



THE LOOP

Vol. 10, #12

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June 6, 2013

Surprises on the Beach

By Rayna Holtz

I walk on Vashon's forest trails, I am always excited to discover a new site for something wild that's rare here, like rattlesnake plantain or yellow violets. It's a big treat to see an animal that's common but usually well hidden, like the beautiful little *Monadenia fidelis* snail with its yellow and brown spirals. Likewise, when exploring the beach, there are also nice surprises. The big difference is that I see something unusual on nearly every single trip, and on one walk out of three I find something I've never seen before!

One reason may be that every critter seems to be more present at some seasons than others, perhaps when it is their time for reproduction, as was the case with the dramatic sea nymphs we saw during low tides in the days just after the spring full moons this year. And sometimes it is during a time of plentiful food, such as the numerous creatures reproducing in eelgrass beds during spring and early summer, which is the period of growth and abundance for eelgrass. According to our eminent northwest naturalist Arthur Kruckeberg, eelgrass produces more living substance per year from sunlight and inorganic raw materials than any known plant except sugar cane. Another factor enabling us to see more species is the phenomenon of the lowest daytime tides of the year, which are sprinkled in May, June, and July, providing a few rare times when the seawater recedes enough to reveal the many inhabitants of the lower beach while the sun is still up! But even beyond these reasons, from one year to the next I see irregular cycles of abundance that make me curious: what animals will be easy to find



this year, that have been rare most years?

When the Vashon Beach Naturalists guided a sixth grade class at Point Robinson in late May this year, we saw three topsnails within half an hour. Altogether I've made about 100 purposeful beach trips over the past decade, and the total of all my sightings of topsnails up till then was three. On this occasion, there seemed to be two different species. The most interesting to me was a tucked topsnail, only .3 inch diameter, more round than tall, with a flattened spire. Its uppermost whorls were iridescent green gold, glowing against the dark, algae-clotted stones as serenely as a perfect pearl. I was smitten! I felt like a prospector striking it rich, and immediately I coveted it for the shell display we VBNs have assembled for educational events. But no such luck: even though this shell was not alive, it was already claimed — by a hermit crab!

One of my rules is not to take any living thing from the beach, or anything inhabited by a living thing. The small hermit was happily plying its business of scouting
Continued on Page 5

The Road to Resilience Time For Action

You may remember in the last column that I was saying that building a local economy and becoming more resourceful and resilient will not protect us from the ravages of climate change that we can expect from the present course of global activity.

In the past, I said that the kind of fundamental changes we need to make require a change of lifestyle, our view of the world, and our place in it. I've pointed out that these kinds of changes are difficult and evolve slowly. All the more reason why we should all be feeling a sense of urgency with the short time we have to make the required changes. To stay within 2 degrees C global warming, it is conservatively estimated that by 2020 we will have had to demonstrate a 5% drop in carbon emissions. We will need to begin decreasing our emissions by 2015 at the latest if we are to have any chance of meeting the 2020 deadline. So far, global warming has been proceeding even faster than the pessimistic estimates. At the outside, we have seven years to reduce our carbon emissions by an historically unprecedented amount. Such comprehensive changes usually take societies 30 years. We might have had a very reasonable chance of meeting our goal had we started about 20 years ago. As it is,

By Terry Sullivan, Transition Vashon

we have a very slim chance and the time for idle speculation is definitely over.

When I started my work with Transition Vashon about 5 years ago, I had made a conscious choice to prioritize deep change at the community level over political change at the higher levels. I never quit signing the petitions or making the calls to influence our reps in government, but I recognized that the likelihood for seeing real progress lay at the community level, ours and those others all over the country and the world. After all, we have been putting out the call to action on climate change for 30 years with virtually no response.

So, although I abandoned political action as the best way to approach climate change, I find myself forced to believe that it is now the only option that could effect change on the scale necessary in the time we have left. It is a long shot, but one we can't afford to neglect. That is not to say that we should abandon our efforts to use energy more efficiently and more wisely, to become as self sufficient as possible in food, shelter, and all the things we really need, or to learn to live more simply within the constraints of the real world we live in. But, for the moment, we must apply a laser-like focus on getting the rest of our citizenry and
Continued on Page 9

Ian Moore & The Lossy Coils

Special guests Rusty Willoughby & Jennifer Sutherland



During late summer of 2012, an invasive and radioactive specimen by the name of Rusty Willoughby made it's way to our bucolic Island by-way-of the Fukushima nuclear disaster off of Japan's east coast. In her unofficial role as Mayor of Vashon, the humorous and mellifluous Jennifer Sutherland was dispatched to thwart this frightening incursion, arming herself with only gas lanterns and various colorful petticoats. During the battles that ensued, it was accidentally discovered that this amalgam of sea hardened nuclear waste and a glowing gas lit petticoat created a winning sonic combination of indisputable power and beauty. Now this Vashon-centric duo can be witnessed occupying small club stages all around the Pacific Northwest, and no amount of weaponized bird-flu can contain them. you've been warned!

Bob Dylan said it best: "He who is not busy being born is busy dying." Singer, songwriter and guitarist Ian Moore lives and creates by that precept. And his new album on Justice Records, *To Be Loved*, vividly displays the artistic benefits of doing so.

It's a way of living has led Moore from emerging as, at first glance, a teenage guitar prodigy in the early 1990s in his hometown of Austin, Texas to fruition as a full-blooded musical artist, now based on Vashon, whose rich and keenly intelligent compositions invoke critics' comparisons to some of the most respected names in both classic and contemporary rock'n'roll music.

There's a satisfaction in listening to how Moore absorbs the spectrum of music that he loves and finds inspiring and then

follows his muse to places that awe, delight and touch those key, deep places within the human soul. As Harp magazine observes of Moore, "Since the early '90s the native Texan has refused corporate molding in favor of freedom and the artistic rewards are staggering."

It may have been Moore's guitar talents that first won him attention. But as Tucson Weekly recently noted, "His recent albums have positioned him as one of the most soulful singer-songwriters around, and one of the most diverse." Or as Seattle's influential weekly *The Stranger* said not long ago, "Your new favorite artist has arrived." Similar praise greeted Moore on his national debut nearly 15 years ago, because for Moore. the path and process to where he is going has always been his focus, and it has consistently made arriving at each destination that much sweeter.....

A word about this show....you all know what an amazing performer Ian Moore is and if you've seen his shows at the Red Bike, you know how quickly they sell out. There are only 92 tickets to this show and you can get yours through Brown Paper Tickets in advance. <http://www.brownpapertickets.com/event/385775>

It's going to be spectacular, so don't be left out in the cold!

Saturday, June 15 at 9pm. This is an all-ages show 'til 11pm, then 21+ after that. \$10 Cover

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Get in The Loop

Submissions to the Loop

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

Green Party’s monthly meeting

The Vashon-Maury Island Green Party’s monthly meeting (second Tuesday of each month) will be at Joy Goldstein’s home. Other interested progressives always welcome!
DATE: Tuesday, June 11, 7-9pm
LOCATION: 10329 SW Bank Road, Vashon
DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy’s home is on the south side. Park along Bank Road.

Major Topics:
1) The Healthcare Movie -- Action.
2) Transition Vashon/Study Group.
3) Climate Change.
4) Vashon Governance.
Questions: Melvin Mackey,
Secretary, (206) 463-3468

Vashon Drum Circle

Red Lodge Drum Circle,
Friday, June 14th.
Red Lodge hosts its monthly drum circle at the Village Green this month and for the rest of the summer. All are welcome to drum and sing with Buffalo Heart, the big community drum, Friday, June 14th, 7-8:30 PM. Free event; donations accepted. Sponsored by Woman’s Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

Water District 19 board meeting

Water District 19’s next regular board meeting scheduled for June 11, 2013 ,at the district’s board room at 17630 100th Ave SW , 4:30 pm

“Garden On, Vashon!” Book Reading

As part of the publicity for the KickStarter campaign to gain funding for printing my book, “Garden On, Vashon!”, I will be doing an Author Reading at the Vashon Bookshop on Friday, June 14, at 12:30.
This is not just a collection of blog entries: it’s part Vashon gardening how-to, part Island history, part Let’s Go Exploring with Karen, with over 200 Islanders in this 250±page book. I’ve been working on this for the last three years, and it’s all done but for final copy-edits and indexing.
Karen Dale



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Festival Volunteers Needed

Volunteers are needed to help with the Strawberry Festival. Call 206-463-6217 for information. And mark your calendar for July 19, 20 & 21.

