the Land Trust. We will be discussing Death Doula. Four women from Vashon who just completed a Death Doula Training—Sarah St. Germaine, Ava Apple, Nancy Eister and Susan Pitiger will share their interests in becoming Death Doula and what a Death Doula does. First, what is a death doula? Death doula provide emotional, spiritual and physical support to a dying person. “They can assist people in finding meaning, creating a legacy project, and planning for how the last days will unfold.” They also assist loved ones by providing guidance and support during the last days of life and easing the suffering of grief. Having someone experienced and compassionate there at the end can make the process less frightening—both for the person who is dying and for those around them. And what exactly does a death doula do? For the person dying, a death doula provides companionship (say, by holding their hand, reading out loud or conversing with them) and can create legacy projects (think: memory books, letters and videos) to give to their loved ones and pass on to future generations. A death doula can also create what’s called a vigil plan—a document where the dying person expresses their wishes about their death. For families, the doula can also assist loved ones by providing guidance and support during the last days of life and easing the suffering of grief. Having someone experienced and compassionate there at the end can make the process less frightening—both for the person who is dying and for those around them. And what exactly does a death doula do? For the person dying, a death doula provides companionship (say, by holding their hand, reading out loud or conversing with them) and can create legacy projects (think: memory books, letters and videos) to give to their loved ones and pass on to future generations.

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**Community Sound Bath**

Vashon’s Threshold Choir will share its soothing bedside songs with the island community. Come relax in a zero-gravity chair and listen to the group’s calming a cappella harmonies. Friday, July 26 from 6:45 to 7:30 PM at Vashon Cohousing Common House, 10421 Bank Road.

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**Get in the Loop**

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

By Sean Malone and John Sweetman

The winter low tides come at night and in summer, they come at daybreak. The stronger the pull of the moon, the lower the tide. They say the tide is running when it's coming into the harbor at a high rate; when waves appear; running along the beach.

In Murden Cove, where John grew up on Bainbridge Island, the tide came across the hot sand faster than a child could walk and became dangerous when the water became a foot deep, making it hard to run and keep up with the rising water.

"Help, help, I'm sinking," Brother Mike called from a patch of sand on the Sequim beach that looked like any other "sand" but was really "quicksand" which could swallow you up and never leave a trace. "Hang on," I called out while I searched for a long branch or board to rescue him with. Stepping into quicksand was like trying to walk on a bowl of gravy with no bottom. Mike was up to his waist in the stuff when I reached out with my branch for him to grab and pulled him to higher ground.

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I don’t know where he came from and I don’t know where he went when he leftkowski. I do know that he had a German accent and was good with woodworking tools. Whenever my parents had a small job, like a cabinet that needed creating or a formica-topped desk and fluorescent light combo for my grade school homework wrangling station that needed assembling, they called on Mr. Richter to get the job done. He would arrive and then disappear when the project was completed. I do not recall talking with him much, if it all. There are questions that I would ask him now, if given the chance, but chances are he is long gone by this writing.

I am not remembering him so much at this point as I am remembering something he built for us. It appeared when my parents had the basement “improved” with ceiling tiles and knotty pine paneling that covered over the concrete foundation. There was a space on the wall between the door to the laundry and the door to that weird storage space that held canned goods and a little bit of whatever else wound up there. Mr. Richter built between the doors was a bookshelf and a magazine rack that sat at the bottom just above floor level. It was an open magazine rack where publications like Time, The New York Times Magazine, Geographic and Life Magazine would recline at about a forty-five degree angle and beg to be picked up and thumbed through. Mostly they would just sit there and then disappear beneath the next deposition layer of bound paper publications.

It must have been sometime in the early sixties- somewhere around the time of the Cuban missile crisis- that the most memorable of magazine covers sat there and burned a place in my just beginning-to-fill banks of memory. The image that is coming back now is that of a man in a plastic suit with an outstretched hand. I was recalling black background and a strange, reflected red light. I was not really trusting my memory, so I just went to the dungeons of the interents and there it was- September 15, 1961- How You Can Survive Fallout. You can buy that edition of Life Magazine now for $80- the newsstand price then was twenty cents. I remember those eyes and that hand reaching out to me every time I walked by that bookshelf. I think I read the article that came with more pictures and, it seems, some kind of timetable about how long after the blast one would have to wear that suit to “safely” get around. It didn’t seem like something you could ride a bike in or walk up the street in to play a game of backyard football. Forget swimming.

