

Discounted Ferry Passes on FerryTail.com

By Robin Kallas

Losing money on expiring unused ferry passes may become a thing of the past. Vashon Island will be the beneficiary of a test launch for a new mobile accessible website that could revolutionize the ferry transit system. A local Bainbridge Island couple created a website to allow for a secondary market for WSDOT Wave2Go passenger and vehicle passes. They then spent over a year designing and patenting an intuitive, easy-to-use web site to help tourists and commuters save money.

The site operates much like a StubHub for ferry passes. Those who cannot use all of their multi-use Wave2Go passes can sell the remaining passes to buyers who can use them before the expiration date, saving everyone money in the process. Sellers recoup the majority of their investment by selling the pass days or weeks before it expires, and buyers travel for considerably less than the standard walk up price. WSDOT, the Washington State Department of Transportation, may potentially also benefit since commuters, no longer wary of being saddled with unused rides, will be more willing to purchase passes. Monthly, senior and



Revalue passes will not be eligible for participation.

To list a pass, sellers simply enter the 22-digit code from their Wave2Go pass onto the Ferry Tail website. Buyers enter their search criteria, such as route and number of uses needed, and are presented with a list of available passes. Passes that expire on the same day are discounted an additional 10%.

Finally, the site has a well thought out “Send me a reminder” function, allowing pass owners to request a future email reminding them that their pass is about to expire and should be listed for sale if there are unused rides remaining. Ferry Tail recommends that all Wave2Go pass owners request a reminder immediately after purchase from the WSDOT.

During the initial regional launch the site will only be available for those traveling to and from Vashon Island, but the site expects to be fully operational for all routes by July 1, 2016.

50th Anniversary Party in a Garden!



In June, VCA celebrates our 50th anniversary as one of Washington state’s oldest nonprofit arts organizations.

It’s hard to believe that in the last half century, VCA has grown from the old Lisabeula schoolhouse off Wax Orchard

beloved, local group Riverbend will play their classic upbeat tunes.

Join us for fun, food, music, wine, scenic views and the opportunity to celebrate VCA! We can’t wait to see everybody there!



Road, where a handful of volunteers offered art and ballet classes, to a freshly built, state-of-the-art theater with seating to accommodate more than 300 people.

In celebration of our 50th anniversary, we are planning an extraordinary party at Andrew Will Winery complete with food, drinks and entertainment. Featuring catering by local, award-winning restaurateur Matt Dillon and a specialty cocktail by Seattle Distilling. Pearl Django, Gypsy Jazz greats who played to a sold-out Blue Heron back in February, return to liven up the celebration. In addition,

Please circle June 25 on your calendar and join us at this special occasion to support the vibrant arts community of Vashon and the organization at the center of it all, the inaugural year of operations in our new home.

The annual Garden Tour will see a hiatus for 2016, but promises to return bigger and better in 2017.

50th Anniversary Garden Party
Andrew Will Winery
Saturday, June 25, 5 pm to sunset
Visit www.vashonalliedarts.org for tickets and information

The Road to Resilience Biochar!

Although there will be much more to consider as the election saga unfolds this week, I want to talk about a local project that will make our community here more secure and resilient regardless of election results in November. A local group, Zero Waste Vashon (ZWV), wants us to mimic the efficiency of the rest of nature, in which [where] the concept of waste does not exist. The wooded lot next door seems to grow year after year with seemingly nothing but sunlight, water, and air being added and no waste ever piling up. Just the leaf-fall would quickly become a hundred feet high if it wasn’t actively recycled by millions of flora and fauna for their, and our, ultimate benefit. By far the greatest number and variety of those flora and fauna live in and make up the soil.

For that reason, it is understandable that Zero Waste Vashon is concentrating on nurturing our soil with products that we heretofore have considered “waste.” Americans spend millions of dollars hauling this “waste” to remote landfills and millions more importing processed soil amendments made from the same material. Why not avoid all that transport and do as nature does: recycle our own material? It may be a long time before we know how to be as totally resource self-sufficient as most of the rest of nature is, but we can make great strides, now, by utilizing well-understood knowledge and exploring new concepts that hold great promise.

The tried and true technology of compost making is one process that Zero Waste Vashon is trying to systematize

By Terry Sullivan,

for maximum output and utilization. They are exploring better methods for traditional compost making as well as researching the viability of an anaerobic digester that would produce methane as an energy resource and compost as well. That methane, a potent greenhouse gas, now escapes into the atmosphere.

This brings up a second consideration in all that ZWV does: combatting climate change by carbon sequestration. Although it is inevitable that the natural cycle produces greenhouse gases, it is evident that their pre-human production was usually manageable. The atmospheric carbon dioxide was absorbed by the oceans and sequestered in the soil and sea beds as photosynthesis created stable carbon to store and oxygen for us to breathe.

Unfortunately, most of the soil that we have cultivated for our own use has been destroyed by modern farming methods. The living soil is decimated by chemical fertilizers, pesticides, and herbicides. As well, the practice of clearing and tilling the soil on a regular basis disrupts the living structure and allows sequestered carbon to be released as carbon dioxide to the atmosphere. More on that problem another time.

Since we are all carbon-based life forms, carbon is a major ingredient in the soil. It plays a part not only in the energy chemistry of life but also in the physical structure of the soil where nutrients need to be available and the micro-flora and fauna live. Recent studies have estimated that soil, the extremely thin living layer

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Community meeting June 20 on proposed Maury Island Natural Area restoration work

Partners in the ongoing Tacoma Smelter Plume contamination Cleanup at Maury Island Natural Area host a community meeting on Monday, June 20 to discuss upcoming restoration work at the former Glacier gravel mine site.

Set for 6:30 – 8 p.m. at the Vashon Public Library, the meeting will include current information about stewardship and soil remediation activities planned for the site, which was contaminated for several decades by material from a metal smelter in Pierce County.

The main agenda topics include presentations of the draft interim action cleanup plan, plus an update on work to remove the old gravel-loading pier, which is scheduled to begin later this year.

Soil remediation work that might begin as early as this fall could include:

- Placing clean gravel along some trails through the property, and closing access some smaller minor trails;
- Clearing and replanting roughly three acres of invasive Scots broom and Himalayan blackberries; and
- Installing a hygiene station where visitors can wash their hands and clean dirt from their shoes.

Located on the southeast shore of Maury Island on lands formerly operated as a sand and gravel mine, the Maury Island Natural Area is now a 275-acre park under the stewardship of King County Parks and features the

Continued on Page 5



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Submissions to the Loop

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

Vashon Drum Circle

Woman’s Way Red Lodge is hosting its last Vashon Drum Circle on Friday, June 10th, 7 PM, outdoors at the Village Green. After our annual summer solstice celebration at Burton Hill, Buffalo Heart, the Red Lodge community drum, will move to her new home in South Seattle, where she will continue to serve as Red Lodge’s ambassador for peace and community well being. All are welcome; no charge but donations gratefully accepted.

Alzheimer’s Association Caregivers Support Group

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

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

Free Garden Advice

Vashon Master Gardeners will host Plant Clinics from 9:30 a.m. -2:30p.m. on alternate Fridays & Saturdays beginning May 7, outside Ace Hardware.

Master Gardeners will be available to answer all your questions with research-based, environmentally sound information. Each Plant Clinic will also highlight a special topic of interest to our planting community. Free handouts and garden resources will be available. All questions welcome! Please stop by to share your gardening questions, successes and to meet your Master Gardener neighbors.

Dance!Vashon presents Charlie & the Chocolate Factory

Dance!Vashon presents Charlie & the Chocolate Factory, with performances the weekend of June 24-26, at the Vashon High School Theater.

The show features over 100 Vashon dancers and is an annual favorite, renowned for its student-led choreography, colorful costumes,sets and humor.

Tickets for the 7:30 PM performances on Friday and Saturday nights and for the 1:30 PM matinees onSaturday and Sunday can be purchased in advance at Vashon Bookshop and are \$15/adults and \$11/students/seniors.Saturday matinee tickets are discounted at \$10/\$8.

