



VASHON

THE LOOP

Vol. 11, #15

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July 17, 2014

Morning Scramble To Go Live at FM Launch



By Richard Rogers

This Fall, as Vashonians scramble to start their work days, KVSH-FM 101.9 will broadcast the live “Morning Scramble” show. Each morning a different host or host team will regale listeners with local music, ferry and traffic updates, Island weather and takes on Island life. You’ll meet your neighbors, hear what’s up with the arts, and exchange views on Island issues with lots of opportunities to call in with your thoughts and opinions. The show will air Monday through Friday, 8am to 11am.

Your Morning Scramble hosts have a wide range of backgrounds and interests.

Truman O’Brien, former jet pilot and teen deejay, will spin tunes from his collection of vinyl hits while he pulls adventure stories from listeners and tells a few of his own. Truman’s sidekick and co-host, Bob Stewart, will have stories and music of his own from life as a champion rower and beyond.

Michael Barker, actor, director, teacher, will co-host with Susan McCabe, VoV’s Station Manager, as they play the blues and mix it up with their comic views on Island life. Their show will be peppered with movie reviews from Hollywood, garden reports, news updates, non-profit organization profiles and backstories from Island news media.

Jeff Hoyt, former deejay and current professional voiceover actor, will team up with his wife, Cindy Hoyt, writer and one of the funniest women on the planet, to play some of the Island’s best music, interview Island artists and fill the airwaves with laughs.

Tim Everitt, a film writer, director and animator with a dusty history in radio, will bring his story-telling talents to the Morning Scramble with tales of Vashon’s human and commercial history as well as roots music - blue grass and country tunes from Vashon artists and more. His co-host, CC Stone, will bring spicy Island gossip and political commentary to Friday mornings.

Gregg Curry will focus heavily on music with one week dedicated to a particular year or artist, another week may deal with a single theme, another may be songs that were all recorded in one studio like Muscle Shoals Alabama. In addition to playing and discussing songs, art, and literature in light

of historical and cultural developments, Gregg will also interview various Island musicians, artists, and other folks about how the music, art, literature, or whatever else is on that day’s programming agenda has touched their lives and what it has meant to them over the years.

“We are scrambling to keep up with ideas and volunteer producers coming to us with fresh KVSH-FM programming,” says VoV Station Manager Susan McCabe. “And, it’s incredibly exciting. Those of us who’ve worked hard for this radio dream are bruised from the pinches of disbelief as we see our dream coming true. Volunteers Rick Wallace and John Midgley have led the march to community FM licensing for VoV, and we couldn’t be more grateful.”

In addition to the live Morning Scramble, KVSH-FM will host a live bi-weekly issues program titled “Matter of Opinion (MOO).” Hosted by journalist Eric Pryne, MOO will assemble representatives of differing viewpoints on a given Island issue and invite them to civil discourse along with live callers. “This show promises to provide a much needed open forum for Islanders to air their views on a variety of issues important to Island life,” says McCabe.

There’s a lot more where these programs are coming from, including comedy with Chris Austin, world music with Jason Everett, sounds of the intuitive with Lorna Cunningham, a tongue-in-cheek look at world events with Brian Brown and more. KVSH-FM is All Vashon All The Time. “Our goal is to provide programming of unique interest to Islanders,” says KVSH program chair Jeff Hoyt. “So send us your ideas and tell us what you want to hear.” Send suggestions to info@voiceofvashon.org and become a part of community FM radio at 101.9 FM.

In its efforts to build Vashon’s own radio station, VoV has received donations from over 400 individual supporters. Fundraising will continue until the \$50,000 goal is reached so equipment needed to produce a high quality FM sound can be purchased and installed. The station will also expand its Open Studio training program and improve studio space at Sunrise Ridge.

To support VoV’s effort to bring community FM radio to Vashon, visit VoiceOfVashon.org/RaiseTheTower.

Many Paths Lead to the Vashon Sheepdog Classic



There are about 2,000 people in the (United States Border Collie Handlers Association (USBCHA,) the top level herding association in the US and Canada. Somewhat surprisingly, two thirds of the handlers are women. While the majority are either involved in full time agriculture and ranching or farm as a second income, an increasing number have turned to competitive sheep dog trials because they love the sport. One thing that all these herders have in common is that they love their dogs.

In the issues of the Loop leading up to the Vashon Sheepdog Classic, to be held at Misty Isle Farms from August 22 to 25, we’ll be offering profiles of four very different women who have made sheep herding competitions with their dog partners an important part of their lives

Gael Gann

“I thought watching a dog move sheep around a field would be boring.”

Gael Gann is one of many sheep dog handlers who stumbled upon the sport. “My daughter, Kelly, was studying animal behavior at the University of California at Davis and she kept urging me to see a sheep dog trial.”

Gael resisted.

“I thought watching a dog move sheep around a field would be boring.”

And when she discovered how wrong she was, it changed her life.

“I went to the 2004 Vashon Sheepdog Trial with my newly rescued border collie and fell in love with the beauty and intricacy of open field sheepherding.

Gael wanted to try it.

“First comes the dog and then soon come the sheep,” Gael said.

Right away, Gael looked for training - for herself and for her dog. She found many gifted and experienced handlers and trainers to set her on the road. Among then were Scot Glen, Karen Child (who raised Chili, one of Gael’s dogs who’ll be competing in the 2014 Vashon Sheepdog trials,) Patrick Shannahan, Don Helsley and Faansie Basoon, who raised Gael’s other competing dog, Joe.

Local handlers were generous, too, with their willingness to answer questions or address training problems. Soon Gael began to understand that learning goes on forever in this sport. She thinks that’s what makes it so intriguing.

“This is the hardest thing I’ve ever done,” Gael said. “I’ve had to learn to be a stronger person. The goal is to keep getting

better. The more I learn, the more I need to learn.”

Today she practices herding with her two border collies, Chili and Joe, two very different dogs. Chili’s name suits him. He’s raring to go and eager to move the sheep in a gentle but insistent way. Joe is still a young dog at age three. Many young dogs can be a little too eager, almost crazy, but not Joe. He is almost too calm.

“With Joe, I have to get him jazzed up.” She does that by talking to him in a bright, light voice and cheerfully encouraging him. Border collies are sensitive dogs and eager to please their handlers. They are hardwired no matter what their individual style to think that herding sheep is the most fun in the world.

Dogs are different from one another and everything else about sheep trials is variable, too. Some of it is difficult and frustrating. The time of day makes a difference. If the sheep are hungry, they want to graze and are reluctant to

put up their heads and trot down the field. All breeds of sheep behave differently. Some breeds are described as “light” which means they are flighty and may break from the others. Other breeds are “heavy” slower movers and not always eager to trot along through gates and head toward the handler. The sheep in the Vashon classic are often mixed and move at different rates.

The best dogs know how to handle both. The weather can play a big role, too. Neither the dogs nor the sheep like heat. The best dogs and handlers know how to work in all situations. Sometimes, though, dog and handler may disagree about the best way to handle the sheep.