WSF Community Meetings

Twice annually, Washington State Ferries hosts a series of community meetings throughout our service area to discuss current ferry system issues. You can also provide us input through the Ferry Advisory Committees.
Meeting topics to include: recap of 2013 legislative session, liquefied natural gas as a source of fuel for propulsion, Olympic Class vessel construction, performance measures, tariff process update, and route-specific issues.
Vashon Island - Tuesday, June 18, 6-8 p.m.
McMurray Middle School, 9329 SW Cemetary Rd

Between the Tides; an Intertidal Art Show

Between the Tides; an Intertidal Art Show at Ignition Gallery will introduce shoreline animals and plants while also providing an unusual multi-media art show tailored to present the beauty of Vashon’s beaches. That’s not all: there’s an artist’s reception coupled with an art contest that will award raffle prizes to the voters as well as prizes to the winning artists! This occasion is a benefit for the Vashon Beach Naturalists. Friday, June 7 , 6-9pm.

We Bring the Beach to You!

Saturday, June 8 *We Bring the Beach to You!* is a beach exploration program specially designed for the less mobile among us, as well as for whole families. This year it will take place at Lisabeula Beach from 10:30am to 12:30pm. Vashon Beach Naturalists and Junior Beach Naturalists from Homestead School will explore the shoreline and bring animals in trays of cold water to exhibit to folks sitting in chairs on the upper beach. They will answer questions and return the wildlife to their saltwater homes. The tide will be a minus 1.5’ at 11:30am. Co-sponsored by Vashon Beach Naturalists, Vashon Park District, Vashon-Maury Island Audubon, Vashon College, and Homestead School.

Call to Artists

Call to Artists to participate in an art show held in conjunction with the Vashon sheepdog trials. This is the second year for the show themed “The Beauty and Value of Farm Life.” The show is open to artists, ages 16 and up, working in any medium. The artwork must be able to be wall hung. The show will run for the month of September at the Two Wall Gallery on Vashon Island. Grand opening is Friday, September 6, 2013. Deadline for application is August 5, 2013. For more information about the Vashon Sheepdog Classic and for an application to participate in the art show go to vashonsheepdogclassic.com

Woman on Target

Woman on Target - Hunting Deer on Vashon
June 23, 2013, 1pm-5pm, \$25 registration fee
Ladies, consider harvesting your own fresh meat, no additives, no preservatives. Join us at the Vashon Sportsmen’s Club for a 4 hour general course about hunting deer on Vashon. Contact Cindy Morrison (Cindy198@centurytel.com) or Kim Forhart (kforhart@gmail.com) for a registration form.

Family Nature Camp

Cedarsong Nature School’s, Family Nature Camp,
July 1, 2, 3 10am-3pm
Re-learning authentic play in nature leads to deeper connections within and between family members. Join us in discovering new tools for befriending our emotions, for deeply listening and for effectively expressing our emotions. Family Camp leaders include Child and Nature Immersion Specialist Erin Kenny (founder and director of Cedarsong Nature School) and Leslie Chertok, Licensed Mental Health Counselor/Child Mental Health Specialist . \$300 for first two family members and \$75 for each additional. Financial assistance is available. More details can be found on our website at cedarsongnatureschool.org.

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online www.vashonloop.com

The Vashon Loop

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Friday, June 14

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Vashon Golf and Swim Club

By Mike Kimmel

As we look toward longer, sunnier days, the pace has quickened noticeably at Vashon Golf and Swim Club. The pool is now open, weekly golf events available to members and non-members alike have begun, and plans are underway for an all-island open house, as well as karaoke, movie and trivia nights.

For the first time in eight years, the club has hired a full-time golf professional/general manager to give lessons, organize tournaments and oversee the Maury-based course, swimming pool, tennis courts and restaurant.

Craig Wilcox, a 25-year pro with Puget



Sound roots who most recently was in Hillsboro, Ore., began his new job at VGSC on May 20. That was two days after the opening of the island's largest pool for its five-month season, ending Oct. 19.

Meanwhile, the club is continuing its drive for new members, offering one-year introductory passes for \$99 a month and a special prime summer pass at \$399 a month for three months. The latter, with no initiation fee, is for residents who want to try all aspects of the club without necessarily committing beyond fall.

VGSC's "Mixed Couples Twilight Drop-In Golf" is now open to non-members as well as members. Play starts at 5 p.m. each Wednesday until Sept. 25. Those who are not members or pass holders pay \$25 a couple for nine holes. All levels of skill are welcome. These fun evenings are topped off by dinner and drinks that can be purchased at the end of the round.

The Business League was so popular when it debuted last year that it has been expanded to two evenings a week this

year. Seventeen teams representing a variety of island businesses are competing on Monday and Tuesday evenings until July 23.

Though the nine-hole course, with two sets of tees bringing the layout to 18 holes, may be the club's most visible feature, its outdoor pool and outsized deck are the center for summer socializing. Nothing can compete with the views from the deck overlooking the course to Quartermaster Harbor and the Olympic Mountains. Mileta Creek Restaurant, opened to the public last year, features fine dining indoors and out.

Swim-only memberships are available. Call the office at 463-9410 for details, or email us at vgscmembership@gmail.com. Tennis-only memberships also are available. The club's two tennis courts have been resurfaced and repainted.

With its eye on drawing young families to VGSC, the club is offering one-time introductory annual passes at deep discounts this year. (The special pass program was recently expanded to all age groups.) The club also is developing a series of events that will appeal to islanders across the board.

On June 22, the club will host an island-wide open house -- a school's-out "Community Play Day" -- from 12 noon until 5 p.m., followed by bingo and, if you choose, dinner at the restaurant. During the day, the pool will be open for free swimming. There'll be games for the kids and chipping and putting contests. The course will be open to the public with all green fees waived. Five-minute tennis tune ups will be offered and a free luncheon will be served.

Down the road, the clubhouse will be the scene of regular karaoke nights for members and the general public. The evenings will attract all age groups, from young children to young-at-heart seniors, from families to singles to the most music-savvy teens. Dates and times will be announced shortly.

Finally, the club will be putting on trivia contests, poker nights and movie-nights-at-the-pool for our members and guests. Bingo nights already are a fixture.

2013 is shaping up to be a busy year. If you're looking for the best place to meet for a lifetime of health and good company, please join us. You'll be glad you did.

Mike Kimmel is president of the Vashon Golf and Swim Club's board of directors.

Mukai Open House June 7, 8 and 9

Over 200 people attended Stand Up for Mukai -- This Place Matters, a rally to bring attention to the Mukai property June 1st.

The Mukai farmhouse will be open for an open house put on by Island Landmarks from noon to 6 p.m., Friday, Saturday and Sunday, June 7, 8 and 9. Come Grow Strawberries With Us! Volunteers are currently being requested to begin work on the Mukai Community Strawberry Gardens. Community members can subscribe now by contacting Jon Knudson, Strawberry-Patch Coordinator, at 206-463-6711. The cost ranges from \$15 to \$25 a week based



on size of the share with prorated shares available. Custom raised beds will be created to begin this project, named in honor of community members who make donations to the project.

2013 Summer Concerts In The Park



Sarah Christine Collective

It's that time of year again, the sun is out, you've got your shorts and flip flops on and you're enjoying what little summer comes our way. Nothing better than throwing down a blanket in the grass and listening to music or watching a play on an outdoor stage.

Starting on Thursday, June 20th with the Sarah Christine Collective, you'll be able to enjoy four music concerts and one Shakespeare performance in Ober Park on the big stage this summer.