Moving Yard Sale

June 17th to 20th from 10am to 6pm selling 1987 Ford Ranger just 81092 miles, 1948 Tractor, Chain Saws, Troy Built Tiller-Chipper, New Treadmill, Power & Hand Tools, etc

June 24th to July 2th from 10am to 6pm selling Walnut, Oak & Modern Furniture, China, kitchen appliance, Books, Flower pots & Earth boxes, etc

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Death Cafe

Death Cafes are part of a global movement to increase awareness of death with a view to helping people make the most of our (finite) lives. The Death Café model was developed by Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz. Death Cafes have spread quickly across Europe, North America and Australasia. As of today we have offered 2398 Death Cafes since September 2011. If 10 people came to each one that would be 23,980 participants. We’ve established both that there are people who are keen to talk about death and that many are passionate enough to organize their own Death Café.

We gather in a relaxed setting, as people who are aware that one day we are going to die, to discuss death, drink tea and eat delicious treats. When we acknowledge that we are going to die, it falls back on ourselves to ask the question, “Well, in this limited time that I’ve got what’s important for me to do?

At a Death Café people, often strangers, gather to eat cookies, drink tea and discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafes are free from ideology-no one should lead others towards any conclusion about life, death or life after death, apart from you own thoughts. Death Cafes are safe and nurturing, which includes offering refreshments. Death Cafes are accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. Death Cafes are non-profit and non-commercial. Death Cafes are confidential. No individual stories should be retold.

Death Cafe At Vashon Intuitive Arts on Sunday, June 25 from 1:30 to 3 PM by donation.

Mukai House & Garden Open House

Friends of Mukai will open the historic landmarked Mukai House and Garden for visits from the community on Saturday, June 18th and Sunday, 19th. The group gained legal ownership of the property April 4th. They have begun to inventory its contents, clean it up, and develop ways to tell its stories and those of the Mukai family, in preparation for this June ‘soft opening’ . Friends of Mukai board want to let people see the property as it is now, and have an opportunity to learn more about its history and the plans for its’ repair and restoration. A celebration is planned for the fall. The Mukai home is located at 18017 107th Ave. SW. It will be open from 10 a.m. to 4 p.m.

Friends of Mukai activities receive support from the 4Culture/ King County lodging tax fund.

Sounden Event

Sounden is a unique experience that combines the elements of music, shamanic journey, breath awareness and sound.

Vocalist and teacher Sarah Christine will assist you in raising your frequency by tapping into the powerful resonance of your own voice and body. Eryn DeFoort, a holistic minister and shamanic practitioner, will guide you through a deep meditation and clearing. The collaboration transcends boundaries between the physical world and the unseen realms.

Participants will journey into a place of deep awareness, creativity and intuition. For more information go to www.facebook.com/vashonsounden

Location: A cozy yurt on a private residence in the heart of Vashon. Go to www.sounden.eventbrite.com to buy tickets and get the location details.

June 24 7-10 p.m.
Tickets at www.sounden.eventbrite.com

Rubber Bridge

Enjoy playing rubber bridge in the newly refurbished Senior Center every Monday evening. All ages and skill levels welcome. Contact George Eustice 567-4074 to reserve your place.

Fruits In Your Backyard

Wondering what varieties of fruits will grow well in your backyard? Wishing you could grow peaches or some exotic fruit? Sam Benowitz, owner of Raintree Nursery in Morton, Washington, will be speaking about fruit growing at the Vashon Island Fruit Club meeting in June.

Sam has owned Raintree Nursery for over 40 years. I expect half the island has some plant or fruit tree purchased from Raintree during those years. Sam’s commitment has earned him a strong reputation for excellence in academic and fruit-grower communities.

Sam has a long standing relationship with islander, Dr Bob Norton, one of the founding members of the Vashon Island Fruit Club. Sam and Bob, who was in charge of the WSU research station in Mount Vernon for 30 years and responsible for introducing fruit crop trials at the station, worked together in developing fruit trees that could survive our local rains, summer droughts, and lack of heat units.

The public is invited to join the fruit club at this special meeting on Tuesday, June 14th, at 6:30 PM at the Land Trust Building.

The Vashon Loop

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The Horse that Wouldn't be Fenced

By Seán_C._Malone

Johnny Adams was not one of those 10-year-olds that was full of the gimme-gimme's. He was a typical Vashon boy who generally worked for what he got, picking strawberries for the Matsumotos, or mowing lawns down at Cove. There was the wizened old Norwegian lady on the west side of the Church camp who had Johnny cut her grass every two weeks whether it was needed or not. He didn't like walking by the Baptist Assembly because he was Catholic.

One day, an older man stopped him on the road. Johnny was hot and naked to the waist; the man grabbed the Saint Christopher medal that Johnny wore on a chain around his neck and said:"You are going to go to hell for wearing this." Johnny was scared. Maybe the man was the preacher.

The one thing Johnny wanted was a horse. His Dad wasn't responsive at first, but they made a deal and Johnny's part was to build the electric fence before the horse, so to speak. They already had a barn with a hay loft and plenty of pasture because the neighbors to the North had some land they weren't using.

It looked easy to Johnny. If he could set 5 posts a day he would have the electric fence in no time. He had his Dad's post-hole-digger. All he had to do was to spread the handles and ram the two spades into the earth, close the handles together and take the dirt out of the hole. His Dad had told him how he wanted the holes 24 inches deep and the hole around the post filled with rocks, dirt and water; in that order, and each layer had to be tamped down with an iron bar, brutal work for anybody, let alone a 10-year-old. Most of the cedar posts had been used, so Johnny had to cut off the rotten bottoms to make a fence that had its ups and downs as all the posts weren't the same length and Johnny was getting tired of the work and making mistakes. He cheated on the depth of the holes, he couldn't find enough rocks, or it was too far to the pump house for the water.

One day, the fence was ready for wire and the 12 volt electric charger that was going to charge the wire and keep the horse in.

Kiddy was the name that Johnny gave to the old pack horse that his Dad had found near Silver Lake. She was nice and fat, though bound to get fatter; because she learned how to get ahold of the rope that swung the door to the hay loft up and she would have her fill while whittling away at her Winter's feed supply.

The old packer that sold his Dad the horse had warned him of her ability to get through any old kind of fence. He also told how gentle and sure-footed she



was, an absolute must on steep and rocky mountain trails. Dad took her anyway.

They put Kiddy in the fence which was open to the barn so she could get out of the weather. Click-click, click- click went the old fence charger and about that time Big Mike, the Labrador, saw his chance to baptize the new fence and lifted his leg to pee on some wet grass that was touching the hot wire. He yiped and ran off, not to be seen for hours. He was connected in the act of marking his territory.

Kiddy only broke out of the fence when nobody was watching. If it rained and wet grass lay against the wire, grounding the charger, then Kiddy only had to get her head under the wire and was headed north to Mr. Frost's garden, her favorite place. Johnny became scared when Old Mr. Frost called and told Johnny's dad that he was going to shoot the horse if she got into his garden again. Kiddy was very headstrong and largely ignored Johnny's lecture about breaking out. She had no respect for electricity, and stuck her head under the wire, lifting it just enough so she could get out.

There were lots of horses on Vashon in the 1950's and Johnny rode Kiddy to a stable at Colvos to be re-shod with his dogs running alongside. Big Mike and old Boots loved the shoeing because they loved chewing on the trimmings from the horses hooves, which Johnny called "dog's chewing gum."

Johnny belonged to the Shoe Busters, a kid's square dance club as well as the riding club called the Trail Riders with about 30 members. But Kiddy was getting so fat that while Johnny rode bareback, his legs stuck out to the sides; and she was prone to running away with Johnny, when she had a mind to. One day on the way to Trail Riders, Kiddy decided to take off with Johnny's legs flailing to the sides. "Whoa, whoa," Johnny yelled as he held back on the reins, but Kiddy was headed for the barn at Joslyn's and the hill was steep. Afraid that he was going to be thrown over her head and trampled, Johnny bailed off to the side, never to ride Kiddy again.

9th Annual Father Daughter Dance



The Enchanted Forest--the theme for the ninth annual Vashon Center for the Arts Father-Daughter Dance, taking place at the Vashon Golf & Swim Club on Saturday, June 11.