“We live in that house for another ten years. I have no idea how long that magazine remained on that shelf, but it seems like it was there forever. Somewhere around this house here, where I am now, I fairly certain I still have the Life Magazine issue that had the big pictorial spread on Woodstock in 1969, but I have no idea where the issue with the guy in the suit wound up. I would suspect that it was long gone before we were ever thinking about moving. I can’t say that I was haunted by the eyes or the reaching hand or even the concept of living in a plastic suit. As it turns out though, in the same year that we moved to upstate New York, a certain David Philip Vetter was born. I once again had to go to the interents to fill in the blanks that were taunting me as I searched my brain in vain for facts and details of a vague memory of a bubble boy. As it turns out, D.P. Vetter was born with severe combined immune deficiency and became known during his short twelve years on the planet as “the bubble boy” in the Bubble. He lived his life in constructed sterile environments because pretty much anything out in the real world of dirt and bugs and stuff could kill him. Apparently, NASA built him an escape suit in which he could leave his container for brief periods, but he only used it six times. At some point it was discovered that a bone marrow transplant could possibly cure him, and he finally got a transplant from his sister who seemed to be a good match, but apparently there was a hidden disease in one of her genes and David succumbed to that in 1984.

There actually was a reason I went on that tangent, and after all that I still can remember what it was. After the Festival parade this past Saturday I wandered southward on the main highway and came upon one of those whiskey tango foxtrot moments that amazingly had nothing to do with the nonsense associated with anything related to the current White House occupant or any of those in political office whose balls he has in a vice, both literally and figuratively. I include members of both parties in this, as it seems even the “resisting” opposition is not doing all it possibly can at the moment to extract the national embarrassment from the golden clown car, or to pry his small clumsy fingers from the ship of state steering wheel that has detached itself from the steering column. No, the WTF moment I am referring to here involved my stumbling upon an inflatable wading pool on said highway which was filled with water that had been subjected to airblower to fill each one up- not exactly a sustainable system. What could be a better picture of entropy in action? As has been discussed here recently, one of my current projects has named itself “Life at the End of the World”, and it involves a series of these infrared photographs that turn otherwise relatively common, everyday scenes into something that might suggest an apocalyptic occurrence has transpired, or may happen in an imminent but as yet unseen moment. The infrared filter in use here gives almost everything a burnt orange to red-brown cast, while the sky goes darkish and most foliage becomes a whitish-blue. Most of the earlier photos in this growing group do not contain any human life forms, as if we all just stopped being and left this different vision behind. It could be sorted of a spin on the tree falling in the forest quandary- if we are not here to see it any more, does the earth still exist? Of course, this can all come around to the question then of why not just take pictures of nothing. This of course then gets into the concept of the ultimate art show where everyone is invited in to wander the gallery and fill on a blank canvas or frame with whatever comes into their heads since everyone is an artist. This of course eventually can lead to things like some people believing that anyone can do anything, you know, like become president, which we can all agree has at least one postulated theorem that has proven massively incorrect. The Loop goes darkish and most foliage becomes a whitish-blue. Most of the earlier photos in this growing group do not contain any human life forms, as if we all just stopped being and left this different vision behind. 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Harbor Seal Mother with Newborn Pup. NOAA Fisheries photo.

Adopt A Cat Day!
Vashon Island Pet Protectors

Satudays 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.

Vashon Library August Calendar

Children & Families

Infant and Young Toddler Story Times

Tuesdays, 10:30am
Ages newborn to 24 months with adult. Stories, songs and fun! Playtime follows.

Preschool Story Times
Tuesdays, 11:30am
Ages 24 months to 6 years with adult. Stories, songs and fun! Playtime follows.

Out of this World Magic Show
Tuesday, August 6, 1pm
Presented by Jeff Evans, Edumazement. Ages 5 and older with adult. How much would you weigh on the moon? Have UFO’s actually landed on Earth? Do space aliens exist? Have interstellar fun as you learn more about space.

Stomp Rockets
Thursday, August 15, 3pm
Ages 8 to 12. Make a launcher for paper rockets that’s powered by human energy? Please register, 206.463.2069.

Crab and Moon Puppet Show
Tuesday, August 28, 2pm
Presented by Mary Shaver. Family program, all ages welcome with adult.

Game On!
Friday, August 2, 9, 16, and 13:30pm
Grades 6-12. Come play video games at the library! Hone your gaming skills with Wii U, PS4 or Xbox One. Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

Exploring Positive, Negative and Outer Space Craft Workshop
Monday, August 5, 1:30pm

Presented by Lisa Keller, Galloping Horse Makers.

Flavors

8 Flavors
13+ Toppings

Looking for a kid-friendly place to relax, enjoy some treats, and check out some art? Bring the family over to Kenny’s Brain Freeze! Try our new soft serve Ice Cream. Frozen Yogurts, dairy and non dairy & Sobeet. Choose your favorite and pile on the toppings!

