

# THE LOOP

Vol. 12, #17

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August 20, 2015

## Art Auction 2015: Vive la France!

Vive la France! On September 18 and 19, be transported to Provence and Paris for two nights of French festivities in support of Vashon Allied Arts. The 2015 Art Auction begins with Friday's "Picnic in Provence" and continues with Saturday's "Soirée à Paris" – a Francophile's dream come true.

Throughout both evenings, enjoy games of chance, live caricature drawings, signature cocktails, and Comédie Française from Steffon Moody and his hilarious troupe of entertainers. Guests will also delight in French fare prepared by Herban Feast, accompanied by fine wines.

But the main attraction of the Art Auction is of course, l'art, boasting the finest collection outside the Louvre. Silent and live auctions feature original works by more than 130 Vashon artists, including commissioned pieces by Kathy Johnson (bead embroidery), Kim Farrell (photography) and Bill Knox



(watercolor) on Friday, and Bruce Morser (pencil), Jo Ann Bardeen (quilt) and Carol Schwennesen (oil painting) on Saturday.

French-inspired attire and costumes are encouraged. Merci beaucoup to our Presenting Sponsor, John L. Scott, and thank you to our supporting sponsors, Puget Sound Energy, Point B, Thriftway, Herban Feast, OCCU, Sellen Construction, LMN Architecture, Bangasser & Associates, Seattle Distilling and TRIGG Insurance.

Vive la France! Art Auction 2015

Friday, September 18, 5:30 pm

Open Space for Arts & Community

Friday Tickets: \$50 (\$25 Contributing artists/One guest of contributing artist/Saturday guests)

Saturday, September 19, 5:30 pm

Open Space for Arts & Community

Saturday Tickets: \$125



## Vashon Sheepdog Classic 2015 trials



The Vashon Sheepdog Classic (VSDC) will host its nationally sanctioned sheepdog trial for the 6th consecutive year at Misty Isle Farms September 10-13. The VSDC has become the most well attended sheepdog trial on the West Coast. Known for its bucolic location and tough competition, spectators come to see some of the best handler and dog teams from Canada, Washington, Oregon, Idaho, and California compete on one of the most challenging fields around. This year's judge, Luca Fini, comes from Italy. Luca has represented Italy in the International Sheepdog Society World Competition and has competed in trials across Europe and the UK.

Once again, 250 Sheep will come to Vashon from the Willamette Valley to ensure a consistent set of sheep for over 150 teams signed up to compete over the four days of the trial. Not only are the sheep athletic, young and healthy, it will be the first time they have been worked in small groups by a dog, and therefore will be very challenging for our competitors to handle. It is a fascinating spectacle to watch these talented dogs direct them through the obstacles in a precise and calm manner.

Day one will begin with two classes: Nursery and Pro-Novice. Nursery dogs are under three years of age and well on their way to gaining the experience for the Open competition. Pro-Novice teams can be either beginning handlers and dogs or experts starting out their younger dogs. The Open competition starts Friday and runs through Sunday.

The runs begin at 8 am and go until all dogs have completed their runs usually between 5-6 pm. An announcer and catalog with diagrams will help explain all the action.

The field at Misty Isle Farms will be set up with a bigger and better than ever Fiber Arts Village that will be open Friday through Saturday with many hands on activities and demonstrations. The kids tent will include needle felting classes and fiber hobbyists and artists are encouraged to bring their own spinning wheels and knitting throughout the event.

This year's event will also include a variety of other food, drink and craft vendors. Admission to the trial is \$8 per person each day or you can purchase an all event pass for \$20. Kids under 6 are free. Tickets can be purchased at the event or on line at [www.brownpapertickets.com](http://www.brownpapertickets.com). Spectators are welcome to bring their own picnic supplies or enjoy the great food and beverages available throughout the event. A shuttle will run between the north end ferry dock and the trial field through out the weekend for our island visitors.

The VSDC is well known as a top level national competition but it is also a fundraising event that over the years has contributed more than \$80,000 to more than 20 Vashon programs and organizations, including its primary beneficiary Partners in Education (PIE).

For a schedule of events visit the VSDC web page at [www.vashonsheepdogclassic.com](http://www.vashonsheepdogclassic.com).

## The Road to Resilience Natural Services

This last Friday, I watched in utter amazement, joy, and gratitude as the rain pounded the ground to the accompaniment of lightning and thunder! In the 44 years that I have lived here, I have never seen a dry spell like the one we have been experiencing. I live in a wet place, and so, we are one of the last to suffer the effects of a drought. I have never seen the sword ferns in our yard close up shop and turn brown in mid-July. I have never noticed the Rhododendrons and even our Italian Prune trees with withered drooping leaves. I have never had to water the raspberries just to keep the plants alive.

We have drawn our water from a spring on the hillside above us for 40 of the years I've been here. I am happy to say that, as in the past, it is showing very little fluctuation during this very dry season. I suspect that it is coming from an exposed edge of the shallow aquifer. Even so, if this unprecedented dry spell continues, it is inevitable that, eventually, it too will begin to drop, and so I have been anxiously and frequently checking it.

I can't help but ponder how difficult life could be if our spring no longer provided for us. Fresh water is one of the services that Nature provides us for free.

By Terry Sullivan,

In the world we live in today, we like to brag about how we have improved on nature and are no longer limited by its constraints. We zip around in high-speed vehicles that take us to warm places, or we make summer inside our homes, lounging about in a tee shirt in the coldest depths of winter. We eat the fruits of any season all year around. We like to think that we have tamed and improved upon nature and are no longer subject to its vicissitudes. What I have not been able to avoid noticing is that for every service of nature that we have commandeered and "improved," there have been costs, not only disruptions of other natural systems, but the need to continuously monitor and manage our man-made systems. In our immediate situation, what would we do if our aquifers failed? First of all, we would never be able to secure the abundance of water we now have without considerable expenditure, if at all. We have been very fortunate here. We, as many of our fellow earthlings do, could be spending the better part of every day just securing a bare subsistence in water.

We have found, much to our dismay, that when nature fails to provide, transporting or distilling water to serve

*Continued on Page 8*

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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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### New Nar-Anon Meeting

West Sound Area invites you to a New Nar-Anon meeting Saturday, June 27th, 6:00pm to 8:00pm. 17708 Vashon Hwy SW on Vashon Island at the Presbyterian Church.

Potluck and Nar-Anon Speakers. Everyone is welcome to come and be a part of Vashon Island’s first Nar-Anon meeting.

If you have any questions you may contact Marian E at 253.307.8576

### 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](mailto:cara.aguilera@providence.org)/ 567-6152 with questions.

### VIPP Dog Walk

Come join us on Saturday, August 29th for the 2015 Vipp Dog Walk at Burton Acres Park. Arrive at your convenience anytime from 9 a.m.-noon. The course is a nice stroll around the Burton Loop and an excellent way to support Vashon Island Pet Protectors and get some exercise at the same time. There will be lots of freebies like the following:

The first 50 walkers receive a swag bag donated by Pandora’s Box

A commemorative event photo of you and your canine emailed to you

Each walker is entered into a drawing and has three chances to win a bottle of wine from Vashon Winery (must be 21 to win)

Frisbees for the first 50 walkers

Doggie and human treats & water

PRIZES:

There are two categories, individual and “team”. A team is just you and UP to nine of your friends walking with you...very unofficial.