With the library construction taking place, the performances in Ober Park will be reconfigured to the east side of the Parks Department building, but there is still plenty of room to lay out your blankets, relax and enjoy the entertainment. The kids will be able to play on the playground while parents are close. Everybody wins.

The concerts are presented and

funded by Vashon Park District in association with Vashon Events and Vashon Allied Arts. The Incendio concert is being co-sponsored by music enthusiast and huge Incendio fan, Jessa Zimmerman on her 50th birthday. Jessa couldn't think of anything she wanted more than to hear Incendio play live again and get to share that experience with her friends and community.

Thursday, June 20th, 7pm: The Sarah Christine Collective

The Sarah Christine Collective includes some of Seattle's most seasoned and talented musicians and is fronted by Islander Sarah Christine. Their music is a celebration of life and their message promotes harmony and connection. Sarah weaves a positive musical tapestry, blending her rich honey voice, conscious lyrics and uplifting melodies with the flavors of Soul, Reggae and R&B.

Vashon Center for the Arts Come take a look!

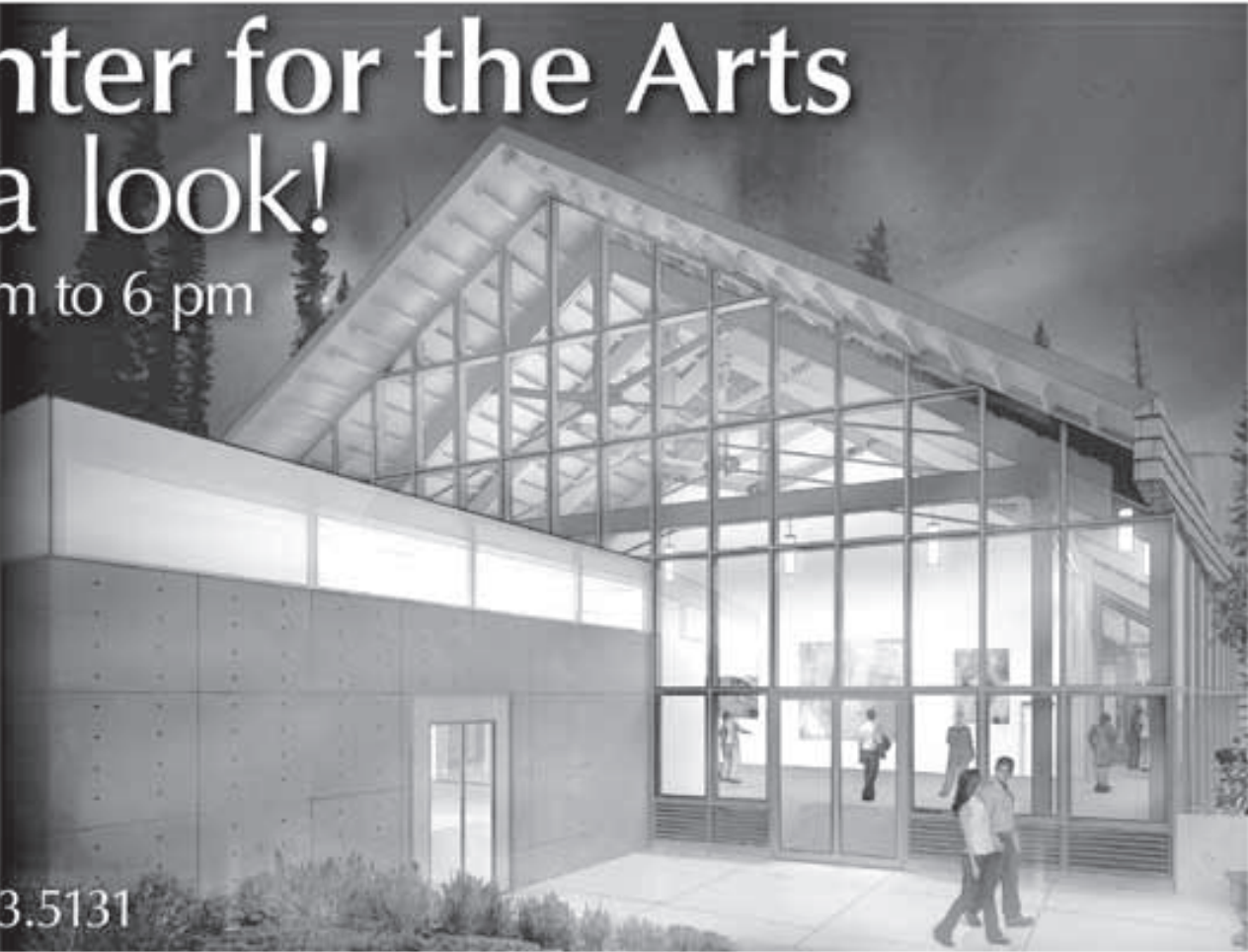
Sunday, June 9 from 4 pm to 6 pm

Presentation at 4:30

- View drawings
- Get an update
- Ask questions

Refreshments will be served

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Island Life

You Don’t Know That

by Peter Ray

“Things that are nice- throw them out.” - Bill Ameling

I have not written anything for this paper for the last two issues, mostly because it all seems rather pointless. I have seen this attitude reflected in many parts of the alternate media, which these days is the only place one gets a glimpse at a semblance of what is really going on in the world, as well as an indication of what it might mean to you. In place of what some might consider real news, we get reports of the latest, meaningless antics of a fat, bratty kid, or the thumb to the nose actions of a taco licking former fast food employee. This seems to be the state of what now is, and I guess always will be, given current trajectories of “news” dissemination- “...a tale told by an idiot, full of sound and fury, signifying nothing...”. Billy Shakespeare and that crazy Macbeth guy once put it that way, but whether that will continue to be the norm might clearly be something that I don’t know for certain.

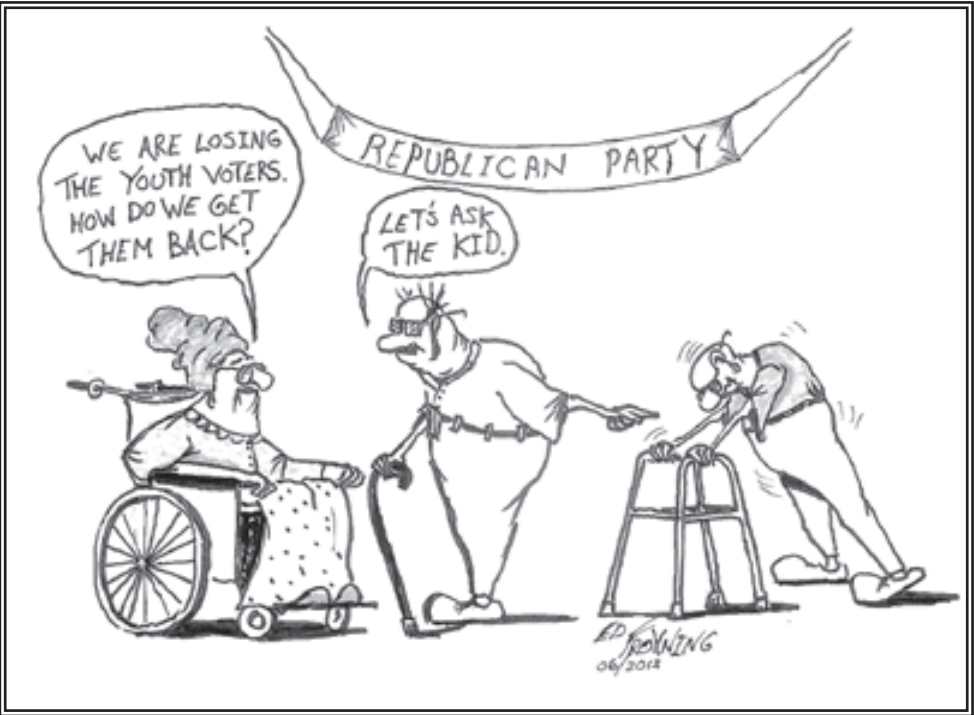
It was just last night on Democracy Now that Ralph Nader went into a rant, asking the American people what it might take to get them off their collective asses to demand some accountability for something- anything. It was Michael Moore who made some comment about not doing any more documentaries because nobody seemed to be listening, and it seems that I have read some comments made by Chris Hedges recently along these same lines. There are the optimists in the crowd, like Bill McKibben for one, who keeps lobbying for the magic 350 parts per million (ppm) of carbon in the atmosphere- that alleged tipping point beyond which we are doomed to out of control climate change and disaster. For some reason he is able to keep on with his fight, in spite of the well publicized breaking of the 400 ppm barrier out at the recording station in Hawaii, a place where one would not expect huge volumes of atmospheric carbon to be detected, and making the disconcerting record recording all the more troubling.

