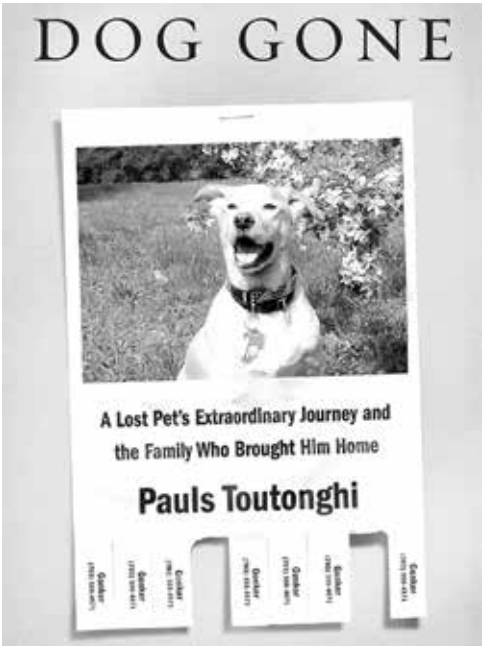


Literary Homecomings with Pauls Toutonghi & Tom Pruiksma

Island writer Thomas Hitoshi Pruiksma and Portland novelist Pauls Toutonghi will speak at the Vashon Bookshop on Thursday, July 14th, at 6pm. The event will feature a conversation between the two authors, who grew up together in Seattle, and a short reading from Toutonghi’s latest book, *Dog Gone*. The theme of the evening will be homecoming, as it features in Toutonghi’s recent work and as it pertains to both writers’ lives, having returned to the Pacific Northwest after living and working in other places around the world.

Pruikisma and Toutonghi first met at Garfield High School in Seattle where they had the same teacher for their 10th grade language arts class, an open-ended reading and writing workshop. As they got to know each other, they shared their writing with each other at the back of the school bus and had more than their share of adventures and misadventures, which included spontaneous road trips, cars



filled with flowers, and a cardboard pig signed by the late Alan Ginsburg. Their friendship now spans several decades. *Continued on Page 4*

Voice of Vashon’s Challenge

Just four months ago, Voice of Vashon opened its Storefront Studio in uptown Vashon. Today, there are twenty-two new live shows on the air, each with its own unique reflection of life here on Vashon and hosted by Island residents. It’s a showcase for the incredible depth of creative talent on this island. If you miss the live versions of any show, you can stream it at your convenience through the free KVSH mobile web app. Thus, KVSH is on its way to becoming one of the most compelling and eclectic community FM stations in the country.

During the Cascadia Rising Earthquake Exercise, members of VoV’s 1650AM Emergency Alert Team served as public information officers while KVSH live DJs spread disaster survival information to Islanders. VoV now has almost two dozen volunteers qualified to respond at the Storefront Studio and at the Emergency Operations Center (EOC). Whether it’s an earthquake, windstorm, wildfire or alien invasion – VoV will have power and a communications link with the EOC to assure that islanders get reliable information to help our community through whatever it is.

On GiveBig Day, VoV hosted over 30 non-profit organizations for a day of live programming from the Storefront Studio – a profound 8-hour illumination of how they work daily to serve us all and improve our lives here on Vashon. Beyond GiveBig, VoV keeps studio microphones available every day for neighbors from the non-profit community to describe their events, their services, everything about them.

When you miss an important School or Park Board meeting, or a town hall gathering on matters that effect all our lives, you can review it on the voiceofvashon.org website or Channel 21TV because VoV was there to record it. When Island children perform in a musical, ballet or concert; when the Vashon Chamber Orchestra fills the Presbyterian Church; when aerialists fly high over the Open Space meadow, you can relive the experience at voiceofvashon.org. In fact, you can stream any Voice of Vashon content, at your convenience, at voiceofvashon.org.

These are all the things a community Radio/TV/Web organization can do. VoV does it all for a fraction of what it costs to run just one FM radio station on the mainland. But keeping it going still takes good old-fashioned dollars. And, that is Voice of Vashon’s Challenge..

That’s why VoV is inviting islanders to take the 100,000 Mile Challenge. No, it doesn’t require walking, running, bicycling or swimming 100,000 miles. It merely requires that you enter to win 100,000 airline miles, or one of five other getaway prizes. And, thanks to sweepstakes sponsor, Windermere Real Estate Vashon, every single dollar donated in the Challenge will go to VoV operations.



3 WAYS TO ENTER

- Become a New VoV Member
- Upgrade Your Existing VoV Membership
- Bring In New VoV Members

Enter the VoV 100,000 Mile Challenge sweepstakes for a selection of delicious vacation home stays. Once you’ve entered it’s up to you to win the grand prize that gives 100,000 airline miles to whomever brings in the most new VoV members. If you are the top recruiter, you’ll be awarded 100,000 airline miles to go pretty much anywhere you’d like. Every time one of your recruits becomes a VoV member, your name goes into the sweepstakes one more time.

GRAND PRIZE

Sign up the most new VoV members and fly anywhere 100,000 air miles can take you.

MORE GETAWAY PRIZES

Enter and be eligible for a sweepstakes drawing to win magical stays at vacation homes – Palm Springs, Orcas Island, Lavender Hill Farm and Airbnb gift cards.

That’s what you get when you become a Voice of Vashon member. Sustaining memberships are available for as little as \$5 a month or \$60 a year, the price of one latte per month. The 100,000 Mile Challenge is a fun way for VoV to give something back to the community for its support. Joining is not required to enter the contest, but a robust virtual town square is a pretty good return on that investment.

The monthly income generated by all these new sustaining memberships will help keep Voice of Vashon’s many island services going. Memberships and underwriting support energize all that VoV does.

The contest runs through July 31st. Winners will be announced August 5 at VoV’s First Friday LIVE On The Highway show.

VoV’s 100,000 Mile Challenge is proudly sponsored by Windermere Real Estate Vashon.

Take the VoV 100,000 Mile Challenge now through July 31. Enter to win airline miles to take you just about anywhere you want to go. Or one of five other getaway prizes. Enter now at www.voiceofvashon.org/miles.

Strawberry Festival Music Lineup on Page 5

The Road to Resilience Fear Not

By Terry Sullivan,

Those of you that have read my column for some time remember that my primary subject has always been transitioning our society away from a fossil fuel-based economy bent on infinite growth. One of the reasons for transition is that the ever-growing use of fossil fuels is creating a change in our climate that threatens the existence of the world we know. Another reason is that infinite growth on a finite planet is a train wreck in the making. In addition, we have done all this with a hubris that ignores the laws of nature: laws billions of years in the making to which we will ultimately be held to account. We are now all familiar with the idea that future warming of the atmosphere is already determined by the CO2 we are releasing now, and we have been unable to react with emergency measures to something that isn’t actually happening yet. This has been unfortunate because a transition of this magnitude would normally take much more time than we now have: the longer we take to react, the more drastic and difficult our effort will need to be.

Here and across the country, we have begun to transition, localizing our economies, becoming more self-reliant, learning to live more simply, and to do for ourselves. We still have a long way to go. On the national and global level, the large and powerful corporations that now supply most of our needs, as well as most of our troubles, are proving to be our masters rather than our servants. They are the status quo and have no interest in changing their ways.

Although there is much we can do at the local level to build our resilience, there is little we can do locally to head off the worst effects of climate change. For that we need to act at the national and international level. A wonderful thing has started happening in the last few years: people all over the world are finally waking up! They are beginning to see that what the wealthy interests consider good for business is not necessarily good for us or the world. In every area of the economy and the government, the people are pushing to regain their authority as arbiters of policy in the US. Renewable energy, considered to be unviable not so very long ago, is not only outcompeting fossil energy, but proving viable at a small scale within reach of us small scale investors. Sensing that they are about to lose control over the energy sector, the wealthy interests are doing all they can to forestall change. The change we want will be at their expense, and they are not going down peacefully.

It seemed that the wealthy oligarchs had our political system pretty well in control. Their money controls the government, the issues, the candidates (until this year), and the media. The left has been advocating for change for some time, but the call for change from the right caught everybody by surprise. The right’s rejection of the status quo is so complete that they are willing to take a chance on Trump. We are in for change, and it could go very well or very badly. That is why I have focused on the coming election this year.

Continued on Page 8



Sponsors of all kinds of **Festival FUN!**

Visit us during festival at booth #106





The Mother's Room

A private setting for mom's to feed, change and rest with their children.

Courtesy of Windermere



Windermere Mist

Cool off with some gentle cooling mist!



Windermere sponsors **Music** In The Park

Visit the Vashon Artists Hive
On The Village Green
Sponsored by Windermere Vashon

www.WINDERMEREVASHON.COM

206-463-9148 vashon@windermere.com



100,000 MILE CHALLENGE

Win 100,000 Airline Miles!