The three highest individual supporters each receive a gift certificate for animal visits from Joanna Gardiner and Friends.

And Each member of the highest team supporter will receive a gift certificate from Wet Whiskers for a dog nail trimming session

ACTIVITIES:

Canine Reiki

Face painting

Music...doggie themes, of course, as well as Vipp merchandise for sale

Come Join the Fun with or without a Dog...And Walk for VIPP!

### Quartermaster Harbor beaches closed for shellfish harvesting

Paralytic Shellfish Poison (PSP) has been detected at unsafe levels in Quartermaster Harbor shellfish on Vashon-Maury Island. As a result, the Washington State Department of Health (DOH) has closed Quartermaster Harbor beaches to recreational shellfish harvest.

The closure includes all species of shellfish including clams, geoduck, scallops, mussels, oysters, snails and other invertebrates; the closure does not include crab or shrimp. Crabmeat is not known to contain the PSP toxin, but the guts can contain unsafe levels. To be safe, clean crab thoroughly and discard the guts (“butter”). Working with partners, Public Health – Seattle & King County is posting advisory signs at beaches warning people to not collect shellfish.

Commercial beaches are sampled separately and commercial products should be safe to eat.

Anyone who eats PSP contaminated shellfish is at risk for illness. PSP poisoning can be life-threatening and is caused by eating shellfish containing this potent neurotoxin. A naturally occurring marine organism produces the toxin. The toxin is not destroyed by cooking or freezing.

A person cannot determine if PSP toxin is present by visual inspection of the water or shellfish. For this reason, the term “red tide” is misleading and inaccurate. PSP can only be detected by laboratory testing.

Symptoms of PSP usually begin 30-60 minutes after eating the contaminated shellfish, but may take several hours. Symptoms are generally mild, and begin with numbness or tingling of the face, arms, and legs. This is followed by headache, dizziness, nausea, and loss of muscle coordination. Sometimes a floating sensation occurs. In cases of severe poisoning, muscle paralysis and respiratory failure occur, and in these cases death may occur in 2 to 25 hours.

If symptoms are mild, call your health care provider or Washington Poison Center (800-222-1222), and Public Health (206-296-4774). If symptoms are severe, call 911 or have someone take you to the emergency room immediately.

Recreational shellfish harvesting can be closed due to rising levels of PSP at any time. Therefore, harvesters are advised to call the DOH Biotoxin Hotline at 1-800-562-5632 or visit the Shellfish safety website before harvesting shellfish anywhere in Puget Sound.


Find us on Skype  
Vashon Loop  
206-925-3837

### Have a Story or Article

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**DSHS**  
THE MOBILE CSO IS COMING!

<b>Dates</b>	<b>Wednesday September 2, 2015</b>
<b>Times</b>	<b>10:30am to 1:00pm</b>
<b>&amp; Places:</b>	<b>Maury Community Food Bank</b>
	<b>10030 SW 210th</b>
	<b>2:30pm to 4:30pm</b>
	<b>Vashon Market</b>
	<b>17639 100th Ave SW</b>

AT THIS EVENT, YOU CAN APPLY FOR:

- Cash Assistance
- Basic Food Assistance

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



**The Vashon Loop**

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# Real Island Life Television News

By Scott Harvey  
Sdharvey50@comcast.net

In the early 1960s, when many of us still had black and white televisions, the three major networks dominated the market. Back then the news was much less filtered. As Joe Friday would say, we got “Just the Facts”. Walter Cronkite was the CBS Evening News anchor who delivered the Nation and the World to our living rooms. He ended each broadcast with a famous saying “And that’s the way it is”, which was reassuring since we then knew “the way it was”.

The News changed over the years, as it became more entertainment, with biases that affected the way it was presented, if it was presented at all. Today, we go from the CNN on the left to Fox on the right, with no apologies.

Through all this broadcasting, a legion of “soldiers”, made sure every word and facial expression was captured – the cameramen (camera-persons today). They had no bias. They delivered what came through the camera lens. They did not edit or comment on the broadcast. They did nothing that was self-serving. That tradition changed last month at a Vashon Park District meeting.

Our local camera-person and Park District Commissioner candidate, created the “news”, by indicating I was naïve to suggest we should delay voting on the final piece of construction associated with the VES Fields. He was confident the Almighty King County would never reverse its position, even if it meant poor Vashon Parks had to spend \$121,000 it did not have.

Since I have been working with government agencies for more than 30 years, I was confident our reasonable request would be granted, even if the matter had to be escalated to a person of higher authority. While King County did change its position, the Park District still had to waste \$71,000 unwinding the construction contract that never should have been signed.

The same candidate’s explanation of his opposition to the Park levy as a “grand

flip-flop” fails to recognize the gravity of such a position. With no levy, we would have had no Park District. That is why I campaigned for the levy, even though I have had many issues with our financial management.

What caused the change in his position? - The “subordination of the pool...to do(ing) something about the Tramp Harbor dock”. While I am on record as having supported the pool and believe a year ‘round program would be great, I am unable to follow why he believed the pool was more deserving for financial reasons. In this instance, he fails to understand that in finance, it is the bottom-line, not the top-line that matters.

Yes, the Tramp Harbor dock generates no income and the pool collects thousands of dollars in user fees. However, the Tramp Harbor dock creates minimal expenses, while the pool is very expensive. That is why the cost to maintain the dock for the four years ending December 2015 will be less than \$5,000, while the pool cost to the Park District will be more than \$125,000 for the same period. Scott Bonney is doing an excellent job of maximizing pool revenue, while controlling expenses. However, even he knows public pools never break-even.

This brings us to a larger issue, this candidate’s willingness to serve, even if there is “a loss of faith” in the future.

Despite multiple setbacks, I have continued to serve the Vashon voters who elected me. When my proposal for a permanent reserve in our budget was defeated, I remained. When my proposal to decrease the levy rate, so property taxes would not increase next year lost, I did not quit. When I made a motion to decrease fees for the pool and Paradise Ridge failed, I did not lose faith. And, I did not walk away, when the board chose to pave the north parking lot, rather than contest the requirement with King County. I even remained when a fellow board member asked why I kept making motions, since I knew they would be defeated.

# VYFS Announces 2nd Annual Raft Up!

A Uniquely Vashon Event is Back and Better!

Building on the success of last year’s event, Vashon Youth & Family Services today announces the second annual Raft Up! event will be held at Jensen Point Sunday, September 20th, 2015. Grab your human-powered watercraft (kayak, canoe, rowboat, paddleboard, raft, dinghy. etc.), your friends and family and head to Quartermaster Harbor for a final summer fling!

Raft Up is the uniting of a community to defend the WA state record for the most kayaks, paddleboards and rafts linked together. Join VYFS to fill the harbor with human-powered water craft rafted side by side in celebration of the fact that “We’re Stronger Together.” A family-friendly community celebration, this year’s event will include food, a music stage, children’s carnival games and a kayak raffle. The festivities run 10:00 am – 3:00 pm rain or shine.

Any human-powered watercraft is welcome. Once on the water we’ll perform the raft up maneuver (link hands, paddles or oars across your neighbor’s boat to create a strong, stable connection). Registration information



and all the facts can be found at vyfs.org/raftup or the VYFS office. Early Bird registration of \$20 (a savings of \$5) is available until August 20th. Kayak raffle tickets are available of the Vashon Bookshop or the VYFS office.

