



VASHON

THE LOOP

Vol. 10, #17

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August 15, 2013

The Seal Saga Continues

By Orca Annie Stateler, VHP Coordinator

"Our neighbor is spraying a baby seal with a garden hose. That's not right, is it?" This inquiry came from a concerned caller on Bainbridge Island,



who got our phone number from off-Island stranding responders. Evidently, they heard the word "island," but not which island. No worries: I explained Seal Pup 101 to the nice lady, gave her Kitsap County contact numbers, and told her the neighbor must stop watering the baby seal as if s/he were a hydrangea.

To add to the commotion of Vashon-Maury pupping season, in early August Odin and I responded to several reports about a large brown seal that looked sick and listless. That critter proved to be a juvenile Northern Elephant Seal (NES), five feet long, in the early stages of

molting. The last time we had a molting NES on Vashon, the seal roamed from beach to beach around the Island. Dear readers, please call the VHP immediately if you spot the NES. We want to monitor the molt and avert disruptive activity near this seal.

Molting Elephant Seals are as vulnerable as newborn seal pups. The molt is uncomfortable but natural, and it lasts 4-5 weeks. Some seals develop skin lesions -- a condition called scabby molt. A molting NES will rest on shore for prolonged periods. Do not attempt

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Proposed zoning for recreational marijuana facilities on Vashon



Islanders study the proposed zoning map presented during a zoning meeting for proposed zoning for recreational marijuana facilities on Vashon Island.

By: M. Douglas

King County presented their proposal for zoning standards on marijuana-related businesses at the Courthouse Square on Tuesday, August 13 from 6:00-9:00p.m. County officials held an open house for the first hour and proceeded with short presentations by Darren Carnell (King County Office of the Prosecuting Attorney – Civil Division) and Jarrod Lewis (King County Department of Permitting and Environmental Review) of the proposed ordinance before opening up for questions and comments from the public. Councilmember Joe McDermott also attended the meeting. This was one of four meetings held to discuss the proposed legislation for the zoning of both recreational and medical marijuana that would be regulated by the state and located in unincorporated King County with the implementation of Initiative 502.

The King County agency developed this proposal as a result of the voter initiative creating a state licensing system for the growing, processing and sale of marijuana for recreational purposes. The proposed ordinance would limit outdoor growing in rural and agricultural areas, allow for indoor growing and processing in areas zoned as Community Business, Regional Business and Industrial, as well as allow for retail sales in Neighborhood Business, Community Businesses, and Regional Business Zones.

Under Initiative 502, all recreational marijuana businesses require a valid license from the State of Washington. I-502 prohibits businesses from operating within 1000 feet of youth-orientated facilities. This includes schools,

libraries, child care centers, and parks. The proposed rules would also require licensed indoor and outdoor facilities to have fencing and other security measures put in place.

In addition, the proposed ordinance would codify standards existing in state law for medical marijuana uses by allowing individual growing and collective gardens authorized for eligible patients. The proposed ordinance would prohibit collective gardens within 1000 feet of youth-oriented uses (the same as with recreational facilities). Medical marijuana for personal use would include limits on the size of the area (currently 50 square feet), lighting (maximum of 1,200 watts), and prohibit the use of gas products for cultivation. However, medical marijuana facilities already in use will be grandfathered in. These facilities will be allowed to continue operating under current legislation, which includes facilities that open from now until the legislation is implemented.

When the floor opened up to comments and questions after officials presented the proposal, Islanders expressed a wide-range of thoughts and opinions. Several individuals felt that the rules should be altered to allow the growing and production of marijuana to be under one license. Others questioned whether it had the potential to impact property values or quality of life.

One Islander asked whether a current dispensary on Vashon Island was licensed properly, as King County does not currently manage the licensing of dispensaries. County officials suggested

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The Road to Resilience Getting it Done

This past week, I had the opportunity to participate in a couple days of the Backbone Campaign's annual Localize This! Action Camp, culminating in an action at the Seattle Army Corps of Engineers office. The action was to protest their decision to limit their environmental review which is to be used in ruling on a permit to allow coal trains to pass through several Northwest states and for coal ports to be built to export that coal. Suffice it to say that this project will mean billions of dollars for coal producers, traders and transporters, a small number of union jobs, and a horrendous environmental and logistical nightmare.

What I really want to talk about is some insights I gained in helping put together and execute the Backbone action. Although I have participated in many protest marches and actions over the years, I have never worked on the planning and preparation stages. I expect that my experience with Backbone is fairly typical of the genre.

As you might expect, there was a high level of idealism and serious dedication to addressing social justice and climate issues. Most participants were young, but there was a fair number

By Terry Sullivan, Transition Vashon

of middle agers, and a spattering of seniors like myself. As the week came to an end, the focus moved from the practical and theoretical aspects of direct action to the planning and execution of the action itself. The latter is the part that I was mostly involved with.

The "why" and the "where" were clearly and easily defined. We all knew that the coal had to stay in the ground instead being scattered all over the planet or sent into the atmosphere. We knew that the Army Corps of Engineers were the ones that needed more convincing and we knew they were down on E Marginal Way on the Duwamish. As to the "what," we had a good idea who of us would be there, and we knew what Backbone puppets and images were on hand, materials for making signs and banners, and vehicles of land and sea to transport same.

What turned out to be the most elusive and knuckle-whitening part for me was the "how."

On the day before the action, we all volunteered to be responsible for the many tasks that needed to be done and set off in every direction. There were facilitators like Bill, Lisa, Eric, and Carlo with vital information, a

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Submissions to the Loop

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

Water district 19 board meeting

Water District 19's next regular board meeting scheduled for August 13th, 2013 in the office board room (17630 100th Ave SW, Vashon) at 4:30 ,PM.

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The Vashon Loop

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Peace Corps in Paraguay

My name is Ian Crozier, I grew up on the island and graduated from VHS in 2005. I recently returned from two years, four months with the Peace Corps in Paraguay and I'm going to be giving a presentation about my experiences on August 15th, at 7pm in the land trust building. Youth interested in opportunities to see a different part of the world and anyone interested in learning about how people live in a far-off corner of our hemisphere are encouraged to attend.

Regarding the wildlife on Vashon and the seal at Dilworth

Wolftown has been the only permitted wildlife rehab on Vashon Is. Over the years helping hundreds of sick injured and orphaned wildlife including all marine mammals.

I have done the Marine Mammals with help from NOAA and the US Coast Guard and DNR for years.

But since the recession donations and volunteer help willing to work hard and do fund raisers have gone down to such an extent Pete and I have used up our savings to keep Wolftown going.

Orca Annie's Article on the Seal pup at Dillworth is true. Wolftown staff, Pete and I were going down there checking on her till NOAA gave us permission to move the seal and do triage. Sadly the seal died at Wolftown after every attempt was made to save her.

This finally showed me that without the support of community Wolftown must cut back on wildlife rehab at this time. Passing along some marine mammal transport to Orca Annie. This is good we have Annie to pass it on to. But since Wolftown is the only facility trained in triage and rehab that will be a detrement to injured marine mammals on Vashon as that will have to be done off Island.

But I cannot continue to dig a hole for myself and my husband. It is discouraging and sad after so many years we have dedicated to the wildlife of Vashon and education of the public.

So now, Wolftown is only doing rehab on Birds of prey, hawks, owls, falcons eagles. And support our non-releasable wildlife. We also will continue our sustainable agriculture program.

To all those that have supported us, I thank you so much.
T and Pete Yamamoto, Wolftown.



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**Next Edition of
The Loop Comes
out Thursday,
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Deadline for the next edition of *The Loop*
Friday, August 23

Vashon Quilt Guild Studio Tour

Tuesday, August 20 - Vashon Quilt Guild is holding a Sewing Rooms/Studios Tour. "Tourists" must register by Friday, August 16 by calling Kathy Pierce at 425-898-1466. The tour takes place in two segments, the first one beginning at 9:30am with the second half continuing after lunch and a brief business meeting at the Presbyterian Church. Lunch and the meeting begin at 12:30pm. Guests are welcome, but must be pre-registered for this special event.