In keeping with tradition, dress will be semi-formal -- dresses for daughters and coats and ties for dads. Desserts and drinks are provided, along with a complimentary photo, frame and rose for daughters.

Music selections will be handpicked by an expert committee of island daughters. John Sage graciously returns to provide the photography.

Once again an optional dinner is offered before the dance, buffet style, with a vegetarian option.

This event is limited to 120

participants, and an early sell-out is expected again. Tickets for the dinner need to be purchased at least 7 days in advance to ensure an accurate meal count.

Vashon daughters--invite a few friends, their dads, and make an evening of it! Regardless of age, you will be sure to outlast your dad on the dance floor! Financial assistance is available to make this event accessible to everyone.

Father-Daughter Dance
Saturday, June 11, 7-9:30 pm
Dinner 5:30 pm [optional]
Vashon Golf & Swim Club
Dance \$25, Dinner \$20
Tickets: VCA, Heron's Nest Gallery,
VashonCenterfortheArts.org

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I get along with other cats, and I'm quiet. What's not to like? Come and see if I'll stand on my head when you pet me. That might be my next trick.



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Deadline for the next
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Friday, June 17

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*The Loop's soy-based ink
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Community meeting on proposed Maury Island Natural Area restoration work

Continued from Page 1

longest undeveloped stretch of Puget Sound shoreline in King County. When combined with the nearby 320-acre Maury Island Marine Park, the two sites represent the largest public holding of protected marine shoreline in all of Puget Sound.

The land was purchased from CalPortland in December 2010, with the involvement of Forterra. Acquisition

funding came from the King County Conservation Futures Tax, Washington State Department of Ecology ASARCO Settlement fund and an amendment to CalPortland's existing royalty agreement for another mining site.

For more information about this project, visit <http://kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/natural-lands/maury-island-natural.aspx>.



Vashon Youth Theatre Summer production: Spring Awakening

Welcome to Vashon Youth Theatre's Summer 2016 Production of Spring Awakening!

This is a tuition-based Musical Theatre Education program that runs from June 11 - July 31st.

Final Performances July 29 & 30th at 7 pm & July 31st at 2pm at Vashon High School Theatre

Costs: Required \$50.00 Registration Fee; and Tuition of \$200.00.

Some Tuition scholarships ARE available. Please ask Elizabeth at eripley13000@yahoo.com

Interested? Come to the first Meeting! Sunday June 12, at Ober Park at 1 pm Required Parent/Guardian meeting with Elizabeth Ripley, Artistic Director.

Participants shall work with choreographer, Lizzy Schoen

Afterwards we will take a look at the script and listen the score.

Bring water and clothes you can move in with ease.

Lead Roles are for students entering High School through College 14 - 25 years of age with additional supporting roles for students under 14 years of age & additional roles for 25 plus...

List of Lead Roles

Melchior Gabor: Headstrong, handsome, and charismatic. He knows much more than the others because of what he reads in books and is able to see the corruption in society.

Wendla Bergmann: A naive young girl who has limited knowledge about --pretty much-- everything.

Moritz Stiefel: Melchior's intense and nervous best friend. He has an overwhelming confusion relating to feelings, which seems comedic at first, but quickly develops into a serious issue for him.

Ilse Neumann: A childhood friend who runs away from an abusive home to live in an artists' colony.

Hänschen Rilow: A humorous and almost arrogant classmate, who manipulates the other students.

Martha Bessell: One of Wendla's friends who is abused, and keeps the worst of it to herself.

Ernst Röbel: A sweet and naive classmate. Ernst is in many ways a foil to Hänschen.

Georg Zirschnitz: Another classmate who dreams about his piano teacher.

Otto Lämmermeier: Another classmate who has a dream about his mother.

Thea: A confrontational school girl and Wendla's best friend.

Anna: An innocent school girl and Martha's best friend.

Additional 13 to 25 year old students are needed for the Boys School, Girl's School & Boy's Reformatory. Additional Adults and children, of all ages, for the final song: The Song of Purple Summer (Limited rehearsal requirements and reduced tuition. For the Song of Purple option.)

Questions or concerns? Please ask Elizabeth: eripley13000@yahoo.com

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Spiritual Smart Aleck

I Got Them Old Age Irrelevant Blues

It is the duty of the young to confound the old.

Last night my grandson told me that he is now a vegetarian. Apparently I am the last one of his family and friends to know this. That makes sense in that he is a teenager and he lives with me, so of course I would be the last to hear.

When my sons were growing up, I went through culture shock with them. Not vegetarianism, but other things, like music. After breaking me in easy with MC Hammer and Green Day, they got serious. My older son brought home rap music with more f-words than a high school locker room, and my younger son brought home metal music with singers who sounded like they had gargled sand. Taking my aversion to both these genres as their guide, they dived into the deep ends of their preferred musical styles.

My older son eventually wrote and recorded some of his rap poetry. Lately he says he’s been listening to classical music. I didn’t see that coming.

My younger son at fourteen took up guitar, and in a few years he was playing like a whiz, including something called “shredding.” He now plays guitar, tours, and records with a metal band, the Devils of Loudon. He also has become a yoga teacher, and I didn’t see that coming, either.

Then there were the video games. My boys were proficient and badgered me to buy every new game, which they would play obsessively until they beat it.

They say that mothers understand the meaning of their babies’ cries, whether they are of hunger or tiredness. I learned to recognize the distinctive howl of a child who had lost in a video game.

I tried to hold the line on the gory games and the ones with terrible values, but somehow the boys worked around that prohibition and were soon gleefully committing digital mayhem. They borrowed games from friends, or swapped things I wanted them to keep, like clothes, games, or CDs I’d bought them, for the games which I did not want them to have. It was a hard time, for me at least.

Rick and I were old folksingers and songwriters,



By Mary Tuel

and we expected our children to rebel by becoming accountants or Republicans or something. But, no. Their rebellion took the shape of things which we could not have imagined. They forged their separate identities by embracing and living their Millennial lives, part of a culture of which we old hippies were spectators, not participants.

It was a big change for us to be passé. We were part of the generation that dismayed our parents by growing our hair long, wearing funny clothes, using drugs, and listening to and playing our generation’s music.

Oh, that music. Many of us did not wish to march off to war, and that was a huge cultural divide. We were raised to salute the flag and fight for our country when called. In that spirit, Rick, an Army brat, went to Vietnam. His experience left him scarred for life, but he did his duty. Then he came home, let his hair grow, wore funny clothes, used drugs, and listened to and played music.

Then we, the rebels, had children, and they rebelled against us.

Now my grandchild is embracing and living his post-Millennial life, with computers and smart phones and new values of openness to different lifestyles, changes I never imagined I’d see in my lifetime.

It’s all part of the natural process of growing up, becoming independent and creating a unique life. I did it, my children did it, now my grandchild is doing it.

His generation is so far away from my growing up days, and also far away from his parents’ growing up days. I feel like I’m getting a double whammy of the generational culture divide. Sometimes it makes me feel downright old and irrelevant. The trouble is that the old gray mare IS what she used to be.

So how are we oldsters relevant? What do we have to offer? Why, our wisdom, experience, and love. We watch another generation of children inventing their lives, and we think, “Oh, babies, you ain’t seen nothin’ yet.”

There may come a time when these pioneers, these explorers of the human experience, will be glad for our sympathy and our hard-won realization that often the best thing we can do is say nothing, and listen.

Maybe. Or not. Who knows?

By Lois Watkins

We children whispered among ourselves in conspiratorial tones as soon as we got the first whiff of garlic, hoping against hope that Daddy was making a pot of spaghetti. We debated back and forth like Rabbinical scholars our interpretation of the sounds and aromas coming from the kitchen. It would be an understatement to say that my father’s spaghetti was known far and wide, and even today is among the best I have tasted ever. His sudden decision to make a pot of spaghetti was a rare treat, one he didn’t give often. We were never quite sure of what he was cooking until one of us would volunteer to do reconnaissance and pass nonchalantly through the kitchen for a glass of water. Every detail was carefully noted and reported back.