The Raft Up! event raises critical funds to support the many Vashon Youth & Family Services mental health and community programs that help Vashon thrive.

Find the Loop on-line at  
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# Island Life Afloat in Time

Peter Ray  
pgray@vashonloop.com

I hadn’t really thought about it until I sat down to write this, but it was a year ago (possibly to the weekend) that my sister informed me that she had gotten tickets for a lake cruise and I was being asked to tag along on that Sunday afternoon with her, my brother-in-law and his two sisters who were visiting. Things had not yet begun to fly apart between us, but my rejection of the offer in favor of staying in place to do the clean-up work on my parent’s house that I had come to accomplish was perhaps the first shot fired in the conflict that has gone only spiraling downward and outward ever since. There is a certain irony to her follow-up accusations of my wasting her money on a non-refundable ticket in the light of her family fortune squanderings that have surfaced over the past year. Just today I received a few emails with attachments relating my sister’s misguided attempts at flaunting the powers of her trusteeship and showed her having drained an account that was gathering all of my father’s social security earnings over the last two years of his life. The money for the aforementioned cruise tickets may have even come from this very gleaning, although it would be nearly impossible to know the true source of my wasted ticket money, as she was draining and pillaging on many fronts.

In truth, I had a history of not wanting to go on family cruises, so I’m not sure why she was surprised when I declined the offer. There is no way she could have forgotten my disdain for my enforced situation aboard a Disney vessel over four days at sea somewhere off the Florida coast so that the entire family could celebrate my parent’s fiftieth anniversary. In some ways I partly believe that she may have totally remembered my misery at that time and made this booking as a bit of knife-twisting. As the weeks now roll by and the emails roll in from my lawyers, nothing that my sister might conceive of doing would surprise me any more, besides maybe acting like a civil sibling.

I have not always hated cruises and am more than willing to make exceptions. One

number of friends that I was going on the Virginia V cruise around the Island was greeted with a certain degree of mockery-“You, going on a cruise?” I just shrugged and went because I had been wanting to do this for a long time. I saw it not as an idol pastime or artificial entertainment but as the chance to at least partially relive a bit of Island history, even if for only an afternoon. As it was, even before we shoved off, a couple who had had their wedding party aboard the Virginia V years before were there to celebrate their 25th anniversary, so we were already reliving history on a couple of levels. Not long after we left the north end dock, Island historian Bruce Haulman began doing random narratives relating to specific spots of significance along the shore. As I had been tasked to make photographs of the trip, I wandered fore and aft, up and down, both recording the activities and marveling at the craftsmanship of the craft. Everything had new white paint or clear marine varnish over natural grained wood. The thing that gave me the greatest pause was the exposed workings of the ship’s drive system on the lower deck. There was something hypnotic about watching the drive arms move up and down in well-lubed unison.

I had heard that we might not go far up into the outer harbor, depending on what kind of progress we were making on our time-limited voyage. I was expecting just a brief turn in and out at the Manzanita buoy, but instead we proceeded north past a white-sailed, single file, one class regatta that was heading south on its last leg of the day. There was actually quite a bit of activity out on the water that day and as we made the long, slow loop past Dockton and Burton peninsula, the historical narrative coming out of the ship’s public address system was non-stop. At that point, I did stop and listen and imagine as Bruce’s tales of Vashon in its heyday with ship yards and fishing docks and brickyards and the college all seemed to come to life for me as if the surrounding rise of land that encircled us could just for a moment allow us to see what once had been there, until the bright sun of a perfect August afternoon shone a light on what is, instead of what was.

We made it back to the dock with a bit more Island history and a north wind in our faces. As I was leaving the dock, I was greeted by another group of friends who



## Chloe Needs A Home...

I’m a Lynx Point Siamese mix, beautiful inside and out, if I do say so myself. When it comes to other cats, my philosophy is “live and let live,” which means I don’t have to be an only cat. I’m friendly and affectionate. Being outside scares me, so I want to stay indoors and spend time with my new family. You’ll let me climb into your lap and stay a while, won’t you? I’d like that.



**Go To [www.vipp.org](http://www.vipp.org) Click on Adopt**

## PANDORA'S BOX

**Dog Days of August are upon us.  
Hot and dry!**

**All the new stuff from the Vegas trip is coming in..  
stop in and see what’s new. Lots and lots of beds.**



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of my early favorite times at sea was aboard one of the boats in the Circle Line fleet that made a complete and guided circuit around the island of Manhattan. I often wonder what happened to the diminutive, metal statuette of the Empire State building that I brought home as a souvenir, along with several blurry black and white pictures I took on my Kodak Brownie camera. And then there was the family cruise that wasn’t on the Alaska ferry out of Bellingham. As I recall it was my sister who apparently totally pissed off my mother (by doing what, I have no idea) and completely decimated plans for all of us to ride the ferry to Haines. In the end, it was just myself and my partner at the time who ventured forth, counting innumerable eagles, touring the Russian Orthodox churches of Sitka during a 2a.m. stop there, and finding a friend’s artwork by chance in a small shop in Juneau. As we all should know by now, a ferry ride is not a cruise, but we hope you enjoyed your trip.

And so it was that I was a bit surprised when my statement to a small

questioned my presence on a cruise. I looked around half expecting that a carnival cruise ship had materialized in place of the Virginia V, but only saw the piece of history I had just disembarked from preparing to head back to a port that had more than likely changed a lot more than the shoreline we had just sailed by. I did not think too much more of the travels until today, when I had a talk with a friend who said that this was the first Heritage Museum cruise that she had missed. I believe she could be excused this time, since she had indeed grown up on the Island and had been here when the Virginia V was THE way Islanders got to Seattle and back again. She told of how sometimes one shared steerage with horses or cattle or goats and I imagined that this was a time when history was not dispensed over loud speakers, but rather just drifted by like wisps of smoke from the stack or a bit of sea foam in the wake. Again, I began to think of how it all had been, and thought that perhaps we need to call this boat ride something other than just a cruise.



## Love the Sheepdog Classic? Be More Than a Spectator!

Join the fun at the 2015 Vashon Sheepdog Classic, September 10–13, and support Vashon Partners in Education (PIE) by being a PIE Smart Dog Sponsor.

PIE Smart Dog Sponsor Karl Snett, with his sponsored dog Coal & handler Bill Berhow—last year’s high combined score winners.

PIE Smart Dog Sponsorships include:

- Two four-day passes
- Meet & Greet your dog and handler
- Entry into Saturday night Field Party
- Raffle prizes including a 3 night stay in Whistler!
- Feel like an insider ... and more!



The \$100 sponsorship fee is a 100% tax-deductible donation to PIE, enhancing the learning environment in our public schools. Visit [www.VashonPie.org](http://www.VashonPie.org) for complete sponsorship benefits and to sponsor your dog today!



# Spiritual Smart Aleck

## The Ring of Truth

When your spouse shuffles off this mortal coil you have to take care of a lot of business. As time goes on and the angst recedes a little, the less pressing issues begin to arise, one of which is, should I keep wearing my wedding ring?

The wedding ring is a little piece of bling that is freighted with a lot of symbolism and meaning. It says, “I belong to someone.” It gives the person wearing it a feeling of love and security.