3 WAYS TO ENTER

- Become a New VoV Member
- Bring In New VoV Members
- Upgrade Existing Membership

GRAND PRIZE

Sign Up The Most New VoV Members
And Win 100,000 Frequent Flyer Miles
Plus Additional Winners

Details at VoiceOfVashon.org/Miles



STRAWBERRY FESTIVAL

Vashon 2016

The 107th Annual Vashon Island Strawberry Festival!

July 15, 16 & 17

- Local Artists
- 7 Stages of Music
- The Famous Grand Parade
- Street Dances
- Craft Beer Garden
- Kids Activities
- Classic Car Parade



VASHON ISLAND Chamber of Commerce

For the full schedule of events visit VashonChamber.com



Granny's Attic

Granny's Attic Store and Donation Dock

CLOSED for Strawberry Festival

Granny's is at Vashon Plaza!
17639 100th Ave SW, Vashon

www.grannysattic.org 206-463-3161

Retail Hours:
Tues/Thurs/Sat 10-5



Donations Hours:
7 days a Week!
9am-5pm

Get In The Loop

Send in your Art, Event, Meeting Music or Show information or Article and get included in

The Vashon Loop.

Send To: Editor@vashonloop.com

ISLAND ESCROW SERVICE



Dayna Muller
Escrow Officer

Patrick Cunningham
Designated Escrow Officer

206-463-3137
www.islandescrow.net

Serving Washington State since 1979
Notary
Insured, licensed and bonded
Discount to repeat clients

Get in The Loop

Submissions to the Loop

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

Water District 19 Meeting

Water District 19's next regular Board Meeting scheduled for July 12, at 4:00 PM, 17630 100th Ave SW, in the district's board room.

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.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

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

The Vashon Loop

Contributors: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Seán C. Malone, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons:
DeeBee, Ed Frohning

Ad sales and design: Steven Allen
Phone 206-925-3837
Email: ads@vashonloop.com

Editor: Steven Allen
Email: editor@vashonloop.com
Publisher: Steven Allen
PO Box 1538, Vashon, WA 98070
Phone 206-925-3837

Published every other week
by Sallen Group
©July 7, 2016 Vol. XIII, #14

Loop Disclaimer

Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers. We reserve the right to edit or not even print stuff.

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.

Vashon Reads About Racism, Culture and White Privilege A Conversation

Vashon Reads About Racism, Culture and White Privilege
A Conversation
June 26, 12 - 2 PM
Vashon Library

What's next? There will be a facilitated conversation about the books, the themes, and your experience at the Vashon Library, Sunday, June 26th, from Noon to 2 PM. You don't have to have read any of the books to participate - ALL are welcome. For more information about Vashon Reads, see www.sustainablevashon.org.

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.

Law Offices of
Jon W. Knudson
Parker Plaza * P.O. Box 229
Bankruptcy -- Family Law
463-6711



THE COUNTRY STORE & FARM
WWW.COUNTRYSTOREANDFARM.COM

Lots of Summer toys for Kids are IN!

- U-Pick Strawberries, Blueberries and Raspberries are ready!
- New Summer clothes!
- Locally Designed Hats!



U-HAUL
AUTHORIZED DEALER

The Country Store & Farm
20211 Vashon Hwy SW • 206-463-3655
Open 7 days a week: Mon-Sat 9 to 5:30 - Sun 10-4:30
www.countrystoreandfarm.com

Follow us on Facebook: 

Festival Parade Parking

Are you seeking a great place to park to view the Strawberry Festival Parade? Vashon Presbyterian Church is offering reserved parking (by donation) again this year. We also offer chairs for a comfortable view of the parade.

Our Festival fundraiser will support our mission partners Jenny Bryant and Marc Hare, who work with farmers in Haiti, introducing them to sustainable farming methods and cooperation among the farmer groups, educating the children and providing medical clinics for the families.

If you want to reserve parking/chairs, please contact beverlyskeffington@gmail.com or call 206/354-8921. Reserved spaces will only be held until 10:30am on the day of the parade.

Franciscan Medical Clinic Vashon patients enrolled in Medicare Advantage Insurance plans

If you currently are enrolled in a Medicare Advantage Insurance plan and seeing a physician at the Franciscan Medical Clinic Vashon, you will need to choose a new primary physician.

Choosing a doctor is an important decision.

Here are some tips to help you find a new primary care physician:

- Use an online resource, all physician groups have websites with profiles of their physicians.
- Make a list of possible doctors from which to choose. Start with several in case your first choice is not accepting new patients.
- Call the doctors' offices. The staff can provide important information about office policies.

They can tell you whether or not the doctor is accepting new patients; how long it usually takes to get an appointment. Other helpful questions to ask the office staff include:

- Can you tell me about the doctor's education and training?
- Are most medical tests and lab work done in the office or in a nearby facility?
- Does the doctor see many patients with my health concerns?

If you're comfortable with the answers to your questions, you may be ready to schedule your first appointment, if not, contact the next doctor on your list.

After you have chosen the new doctor, enroll as a new patient and request to have your files transferred.

Secondly, this is a very important step to ensure that your insurance will continue to cover you; notify your insurance carrier to inform them that you have a new Primary Care Physician. The new PCP will be updated in their records and be effective the first day of the following month.

Correction to “What if Hilary living on our Island?”

My apologies to Mr. Jim Griswold who told me directly that he is still cutting and styling hair at James Hair Design and is no way retired.

Having grown up on Vashon I know that rumors are rampant. Gossip leads to believing something is true because you heard it in the checkout line or it was mentioned on Facebook.

If you heard someone has died, don't necessarily believe it until you read the obituary because you just might run into that person at the Post Office.

We all live within the boundary created by Puget Sound and we all sink or swim together. How we separated truth from fiction is up to us. A lesson learned is not to assume but to go to the source. Sorry James.

Sincerely Penny Kimmel

Make a date with Vashon!
www.VashonCalendar.com

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

**Next Edition of
The Loop Comes
out Thursday
July 21**

Deadline for the next edition of *The Loop*
Friday, July 15

The Big Log at Portage

By Seán_C._Malone

“Can we make it to the big log”, I asked my brother Mike. He was four years younger. I was the better swimmer. Mike never liked the water and like myself, had barely made it through swimming lessons.

That old log was as big as a small house and occupied the middle of the bay at Portage. At low tide, it was a short walk from the shore, with a ladder to climb up the side of the log. George Miller had built a platform on the log with a diving board made from a beachcombed plank, way too thick to get the bounce needed for a good dive. The platform was built from 4x4’s that had been notched into the big log and spiked, with beach planks laid out on top. At high tide, the log was in 7 ft. of water, a good place to swim in the summer. The log never floated and the tide never came over the top.

In the Fall, we hunted from the platform, as the gap between the islands at Portage was a natural flyway for the ducks. When the wind was up the ducks would fly into the harbor for protection or out of the harbor when the storm was coming from the south. When the wind didn’t blow, it was called blue-bird weather, and the ducks didn’t fly much.

There are stories of the Indians flying a net between two poles at the mouth of the slough connecting the inner harbor to Tramp harbor. When the ducks flew in or out of the slough, the Indians dropped

their net on the unsuspecting ducks and all hell broke loose; as told by our Grandfather from a conversation he had with Edmond Meany, a history professor at the U.W. before WWII.

We begged Grandma Ada for a safety pin and a piece of red yarn for bait. We used a string that had been pulled from the center of a parachute cord for fish line, tied to the end of a stick. We were all set to fish for bullheads from the big log. The bullhead is a scrap fish and only good for Grandma Ada’s flower bed. Bullheads have two horns right above their eyes that are poisonous if they stick you and will cause infection. Their heads are huge compared to their bodies, looking pre-historic, which they probably are. They might be edible, but we never tried.

The log’s platform served as a launching place for fire works on the 4th of July, with a trough on the diving board for launching the big rockets. It was a thrill to be old enough to join the uncles on the platform and cars lined the head of bay to see the show and honk their horns at the end. One year a triple banger didn’t make it more than 6 feet off the platform when it fizzled and fell into the box of fireworks causing the whole entourage to jump into the bay and swim for shore.

After many years of sitting in the mud, the old log just went out with the tide, never to be seen again.

John Anderson Exhibition - New Location!!



Join us in our new location for an exhibition from John Anderson! A long time islander John Anderson’s large scale photos have been exhibited at the Tacoma Art Museum and top galleries in Seattle. Of his work, John says, “The wilderness that remains in the North Cascades and on the Olympic Peninsula is a doorway to another world. Its lush and overwhelming complexity, its harsh beauty, its alien remoteness immerse the

visitor in an experience that awakens the chthonic soul. When I photograph in this mythic landscape, I fall into a kind of trance induced by the spirit of the place and the unique quality of light.”

New location:
Vashon Hwy & 174th,
www.hingegallery.com.
Gallery hours are Tues - Sat. 10 - 5,
Sunday by appointment.