Dr Low moves to 20/20 Eyecare

Dr. Sara E. Low joined 20/20 Eyecare Centers August 2013 and provides patient care to the Port Orchard and Vashon locations. She moved to the state of Washington from Northern Virginia where she practiced primary eye care for 6 years. Dr. Low received her B.A. in Biology degree from the University of North Carolina at Wilmington in 2002, and her Doctor of Optometry degree from the Pennsylvania College of Optometry in 2006. She has been published in Northern Virginia Magazine as a featured doctor, awarded the Jeanie Schmidt Free Clinic's Medical Specialty Award in 2010, and is a member of the American Optometric Association.

Dr. Low has received extensive training in fitting contact lenses and eyeglasses, diagnosing and treating sight threatening ocular disease, ocular emergencies, and co-managing surgical procedures. She especially enjoys the challenge of revealing problems that a patient never knew they had and is committed to improving the quality of life of her patients and preserve ocular health for a lifetime.

In her spare time she enjoys skiing, hiking, kayaking, and hot yoga. She would welcome any recommendations on local resturants, hikes, or things to do and see in the area. She moved to Vashon with her husband Mike, her rambunctious beagle mix, and two cats.

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Proposed zoning for recreational marijuana facilities

Continued from Page 1

she pursue the issue at the state level.

In addition, a few individuals wanted to ensure that there was proper set back put in place for public places, such as parks, schools, daycares and playfields, as well as what access minors would have to jobs in the production or sale of recreational marijuana.

The Washington State Liquor Control Board (WSLCB) is responsible for developing the regulatory system of recreational marijuana. WSLCB is expected to reach a decision for the licensing of recreational marijuana businesses in September. Thus, WSLCB will start accepting applications for licenses once the state rules are adopted. Licensees will be required to state the location of the businesses, which WSLCB will then issue licenses for that specific location.

For more information or details on the proposed ordinance (including zoning maps), please refer to the King County website. A final proposed ordinance is expected to be submitted by King County Executive Dow Constantine by the end of August.

I-502 Implementation Timeline

The below timeline reflects the Washington State Liquor Control Board's official timeline for implementation of Initiative 502. The Board and staff are working from this timeline going forward..

By law, the WSLCB must have the rules written by December 1, 2013. The agency is on track to meet this deadline. If and/or when timeframes change we will communicate those changes via the WSLCB Listserv and our agency Twitter.

Date (2013), Milestone

September 4, File Supplemental CR 102 with revised proposed rules.

October 9, Public hearing on proposed rules.

October 16, Board adopts proposed rules (CR 103).

November 16, Rules become effective.

November 18, WSLCB begins accepting applications for all license types.

December 1, Rules are complete (as mandated by law). Begin issuing Producer, Processor and Retail licenses to qualified applicants.

For more information on the implementation of I-502 and to join a listserv to receive email updates, please visit WSLCB website at www.liq.wa.gov.

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Methodist Church installs HearingLoop and AV system in sanctuary



At a recent memorial service at Vashon United Methodist Church, the widow of the deceased arrived expecting to not hear much. Her severe hearing loss required that people speak loudly. Her hearing aid, with the ambient noise it picks up in an amplified audio setting, offered little help.

She was given one of the four headsets the church purchased to go with the new HearingLoop technology installed this summer. As soon as it was turned on, her face lit up and she exclaimed, "I can hear!"

Giving the hearing impaired greater ability to hear services is exactly the intention the church's board of trustees had in mind when they made the decision last March to purchase a HearingLoop for the sanctuary. They also plan to install a HearingLoop in an Education Building meeting room.

"We are making it possible for everyone to worship and be a part of our community," says Reverend Kathy Morse, "so all can participate in the life of the church."

HearingLoop systems can be found in churches such as Canterbury Cathedral and Westminster Abbey in the U.K. and also airports, sports arenas, museums, and concert halls. Hearing Loop access is indicated by a logo that incorporates the universal symbol for hearing assistance along with a "T" which signifies the telecoil-compatible system. When placed at entrances, the sign informs people that the building or venue is looped.

Trustee Cliff Moore, a retired engineer who is also hard of hearing, suggested the church obtain the system and was instrumental in its approval by the Trustees. The system was installed by Spencer Norby of Tacoma. "This is an exciting technology," he explains, "because it picks up the signal from the microphone directly rather than every single noise happening in the sanctuary."

This is known as an inductive pickup."

Most people will be able to access the Hearing Loop with their hearing aid by setting it to "T" -- which activates the telecoil or "T-coil." An audiologist may need to turn that part on. For those whose hearing aids do not have a telecoil, they may borrow one of the four headsets such as the widow used at her husband's memorial service.

To find out if your hearing aid is compatible with the Hearing Loop, Spencer Norby advises you to give your audiologist call and ask: 1) Do I have a T-coil? 2) Does it need to be turned on?

New Audio-Vision System

In addition, an audio-visual (AV) system has been installed at Vashon United Methodist Church. The system is giving the seeing-impaired better access to hymns and prayers and enriches the service with artwork and educational videos.

Both the Hearing Loop and AV system are part of a major round of church improvements that also includes a new roof, bell tower repairs, exterior lead paint removal and repainting, and a remodel of the adjacent education building.

Tom Nicolino, a congregant for 43 years and current Chair of the Board of Trustees, is excited about our church improvements. "It's amazing to look at our facility and think about the major things we have done over those 43 years: We built a parsonage, we did a total remodeling of the sanctuary and fellowship hall and now we are finishing the current improvements. When this work is complete it will provide years of service for us all. Especially note the quality of the work in preparing and painting of the Sanctuary and Fellowship Hall exterior. The result of this work is better than anticipated; it makes our old church look new again."

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Island Life Red Sky At Morning

by Peter Ray
“Like a red morn that ever yet betokened,
Wreck to the seaman, tempest to the field...”
William Shakespeare

We have been traveling the last few weeks for swimming events that were somewhat in the extreme. The first was a three day affair with five swims totaling eleven kilometers in a mountain lake south of Bend, Oregon. The second, and latest, was a seven kilometer, out and back swim in a Canadian lake haunted by a mythic, dragon creature. I watched, for the most part, and Wendy swam. I did, however, have a better view than most, as I also was a volunteer safety kayaker who followed along on all the races. At the Bend race, my duties were to watch out for the greater good- at the Canadian race, each swimmer was required to have an attendant kayaker along for the duration. Having only been a vicarious participant for a while now, it has been pleasant not suffering the pre-race jitters or the requisite strain and fatigue of the actual race. However, there are times when one just wants to get in and go with the rest of the racers, but then one remembers his current training deficit and silently repeats the mantra- there is always next year.

In stepping back from both events, it is curious to note the parallels and synchronicities between the two. While one was to the south and the other to the north, both places took about six hours to get to. Both of the hosting communities are steeped in athleticism and outdoor activities, with Bend being a mecca for cyclists and skiers, as well as acting as the hub for the Central Oregon Masters Association (COMA) swimming group, and Peachland, BC, where the Rattlesnake Island swim was held, is in the greater, southern Okanagan Lake community of triathletes, with their own litany of multi- and single- sport events, along with Ironman Canada being held a short distance to the south in Penticton every year. The weather at both events was hot, although the lake waters were cool 68 and 72 degree readings respectively. In both places we experienced intrusive, ambient smoke from forest fires of varying distances away, and both races were prefaced by loud, local thunderstorms that did not serve to cancel either race. And with the recent purchase of a semi-rigid, inflatable kayak we were able to pack everything needed into Wendy’s small and sporty fuel efficient vehicle, logging close to 40 mpg in both directions- north and south.

The thing that is different about watching an event from a safety perspective is that, unlike with the vicarious excitement one might derive from someone else’s thrill of victory, in watching for possible problems one hopes for no elevations in one’s own heart rate in regards to mishaps that might befall the event one is following as a safety observer. The watching is not always just a visual thing as one scans back and forth while paddling along side multiple swimmers. Beyond looking, one can tell how things are going just by listening. As long as there is the constant beat of stroke slap and steady kick, the safety observer can feel secure in “seeing” that all is going well without in fact seeing all that is going on beside them. There was one time a few years back at the Cascade Lake race where, in scanning back and forth while following some swimmers, my eyes came to

rest upon in inordinate amount of bubbles coming from somewhere below the surface. It seemed that the number of swimmers had remained the same, but the panic set in as I maneuvered to the spot above where the bubbles seemed to be coming from. Once there, there was indeed a body form visible through the clear waters of Elk Lake, but the continued large volumes of air bubbling up from below, long after a distressed swimmer should have run out, said to me that perhaps someone with scuba gear was below. As it was, there was indeed a diver under the course taking photos of the race- it would have been nice if someone had told us before hand.