It must be part McKibben optimism, along with the clarion call of Captain Joe for attendance by the stalwart and true, that brings me back to each Vashon Park District meeting with the vague hope that something might have changed in the passage of time from the last meeting. In the interim there are always the curious extracurriculars surrounding the VES project, including the ongoing witnessing of the further unchecked and

by all indications illegal land grab that VPD is engaging in along the disputed Rosser/School District property frontier. And there was, this last time, the always entertaining disclaimers put forth by the Department of Ecology of what they can and cannot have a say in or opinion over in the VES Field matter. It would seem that the squandering of perhaps a million gallons of aquifer water would fit into all of the four categories enumerated in two of the emails I received from the Dept. of Eco. They would be: 1) Is water available? 2) Will approval result in the impairment of an existing water right? 3) Is the water use beneficial?, and 4) Will approval prove to be detrimental to the public interest? One would assume that the D. of E. has the answers to all of these questions but they weren’t forthcoming on any of them. As it is, any speculation on any of this on my part would be just that, and my suggesting answers to these questions would just result in what appears to be Commissioner Ameling’s favorite retort to any questioning of the bullheaded, all ahead full attitude on the VES debacle, and that would be- “You don’t know that.”

What is most curious in all of these “you don’t know that” exchanges is that when the same statement is turned on Mr. Ameling, as in an exchange where Commissioner Branch asked if the use of public monies to finish this project in spite of the numerous and glaring pitfalls, Mr. Ameling replied that the finishing of the project “could be the best thing” in terms of possible outcomes. No one said “you don’t know that” in response, although it seemed that most people in the room were thinking that, although I don’t know that.

What I do know is that the board is not listening to the advice given to them by the oversight committee. The most glaring example of this was their refusal to authorize the borrowing of the extra money it is believed will be required to finish the project in compliance with what the state Recreation and Conservation Office expects to see in place here by June 30th, and thus be able to receive grant monies they are already counting on having in their proposed budget. Getting the needed cash for completion would be left to the throwing out of the nice things, as Mr. Ameling put it. It would seem that these nice things might include anything that at least three members of the board consider to be extraneous to the completion of the VES project. Since they did not approve borrowing anymore money, one would assume that this might mean getting rid of current parks programs and facilities. That would seem to be what David Hackett’s latest, approved funding amendment for the VES filed might mean, but then again, I don’t know that.



Mother and Daughter Working Together

The paintings on the walls of Vashon Community Care during May and June are a combination of watercolors by Vashon Island artist Geri Peterson and ink Zen Doodles by her daughter Bonnie Bristow.

These paintings are a bridge, between mother and daughter. They hope you will enjoy them.

What makes this art exhibition unique is the combination of two distinct art mediums and styles into one show, and in some cases into a single painting. These paintings are a bridge, woven of light, color, design and love between mother and daughter.

While Geri’s work has shown at VCC many times, this is Bonnie’s premier show.

There will be a First Friday opening at Vashon Community Care on June 7th, from 6:30 to 8:00 PM. Both artists will be there. Come meet Geri and Bonnie and enjoy the music of Steve Amsden and friends.

Geri Peterson: Geri is a colorist and Vashon Island is where she finds her inspiration for her brilliant watercolors. At age 49 Geri discovered a passion for watercolors while taking an art class just for fun. After retirement from Boeing, she returned to school and graduated with a degree in Art Education. She has been displaying her work on the island ever since.

Bonnie Bristow: To believe she can be an artist has been Bonnie’s dream through her adult life. She loves seeing many different forms of art. As a young girl she loved to draw and paint. After graduating from Vashon High School class of 1981, Bonnie



raised two sons and returned school to become a nurse.

This last year while listening to a lecture she had heard many times before, she found herself doodling on her tablet. She sent a copy to her mom Geri. Geri looked at the intricate drawing Bonnie had created and immediately sent a message back that what Bonnie had drawn looked like a popular new art form people call Zen Doodling.

Like her mother, at age 49 Bonnie had found an art form that surprised and pleased her.

Surprises on the Beach

Continued from Page 1

for food among the rocks while carrying its borrowed armor along, oblivious to its beauty. It’s hard to believe the tiny tucked topsnail is big enough to harbor a crab, but the greenmark hermit gets no bigger than .4 inch, so it was quite comfortable in its small abode.

Now I am thinking that this could be a good summer for finding topsnails, at least on the north side of Point Robinson, among the cobbles, at tides lower than -1.7’. Luckily during the Low Tide Celebration on Sunday, June 23, from 10am to 3pm, the tide will get down to -3.4’ at 11:20am. There should be plenty of time to explore for topsnails – and for other wonders, such as the opalescent nudibranch, a variety of chitons, the beautiful frilly anemones, moonsnails hunting shellfish half an inch below the sand, and many kinds of crabs and seastars. Vashon Beach Naturalists will be out in force, hoping to help you find fascinating and memorable things!

* * * *

Meanwhile, you have two free opportunities to enjoy beach life this weekend!

The June 7 first Friday art cruise will include an exhibit of art depicting marine

shoreline life at Ignition Gallery, titled “Between the Tides.” Through media of many types the shoreline flora and fauna will inhabit the studio, including fish, anemones, seastars, jellyfish, crabs and other beach species rendered in oil, photos, sculpture, glass, watercolor, and more. A raffle and art competition offer prizes including a special field trip with top beach leader Jeff Adams, shoreline field guides, artistic shirts, a kayak trip, and more. We’ll have information displays, shells, and beach naturalists to answer questions. And we’ll have delicious nibbles of course!

The next day (June 8), from 10:30 to 12:30 at Lisabeula Beach, Vashon Beach Naturalists will present a beach event for families and with special accommodations for those of us who are less mobile. We Bring the Beach to You is our annual event that features protective canopies and numerous chairs where people can relax. VBNs will explore along the water’s edge and bring back specimens in containers full of water. Some will be released temporarily in a seawater aquarium where they can be observed moving about. All will be returned soon to the part of the beach where they were found.



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Positively Speaking

Understanding Why and Therefore

By Deborah H. Anderson



You can tear the wings off a butterfly to see how it works but it will never fly again. That was one of the truths spoken to me about my life by a professor in college.

Of course he was sleeping with several of his students at the at the time so he probably wasn't too interested in encouraging young women to examine things too closely at the time. But actually in my case it was probably true.

I am fascinated by the 'why' of things. How things work and why people behave as they do captures my attention and circles my brain around observation and the minutia of daily living all the time.

Sometimes that can work fer ya and sometimes that can work agin ya. For me, today, it's definitely a plus. Today insight equals disengagement.

This weekend I begin a whole new adventure. I begin to go around the world teaching people how to find the sacred in the secular. It's exciting work. I'm really happy to be called to it.

It's been decades in the making. There was only one thing I needed to learn. Here's what I didn't understand. What is inside people who don't want to find the sacred in the secular?

Let's skip to the short answer. It's simple. They're sad. Really really sad. And instead of dealing with it they cover it up with the acquisition of external things:power, possessions, people.

The only problem is there is no running away from sad. It doesn't go

away, it can only be healed. And you can't heal it unless you acknowledge it and cry. First you cry.