Vashon Library July Events

Children & Families

Adults

Family Story Times
Tuesday, July 5, 12, 19 and 26, 11:30am
Family program, all ages welcome with adult. Stories, songs and fun!

The Houdini Magic Show: In Shape for Magic
Tuesday, July 12, 4pm
Presented by Tom Pruiksma.
Ages 5 and older with adult.
How did Houdini become the world’s strongest and most famous magician? Find out the secret to his strength and experience his escapes and illusions in this interactive magic show that combines original poetry, compelling storytelling, and startling magic that promises to bring this great magician to life.

Adventure on the River Show
Thursday, July 28, 2pm
Presented by Elephant Umbrella, Mikey Mike and Lisa Taylor.
Family program, all ages welcome with adult.
Set your calendar to be part of a magical, imaginary boat ride” to explore the natural and man-made wonders that are found along local streams, rivers and brooks. Along the journey, sing, dance and discover the many fascinating things that call a waterway home. All aboard, there’s room for everyone.

One-on-One Computer Help
Thursday, July 7 and 21, 6-8pm
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance on a drop-in basis. Note: Volunteers cannot provide hardware assistance with your own personal computer.

Opera Preview: Le Comte Ory by Gioachino Rossini
Sunday, July 31, 2pm
This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts.

Make a date with Vashon!
www.VashonCalendar.com
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.com

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

Advertise in the Loop!
ads@vashonloop.com or call 206-925-3837
Next Loop comes out July 21

Literary Homecomings with Pauls Toutonghi & Tom Pruiksma

Continued from Page 1

Toutonghi’s most recent book, published last month, is the true story of a lost dog and the family that worked together to bring him home again. Toutonghi’s two novels, Evel Knievel Days and Red Weather, explore the meanings of family and home through the journeys of two first-generation Americans.

Toutonghi has more than one island connection. His creative writing teacher at Garfield was a student-teacher named Harris Levinson, now an islander who inspires students daily at Vashon High School.

Pruiksma is a writer, poet, and translator whose most recent book, Body and Earth, explores the ways that our experiences of the body and the earth connect in language, poetry, art,



Pauls Toutonghi
CREDIT: Michael Lionstar

spirituality, and daily life. He also teaches at StudentLink, tutors island students privately, and performs his “Poet’s Magic” – an unusual combination of poetry, storytelling, and magic – weekly at May Kitchen + Bar and at venues around the region.

The 6pm talk will be followed by a Q&A and book signing.

Shadow Needs A Home...

If you want a cat who will adore you, I’m your guy. I follow favorite humans, big and little, around like a shadow - that’s how I got my name. I have no front claws, so it’s indoor living for me. Stroke my head while I’m on your lap, and I’ll be in heaven!



Go To www.vipp.org
Click on Adopt

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085



Strawberry Festival

Music Lineup





Subconscious Population

With seven outdoor stages, Strawberry Festival 2016 will be a musical delight. The festival opens Friday July 15 with music starting at 7pm and a Friday Street dance at 9pm See full details below.

FRIDAY, JULY 15th
Beer Garden Stage- located in the grassy courtyard across the street from the library.

Loose Change (7:00-11:00pm): A longtime Vashon favorite, this band aims to entertain with non-stop danceable tunes and a commanding performance. The sheer size of Loose Change makes for a big sound and a great on-stage look.

FRIDAY, JULY 15th
Friday Street Dance at U.S. Bank Stage - located in the US Bank parking lot in front
The Van Redeker Band (9:00pm-12:00am): The Van Redeker Band performs dynamic interpretations of songs by some of music’s greatest songwriters, including The Beatles, Annie Lennox, Cream, Bob Dylan and Johnny Cash, as well as originals by veteran songwriter Daryl Redeker. .

FRIDAY, JULY 15th
VARSA Youth Stage: YOUTH CONCERT -located near the kids play area in Ober Park

Intelligent Design & Baron 1 (7:00-7:30pm): Intelligent Design and Baron 1 are two upcoming local musicians from the Seattle area. The two have come together with their escapades and visions to give listeners an experience, through their mixes and original music, to invoke all the senses and blend reality and the imagination of listeners.

Max Moore (7:45-8:15pm): Max Moore is a 16 year old musician and producer from Vashon Island, Washington. Right now, he is spending time writing new music and trying to develop a unique and mature sound of his own.

Ralph Reign (8:30-9:00pm): Straight outta’ the Astral Plane, is Ralph Reign. Dive into rich funky/jazzy hip hop rooted textures, woven with conscious and delicately crafted lyrics.

Colin Loch (9:15-9:45pm): Colin Loch is a 26 year old son of a sailor. He was born in Scotland and has had music in his soul since zero days old.

YOUTH CONCERT HEADLINER: DRAZE (10:00-11:00pm):
Draze is emerging from the vibrant Seattle Scene fueled and building on the legacy of several mainstream Seattle artists. Draze recently found a national audience with the release of his song and video, Seattle Sweeties, dedicated to celebrating the diversity of women. As a result, Draze created a movement that included his own series of cupcakes in partnership with cupcake giant Cupcake Royale. Draze also received national recognition for his song and video, The Hood Ain’t The Same, which targets the issue of gentrification in urban America.

SATURDAY, JULY 16th
Ober Park Stage - new location this year on the west side of the library

Portage Fill Big Band (1:00-1:45pm): Formed in 1971, the Portage Fill Big Band has been a perennial crowd favorite at Strawberry Festival for as long as most can remember. Whether you’re there to dance or listen, the Portage Fill is a band you don’t want to miss!



Draze

Rumor Has It (2:30-3:15pm): Rumor Has It combines indigenous rhythms with their signature string-band rock. The path has led through many different styles of music, all with their unique style of musicianship and singing.

Delilah Pearl & The Mantarays (4:00-4:45pm): Put on your dancing shoes, your skinny ties, those sartorial dark-rimmed glasses and lets swango again like we did last night.

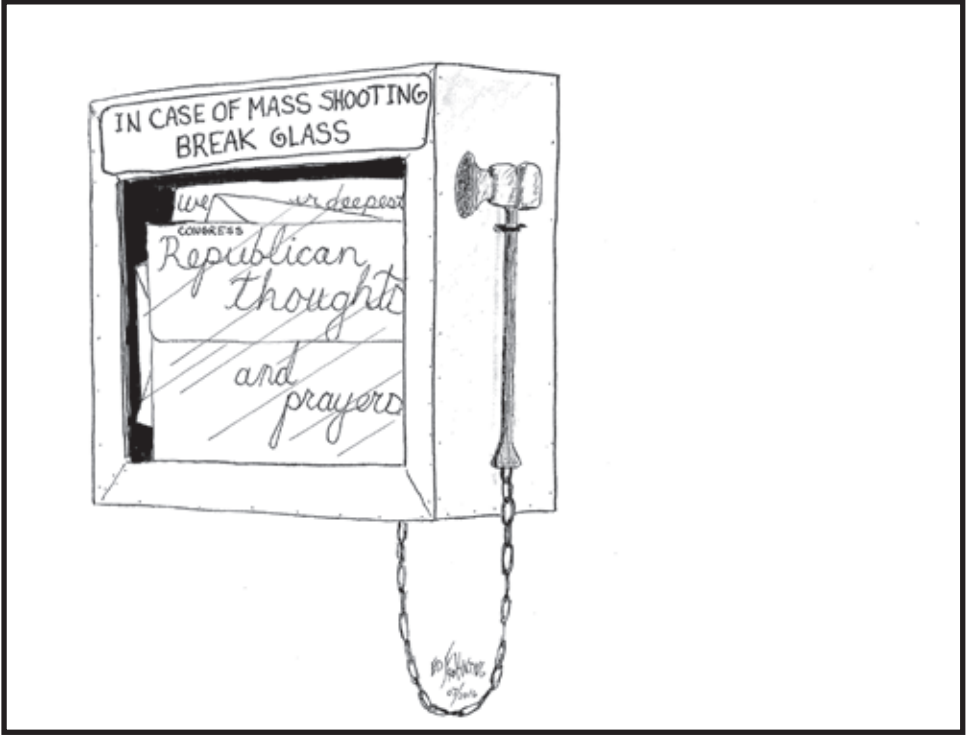
Subconscious Population (5:30-6:15pm):....a band that everyone on this Island knows and has always been a huge part of our musical and spiritual history on Vashon Island.