There were no such incidences this year in Oregon. And when I did get the lead kayak spot on the on the 5km race, the steady stroke and repetitive breathing grunts of the winner, local favorite Hardy Lussier, made the job of following on the three laps around the course into not much of a job at all. It was a much different story a week later on Okanagan Lake. While it would have made no real difference if I had been paying attention to the old adage: “red sky at morning, sailors take warning”, instead of clicking a number of red tinted sunrise shots from our B&B deck (see the Loop website for the color version), I at least might not have been so surprised when a thunder clap rang out just after the start of the race, and when the wind driven waves steadily increased in height and frequency, directly in opposition of our forward progress, and with such a vengeance as to cause one to suspect that there was something on Rattlesnake Island that just didn’t want us to get there. I had to rely much more on the auditory signs coming from Wendy’s swimming efforts in order to keep an eye on the sets of relentless waves pounding in from dead ahead in order to avoid swamping. As we found out after the race, four or five of the escort kayaks had to be rescued from capsizing, and as it was, having left the spray skirt on shore, I was sitting in water all the way back to the finish after we rounded the south end of the island, having spent a number of minutes with almost no forward progress at all on the front side of the island as wind, waves and a current conspired to turn this contest into a Sisyphian epic.

What made me even more suspicious of some meteorological or metaphysical conspiracy afoot here was that after we emerged from the backside of the island in a homeward direction, and fully expecting to be bombarded, as well as pushed, by waves from the rear, instead what we found was that, as if by a flip of some invisible switch, the wind and waves were now almost non-existent. And while the last two miles of the race were quite different from the first two, it was still no waltz through the lily pads to get home. The first thing that Wendy said to me after a brief recovery on shore at the finish was: “I will never flush a spider down the toilet again.” After having all personal bests on her five races in Oregon, her time on the Rattlesnake Island swim was not quite what she had hoped for. She did come in seventh out of twenty-nine finishers, with the times posted ranging from the winner finishing a half hour ahead of her, and the last swimmer arriving two hours after she had walked up the finish ramp. All in all, it was a successful swim, but the next time, if it seems that the gods might be flushing the toilet during the race, I will be sure to bring my spray skirt.



The Dorsal Spin

Continued from Page 1

to feed or pour water on the seal; keep dogs away; and do not approach the seal within 100 yards. As with all pinnipeds, harassing an Elephant Seal violates the Marine Mammal Protection Act. This week’s photo shows a young, molting NES snoozing at KVI beach.

At Chez VHP, we have seen a mother and baby Harbor Seal pair swimming together, often with Junior clinging to Mom. The other day, we heard the baby crying for Mama – a pitiful, plaintive cry. The tide was high; mom and baby were both in the water. I watched through binoculars as Junior searched for 20 minutes and then found Mom, enthusiastically reuniting with her. Poor Junior is in for a rude awakening when Mom weans him in a few weeks.

We are grateful to Celia, who said she had been on Vashon just two days when she found an hours-old seal pup on a remote west side beach. We could not beat the incoming tide to check on the newborn, so her cell phone photos were tremendously helpful. May this inspire other Islanders to email photos of seals and whales to the VHP. Your photos contain valuable clues that aid our work


with marine mammals.

As stranding responders, Odin and I strive to educate and maintain harmony between seals and humans. A simple phone call can save a baby seal’s life. We aim to eliminate pup abandonment due to human interference on Vashon, and to avoid unnecessary rehab placements for our baby seals.

In my last article, I provided a link to NOAA’s “Sharing the Shore with Harbor Seal Pups” fact sheet, only to find that NOAA revised the web page. Here is the correct link: http://www.nmfs.noaa.gov/pr/pdfs/health/northwest/sharetheshore_harborsealpups.pdf

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts by Mark Sears and other researchers, and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago. Check for updates at Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com. Oh, and don’t hose down the baby seals, OK?

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Fisher Needs A Home...

Fisher was found hanging out near the high school fishing for some extra curricular activities. No one has claimed this boy. Since Fisher has been at VIPP we have found him to be very sweet boy with a wonderful personality. He can get overly excited in his play so he would be best with a family with older kids. Fisher does not do well with dogs. Fisher came to VIPP on 3/27/13.



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www.spiritualsmartaleck.blogspot.com

Thoughts of an Old Convert

By Mary Tuel

Almost thirty years ago I experienced my adult conversion to Christianity. I grew up in the Baptist Church and always felt I was a Christian at heart, but in my late 30s I felt the call to be a Christian inside and out. Telling my women’s support group that I was giving my life to God was one of the scariest things I’ve ever done in my life.

I was afraid, you see, that I’d become that person standing on a street corner forcing Bible tracts on passersby, stopping strangers to ask, “Do you know Jesus?” I was afraid that by giving my life to God I might end up being one of them. It was a relief to realize sometime later that God called me to be myself, and I did not have to hand out tracts.

My renewed faith was at home in the Episcopal Church. I especially loved the Book of Common Prayer. I suppose it makes sense that a writer would join a church because its prayer book was well written. For years I began my day by reading the morning daily devotions in the Book of Common Prayer, and praying. It centered me at the start of my hectic day. I’ve returned to that practice recently.

I did not evangelize my kids with a lot of specific teaching. I had this idea that who I was in my interactions with them (or anyone) was my evangelizing. If the way I lived was bogus, I figured nothing I said would make much difference. I didn’t realize that hypocrisy is part of being a parent. You can’t help it. Live and learn.

I did tell the boys some things.

I told them that the word “God” was a tiny little box which we used as a symbol when we were talking about something that was much too big and complex for a human to comprehend.

I told them that every human being has a spirit, and that it is as much a part of you and integral to your being as your beating heart. You may not have a religion, but you definitely have a spirit.

I told them that God is reality. God is the point where truth, light, life, death, mystery, enlightenment, etc.(!) all come together.

I was thinking about those things this morning as I was sitting out on the ravine porch with my Book of Common Prayer, listening to the creek and praying for the people on my prayer list. It’s a long list. You might be on it.

I was thinking how those things I thought and said years ago have proven to be true, and the longer you live in faith, the deeper you go into the layers of reality. Faith allows you to live in some kind of peace in this crazy, broken, world. God doesn’t fix everything for us, but does weep with us, hold us through all trials, and rejoice with us. Going beyond that, there are things in heaven and earth that we do not understand, and for which there is no empirical evidence. I cannot give you a rational explanation that would make miracles and visions comfortable for you.

I’m not telling you to become an Episcopalian, or any other brand of religion. I am telling you that if you hear your call to be yourself, and you answer that call, that life will be hard, but if you don’t answer that call, life will be harder, and you’ll have missed the mark.

I’m glad I answered that call years ago. Have I become me? In my halting, sporadic, human fashion, I’ve done the best I could. I believe that faith has served to make me better than I would have been otherwise, and looking back at all the times I screwed up, I know that I was usually following one of my own bright ideas and things got better when I let God steer me.

It’s God for me, but for you who object to the nomenclature “God,” fine. You think about what you want to call your tiny little box that symbolizes everything that is real and true and incomprehensible, and nurtures and enlivens your spirit, and makes your life better than it might be if you do things “your way.” The walk of faith is so worth it. Good luck, pilgrims.

A Community Conversation About Health and Responsibility: Vaccines and Beyond

Part 6: What is choice? (2nd Half)

by Karen Crisalli Winter
and March Twisdale

In the last article, we discussed the reality that there are powerful forces that set the “menu” from which individuals may then make choices. This isn’t necessarily a bad thing, because the human brain can only tolerate so many options before getting overwhelmed. Our overall goal is the nebulous and elusive concept of “enough choice.”

In last month’s article, we discussed three powerful forces that intersect to control our health care choices. Check our blog: vaccinesandbeyond.blogspot.com

1. Government and Law
2. Official Recommendations
3. Religion

Now let’s get into the fourth major force at play...