Do you know when, historically, the rise of mental illness began? When the Protestant church took out confession. Until then it was only organic MI we dealt with not the reactionary trauma induced stuff that is killing a whole bunch of people today.

We said there's no right or wrong and determined that to be the PC culture and have a mess on our hands. There are the laws of love that produce life. If we behave counter to the laws of love bad things will happen.

And that's what I needed to examine and learn the why of. Because those people will oppose finding the sacred. Deep Joy, fully alive Joy , which is the opposite of sorrow and anger will feel like a sunburn to them.

Sowing seeds of deep reflection and hope in hard ground is asking for trouble. Better not go there. ' Plow the unplowed field. Do not sow amongst the thorns'.

Having examined it all I find my professor has erred. My wings are stronger than ever.

Love,
Deborah



Get Your Low Tide Celebration T-Shirt!

By Orca Annie Stateler

This year, Tlingit artist Odin Lonning of the Vashon Hydrophone Project (VHP) created a t-shirt design for the eighth annual Vashon-Maury Island Low Tide Celebration. The VHP managers drew from Orca Annie's marine naturalist training and Odin's traditional shoreline knowledge to compose imagery that represents multiple levels of an outgoing tide: a red Ochre Sea Star, a green Kelp Crab with a Tlingit spirit face, a Nuttall's Cockle with a Salish spirit face, and Eelgrass flowing around wave and sand patterns. Of course, the iconic Point Robinson Lighthouse pays homage to the place where we celebrate the low tide. Be sure to do a tide walk with the Vashon Beach Naturalists to learn which creatures inhabit each tidal zone.

Throughout June, shirts of various sizes will be available in four radiant yet tranquil green and blue colors of Puget Sound waters on a clear summer day. The Vashon Beach Naturalists will have some shirts at their First Friday fundraiser, "Between the Tides: An Intertidal Art Show" at Ignition Gallery,



Low Tide Celebration T-shirt design, © Odin Lonning, 2013

6:00 PM to 9:00 PM on June 7. In addition, shirts will be sold periodically at the Vashon Island Coffee Roasterie. Get one or you'll be glum! Call Odin at 206-463-9041 regarding availability.

The 2013 Low Tide Celebration is Sunday, June 23, 10:00 AM to 3:00 PM at Point Robinson Park. For more information, call Rayna at 206-463-3153 or Erin at 206-463-4357.

Vashon Island Quilt Guild Show



Ursula Dashiell with People's Choice Award as well as the Judges Choice Award from 2011

This year's show will be held in the Presbyterian Church Social Hall and at Island Quilter store conveniently located across the street from each other. The hours are Friday, the 28th, from 10am to 7pm and Saturday, the 29th, from 10am until 5pm.

In addition to the show here will be a quilt walk with quilts from previous shows on displayed thru out the town in places of business.

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Aries (March 20-April 19)
Get ready to make a stretch -- of your living space, of your emotional capacity, of your ability to take care of yourself and others. You don't need to be afflicted by the same 'there's never enough' bug that so many others seem unable or unwilling to shake off. You can afford to feel safe, and you will only benefit from encouraging the people you love to understand that they too are safe. Humans are critters that belong in broods, tribes and caravans. Our society falsely promises benefit and gain by striking off on one's own or ignoring the needs of others. Everyone needs some time to themselves, but that's a different thing. Anyone who feels the pleasure of cooperation and the benefits of solving collective problems collectively is unlikely to go back to the old way.

Taurus (April 19-May 20)
You may think you know what you're saying, but do others understand what's on your mind? I ask not for their sake but your own. You need to feel understood. You also need to feel like you understand yourself, though over the next couple of months that's likely to come in layers rather than to burst out of the ground like a gusher. I suggest you be patient with yourself, and to express your uncertainty gently. If you do, what you may notice is the presence of a rare kind of confidence that has roots going deeper than any questions your mind could come up with. Therefore, if you ask a question, assume that it has an answer. If you see a problem, assume there is a solution. It may not manifest overnight, though it will help move things along if you keep adjusting your point of view. You will see different things from different perspectives.

Gemini (May 20-June 21)
How you feel about yourself determines what you think is possible. That in turn is the most dependable metric on what is possible, for you. Events this month seem determined to teach you what you have to offer, and the many ways your gifts and your efforts can be of service to the world. One thing is for certain: if you think you have nothing to offer, you must think again. It may take you a little time to figure out what your gifts are and what you can do with them, but that's different than doubt or despondency. If you're just not seeing the possibility, it's likely that something is blocking your view. That something may be an outdated attitude or value about the meaning of work, or a negative emotional attachment that you can now, at long last, dissolve.

Cancer (June 21-July 22)
Stay as close to the edge as possible, for as long as you can. Keep your options open. You may be inclined to take the 'safe' route because the thing you want seems impossible, too challenging or too remote to be viable. You may feel like your deepest desire has gone missing. Please be patient, and appreciate the experience of uncertainty as much as you can, and remember that your main job right now is to keep the door open for the best potentials when they begin to show up, which could stretch out a few weeks from now. You will feel when they arrive; you'll recognize them. My sense is that you will feel the tide is turning and know that you can move with it. What arrives is not a one-off but evidence that you have entered a new time in your life, one that will offer you many gifts that you merely need to open up and receive consciously.

Leo (July 22-Aug. 23)
There seems to be so much you can't do anything about, though what you have going for you is the ability to access what I will call spiritual help. Any mystery, any problem, any challenge, is inviting you to 'offer it up' to natural healing forces and ease your mind. One thing is certain: those forces are real, and they are willing to help you. Since you've got the responsibility to take care of so many people, count it as a good thing you have support. Yet you have more help than you may know. While it's clear that you will need to help guide certain events in a positive direction, your leadership style would benefit from a major revision from anything your parents or early authority figures inflicted on you. There's a new way to do things -- and you're bringing it into existence.

Virgo (Aug. 23-Sep. 22)
As the month develops, you may feel like you're swimming against the tide of social opinion, or perhaps more subtly, that you just start to feel different than the people around you. What I suggest is that you not try to prove yourself or allow any discussion to degrade into a power struggle. You have a right to be independent, particularly in your emotional response. Who is right or wrong doesn't matter; what matters is that you're at peace with yourself. If you recognize that there is only a limited extent to which anyone is entitled to an opinion about your life, this will be a lot easier. There's also missing information, though you're the one most likely to be ahead of the curve figuring out that the knowledge that's coming will validate your hunch or point of view about what is right for you.

Libra (Sep. 22-Oct. 23)
Events that develop this month will be enough to focus your priorities on what you know matters -- what you've said so many times is your top priority. You may start to feel like you have some catching up to do, yet I would caution against acting like you have to make up for lost time. Rather, work with the idea that what you're doing and the choices you're making now are right on time. Take the steps you need to prepare for the steps you're about to take. Perhaps the most important thing to remember is how much you've learned the past year. Make sure that you consider what some call 'both' sides of every issue and what I would say amounts to taking a circumspect, open-minded approach, never being too invested in your own opinions.

Scorpio (Oct. 23-Nov. 22)
When you have faith in yourself, the universe will provide for you. Or rather, it will provide for you anyway but you may not notice that's what's happening. It's your faith that will inform you and that, thankfully, is something you're learning to make friends with. Here are some clues that this arrangement is working well: One is that you have enough of what you need. Another is that you have a vision for the future that you trust. Rather than being a vague hope or wish, your vision is something that you can see in a focused way, even if it doesn't exist yet, and that you trust despite any questions you may have -- questions I suggest you ask gently, and wait earnestly for the answers. You know more than you think, though to access the information you must listen and trust.

Sagittarius (Nov. 22-Dec. 22)
Relationships are about an exchange of something substantial, be it feelings, resources, ideas or effort. What happens this month will be enough to illustrate the point. You're ending a phase of your life and beginning another where 'too much of nothing' is no longer enough. Once you're clear about that, it'll be obvious who is offering you something, without needing to understand the motive. This may be the exercise in trust that you've been planning to embark on for so long. Remember that it takes some trust to trust, and at first you may seem to have no special reason to do so. Not at least based on certain elements of your past -- though there are others you may not have considered. And they are reminding you they exist. They're reminding you there is something about yourself that it's time to reclaim.