Manuel Monestrel (7:00-8:00pm): Manuel Monestel has recorded 16 CDs with his wildly successful band Costa Rican band “Cantoamérica”, and he has recorded CD’s as solo Singer and with other bands.
Continued on Page 6

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

Next Edition of The Loop Comes out Thursday July 21

Deadline for the next edition of *The Loop* is **Friday, July 15**



Orca Sting

By Orca Annie Stateler, VHP Coordinator

During our six-day stay on San Juan Island in June, Southern Resident orcas were nowhere to be found. The west side of the island was a lonely place without J, K and L Pods. Sure, Transient killer whales and a few Minke whales swam by, but June is customarily the time when Residents do the West Side Shuffle. Except for kayaks and commercial shipping traffic, Haro Strait looked empty. Researcher Bob Otis logged an unprecedented number of zeroes on his June whale days chart – a dubious distinction in 27 years of data collection.

Usually, we return from Friday Harbor feeling mildly reassured that Granny (J2) and her extended clan are feasting on salmon returning through the Straits to the Fraser River. Not so this year. We pray the Southern Residents found an abundant Chinook stash elsewhere.

Odin, Nashoba and I went to San Juan to partake of the 17th annual Orca Sing at Lime Kiln Point State Whale Watch Park. Orca Sing is a free concert for whales, but humans and dogs enjoy it, too. Moreover, Orca Sing is non-partisan and park rules discourage profiteering on the Southern Residents’ suffering. June 25 was a picturesque summer evening; the park was packed. A Minke whale made an appearance for the concert.

Anticipating that orcas would be scarce, Odin and I directed more effort this year to an art project/statement for the event. Our art statement is extremely colorful; regrettably, a black and white photo will not do it justice. We will display it at some point on Vashon.

Suffice it to say the Orca Sing piece has blackfish on it and embodies First Nations values of compassion, tolerance, and respect for diversity. Kéet can teach the inept two-leggeds about these values. We created the piece, in part, as a response to numerous and far-too-frequent public tragedies.

The City Cantábile Choir is always fabulous at Orca Sing, but this year’s program really resonated. An amazing cellist, Gretchen Yanover, performed. Last year, I was tempted to ask Fred West, the choir director, for “Ave Maria” in honor of my mother, but I thought it might be presumptuous. To my tearful but grateful surprise, a soloist sang “Ave Maria” this year -- on my parents’ anniversary, as a bonus.

Compounding my sorrow over not seeing Residents on our Orca Sing trip



was awful news that my last remaining aunt – my favorite of her generation – died unexpectedly on June 24. My family tree resembles that of J, K and L Pods, with all of our “tombstones” and matrilineal lines going extinct. For me, being aunt-less induces a singular loneliness. That’s another story for another time.

This week’s photo by Maya Sears is of Transient male T128, from a May 21, 2016 encounter off Bainbridge. Had we been on Vashon instead of at Orca Sing, we could have seen T128 with his brother, T125A, from Chez VHP. Apparently, other Transients, Humpbacks, Common Dolphins, and -- aargh! – a commercial whale watch boat were spotted in Island waters in late June. Vashonites, is this what you want to see from our shores, boats pursuing whales around Vashon-Maury?

Throughout a gimmicky month purportedly focused on raising awareness about why Salish Sea orcas are endangered, nary a peep was uttered regarding disturbance from whale watch boats. As a reminder, from NOAA’s ten-year review of Southern Resident killer whale research:

“Our studies documented particularly high noise levels experienced by whales in close proximity to certain types of vessels such as small recreation and commercial whale watch boats.”

“Research we funded demonstrates that killer whales spend a greater proportion of time traveling and less time foraging in the presence of vessels, including kayaks.” To be continued . . .

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS and STRANDINGS ASAP to 206-463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of sightings for Vashon-Maury initiated three decades ago by Mark Sears. Send photos to Orca Annie at Vashonorcas@aol.com and check for updates at Vashonorcas.org.



Transient male T128 in Puget Sound. Maya Sears photo, 5/21/16.

Strawberry Festival Music Lineup

Continued from Page 5

SATURDAY, JULY 16th
Village Green Stage - located in the Village Green where we have our Sat Market
Alex Davis (1:00-1:30pm): Raised on Vashon Island, Alex Davis has been songwriting since age 13.

Animals of Grace (1:45-2:15pm): Animals of Grace is an alt-folk duo based in Seattle led by innovative 12-string guitar player and classically trained vocalist Erika Lundahl.

Catbird (2:30-3:00pm): CatBird is Mary G L Shackelford and Jim Burke, a wife and husband team who have been playing music together for 38 years.



DrSputnik

Andy James & Rebekah Kuzma (3:15-3:45pm): Andy James and Rebekah Kuzma combine their unique talents as an inspiring duo.

DrSputnik (4:00-4:30pm): DrSputnik is Philip Royal playing fingerstyle guitar and Mr. Sam McKinsty playing banjo, fiddle, guitar and upright bass.

Annie O’Neill (4:45-5:15pm): Annie O’Neill is a Seattle -based singer-songwriter specializing in laying down rhythmic grooves on her acoustic guitar - or belting out the Blues with a full band.

Beth/James (5:30-6:00pm): Beth / James is an alternative indie folk duo from Austin, Texas made up of singer-songwriters Jordan Burchill and Mikaela Kahn.

Emree Franklin (6:15-6:45pm): Emree Franklin is a rising 21-year-old singer/songwriter and recording Artist from Friday Harbor, WA, whose captivating voice and poignant lyrics transcend her age.

SATURDAY, JULY 16th
Pandora’s Box Stage (sponsored by Pandora’s Box, Sawbones, The Rock Pizza, JR Crawford Windermere): (located on the front porch of Pandora’s Box)
Marcus Family Band (1:45pm-2:30pm): The Marcus Family band has been playing music for many generations.

MDM Trio (2:45-3:30pm): Guitarist Michael Whitmore and Saxophonist Dianne Krouse, hosts of Voice of Vashon’s Friday morning scramble are joined by Bassist Michael Marcus, expect the unexpected.

Some Hat (3:45-4:30pm): Lifelong friends Phil Rosenbaum and Jim Ferrari started their musical collaboration nearly thirty years ago.

Bob Krinsky & Pat Fereday (4:45-5:30pm): Bob Krinsky and Pat Fereday partner-up to perform a selection of Bob’s



Bob Krinsky & Pat Fereday

original compositions from his three CD’s: Vashmakahn (1995), Radio Daddyo (2005) and In Search of the Free World (2014).

Riverbend (5:45-6:30pm): Riverbend, the popular island band of Paul Colwell, Rochelle Munger, Peter Larsen, Dave Lang, Cliff Simpson and Chuck Roehm, and will play at Strawberry Festival 2016.



VanNorm

SATURDAY, JULY 16th
U.S. Bank Stage - located in the US Bank parking lot in front
OneNiteStand (2:00-2:45pm): OneNiteStand is gaining ground with more rocking tunes and incredible vocals by Terri Cole – and the good news is, they’re ready to show off the new polish!

Gypsy Wolf (3:15-4:00pm): From the mind and music of Wesley Brenner comes a world of magic brought to life by the wild wonderful wizardry of Bob Krinsky, With the help of musical brethren: Pat Fereday, Henry SonDI, Nick Hyde and Tanner Aaron.

vanNorman (4:30-5:15pm): Vashon’s legendary drummer Fletcher Andrews teams up with brothers Darren and Chuck, to form the group vanNorman.

Sarah Christine (5:45-6:30pm): Sarah Christine is a sacred songstress that channels the Divine Feminine through the frequency of song and musical affirmations.

SATURDAY, JULY 16th
Snapdragon Stage - in front of Snapdragon
Goodnight Mush (1:00-1:30pm): “Goodnight Mush, founded as a one -man recording act in 2008, is now a fully functioning live vegetarian rock band.

Gregg Curry & Rick Dahms (1:45-2:15pm): Greg Curry’s songs dig deep into the roots of American music to create his original sound.



Gregg Curry & Rick Dahms

Jason Everett (2:30-3:00pm): Jason Everett (aka Mister E) is a multi-instrumentalist, composer, arranger and producer who plays a variety of stringed and percussive instruments including his custom Conklin seven-string fretless bass guitar, electric upright bass, and an electric sitar of his own design.

Ron Hook (3:15-3:45pm): The man, the myth. Mysterious, captivating.....ever so talented, this man will lay down his funky grooves and make you forget about your troubles.

Sum Band (4:00-4:30pm): There has been a string of sightings of a strange phenomenon known as Sum Band, this odd straw of sound is like a wild weed that leaves you with an afterglow. An up and coming

group consisting of three members. Chai Ste. Marie (lead vocals), Josh DeHaven (rhythm guitar and vocals), and Vor Hostetler (Bass).

Ken Jacobsen (4:45-5:15pm): Ken Jacobsen is a guitarist, cellist and multi-instrumentalist who has played and taught many different styles of music, from classical to world music to electronic.

Nick Hyde (5:30-6:00pm): Nick Hyde is a born and raised islander that graduated from VHS in 2010. Nick has been playing music since he was in elementary school but it has been only in the last few years that he has found a passion for singing, songwriting, and performance.