Open Monday to Thursday 11am to 7pm
Friday/Saturday 11am to 8pm
Sunday 11am to 6pm

17320 Vashon Hwy SW
(Located across from Pandoras Box)

Sea Pup Time
By Orca Annie Statee, VHP Coordinator

At this time of year, we scan the water for newborn Harbor seals snuggling with their mothers. Occasionally, we hear the cries of baby seals, who sound much like human infants, bleating for their mammas. Harbor seal pups may haulout (come ashore) in the same place for several days or weeks at a time; this does not mean they are abandoned. Often the public does not realize that hauling out is normal behavior, thus, calls to stranding responders increase.

Evidently, because Odin and I have a low profile on social media at present, Islanders are confused about whom to contact locally regarding seal pups on land. I am the Marine Mammal Stranding Coordinator for Vashon, and Odin is also a stranding responder. We are the only authorized stranding responders on Vashone. We collaborate with NOAA Fisheries, Cascadia Research Collective, and Washington Department of Fish and Wildlife on stranding response. We have been stranding responders since 2007.

Our phone number for whale sightings, seal pups, and strandings is printed in The Loop and in Destination Vashon: 206-463-9041. In addition, calls to the West Coast stranding hotline at 1-866-767-6114 are forwarded to us in a timely manner. Marine mammal experts at MarineMammalsOnline.com are valuable for ID purposes. In addition, calls to the West Coast stranding hotline at 1-866-767-6114 are forwarded to us in a timely manner. Marine mammal experts at MarineMammalsOnline.com are valuable for ID purposes.

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Harbor seals use log booms, docks, and diverse shoreline habitat – beaches, rafts, boat ramps, stairs, bulkheads – every day to thermoregulate, and nurse their young. Mothers typically leave pups behind while they feed offshore – up to 24 hours. Keep your distance so mom can return to care for her pup. People and dogs hovering around a seal pup can deter the mother from nursing her baby. Disruptive shoreline and on-leash dog sors disturb harbor seals. Humans are poor substitutes they do not.

For more information visit: https://www.westcoast.fisheries.noaa.gov/

Advertise in the Loop!
It’s a great time to get back in the Loop. ads@vashonloop.com Or call (206) 925-3837

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.
Siren Needs a Home

I’ve been loving this hot weather! Sunbathing is one of my favorite things to do. I find the hottest place I can and then... I just lay there all day. I’m good at other things besides sleeping, though. People say I’m very friendly and playful, and I like to sit on laps and be petted, but I’m not one for sitting on my own. I mean - I don’t look like a siren. I’ll make your home more beautiful. But the decibel level will remain the same.

Go To Worldwide To View Adoptable Cats and Dogs

Aquarius (Jan. 20-Feb. 19)

What exactly is motivating someone’s desire for you? You’re not going to find out overnight, though if there is any hint of hostility in a new relationship, you had best let it go. On going along with it is a mutually supported endeavor. Take note if you find yourself not getting along with someone. Track the transactional and notice where things may be going off-kilter. Pay special attention to your own actions and motives. If you don’t like someone, then avoid them rather than provoke them. If you like someone, engage them rather than tease around the edges. It’s vital that you listen to what people say to you, particularly the first thing they say, if you want an idea where they are coming from. Listen to their actual words and take note — though the words, in this case, are what really count for the most. That’s how you will know where you stand. And of course, if there is some conflict between words and actions, take note.

Pieces (Feb. 19-March 20)

Take your time when it comes to reaching for your most cherished goals. Prepare the ground. Make contact with people you want to work with. Keep your desk in order. Return phone calls and maintain all routine business. You must also continue to be cautious with money as you get accustomed to the entirely new financial territory you’re in, largely described by Chiron in Aries, your 2nd house. The scale and shape of the re-evaluation you’re going through cannot be understated. It will reach into the core of your being, and the sooner you let yourself go there, the better. Ultimately the question relates to the value that you put upon yourself, from which stems the value that you place on everyone and everything else. This is a process that must originate entirely with and within you. Certain obstacles will rise up at this time, which will assist you in that direction. So take those cues and prompts and let them guide you. Be patient with the process, and quietly claim your victories and your breakthroughs.

Read Eric Francis daily at www. PlanetWaves.net

Aries (March 20-April 19)

Notice whenever you hesitate. By that I mean you hesitate before you do something, the reluctance to try something, concern that perhaps you’ve met, or not wanting to respond to a question. There are several different reasons you might do so, though you might not notice them when you’re doing it. Allow yourself to tune into its own message, and you need to know what it is. Typically in the course of human events, people either allow their hesitation to be resolved, or else you intervene, and then you get people out of sorts under these conditions. Mercury retrograde is cautioning you to keep your mind on the present, rather than finding yourself moving ahead, or putting yourself in the future. Do your best to stay loose, limber and focused on what is a priority right now. And sort yourself out for a few moves. Make sure you have food in the fridge, gas in the car and your batteries charged, so you can go about your business smoothly when the time comes.