When your spouse dies, you don’t automatically stop feeling married, but over time your feelings do change. I won’t say that marriage wears off, but, yeah, it kind of does. Gradually you learn to live your life without the marriage dance you did with your partner. You stop bringing home leftover popcorn from the theater for him. You get used to watching whatever you want to watch on TV. The habits of marriage begin to fade.

You still see things that you think he’d love to see, and you hear something and you can’t wait to get home to tell him, and then you remember – oh yeah.

You might wonder one day if, seeing as how you are technically no longer married, it is time to take off your wedding ring. One day late last spring I decided to try taking the ring off, and was surprised by how light I felt without it, so I left it off. Look, Ma, I’m healing!

A few weeks passed. One day I went to the transfer station to drop off about a dozen bags of recycling. A kind older gentleman offered to help out by carrying some of the bags from my car and dumping them. I thanked him for his kindness. I was thinking I had seen him around the island – it’s a pretty small island, you know – and asked him if he knew where we might have met.

At that point he got a deer-in-the-headlights look on his face, and couldn’t get to his car and get out of there fast enough.

Now, I’ve lived long enough to know that whatever was going on with him was about him, and not about me, but tell that to my heart. In the moment I felt all the bewilderment, burn, and bitter irony of being rejected by someone in whom I was only slightly interested. It was



By Mary Tuel

as if all the hard-won wisdom and sense of the least fifty years had never happened, and there I was, nothing but a bundle of insecurities.

It was like being in high school again. Yark.

I went through a brief spurt of anger and saying, “Men! What the hell is the matter with them?” but eventually I came to see that it hurt to be misunderstood, judged, and rejected. At that point I asked, “What’s wrong with me?”

I had committed the great sin of being friendly to a man. Most women are aware of this rule. If you are friendly with a man, he is quite likely going to put the wrong construction on your friendliness, I’m sorry to say. Of course I don’t really know what set that guy off. Perhaps he suddenly remembered he’d left his iron on.

In the days that followed I thought that perhaps wearing my wedding ring would help me to avoid such awkward situations. My ring says, “I am not coming on to you, thanks, I am simply being friendly.” Friendliness is usually okay on Vashon, but not always.

So I went back home and put my ring back on.

Being married and widowed takes a lot out of you. It has taken a long time for me to begin coming back to the world. Occasionally running into someone who misjudges me, or whom I do not understand and might misjudge, is a risk that I take on by returning to the world. Such misunderstandings do happen, despite your best intentions. So I tell myself.

I also tell myself that I’d better remember that I can’t control what other people think or feel or how they behave, and I shouldn’t take their behavior personally. Hah. That’s a lesson I’ve been trying to grasp for years. I hoped to learn it through therapy, prayer, study, and 12-step groups, as well as the school of hard knocks, but I suspect I am not going to live long enough to truly get it.

I’ll keep working on it, though, and for the moment I’ll be working on it with my ring on, for whatever protection that gives me from the vivid imaginations of strangers. In the end, the question is, who needs this kind of grief? I have enough of my own.

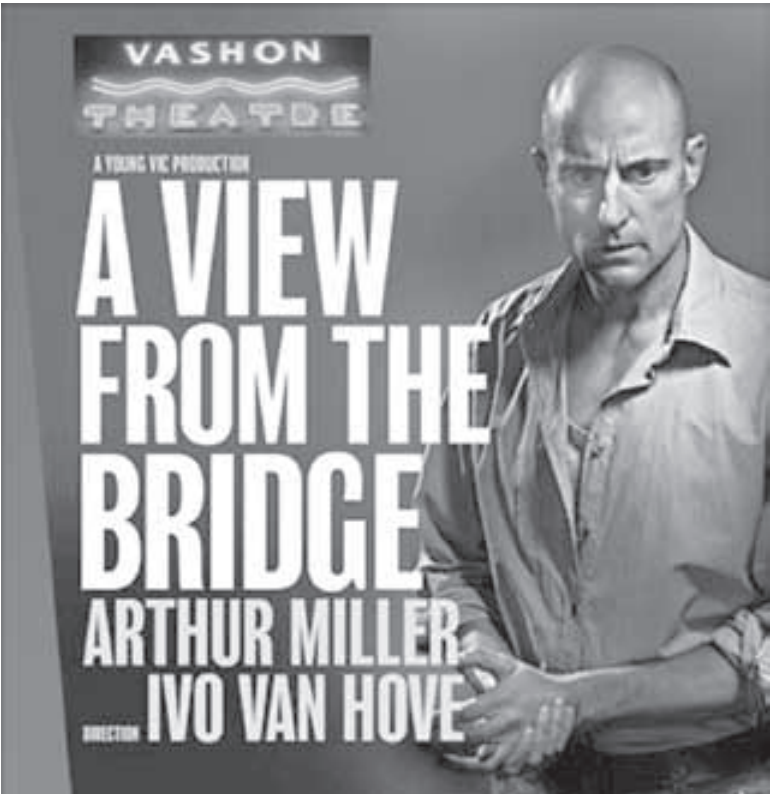
# View from the Bridge

Don’t miss a stellar cast led by Mark Strong (The Imitation Game; Tinker, Tailor, Soldier, Spy) in the Young Vic’s ‘magnetic, electrifying, astonishingly bold’ production of A View from the Bridge – the Evening Standard, Guardian and Independent’s top theatre pick of 2014.

The great Arthur Miller confronts the American dream in this dark and passionate tale. In Brooklyn, longshoreman Eddie Carbone welcomes his Sicilian cousins to the land of freedom. But when one of them falls for his beautiful niece, they discover that freedom comes at a price. Eddie’s jealous mistrust exposes a deep, unspeakable secret – one that drives him to commit the ultimate betrayal.

The visionary Ivo van Hove directs this stunning production of Miller’s tragic masterpiece, broadcast from London’s West End by National Theatre Live.

View from the Bridge: Thursday, September 3rd @ 8:00pm & Sunday, September 6th @ 1:00pm



## Poultry in Motion



Poultry in Motion is basically what happens when you take talent, good looks, charm and enthusiasm, throw it all together in one band, then take away the talent, good looks and charm. They started out playing volleyball in vacant lots, alleys and transfer stations for tips. Later they graduated to playing music on empty trash bins in old car lots for pigeon food.

Poultry in Motion is Steve Amsden (guitar, banjo, mandolin), Wilson Abbott (dobro), Bob Kueker (bass), Dave Lang (button accordion, fiddle, mandolin), Gib Dammann (drums) and Chris Anderson (guitar).

Individually, not all that great, but when they join forces they reach the very heights of mediocrity.

– Shamelessly written by the members of Poultry in Motion

Saturday, September 26, 7:30 pm

Vashon Allied Arts  
\$12 Member/Student, \$14 Senior, \$16 General

Tickets: VAA, Heron’s Nest, VashonAlliedArts.org

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



Planet Waves by Len Wallick (standing in for Eric Francis)

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

You may not make sense to others, and this is something that you'll need to get used to. What you want, how you think of yourself, how you explain yourself -- indeed, the essence of who you are -- are all changing. This is happening while others may be expecting you to fit their idea of what is reasonable. It's easy to fall for this. Being different, and going through a process of change that reaches to your roots, are vulnerable places to be. Often others who are intent on conforming and doing things the supposedly right way will try to make others hold the line. The key to doing this successfully will be choosing to not worry about what others think. Get accustomed to doing this now, and then get better at it -- you're going to need this skill the next few years. It's not your job to live up to anyone else's presumptions or expectations. You can go through five years of therapy or you can embrace this simple fact. This remains true no matter how much authority anyone exerts, or tries to claim. Look for any hint of religion or religiosity as the basis of the head-trip. Such rationales are almost always rooted in hypocrisy. Part of what you will learn over the next two years, beginning now, is to never, ever put up with that kind of bullshit.