John Browne (6:15-6:45pm): Progressing from college sophomore to folk-music groupie-worshiper of Tom Rush, Fred Neil, Buffy St. Marie & Bob Gibson in early-60s Miami, John’s musical career has been what he jokingly refers to one long, downward spiral to this present time.....but we all know differently.



John Browne

Champagne Sunday (7:00-7:30pm): Endearingly labeled as “Pearl Jam meets Bette Midler”, Champagne Sunday began in Ventura, CA, in 2005 migrating up to the Pacific Northwest in recent years.

Cherrywood Station (7:45-8:15pm): Cherrywood Station is Gus and Camille Reeves. The duo met in Portland, OR, and, after singing gospel tunes together acapella the first night they met, they never stopped collaborating.

SATURDAY, JULY 16th
Beer Garden Stage - located in the grassy courtyard across the street from the library

Rooster (1:00-1:45pm): Rooster plays their own unique take on an eclectic, “free range” mix of rock, blues, pop, new wave, fusion, soul, and funk from the 60s though today.

TheFieldHands (2:30-3:30pm): A fixture in the Vashon Island Music scene, this four-piece plays only occasionally and bring brand new music to the show every time!

Greg Curry & Ragged Glory (4:15-5:00pm): Ragged Glory has evolved a sound around Gregg Curry’s original songs that is uniquely theirs -- a sort of rock-and-roll minstrel show/tent revival that mixes the sacred, the profane, and the in-between into a musical stew, new and familiar at once.

The Allison Shirk Band (5:45-6:30pm): Allison Shirk is a singer-songwriter whose music blends the rootsy foundation of country with the emotional honesty of rock & roll.

Bill Brown & The Kingbees (7:00-11:00pm): 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.



Sum Band

SATURDAY, JULY 16th
VARSA Youth Stage: YOUTH CONCERT - located near the kids play area in Ober Park

Saturday on the VARSA Youth Stage in Ober Park, we’ll have a nice variety of talented youth for your listening and viewing pleasure.

Maijah Sanson-Frey (1:45-2:05pm): Maijah Sanson-Frey is a 16 year old singer-songwriter wish a passion for love, music, and stars. She also loves writing, and this summer was named Vashon’s youth poet laureate 2015-2017.

Duo Finelli (2:10-2:30pm): Duo Finelli is a pair of funny ladies, presenting a clown show with circus antics, live music, and classic style comedy. They are based on Vashon Island and love to travel the world performing clown shows.

Mallory Breen (3:15-3:35pm): Mallory Breen is a 17-year-old alternative indie inspired singer songwriter. She took up the guitar when she was 8 years old, and immediately fell in love with it.

Rise & Risk (3:40-4:00pm): RISK (Rock Island String Kollektive), based on Vashon Island, is one of few multi-generational, String ensembles playing traditional, folk and rock music. RISK welcomes a range of string instruments including Violin, Viola, Cello, Guitar, Ukulele, Mandolin, Banjo and Harp.



Jonah Cole

Jonah Cole (4:45-5:00pm): Jonah Cole got his first guitar for his second birthday. He started lessons when he was 7. His principal musical influences are Nirvana, Smashing Pumpkins, Mike Doughty, Flock of Seagulls, and his teacher Daryl Redeker.

20 Eyes (5:00-5:30pm): 20 Eyes are a rock band making music unlike anyone else on Vashon right now. From old school punk classics to new covers and original songs, these three teenagers, (Angelica Odom on guitar and vocals, Forest Bowden on bass and vocals, and Jacob Bowden on drums and backup vocals) set the bar for rockin’ the house.



20 eyes

A Street Blues (6:15-6:35pm): Street Blues is a charismatic, Youth Blues band from Washington State with a flair for combining hard rocking blues and contemporary blues standards. Band members Ava Adams-14, Christian Taylor-13, Brook Jones-15, and CroixStone-17, have a unique chemistry and musicality that’s remarkable for musicians so young.

The Mystic Vines (6:40-7:00pm): The Mystic Vines is an American alternative, funk fusion band from the Pacific Northwest.

The School of Rock (8:00-8:45pm): The School of Rock House Band is chosen through an audition process where members are held to a higher standard both musically and culturally. They act as a role model to the other students, lead by example and are

Continued on Page 7

Spiritual Smart Aleck

So What Are You Doing Today?

In my late thirties I experienced an adult call to faith in Jesus. My adult conversion made me a member of what I’ve heard called “the community of the silly grin.”

It was a feel good experience, but you know feelings – they are ephemeral. They always pass. Faith is what sustains you after the initial rush has passed.

As I think wistfully of those first giddy days, the parable of the prodigal son comes to mind. It appears in the gospel of Luke, chapter 15, verses 11 to 32. A brief paraphrase:

A wealthy farmer had two sons. The younger one came to him one day and said, “I want my inheritance now.” The farmer cashed out half of everything he owned and gave it to the boy.

The kid took the money, moved to the city, blew every penny, and ended up homeless.

He got a job tending swine. He remembered that his father’s farmhands (slaves) lived in well-fed comfort and security, and he decided to go home, and ask his father to let him work as a hand on the farm.

When he was almost home, his father saw him coming, and ran to meet him with joy. The son protested that he was not worthy to be his son, but the father commanded his slaves to put the best robe on the boy, and a ring on his finger, and sandals on his feet, and to kill the fatted calf so they could have a feast and celebrate, because “This son of mine was dead and is alive again; he was lost and is found!”

See, that’s how you can feel when you have a conversion experience. You feel like you are the prodigal son, welcomed with joy and celebration. You see no reason why you should be greeted so warmly and treated so well after the life you’ve lived. There is joy, and relief. You’ve come home to where you belong. It’s pretty cool.

But whoa – the prodigal son had an older brother, remember?

When the older son heard what was going on, he was angry. He went to his father and said, “Hey, I’ve been working for you all these years, I’ve never disobeyed you, and you’ve never given me so much as a goat so I could party with my friends. My brother spends half your property on whores, and you kill the fatted calf for him. What’s the deal?”

The father tells the older son, “Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.” (Luke 15:31-32, New Oxford Annotated Bible)

This parable applies to



By Mary Tuel

mothers and daughters, by the way. The story was written down in second century Palestine. They weren’t big on inclusive language.

Over time I have become more like the older brother. I try to do the best I can. But after years of keeping my hand to the plow, I sometimes wish someone would grill up a little fatted calf for me.

Note: These days we are eating vegetarian at Casa Tuel, and the metaphor breaks down. If we had a fatted calf, we would name it Sweetie Patootie or something like that, and probably let it come in the house.

So sometimes faith can be tested. Sometimes prayers feel a lot taking the recycling to the transfer station. After I let go of them, what happens to them? Where do they go? Do they do any good?

And look – so far no prayers, no creeds, no laws, no cults, no one and nothing have been able to stop war, or the killing, torture, and abuse of people and all living creatures. It is the saddest thing in our sad world, the way we treat each other and creation. Why, when so many people, atheists and agnostics as well as people of faith, work and pray and long for all that to stop, does it persist?

I have no answer to that question.

I read an interview with Sherman Alexie a few weeks ago in which he said, “I’m going to approach everything I do with as much love as possible. I fail impossibly like most of us, but I still try.”

I like to believe that most of us live by some version of that principle, whether we have faith or not.

So, all you rounders and scoundrels, all you angels and do-gooders, all you religious and non-religious, all you people who labor each day in pain but keep putting one foot in front of the other: I pray we may give each other quiet companionship and shower one another with blessings, love, peace, and grace

Road to Resilience

Continued from Page 1

We are about to make some important decisions about who will lead the country, and we can not rely on any of our current leaders or mainstream media for advice. They are all part of the status quo and, by and large, do not understand what is happening. It is a time when all of us, I mean you and me, need to observe well, think clearly, and decide for ourselves what happens next.

We now have two likely candidates for or against whom voters will primarily be motivated by fear: fear of foreigners, fear of incompetence, fear of the status quo, fear of fascism. Questions of integrity shadow both Trump and Clinton, lessening the motivation of many to even vote at all. The integrity and positive vision of Bernie Sanders has inspired an entire generation to once again participate as citizens. It seems that either Sanders or the movement he harnessed will have to prevail if a wonderful opportunity is not to be lost.

I had an archetypal dream when I was a teenager that involved confronting a monster that became benign when, for some reason, I decided not to fear it. You all know the scenario. It is like Dorothy and the Wizard in The Wizard of Oz, or Scout and Boo Radley in To Kill A Mockingbird. We need to decide for ourselves which fears are real and which are not. Hint: don’t buy into the mainstream media. Are we going to make a decision to run away or to confront and move forward?

Unprecedented actions could take place at either or both nominating conventions. Third parties could prevail. Just because something has never happened before, don’t imagine that it can’t, and don’t automatically decide that it shouldn’t. Don’t stand on the sidelines; this is our time!