Leo (July 23-Aug. 22)

Mars in your sign is urging you to push ahead, though other factors may have you feeling like you’re caught in a slog. In times like this, the thing to do is be happy with even modest increments of progress. I call it moving the ball forward, just a little every day. The correct mental and emotional attitudes, and the practical realities are likely to run contrary, until you gradually work them out. Two other factors are present: one is your sense of being criticized or “hit on the head” by what you may need to let go of. Another is missing information about a critical matter. Whatever clue you received through your intuition has you at one end of the scale or around the 31st when Mercury stations direct. Keep your ears on, and your mind open.

Virgo (Aug. 23-Sep. 22)

You will know something intuitively, normally something that in some way speaks to you, of which you can do nothing, and no matter what you want to be true. If you’re not in a position to defer to your inner voice, then you have a different situation and you give yourself a day, or two, or three, to think about it. You will know something is amiss when someone says something that seems untrue, and someone else swears to it. This could easily leave you doubting yourself, which is why you need time to sort out the different perspectives. Meanwhile, while your perceptions and opinions are concerned (by which I mean anything from gossip to Facebook to the way a particular person receives or transmits your words), you might be skeptical, and take a policy of waiting for additional facts to come in. That requires energy, which may seem an onerous burden until one is willing to stand in the face of the unknown, at least for a while.

Libra (Sep. 22-Oct. 23)

Use care when handling professional matters this week. You are likely to be driven by deep personal feelings that don’t comport well with relating to higher-ups or managing people and projects. Mercury retrograde has also emphasized that there are other important subject matter — particularly the most important stuff. Though it may sound like dime-store astrology, when an email is sent or a memo is received, you have to be the smart person who picks up the phone, asks how they’re doing, and then wonders out loud if your email (or whatever) was received. The approach is the friendly, gentle inquiry, making no assumptions. Then work to solve the problem. Other people around you might not be so magnanimous, so you may need to contain fires, control the damage and clear all vital information before it goes further.

Cancer (June 21-July 22)

Sunday, the Sun aligned with Mercury in your birth sign, which was also exactly opposite Pluto. The Sun was being halfway over the midpoint (which was exact July 21 at 8:33:35 am EDT). Plently else is happening on the Cancer-Capricorn axis this week, and especially if you have an interest in the solar focus of astrology going back to May. It has been intense and dramatic, and you’ve probably had enough of all of that. However, with Venus in your sign now opposing Pluto, you’re likely to be more sensitive than you want. This may also translate to being driven by some passion or deep need, though be aware of how you get yourself out of sorts under these conditions. Mercury retrograde is cautioning you to keep your mind on the present, rather than finding yourself moving ahead, or putting yourself in the future. Do your best to stay loose, limber and focused on what is a priority right now. And sort yourself out for a few moves. Make sure you have food in the fridge, gas in the car and your batteries charged, so you can go about your business smoothly when the time comes.

Scorpio (Oct. 23-Nov. 22)

Professional jealousy is a serious issue. It holds back progress, wastes energy and destroys careers. So too does unmitigated ambition, or taking too much pride in one’s own work. You’ve probably had enough of all of that. It has been intense and dramatic, and you’re experiencing at the moment is just the tip of the iceberg. This enmeshing of the obsolete goal with the practical is urging you to carefully re-evaluate your goals. Bring up your own viewpoint or opinion on any issue you seem to care about, and ask yourself how, exactly, you got there. Then, question each step along the way.

Gemini (May 21-June 20)

Be careful not to make your financial decisions based on any number of factors. You might think you’re making perfectly rational decisions, though they may not seem to work out as well as you’d like. Good ideas are not enough; the thing you will benefit from is analysis that is based primarily on columns of numbers. By that I mean the actual financial facts, in which the numbers in the spreadsheet, and the matter of how you are able to handle your money. Apart from any ideas, the actual financial facts, in which the numbers in the spreadsheet, and the matter of how you are able to handle your money. Apart from any ideas, the numbers in the spreadsheet, and the matter of how you are able to handle your money are the numbers in the spreadsheet, and the matter of how you are able to handle your money.

Taurus (April 19-May 20)

Changing one’s mind is an art form. The term, in English, means something akin to “deciding something different,” choosing something, but not to accept an idea an opinion and its own message, and you need to know what it is. Typically in the course of human events, people either allow their hesitation to be resolved, or else you intervene, and then you get people out of sorts under these conditions. Mercury retrograde is cautioning you to keep your mind on the present, rather than finding yourself moving ahead, or putting yourself in the future. Do your best to stay loose, limber and focused on what is a priority right now. And sort yourself out for a few moves. Make sure you have food in the fridge, gas in the car and your batteries charged, so you can go about your business smoothly when the time comes.