My father, when he chose to cook, always stood before the stove in my mother’s ruffled apron. He was silent, and we knew that when he cooked he was not to be disturbed. He would always pay careful attention to detail in everything he did, sometimes missing the obvious big picture because of it. He meticulously chopped onions while sautéing finely minced garlic and other flavorful spices. I recall once observing him peel a tomato which took several minutes, resulting in an endlessly long, almost transparent, ribbon of pink.

The sudden aroma and loud crackle of fresh garlic and onions meeting hot oil in his oversized skillet gave us some assurance that our favorite meal might become a reality. My father would throw the minced and chopped ingredients into the skillet with rich embellishment, his arms uncharacteristically in the air like a symphony conductor. He was in his full essence, not to be disturbed with questions from the minions. He never acknowledged our presence when we would find ourselves on the mission to spy and gather evidence in the kitchen. In retrospect, his mind must have been miles away, someplace he dreamed of but would never tell anyone, even himself. Cooking spaghetti was his way of acknowledging the deeper side of recognizing the other of himself. And he did it well.

We gathered intelligence as we saw how he stood before the stove meticulously controlling the readiness for the next blending of ingredients, coaxing flavors to arise. He concentrated, focused, as his special sauce bubbled and the hot steam from a huge boiling pot rose before his unflinching face, fogging his glasses. He was practicing what he had always told us, you can’t cook and be afraid of getting burned.

In spite of the smells and sounds, we anxious children were never assured it would be spaghetti, it could take a sudden turn near the end and become succotash! It was never

Daddy’s Spaghetti!

announced, it just happened. But when we saw the long spaghetti in the crinkly package resting innocently on the counter, we knew, it was “Bingo! Bingo! Bingo!” In quiet wild antics that only children can do when they know adults have no idea they are aware of their every move and don’t wish to be disturbed, we danced around jubilantly and smackingly, and most importantly, quietly.

When we were teens, our friends would come over uninvited because they had gotten whiffs of the sauce as they passed by in the neighborhood. “Mr. Watkins was.... cooking spaghetti” was the area teen clarion call. Our best friend, Barbara, who lived around the corner, was always assumed invited, but the others just showed up.

When I was in my fifties, my father came to visit me and told the story about a pot of spaghetti he cooked that I remembered clearly but didn’t interrupt him in telling the tale because I wanted to hear his version from this normally unrevealing man. He recounted the story about the time he fixed a pot of spaghetti with an added twist. My sister was about twelve and I was ten when he awoke one Saturday morning inspired to add jalapeno peppers to his spaghetti recipe. This was in Little Rock, Arkansas, during the 1950’s, and the black experience with jalapeno peppers was quite limited. But being the somewhat black renaissance man of his limited community, he decided to add them to his already fabulous recipe. We had not been forewarned of his latest culinary adventure.

We gathered at the dinner

table and, after the blessing and other appropriate amenities, we tackled the spaghetti with eager anticipation validated by the many years tried and true. As soon as I took the first bite, I was repelled by the unfamiliar and painful sting on my young uninitiated tongue and throat. Tears filled my eyes. We children had been disciplined long ago to eat what was in front of us. Our parents were from the Great Depression and wasting food was forbidden. One of my father’s favorite sayings at the dinner table was, “... duck or no dinner!” In other words, eat it, this is all you’ll get. He came from the harshest of the depression years. We somehow finished our meal after picking through the peppers and left without complaint but with deep disappointment and, another never to be forgotten a sense of betrayal. Needless to say, we did not ask for seconds.

When my father relived this story, he was well into his eighties. He told me that when he made the spaghetti with the jalapenos, our reaction caused him to feel remorse, guilt and sorry for what he had done. As far back as I can remember, with everything that had happened in our lives, this was the only time I can remember him expressing sorrow for anything he had done to anyone!

My father cooked his famous spaghetti almost until the day he died, which was when he was in his nineties, and he never cooked spaghetti with jalapenos again. To us, he would always be the person you would try to love and trust—but he would always slip some jalapenos into your life. He served it, and life went on...

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



Aries (March 20-April 19)

Feed the weird part of yourself this week: the nonconformist, the artist, the original thinker. This takes slightly more courage than doing what you might usually do, or going along with what everyone else seems to be doing. You can feed that aspect of your psyche as well, taking as few risks as possible — though if you do, you'll be missing out on some glorious opportunities. The planets look like this: to think differently, you have to break free from the structure of your past ideas, and the past in general. This is unusually easy at the moment; everything is conspiring to draw you in that direction. Yet internally, you're craving deeper contact with yourself. Mars, your ruling planet, has re-entered Scorpio, which is calling on you to be submissive to your own inner emotional truth. You have not reached the bottom of your journey there; stay open and guide yourself deeper. You're doing this for one reason: liberation.

Taurus (April 19-May 20)

You've arrived somewhere you've been before, perhaps only recently. Your challenge is to see it as a new place. The way to do that is to change your vantage point in some way, such as remembering something you learned that influenced your understanding of your life or of a relationship. You seem to be under pressure to resolve some form of indecision or uncertainty, though I suggest you keep your mind open to the possibilities. Key situations are definitely not resolved, though you may not want them to be. 'Unresolved' means subject to change, which in your scenario will likely be change for the better. Over the next week or so, you will be able to put words and ideas to things you've been thinking for a while but have not been able to consider clearly. Just make sure that clarity does not fix your viewpoint. Keep your thoughts, your eyes, your ears moving. Turn your head from side to side and notice what you see.

Gemini (May 20-June 21)

The debate over whether love works, or is real, or lasts forever, is meaningful only to those who are obsessed by guilt. Once guilt is seen as the obstruction that it is, the nature of love becomes obvious. Yes, it's something that you offer to the people around you; yet in our era, perhaps the greater need is to accept the love that's offered to you. You can only have as much as you're willing to receive, and I suggest you open all the way up and just let people care about you, feel for you and support you. You might be thinking that love and support are just not there; or "I'll receive it when there's more available." That, however, is not a formula for happiness. Embrace what is offered to you. Little kids smiling at you count. Random dogs saying hello count. Your ex emailing to see how you're doing counts. Even an honest 'no' gives you information about how and where to proceed: count that as a form of affirmation.

Cancer (June 21-July 22)

You can see and feel 'both sides' of yourself with unusual clarity right now — so well that you might decide there are a lot more than two. Yet they aren't separate; you are not separate from yourself. Inner division is an optical illusion, yet it can take some learning to understand that on an intuitive level. You might try a meditation for the next week or so, in various forms: I am united with myself; I am one being; I act in harmony with my own intentions; I am aligned with my creative force. It's true that one of the most challenging spiritual quests is healing the sense of a Self divided against itself. As you explore, learn and facilitate that healing, you'll experience many points of personal reunion; each of them beautiful, each a reclaiming of something that's truly yours. And as you do this, you will become stronger, more honest and less easy to deceive.

Leo (July 22-Aug. 23)

You cannot control how other people

perceive you. Try as you may, everyone is going to come up with their own idea. There is no point resisting or resenting the attention that you get, when you try so diligently to be visible and to make the right impression. It's interesting how much energy people invest in being their own publicist, stylist and manager trying to get a grip on their image, and the mixed feelings that result. While you cannot control what others think, you can influence it. The distinction is relevant because wielding influence is different from the illusion of controlling someone's perception. One distinction is that it would necessarily lead you to pay attention to the response you get from your environment. That will tell you a lot, and you'll have more fun. You just need to hang loose and be more transparent. Open up and actually offer people insight into your thoughts, and notice what happens when you do.

Virgo (Aug. 23-Sep. 22)

Reach for something big. Yet recognize that means offering yourself wholly to what you want. Our whole society is centered around getting right now. There seems to be little recognition that getting anything involves an exchange, and when what you want is something dear to you, something you identify with, the thing you give is yourself. This is making a good few people freaky, as it seems like they're sacrificing something. Giving, however, is different from giving up. Offering is different from sacrificing. You expand, you grow, you become, by offering yourself. Your whole life is about growth, becoming and evolving, and if you leave out that crucial part about surrendering your energy to what you want to become, one result will be inner conflict. The question is: what benefit would you see from rolling yourself into a little ball and holding on tight? A flower blooming is a sign of life. Vulnerability not only demonstrates love; it makes love possible, and makes it real.