“It’s important to learn how to trust a dog’s inherent abilities,” Gael said.

Gael works her dogs with sheep nearly every day.

She laughs when she remembers how boring she had expected it would be to watch herding. The sport gains in popularity every year. There were over 3500 spectators at the Vashon Sheepdog Classic in 2013. With more dogs and an extra day of competition this year, crowds are expected to swell. Every year some of those unsuspecting spectators will eventually become hooked on the sport.

“My daughter, Kelly, and I now attend trials together along with my grandchildren and son-in-law - all with our own dogs competing at different levels,” Gael said. “This is a very fun kind of family togetherness.”



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\$400,000	\$320,000	\$1,436.95	\$1,621.40	\$1,816.93
\$600,000	\$480,000	\$2,155.42	\$2,432.09	\$2,725.39

*The payments reflected are principal & interest payments only & are based on 30-yr amortization & 20% down payment. Mortgage insurance, property taxes, & homeowners' insurance not included. This is not intended as an offer to extend credit, nor a commitment to lend. Loan rates, fees & terms presented here are for illustrative purposes only & may not be currently available. The document was prepared to assist real estate professionals in illustrating some financial options available.

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\$300,000	\$265,872	\$237,260
\$400,000	\$354,496	\$316,346
\$500,000	\$443,120	\$395,433
\$600,000	\$531,744	\$474,519
\$700,000	\$620,368	\$553,606

This document is not intended as an offer to extend credit nor a commitment to lend. The loan interest rates, fees and terms presented here are for illustrating purposes only and may not be currently available. The document was prepared to assist real estate professional in illustrating some financial options available.

Your Windermere Team:

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17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Miss Spotty Needs A Home...

I like to snuggle in people's arms and purr up a storm. The reason I'm at the shelter is that my person moved out of the apartment and left me all alone. I don't understand why I was abandoned, because everyone says I have a good personality. I haven't lost my faith in people, though, and I hope someone who likes to cuddle with cats will give me a new home.



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Next Edition of The Loop Comes out Thursday July 31

Deadline for the next edition of *The Loop* is **Friday, July 25**

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

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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.

Vashon Social Dance Group Monthly Dance & Lesson

Vashon Social Dance Group is Offering a FREE Swing dance lesson at

6 pm prior to the Portage Fill street dance performance. NO PARTNER NEEDED, Come one, come all and prepare for a fun night of dancing in the street.

VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community.

It will take place the first Thursday of each month from 7-9 pm. Contact cara.aguilera@providence.org/ 567-6152 with questions.

Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church
Fridays 7 pm”

Have a Story or Article

Send it to:
Editor@vashonloop.com

Vote Early and Often for Unofficial Mayor of Vashon

This year’s contest for Unofficial Mayor of Vashon is heating up, with a field of four candidates who are competing for \$1 votes to benefit their chosen charities. Candidate Dorothy Johnson has been active in the Vashon community for over 50 years and was a prime mover in initiating round-the-clock health care coverage on Vashon in the 1960s. She worked to bring doctors to the Island, find clinic locations, and find ways to satisfy Island health needs. Dorothy obtained grants and helped create the group known as Health Center Volunteers, now in operation as Granny’s Attic, to provide local support for Islanders’ health. Under Dorothy’s leadership, the community of Vashon obtained the old Nike missile site from the government under a 30-year lease. The property was subsequently deeded to Sunrise Ridge Health Services. The concrete block buildings that served as administrative headquarters for the military were converted to space for Island non-profit organizations, currently Granny’s Attic, Franciscan Clinic – Vashon, Vashon Maury Community Food Bank, Voice of Vashon, the Vashon Fruit Club Orchard, and Vashon Youth Baseball fields. The open area is also available for the use of the people of Vashon. Votes for nonagenarian Dorothy Johnson will go to Sunrise Ridge Health Services for improvement of the helicopter landing pad used for emergency medical evacuation at Sunrise Ridge.

Voters are encouraged to vote as often as they can with as many dollars as possible. Ballot jars for Dorothy Johnson are located in The Hardware Store, Vines to Vashon, Pandora’s Box, Mom’s, Thriftway, Eagles, Burton Store, Burton Coffee Stand, Minglement, Vashon Pharmacy, Sporty’s, and True Value. The contest ends on Saturday, July 19, at 6 p.m., with the winner announced at 10 p.m. That winner will ride in the car parade on Sunday and will serve in as Unofficial Mayor of Vashon until the following Strawberry Festival. The Mayor has great latitude in issuing proclamations and assuming roles in Island functions.

Joanna Gardiner

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The Vashon Loop

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Vashon-Maury Island Archaeology Day Saturday, July 26

Artifact Identification:

1 - 4 pm, Vashon-Maury Island Heritage Museum

Bring your artifacts to the museum for identifications by archaeologists from the Burke Museum, King County Roads and the Puyallup Tribe of Indians. *

*Artifacts in the State of Washington are property of the landowner. If you have questions about archaeology laws please contact the Burke Museum (archy@uw.edu, 206-221-6183)

Archaeology Of Vashon Island:

7 - 8:30 pm, Land Trust Building

Come to a presentation by Brandon Reynon, Puyallup Tribe archaeologist and Tom Minichillo, King County archaeologist. Learn about recent archaeological projects on Vashon and the history of archaeological research on the island. An opportunity for questions will follow the presentation.

Raffle Tickets for Sheepdog Classic Afghan On Sale Now

For the second year in a row a group of talented Vashon knitters are helping to raise funds for island youth by

by creating an afghan that celebrates the wool from sheep. The drawing for this community based art project will take place Sunday, August 24 at the Vashon Sheepdog Classic. Cascade Yarn’s Eco Duo, a soft blend of merino wool and alpaca, was donated to the project by the Vashon Pharmacy. It’s been estimated that a total of 900 hours of volunteer labor. went into the creation of this original piece. Those who helped create the afghan include Tori Beck, Anne Bell, Susan Commeree, Edna Dam, Jan Frost, Rebecca Graves, JoAnne Hennessey, Nancy Kapleman, Margie Wetherald, Myra Willingham, and Lois Yunker.

The afghan was on display outside the Tea Shop during the July 11 Art Walk. During the August First Friday Art Walk, the Two Wall Gallery will be hosting a full show dedicated to the Sheepdog Classic. Included in this show will be the “yarnstormed” field gate, created by knitters during the 2013 dog trails. This gate will be the official pen gate at the 2014 dog trials.

The afghan measures 45-inches by 72-inches and made of connecting 10-inch squares. Each square was designed and knit by a different woman from the Second Saturday Knitters (SSK) who meet monthly at the Vashon Senior Center. Assembling the squares for the afghan was challenging because everyone knits in a slightly different way. Next steps were placement, stitching together the squares and, finally, putting in a fencing border (a broken rib stitch in the language of knitting) by a few of the LOAFERS (Ladies of the Afghan Fundraiser.) The result is a genuine piece of community based art.