Sagittarius (Nov. 22-Dec. 21)

Are we all sitting around waiting for Jupiter in your sign to go direct? That happens on Aug. 11, with Jupiter entering Leo. This crazy thing is called the Great Attractor. Actually, this conjunction is alive and kicking right now, and it’s offering a clue. Pay attention to what your words, deeds and thoughts have impact far greater than you may imagine. The way the Great Attractor works is through teaching, by your deeds and thoughts and what you say to others. Your words and actions, take note.

Capricorn (Dec. 21-Jan. 19)

Take the next couple of weeks and carefully re-evaluate your weeks. Bring them up to date with whom you are now, and what you want to be doing in the reasonably immediate future (say, two to five years). It looks as if you’re clinging to some old goals that you need to consider carefully, and may need to shed. The thing is, these are deeply intertwined with your identity. Letting go of an outmoded goal may feel like giving up part of who you were. It is probably that the very thing that will help you. This enmeshing of the obsolete goal with an element of your psyche is the essence of your situation. Address the goal and make your home more beautiful. but the decibel level will remain the same.

Venus (May 11-June 5)

Venus is urging you to be more sensitive than you want. This may also translate to being driven by some passion or deep need, though be aware of how you get yourself out of sorts under these conditions. Mercury retrograde is cautioning you to keep your mind on the present, rather than finding yourself moving ahead, or putting yourself in the future. Do your best to stay loose, limber and focused on what is a priority right now. And sort yourself out for a few moves. Make sure you have food in the fridge, gas in the car and your batteries charged, so you can go about your business smoothly when the time comes.

Go to www.vipp.org To view adoptable Cats and Dogs
“The Nuns, the Priests, and the Bombs” screens on Vashon on Hiroshima Day

By Amy Morrison

Nuclear disarmament activists challenge the security and legality of America’s nuclear weapons when they break into two top-secret facilities: The “Fort Knox of Uranium” and a U.S. Navy Trident nuclear submarine base, just 30 miles away from Vashon Island.

Are they criminals or prophets sending a wake-up call to the world? “The Nuns, the Priests, and the Bombs,” a documentary telling the story of these elder direct action activists, will be screened at Vashon Theatre on Hiroshima Day, Tuesday, August 6th, 6pm.

Following the screening, several members of Ground Zero Center for Nonviolent Action will speak about their work to keep Washington – and the world – safe by fighting for the abolition of nuclear weapons.

Since 1980 activists in lay and religious life have undertaken dramatic Plowshares protests, derived from the biblical injunction, “They shall beat their swords into plowshares,” risking long prison sentences in an ongoing campaign to move the world away from the nuclear brink.

This film follows two cases, the July 2012 break-in at the site known as America’s “Fort Knox of Uranium” where the intruders were an 82-year-old Catholic nun and two fellow peace activists and the 2009 Plowshares action at a US naval base near Seattle, WA. It follows the activists legal battle to justify their actions under international law and highlights the power of their moral conviction.

We have been threatened by the existence of nuclear weapons for the past 74 years. Currently 60% of US federal spending goes to the military, and the Pentagon’s plan for modernizing and augmenting our weapons stash will cost almost 2 trillion dollars in the next 30 years.

 Currently, nine countries own nuclear weapons: UK, India, Pakistan, Israel, France, North Korea, China, Russia and the US. The US itself has 6,800 nuclear weapons, including bombers, submarines and missiles, and the largest concentration of US nuclear weapons is in Washington State.

Friends from GCZ will educate Islanders on what we can do to support our policymakers in lowering the risk of a conflict escalating into a nuclear war. With the 2020 Presidential Elections upcoming, this issue can be on the forefront of voters’ minds as they decide who will keep humanity safe from this existential threat. At the height of the Cold War, there were 64,500 nuclear weapons around the world. Now, because of local activism, national leadership and international treaties, there are around 15,000. Disarmament is possible, and together we must prevent the escalation of a new nuclear arms race.

Attend this inspiring film and important discussion to learn what you can do.

The screening is part of the Backbone Meaningful Movies film series and is generously supported by Vashon Theatre and Island Green Tech, as well as the Meaningful Movies Project and the Backbone Campaign. Admission is free, with donations accepted at the door.

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www.vashonnews.com

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Island Epicure

Dinner with the Mustafa Family

Summer in Syria is a time of plenty. The farm the Mustafas left behind is harvesting tomatoes and small squash, much of which will be dried for winter cooking. People are sleeping outside in the orchard or on the roof in summer, and cook over wood fires. I asked Mustafa “What is one of your favorite things to cook outside?”

Mustafa’s eyes smiled. “Mashi. We cook a big pot of mashi,” he showed me pictures of large pots with legs to put over the fire. “All the neighbors come to eat with us. You must come to my house and eat Mashi!” Of course, I accepted.