Libra (Sep. 22-Oct. 23)

What limits do you suspect are wrapped around your potential? Said another way, do you decide what is possible today based on what you accomplished previously? That would be a mistake, because the definition of an accomplishment is doing something you've never done before. That's the whole point. So you need a better basis for assessing what you're capable of than the past. This would take you out of your proverbial comfort zone, though you might ask yourself how comfortable it really is in there. Or, you might ask: Does self-doubt make me feel good? And if so, why? Anyway, you can go beyond that, though you would need to tap into some long-forgotten resource or talent. There is something you know perfectly well how to do, and it holds a key to your ability and willingness to do so much else. Remember, this comes from you, not from someone else.

Scorpio (Oct. 23-Nov. 22)

There's a reason to avoid going deep into your feelings: you might learn something about yourself. It would be something you could no longer deny, and would therefore need to rearrange your life around. It looks like you can sense the potential for radical changes to your day-to-day activities, the way you structure your life and — most significantly — who you think you are. What may be making you nervous is that you don't have any sense of who else you might be. But that's like saying you don't want to leave your room because you don't know what you would find when you do. The whole point of discovering and admitting that you don't really know who you are is so that you can enter the unknown with a sense of adventure. But you're not really going far; you've been carrying a vast, unexplored world within you your whole life — and now it's calling you.

Sagittarius (Nov. 22-Dec. 22)

Franklin Delano Roosevelt was the United States president from 1933 to 1945.

Hestia Summer Camp: Dreaming up some Fun

Summertime is all about family vacation and outdoor fun. So, our Summer retreat is an overnight campout, for women and girls, on private waterfront property on Vashon Island. We are going to have a blast! You gotta come!

Laughing, sharing, art and sporting activities, a campfire and good food: what's not to love? Bring your daughter(s), pitch a tent, and become a kid at camp again. Come on your own, or bring a tent-full of girlfriends. Romp on the beach, make something cool, do camp activities, and after dinner we'll make s'mores and throw our lists of cares in the fire. Sleep under the stars. Watch the sunrise over Mt. Rainier and the outer harbor. Sunday, we'll plant our wishes before we go, and let them grow!

Don't miss out on this opportunity to simply enjoy yourself in nature and have fun.

All meals and supplies (except YOUR tent and sleeping bag, etc.) are covered, including a kayak.



Girls age 12-17, with a parent or guardian, are most welcome. Make mom/daughter memories and new friends. This retreat is family-priced.

Want to be a camp helper? Know how to make lanyards or dreamcatchers? Have a croquet set, or cool camp gear? Want to lead a team game or group activity? Let us know!

Hestia Summer Camp: Dreaming up some Fun

Sat/Sun: June 25th-26th

To register or for more information, visit hestiaretreat.org

He is famous for many things, including a statement about the nature of fear that they used to teach (in partial form) to schoolchildren. He said: "So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself — nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance." Your astrology is insisting that you have a clear, fully aware relationship to any form of anxiety, hesitation, nervousness or the bouts with outright panic that so many people experience these days. The reason you want a conscious relationship with these feelings is that it's the only way to resolve them. You can bob, weave and dodge all you want, but you will still feel pursued by your own inner emotions. Just remember: fear and desire often masquerade for one another. You would do well to pause and ask yourself what's really going on.

Capricorn (Dec. 22-Jan. 20)

As one challenge eases, another seems to come on. Yet have you considered that this energy is coming from inside you? For many years, you've built your life on an idea of stability and predictability. You've associated an idea of consistency with being a good person. Yet did that equation serve to create either goodness or consistency? Now, any direction you want to move demands that you change. That's because you have no choice but to grow, and growth is change, which means being different. It's possible to try to build your life on some concrete idea of yourself, oriented mainly on being secure. Yet you're likely to create a tense, rigid emotional state when the thing you need is to move and flow. There is so much energy rising up from your core that it would be dangerous to block it. That includes hanging around people who reward you for being stuck or narrow. Your real friends embrace you in all your contradiction and wild potential.

Aquarius (Jan. 20-Feb. 19)

What you need is experience, not theory. It's easy to chew everything over in hypothetical form, especially if you live mostly on the Internet. Genuine exploration happens through your physical body. Even if you're a theoretical physicist, a designer of bridges or professor of philosophy, you don't really know something for sure until there is an actual experiment performed. I suggest you set about doing that experiment, by which I mean anything prompted by an idea, which also has an uncertain outcome. You might do something like driving to an odd part of the countryside, intentionally getting lost. Visit some strange part of town or some other city, where you would never

ordinarily go and where you know nobody, and do something the natives do. Take any chance to immerse yourself in unfamiliar environments, and to expose yourself to points of view you totally disagree with. That will stoke your creative (and social) fires brilliantly.

Pisces (Feb. 19-March 20)

Don't take the pressure so seriously. Most of it is based on abstract thought. It's true that you're being called to greater things in every facet of your life simultaneously. What you're experiencing as stress is actually energy, which can work for you or against you: that's your choice. Therefore, it will help if you connect everything to your motivation, by which I mean take inspiration from anything in your environment. Necessity is indeed the mother of invention. It's amazing how that can foster the efficient use of time. In that spirit, I suggest you invest no precious time waiting. Rather, make conscious choices and take action. Look at your limits and decide what to do with them, rather than merely living with them passively. Everything — by which I mean every problem or scenario — has a workaround. Learn how to identify your options and choose from among them. You have plenty.

Read Eric Francis daily at www.PlanetWaves.net

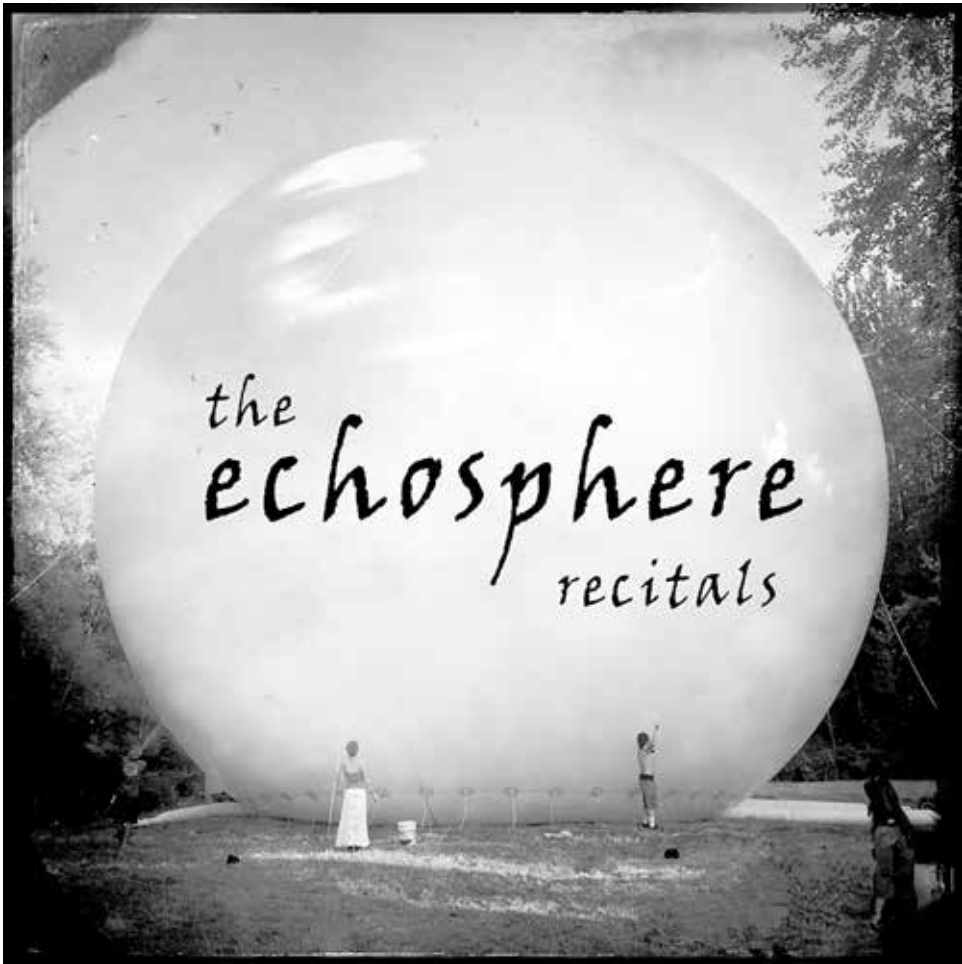
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Comes out
Thursday
June 23**

Deadline for the next
edition of *The Loop* is
Friday, June 17

The Echosphere Recitals: An Immersive Musical Experience



The Echosphere is something of an acoustical wonder. It is a 68' inflatable sphere with 1000 sf floor space and an echo that hits you before you can enunciate. Inside the sphere, singers and musicians can play in an environment that emulates to others inside the full body experience of creating sound. Event Producer Cyra Jane of asiren productions has arranged to bring this otherworldly venue to the lawn at Open Space on the evening of June 25th, and she is inviting you to play and to immerse yourself in the resonance of sound and light.