**Taurus (April 19-May 20)**

Venus finally stations direct on Sept. 7, which signals that you will soon be seeking broader horizons -- especially at home. On one level you need more emotional space. You need the space to change and grow; to stretch into different feelings than the ones you're so accustomed to. To what extent does your domestic space, and your relationship space, allow you this? If you get a change of scenery, you will get a good basis for comparison. Yet this also extends into the aspect of life that you might think of as creative and expressive. You are ready to take greater chances in whatever you think of as your true art or craft. You may be finally giving yourself permission to embark on this at all, or for the first time in a very long time. Be aware of your tendency to be cautious. It's one thing to exercise restraint when you're driving through the rain on a dark highway. It's another matter entirely to contain yourself when you're encountering a blank page or canvas. You don't need to overthink any of that; in truth, when you want to express yourself, the less thinking you do, the better. Trust what you're feeling, and connect that to what you say and what you express. Being this real with yourself might make you nervous at first, but it's also great fun.

**Gemini (May 20-June 21)**

Saturn enters your opposite sign Sagittarius -- which reveals the quality of your relationships; it'll be there, working the territory, for the next two years. This is an extended get-real, get-serious moment. Relationships that belong in your life will go through a series of transformations and become stronger. Those that do not will likely be cleared from your energy field. It's in the nature of Saturn to favor action taken voluntarily, and honoring the boundaries of time. This is where you will need the maturity to know what's appropriate for you and what is not, or said another way, to honor what you may have known for a long time. Every situation in your life must support your emotional growth and nourishment. Notice when you have an exchange with someone that leaves you feeling fulfilled. Notice when an encounter leaves you feeling depleted. These contrasts will encourage you to continually improve your situation.

**Cancer (June 21-July 22)**

Most people make the majority of their decisions on emotional grounds. They do what they think feels right; that allows for

a diversity of unwholesome motives to enter the environment. It's essential now that you do what is right, rather than what temporarily seems to feel right. Open your mind to embrace all of the facts, and the viewpoint of every person who has a stake in whatever decision you have to make. Ultimately you must do right by yourself, and you have the choice to ignore the interests of everyone else. I would propose, however, that it's entirely in your interest to make sure you understand where everyone else is coming from. For one thing, their feelings are likely to reflect something that's true for you, which you may not have considered. For another, there is a diversity of common interests involved, and you're in a position to honor the greatest good for all concerned. There is actually such a thing, especially for you now, and the only way you're going to get there is to observe the facts and take the known data into account. There is one situation underlying everything in your environment: the emotional needs that everyone has in common. On some level everyone is longing for their mother, perhaps the mother they never had. If you remember that, it will be easier to figure out what to do.

**Leo (July 22-Aug. 23)**

Venus retrograde in your sign for the past six weeks has been a bold reminder that it's necessary to embody your purpose if you're going to have one at all. Purpose is something you must eat like food that nourishes your blood, rather than wear like clothing or a mask. Yet this calls for a different kind of commitment than is currently fashionable. Most anything that's worthwhile takes a long-range plan, and persisting through many ups and downs and unexpected twists in the plot. Your vision of 'self' must expand to embrace yourself and everything and everyone you influence. You must take on a higher level of responsibility, which means accountability; the buck stops with you. At the outset, and often for many years into the journey, you may question whether this process will be worth the effort, with no ready answer. Yet the reward is knowing that you are indeed engaging with this plane of reality on the level of what is meaningful to you, and what has relevance in the world around you. That, in truth, is the expression of the larger self-concept that means you're a living part of the world and that it's a living part of you. As I said, this is not in high fashion, though over the next year it will become an increasingly important value for you -- and something you will want to honor. Begin -- or continue -- in earnest.

**Virgo (Aug. 23-Sep. 22)**

What does it mean to truly embrace another person? That question could also translate to: what does it mean to be fully in the world, rather than observing or allowing it to act on you? You may have noticed a tendency that humans have, which is to cut themselves off from their surroundings, including physical places, people, the weather, how a room smells, or the sounds coming in through the window. Jupiter in your birth sign means that you will be far more sensitive to your environment; in a sense it describes you merging with everything you see, touch and become aware of. As this happens, you will feel numb places come back to life. You will 'remember' in the sense of reattaching what you may have cut off, and allowing certain facts to percolate out of your memory and into full awareness. Given the prevailing chaos of the world, and the extent of the struggles that so many are facing, you might well question whether that's the best approach to life. But there's a bigger question, which is: can you do anything else, and still count yourself as alive? You came here to be involved with this dimension of reality: to allow it to change you, and for

you to change it. You now have many new opportunities to do that in the most creative and constructive ways. It's about time.

**Libra (Sep. 22-Oct. 23)**

You must check your logic carefully, at every opportunity. In order to do this, you'll have to slow down and observe your own thought process. If you do this, you might discover places you have not taken certain facts into account, or ways you've jumped to conclusions without taking steps you can retrace or explain to someone else. This will be especially meaningful if you find yourself exerting effort that's not resulting in progress. Step away from the idea that things must be difficult for the sake of paying dues, or because 'that's the way things are'. To a real degree you get to choose the difficulty level of your life, which differs from other factors such as success and achievement. If you apply reasoning and intelligence, you will come up with another analysis. To this end, you need to be mindful of the logical steps you take toward any conclusion. Notice the way you collect observations of your environment to prove or disprove any theory you may have. While many people can get away with making assumptions or taking guesses most of the time, you need to do better. You're accountable for what you know and for what you don't know. You are responsible for how you assemble the facts into a theory or a conclusion. Take each step consciously, and take notes.

**Scorpio (Oct. 23-Nov. 22)**

Saturn leaves your sign this month, after being with you from late 2012 through late 2014, and for three months this year. This is a good time for a review, which I can sum up in one question: have you discovered that there's no point in being anything but real? It is, of course, easy to play things off, to pretend, to remain silent, to look the other way, to believe what's convenient. Saturn has made that more difficult, and revealed this approach to existence as the folly that it is. In the process, you may have been squashed a few times, as if to squeeze out a few drops of truth. You may have run head-on into authority figures, and into your own resentment. When you finally did the emotional calculus, you're likely to have discovered that this is the result of being something other than the master of your own affairs. If you got Saturn's message, you came into your strength and committed to living with consciousness and awareness, mostly of who you are. This month Saturn enters Sagittarius, which is calling on you to be realistic rather than idealistic. This may seem to be a high price, though your Saturn journey continues into the phase of engaging with the world on the level of what you know is true, rather than what you wish was true. This will be easier and more productive, to be sure.