I arrived early to see how mashi is made. Mustafa and Jamila had already cut a 1” thick piece of zucchini or squash, 2” or more in diameter. “You can stuff anything, even cucumber, and you can use any ground meat” Mustafa told me.

“Sometimes we put something special inside, a small red pepper, a clove of garlic, something special inside, a small bell pepper,” Jamila called.

The person who finds it, we tease, “you are going to get married!”

Jamila put several pieces of chicken into a large pressure cooker, “for flavor,” she told me. She put in all the stuffed vegetables. Once the pot was on the stove, she added 1 1/2 cans of tomato sauce. “We make our own from the farm, we are informed me. She added two large pitchers of water and two tablespoons of salt, and fastened the lid.

“This would take 1 1/2 hours to cook in a pot, but in the pressure cooker it only takes about 30 minutes once you hear it steam,” she told me.

When the mashi was ready, we sat down to a feast! Each vegetable was served in a different dish, sprinkled with the chicken. The tasty cooking broth made a warm reddish soup, while dolma (stuffed grape leaves) and home made pickled string beans and cucumber added a brighter green accent. If your stomach still had an empty corner, there was hummus and Arab bread to fill it.

The Mustafas are accustomed to cooking for a crowd, but most of us are feeding fewer people. Try this recipe for a family of 4.

Cut the center out of 4-6 zucchini or squash, 2” or more in diameter.

Stufing:

½ cup ground beef or lamb
½ cup raw rice or quinoa
¼ cup tomato or marinara sauce
1 tsp dried mint
½ tsp salt
1/8 tsp black pepper
1 tsp black pepper
1 clove garlic, minced

Put the stuffing in the zucchini and place them over several pieces of chicken in a large pan

Add 1 quart water and ½ cup tomato sauce or Marinara sauce

Salt to taste, bring to a boil

Serve with salad and bread or with Arab bread, hummus, and dolma. In winter people like to get warm with lentil soup with the mashi.

The Salman Family Plays A Classical Concert

Celebrated Seattle pianist Mark Salman and his two sons, pianist Benjamin and cellist Jonathan, will perform a concert featuring the works of Beethoven, Schubert, Liszt and other major classical composers.

On Saturday, August 3, at the Katherine L. White Hall.

Vashon audiences will recognize the talented trio from their previous performances during VCA’s music history lecture series presented by insulated musician and musicologist Michael Tracy. Those who have yet to hear a concert by the Salmons will be treated to an atypical experience: the seamless interplay of musicians all hailing from the same family.

“It is not unusual to find children of musicians playing together. They know each other’s playing intimately, so you get a level of emotion that you typically don’t get with musicians who don’t know each other,” Tracy said.

The Salman program will include Beethoven Cello Sonata D Major, Op. 102 No. 2; Chopin’s Mazurka; Schubert’s piano trio Allegro in A Minor, D. 947, the “Lebensstürme” — Storm of Life; Liszt’s Concerto Pathétique for two pianos plus other great works, some of which are seldom heard.

“The Schubert piece is a late work by the composer and is rarely performed,” Tracy said. “The Liszt piece is quite huge, it’s the precursor to his B minor sonata, which is even more done because it is so difficult.”

A maestro of performing, Liszt and Schubert, Mark played five recitals in honor of Liszt’s 200th, birthday in 2011 and is renowned for his recording of Schubert’s Cello Sonata. The Salmon Family Plays A Classical Concert.

In Concert: Jami Sieber, Ferron, & Cris Williamson

On Saturday, August 17, join us at Open Space for Arts Community for a powerful night of women’s music featuring the iconic Jami Sieber, Ferron, and Cris Williamson.

“We’re absolutely thrilled to be hosting what’s sure to be a memorable night of soul-shaking tunes when this dynamic trio of musicians/songwriters/composers grace our Grand Hall stage in a benefit concert for LGBTIQ services for youth on Vashon. Doors open at 6pm, and the once-in-a-lifetime performance begins at 7pm.

Jami Sieber

Electric cellist and vocalist Jami Sieber reaches inside the soul with compositions that are contemporary, luscious, and powerful evocatively. Sieber’s musical path has traveled from classic country folk to rock/pop where within her popular band “Rumors of the Big Wave,” she garnered the cover.MPMA Asian Music Association (NAMA) Award for Best Rock Instrumentalist. Jami’s sometimes ethereal, sometimes upbeat style of performance has earned her rave reviews throughout Europe, Asia, and North America, and has brought her invitations to be a guest artist in China, Russia, the Balkans, Italy, France, and Thailand.