Capricorn (Dec. 22-Jan. 20)
Suddenly you have more potions than you know what to do with, or you will soon. As you consider these options, you may also be inclined to hesitate. But rather than do that, you have an opportunity to experiment, and to explore who makes you feel how. Relationships are not theoretical. They are not about pondering who or what might work, or how a situation might feel. They are about experience, and an experiment, and you don't need to commit to more than that when you want to explore someone. You are not married after the third date, you don't have to have sex, and the person is not your boyfriend or girlfriend. You can explore sex and you're still not married. Rather than the social conventions, the thing to pay attention to is your own need for contact. Remember, this is more important than your need to bond. Start with contact and see where things go.

Aquarius (Jan. 20-Feb. 19)
What your life hinges on is your ability to state your needs and your desires. It would help if you could tell them apart, and have clear ideas what constitutes one or the other (clue, you will have very few needs, and a good few more desires). Knowing about this is not enough; being clear with yourself is not enough. You need to put this information to use. You may have been taught to 'expect' your needs and desires to be met, or to hope that doing so for others would result in someone showing up and doing that for you. Many things preclude that, including the aura of independence you put out, however what I suggest you do is tell people -- the ones that matter -- what your life is about and what role you want them to have. How they respond is up to them, though you'll learn a lot either way.

Pisces (Feb. 19-March 20)
The more fun you have, the better you will feel. While on one level this is a serious time in your life with so much at stake, what matters more is your motivation to succeed. What some call luck will play a role in this; you're about to have a rare collection arriving in your solar 5th house, including Venus and Jupiter. This is an invitation to take action rather than to wait for good things to happen. For a Pisces there is no better incentive to live well than play, creative exploration and sex. It's not every day that you get an opportunity like the one you have now, and if career questions or business are on your mind, you will get better results from fun than from labor. Along a similar line of thought, working in a creative mode is more important than working hard. Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

Hello Good-bye



Hello Vashon and Goodbye The time has come to move on. I will not personally bid my farewells, so some of you will not know or notice that I have disappeared, become a ghostly memory as so many before me...I will however remember all of you that I have loved or had the pleasure of working with...I leave behind family and friends and my church and I take with me the wisdom and inner peace I have gained these thirty years of living. I have Children Grandchildren and my Sister Jeni in Hawaii and I miss them dearly. Change makes way for personal and spiritual growth and I take that step willingly yet sadly. I ask that the people on this island realize how important our service people are. Home health care workers, Hospice workers, House cleaners,Gardeners, Child care people and the list goes on. Give them fair wages and affordable rentals and most importantly know that you are losing these important people due to lack of these... With the deepest gratitude and Love Anne Blair

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Next Edition of The Loop Comes out Thursday, June 20

Deadline for the next edition of *The Loop* is **Friday, June 14**

Spiritual Smart Aleck



But Who Wants to Be Institutionalized?

By Mary Tuel

When I worked for King County a few decades ago, one year during the week between

*©2013 The Seattle Times

A Community Conversation About Health and Responsibility: Vaccines and Beyond

Part 5: What is Science?

Incidentally, I have done this experiment. I have concluded that raw dandelion greens taste bad. To me, that is. I have no scientific data for other people. Except my children. They think raw dandelion greens taste bad too.

Imagine you were at a

Learn the basic rules of science and apply them in your life. If you see someone making a scientific claim, do your due diligence as an umpire. Pseudoscience is philosophy dressed up in a costume to look

Continued on Page 9

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“A Community Conversation About Health and Responsibility: Vaccines and Beyond” is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.

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Island Epicure



By Marj Watkins

What Do You Do with an Artichoke?

In the Eiffel Tower near the bank of the River Seine, in the summer of 1957, I ate my first artichoke ever. It came to the table with a little bowl of melted butter and fresh lemon juice. Delicious and exotic! Our artichokes and their dipping sauce cost our family a dollar a serving, an extravagance then, but the view from the Eiffel tower factored largely in the price.

We had only that spring arrived in France with a squadron of US Air Force planes and their crews. My husband, then a captain, had preceded me and our three children, found a house in a French village and imported us. It was our first trip overseas. We had a lot to celebrate when as a reunited family we adventured to Paris for the first time. Fortunately, I still remembered a little of my high school French, enough to build on in communicating with neighbors, grocer, restaurant servers, and servants. Yes! We had a maid. Four-year old son Johnny soon spoke Franglish: “Coupez me a slice of pan, too, s’il vous plait, Madame.”

So, the other day, when I saw large artichokes offered in the store at two dollars each, nostalgia seized me. I grabbed

one. But how to cook it? My copy of Joy of Cooking had recipes only for hors d’oeuvres of frozen artichoke hearts. My Greek cookbook, too, ignored raw, whole artichokes.

Joy’s authors’ opinion was that an artichoke will cook in 45 minutes. I clipped the thorns from my artichoke’s petals with my kitchen scissors and sawed off the top half inch of the huge bud with a sharp serrated knife. I cut the stem off close to it’s base, halved the bud vertically, and removed the fluff, then filled a 6-cup saucepan about three-fourths full of water, sliced half a lemon and added it with a teaspoon of salt to the kettle. A couple of tablespoons of olive oil add flavor but makes them greasy. I brought the water to a boil, slipped the artichoke halves in and cooked them fork tender.

With a large slotted spoon, I withdrew and drained the artichoke halves. They would have cooked in 30 minutes or less, I believe, because one of the halves shed its petals. I and son John, white-bearded now, and I ate them with vinaigrette. They were good, but with lemon juice in melted butter they would have been magnificent.

A Japanese teacup is ideal for making and serving the dipping sauce. Melt a couple of tablespoons of butter in small bowls. Squeeze half a small lemon into them. (You’ll get more juice from a lemon if you microwave it for a few seconds to warm it. Remove the seeds.)

To eat an artichoke: Cook as described above Pluck and eat petals one by one. Dip the base of a petal. Eat the soft part and discard the rest of the petal. Continue until all the petals have yielded up their goodness and are now in the discard pile, thence to become compost.

Vine to Vashon a unique tasting room

Restaurateur Melinda Sontgerath, principal of the popular Hardware Store Restaurant on Vashon Island and 50 North in Seattle’s University District, has partnered with a local wine producer to pilot a new tasting room concept that seems tailor-made for the island. Vine to Vashon, a European-inspired wine “filling station” like none other in the country, is slated to open June 7.

The cozy shop, located 17601-1/2 Vashon Highway SW, next door to The Hardware Store Restaurant, will feature barrel-fresh releases from the NW Wine Co-Op. Sontgerath partnered with this Walla Walla winery which curates regional, vineyard-designated wines for barrel and keg format.

The space features a wall with a pyramid of decorative oak barrel heads, with wine on tap such as Canyon Vineyard Ranch Malbec, Willow Crest Estate Rosé, and Alder Ridge Vineyard Rhone Red blend. A total of six seasonally rotating wines (in \$15 and \$25 price points) will be offered, sold in one-liter, flip-top reusable bottles called “Villagers.” Guests returning for refills receive a \$2 discount. Sontgerath added she’s exploring tie-ins with the Vashon wine community for future shop promotions.

“Rather than taste by a particular winery, Vine to

Vashon is all about appreciating the quality of our Northwest vineyards – instilling a sense of place in the tasting experience,” Sontgerath said. “We’re excited to help pilot this model on Vashon, perfect for an eco-conscious community committed to local, artisan foods and beverages; this is something I’ve wanted to put together for some time.”

The shop will also offer a fill-your-own station for olive oil, balsamic vinegar and organic grape seed oil (available in refillable half-liter and liter bottles), as well as grab-and-go food items from The Hardware Store Restaurant and local purveyors.