The evening will begin at 7pm with an Open Floor where attendees are invited inside the sphere to play with sound. Stringed instruments resonate especially well and are encouraged. Musicians are invited to contact the producers with any questions on this portion. At 8:30pm, we will transition into the recital portion of the evening with a cello performance by musician and composer Ken Jacobsen and an a cappella performance ranging from Bjork to jazz to Opera and back by alternative soprano Cyra Jane. These recitals will be punctuated by harmonic vignettes from a set of crystal singing bowls played by Jacquelyn Lown and will end in a harmonic bath of sound. After this, we dance.

The sphere will be lighted from the exterior with spots and original art projections, lights provided by Stageworks. The floor of the event space is a soft material, so there will be a shoe check and we encourage people to bring blankets. The VIP area will

provide luxurious seating, pillows, and champagne, in addition to other perks. We will have a cash bar open throughout the event.

7-8:30 Open Floor for musicians and players to create and enjoy the soundscape

8:30-9:30 Performances by Cellist and Composer Ken Jacobsen and Alternative Soprano Cyra Jane, Vignettes of Crystal Singing Bowls for meditation and harmony

10:00-00 Trip Hop Dance Party
Ken Jacobsen is a guitarist, cellist, multi-instrumentalist, composer and producer who currently lives in Tacoma WA and teaches there as well as Vashon Island. He has a degree in classical guitar performance and has performed and recorded many different classical styles including Renaissance, Baroque, Spanish/Flamenco, Brazilian guitar, Tango and modern music. Ken has been playing cello for many years, beginning in college with an irresistible urge to learn the Bach Cello Suites, and currently performs regularly on electric cello with loops and effects, creating multi-layered ambient soundscapes.

Cyra Jane is a classically trained soprano who has called Seattle and now Vashon Island home for the last 15 years. She is primarily a stone carver and installation artist who works out of the Bealle Greenhouses, and brings that same passion she puts in her artwork to her performance. She is excited to be coordinating with Open Space on this event and hopes it to be the first of many.

Beethoven Quartet Marathon



Vashon Chamber Music presents the Opus 18 Beethoven Quartet Marathon on June 19th at three Vashon Highway churches. The Girsky Quartet will perform quartets no. 1 and 2 at 1 and 2 pm at the Vashon Presbyterian Church, no. 3 and 4 at 3 and 4 pm at the Church of the Holy Spirit Episcopal Church and finally no 5 and 6 at 5 and 6 pm at the Vashon United Methodist Church. The marathon is the culmination of the first year of the

Vashon Beethoven Quartet Project which has been running at the Vashon Havurah since last fall. Admission is by donation to benefit the programs of Vashon Chamber Music, a non-profit 501(c)(3) organization dedicated to bringing world-class chamber music concerts to Vashon Island residents. Proceeds will also help fund need-based scholarships for the Vashon Island String Camp, held this August 9-14 at Camp Burton.

Liberate Yourself with “Big Joy” Documentary

The Vashon-produced award-winning documentary BIG JOY: The Adventures of James Broughton will screen on public television stations over the next two months. Seattle’s KCTS/9 will air the film July 22 at 10 p.m.

BIG JOY provides a humorous antidote to the cynicism and materialism of today. The “life affirming” (NY Times) documentary chronicles, for the first time on film, the groundbreaking influence and artistic achievements of queer poet/filmmaker James Broughton (1913-1999) - who was intimately connected to crucial, artistic figures, including Pauline Kael, Jonas Mekas, Jean Cocteau, Harry Hay, Stan Brakhage, Lawrence Ferlinghetti, Anna Halprin, Armistead Maupin, George Kuchar, Keith Hennessy and Joel Singer.

“Broughton’s story shows what it means to be yourself, how making art can keep you from losing hope, and how you can find true love – and yourself – at age 61, or any age,” said co-director

Stephen Silha.
Since its premiere at South by Southwest in 2013, the film has traveled to 46 festivals, won several best documentary awards, and been celebrated by creative leaders in the worlds of poetry, experimental film, gender and LGBT studies, and spirituality.
“Big Joy is a rich examination of one of queer history’s most provocative, wild, and overlooked figures – but it is more than this, as it paints a portrait of what it means to make art that electrifies, dazzles, and shakes you – art that stimulates you,” said Hunter Hargraves, Department of Modern Culture and Media, Brown University.
The film is part of the multi-media Big Joy Project, which aims to inspire people to joyfully “follow your own weird,” to be true to the creative core and live on the edge at the same time. (see www.bigjoy.org/twirl)

VCA Musical Theatre presents Disney’s Aladdin Jr.

Come watch the first musical theatre production on the big stage at VCA! Vashon kids grades 4-12 will perform a stage version of the beloved Disney’s Aladdin.

Based on the iconic animated film, with an Academy Award-winning score by Alan Menken, Howard Ashman and Tim Rice, Disney’s Aladdin JR. is sure to send audiences soaring on a flying carpet ride filled with romance and adventure.

When the street urchin, Aladdin, vies for the attention of the beautiful princess, Jasmine, he uses a genie’s magic power to become a prince in order to marry her. Iago, Jafar, the Genie and more are here in Disney’s Aladdin JR., a musical adventure filled with magic, mayhem and the power of love.

Music by Alan Menken
Lyrics by Howard Ashman and Tim Rice. Book Adapted and Additional Lyrics by Jim Luigs. Music Adapted and Arranged by Bryan Louiselle
Based on the Screenplay by Ron Clements, John Musker, Ted Elliott, and Terry Rossio.
Produced by Special Arrangement with Music Theatre International.
Fri, June 17 – 7 pm
Sat, June 18 – 7 pm
Sun, June 19 – 2 pm

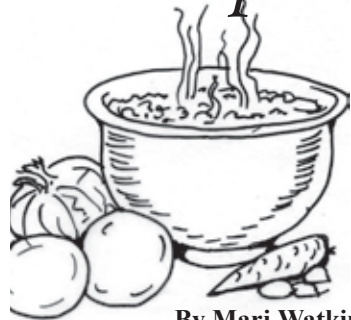
Ticket prices:
General – \$14
Senior – \$12
Member – \$10
Student – \$6

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Island Epicure



By Marj Watkins

Keep It or Toss It?

In June’s untraditionally hot weather, fruits grow riper fast in the fruit bowl, and anything left on the counter spoils promptly. But how can you tell whether to keep something or throw it away? Store cooked food in glass, labeled and dated, in the refrigerator. It will still be flavorful, nutritious, and safe for 4 days. On the 4th or 5th day at the latest, bring it back to the boil, let it cool until tepid, then transfer it to glass jars, lid them, date them, and refrigerate them again.

When food is labeled “Sell by (date)” that only means the store Wants it purchased not later than that date. It doesn’t mean it’s not good for a few days. “Use by (date)” indicates the last date flavor and nutritional will remain at their peak. After that date they’re still safe to eat but may have lost some flavor and vitamins. Frozen foods have generally been picked at their best for flavor, rushed to the processing plant, and got into refrigeration as soon as possible.