Ferron

In addition to being one of Canada’s most famous folk musicians, Ferron is one of the most influential writers and performers of women’s music, and an important influence on later musicians such as Ani DiFranco and the Indigo Girls. From the mid-eighties on, Ferron’s songwriting talents have been recognized and appreciated by music critics and broader audiences, with comparisons being made to the writing talents of Van Morrison, Bob Dylan, and Leonard Cohen.

Ferron has published 14 albums, including: her-well known Testimony (1980), whose title song is something of an anthem for many in the women’s music community. She has sold over 1 million albums, with five platinum albums and nine gold albums, and has been featured in films, TV shows, and commercials.

Cris Williamson

Born in 1953, Williamson was a young musician who made her first recording at age 8 and made her recital debut at age 11. She also studied chamber music and composition for two years at the Massachusetts Institute of Technology. Mark now lives, teaches and performs in Seattle.

The Vashon Salmons, her oldest son Benjamin recently graduated from Stanford University, where he double majored in Music and a joint major in Philosophy and Religious Studies. A composer as well as pianist, Benjamin began studying both disciplines at the age of 10. Seattle Met magazine calls Benjamin “Seattle’s next great pianist.”

Son Jonathan is currently an undergraduate studying performance at the New England Conservatory. He began playing the cello in grade school.

The accomplished Salmons family of four, whose compositions written for solo piano, two piano, cello and piano, and four- and two-handers or two pianists at one piano, made all the riches by the deep and familial connections of a father and his two sons.

The Salman program will include Beethoven Cello Sonata D Major, Op. 102 No. 2; Chopin’s Mazurka; Schubert’s piano trio Allegro in A Minor, D. 947, the “Lebensstürme” — Storm of Life; Liszt’s Concerto Pathétique for two pianos plus other great works, some of which are seldom heard.

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Vashon Island Concerts in the Park

Thursday, August 8th, 7-9pm
Clinton Fearon (Roots Reggae)

Clinton Fearon is a composer, songwriter, singer and player of instruments since his early teens, and a professional since the age of 19. Much like quite a few other reggae musicians who came of age in the late 1960s and early 1970s, Clinton Fearon was a country boy who migrated to Kingston as a teenager to seek his musical fortune amongst the proliferating studios and sound systems of the big city. It was around 1970, when he joined Albert Griffiths and Errol Grandison to form the Gladiators, that he hit his stride with local musicians in 1993. Clinton Fearon formed the Boogie Brown Band swing tunes from the 30's and 40's, but is versatile enough to work in some blues, Latin, or rock and roll, and they come hard-driving right up in your face to say: "Move, while you can!! Start shaking them bones!!" That's the Good News! The Bad Decisions are Gregg Curry, Scotty Hayes, Tim Norton, and Ben McQuillen and they deliver. Come out and join them and shake it beneath the August moon. Bring your dancing shoes. You'll be making a good decision.

Friday, August 2nd, 8:00pm
The Bad Decisions (Rock'n'Roll)

If you like Rock'n'Roll, you will like The Bad Decisions. They bring hot, honey-suckle-dripping, southern-accented tunes that shake, rattle AND roll, and they come hard-driving right up in your face to say: "Move, while you can!! Start shaking them bones!!" That's the Good News! The Bad Decisions are Gregg Curry, Scotty Hayes, Tim Norton, and Ben McQuillen and they deliver. Come out and join them and shake it beneath the August moon. Bring your dancing shoes. You'll be making a good decision.

Thursday, August 22nd, 7-9pm
Polecat (High Energy Folk)

Polecat has quickly established itself throughout the West, with three records and over 300 shows in three years. Their unique instrumentation is comprised of Karl Olson (drums), Jeremy Elliott (electric guitar and vocals), Aaron Guest (vocals and 12-string guitar), Cayley Schmid (fiddle), and Richard Reeves (upright bass). This enables them to seamlessly blend genres including bluegrass, country, Celtic, rock, and world music into their sound. "The core audience of Polecat is, well, everybody. There is a sense of mass appeal attached to Polecat for its unique take on bluegrass, as well as an acknowledged respect for their honest approach to their genre" (H. Nightbert, What's Up? Magazine, June 2010).

The sense of unity in the band clearly works in their favor as they seem like they've been together since birth. Polecat creates music that makes you want to get up and dance. Aside from their self-titled EP and full-length albums 'Fire on the Hill' and 'Fathoms', one of the best aspects of Polecat is their live show. Their music celebrates life, love, and good times, and it reflects on the faces of the players and their audience. Polecat has shared the stage with several nationally acclaimed acts, including The Nitty Gritty Dirt Band, The Infamous Stringdusters, Sam Bush Band, The Hackensaw Boys, The Moondoogies, Fruiton and Trampled By Turtles.