Furnished in the spirit of sustainability, centerpiece tasting counters are fashioned from salvaged elm slabs milled by the Vashon Island Forest Stewards. Floors are made of cork, and the wall of oak barrel heads are retired from the NW Wine Co-Op in Walla Walla. Rather than use traditional tasting room stemware, Sontgerath selected a mix of tumblers to reflect the relaxed comfort of the shop. Vashon artists are also contributing to Vine to Vashon: Paco Rollins of Super Deluxe Sign Shop is hand-crafting the storefront signage, and Brian Brenno Blown Glass features will be part of the décor.

Vashon Health Center Advisory Committee

The purpose of the Vashon Health Center Advisory Committee (VHCAC) is to relay community concerns and needs to the Highline and Franciscan Board of Directors. The goal is to increase communication and foster workable relationships.

We will recruit a group of about 12 people who represent various health related organizations. We will ask individuals to apply by submitting a bio outlining their relevant background and experience and a letter of interest that outlines why they wish to serve on the advisory committee for 2 years. Application should be sent to VHCAC c/o PO Box 13527. Before we appoint the committee, we will show Mr. Benedum our slate of candidates with their background information for his concurrence.

The committee would meet monthly (on Vashon) and quarterly with the Board of Directors. The Committee will not determine healthcare policy nor will it have managerial authority.

1. Would you please outline why you are interested in serving on the Committee?
2. Would you please provide an abbreviated resume with particular focus on your experiences that relate to this type of committee work.
3. Please describe any particular knowledge base or skill set that you would be able to contribute to the committee’s work.
4. In what way are you familiar with the medical needs of Vashon?
5. In the event that you have personal views that might differ from the FHS policy directives, would you be willing to work respectfully and cordially with the FHS?

Please send your application to VHCAC P O Box 13527, Burton, WA 98013 no later than June 7, 2013.

Thank you for your interest in the VHCAC and responding to the questions in this application. We look forward to reviewing your responses.



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Vaccines and Beyond

Continued from Page 8

like science. Don’t be fooled. Bad science is science that has (intentionally or accidentally) broken some of the basic rules of science. Don’t be fooled. Bad reporting is a newspaper article that takes a real scientific study and simplifies or distorts it beyond all recognition. Don’t be fooled. See our blog for more information on recognizing pseudoscience, bad science, and bad science reporting.

Real, high quality science is a powerful tool. Don’t let the charlatans and counterfeiters deceive you. Do your due diligence as both a citizen scientist and as an umpire. You deserve real science. Don’t settle for less.

Road To Resilience

Continued from Page 1

our governments onto a sustainable path as soon as possible.

Let’s assess our situation. Our government will not act on climate change until it is also good for big business (want to buy a bridge?), and the media, also funded by business, shuns alarming climate news or evidence of popular support for climate action.

That leaves us with one crucial right in which we have the advantage. We have the vote and we have the numbers. I suggest a two-pronged approach: we need to make our elected officials accountable to us, and we need to make them pass laws that will dramatically change our course to one of sustainability. Of Course, the Backbone Campaign has been

trying for years to do just that. If there is any difference now it is that we can hope the shower is now cold enough to rouse us to action. Some suggestions:

- of coming events in our area.
- First prong: Make Government Accountable
 - Eliminate corporate personhood
 - Enact strict campaign reform – no business donations, no donations over \$250, no non-constituent donations
 - Make public campaign financing available
 - Make candidate access to media a free public service
 - Make election day a national holiday

Second prong: Dramatic Shift to Sustainability

- Enact a Carbon tax
- Shut down all coal plants or convert to natural gas until sustainable replacements can be built or their need eliminated
- Eliminate subsidies to any fossil fuel and heavily fossil fuel dependent industries
- Heavily subsidize renewable energy and other sustainable industries
- Enact national fuel rationing – the only fair way to dramatically lower our fuel consumption in a short time. We did it in World War II and this crisis is more serious than that.
- Recognize that the developed world, whose wealth was created by the carbon glut, has the responsibility to finance transition for the developing world.
- We do this by getting our

bodies out in the streets or actively supporting those that do. (That doesn’t include cheering from the couch in front of your TV set,) Are we citizens or just consumers? I will keep you informed of coming events in our area.

On June 18th, 6 pm, at the Vashon Theater, Community Cinema will be showing Do The Math: The Movie, a documentary about the recent cross-country Do The Math Tour by Bill McKibbin and 350.org to call us to extraordinary action to fight climate change. There will be a discussion afterwards and information you can use to inform and to act. We need you there!

Comments? terry@vashonloop.com

Comedy Night at the Red Bike

Comedy Night and cold sores come around when you least expect it.

Comedy Night is, on average, more fun. If you haven't been, here's the setup: We invite jelly-kneed first timer's, practiced amateurs and professional comedians to appear on the same stage. The newbies only get a few minutes of stage time because, well, it's just better that way. Then we trot out some faces you may have seen performing around town and we finish up with a couple of pros.

Our headliner this time around is Brett Hamil, a standup comic based in Seattle. He is the creator of the wildly popular award-eligible one-man sketch comedy podcast "HAM RADIO WITH BRETT HAMIL" (available on iTunes and Stitcher), and he writes a monthly humor column for City Arts magazine. He lives with his wife and a dog, both of whom he found on the internet. His job is to make you laugh. He uses jokes and says funny things. What will he say? Who knows? It could be absolutely anything. Brett has a sarcastic twin brother growing out of his belly button: tell your friends and bring your mom!

Supporting Brett is Monica Nevi. Monica is a young and talented stand-up comedian and native of Seattle, Wa. Monica is a rising young comedian and after seeing her youthful wit you will understand why. She started performing stand-up comedy in January of 2011 and has since worked all over the greater Seattle-area, Portland and San Francisco. She has worked with headliners such as Ian Karmel, Chris Fairbanks, Jackie Kashian, Joe DeVito and Andy Haynes as well as performing on the Mark Pitta and Friends Show in Mill Valley, Ca. Monica was a performer in the 2012 Bridgetown Comedy Festival and recently won the Olympic Peninsula Comedy Contest in Port Townsend, Wa. Monica is just 6 inches tall! Come on down and check it out.

So yeah, we got some pros in the house.

Who else? We've arranged for none other than Art Garfunkel to host (SORRY: Art canceled, we have the wonderful Harris Levinson instead). That'll get people in the door. We've got Steffon Moody. Yes Steffon Moody onstage, telling it like he sees it. Steffon's entire body was amputated after a cooking accident recently--he's just a head in a box now, which only makes his standup funnier. Tell your neighbors. Craig Sutherland will be back. He is a natural performer and performs completely naked. Tell the ladies.

Thats a lot, but we've got more. Caitlin Little will be holding the mic for the first time. Go Caitlin! She can lift a van with her teeth. Very cool,



so tell your friends. Brendan Kelley has done this before. Brendan has this hilarious act where he tells jokes and then cuts off his own head and hands it around the crowd. So funny. We also have Eric Perlman who recently won the Bridgetown Comedy Festival, the San Francisco Comedy Competition, the G.E. Young Scientists Prize, a Purple Heart and the MacArthur Genius Grant for being Amazing. He's a local gem but we're only giving him a few minutes of stage time, BECAUSE THAT'S ALL WE CAN HANDLE. You're Welcome.

We are going live on June 14, 2013 at 8 P.M. and its still only 7 bucks. You can bring your kids if you are a terrible parent. (Seriously, one of these comics is going to break your child's brain into a million little sharp pieces--leave them home). This event sells out, so get there early.

At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Kissing Potion

"You've Got to FEEL it", Kissing Potion brings funk & soul to life, with a full horn section that brings new meaning to the phrase "FUNK YOU!", and a rhythm section whose groove will move you from your soul down to your toes!