Comments?
terry@vashonloop.com

today. Everyone needs those things, people of faith or people of no faith.

Why? Because we all have to get up in the morning and keep fighting evil. It’s good to know we don’t have to do it alone.

Can I get an amen?

Island Epicure



By Marj Watkins

Why Buy Organic Fruits & Veggies

The info for today’s Island Epicure column comes courtesy of Brad Lemley’s Alternative Health article in Laissez Faire Letter. It’s too valuable to keep to myself. Many of us beg off on buying organic because they are more expensive. Actually, some foods can be bought, and eaten, from the non-organic list because they are never sprayed with the deadly insecticide glyphosate, main ingredient of Round Up. Or we always peel them before eating them. Commercially grown Apples, though are sprayed at petal-fall and several more times before being picked. I never spray my apple tree and it seldom has a worm or a brown spot in it’s fruit-the few apples the deer leave for us humans.

Many of these fruits that you and vegetables you buy don’t need to be organic and can be eaten raw. That makes for an even healthier diet because you get their enzymes. Enzymes perish when fruits and vegetables experience cooking.

Foods Okay Non-Organic:

Asparagus	Jicama
Avocado	Kiwi
Cabbage	Mango
Cantaloupe	Onions
Cauliflower	Papaya*
Eggplant	Summer Squash*
Grapefruit	Strawberries

July 7 ‘16

Honeydew Melon
Tomatoes, all kinds

*Papayas and summer squash might be grown from GE seed stock Or not. If you want to be absolutely sure neither they nor their ancestors have ever been sprayed with glyphosate, which seriously disrupts the functioning of brain and body, stick with organic papayas and summer squash. Frozen peas are blanched in salt water before freezing, which kills their enzymes.

Foods to Always Buy Organic

Apples
Cherries
Celery
Cucumber
Grapes
Nectarines
Peaches
Spinach
Strawberries
Tomatoes, all kinds

The use if glyphosate on fruits and vegetables has grown hugely since 1992. It’s used on pastures, alfalfa and hay crops, wheat, soybeans, rice, and on corn more than any other single food.

Monsanto has a lot to answer for. That company sells both the genetically “enhanced” seeds (bred to survive the insecticide glyphosate, which is the main ingredient in Round Up.) and Round Up. The pitch that got it approved for human use was that it’s nontoxic to human cells. Dr. David Permuter, author of two books, Grain Brain and Brain Maker, says we should avoid glyphosate because it kills beneficial bacterial cells, and we have 10 times as many of those in our microbiome than we have human cells!

Now go back to the list of foods to buy organic. Post that on your refrigerator so you can review it every time you make out your shopping list. I shall. Bon appetite!

Advertise in the Loop!

It’s a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out July 21



EXPERIENCE THE AMAZING
TQI DIET,
KNOWN TO TRANSFORM LIVES

ENJOY EATING WHILE LOSING WEIGHT,
GETTING RID OF ACHES & PAINS,
AND IMPROVING YOUR OVERALL HEALTH.

TQI PLANBOOK AVAILABLE AT VASHON BOOKS,
THE COUNTRY STORE, MINGLEMENT & ONLINE.
DETAILS ON UPCOMING CLASSES AT:
TQIDIET.COM

Suds

LAUNDROMAT

OPEN DAILY

Open Sunday to Thursday ,9am to 8pm
Friday/Saturday from 9am to 9pm
17320 Vashon Hwy SW
(Located across from Pandoras Box)



Aries (March 20-April 19)
You are still working out a balance with a partner or love interest, which requires an honest dialog about what both of you want. Make no mistake here: without open affirmation of desire, there cannot be honesty. This is because honesty is about what you want. If you find yourself in a situation where you don't feel you can express your desires, it's worth stopping yourself and questioning what that's about. Most of the misery in relationships comes from withholds: the things that people don't say to one another. I recognize that in modern mythology, those might be considered good things because a level of secrecy provides social lubrication. At this stage in your life, you need to do much better than that, and take the risk of being real. The result will be that you have real relationships -- the ones that don't meet the test will dissolve, and you'll get to move on.

Taurus (April 19-May 20)
For a relationship to work as well as you want, something subtle must happen, and you can help. The key is understanding something about yourself that you've now had a while to consider. This would fall under the general heading of knowing who you are. The mistake most people make when it comes to self-knowledge is a kind of false clarity that leads to a stuck point of view. The first thing about who you are is that it's changing continually, and in unexpected ways. This might seem to conflict with that aspect of Taurus that wants everything to be just so. Yet both forces are working in your personality and both contribute to who you are. Make room for yourself to be a little different every day, and it will make much more sense to you that people you care about are a little different every day. With that understanding, keeping your agreements adjustable and negotiable will help them stay durable.

Gemini (May 20-June 21)
Focus on your most valuable personal assets. Not everyone knows what they are -- it's time for you to figure it out. It's not enough to be awesome, or a great person. You need a specific inventory of what you know how to do, what you have to offer, and what you have the capacity to learn. Know what you've accomplished; and from there, have an idea what you want to do next. The current vogue is to have all this in some vague form, to be generically talented in some way. This is merely palliative. Your skills are your tools, and you have them for practical purposes. I suggest you take any opportunity to acquire new ones, or to sharpen and maintain the ones you already possess. What you may find is that this goes further toward solidifying your self-esteem and self-respect than any psychology exercise, personal brainwashing or personal improvement campaign. Feel the exquisite beauty of, "Yes, I know how to do that," or, "I'll figure that out."

Cancer (June 21-July 22)
Push your limits. Start with the one about how outrageous you're not supposed to be. Outrageous translates to outgoing, nervy, funny, talented, assertive or sexy. Move from your center, like a well-trained dancer. Allow your presence to expand into wherever you are, and don't be afraid to take up space and conversation bandwidth. It will help if you hang loose. If you want an example of how much a person can get away with in polite company, watch the film Borat, wherein he pushes every single limit and lives to tell some great stories. I will say this another way. You don't need to be well-behaved; you want to be real rather than good. By all means, keep your commitments and be professional about your work, though that leaves you a heck of a lot of room for creativity. There is enough space on this planet to accommodate all of who you are.

Leo (July 22-Aug. 23)
Aspects for the next few days will help you let off some psychological pressure. The way to do this is to let your imagination flow uninhibited. Let off on the brakes, and choose to never be afraid of your own thoughts. The chances are that you're tapping into the sweet spot of your imagination right now. You have a clue how good life can be, and you know you have the power to make that real. Yet imagination has a way of 'threatening' known reality, especially if it's boring or backed into a corner. Wanting richer intimacy has a way of 'threatening' situations where there is little or no intimacy, for example. Visiting an exciting, creative workspace is certainly a 'threat' to any job that puts you to sleep. You might feel quaky for a moment at the thought of doing something more fulfilling, but once you spring into action, that won't last long.

Virgo (Aug. 23-Sep. 22)
Your intuition is impeccable at the moment, especially in social situations. Your chart is tuned so well that you can trust the first thought that comes to your mind -- though by thought I mean something spoken in a calm, clear voice. Intuition is gentle. It speaks just below the level of language. It's the subtle pull rather than the violent tug or shock. It's necessary to listen carefully, by which I mean listen to yourself. What you will get for this small effort is genuine guidance. Let that flow through you right now. Once you get a certain aspect of your mind out of the way, you have an abundance of wholesome, useful information available to you. That can guide you on every subject, from what task to do next to whom to talk to in a room with 100 people standing around. That would be useful, right?

Libra (Sep. 22-Oct. 23)
Be confident of what you want to accomplish and go for it. You can skip over any concerns you might have about doing good or helping others. Those factors seem to be included in your intentions no matter what you do. They are the basis of your plan rather than an add-on. Anything you do that leads to genuine success will be about providing support and some kind of caring to the world. It's as if your concept of profession inherently stems from the idea that humanity is a family. Yet even a household is a serious business, and you must take that approach. Be clear about your plans and have some idea how you intend to get where you want to be. Make sure you work with a budget; that is, a basic business plan with elements of where revenue comes from and where resources go. Money is one resource to track carefully, though also count the personal gifts you bring to the table, such as emotional energy and time.

Scorpio (Oct. 23-Nov. 22)
Make one decision at a time. You don't need to solve the whole riddle or tie up all the loose ends. Focus your intentions and set a clear, short agenda. Then address a single concern. It might be something minor, to get an easy task out of the way. You might choose something difficult (saving the easier stuff for later) and build confidence in yourself because you've risen to an unusual challenge. It doesn't matter. What will make the real difference is that you gather momentum in a positive direction. Dissolve or withdraw from what is not working for you while you emphasize what is working. Do everything you can to invest in what actually gets a result. Your chart setup is such that your life will accumulate momentum in whatever direction you're going. That's the thing to pay attention to; keep it positive, since that's what will multiply.