**Sagittarius (Nov. 22-Dec. 22)**

Have you ever had a splinter or shard of glass that took a few years to work through to the surface of your skin, and when it did, that little rip and removing the foreign object was delightful? That's the feeling of your current astrology, only on the level of an emotional rebirth. Your recent astrology describes you embracing some dark elements of yourself -- deep fears, feelings of alienation, and encountering a few moments of being totally lost. Now it's as if all of that melts away like a dream, though one that you should write down so you remember what happened. The challenge of the coming two years will be to focus your identity and to merge that with a clear vision for your life, based in action. It's as if who you are morphs into who you want to be, which is connected to a sense of mission unlike anything you've ever felt. Indeed, the combination of planetary forces influencing you has not aligned this way in your lifetime. You are in wholly new territory, though it will take you some time to get your bearings. To that end, the first thing you can do would be to take total ownership of everything in your life -- and begin a deliberate, vital process of sorting what you want from what you don't.

**Capricorn (Dec. 22-Jan. 20)**

Your attention is now being drawn

inward; you are on an inner quest, and you will be on this journey for the foreseeable future. Yet you clearly have plenty else going on; you won't be living in a cave in India (though you may visit one). It is therefore essential that you harmonize your inner life and your supposedly outer one. The way you would do this is by making sure that you have the confidence of people who are tuned into your deeply personal journey. It's true that not every aspect of this can be shared, or understood. There is plenty that will be yours alone to consider and experience. Yet it's possible to engage with others who understand the concept of the introspective quest. The ones who do will honor your sensitive interior space. They may also offer some clue about the territory you're entering, which is as much transpersonal as it is personal. In other words, this is about you, but it's not strictly about you, because your deepest interior space is a collective one, where many people, places and ideas are connected. Most of all, though, you and the people around you must respect your solitude. Don't be afraid to simply take the space you need, when you need it. Your true friends will understand and support you on that mission.

**Aquarius (Jan. 20-Feb. 19)**

There's plenty of talk in the world about right livelihood, and even some that's sincere. You're now fully engaging the challenges of doing what is right for you, as a participant in society. The compromises of the past, and of past generations, are behind you. You can no longer divide your life or your character in half; you are deep into the work of integrating your entire reality. This can consume plenty of energy at first, as you've been seeing. You're being compelled by your choices and your circumstances to stand fully in who you are, right now, rather than pretending that you'll be something in the future. I suggest you do this gently, persistently and a little at a time. Small, steady steps count more than attempts at major changes. As you experience this process, remember how much of the world's ideas are negotiated on the basis of belief. You have an idea what is true for you, though most others merely believe what they want to believe without regard for verification. You would be wise to avoid controversies that play into this difference. Work with what others believe, and don't attempt to prove your point. Rather, demonstrate what's true for you, and let that serve as a practical expression of what is possible. This is a universe apart from proof, and indeed sidesteps the whole issue rather neatly.

**Pisces (Feb. 19-March 20)**

By all indications (mostly, Jupiter and Saturn changing signs in the past few weeks) it's time to stretch your potential. By that I mean it's time to widen your conduits for emotional exchange, for productivity and for relating to the world in all modes that involve love and work. Everything is in the right place; you will soon discover that the sometimes-meandering journey you've taken to get here led you to the right place at the right time. For you now, there is one thing you must do above all else: be yourself. This may seem like the most obvious idea in the world, and it is. But it's also the idea most easily forsaken, or denied or resented. It's typically seen as the thing that's 'impossible' to do, because it's seemingly so difficult, or because it will allegedly blow up on you. Here's the thing: Nothing else will work. You cannot afford to veil yourself, or to compromise your actual reality in any way. That means: be true to your goals, to your feelings, to the necessities of your environment, to your ethics and most of all to what you want. Notice and track even minor compromises of your reality, and tidy up as you go. Truly great achievements are possible for you now and well into the foreseeable future. Give yourself every advantage.

Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)



# Positively Speaking

## Nobody Dies Today

By Deborah H. Anderson



a heartbeat. I had not seen that. I had not signed on for that. I did not have that on my 'to do' list. The next step was seeing how, because of Mom, I had all these crazy people in my life that I reached out to normally and never saw that they were exploitive or crazy. They all had two things in common. They had good social skills and they were all wrapped up in money issues.

Now people who have those two issues usually like to use the courts to play out drama. They also have people around them who are, what is termed, enmeshed, or co dependent.

If you ever hear someone talking about me being a rebel, or non compliant, or insubordinate, without exception they are someone who has tried to scapegoat me and it has failed. From my lips to your ears. The one thing that Scapegoats are not supposed to do is stand up and say, "Nobody Dies Today".

So...two more things happened. I had been heavily involved in education awareness and prevention for sexual and domestic violence, and people started hauling me into court when I set limits with them.

It escalated until the day a judge foolishly said to me, "I don't want to hear a thing you have to say". Oh honey. Nobody Dies Today! Secondly, in the United States, it's your job to hear what I have to say!

I take vows very seriously. Professional vows, personal vows. Judges who do not keep their vows, pastors who do not keep their vows, doctors who do not keep their vows, lawyers who do not keep their vows, will be held accountable.

OK...those of you who are Scapegoats who are reading this and saying 'why do I always end up eating someone else's garbage?' Each person's 'why' is different. That's how you find your true self. That's not a column, that's a book.

But what I want to talk about is the part of what happened when I was no longer a Scapegoat. So back to the courtroom. Six months later I get put on jury duty. I get asked in court about situations of injustice and I get to tell two judges about this other judge and let me tell you, it was taken seriously. I also found out if you file a complaint about a judge you can't talk about it. So I didn't file a complaint. And people saw that I was telling the truth. They saw that confronting being a Scapegoat had made me strong and courageous and that I was not retributive. I don't return evil for evil.

And I got asked to be a major part of judicial reform. Pretty cool. Nobody Dies Today! More later, no doubt.

Love,  
Deborah



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## RJ's Kids Kenpo Karate Classes

Kenpo Karate self-defense fall season classes for adults and continuing children will start Wednesday, September 9, at the Ober Park Performance Room. A new class has been added for beginner children every Tuesday starting September 15.

Adults and continuing children's classes will meet every Monday and Wednesday from September 9 until December 16. Continuing children's classes will be from 4:00 to 5:00 pm, and adult classes will be from 5:15 to 6:15 pm. Beginner children's classes, ages 5-13, will meet from 4:00 to 5:00 pm every Tuesday starting September 15 until December 15. There will be no classes during Thanksgiving week.

Registration begins 30 minutes before the first class meets. Adults and continuing children's tuition fees for 27 classes will be \$130. Beginner children's tuition fees for 13 classes will be \$65.

Participants may join at any time during the fall season, and tuition fees will be adjusted accordingly. Checks can be made out to "Alex Echevarria".

Classes follow the curriculum of the American Kenpo Karate System. Participants who attend this course regularly will develop street awareness and prevention skills in addition to learning practical self-defense techniques. Participants of all abilities, ages, and experience are encouraged to attend. Students should wear their belt of rank to each class. A martial arts uniform is not required although students are encouraged to wear one. They can be found online, at sporting goods stores, and even at thrift stores. White or black



uniforms are recommended. Otherwise, students can wear active clothing (i.e. sweats, t-shirts). All males are required to wear a cup.

The classes will be taught by Senior Instructor Alex Echevarria, American Kenpo Karate 4th Degree Black Belt. Mr. Echevarria has over 27 years of experience in the martial arts and is a retired public school teacher.