4. Money
The Golden Rule; those with the gold, make the rules. While we may wish it wasn’t so, no group force can sidestep this one. Money matters in ways both obvious and surprising. For example, the United States is one of only two nations to allow direct to consumer (DTC) advertising of pharmaceuticals. Does this empower patients to take control of their own health care? Or does it allow savvy advertisers to take advantage of vulnerable people? Profit motives drive health care towards wealthy urban areas and away from poor or rural areas. This tends to leave certain areas with too much choice (ie: which brand of CAT scanner do you prefer?) and other areas with too little (ie: a 200 mile drive to get a CAT scan). And, of course, we’re all well-familiar with the complexities,

confusions, and frustrations swirling around the issue of insurance! Keep in mind that personal wealth is not always a liberating force. A local CAT scan in a rural area cannot be purchased at any price, because the machine just isn’t there. Conversely, Michael Jackson would most likely be alive today if he had lacked the wealth to buy dangerous, inappropriate health care. Although, Michael Jackson also might be alive today if it weren’t for...

5. Social Pressure
Pressure from neighbors, family, schools, and society strongly impacts our health care decisions. How many of us have used powerful painkillers or stimulants in order to stay on a job despite injury or sleep deprivation? Social pressure takes many forms. Organized protest events, such as the ones in front of Planned Parenthood, are often more about social pressure than politics. When a co-worker is praised for working 16 hour days, it can start to feel...unsafe...to go home at a reasonable hour and get a decent night’s sleep. Or how about the way sports writers idolize athletes who play through an injury? Or the smile of approval (or scowl of disapproval) from a doctor? Whatever form it takes, social ostracism generally makes the non-mainstream choice painful, while social affirmation encourages compliance with the norm. At its best, social pressure can prevent us from making serious mistakes, especially when that social pressure is applied through direct conversations with open-minded and supportive people who have our best interests at heart. At its worst, social pressure can become a form of community bullying or intimidation. Both the best and worst aspects of social pressure can happen in groups of any size, from an entire nation to a single friendship.

For a moment, let’s look at a local example of how all five of these forces are intersecting around the Franciscan Health System’s absorption of the Vashon Health Clinic. As voters and citizens, we have participated in the process which led to the current menu of legal medical procedures, rights, and freedoms. As islanders, we sought cooperation with the government (tax dollars), and Grannie’s Attic was created to help with ongoing funding. Even the decision to partner with Highline was driven by economics. Then, as Highline faced tough economic

times, some form of official recommendations were sought and received, leading Highline to consider a merger with the Catholic Franciscan Health System. This merger was born of economic need and has brought with it both a blend of economic support for ongoing services and religious-based limitations of available medical procedures and freedoms. In response, we see social pressure in the form of community meetings, articles in the local papers, letters to the editor, invitations to consider the Catholic viewpoint, and activism as concerned islanders begin to search for a different, 3rd option. That option, of course, will also be impacted by all five of the major menu-setting forces. And so it goes.

The five forces of law, official recommendations, religion, money, and social pressure all work together to set our health care menu. Now, let’s review their unique strengths and weaknesses.

Law is often slow and clumsy. It is the only force that can apply criminal sanctions, although religions can excommunicate you. However, it is also the only force that offers a guaranteed opportunity and clear process to challenge an existing decision.

Official recommendations can change rapidly, but this agility also makes them vulnerable to trends, poor research, and short-term thinking.

Religion can offer genuine concern for the large picture of human society, but it can be almost impossible to challenge a religious doctrine successfully. In addition, personal religious beliefs of equal value can occur in absolute opposition to each other.

Money can open many possibilities, but self-interest and greed is ever-present. Once set in place, changing the flow of money can be extremely difficult.

Social pressure can be the most flexible and individualized force, but its nebulous nature makes challenges difficult. Pushing back against social pressure can feel like fighting clouds; you can’t get a grip on them, they won’t go away, and then they suddenly clear up for no apparent reason.

As with all of life, diversity is strength. It will not serve us well to live with a medical menu that is set only by law, or official recommendations, or religion, or money, or social pressure. We need a balance. And when that balance is disrupted, we need to push back until balance is restored.



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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.

BLOG: Vaccinesandbeyond.blogspot.com
Email: KarenandMarch@rocketmail.com



Aries (March 20-April 19)
You are not as insecure as you think. But the question lately seems to be how to stop rattling your own cage, then reacting as if someone else is doing it. There is a friendly influence in your life at the moment, someone genuinely attracted to you and also sensitive to who you are. I suggest you treat this situation gently, with a spirit of appreciation and curiosity. It would be easy to look at these charts and advise you to tone yourself down -- I am not saying that, however. What I am saying is pay attention to who this person is, how they feel and how they arrived where they are today. There's part of your story being told by whoever this is, which is one reason why I suggest you listen carefully. The other reason is that opening your ears is the easiest way to opening your heart, and if your heart is open, the people around you will feel more welcome, which is good for everyone.

Taurus (April 19-May 20)
You seem to be leaning on a mountain, hoping it will move. You are the one who needs to move or allow yourself to be moved, though it may seem as if everything will come unraveled if you do. Actually, this is an excellent time for you to address certain emotional subject matter you've avoided or forgotten about. The current conditions of the sky make this an ideal time to take some bold initiative on your healing process, particularly involving two vital subject areas: one is relationships. You seem ready to confront some dark idea you have in the approximate area of 'need' -- being needy, others being needy, or so on (that one word being one of the worst contemporary insults). Second is work. It's time for you to confront one particular fear associated with your talent in any form, and demonstrate that the fear or insecurity you experience points directly to a source of energy that you must take over and make your own.

Gemini (May 20-June 21)
The topic you're avoiding may be easier to write about. I was reminded of this in a conversation with a mom about how her daughter prefers to text to her about certain subject matter she would never speak out loud. There are certain circumstances when a face-to-face conversation is imperative. Writing allows a certain emotional distance, the ability to revise your ideas and to get your thoughts in order. It's possible to take yourself through the evolution of your ideas as you go through a revision process. That in turn could make it easier to speak about something when the time comes. Now, here is the problem with writing. Unlike the spoken word, it lasts a while. It's there for others to see. It might outlive you. It's the record of what you think and know at a given time. As such, it serves as a form of your conscience. You might change your mind, but there would be less denying where you came from on the way to where you're going. You might find this quality helpful right now, since these things matter.

Cancer (June 21-July 22)
Mars in your sign is acting like an irritant leading you to get a thicker skin and develop some resistance to the insults and injuries doled out so generously by the world. One potential problem with Mars in your sign (Cancer, in particular) -- as you've no doubt noticed -- is that it can come with a measure of defensiveness. Yet you can learn a lot from studying your responses to people and situations. These include what happens when you encounter authority, be it your own or that of someone else. You're also in an extended moment of working out the specifics of whether and how you trust women. But there's a bigger theme.

To me, your charts look like a story of getting repeated shocks into understanding that your use of power must not be self-serving. It's necessary to look after your own interests sufficiently to do what you have to do -- but that's different. Now more than ever, your credo must be: Serving the greatest good for all concerned.

Leo (July 22-Aug. 23)
What is the secret you're clinging to that you don't want to reveal? It's not as bad as you think. It may not even be your material that's troubling you -- it could be that of a relative who influenced you (such as with their ideas about marriage or the rules you supposedly have to follow in relationships). Those rules, guidelines or expectations have reached a practical limit. That limit can be a building block as effectively as it can be a limit. So the choice is yours, though clearly, some of the responsibility resides with a partner as well. One thing you may be coming up against is that person's history of abuse. For a long time (since around 2005) they've been on a path of working that into a more evolved place, and it's at the point where a spiritual solution is on the verge of possible. Still, there is one level of programming that seems to be taking its sweet time, and there are days you may have the feeling that it's intractable. That, too, is not as bad as you think.

Virgo (Aug. 23-Sep. 22)
It may seem impossible for you to describe your situation, though you'll have clues coming in the form of your physical and mental health. The feelings, symptoms and conditions you may be experiencing relate directly to the material you're trying to process. You do look a bit like the boa constrictor trying to digest an elephant. I would offer that whatever psychic material you're working through is not entirely your own, or not yours at all. I don't say this as a means of absolving your responsibility for dealing with it in some way. Rather, I offer this idea because it might provide you with the incentive to come up with a new strategy for how to do so, with this additional information. The fact that you're the one facing the scenario gives you the choice for how to do so. You have figured out at least once, probably at least three times, that denial is not the answer -- though it remains an appealing temptation. Events of the next few days will demonstrate clearly that there are much better options.