Some lucky someone will claim this luxurious piece of art with a winning lottery ticket. Tickets are \$2 each or three for \$5 and are available at The Vashon Bookshop, Blooms, Island Lumber, island Quilter, Vashon Pharmacy, and Pandora’s Box. For more information about the trials, go to <http://www.vashonsheepdogclassic.com/general-information.html>

THE MOBILE CSO IS COMING!

Dates	Wednesday July 30, 2014
Times	10:30am to 1:00pm
&	Maury Community Food Bank
Places:	10030 SW 210th
	2:00pm to 4:30pm
	Vashon Market
	17639 100th Ave SW

AT THIS EVENT, YOU CAN APPLY FOR:

- Cash Assistance
- Basic Food Assistance
- Child Care Services

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.

Your ticket to amazement awaits!

Vashon Opera’s sixth season kicks off in September with Mozart’s Don Giovanni, considered one of the greatest operas of all time. Watch as the Don pushes his limits and meets his ultimate demise in this brilliantly crafted masterwork. Part comedy, part tragedy this opera is Mozart at his finest, sparkling with music full of sheer genius.

In February the season continues with American composer Richard Wargo’s The Music Shop presented as a free performance for the children of the Island. Laugh aloud as a mild-mannered man comes to a sheet music shop to purchase a song, but...he can’t remember the title or tune of the song! What ensues is sure to amuse both kids and adults alike.

The season concludes in May with British composer Benjamin Britten’s Albert Herring, a charming chamber opera written in 1947. Endlessly witty,



poignant and beautifully layered, Britten’s comic opera highlights the misadventures of a lonely shop-boy in a small English village that is teeming with colorful and amusing characters.

As Islanders have come to expect, Vashon Opera productions are presented in intimate settings where audience members are up close to the action. The sixth season promises to continue that tradition.

Join us as we embark on another season of intimate opera! Come be engulfed by the fast-paced action, entranced by the exquisite music, and transformed by the power and expression of the human voice!

Season Tickets for Vashon Opera’s sixth season are now on sale online! Be the very first to get tickets to Vashon Opera’s exciting 2014-2015 season.

Season Tickets offer you the satisfaction of having your tickets in hand for Don Giovanni and Albert Herring today while saving \$3 off the Individual Ticket price! Individual tickets for Don Giovanni will go on sale in August for \$35. Go to vashonopera.org and join us for our sixth season of intimate opera on Vashon!

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Voice of Vashon

THE LOOP



The Shape Up Vashon Summer Presidential Challenge has 36 winners!

8 teams successfully challenged their members to win President’s Active Lifestyle Awards. This required ½ hour of exercise or more, 5 days each week and adding a healthy eating habit each week for 6 weeks out of 8. The Methodist Team, United Method Walkers, won the prize for 11 members earning President’s Active Lifestyle Awards. The Windermere Team and the Unitarian ShapeUUp team tied for second, winning 6 awards each. The other winning teams were Very Fine Form VIPP Volunteers, Laura’s Healthy Eating Group, Seniors Rock from the Senior Center, CoreTastic from Core Centric, and Peter Lake Acct.’s Abacus Group. One member

of the Abacus Team won the President’s Bronze Champion Award burning off about 40,000 calories over 2 months in addition to her full time job!

A BIG thanks to our prize sponsors: Vashon Athletic Club, Vashon Golf and Swim Club, Spider’s Ski and Sports, NW Sports, Thriftway, The Hardware Store, Nancy’s Nail Spa and Neil Jungerman!

The President’s Challenge is open to every one of all ages for free. Choose the challenge that is best for you, if you exercise already most days, or want to get started. Check it out at www.presidentschallenge.org

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Mickey Needs A Home...

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Go To www.vipp.org Click on Adopt

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

Compost the Loop
The Loop’s soy-based ink is good for composting.

Island Life Extreme Weekend

By Peter Ray
*Fame makes a man take things over
Fame lets him lose, hard to swallow
Fame puts you there where things are
hollow Fame ~David Bowie- Fame*

It is once again that time of the summer when I get up early nearly every day to watch a live TV broadcast from France, and places near to it. It is also the time when TV commercials get repeated over and over with annoying consistency throughout each of the four hour transmissions. The above quote comes from one of them- the commercials that is. I was not a big fan of this phase of Mr. Bowie’s career, and after one viewing I had had enough of this attempt at selling one of the latest models of a Cadillac SUV to the waiting masses, although it must have been the fame refrain and the funky disco beat that someone was counting on doing the selling, as I don’t believe the third line describes an aspiration of Clan Cadillac, regardless of how true it might be. And I don’t believe they- the advertising geniuses that is- were even close to anticipating the internet comment crowd backlash from vocal white people who found that the image of a white slave combined with images of other skinned people in power, and in the driver’s seat of a white Escalade, are all indications of somebody’s war on white males. Personally, in looking up the lyric sheet and finding that John Lennon was in on its creation- Fame, that is, not the commercial (obviously)- I can’t imagine he would have been very happy with where it wound up, although at the same time I believe he might have found humorous irony in this mixed advertising message.

All of this is a bit far from the bike race I started to talk about tangentially, that of course being the Tour de France. For those who don’t know, it is on now, and I suppose there is a bit of fame and fortune there, although these days if one mentions bike racing in the general word association game, the verbal slot machine whirs and in many cases “Armstrong” and “doping” and “cheat” are the only words that show up in the window when the brain stops spinning. This is too bad, since over the ten or so years I have been going through this particular viewing ritual I have come to crave the drama of the peloton and the bunch sprint and the breakaway as much as I hate the crashes and the repetition of their replays. But if I hadn’t endured the crashes this time around I would have missed key parts of this year’s racing. With barely half the three weeks of riding completed, two of the major contenders for the glory of being awarded the yellow jersey as acknowledgement for being the rider with the lowest accumulated time for the entire 2,277 miles of the race, have crashed out. Former tour winners Chris Froome and Alberto Contador have hit the deck on multiple occasions with Froome finally giving up with sprains, fractures and breaks to both wrists and Contador leaving with a leg pain that turned out to be a break from a crash on a high speed descent.

Neither of these riders left easily. Froome only abandoned the race after two consecutive days where he had crashes and got back on the bike. The second day he had two crashes in cold and very wet conditions and only conceded when he simply could not hold on to the handlebars anymore. Mr. Contador’s race ending crash was more freakish, hitting a pothole on a downhill stretch while eating to fuel the rest of the race day. What was amazing to watch here, besides the crass rudeness of race

photographers hovering and flashing while the competitors were getting their racing head and gear back together, was the drive to continue- something we have seen time again through the years. In Contador’s case he climbed back on the bike and rode another eleven miles before deciding that the pain was too great to continue.

One thing that is amazing in its own right is the level of coverage the Tour receives. Unlike stadium based sports, this bike race can cover well over a hundred miles in a stage, and with a monstrous crew of motorcycle transported live video cameras and an air corps of at least five helicopters, one can sit on the couch with wake-up coffee in hand and literally have the best seat on the race route. Today was somewhat different though. As the rigors of the hills and the mountains and the weather and the incessant racing rolls on, the Tour chews up and spits out some riders, putting them in a situation known as “off the back”. This is not where anyone wants to be, and is a place where riders lose the advantage of the pack, both spiritually and aerodynamically. It is also a place that the TV cameras rarely goes.