For more information, visit the Vashon Park District website and Vashon Kenpo on Facebook. Scholarships are available for young adults through RJ's Kids and through Family Link for homeschooled children. Please inquire during registration or through Vashon Kenpo on Facebook. Sponsored by RJ's Kids: an island-centered nonprofit for the young people of Vashon.

## Road to Resilience

*Continued from Page 1*

moderate to large cities is difficult and extremely expensive, if it is feasible at all. We have constructed vast canal systems for thousands of years. Even so, many a desiccated civilization has perished. More recently, water has been transported in ships and even the idea of towing in an iceberg has been entertained. The futility of attempting to provide a sufficient supply that way is now quite apparent. Perth, Australia, has a solar-energized desalination plant. We can also successfully recycle sewage water: an expensive alternative that may save some cities that have outgrown their water supply. Nobody would argue that a sufficient, natural rainfall would not be preferable, but we continue to plan according to our wants rather than according to what nature will provide.

Water and its components cannot be created or destroyed except, theoretically, through nuclear fireworks. All the water that ever was on Earth is still here. The problem is having it at the right place, in the right form, at the right time. We have inhabited the places where the hydrologic cycle has usually dropped fresh water on a regular basis. We understand a fair amount about what creates rainfall in one

place and not another, or at some times and not others. Scarcity and abundance are natural cycles. We attempt to mitigate this situation somewhat so as to supply water more evenly and predictably, but we have too many people now to be able to assume that we have the ability to supply as much water as we like to any place that we choose. And we must also realize that when we attempt to supplant the natural system, there will be formidable costs both upfront and ongoing.

In the end, we can only express gratitude for the wonderful rain we had no part in producing. The distribution of life-giving water, not to mention the photosynthesis that provides all the food we eat and the oxygen we breathe, are systems we may understand and appreciate, but our dependence on them seldom plays a prominent role when we are making plans. Far better that we try to align our thinking and activities to harmonize with and support the natural systems than impose our idea of how things ought to work. We have come to view the world as a toybox we can plunder. Better to return to seeing it as a dance that we can learn.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

**Next Edition**  
**of *The Loop***  
**Comes out**  
**Thursday**  
**September 3**

Deadline for the next  
edition of *The Loop* is  
**Friday, August 28**

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Find *the Loop* on-line at  
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**Compost the Loop**  
*The Loop's soy-based ink*  
*is good for composting.*

There is a poster used by Domestic Violence educators that shows the different roles of DV. Nobody is a real person in situations involving DV. Everyone just plays a role. That's the point they are trying to make. Real only happens in healthy.

Growing up in a household where I was constantly abused and moving into church work which is, unfortunately, loaded with abusers (four times the national average for the helping professions- real true self reporting statistics so probably higher) and then living in affluent circles where an invisible, form of abuse has been identified, economic abuse, my role was always The Scapegoat.

The term comes from Jewish tradition where an animal was designated to have all the sins of the people on it and then sent off into the wilderness or killed.

In practical terms it means you are the one who takes the hits for other people who are feeling negative inside. That was me. Was being the operative word.

So, my mom as I've mentioned so many times before, was the most culturally accepted kind of mental illness. She had family money, I mean K-2 kinda money, a good education, and nice social skills. Inside, she was one hurting kind of being. I loved her then, love her now. I was devoted. Her best friend. When I was forty I discovered, because all candidates for the ministry in the Presbyterian church have to go through a complete and utter psychological evaluation, that unlike what I had been told, there wasn't anything wrong with me. In fact I was remarkably healthy, above the charts healthy.

Now we collect people who verify what we believe to be our story. So I had married a man with clinical depression and anxiety disorder and was a mysoginist ( hated women), and I had adopted two severely attachment disordered children, each when they were five. The point in mentioning the ages is that they came very damaged. First five years is everything. Another column will deal with forgiving birthparents. I mean, my father could have protected me right?

Wait! Wait! you say. Deborah, you can't just put those kinds of things in print about other people. Well, yes you can if they are clinically documented and also if it's part of your story...ya know...that free speech thing. This piece is for those who are walking my walk. Scapegoats who are trying to stand up on that damnable altar where they are being sliced and diced and say, "Back Off! Nobody Dies Today!"

So...how this part of my story started is, one night I called my mom who used to call every night at 8:30 and tell me what an awful daughter I was. Why 8:30 PM? Because she was on East Coast time. It was the time she noticed she was the most alone in her life.

"Mom", I said, "You just can't call me up (like this) anymore. I have two seriously needy children and two birth children who are terrified of them, I'm putting to bed. It just can't happen anymore." I don't even know where I got the courage to say that, except that being a scapegoat is a spiritual issue too and my faith was growing leaps and bounds.

But the reply was the beginning of the end for all who had been exploiting me. She said, "But you've ALWAYS been in charge of managing my anxiety!!"

I... was... stunned. My life changed in



Island Epicure



By Marj Watkins

Pointers for Perfect Pancakes

Pancakes are the quickbread I make most often. They’re perfect for a guest breakfast or a Sunday night supper. You can dress them up with real maple syrup, or more healthfully with yogurt and fresh fruit. Or bake them with fresh or frozen blueberries folded in just before baking. Added before the last minute, frozen berries tend to bleed blue juice, spoiling the beauty of our product.

Leftover pancakes make a good snack, cold and spread with nut butter and jam. They can be a Sunday night supper rewarmed in oven or a skillet. If the weather’s too warm for turning on the stove, or time or patience short, microwave a plateful at a time of single layer for about one minute or less, depending on the power of your microwave.

A few pointers for perfect pancakes:

1.Preheat a wide skillet or a griddle until a drop of water sprinkled on it bounces.

A portable electric griddle can be used at the table, allowing cook and diners to be together. People can take turns baking the pancakes. That works for a small group, say four.

2. Grease the griddle for the first batch. You may not have to add more grease for subsequent batches, especially if you’ve put a couple of tablespoons of olive oil in the batter.

3. Ladle the batter onto the griddle with a tablespoon for dollar-size pancakes. They cook fast and are easy to turn over, and kids love them. They also like pancakes with the batter drizzled

onto the pan to make cakes formed like their initials. They’ll want to cook them themselves.

4. Turn the pancakes when the rim of each is full of breaking bubbles and the top has lots of bubbles that break. When done on the bottom, a pancake parts from the pan easily; if it balks, it’s not done yet. Give it a couple more seconds.

5. If the first pancakes are ready to eat before the people have gathered for breakfast, line a baking sheet with a clean dish towel. Place pancakes on it in a single layer with another clean dish towel over them. Put them in a warm oven. They’ll not cool, nor dry out in a few minutes.

- BUTTERMILK PANCAKES
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 Tablespoons coconut sugar or brown cane sugar
- 2 eggs, beaten
- 2 cups buttermilk
- 2 tablespoons olive oil or melted butter

Sift dry ingredients into mixing bowl. Combine eggs, buttermilk and oil or butter. Stir the liquids into the dries. It’s okay for the batter to look a bit lumpy. Let it rest a few minutes for the flour to soak up some of the liquid. Bake on a griddle or skillets lightly greased with coconut oil. An electric griddle or skillet needs to heat to 375 degrees.