Libra (Sep. 22-Oct. 23)
There are challenges that come with being oneself. While many influences tell us how wonderful it is to be authentic and in your integrity and all of that, few reveal what a pain in the ass it can be. If you're ever wondering why authenticity is not more popular, that's my theory -- it's not easy, and it comes at a cost. It is, however, considerably more convenient to be open and clear with the world voluntarily than it is to be so under some form of duress. I suggest you practice, which is to say, make a practice of full disclosure, and willingness to have the whole conversation. To do this, you'll have to be willing to give up some aspect of your image, or self-image; the grit of reality and the polish of public relations do not mix well. The practice will serve you well. Over the next few weeks you will find yourself in situations compelling you to be increasingly real, with yourself and with others. It would be excellent if you were to emphasize that point as a matter of choice before you have to.

Scorpio (Oct. 23-Nov. 22)
There is no pre-existing belief system that just fits a person. Even if someone

claims there is, it's likely that they are making custom modifications, additions and/or granting themselves exceptions to the rules. This doesn't mean that the world is ruled by anarchy, though it's a common phobia that "without all these rigid laws and policies (most of them grounded in religion) the world would descend into chaos." Actually, we could use a little more chaos rather than a little less. Most of the pain the world is in right now is due to an excess of order rather than of flexibility. You can afford to be less dogmatic and more creative about the ideas you depend on to run your life. The more pressure you put yourself under to believe something, or to comply with the beliefs of others, the more chaos you will create. I would remind you that ideas about sex and religion are a dangerous blend, and both have a way of being invisible. I suggest you open your eyes.

Sagittarius (Nov. 22-Dec. 22)
If your desire nature or ability for exchanging love with others keeps getting caught in your security issues, you now have a welcome moment of relief. But you won't be able to experience it until you dare to say or do something that you could not bring yourself to do in the past. What I'm suggesting is that you return to the scene of a boundary that you could not cross and see how it feels to be there and to consider going over it. This is better than being picked up and carried, or met at the gate by someone willing to hold your hand. The difference is that you get to be the one making the decisions, and you get to have the satisfaction of taking the risk successfully. This is a good time to question what you're so worried about. I would propose that you're more irked by the possibility of good things happening than you are about bad things.

Capricorn (Dec. 22-Jan. 20)
Shadows may keep arising in your relationships -- the feelings and perceptions you don't want to be there but that somehow persist. This may be the thing that's driving you to try to get control over that which ultimately cannot be controlled. As this goes on, you might discover that it gets harder to have a grip on your emotions or the feelings of others. I suggest that you engage directly with whatever you think is the thing you want to avoid the most. You may fear that you're smaller than whatever

it is you're worried about, but you won't know until you meet it in a conscious way. This doesn't need to be a confrontation; it would be wise of you to approach from the edges and work your way into the subject matter gently but with some resolve. Remember that shadow is not a thing in itself; it's the absence of light. The strongest light in the universe is that of awareness. .

Aquarius (Jan. 20-Feb. 19)
You may feel like someone is trying to reveal the deepest flaws in your, fears or sense of betrayal. Part of this sensation is an internal phenomenon. Something inside you, some set of conditions or the results of past experiences, is becoming undeniable, and you may feel like everyone else can see and feel your thoughts. This, in turn, could have you feeling a bit paranoid or edgy. When someone actually can perceive your situation clearly, that is likely to arrive with a sensation of strength, being willing to rise to a challenge, or as noticing someone is an example that you want to take on. You still may feel a bit nervous at the prospect. Yet that's a different experience than the paranoia that your weaknesses will be revealed and taken advantage of. At this stage of your life, I would propose that you be honest about the issues you're addressing, as well as their histories. You will feel better and safer for being known than for trying to conceal your reality.

Pisces (Feb. 19-March 20)
If there's one pitfall to the otherwise brilliant astrology that's blessing you right now, it involves making the choice to send clear signals. You have both Neptune and Chiron in your sign; you can express yourself as either of them or as a blend of both. Neptune is dreamy and is not exactly the deacon of firm commitment. Chiron is on mission, focused and alert, but can come off as having rough edges or something to prove. Healthy Neptune serves to cultivate a vision. Healthy Chiron focuses on healing, which is then conveyed into creativity and a sense of commitment that you want to express in real ways. I suggest you borrow the best elements of both planets, which work beautifully together. Use Chiron to focus your vision. Use Neptune to help you dream a little -- in truth so much is possible.

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Positively Speaking

Faith

By Deborah H. Anderson



“So.....run along home and jump into bed, say your prayers and cover your head. There’s just one more thing I ask you to do; you pray for me and I’ll pray for you.”

That’s what we sing at the end of campfire right before we head up for snacks and board games at Family Camp at Camp Burton.

Somewhere there must be words to describe the experience of Family Camp. But it would take way more than 800-1,000 words to do it.

We all love family and recreation and singing, chicken football and tie dye. Our kids have grown up together and then they have kids and bring them. We all have huge piles of dirty laundry by the end of the week and we all take home a piece of string from the goodbye circle.

I was doing airport runs for early departers so Caity delivered my piece to me. It’s tied in a bow around the rear view mirror. Tie a yellow string around the old rear view mirror....

Two things bind us together; history and faith. We’ve shared so much history: babies, infertility, marriages, divorces, the death of children, the birth of grandchildren. We have tragedies out of nowhere and miracle healings that were more than we could have hoped for.

Faith gets us through. We all know there is a bigger picture than this oh so concrete world. We know God loves us.

I sleep in my own bed and just do meals and activities for a number of reasons. There have only been two years that I have had the luxury of not working bits and pieces of my day gig and been fully present there.

This year I arrived at camp on my last nerve. The time period 2012-2013 was, for me the most extreme experience of being touched by the worst humanity has to offer six ways from heaven (pardon the pun) ever. Deceit, greed, larceny, perjury, dependency...aughhhh! I felt dirty and

nauseous and achingly fatigued. People who were scared to death so they were moving through life with duck tape and a hammer, others who fancied themselves authorities who lived in tightly woven cocoons of judgement. I drove to camp believing the human race was a goner.

People with faith who live their faith and surrender the big picture to the knowledge they are greatly loved by God don’t have any need to lie and cheat and steal. Life is a grand positive adventure to them. Even the hard parts.

And so we cheer weight losses and graduations and new jobs and risky opportunities and comebacks and start ups. Not because it’s politically correct or because someone has money or so we won’t be judged. We cheer and celebrate, grieve and recover because we know any one event or relationship is not the whole story. We know you love people and trust God.

A miracle happened at camp for me. My enjoyment of humanity returned. I had more of a desire to pray for the underbelly of human behavior that had slithered over and slimed my life. I remembered people are only desperate and deceitful and greedy and malevolent when they aren’t experiencing love. Real love. It leads to faith and faith helps you relax and do the right thing big picture wise.

Keep the faith or ask for it for the first time. Renewed and refreshed I return to daily life seeing the good and the kind and the joyful!

Love,
Deborah



The Wages of Sin

The Wages of Sin play traditional music for non-traditionalists. They mix up a potent brew of Celtic, country, rockabilly, and bluegrass, finish it with a twist of Tom Waits-style weirdness, and chase the whole thing with a bracing shot of punk rock. Alternately rowdy and mournful, they’re sure to get your feet tapping, your heart palpitating, and your liver crying for mercy. Repent, ye sinners, and be saved!

“These Seattle punks draw on everything from traditional Celtic sounds to classic rockabilly for your St. Paddy’s Day pleasure...” -- SPIN

“[Have] been known to cure blindness.” -- The Vancouver Courier

“While their second album Gringo Mariachi has all the rustic bluster of Yosemite Sam on a goldfields rampage, it also showcases a particularly rich depth



of musicianship rarely seen in punked-up folk.” -- Shite ‘N’ Onions

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See Me Naked & Naked Pizza Party - One Night Omly

Seattle theatre veteran Maria Glanz returns to Open Space for Arts & Community with her wildly popular - and newly expanded - one-woman show See Me Naked, with one performance only on August 24, 2013 at 8pm. See Me Naked is written and performed by Maria Glanz and directed by Elizabeth Klob.