As I sat down with my mug in hand this morning I found that I was not watching the usual bumping and shuffling that goes on at the front of the pack, but rather it was a view of a lone rider struggling to not be left behind the team support cars. Of course, his team car, that of Team Garmin Sharp, was with him, but that was it. Every now and then there was a flash back to the breakaway and the peloton, but mostly this one camera at the back, the way back, of the race was catching the grimacing and the labored pedaling of American rider Andrew Talansky, who just a few days before had been fifth in the overall standings and was now losing tons of time on the others. There was speculation from all five commentators as to when the inevitable was going to happen. Talansky had crashed badly a few days before and even the rest day had not helped him mend. From the commentators we heard scenarios of what fate might overtake this rider. We heard interpretations of how form and expression and the occasional hand on the lower back might be harbingers of doom. And then Talansky stopped.

What happened next was something I have never seen or heard during the race or anywhere. There were no sports paparazzi there to steal souls, and even more amazingly, for what appeared to be minutes, the commentators had nothing to say. There was no banter, no speculation, just the sound of the video camera motorcycle engine idling as everyone waited to see what would happen. Talansky sat on a guard rail as one of the team directors talked to him. This did go on for minutes, but for once no one was counting. In the end, Talansky stood up and got on his bike and rode on past spectators who had seen what they thought were the last riders go by nearly twenty minutes before. Without exception they all applauded, as they did all the way to the finish line, which Talansky crossed with time to spare before he would have been disqualified for not making the time cut. We have seen a lot of strange and painful things on this year’s Tour, but Andrew Talansky showed us perhaps the best reason why we watch these races.

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Touch Vashon’s Past During Archaeology Day



last year’s Archaeology Day. L to R: Archaeologist Laura Phillips, a student, Pat Eastly

Many Islanders have inherited artifacts from pioneer ancestors. Others have found their arrowheads or scrapers while gardening or walking along the beach. It is no secret that our 21st century culture occupies land where a much older culture flourished for eons, until 160 years ago. Experts will come to Vashon on Saturday, July 26, for an afternoon and evening of learning from these artifacts. Artifact identification will take place 1 to 4 pm inside the Vashon-Maury Island Heritage Museum. Everyone is welcome to bring in their artifacts and archaeologists from the Burke Museum, the Puyallup Tribe of Indians, and King County Roads will explain the purpose of each, and how they were made and used.

Nobody will try to take these items away from their current owners. In Washington state, the law recognizes that artifacts are the property of the landowner. For further questions about this issue, you may contact the Burke Museum (archy@uw.edu 206-221-6183).

In the evening, archaeologists will collaborate to present findings from several excavations. Brandon Reynon from the Puyallup Tribe, Tom Minichillo from King County Roads, and Laura Phillips from the Burke Museum will compare findings from the 1996 dig at Jensen Point and the one at Manzanita in 2010. What can these objects tell us about the people who made and used them?

We know that the people who lived here, the sxwobabc, had the tools and equipment to meet all their needs for food, shelter, clothing, transportation, and cultural activities. How did they

do this? What do the scrapers, projectile points, stone mauls, net sinkers and bone awls suggest about their craftsmanship and style of living? What has been found, and what has not? Nets made of plant fibers have probably not survived in the ground. Baskets, hats and clothing woven of bark or cattails have likely disintegrated long ago. The stories people told and the songs they sang as they worked, visited, and prayed cannot be found lying around either. But the descendants of Vashon’s first people, members of the Puyallup Tribe of Indians, can fill in many of those blanks.

On Saturday, July 26, come learn something about the Puyallup band who lived comfortable lives here for thousands of years. And in the months to come, we will invite some of their descendants to honor us with stories, descriptions of the cultural roots of their design style, demonstrations of weaving skill, and the nature of their manifold connections to the fish and shellfish of the Salish Sea. Also consider visiting the museum to see the special exhibit “Vashon’s Native People: Navigating Seas of Change,” 1-4 pm Wednesday through Sunday, plus additional hours on July 26 from 5 to 7 pm.

For supporting the exhibit and these programs, the Vashon-Maury Island Heritage Museum thanks the following sponsors: 4Culture, Puget Sound Energy, DIG, Beth de Groen/Windermere, Rick’s Diagnostic & Repair Service, The Hardware Store Restaurant, John L. Scott Real Estate, and the Northwest School of Animal Massage.

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Spiritual Smart Aleck

Foggy Widow Breakdown

On Sunday the 29th of June I stopped for a bowl of clam chowder at the Ivar’s Seafood Bar in Burien. It was a pleasant sunny afternoon, and the dozens of multi-colored petunias planted around the restaurant lit it up in a cheerful summery way. As I got out of the car I remembered the petunias being there last year. My husband, Rick, had a monthly medical appointment in Renton, and on the way home we often stopped at this Ivar’s so he could get fish and chips. He loved fish and chips, and he especially loved them drenched in malt vinegar.

Looking at those petunias I realized that the last time I’d stopped there was with Rick.

I was swamped in memories. I pulled out my notebook and wrote, among other things: “Looking backward and knowing it is time to turn my gaze forward.”

It is easy to forget, when remembering those who are gone, that there are people still here who love and need us. My granddaughter brought me up short on that point one night when I was whining about losing Rick and Cousin Nancy. “There are other people who love you,” she said in a stern, what-am-I-chopped-liver? voice.

Oh yeah. It was later that Sunday that I realized that when I was having my chowder at Ivar’s it was six months pretty much to the minute since Rick died, and that realization hit like a punch in the stomach, and left me a little unbalanced for several days. Widowed friends have been sympathetic to me about these milestones and first times. Thanks to Anne, Marcia, Crystal, and others for sparing a little grace for a sister. Making the transition from being one of a couple to being one person alone means inevitable passages through shaky and sometimes plain sorrowful times.

Because I was feeling vulnerable and insecure, I found myself wanting to do something which I thought I’d left behind: I wanted to write letters to turnips.

By “turnips” I mean people who have no love to give, as in, “You can’t squeeze blood out of a...” People who, as the



By Mary Iuel

saying goes, just weren’t that into me. People I would write to hoping I’d change their minds and they’d finally love me. Turnips. I thought I’d outgrown that exercise in futility and discouragement, but suddenly the compulsion was back.

It’s about trying to win my mother’s love, you see. Looking back I’d say she loved me instinctively, but she simply did not feel enough inner abundance to be a generous, nurturing person, or even to be nice a lot of the time. She did have it in her to be critical, always ready to tear me down (or anyone – you know, it wasn’t entirely personal. I happened to be the most convenient target).

How I strained for her approval and praise, or even a little damned civility, but she simply did not have it in her.