"Known for producing stompy-worthy dance tracks, Polecat's live show is an experience. It's sweaty and loud in all the right ways - and it's sure to get you on your feet. Having recently played sets at the Subdued Stringband Jamboree and Summer Meltdown festivals to rave reviews, the group's debut slot at Bumbershoot is sure to be another stumping good time. "We would like for people to come out and listen, the Portage Fill is a band clearly works in their favor as they seem like they've been together since birth. Polecat creates music that makes you want to get up and dance. Aside from their self-titled EP and full-length albums 'Fire on the Hill' and 'Fathoms', one of the best aspects of Polecat is their live show. Their music celebrates life, love, and good times, and it reflects on the faces of the players and their audience. Polecat has shared the stage with several nationally acclaimed acts, including The Nitty Gritty Dirt Band, The Infamous Stringdusters, Sam Bush Band, The Hackensaw Boys, The Moondoogies, Fruiton and Trampled By Turtles.

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**Open Air Outdoor Aerial Festival**

On Saturday, August 3 at 4pm, join Open Space for an afternoon of drama and delight at our annual Open Air Outdoor Aerial Festival! Open Space is proud to present the only aerial festival featuring internationally touring artists, local aerialists, and students from Vashon’s own UMO School of Physical Arts. Choreographed aerial spectacles will enchant as you relax and bask in the breezy summer vibes. Blue skies and natural wonder offer an idyllic setting to see our agile acrobats fly through the air—these impressive, ethereal acts are all the more magical in the sparkling sunlight of summer!

Starring Thomas Hitoshi Pruiksma of a “Poet’s Magic,” a regionally known performance artist and published poet; UpwingAerial Dance Company directed by Cherie Carson, an internationally touring aerial dance company from the Bay Area; Shannon Gray, an aerial artist and published poet; and Thy Alybaba, a local contortionist and acrobat.

We’re also thrilled to present performances from local aerial artists who have graduated from the UMO School of Physical Arts, including Sarah Smith, Annie Crawford and Emma Rose DeSantis, Josie Slade, Madeline Schroeder, and Solrun Heuschert. Additionally, current UMO students including Alileen Rodriguez-Miller and Raena Joyce will be sharing their talents!

Don’t miss this unique magical event proudly offered by Open Space for the Vashon community.

Suggested donation of $12, no one turned away for lack of funds! Guests are encouraged to bring a blanket and the whole family. Aeggy’s pop-up kitchen will be there with delicious snacks and drinks.

**Free Range Folk Choir**

After a winter of singing together, the Free Range Folk Choir is happy to invite you to join us for our final concert, Sat, July 27th, 7pm at the Vashon High School Theater. The rich and resonant harmonies of slavic mountain song, the joyful rhythms of south african music, the complexity of japanese choral music and the call to the rain from Ladysmith Black Mambazo will blend to form a rich tapestry. Come on a journey with us, celebrating the diversity of communities and music around the world that makes it such a beautiful place. Help us lift the spirit and cultivate the community we all need around us, supporting each of us in our work for diversity and freedom.

Suggested donation $5 - $10 (No one turned away for lack of funds.)

More info at http://freerangepolkchoir.blogspot.com

**Sarah Christine Album Release Show**

Island vocalist & songwriter Sarah Christine will be celebrating the release of her brand new album Time To Shine with a live performance at Snapdragon Saturday July 27th. Another local favorite Jacob Bain will open the night with a special intimate performance.

7:00pm Doors, Show 8:00pm

Tickets are $15 advance/$20 door

Tickets at VashonCenterforthearts.org

**Frozen**

Come see Elsa, Anna and the magical land of Arendelle come to life on the VCA stage. Based on the 2013 Broadway musical, Frozen Jr. features memorable songs from the animated film, plus new songs written just for the Broadway production. This show is full of magic, humor and plenty of action. Fun for the whole family!

Friday, July 26 | 7pm

Tickets at $5

**A voice like no other**

Credits include WORDS AND MUSIC with Sammy Cahn, Nancy in ANGEL STREET with Dina Merrill, Rebecca in RAGS, the short-lived Alice in the short-lived LEGS DIAMOND with the late, great and wonderful Peter Allen, and the Broadway bound and detailed Erte production of STARDUST.

She has sung in concert in Carnegie Hall, Avery Fisher Hall, Town Hall, the Kennedy Center Jazz Festival and the Caramoor Festival to name a few. Symphonic work includes the Boston Philharmonic with Ben Zander, the Tulsa Symphony with Peter Nero, the Detroit Symphony, the Richmond Symphony with Charles Strouse, the Palm Beach Pops, and The Silicon Valley Symphony. Christine Andreas appears through the generous sponsorship of Sarah and Jerry Mathews and Windermere Vashon.

**Find us on Skype**

Vashon Loop
206-925-3837

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Send it to: Editor@vashonloop.com

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The Vashon Loop, p. 12
July 25’ 19

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