SPECIAL NAKED PIZZA TREAT! Join friends and Naked Fans for the most delicious pizza in the world, courtesy of La Biondo Wood-Fired Pizza. Doors open for pizza at 6pm. Kickstarter Pizza Dough rewards will be sent to donors who qualify, and everyone else is welcome to purchase pizza and join the party!

Tickets \$15 General Admission. Available at Vashon Bookshop, www.brownpapertickets.com/event/432484 and at the door on the night of the show.

See Me Naked won audience acclaim and numerous awards in previous productions. After a fantastic Seattle run in early 2012, and a successful Kickstarter campaign that spring, Maria dove back into the show - rewriting and investigating and expanding the text. New drummer Julian Zurdo joined the company, and in March See Me Naked re-debuted at the beautiful Capitol Theatre in Yakima.

See Me Naked is a brilliant interactive comedy that explores personal boundaries and feelings relating to being naked, both literally and symbolically. Following a striptease fail, an embarrassed amateur opens up to her audience about why exposing herself



publicly is so difficult and so important for her to do. See Me Naked starts as a comic monologue, but soon becomes a dialogue when she begins to question members of the audience about their own feelings regarding being naked. The real heart of the show is how easily audiences contribute their own hilarious and often embarrassing experiences, making every performance unique.

Director Klob says, “This is a rare show it combines all of the elements I love in theater; See Me Naked tells a story, reveals something personal about the performer and engages the audience in an authentic way. It is also titillating without being bawdy, and it makes me laugh out loud. Maria and I developed and I directed this show over 10 years ago, and it never ceases to put a smile on my face or excite me to come back and rework it again.”

See Me Naked was Artistic Pick of the 2001 Seattle Fringe Festival, and the Best of Fest at Seattle Rep’s PONCHO Theatre and ReAct the Fringe at ArtsWest. Featured at the 2002 UNO Festival of Solo Performance in Victoria, BC, See Me Naked played the Saskatoon Fringe Festival, was a BEST of FEST Holdover at the 2001 Edmonton Fringe, named one of the Top Ten Plays at the Montreal Fringe Festival, played to sold-out houses at the Blue Barn Theatre in Omaha and was BEST of FEST Holdover at the 2002 Winnipeg Fringe. In 2004, it was featured in the Flying Solo Festival at Cape May Stage, NJ, and was remounted in 2010 at the Open Space on Vashon Island.

For more information, please visit www.seemenakedshow.com or email seemenakedshow@gmail.com.

Next Edition of The Loop Comes out Thursday August 29

Deadline for the next edition of *The Loop* is Friday, August 23

Potato Latkes with your Turkey this Thanksgiving? Jewish Holidays come early this Year at Havurat Ee Shalom

By Leslie J. Garrison, Secretary, Havurat Ee Shalom

Potato Latkes instead of mashed potatoes with your Turkey this Thanksgiving? Why not? This year, the first day of Hanukkah falls on Thanksgiving. This means the Jewish High Holidays come early too. While most people are thinking about the start of the new school year, Jews the world over are preparing for the most important days of the year. Wednesday, September 4 begins Rosh Hashanah, the Jewish New Year. Yom Kippur, the Day of Atonement follows ten days later. Continuing with tradition, Havurat Ee Shalom, the Vashon Havurah, has a full schedule of activities to offer, led by Rabbi Fern Feldman.

The Hebrew or Jewish calendar is a luni-solar calendar, in contrast to the Gregorian solar calendar that most people use in the US. The Jewish calendar is used to determine the dates for Jewish holidays and other anniversaries. The difference in days increases each year, resulting in Hanukkah falling on Thanksgiving! The Jewish calendar adds a month every few years, which resets the calendar and brings it back in line with the solar calendar in common use.

“Head of the Year” in Hebrew. It falls in the month of Tishrei, which is the seventh month on the Jewish calendar. Why is New Year celebrated in the seventh month? The Jewish calendar actually begins with the month of Nissan (early spring) when it’s believed the Jews were freed from slavery in Egypt. The month of Tishrei (in the fall) is believed to be the month in which creation began. Hence, another way to think about Rosh Hashanah is as the birthday of this amazing world!

Everyone is invited to join us this year at Havurat Ee Shalom for a full schedule of observances. Rosh Hashanah begins Wednesday, September 4 at 7:00 p.m. and continues with services Thursday and Friday mornings beginning at 9:30 a.m. and Tashlich Thursday afternoon at 3:30 p.m. at Lisabeula Park. Come hear the Shofar and add your voice. The ancient custom of chanting Kol Nidre will begin at 6:30 pm, Friday, September 13 and Yom Kippur services will continue at 10:00 a.m. on Saturday September 14 and through the day.

Additional information is available at www.vashonhavurah.org

Island Epicure



By Marj Watkins

Cool Meals for Hot Days

It's five thirty p.m. and the temperature, even in my house overlooking Quartermaster Harbor, is 76 degrees. Who wants to cook and promptly raise the temperature to 80? Clearly, this is another day for a cold supper featuring do-it-yourself Danish open-faced sandwiches, or a chilled White Bean Salad garnished with slivered deli roast beef or Black Forest ham slivers, or matchsticks of Jarlsberg cheese and quartered boiled eggs for extra protein.

Complete the meal with a Strawberry Mandala Salad. Can you remember back to when fresh strawberries were only available for a couple of weeks each June? Kids in school now cannot recall when strawberries were not available all year around.

WHITE BEAN SALAD
4 servings

2 cans Great Northern beans, drained, washed, and re-drained
¼ cup cold-pressed extra-virgin olive oil

¼ cup fresh lemon juice
Salt and pepper to taste
2 Tablespoons minced parsley
2 green onions thinly sliced, tops included
Sprinkling of fresh dill
½ pound deli sliced ham or beef, diced, optional
1 Tablespoon fresh marjoram leaves
1 Tablespoon fresh, slivered mint leaves
1 tomato cut in 8 wedges
4 hard-boiled eggs, quartered
Olives for garnish
Combined all but the last 3 ingredients. Mound the salad on a platter. Arrange the tomato wedges, egg quarters, and olives around the bean mixture. Chill. Serve

STRAWBERRY & WALNUT MANDALA

8 large spinach leaves or 4 dark green lettuce leaves, washed and dried
½ pound strawberries, washed and dried
16 walnut halves
Ranch type dressing
Arrange the greens on a platter. Remove the green leaflets from the end of each strawberry. Halve the berries, cutting from tip to stem end. Arrange the halves in concentric circles atop the lettuce. Top with the walnut halves. Pass the dressing at the table.
Nutri-tip: Walnuts are a good source of Omega-3 fats, magnesium, and protein. Strawberries supply Vitamins A and C, potassium, and cancer-thwarting ellagic acid.

Road To Resilience

Continued from Page 1

general idea of who was doing what, dealing with emergencies, and keeping an eye on the whole project. What I learned early on was that none of these tasks were rote or even close to completely planned out. We were all expected to think on our feet. As the day wore on, I began to become aware of the huge number of logistical problems that needed to be solved.... before 6 am the next day. On the following morning at the site of the action, I realized that I was being too conservative. Problems continued to pop up and be dealt with right up to the very last minute. How Bill Moyer et al had developed the nerves to cope with this kind of thing from one action to the next was a mystery to me.

It got me to wondering how these actions continue to be successfully pulled off given the chaos of their creation. After a few days, it seemed to me that a lot had to do with consensus decision-making. Thorough discussion and participation insures that everybody understands what the goals are, what means are available for achieving those goals, and, since there are no leaders, a sense of responsibility to see that things get done. When there is a delegation of responsibilities but no chain of command, you have to keep an eye on everything and do what you see needs to be done rather than waiting for directions or for someone else to do it. I'm sure there are a lot of situations where a chain of command can mean the difference between life and death. But there is this other way that is valuable in highly fluid situations where a lot of what is happening just can't be anticipated.

I think that we could all stand to realize that there is a lot that needs tending to around us and there often really isn't anybody in charge. We live in a society that values experts and we often don't have the confidence or the will to act on the basis of our own personal assessment of the situation. Think of a fire in a trashcan

The Vashon Loop, p. 9
Open Air
The 3rd Annual Outdoor Aerial Festival



“Remember when you were a little kid and you would spin until you had to fall down? Or run to cool off? Or jump from the back of a couch and really really fly?”