Sagittarius (Nov. 22-Dec. 22)
Flexibility is your best friend. Therefore, offer it lots of gifts. Stretch out and stretch your ability to consider many possibilities rather than just one. Lead yourself into

Vashon Intuitive Arts Hosts a Summer Kirtan on Vashon



Jonathan Burgess and Tim Hulley will co-lead this Kirtan, along with talented and enthusiastic friends, including Scott Wurtz on tabla (Indian drums) and Solana Chavez on response vocals.
Kirtan (in case you haven't heard of it) is call-and-response singing that celebrates the spiritual nature within each of us. It is joyful, meditative, and restorative, often resulting in feelings of well being and a quieter mind. The songs are either Sanskrit mantras or from various spiritual traditions, but no prior experience is needed, and all ages are welcome. Come join us in celebration of Summer!
Saturday, July 9th, 2016 @ 4-6pm
Vashon Intuitive Arts - 17331 Vashon Highway
By donation. No one turned away for lack of funds.



Espresso
Latte and Wisdom
To Go

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm

Cash & Checks Welcome
17311 Vashon Hwy Sw

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

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

coming up with new potentials based on what you want rather than what you think is possible. On that topic, it will help if you recognize when you've taken on someone else's idea about what's impossible, and decide for yourself whether that's true. Can you really know until you've tried? Therefore, monitor carefully this idea of what you think is 'possible'. You have things you want to do; you have places you want to go; you have talents that are aching to be expressed. Too many times, petty fears have blocked you from taking action. There comes a time when you must ignore them, and other times when you must rebel. The choice is yours.

Capricorn (Dec. 22-Jan. 20)
It would seem that for the great majority of people, allowing themselves to be loved is a challenge greater than loving. Which is it for you? It's clear that you're harboring doubts of some kind, perhaps of whether you're 'acceptable' -- though if that's even vaguely true, you just need to get over yourself. There is no orthodoxy necessary; such is merely a power trip. It's quite enough that we have the privilege, the gift and the ongoing experiment of life. It will be a happy day when that's accepted by humanity, though you can have that pleasure a heck of a lot sooner if you choose. Just open up and receive. Allow yourself to flow. And remember that you're bigger than any fear or concern that you could possibly have -- if you remember that you are. Said another way, try stepping out of your ideas about life and into life itself.

Aquarius (Jan. 20-Feb. 19)
Your work environment must be nurturing, like a greenhouse is to plants. Create the right conditions and you will be able to accomplish great things. Presently this seems to include co-workers or employees who are willing to assist and take part, yet

who are in need of positive affirmation and a sense of family. This is too often said and not often enough acted upon. Many workplaces resist being too nice to people, knowing that their kindness is most likely to be taken advantage of. Set that fear aside, and promote a value of 'We're all in this together; let's make the most of our experience'. Speaking of values, decisions are best made based on an underlying agreement about what is important or necessary. Agree to that and the right thing to do will be obvious to everyone.

Pisces (Feb. 19-March 20)
This is a beginning for you, the kind which you long for the most. There's passion in your chart; there is personal expression, lavish creativity and a sense of daring. It's even fair to say you have the potential for some new dimension of love. At the same time, there is the unusual pressure to be sober and realistic. There is you, a sensitive person, and there is the world you live in, the wider world, which is straining for any peace or sanity at all. You live your life as if straddled between the two realities. You might wish that you could dive into the love and the creativity without having to bother addressing the insanity and pain of the world around you. However, the two seemingly separate realities form a polarity, which like a battery is the true source of your energy. Responding effectively to the paradox that you must stretch yourself across both is the essence of your life. The result is what you'll create and then take with you the rest of your days.

Read Eric Francis daily at
www.PlanetWaves.net

The JD Hobson Band

Welcome to the Outlaw Blues! Welcome to the JD Hobson Band.

When Outlaw Country and Americana meet the Delta Blues you get a whole new genre. JD Hobson takes his Virginia Appalachian blues roots and combines it with Seattle's Americana and rock scene, and a sound is created that has gotten people standing up to take notice.

"Hobson's brand of bluesy Americana is steeped in rich outlaw tradition." (Seattle Weekly Reverb Magazine)

Somewhere out there on the road between Seattle, Austin, and Memphis is a man on the run. Whether from the law, or just his own personal demons, it's hard to say, but he runs as though the boogie man himself was on his heels, or as Robert Johnson put it in his famous song, "there is a Hell Hound on My Trail." Maybe every man has felt a little like this in his life, and JD Hobson expresses this feeling in what he calls the Outlaw Blues.

JD Hobson was born and raised in Seattle, yet his father comes from the Appalachian



blues country of Virginia. The music that drifted up from a juke joint named the Dewdrop Inn in Martinsville Virginia made a permanent impression on JD's father when he was a child. The seed was planted in JD as he grew up listening to his father's music on the radio.

Studying under greats like John Jackson, David Honeyboy Edwards, and John Cephus at Centrum in Port Townsend helped JD hone his craft. The end result is that JD has an exceptional feel for most roots music. His ability to grasp every nuance down to the minutest inflection has become his hallmark.

Friday, July 15th, 9pm
Strawberry Festival Friday
The JD Hobson Band
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. \$8 cover!

REWIND takes you back to the 80's - Strawberry Festival at the Red Bicycle Bistro!

Remember the days of watching The Breakfast Club and playing Atari? Rewind takes you back to those days, if only for the evening...

Rewind is a high-energy '80s cover band specializing in the hits you can dance to, and the classics you can't help but sing along with... Rewind plays many of the popular live music hot spots, such as Nectar Lounge, The Hard Rock Cafe, The Tractor, Showbox Sodo, High Dive, EMP Skychurch and El Corazon to headlining the main stage at The Bite of Seattle.

The seven band members of Rewind bring more than just music - it's an 80s concert event. Rewind keeps the audience engaged and entertained with their energy and charisma, making them one of the premier cover bands of the Northwest.

Go back to the 80's with Rewind - find song lists, videos, nostalgia and more at www.rewindseattle.com

This is the hottest weekend of the year on Vashon...and the Red Bicycle is proud to present this amazing dance band... because it's what everyone has been telling us they want for Festival...a band they can get out on the dance floor and dance to. This will be THE place to be on Festival Saturday, don't miss it!!

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

REWIND



All ages 'til 11pm 21+ after that. I.D. required. \$8 cover
Saturday, July 16th, 9pm
Strawberry Festival Saturday
REWIND
The Red Bicycle Bistro & Sushi

PERRY'S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday
12pm to 5pm Sunday



Best Burger in Town!

For a Burger Emergency
463-4-911

Gluten Free Buns!



Family run business for over 30 years
17611 Vashon HWY SW
206.463.0940

Live Music

Homestyle Breakfasts
and
Plate Size Pancakes
*Breakfast served till 5pm
Fri, Sat & Sun*

Sports on 5 HD TV's

Open 7 days a week 6 am til 2am

TRASH TALK

Can the production of biochar help Islanders sequester carbon, create a local product for soil enhancements and help us deal with all the woody bio-waste coming off our properties? Come learn of biochar's incredible potential to help our plants and the planet on June 18th, 2 pm at the new VAA. Admission by donation. From 3:30 -7 pm at Seattle Distilling: Free biochar workshops, demos & music from Poultry in Motion.


www.zerowastevashon.org



Olympic Instruments, Inc.

- Custom Manufacturing, Machining, Welding, Fabrication, Repairs
- Short & long run production
- Prototyping
- Length Meters for Wire & Cordage
- Cunningham Air Whistles

Your Vashon Neighbor Since 1946
Monday - Thursday, 7:00 AM - 5:30 PM

16901 Westside Highway SW
Vashon, WA 98070

Phone (206) 463-3604
www.olympicinstruments.com
www.cunninghamairwhistles.com

The Island's Business Center

VASHON PRINT & DESIGN

Faxing • Internet • Printing • Web Design
Photocopying • Graphic Design

17627 Vashon Hwy SW • Vashon Island • WA • 98070
Phone: 206.463.6100 • Fax: 206.463.6137 • vpd@vashonprint.com



6 flavors, 31 toppings, and Hot Chocolate!

Open Sunday to Thursday
11:00 to 8:00
Friday/Saturday from
11:00 to 9:00
17320 Vashon Hwy SW
(Located across from Pandoras Box)

Find us on Skype
Vashon Loop
206-925-3837

Get In The Loop
Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.
Send To:
Editor@
vashonloop.com

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

The FieldHands



Together for years writing and playing original music on Vashon Island and in the Seattle area, The FieldHands are a rock band. Their music blends some of the best traits of rock, alternative country and the Americana vibe present in music from artists like Wilco, Son Volt, Lucinda Williams, Ryan Adams, Iris Dement and others. Multiple harmonies, driving guitar lines and soaring lead instrumentals punctuate good stories and strong melodies. The FieldHands incorporate local flavor and imagery in their lyrics. They write songs about love, friendship, journeys, the road beneath their feet and the water that surrounds us.