Eggs stay fresh for three to five weeks when refrigerated. You can see how fresh an egg is by immersing it in water. If it sinks, it’s very fresh. If the egg moons you, and it’s hind end rises, it’s not very fresh. If the egg floats, it’s spoiled. Toss it.

Citrus fruits: Lemons and oranges tend to mold in a few days, so it’s best to refrigerate them, but grapefruit remains unspoiled a bit longer, usually. Sometimes it develops brown spots of rot. Cut those out and use right away. If space in your fridge’s vegetable bin permits, fresh unpeeled grapefruit will remain in good shape for at least ten days.

Lettuce: wrap in paper toweling, stick in one of those green plastic bags. The plastic

should not touch the lettuce. The paper towels will absorb the moisture already on the lettuce or exhaled by it. This treatment prevents wilting. The head of lettuce will be crisp and delicious down to the last tiny leaf.

Apples: 1 week unrefrigerated, 4 to 6 weeks in refrigerator.

Pears: Nearly always unripe when put on display in the produce section. Time until ripe varies by the temperature in your pantry or kitchen. They are ready to eat when just somewhat tender. Then eat within a day or two. Refrigerated, though, they can be held 3 to 5 days., 2 months if frozen.

Peaches, plums and nectarines: 1 or 2 days unrefrigerated, 3 to 5 days refrigerated. You can use them in cooking even if still hard.

Grapes: Best keep in refrigerator. The grape bunch spoils unevenly, and the first to spoil alerts and attracts fruit flies.

Fish: Refrigerate and then eat the same day you buy it. Otherwise, freeze it at once. Lean fish like cod, halibut, and flounder will keep 6 to 10 months when frozen right after purchase, fat fish--salmon and tuna-- 2 to 3 months. Put a sticky-back label on the packet with the date you bought and froze it.

Beef: Tenderize, cut in cubes, marinate with finely chopped fresh garlic and gingerroot, the lot tossed with sesame oil. Use within 3 days or freeze.

Nuts: Pantry-stored unopened, up to 12 months; 2 to 9 months after opening, jarred and refrigerated 4 to 6 months.

Soups: 3 to 4 days refrigerated, 3 to 4 months frozen.

Tea bags: 1 1/2 to 3 years in pantry in unopened package, 6 to 12 months after opening the package. Lose teas keep well in capped jars or closed metal canisters.

Summer squash and zucchini, 4 to 5 days in refrigerator.

Potatoes: 1 to 2 months. If they start to sprout, promptly remove the sprouts. They are toxic and bitter. Refrigerate if space permits Otherwise, wash, chop, cook and mash the de-sprouted potatoes. Frozen mashed potatoes keep 10 to 12 months

Road to Resilience

Continued from Page 1

that covers much of the earth, can sequester twice as much carbon as the atmosphere and five times as much as all the world’s forests.

An old method of enriching soil and sequestering carbon has been rediscovered. Ancient civilizations in South America produced soils that are still fertile today due to the regular introduction of biochar. Biochar, basically the same as charcoal, is produced by burning woody material in a low-oxygen environment. It is the black brittle wood-shaped chunks

you will find among the ashes of last night’s bonfire. It is pure carbon and, if left in the ground in the absence of heat, will hold that carbon for thousands of years. As to the aforementioned fertility, the theory is that the biochar provides millions of life supporting tiny pockets that hold nutrients, water, and air and provide habitat for soil microflora and fauna. This year, ZWV will be doing a comparative study of the effects of biochar in the Food Bank Garden behind the IGA complex. If you are interested in finding out more or

BowieVision: A Tribute to David Bowie

With a career spanning five decades, David Bowie is a rock icon and trailblazer, influencing generations of musicians with his experimental sounds and iconoclastic style. Join us as we celebrate his life and career with a fitting tribute concert that will cover some of his all-time greatest hits: “Fame,” “All the Young Dudes,” “Life on Mars,” “Space Oddity,” “Under Pressure,” “Let’s Dance” and more! Combining deft musicianship, masterful stage presence, and stunning video and lighting effects, BowieVision is the region’s premiere David Bowie tribute band, carrying on the songs and spirit of one of music’s most influential rockers.

This spectacular concert will be preceded by an ’80s Prom hosted by The Famous Filson Sisters. The Filsons are Jennifer Sutherland and Tami Brockway Joyce, also known as The Washington State Fairies. They can be found cavorting at celebrations and performances of all sorts, advocating for fierce artistic expression, fantastic frivolity and hairspray. Together, they will be the fabulous sequined chaperones for the evening, making sure your ’80s prom goes off without a hitch. Plan your ’80s prom outfits and get ready to dance to the songs of the 1980s.

7PM – 80’s Prom in the Great Lobby hosted by the Famous Filson Sisters, with a DJ spinning your favorite 80s dance tunes.

8:30PM – BowieVision takes the stage in the performance hall.

Vashon Center for the Arts
June 11, 2016
\$20 General; \$18 Senior; \$16 VAA Member/Student

helping with that project, contact Will Lockwood, will.lockwood@zerowastevashon.org.

If you would like to know more about biochar, how to make it, and how to use it, plan to participate in Zero Waste Vashon’s daylong event on June 18. The Country Store is hosting workshops on worms and natural pesticides starting at 10 AM. At 2 PM, there will be a lecture by Norm Baker at the new VAA Green Room. Mr. Baker is a biochar expert and is involved in the conservation of fish and wildlife in Puget Sound. Admission is by donation. At 3:30 PM, at Vashon Distilling across the street, there will be a biochar-making demonstration by our biochar czar, Ken Miller, and a party featuring the wildly popular local band, Poultry in Motion, available for autographs and selfie portraits between sets! Vashon Distilling will have samples available and food will also be available. Should be informative and a lot of fun, so come for part or all.

Comments?
terry@vashonloop.com



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Cami Lundeen

Vashon’s own, Cami Lundeen, returns to the island this June for a show with her band. Lundeen will rock the stage with your favorites from her debut album as well as new songs she’s written since leaving the island. Joining Lundeen on stage will be Wesley Peterson on drums, Jason Everett on bass, and more to come...

Website
www.camilundeen.com
Facebook Musician Page:
http://www.facebook.com/camilundeen

Indie Pop/Rock Singer-Songwriter Cami Lundeen’s beautifully haunting voice, profound lyrics, and creative melodies linger long after you’ve heard them. She sings and performs with a contagious passion and conviction that moves you to the depths of your being. Her energetic style is a blend of the bluesy-soul of Adele, an alternative rock flare reminiscent of The Cranberries, and the edginess of Pink.

Lundeen began writing songs and performing shortly after being diagnosed with a rare, incurable liver disease. What began as an outlet for coping with a heartbreaking diagnosis surprisingly became Lundeen’s life path.

She quickly grew a large local following by playing numerous shows and festivals around the Seattle area, and



with barely one year of live performances under her belt, raising over \$15,000, she successfully crowd-funded, recorded, and released her debut album Run Free.

In June of 2014 Lundeen and her family sold most of their possessions and hit the open road touring the country in their minivan and pop-up camper.

Lundeen is currently residing in the Gainesville, Florida area. She travels throughout Florida performing at a variety of venues, as well as working on the follow up to her debut album Run Free (released in 2013). This June she will be touring throughout Washington and Alaska.

Friday, June 10th, 8pm
Cami Lundeen
The Red Bicycle Bistro & Sushi. All-age’s ’till 11pm, 21+ after that. \$10 cover

The Joy Mills Band

The Joy Mills Band engages audiences of all stripes with upbeat, rootsy tunes, lyrical ballads and soulful country songs, all set against the backdrop of the Pacific Northwest. Following the release of their balladeering and soulful country album, Trick of the Eye, The Joy Mills Band, they followed it up with a new EP called “Deep Cut”. Joy Mills, on acoustic guitar and vocals, is joined by Lucien LaMotte on electric guitar and pedal steel, Tom Parker on bass and vocals, and Mike McDermott on drums. The resulting sound is a well-grooved blend of roots, rock ‘n’ roll, folk and country. 10 songs that explore modern themes – characters that filter world-weariness through the lens of self-awareness. “You’ve been here this whole time / moving like the colors move the day” Mills sings on the title track. “Cat and mouse / one would think you’d tire of me after all this running around.” Elsewhere, on “Blue



photo: Sherri Jerome

Nights” (co-written with La Motte), the pedal steel pulls like an undertow as the song’s characters are inhabited with “a haunted feeling that’s hard to shake / you can’t see the wind, only the wake.”