Open Space for Arts & Community invites Vashon to fly with us, at our third annual Open Air – the light, bright, outdoor aerial festival with a splash of circus and magic in the meadow. Bask in the sun, enjoy the view of Mount Rainier, lean back and fly in your imagination as you watch fabulous aerialists from the Northwest and beyond.

Producers Janet McAlpin and Lynelle Sjoberg are excited to bring together their third annual aerial festival, with performers old and new bringing new work that will delight all ages. Performers include internationally renowned rope artist Terry Crane (of Teatro ZinZanni and more) and Upswing Dance Co.; Janet McAlpin & Lynelle Sjoberg debuting a new piece; Martha Enson; Esther Edelman and her Silkworms (students

Glenn Easley, Julie Gibson and Laura Cherry); mother/daughter duo Elizabeth Klob (a student of Esther's) and Madeleine Schroeder (a student of the UMO School of Physical Arts); Lisa Elliot and students; Leah Mann; David Godsey; the Rock Island String Collective; a spectacular appearance by Patricia Toovey's DRAGON, and more.

Open Air takes place in the beautiful Open Space meadow. Relax, enjoy the view of Mount Rainier, bring a blanket to sit on and a picnic, and fly with us! A great event for all ages; admission is by donation.

WHERE: Open Space for Arts & Community, 18870 103rd Ave SW, Vashon

WHEN: Saturday, August 17th, 4pm; Grounds open at 3pm

TICKETS: Admission by Donation (Suggested \$10 for Adults and \$3 for kids. No one turned away for lack of funds!)

next to a wood building or someone getting mugged out in plain sight. Fortunately, there is usually someone with the presence of mind to act, but there are often a lot of spectators as well.

Sometimes it takes a measure of knowledge and common sense to size up a situation and to know whether

you can or should step in. Most of the time, it is just a piece of garbage that needs to be picked up, something moved that somebody is likely to trip on, or some such. We don't need to wait for the experts most of the time; we can do it ourselves.

Comments?
terry@vashonloop.com

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www.vashonheritage.org

admin.vashonheritage@comcast.net

Live Auction at Noon!

Rubber Soul & Nashville Skyline



Vashon Events’ third showcase this year features local Vashon musicians taking on two of the all time greatest albums recorded – The Beatles’ Rubber Soul and Bob Dylan’s Nashville Skyline, ranked by Rolling Stones Magazine as numbers 5 and 4 respectively of the 500 greatest albums of all time. “Two Albums – Start to Finish” will feature more than two dozen local musicians who will play one song each, cover to cover. Tickets are \$10 and are available at the door only. The show will kick off with Rick Doussett performing, “Drive My Car” at 8 pm and will be emcee’d by Vashon Events’ cofounder – Allison Shirk. There are 24 songs total that make up the albums and musicians will be playing solo and in small ensembles.

The concept for playing albums cover to cover gives us a chance to take the audience on a musical journey. These songs are extremely nostalgic for most people. And when our favorite local musicians bring them back to life live, it can be very emotional. Musicians either play the tune as close to the original as possible, or interpret the song in their own unique style. Either way, it’s one of those concerts where audiences stop talking and lean into the music, anticipating the next note. For musicians, it can be very fulfilling when an audience listens to the music in this way.

Proceeds from the event will support Vashon Events – Vashon Island’s community arts, culture, and charity events website that launched this year. This will include the cost of the sound engineer, John Sparks, who works hard to make the show run smoothly. Vashon Events is also planning to use proceeds to create a new, “add to my calendar” button for each event so that subscribers can view events and immediately add them to their personal gmail or outlook calendar. There will be a raffle during intermission between the albums to give away wine from Vine to Vashon Wine and gift certificates for the

Vashon Roasterie.

- Rubber Soul:
Drive My Car (Rick Doussett)
Norwegian Wood (Gregg Curry)
You Won’t See Me (Roger Taylor)
Nowhere Man (John Browne)
Think For Yourself (Chris Ballew)
The Word (David Godsey)
Michelle (Joe Stewart & Dianne Krouse)
What Goes On (Erik Reimnitz)
Girl (Rebekah Kuzma & Andy James)
I’m Looking Through You (Kevin Moe)
In My Life (Ron Hook)
Wait (Delilah Pearl)
If I Needed Someone (Jon Whalen)
Run For Your Life (Jamie Jackson)

- Nashville Skyline:
Girl From The North Country (Jeff Kanzler)
Nashville Skyline Rag (Dianne Krouse)
To Be Alone With You (Rick Vanselow & Joe Panzetta)
I Threw It All Away (Phil Royal)
Peggy Day (Michael Whitmore)
Lay Lady Lay (Bob Krinsky)
One More Night (Carter Castle)
Tell Me That It Isn’t True (Brian Hildebrand)
Country Pie (Lawson Cannon)
Tonight I’ll Be Staying Here With You (Allison Shirk)
Saturday, August 17 at 8pm.
This is an all-ages show ‘til 11pm, then 21+ after that. **\$10 COVER**
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Cordaviva at Red Bike

Cordaviva is a 9-piece powerhouse of dance music influenced by the disparate rhythms and styles of the African diaspora. Their upbeat original music is a unique blend of soukous, rumba, Afro beat, funk, and various Latin styles. Bright horns compliment sublime vocal harmonies (sung in various languages), soulful guitars, and relentlessly driving percussion.

Cordaviva has performed at such notable Seattle venues as The Triple Door (lounge and main stage), Nectar Lounge, The Tractor Tavern, and ACT Theatre. Cordaviva’s influences stem from musical legends such as Nigeria’s Fela Kuti, Guinea’s Bembeya Jazz, and Congo’s Franco & TP OK Jazz, as well as the Brazilian and Afro-Cuban sounds of Caetano Veloso and Mongo Santamaria.

“You’ll be in for a real treat when you see Cordaviva...



blending Soukous, Afrobeat, and Reggae gives [them] an unexpected edge in the local World music scene and completely sets them apart... [they do] a fantastic job of combining sax, trumpet, percussion, guitars, keys and vocals all while giving each instrument their own spotlight.”
-Lindsey Scully, SSG Music

If you missed this band on previous visits to the Bike, now is your chance to see the band everyone was talking about. This is a free all-ages show until 11pm, then 21+ after that.
Saturday, August 23 at 8:30pm.
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

OneNiteStand & The Sirens

We all know a OneNiteStand is never enough – You just want more! Well good news, they’re back! And they have new stuff as well as a female duo who will redefine the local blues scene. This band is ‘nothin’ but rockin’ blues’ and you’ll say “oh yeah!” when you hear them! Can Blues be this much fun? It is for the players and it will be for you when you join this band of musicians who’ve been rode hard and put away wet. They’re dusting it off and shinin’ up nice for another rare gem of a show.

These musical veterans play their favorite blues tunes and spice ‘em up with their own originals. They’ve all got blues chops, from growling it to flat-out rockin’. And wait ‘til you hear the female singers! Fresh from playing in the local band, Avaaza, Terri and Azula will leave you crying for more. They’ve been playing for a long time and have musical histories too long to mention here. The all-island players present a nice mix of talent:

Luke’s guitar screams the blues like a down-hearted frail and goes raw at just the right times. And when he sings, he knows most of the words too. Amazing!

Harmonica king, Lonesome Mike, will slip you some of his own grimy vocals over the sw-e-e-e-t sound of blues harp all night long, baby.

Slab blows his sax to the max with his own brand of playing that will even impress your friends.

Gib, well, has that strong back beat that keeps things smoking as he’s laying down the beat.



Percussionist Fletcher creates those additional rhythmic pulsations that enhances Gib’s driving sounds
Matt [you know that guy! The Strawberry Fest award is named after him!] drives home a solid cobalt bass getting funky or just bluzin’ it up.
You’ll love OneNiteStand & The Sirens and you’ll never

forgive yourself if you miss this. This is a free cover all-ages show ‘til 11pm, then 21+ after that.
Friday, August 30 at 8:30pm.
At the Red Bicycle
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Cash & Checks Welcome

Club O Live



Open Space is thrilled to welcome Thick as Thieves as the inaugural band for Club O LIVE – a night of live music and dancing. Thick as Thieves recently had a great showing with Vashon’s own Sarah Christine Band at Nectar in Seattle, and following their Open Space performance they head to Eugene, OR, for the inaugural kaleidoscope music fest, opening for legendary rapper NAS. Vashon’s own Kiki Means will open.