At various times of my life I have tried to persuade people to love me and be nice to me, trying to make the childhood drama have a happy ending, I suppose. Wow, what a waste of time and effort. You’d think I’d learn. I thought I had learned. Ah, the mighty rational mind! So clever, and so on top of things! But the dumb heart still goes running out of the house and down the street without its pants on.

I broke down and wrote a letter to one of the turnips. Annoyed with myself, I addressed the envelope and put a stamp on it and tossed it on the kitchen table.

Got up the next morning and looked at it.

Then I picked it up and walked it in to my office and put it through the shredder, singing, ♪ AIN’T IT A GRAND AND GLORIOUS FEELING! TYAH-TYAH-TI-DAH! ♪ *

The experience gave me a dose of humility. When you’re vulnerable it’s easy to fall into the old ways that never worked in the first place. The feeling passed, as feelings do. Six months after Rick’s passing I am starting to look forward, and I am starting to be more alive in the present, and I am more aware of how his love lives on for me, healing me and holding me, making me more whole so I can go on without him. Like everything else about grieving, it is a blessed surprise.

*(Thanks and a tip o’ the hat to Clare Briggs, great American cartoonist.)

With Salmon Bake, St. John Vianney Church carries on a tradition that has lasted more than half a century

Follow the crowd to take part in an island tradition – the 54nd Annual Salmon Bake of St. John Vianney Church will be held from 1:15 to 4:30 p.m. Sunday, July 27, on the church grounds.

As always, the Salmon Bake is being held to raise money for the parish, but it is also a chance for Islanders, regardless of their affiliation with the church, to come together for an old-fashioned afternoon of fun, fellowship and tasty food.

“It’s a great place and time to have a wonderful picnic, and it’s affordable to take the whole family,” said Leslie Carda, who is one of the event’s organizers.

It’s a opportunity, she added, to join friends and neighbors on what is almost certainly going to be a sunny, perfect summer afternoon on Vashon. According to many old-timers in the church, it has only rained once in the half-century-long tradition of the event.

The meal will feature salmon prepared over an outdoor alder fire by the men of the church, plus heaping helpings of side dishes including coleslaw, baked beans, garlic bread, Caesar salad, and for dessert, ice cream. To wash it all down, there will plenty of lemonade and ice tea on tap. There will also be a beer garden for the grown-ups.

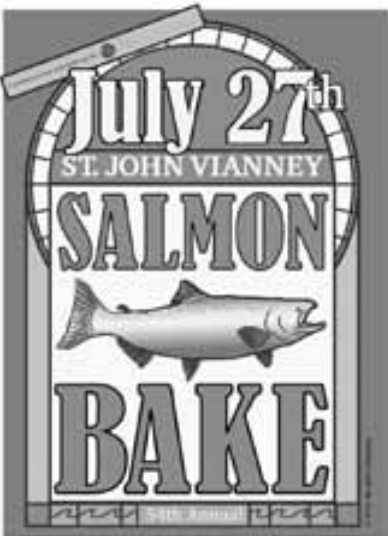
The event will also boast live music by the Vashon band Loose Change – feel free to get up and dance off your dinner – and fun games and activities for kids and families, including volleyball and basketball games played on the church’s outdoor court.

A few attendees will come home with more than a full belly. Salmon Bake will also feature a 50/50 raffle that day – the winner will receive half the proceeds collected, and the other half will go to the church. Another raffle will be held for an “Patio Party” package donated by Vashon True Value – an assortment of outdoor games, cooler, folding table and chairs, tiki torches, etc. – valued at \$250.

The most delicious baked

goods ever to come out of Island kitchens will also be on sale at the event, and a giant rummage sale will also happen from 8 a.m. to 4 p.m. on the day of the Salmon Bake, as well as the day before, from 8 a.m. to 4 p.m. Saturday, July 26.

Tickets to the Salmon Bake are \$15 for teens and adults, and \$5 for kids ages 5 to 12. It’s free for anyone younger than 5. Tickets are available after all St. John Vianney Church masses during July and at the Vashon Pharmacy and the Vashon Bookshop.



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**Aries (March 20-April 19)**

You are strong. Your task now is to get clear on what your strengths are, and how to apply them for the best outcome. Remember that you are also gentle. The challenge you face is to understand how your gentle nature (which others may not always see) derives from your need for others to be gentle with you. Consider how your true strengths are what make you capable of taking responsibility, acting appropriately, and working well with others. For the time being, motivate your every act with the ambition of being seen by others as the most gentle, least threatening person they know.

Taurus (April 19-May 20)

Significant support has a way to flow in your direction during this Full Moon. Don't take it for granted. Rather, exercise discretion as to the source and type of props you get. Some of the affirmations coming your way might seem to come a little too easy -- because they do. In that case, approach this lunar phase with the willingness to say, "easy come, easy go," and mean it. Other validations may appear highly conditional -- because they are. In that event, evaluate what you have done to earn the praise, as well as what actions you can take to keep these good vibrations coming your way.

Gemini (May 20-June 21)

A shift of perception is in store, and it appears you are on a threshold right now. It may not be easy to see just yet, with all sorts of demands on your attention, but the opportunity for relief is on its way. It might come in the form of weight lifted off your shoulders. Or, perhaps inspiration will take the place of what may have seemed to be thankless chores and endless drudgery. If you have struggled lately, know that your efforts have not been futile. Persist with what you have been working toward, knowing there is a new level to take it to.

Cancer (June 21-July 22)

Your generous nature will not be enhanced by excessive humility. Or have you not noticed how some perceptive people have sought your light as energetically as you have attempted to hide it? Indications are this Full Moon will be a good time to step out of self-deprecation and into self-appreciation. Coming out as your best, highest self will inspire even more people to appreciate you. More than that, exhibiting what is truly valuable about you will almost certainly soon bring you value in return. This will not happen by itself. Such moments do not last forever.

Leo (July 22-Aug. 23)

You just might get what you asked for, and more. Holding up your end of a bargain recently made may end up being more than you bargained for. It's very possible that your near future will entail greater responsibility and less play than anticipated when you started out on this path you're on. Not to worry. If you can spend the next few weeks feeling, rather than thinking, your way through the consequences of your actions, the outcomes will more than make up for any extra effort required of you. Trust in your intuition and integrity, and you will thrive in true harmony with your self-worth.

Virgo (Aug. 23-Sep. 22)

What's done is done. No matter what, refuse to criticize yourself for acting on your most deeply felt emotional needs. That does not mean refusing to

correct yourself when it is appropriate. Neither should you neglect being fair to others. This Full Moon offers a moment of clarity for you, a perspective of the bigger picture of your role in the world. You have far more creative potential than you've realized before in your relationships and interactions. Common decency will be your greatest ally. Just remember to be decent to yourself also, and the rest will take care of itself.

Libra (Sep. 22-Oct. 23)

Destiny may now become fully apparent -- the kind of destiny you make -- and kindness itself will be the crucial factor. The process has been going on for a while now. It has to do with who and what has been keeping you constant company over the past several weeks. It also has to do with recent acquisitions and acquaintances. As the finishing pieces fall into place, be mindful of the lessons you have learned this year. Be careful (as in full of care). Be inclusive (as opposed to exclusive). And above all, be kind. What you do comes back to you.