For pancakes of uniform size, dip batter with a ¼-cup measure. My miniature ladle holds only 2 Tablespoons and makes 4-inch pancakes. The batter spreads in the pan. Leave space between pancakes to allow spreading room. Turn when bubbles form and break on top and around the edges.

Serve hot with butter and syrup, or with yogurt and fresh sliced peaches or berries, or a fruit compote, or jam or marmalade.

Note: If allergic to cow’s milk, goat’s milk or almond milk may be substituted. Instead of soda, use 2 teaspoons baking powder.

Passport To Pain



improvements to their facility and boats.

In addition to its 10,000 vertical feet, P2P also gains a uniquely fun and outlandish flavor from its location – beautiful Vashon Island, just 20-minutes west of Seattle by ferry boat. Long populated by artists, small organic farmers, and those who seek a rural lifestyle close to the Seattle metropolis, Vashon adopted its slogan “Keep Vashon Weird” many years ago. P2P prides itself on creating a fun and wacky ride – checkpoint volunteers dress in costumes or decorate their checkpoint booths in themes – in 2014, a devil costume and an insane asylum were the highlights. P2P is a ride for fun, not a race. Organizers do not keep times so there are only winners, no losers (a very Vashon tradition).

The Passport 2 Pain annual bicycle ride is produced by Vashon Island Rowing Club, a 501(c)3 non-profit organization dedicated to serving the rowing community on Vashon Island by providing a junior crew program for the island youth and a masters rowing program for adults. Proceeds from P2P directly supports Vashon Island Rowing Club.

This year, P2Ps “Idiots,” “Weasels” and “Weenies” will gather at Jensen Point on Saturday, September 12, 2015 for the chance to prove their endurance - or outright insanity - on this brutal Island-wide ride.

Online registration for PASSPORT TO PAIN opens on May 5 at [www.passport2pain.org](http://www.passport2pain.org). The registration fee is \$100. Team Options are available: up to 12 riders in a group can join, so they can start at the same time and ride together. The registration fee remains \$100 per individual for teams. All proceeds from P2P benefit the non-profit Vashon Island Rowing Club.

Event Details:

- This is the 5th Annual P2P Island Ride (the event is not a race)
  - P2P will be held on Saturday, September 12, 2015
  - P2P begins at Jensen Point on the Burton Loop at 8 AM
  - Riders are given a passport to be stamped at each checkpoint
  - The longest ride option includes a climb of 10,000 vertical feet on the 80-mile course
  - There are three course options for all riding levels:
    - o The Idiot – 10,000 vertical feet - 80 miles
    - o The Weasel – 6,500 vertical feet - 50 miles
    - o The Weenie – 3,400 vertical feet - 30 miles
- Passport To Pain  
Saturday, September 12th,  
8am  
[www.passport2pain.org](http://www.passport2pain.org)

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TRASH TALK

Recycling Event: Aug. 29, 9-3. 17001 107th Ave SW, Tjomsland Gravel Pit. Materials handled: TVs, computer monitors, electronic equipment, tires, styrofoam blocks & peanuts, appliances, mattresses, sinks, toilets, concrete. Fees may apply. Details: [www.KingCounty.Gov/solidwaste](http://www.KingCounty.Gov/solidwaste).

ZERO WASTE VASHON

[www.zerowastevashon.org](http://www.zerowastevashon.org)

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Next Loop comes out September 3



# Bill Carter

Bill Carter has been a pillar of the Texas music scene for three decades. Over 200 artists have found gold in the songwriting genius of this legendary Texas troubadour, including Stevie Ray Vaughan ( “Willy the Wimp” and “Crossfire”... for which Bill won BMI’s Million -airs Award and an Austin Music Award for “Best Song of the Decade” ), The Fabulous Thunderbirds, Robert Palmer ( “Why Get Up”), The Counting Crows, Toni Price, Ruth Brown ( “Richest Man/One”), John Mayall, Waylon Jennings ( “Jacksboro Highway”) Storyville, Omar and The Howlers, Brian Setzer of the Stray Cats, John Anderson and many, many more. The list is endless.

Bill Carter and The Blame is a revolving world class band that includes at any given time Chris Layton (Stevie Ray Vaughan & Double Trouble), Denny Freeman (Bob Dylan), Charlie Sexton (Bob Dylan, Arc Angels), Will Sexton, Andy Salmon (Christopher Cross), Dony Wynn ( Robert Palmer, Brooks & Dunn) Cindy Cashdollar ( Asleep at the Wheel, Bob Dylan, Ryan Adams) and Mike Thompson (Eagles).

“Bill Carter has an audacious knack for a roadhouse hook and a wicked tongue for lyrics,



making music that is at once powerful, sly, intelligent and rocking. Carter is one of the most successful, if not the best singer-songwriter in Austin.” Margaret Moser – Austin Chronicle

“Simply put, no one writes songs like this man.” Stu Gilbert, MVRemix

“Unknown is a resounding collection of hard-nosed rock and blues arrangements with a country sensibility and features

Carter on ten instruments, including bongos, bass. Carter’s voice is that of a true troubadour, one who speaks it like he’s lived it. Carter deserves to be up there with international song-writing royalty.” Glide Magazine

Friday, August 21, 8:30pm  
At the Red Bicycle. All-age’s ‘till 11pm, 21+ after that.  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# Subconscious Population



Subconscious Population... a band that everyone on this Island knows and has always been a huge part of our musical and spiritual history on Vashon Island. The original band dates back to 1980, with different members coming and going, but always centered around front man Ron Hook.

Santana was a huge influence in the beginning, but Sub-Pop found it’s own vibe that blended Reggae, jazz, blues, rock and country together.

Drawing on the infinite source of knowledge and inspiration, Subconscious Population quickly became an Island favorite – it’s always been about the dance...which is perfect, because they’ll be rockin’ the Red Bike for this show!

Friday, August 28, 8:30pm  
Free Cover!  
All-Ages ‘till 11pm 21+ after that.  
At the Red Bicycle,  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# Fendershine

Vashon Island band Fendershine’s members hail from five distinct corners of America, and their respective swampy, poppy, psychedelic, prog-rock and folk-punk influences come together in their own concoction of danceable rock. The ‘Shiners all came of age in the 1970’s and musical immaturity in the 1980’s. Collectively they have attended hundreds of arena rock shows, sported dozens of questionable hairstyles, and played gigs in an array of venues including countless crappy clubs, two post offices, one laundromat, and a quilt shop closing party.

Rick Vanselow: Guitar  
Kim Thal: Violin  
Eric Frith: Guitar  
Ellen Parker: Bass  
Stephen Buffington: Drums  
Friday, Sept. 4, 8:30pm.  
Free Cover.  
All-Ages ‘till 11pm 21+ after that.  
At the Red Bicycle,  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com



# Frito Needs A Home...

Allow me to introduce myself. I’m the new lobby cat and official greeter at the shelter. It’s an honor to have been chosen for the job that the late great Earl of VIPP held. I’m sure hoping it’s only a temporary position, though. I like meeting new people, but I really hope one of them will take me home soon. My mellow, friendly personality makes me a great companion, and I want to shower my love on the same person every day of the week. Besides, couldn’t you use a greeter?



Go To [www.vipp.org](http://www.vipp.org) Click on Adopt

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Friday, August 28

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