Though they now call Seattle home, the five ladies and four gentlemen of Kissing Potion hail from all over the U.S. The natives of the Deep South, the Midwest, Philly, Jersey, the Bronx, and Seattle spent their weekend nights in their hometowns' clubs and juke joints, then spent their Sunday mornings in the church pews praying for forgiveness. Experiences such as these helped



construct a vast and diverse set of harmonic & lyrical influences. Their musical foundations are firmly built on a deeply-held admiration for the styles upon which the group's members were raised - 60's & 70's soul, funk, R&B, jazz, blues, and gospel

Friday, June 7 at 9pm. This is an all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle
17618 Vashon Hwy SW
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June Art at VIA!

Vashon Intuitive Arts (VIA), is thrilled to have local artist and businesswoman, Cara Briskman showing her work for the month of June. In Cara's own words:

"I have been taking pictures for as long as I can remember.

From the time I was given my first camera at the age of 7 or 8 I have always had one in my hand.

I moved to Vashon in 2000 from Arizona. And it soon became clear in the Northwest I would have a bounty of opportunities to fill my need to shoot ordinary objects from my unusual perspective.

I prefer black and white photography and I find that the images take on a whole new depth and meaning when the bee's wax is applied. I do not edit these photographs with the exception of cropping in some cases. These Photo-Encaustic



pieces are limited editions of 10, however each image is unique unto itself as the application of the wax is different each time. Like a snowflake, no two are ever alike. Some of these pieces were a part of THE SEAGULL PROJECT's Falls Gallery exhibit at ACT Theatre in Seattle this past February and Café Luna this past May.

In these pieces I hope to expose you, the viewer to see what I see, and then make your own interpretations. I see

moments in time ranging from the love expressed by two hands simply holding each other to the depth of the soul of our beloved beasts reflected through their innocent eyes."

An artist's reception will be held during the First Friday art walk this Friday June 7th from 6 to 9. VIA is located on Vashon Hwy between Giraffe and Pandora's Box. The gift shop will be open during the reception, and treats will be served.

Island Dance Theater @ Ober

Island Dance Theatre will be performing excerpts from Sleeping Beauty, June 7th at 7pm, & June 8th at 2pm & 5pm. Performances will be in the Ober Park Performance room, & tickets are only \$12 at the door.

There are just over 2 dozen performers, ages 4 through adult, many with less than a year of dance experience. Our excerpts from Sleeping Beauty has been a wonderful opportunity to create many short solos & duets, giving each dancer their moment to shine.

Island Dance Theater is a small community dance company that produces a different show every spring, and the holiday favorite, the Nutcracker every winter. Registration is just \$30 per student, per 'season', costumes included.

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June Art Film series brings painted cyclists in the buff to Theatre big screen



Zebra Girls Photo by Dave Mesford

Just weeks before Seattle’s well-known Fremont solstice parade, Vashon Film Society brings island movie lovers “Beyond Naked,” the locally shot documentary that captures the parade’s famous colorfully painted (but otherwise naked) bicyclists. The film will be shown at the Vashon Theatre on Friday, June 7 at 9:30 pm.

The documentary follows the stories of four first-time riders who embrace the artistic challenge of slathering on body paint and biking sans clothing down the neighborhood parade route.

Filmmaker Dan McComb attended celebrated director Werner Herzog’s Rogue Film School and was motivated by the famous auteur’s exhortation that, “If something fascinates you, you must do it.”

McComb rode naked in the parade in 2003 and says, “It was a scary, exhilarating and transformative experience that made a lasting impression on me.”

The film looks into how an unpaid, loosely organized group of unclothed

bike riding individuals has managed to become synonymous with the Fremont Solstice Parade. Besides profiling four first-time riders, McComb includes the back story of the Fremont Arts Council and how the neighborhood first reacted when the naked cyclists started showing up in the parade.

Acknowledging that his film has a lighthearted side, McComb says he hopes it also creates conversations about personal freedom and self-expression.

“Beyond Naked” recently won the prize for Best Documentary Feature at the Seattle True Independent Film Festival.

Director Dan McComb, producer Lisa Cooper and some of the bike riding cast and crew members plan to attend Friday’s Film Society screening and will do a Q and A following the show.

Vashon Film Society presents monthly single screenings of art films on First Fridays after the Gallery Cruise. Admission to Friday’s film is \$7.

“Yet Another Night On Broadway” June Musical Review

A number of talented local musicians/ dancers/ actors have been working hard, preparing a fundraiser musical review of your favorite Broadway songs and dances. “Yet Another Night On Broadway” is the brain child of Director Tish Lopez, who thought it would be fun to feature songs from such shows as “West Side Story”, “Music Man”, “Phantom of the Opera”, “Company” and “Les Miserables”. Musical Director is Marita Ericksen and Choreographer/Stage Manager is Pam Hotchkiss. An all-ages cast of over 20 performers will be bringing to life such hits as “I Like to Be In America”, “76 Trombones” “The Music Of The Night” and “Do You Hear the People Sing?” on Thursday - Saturday, June 20 - 22, at 7:30 pm and Sunday, June 23 at 2:00 pm. All performances will be at Bethel Church, located at 14736 Bethel Lane, Vashon, WA 98070. Ticket admission is \$10, available in June at the Vashon Bookshop or at the door. Children, ages 6 and under are free.

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A black and white illustration of a teapot on the left and a mug of coffee on the right.

VAA New Works Series presents UMO: Box Set

New vignettes by Vashon Island based physical theatre ensemble UMO.

Since 1987, UMO Ensemble has transformed ideas into performance and visual art, blurred lines between imagination and reality and manifested their own brand of surreal physical theatre. Much of their repertoire was first seen at the Blue Heron before travelling over the water to bigger venues and greater heights. Vashon is lucky to lay claim on the ever-evolving troupe who now brings yet another new work to light, via VAA’s New Works Series 2013.

Box Set revisits the Ensemble’s street theatre roots, explores vocal work and introduces the ‘new’ UMO.



Saturday, June 8, 7 pm & 9 pm shows. Tickets: \$12/\$15

Sunday Swing with The Portage Fill Big Band!



A fantastic new all-ages event at Open Space for Arts & Community!

Sunday Swing was inspired by our fabulous Inaugural Ball, which had teenagers swinging and elders tapping their feet, and folks of all ages dancing across the floor. Doors open at 3:30pm for dance lessons with Jacqui Lown and Steve Richmond, and the music begins at 4:00.

Dress for dancing – whether it be your ball gown and heels, or the comfiest clothes in your closet – whatever brings out the dancer in you! Join us to have fun and kick up your heels to the amazing live swing music of The Portage Fill Big Band.

At the Open Space for Arts & Community; 18870 103rd Ave SW, Vashon. Sunday, June 9th. Doors open at 3:30pm for free dance lessons; Music begins at 4:00pm

Tickets: Available at the Door Only; \$10 Suggested Donation

INFO: www.openspacevashon.com or 206.408.7241

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Kissing Potion

June 14, 8pm
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Thursday,
June 20

Deadline for the next
edition of *The Loop* is
Friday, June 14

Loopy Laffs

LOGJAM



BY Jeff Hawley

LOGJAM IS
A FASCINATING
TREE!



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Now Playing



Star Trek: Into Darkness

“Beyond Naked”
Friday June 7th 9:30

Just weeks before Seattle’s well-known Fremont solstice parade, Vashon Film Society brings island movie lovers “Beyond Naked,” the locally shot documentary that captures the parade’s famous colorfully painted (but otherwise naked) bicyclists.

Vashon Theatre
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Call for Times

For show times and info check
www.vashontheatre.com



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* Google SHMOO by Al Coppl

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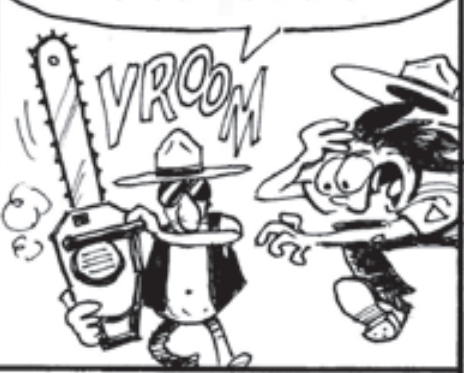
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