Scorpio (Oct. 23-Nov. 22)

In one of his pithier lyrics, Bob Dylan said, "I save my judgment for myself." While not judging others is a prudent practice, self-judgment should also be managed carefully. Chances are you have had the occasion to find yourself longing for more, perhaps even envious of what someone else has. Now, at one of your most vulnerable moments in recent memory, it's time to dial back before self-criticism freezes you in self-doubt and dries up your empathy for others. If you can adjust now to examine yourself and your situation with detachment, you will have turned an important corner.

Sagittarius (Nov. 22-Dec. 22)

Your theme for the near future is to be in the right place at the right time. That can be tricky business, but you have probably done most of the work already. The key to positioning yourself strategically over the next few weeks is to have faith in what you have been doing all this year. Re-examine every itch you have scratched over the last several seasons and look for a larger pattern of intent. Now, you simply need to trust yourself to know an opening when you see it, and take it. Luck is the residue of preparation. Prepare to feel the flow.

Capricorn (Dec. 22-Jan. 20)

Whatever you are doing, thinking or feeling when you read these words, please pause. Detach, and make this a special moment. Make this a moment to fully appreciate yourself. Feel appreciation for all you have survived. Appreciate your generous spirit, which has been the rock upon which so many have regained purchase. Appreciate what you have accomplished and the wiser choices you have learned to make. Then, when you feel you have acknowledged yourself, resume whatever it is you were doing, thinking or feeling and see what a difference it makes. Regardless of the effort required, remember to be kind to yourself.

Aquarius (Jan. 20-Feb. 19)

Progress is in the heart of the beholder. If others do not share your enthusiasms, do not let them diminish how you feel about recent improvements in the quality of your life. With time, the skeptics will come around and empathize with your point of view. By the same token, time will also function to demonstrate for you how the more things

change, the more they stay the same. When that happens, your mission will be to transcend limits as never before. In order to do so, remain true to your vision, and you will find all the support you need.

Pisces (Feb. 19-March 20)

There is no overestimating your subjective influence with others. Nevertheless, you will now need to tinker with your act a bit to make sure you make the impression you intend. That means staying in touch with your instincts, and being honest with yourself about your motivations. Ask yourself whether what you want now is the same as it was yesterday, last week, last month or last year. After you have consciously brought yourself up to date, allow for the changes you want to make. When you peel back the layers and revisit your true purpose, you will have a better sense of the progress you're making.

Read Eric Francis daily at www.PlanetWaves.net

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Hi, folks, I'm a brown-and-white tabby. Like Dandy, I was a found cat, so it took me a while to trust anyone. I'm still on the shy side but have become fond of people who can wait for me to feel safe with them. When I'm brushed, I purr nonstop. I never want to the brushing to stop, either; I'll get up, turn around and plop back down so the human can brush all of me.

Dandy and I lived together in a foster home for a while, and our foster mom said she wished someone would fall in love with both of us. Could you be that person?

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Dandy



Foster

Positively Speaking

Picking Up My Baton

By Deborah H. Anderson



go find a counselor and talk once a week. She actually used to fall asleep in our one o'clock appointments but because I just needed to hear myself talk, not do all that reflective stuff, it was OK. And somehow she always had a good question and I also knew she cared about me.

The few questions would help me turn corners in my soliloquy. Now I'm going to share this, but know that every person I've ever shared it with has gasped because they think it was completely inappropriate.

She asked me about being sexually abused for many years by a young boy in my family. "Why didn't you say 'No'?" Some little girls say 'No!' "

And that was the question I needed to answer, and the skill I needed to learn. I spent the next two decades of my life observing myself not set limits until things were way out of hand, and not say 'No'. When I did start to set limits and say 'No!', guess what happened?

Things got very very bad. Go ahead. Tell a dependency based person who is using you 'No!'. You see what they do. They get pissed, that's what they do. And they yell, and then they tell lies about you to others and wow! I realized, I was a peacekeeper with very little sense of self. Anybody could own me, and I would take the fall rather than endure kerfuffle.

Well, I started saying "Hell No!" I count for something. I am worth something. I am nobody's slave. Then I had to find people who are love based. They do interdependent relationships.

Tough tough learning curve. And all the while, the baton lay on my dressing table.

This past Spring I was given a gift of a weekend with college chums. They knew away from my family. They knew me as strong and dynamic, a person of radical zest. They reminded me who I am. Who I was. Who I was meant to be and had been on my way to becoming.

When I got home to the Island, I had the opportunity to sing a solo and I belted it out like my whole being was saying, 'Yes!'. Eventually that solo led to someone turning to me and saying, 'Hey, you could conduct'.

Two weeks later, I sat on the just right height stool and raised the baton for the downbeat for the little orchestra in front of me. I smile, now, thinking of that moment.

How did I find myself? I stayed single for one thing. Nineteen years of celibacy. I learned to not get lost in other people by being alone with me. I learned to enjoy my own company.

Then I surrendered myself to my God and my faith and said, "yes" to experiences that would grow and mature that faith.

Lastly, I allowed myself to be involved in the intimate stories of other people. What my counselor said, the other thing she said, was true. There are people who hold rocks in their pockets and people who hold flowers in their hands. I learned to tell the difference between the two and not serve others' unhealthy issues.

Back at the store, the clerk took the selected baton and rang it up. Eventually I learned I gained more than I lost.

Judges 5:12 says, "Wake up, Deborah! Wake up and sing!!". And I did, and I have, and I will, and waving a stick in front of musical instruments is part of that.

One, two three, begin!

Love,
Deborah



Vashon Allied Arts presents BRAMBLEFEST Outdoor Summer Concert

By Stephen Jeong

VAA is proud to reprise our annual outdoor summer concert this August. We call it 'Bramblefest' in honor of the many brambles that naturally proliferate all across the Island and bear fruit at the peak of summer. It speaks to the idyllic and sweet summers that characterize Vashon-Maury, and we hope you will inaugurate a family tradition of spending a glorious summer afternoon on the grass, listening to exceptional musicians. This year, the theme for the concert has a world beat flavor, beckoning the rhythms of Cuba, Brazil and Spain. Join us for food, drink and fun kids' activities!



SuperSones

SuperSones has been called Seattle's answer to The Buena Vista Social Club, playing the sublime music known as son — acoustic dance music of the Cuban countryside that inspired modern salsa. This genre represents a blend of Spanish guitars and harmony, Afro-Cuban percussion and swing, call-and-response singing and trumpet improvisation. Since 2001, SuperSones has played this rich musical tradition with a wide range of classic and original songs in the many styles within the son family including bolero, cha cha and guaracha. In addition to bongos, trumpet and upright bass, you will hear unique instruments such as the Cuban tres guitar, a hollow gourd guiro and the clave, which all contribute to the characteristic and evocative sound of the Cuban son.