Friday, July 8th, 8:30pm
The FieldHands
The Red Bicycle Bistro & Sushi
All-age's 'till 11pm, 21+ after that! Free cover!

Rob Hotchkiss



In a return to Vashon roots and to perform selections from his solo album, Grammy award-winning songwriter Rob Hotchkiss plays the VCA stage Saturday, July 9. And it becomes a special ensemble event when family members also perform: Pamela joins on vocals, percussion, keyboard and the cajon (Cuban box drum); Sarah sings harmonies and some of her original songs; and Ryan adds bass guitar.

Album Midnight Ghost offers a compilation of songs--some written long ago for band Train, of which Hotchkiss was a founding member; others are from prior to his days with Train, as well as ones newly composed for this album. The tunes spanning a decade portray a creative journey, and the album has received critical acclaim.

Hotchkiss won a Best Rock Song Grammy for "Drops of Jupiter" and was behind mega hits such as "Meet

Virginia," "Free," "I Am" and "Get to Me."

Reflecting on his Vashon days, Hotchkiss notes, "I left Vashon, vowing that I would not return until I had completed a record with the band I was working with at the time, Painbirds." He then adds, "We succeeded in completing the record. I just forgot to return. It's been over a year since I've seen the island. I miss it tremendously. It will be wonderful to return to play for friends."

As a bonus, VCA is giving away CDs to ticket buyers. Visit VCA to pick up your copy while supplies last!

Rob Hotchkiss
Vashon Center for the Arts
Saturday, July 9, 7:30 pm
\$18 VAA Member/Student, \$20 Senior, \$22 General. Tickets: VCA, Heron's Nest Gallery and online at VashonCenterfortheArts.org

Painting the Modern Garden: Monet to Matisse

Claude Monet was an avid horticulturist and arguably the most important painter of gardens in the history of art, but he was not alone. Great artists like Van Gogh, Bonnard, Sorolla, Sargent, Pissarro and Matisse all saw the garden as a powerful subject for their art. These great artists, along with many other famous names, feature in an innovative and extensive exhibition from The Cleveland Museum of Art and The Royal Academy, London.

From the exhibition walls to the wonder and beauty of artists' gardens like Giverny and Seebüll, the film takes a magical and widely travelled journey to discover how different contemporaries of Monet built and cultivated modern gardens to explore expressive motifs, abstract color, decorative design and utopian ideas. Guided by passionate curators, artists and garden enthusiasts, this remarkable collection of Impressionists, Post-Impressionists, and avant-garde artists of the early twentieth century will reveal the rise of the modern garden in popular culture



and the public's enduring fascination with gardens today. Long considered spaces for expressing colour, light and atmosphere, the garden has occupied the creative minds of some of the worlds greatest artists. As Monet said, 'Apart from painting and gardening, I'm no good at anything'. For lovers of art or lovers of gardens, this is an ideal film.

Showing on Sunday July 10 2016 2:00 PM (100 Minutes), The Vashon Theatre.

Now Playing
Dark Horse

Now Playing
Love & Friendship

Coming soon

Painting the Modern Garden: Monet to Matisse - Sunday, July 10, 2pm

The Lobster July 15, 3:30 & 8pm. July 16 & 17 at 8pm.

A bigger Splash - Starts July 18

X Men: Apocalypse - Starts July 18

Vashon Theatre
17723 Vashon Hwy
206-463-3232

Call for Times

For show times and info check www.vashontheatre.com

Make a date with Vashon!
www.VashonCalendar.org

Vashon Library Events
Art & Music Events
Submit your Event on line at www.vashoncalendar.com

Want To Get Rid of That Junk Car or Truck?
Fees may apply, please call for information

Rick's
Diagnostic & Repair Service Inc.
206-463-9277

Washington Hulk Hauler's - License #0463-A
www.ricksdiagnostic.com

Loose Change
R&B Band

Loose Change is now booking for your summer parties.
We have dates available
Call Troy @ 206-794-9451

Deadline for the next edition of *The Loop* is
Friday, July 15

KVSH
101.9 FM
Voice of Vashon

Listen At Home In Your Car At Work Worldwide

Schedule & VoV App at VoiceOfVashon.org

VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME

HISTORIC ROASTERIE
THE VASHON ISLAND COFFEE ROASTERIE
40 YEARS OF ROASTING HERITAGE

ALL ORGANIC PASTRIES, BREAKFAST & LUNCH FARE.
ESPRESSO & TEA BAR
COFFEE ROASTED DAILY

OVER 350 BULK HERBS, SPICES & TEA.

VASHON HIGHWAY & CEMETERY ROAD • (206) 463-9800 • WWW.TVICR.COM



Island Painting

Interior/Exterior Painting
Fine Wood Finish
Pressure Washing Decks & Driveways

Barbara Hebert
206-305-0361

License # ISLANPL857RZ

Aaron Maxwell
206-582-8626





DIAGNOSTIC & REPAIR SERVICE, INC.

206-463-9277

Shop Hours
8am-6pm
Monday - Friday

24hr Towing & Road Services



Lockout Service,
Flat Tire Change,
Gas Delivery and
Jump Start.



We Have Rental Cars!

If you are visiting the Island, have out of town guests, or just need a second car for the day Vashon Rental Cars, Inc. is here to serve you.

Conveniently located uptown in Vashon.
Vashon Rental Cars, Inc
463-RENT (7368)



Cerise Noah



Professional,
Knowledgeable
Fun & Friendly
to work with.

360-393-5826
cerisenoah@windermere.com



Windermere Real Estate/Whatcom, Inc.

WET WHISKERS

GROOMING SALON

PROFESSIONALLY TRAINED
CERTIFIED GROOMER

We Offer:
Wash and Go
Bath and Brush out
Thin and Trim

CALL TODAY FOR AN APPOINTMENT
(206) 463-2200

17321 VASHON HIGHWAY SW
CONVENIENTLY
LOCATED INSIDE
PANDORA'S BOX



Punky Needs A Home...

Ready for the Strawberry Festival? I sure am. Look for my picture being carried by a VIPP volunteer during the parade!

Folks at the shelter say I'm chatty and affectionate. I'll greet you at the door and tell you all about my day. Full disclosure . . . I'm not a fan of dogs and other cats. Let's face it, I'm a people cat. Are you my cat person?



Go To www.vipp.org Click on Adopt



Island Security Self Storage

Full line of moving supplies

Next to the Post Office
10015 SW 178th St.
(206) 463-0555

· Radiant Heated Floor · On-Site Office · Rental Truck
· Climate Control Units · Classic Car Showroom
· Video Monitoring · RV & Boat Storage

DANNY'S TRACTOR SERVICE 206-920-0874

- ▶ Land and storm damage clean up
- ▶ Tree Cutting and removal
- ▶ Field mowing, brush cutting and tilling
- ▶ Hauling and refuse removal
- ▶ Scrap metal removal
- ▶ Driveway repair and grading

→ **Dan Hardwick**
oldredtruck@comcast.net

PANDORA'S BOX

Summer is officially here.
Along with...fleas, and more fleas.
We've got some new cat food for you to try. New is the kibble realm: Tiki Cat, Merrick Back Country and Fussie Cat.
All on sale with introductory offer.

Get ready for FESTIVAL!

Bo's Pick of the Week:
The cardboard box.



(206) 463-3401
\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch




ISLAND FORESTRY

TREE REMOVAL, TOPPING, LIMBING, ETC
LICENSED, INSURED, FREE ESTIMATES
206-653-5415

Compost the Loop

The Loop's soy-based ink
is good for composting.

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



Sunday - Thursday
Bistro & Sushi service
11:30am to 9pm
Lounge is Open
11:30am to midnight

Friday & Saturday
Bistro & Sushi service
11:30am to 10pm
Lounge is Open
11:30am to 2am

17618 Vashon Hwy SW
206.463.5959
www.redbicyclebistro.com

Live Entertainment

Friday, July 8, 8:30pm
The FieldHands

Friday, July 15, 9pm
The JD Hobson Band

Saturday, July 16, 9pm
REWIND

Friday, July 22, 8:30pm
Joshua Powell & The Great Train Robbery

V.I.P.S. VASHON DROID DETECTIVES, C2-'IT' and T-4,2 TAKE IN SOME LOCAL ISLAND RECREATION...

AHHHH! What could be better than PADDLEBOARDING on Quartermaster Harbor on a warm July Morning?!



The blue skies, the glassy-calm water just shed poetry on the lengthening shadows,
The breeze at your back and the sun in your face!!
MAGNIFICENT!



...think how much more fun it'll be when we actually get on the water.



Deadline for the next edition of *The Loop* is
Friday, July 1

Lopy Laffs