Thick as Thieves is on the forefront of the ever-changing musical spectrum, bringing each member’s unique tastes and musical stylings to the stage. With influences ranging from Nas and Tupac to Creedence Clearwater Revival and Fleetwood Mac, Thick as Thieves exists harmoniously within musical contradictions. Each song presents a unique opportunity for the listener to explore a variety of musical genres seamlessly. Up-tempo and honest, the lyrics and melodies allow the band to share intimate moments with the listener, engaging each audience member with passionate performances and energetic sets.

Since forming in 2009, Thick as Thieves has performed regularly around the Los Angeles music scene, including world famous Sunset Strip venues such as “The Whiskey,” “Troubadour,” “House of Blues,” and “The Roxy”, as well as local hangouts like Molly Malone’s and The Mint. Successful tours of the Northwest, Midwest and Northeast have allowed Thick as Thieves to showcase their talent across the country in the college marketplace.

Opening for artists such as P.O.D,

Sean Kingston, New Boyz, Young the Giant, Matt & Kim, and Imagine Dragons, Thick as Thieves continues pursuing their path as trailblazers in support of their newest EP “These Days.” This summer, Thick as Thieves will be touring the Pacific Northwest as well as writing and recording new music that they will take across the country with them this fall.

Thick as Thieves is based in LA, with band members from Washington, California, Texas and Oklahoma. Recent shows include House of Blues (Hollywood), Whiskey A Go Go, The Roxy, The Mint, Café Was, Soho House LA, Sunset Strip Music Fest, and several colleges and universities.

Opener: Kiki Means has been immersed in music since she was a little girl – providing lead and harmonies during shared family music since the age of two. She states that her father, who patiently encouraged, taught and accompanied her throughout the years, is her strongest musical influence. Kiki’s wide range of covers of singers/ songwriters in the style of Schuyler Fisk, Ingrid Michaelson and Gavin Degraw have been the mainstay of her repertoire until she discovered her talent for first, composition and, more recently, songwriting.

Thursday, August 22 at 9:30pm, Doors open at 9pm. Admission: \$10 Suggested Donation at door (no one turned away for lack of funds!). An all-ages event. Tickets available at the door.

Information:
www.openspacevashon.com or
(206) 408-7241

Brazilian guitarist Alessandro Penezzi

Open Space is proud to welcome renowned Brazilian guitarist Alessandro Penezzi to Vashon for an intimate evening of music. The “TinyBig” concert, designed for an up-close-and-personal experience of Penezzi, will take place on Friday, August 16 at 7:30 PM.

At home in classical concert halls, jazz festivals, and even the legendary São Paulo Samba club Ó do Borogodó , Alessandro Penezzi is respected worldwide as a brilliant guitarist, composer and arranger.

Though he has performed as a soloist with the São Paulo Jazz Symphony orchestra the São Bernardo do Campo Philharmonic orchestra, Alessandro is best known for his collaborations with an international list of top musicians. These include Yamandú Costa, Carlos Poyares, Toninho Ferragutti and Oswaldinho do Acordeon. He has also accompanied several renowned Brazilian singers, including Beth Carvalho, Sílvio Caldas, Noite Ilustrada, Ivone Lara and many others.

Beginning in 2010, Penezzi joined clarinetist Alexandre Ribeiro to form a duo that contributes new works in the traditional styles of baião, waltz, polka, choro, maxixe, and samba, and brings fresh interpretations to the classics. Through touring, recording, and their transparent love for this music, Penezzi and Ribeiro have helped create an international audience for Brazilian rhythms and melodies beyond the sambas and bossa novas that everyone knows.

As one third of the “Quintessência Trio” Alessandro has also toured Russia, USA and Angola with mandolin player Aleh Ferreira and cellist Júlio Ortiz. Born to a musical family in Piracicaba, a



country town in the state of São Paulo, Brazil, he began studying the guitar at age 7 with local master musicians Carlos Coimbra, Jair T. de Paula and Sérgio Belluco. He went on to study classical guitar and graduated from Escola de Música de Piracicaba, picking up mandolin, flute, and cavaquinho along the way, as well as the 7-string guitar particular to the “choro” style.

In addition to performances and recordings, Alessandro regularly offers workshops on ‘choro’ guitar, where students can benefit from his patience, generous spirit, and lifetime devotion to making music. Penezzi will offer a two hour workshop on Friday from 4:30-6:30PM at Open Space. Alessandro says, “Come prepared to work hard, and I hope to help you take a few giant steps on your own musical journey!”

Interested persons should contact Open Space to register by emailing to info@openspacevashon.com.

Concert in the Park!



Mark your calendars, summer is here and so are the annual free Summer Concerts In The Park. 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 grass and natural burms to spread out those picnic blankets. Families can come relax, let the kids play on the playground and enjoy the entertainment at these summer events.

The concerts are presented and funded by Vashon Park District in association with Vashon Events and Vashon Allied Arts.

Grounded in the Afro-Latino sounds of the Caribbean, Picoso’s all original

music spans a dynamic spectrum from traditional Cuban son and Cha Cha to dubbed out Cumbia and Reggaeton, and of course their mainstay, Salsa. They are not afraid to stretch beyond what is comfortably known as Latin or world music. The vibe is very urban and hip, without losing the relationship to the ancestor sound.

If you’ve never experienced the warmth of community at the cool nights of summer concerts in the park, you’re in for a special treat. Join us for these magical evenings and enjoy the diversity of these amazing bands right here on Vashon Island.

Thursday, August 22 at 7pm.

Vashon’s Yellow Pages on line.
Find it on
www.VashonPages.com

Kronos, Palouse Winery, Pandora’s Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info
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August 17, 8pm
Rubber Soul & Nashville Skyline

August 23, 8:30pm
Cordaviva

August 30, 8:30pm
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**Next Edition
of *The Loop*
Comes out
Thursday,
August 29**

Deadline for the next
edition of *The Loop* is
Friday, Aug. 23

Loopy Laffs


LOGJAM



BY Jeff Hawley

SAYS HERE
THAT TREES
CAN GENERATE
A TEENSY
AMOUNT
OF
ELECTRICITY!

TRUE



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Now Playing



WORLD WAR Z

United Nations employee Gerry Lane traverses the world in a race against time to stop the Zombie pandemic that is toppling armies and governments, and threatening to destroy humanity itself.

Starts Aug. 23



The Way Way Back

The Way Way Back - Shy 14-year-old Duncan goes on summer vacation with his mother, her overbearing boyfriend, and her boyfriend's daughter. Having a rough time fitting in, Duncan finds an unexpected friend in Owen, manager of the Water Wizz water park.

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Find the Loop on-line at
www.vashonloop.com

Bonita Boo Needs A Home...

Bonita Boo is a silky, slim, petite young girl who is chock full of personality. She would love to be the sole soul mate for her new person. She has a fun, playful spirit and she would make a great family cat. Bonita Boo came to VIPP on 4/14/13.



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VASHON FEDERAL COURT - Maury Island Space Aliens GE (genetically engineered) food hearings ...
Defense presents.

...the ANTI-GMO food movement actually began in Europe in the '70s and '80s as an ANTI-COMPETITION and ANTI-CORPORATION movement pitting EU farmers' unions against businesses. That tactic didn't resonate... with the U.S. market until a SAFETY ANGLE was found to oppose GMO foods!

GMO foods can be and, in the future, will be more nutritious than traditionally cultivated foods... and VERY SAFE!

So what do those who protest GMO Foods say?

SHHHHHH!!


WHAT? TOO SOON?

GMOs ARE BAD!!

©DEE 8/5

SAYS HERE
THAT TREES
CAN GENERATE
A TEENSY
AMOUNT
OF
ELECTRICITY!

TRUE




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OKAY -- BUT
WHAT GOOD
DOES IT DO
YOU?



logjamcomic.blogspot.com

YOU'D BE
SURPRISED



PUNCHLINE
POWER
BOOST