Maracujá delivers the languorous and nostalgic sounds of bossa nova and energetic samba with their take on the music that characterizes 1950s-'60s Brazil. The group reinterprets hits from popular Brazilian artists such as Joao and Astrud Gilberto, Sergio Mendes and Antonio Carlos Jobim. Maracujá guitarist Terrence Rossnagle speaks passionately of how this music invokes



Maracujá

saudade — a Brazilian Portuguese word for a deep emotional state of nostalgic longing — that is simultaneously both happy and sad. Caitlin Belem (vocals, saxophone) has lived and studied in Brazil and Cuba, and sings beautifully in the original Portuguese. Dhara Goradia (upright bass) and Sam Esecson (percussion) round out this dynamic quartet who will lull audiences with the rhythms of the streets and cafes of Brazil.

The flames of flamenco will heat up the stage as electrifying guitarist Ben Woods and passionate dancer Stephanie Pedraza return to Vashon for an encore performance. Their previous concert at VAA last November stunned the audience with Ben's virtuoso guitar-playing and Stephanie's expressive and fiery flamenco moves. As one of the most talented and prolific flamenco



Ben Woods and dancer Stephanie Pedraza

guitarists in the U.S., Woods is sought after as a gifted performer known for his innovative blend of flamenco and metal, and has recently traveled across Europe as part of the Master Guitar Tour. Based in Vancouver, B.C., Pedraza has her roots in Colombia, where she has been immersed in Latin song and dance. Her original music compositions reflect her rich Latin American background, blending traditional Latin rhythms with pop and jazz.

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Island Epicure



By Marj Watkins

This Dragon is Delicious!

In hot countries, hot dishes and spicy foods help people sweat, and thus cool off. Here, we rather like cold soups. Today, I give you a Chinese soup that’s served hot or tepid. My daughter Suzanna Leigh, whose inspirational motif is the dragon, gave me the name for it. We call it Dragon Soup because near Bangkok we once ate a “dragon shrimp” the size of a lobster on the bank of the Cha Praya. It served six.

The soup below has shrimp in it, but they need not be the largest ones. It’s perfect for a hot day – provides needed liquid, plus all the elements of a well balanced meal (protein, vegetables, and carbohydrates, and needs only five minutes actual cooking time. The same essential soup is also made with tofu.

Dragon Soup

Prep time: 25 minutes
Cooking time, only about 5 minutes Serves 2 as a main dish or 4 as a starter

- 1 (10-ounce) can condensed chicken broth and
- 2 cups water or 3 ½ cups homemade chicken broth
- 1 Tablespoon chopped ginger (don’t bother to peel it. Xiao Ning says, “Peel has nutrition, too.”)
- 1 to 2 cloves garlic, sliced
- 2 teaspoons soy sauce
- ¼ lb. cooked chicken, diced
- 3 large crimini mushrooms, halved vertically and then sliced
- 2 green onions, tops included, washed and sliced
- 2 cups chopped baby bok choy
- ¼ lb. shelled shrimp or 1 can shrimp
- 1/8 teaspoon cayenne or Hungarian hot pepper, or to taste
- 1 cup cooked rice, optional or 1 small hank Thai noodles, broken up
- In a 6-cup saucepan, bring chicken broth, ginger, garlic and soy sauce to a boil. Add chicken, mushrooms, and bok choy. Return to a boil. Add remaining ingredients, except for the shrimp. Add the rice or Thai noodles. Bring to a gentle boil. Cook 2 minutes.
- If using raw shrimp, add it now. Reduce heat. Cook only until shrimp turns pink and opaque.
- If using canned shrimp, remove from heat, then add the shrimp.
- Chill if desired
- Complete the menu with a simple fruit salad of torn lettuce, diced nectarine or mango and avocado. It’s cooling and serves as both salad and dessert. If you insist on a dressing, I suggest ranch style, or raspberry vinaigrette.

Extra Virgin Olive or High Oleic Oil?

By Kathy Abascal

Extra virgin olive oil is to be the dominant fat on the TQI Diet. Some people hesitate to follow this fully, having been told that EVOO is too fragile to cook with and is no healthier than various high oleic oils that are quite heat tolerant. Increasingly Coop delis, “healthy” snack food manufacturers, and the food industry generally are using these new high oleic oils. High oleic oils are touted as better for us because they have more oleic acid and less of the more fragile essential (linoleic) fats than EVOO has. In reality, food preparers and manufacturers are switching to these oils because they are much less expensive and can move from the fridge to the stove to a deep fat fryer without changes in consistency or taste.

I am leery of high oleic oils in part because they are made using genetically modified (GM) organisms and I am not satisfied with the safety studies done on the foods created using them. As well I am not convinced that, just because EVOO has a high oleic acid content, oils manipulated to have yet more oleic acid are yet healthier. We cannot automatically assume that because something is good, more is better. Instead, I look for foods that have long been part of the human diet. That history strongly indicates safety and benefit. And there are many studies that show that EVOO, in the human diet for thousands of years, is a very healthy choice.

In one such study scientists compared the DNA and antioxidant status of rats fed different diets. The control group was fed a typical lab rat diet. Others ate the base diet with either 15% GM soy, 30% EVOO, or 15% GM soy and 30% EVOO added. Compared to the control, rats fed GM soy had more damaged DNA, suggesting potential carcinogenic effects. They also had fewer antioxidants. Antioxidants are needed to maintain health. In contrast, rats fed a diet with added EVOO had less DNA damage, suggesting a potential anti-carcinogenic effect and more antioxidants – an overall positive effect. Finally, the rats fed GM soy with extra EVOO gained some protection against both the DNA damage and the lowered antioxidant status of those eating GM soy alone.

Although we cannot draw any firm conclusions from a single animal study, the study is interesting:

It suggests that GM foods may have negative health effects because the DNA damage seen can eventually lead to cancer. However, given that the base diet did not include 15% non-GM soy for comparison, we do not know whether the damage was caused by the GM aspect or the soy itself.

The study confirms the antioxidant power of EVOO

and suggests EVOO can prevent DNA damage, and thereby prevent cancers from forming. The study also suggests that EVOO can help offset some of the potential negative effects of DNA-damaging foods. This suggests that if we choose to eat GM foods, making sure that EVOO is in the picture might be a very good protective move, just in case.

Finally, the positive effects of EVOO were attributed to unique EVOO phenols, not to its oleic acid content. This puts in question claims that high oleic oils are a good replacement, given that high oleic oils do not have the unique phenols found in EVOO. And any phenols high oleic oils might once have had would be destroyed in the refining process they are all subjected to.


Another study compared the cardiovascular benefits of EVOO with a high oleic sunflower oil and various refined olive oils. Only EVOO had positive effects on the test animals. The study concluded that EVOO’s fatty acid profile and its rich antioxidant content were both key to its health benefits. “When any one of these factors is modified, the effect of



Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

the lipid source on health could be negative.” Of course, both factors are modified in high oleic oils.