“Seattle’s liveliest country-flavored act since Neko Case.” – The Stranger.

“Organic country...both delicate and edgy... For the lo-fi country enthusiast.” – Maverick Magazine (UK)

Friday, June 17th, 8:30pm
The Joy Mills Band
The Red Bicycle Bistro & Sushi
All-age’s ’till 11pm, 21+ after that
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Next Loop comes out June 23

Bill Brown & The Kingbees



Since the last Strawberry Festival in 2015, Bill Brown and the Kingbees have been performing all over Puget Sound. Folks love Bill’s crisp harmonica and no holds barred vocals. They are a favorite for private parties for their energy and dynamic tonal vocals. They average 40 years a piece in professional experience, but still have the vitality of 20 year olds! . This 5 piece band featuring John Gaborit on Guitar, Tony Handy on drums, Leslie Shelton on bass and Steve Minzel on keys. The Kingbees’ ability to

play a variety from old Rock n Roll to Blues, Disco, Jazz and slow songs that melt lovers hearts! They are completing an album in May 2016 spearheaded by Leslie Shelton under the name of the Tonze. This group plays primarily in Kitsap County with the vocals led by Leslie Shelton and Steve Minzel.
Friday, June 24th, 8:30pm
Bill Brown & The Kingbees
The Red Bicycle Bistro & Sushi
All-age’s ’till 11pm, 21+ after that
Free cover!

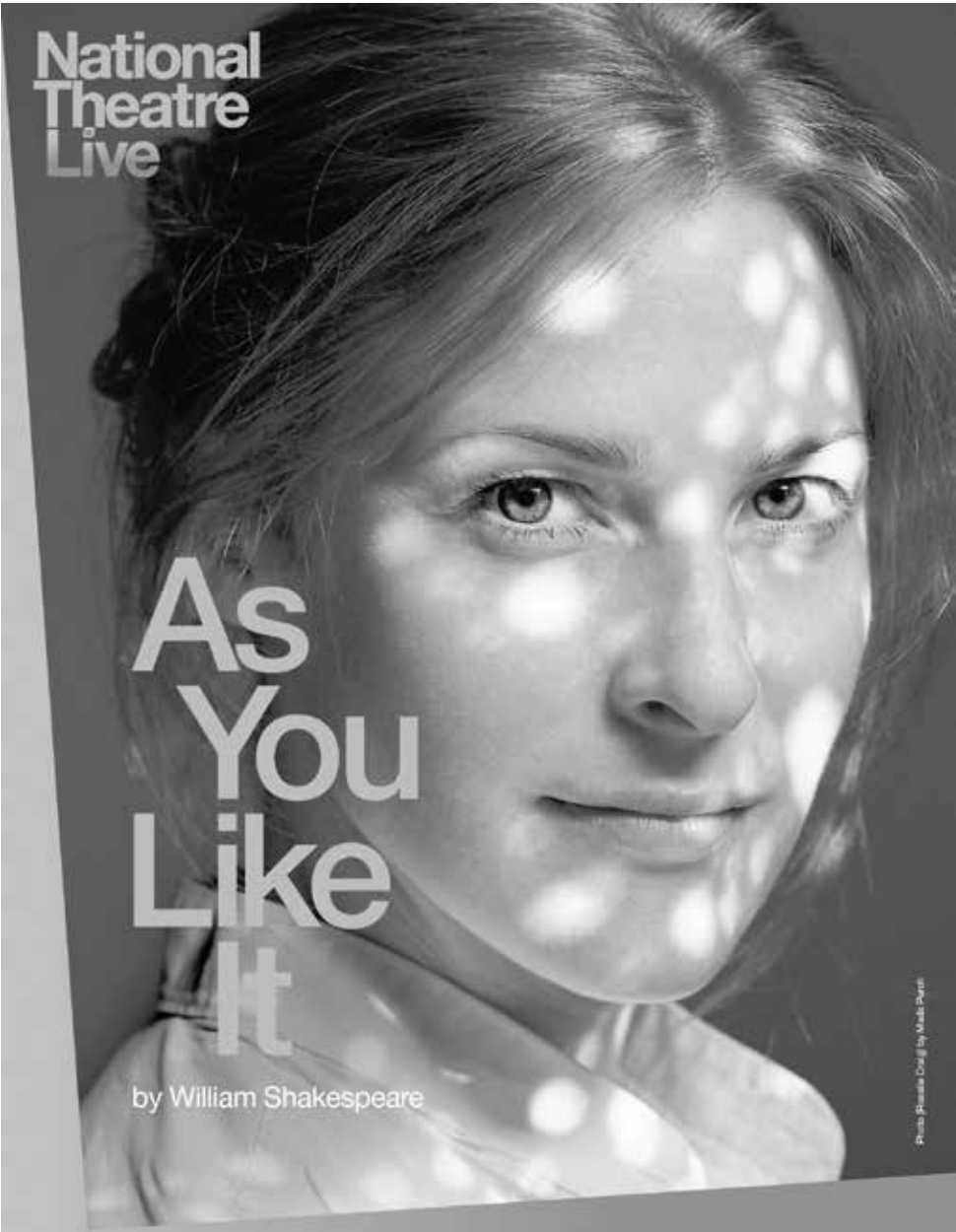
Connect & Glow Guided Meditation & Music



Pianist, composer, and teacher Kate Moody will present a series of Connect & Glow Guided Meditations and Music on second Saturdays at 4:00 p.m. at Vashon Intuitive Arts. Each session focuses on a different topic. The topic on June 11th is “Spring Cleaning - I Forgive Me.” August 13th is “Vitality and Growth,” and September 10th is “Connecting With Inner Guidance.” (There will be no presentation in July.)
Relax into the deep and soothing beauty of Kate’s piano music while she guides you in the Connect the Dots and Being Glow healing visualizations. She weaves together improvised and composed music with guided meditation and pertinent information about experiencing life as vibration. The music deepens the meditations; the meditations enhance the healing qualities of the music. Suitable for beginners and for experienced meditators.
The Connect & Glow meditative exercises quickly bring participants to a deep connection with their inner source of vibrant well-being. The exercises are

inspired by ancient Eastern wisdom and modern quantum physics, and grew out of experiments with visualizing the energetic stimulation of the limbic center of the brain in an effort to heal depression.
The Connect & Glow exercises are an easy and direct way to relieve stress. They are effective and helpful for anyone who seeks a simple yet meaningful way to find more inner peace and stability, for anyone who wishes to be more comfortable and effective in their personal lives, experiencing ongoing well-being.
More information can be found at www.katemusic.com.
Connect & Glow
Guided Meditation and Music
Saturday, June 11, 4:00 p.m.
Vashon Intuitive Arts
17331 Vashon Highway SW
463-0552
Media contact: Kate Moody: (206) 495-1190, coco@katemusic.com
Suggested donation: \$10

National Theatre Live As You Like It



Shakespeare’s glorious comedy of love and change comes to the National Theatre for the first time in over 30 years, with Rosalie Craig (London Road, Macbeth at MIF) as Rosalind.
With her father the Duke banished and in exile, Rosalind and her cousin Celia leave their lives in the court behind them and journey into the Forest of Arden.
There, released from convention,

Rosalind experiences the liberating rush of transformation. Disguising herself as a boy, she embraces a different way of living and falls spectacularly in love.
National Theatre Live
As You Like It
The Vashon Theatre
Friday, June 10th, 4pm
Sunday, June 12th, 1pm
More info at vashontheatre.com

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Live Entertainment
Friday, June 10, 8pm
Cami Lundeen
Friday, June 17, 8:30pm
The Joy Mills Band
Friday, June 24, 8:30pm
Bill Brown & The Kingbees
Friday, July 1, 8:30pm
The Garth Reeves Band

Deadline for the next
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