EVOO has a long history of use in the human diet. There are a wide variety of types and flavors that we can enjoy as part of our diet. EVOO has a long history of use and good proof that it is a healthy oil. We should not allow industrial fats to replace EVOO in our diet. We should not be fooled by claims that “new” and “improved” foods are better for us. Instead remember, not only is it not nice to fool Mother Nature, it is not wise to try to do so either.



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Soul Senate



Soul Senate is a 7-piece, high-energy, adrenaline-inducing, audience-oriented, original soul/funk party powerhouse. This band has lit up the dance floor at the Bike in the past, but they are pulling out all the stops for Strawberry Festival Friday – do not miss this epic show!

Bridging the decidedly funky sounds of the 60s & early 70s—such as the Meters, Stevie Wonder, and the Stax label of Memphis—with a distinct modern sound in the vein of Raphael Saadiq, Alice Russell, Eli Paperboy Reed, and the New Mastersounds; Soul Senate claims their own musical territory with booty shaking grooves, well-crafted arrangements, sizzling horns, and memorable instrumentals and vocal songs.

Each member of the band has over 10-30 years experience on the local or national scene: in sum, playing countless venues & festivals—from Bumbershoot to the 100,000 person West Fest—with experience opening for touring acts like Orgone, Delta Nove, Will Bernard, Roy Ayers, and the Monophonics.

Soul Senate’s goal is to lift people up by playing tight in the groove, making a night with Soul Senate a party that is not to be missed, and one that will not easily be forgotten.

\$5 cover at the door

Friday, July 18, 9pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Publish The Quest



Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is coming home to Vashon for the biggest weekend on Vashon. Strawberry Festival!

Jacob Bain, frontman for the group and also a founder of the all-Islander ensemble Trolls Cottage, grew up on Vashon and lives here now. Other band members include Samantha Boshnack on horns, bassist Jeff DeMelle, woodwind whiz Izaak Mills, guitarist Mark Oi, keyboardist and sax man Chris Poage and percussionist Adam Kessler. The group plays an energetic and danceable mix of blues, rock, ska and world pop.

A passion for social and musical outreach has taken the group around the globe. Working with a nonprofit called Learn Africa, Publish the Quest has made several recent trips to Cape Verde, Zimbabwe, Mali, Poland, Portugal and Spain, where band members have played in festivals and music halls, recorded with local artists, and conducted music workshops and jam sessions with under-privileged children. On their most recent trip to Zimbabwe, this summer, the band brought along a trove of donated instruments and soccer

balls to give to kids in Harare and Hatcliffe Extension, a slum just outside the city.

An impressive roster of international stars has collaborated with the band – Femi Kuti, Nneka Lucia Egbuna, Matt Chamberlain, Eyvind Kang, Radioactive, Oliver Mtukudzi and Vieux Farka Touré have joined forces with the group on recordings and in concert. A recent single, “Sodade,” was recorded with Cape Verdean vocalist Laise Sanches, with all proceeds from the sale of the song going to benefit the cause of arts education in Africa.

Bain said he has found great inspiration in working with kids and musicians in Africa – people he said had “an insatiable appetite for music.” To share the healing aspects of music with children in Africa, he said, has been a joy.

Publish the Quest’s latest album is called “Then What!?”, and Bain said he is currently working on a new album as well as a short film that will document the band’s work in Africa. This comes after a recent successful Kickstarter campaign to raise money to fund these projects.

The show starts at 9 p.m. at Red Bicycle Bistro. It’s an all-ages show until 11 p.m., and for ages 21 and older after that. I.D. is required. There is a \$5 cover charge.

Saturday, July 19 at 9pm.
All-Ages ‘till 11pm 21+ after that.
At the Red Bicycle, 17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Bill Carter

Bill Carter has been a pillar of the Austin music scene for nearly three decades, helping shape the city’s rich musical history along with his songwriting partner and wife, Ruth Ellsworth. Over 200 artists have found gold in the songwriting genius of this Texas troubadour, including Stevie Ray Vaughan (“Crossfire”), The Fabulous Thunderbirds, Robert Palmer, The Counting Crows, Storyville, Omar and The Howlers, The Brian Setzer Orchestra, Ruth Brown, John Anderson, and Waylon Jennings.



the track won the “Decade Award for Best Song” at the Austin Music Awards.

Press:
“‘Anything made of paper’ was what visitors were allowed to bring Damien Echols in prison, yet Carter’s song – which played over the closing credits of ‘West of Memphis’ – focuses on everything else the falsely accused prisoner received in time: life, freedom, love, and dignity.” – “Anything Made of Paper” – Top 50 Songs of 2013 – American Songwriter

Bill Carter, Johnny Depp support West Memphis Three with ‘Anything Made of Paper’- Entertainment Weekly

This is a free cover all-ages show ‘til 11pm, then 21+ after that.

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Saturday Night
Captain Dick & the Portholes



Gypsy



Strippers Tessa Tura, Madame Mazeppa, and Electra (Kelli Brown, Shannon Flora, and Elise Morrill) give advice to a young Gypsy Rose Lee (Zoey Rice) on how to be a success as a stripper, in Drama Dock’s production of “Gypsy.” Final shows are this weekend. Picture by Stephen Floyd.

Gypsy
Presented by Drama Dock
Directed by Stephen Floyd
At the Vashon High School Theater
Thursday, Friday, Saturday
July 17, 18, 19 at 7:30 p.m.
Sunday, July 20 at 4 p.m.
General Admission \$20
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Tickets available at Vashon Bookshop
And brownpapertickets.com



Mokoomba

Let me start by saying that this is a show that you should not miss. People will be talking about this for a very long time, I am sure of it. This is a unique once-in-a-lifetime opportunity to see what is being described as Africa’s most internationally successful young band.

Exuberant youthful energy bursting with natural talent and contagious rhythm, the six young men of Mokoomba are Zimbabwe’s next generation of hope. Mokoomba’s story is one of diversity and perseverance. The group hails from the Victoria Falls region of Zimbabwe, popular for its natural beauty, the Victoria Falls (Mosi-oa-Tunya) and the world’s largest bungee jump – but not much more is generally known about the people and their culture. The region is home to the Tonga people who are one of the country’s minority groups. Most speak Tonga, which is not understood by the majority of the Ndebele and Shona speaking population. Despite coming from one of Zimbabwe’s smallest rural villages, singing in a language foreign to even their countrymen, Mokoomba have never been deterred from their dream of



making music.

“... In the last couple of years, they have exploded onto the world stage, and delighted audiences with their youthful exuberance, musical brilliance and slick dance routines” BBC News Africa

“MOKOOMBA : Zimbabwe’s new sound – Mokoomba are being feted as Africa’s most internationally successful young band after a rise that is as deserved as it has been remarkable” The Guardian

Friday, July 25 at 8:30pm.
This is an all-ages show ‘til 11pm, then 21+ after that.
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Photography Exhibit at The Hardware Store for the Month of July:

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Live Entertainment

July 18, 9pm
Soul Senate

July 19, 9pm
Publish The Quest

July 25, 8:30pm
Mokoomba

August 1, 8pm
Bill Carter

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Deadline for the next edition of *The Loop* is
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