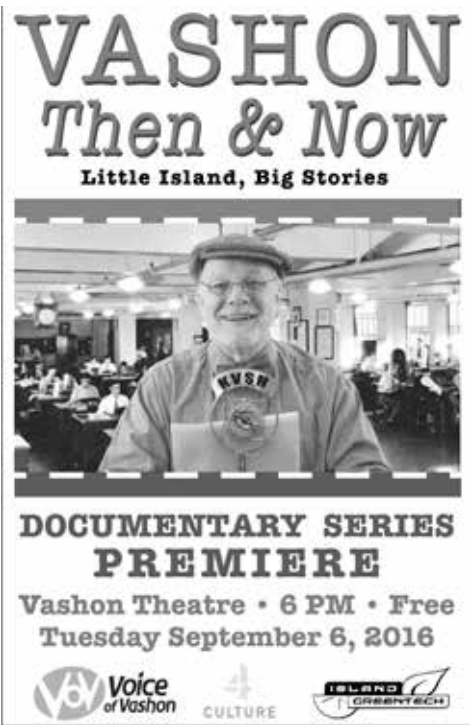


## Vashon Documentary Makes its Theatrical Premiere

For anyone wondering how Vashon got to be the place it is today, there’s a documentary about that. It’s called Vashon Then and Now, and it will have its national theatrical premiere at the Vashon Theatre Tuesday, September 6 at 6PM-- thanks to the generosity of Island GreenTech, 4Culture and the Vashon Theatre. Written and directed by Island documentarian Michael Monteleone for Voice of Vashon, Vashon Then and Now is a four-part series ‘about Vashon’s colorful pastand equally intriguing present.’ The series was funded by a heritage grant from King County 4Culture. Each of the four episodes in the series examines a Vashon icon looking at both it’s early days and it’s current status in our community. The subjects for the series are the Vashon Theatre, the Point Robinson Lighthouse, The Washington State Ferries, and Granny’s Attic. For the Tuesday premiere, Director Monteleone and editor Dennis Lambert will present excerpts and commentary from the first three episodes. A screening of the complete Granny’s Attic episode will follow, including cameo appearances by a happy cast of Islanders. The series explores these Island icons with historian



Bruce Haulman and Tag Gornall as they cohost the journey with Lisa Reeves. The team used historic images and picturesque current footage to draw the line from past to present as guests from both times offer touching personal

*Continued on Page 5*

## Harbor School Welcomes New Faculty

Harbor School is pleased to announce the addition of two new faculty members to our campus for the start of the 2016-17 school year and the launch of a new K-8 Spanish program. Please welcome Russell Ray as our new K-8 Spanish Teacher and Todd Wooster as our Middle School English Teacher.



*Russell Ray and our new K-8 Spanish Program*

Russell Ray joins us as our new K-8 Spanish teacher, an expanded role from Harbor School’s previous Spanish language offering. With the uniting of Carpe Diem Primary and Harbor School in 2015, the Board of Trustees, along with our new Head of School, Mark McGough, are laying the foundation for a new approach to language instruction that begins as soon as children enter our school in Kindergarten and ends when they graduate 8th grade.

“I am thrilled that someone with Russell’s knowledge and experience has accepted this new position at our school. I am excited to work alongside him as we lay the foundation for a strong, dynamic K-8 Spanish program at our school.” Mark McGough, Head of School

Russell Ray comes to Harbor School from The Bush School, a private independent school in Seattle, where he has served as the Chair of the K-12 World Languages Department and taught Kindergarten through 5th Grade. Prior to his work with The Bush School, Russell has taught pre-school through 3rd grade at Heritage Hall School in Oklahoma City and also taught Spanish at the University of Oklahoma. Russell is a Certified Master Teacher with the Oklahoma State Department of Education, a National Board Certified Teacher (World Languages Other

than English) and in 2008 and 2009 was recognized as Teacher of the Year by the Oklahoma Foreign Language Teachers’ Association and the Southwest Conference on Language Teaching respectively.

Russell received his Bachelor of Arts in Spanish from the University of Central Oklahoma, and completed graduate work in Instructional Leadership and Curriculum at the University of Oklahoma. Russell and his family have lived on Vashon for the past 3 years where he has also served as a trustee on the Board for Vashon Center for the Arts.



*Todd Wooster Joins Middle School Faculty*

Harbor School is pleased to welcome Todd Wooster as our Middle School English teacher. Most recently, Todd has spent four years on the faculty at Seacrest Country Day School, an independent school in Naples, Florida, where he has also taught Middle School English for the past 2 years. Todd received his Bachelor of Art with a Major in English from Dartmouth College and is completing his Masters in English Studies from the Universite de Lyon 2 in France – his thesis is 20th Century American Poetry.

In the words of Steven E. Caruso, Middle School Head at Seacrest Country Day School, Todd “exudes the same energy whether he is teaching 8th grade literature, spearheading the organic garden, working with his advisory group or introducing French to 6th grade students.”

With close family residing on Vashon, Todd is pleased to return to the Pacific Northwest.

## The Road to Resilience Now The Real Work

Regardless of who you may have voted for in the primaries, you may have felt that things you consider important are not happening, and that major changes are in order. I suspect that among these are insuring everybody’s right to vote, the right to choose the candidates that are running, and a fair and equal media platform for those candidates: guaranteeing free and fair elections that make elected officials accountable to you. I suspect that you think everybody should be treated equally and fairly, regardless of income or background. You probably feel that you have a right to your fair share of the prosperity that our country is creating, not a handout, but a right to contribute and receive adequate compensation. Most of us believe that we are badly damaging our Mother Earth and need to make drastic changes in the way we do things. If you think these things are worth fighting for, then now is the time to fight.

So, what do we do now? Bernie Sanders promised to lead this revolution regardless of whether he got elected president and regardless of whether you agree with him on all the issues. He has continuously supported the idea of “one person one vote,” not “one vote only for people that agree with him.” True to his word, he has kicked off a couple of initiatives recently that are intended to focus our energy toward creating a government that listens to us. One of these initiatives, a group called Our Revolution, lays out a number of goals that we the people are passionate about and notifies us of when and how to act on these so that our actions are in sync and cannot be ignored. Go to ourrevolution.

By Terry Sullivan,

com/apps to view the goals that have so far been chosen for action and what you can do about them right now. Although Bernie and his supporters have developed these goals, I think that, regardless of your political persuasion, you will find most of these to your liking. You may differ in how to achieve these goals but that is an issue to be addressed after we have gained our place at the table. You may like some initiatives more than others, or you might have others to suggest. This forum will be open for feedback and suggestions. It is your forum.

The second initiative is called Brand New Congress (brandnewcongress.org), and its goal is to recruit and elect candidates that support the revolution, not only for Congress but everything from local school boards to the US Senate. In this there are a few lessons to be learned from the Tea Party. Although most of us might consider the direction the Tea Party has taken us to be a disaster, in just a few elections, the Tea Party has managed to change to face of the Republican Party and the country. Part of their success lies in the fact that they have been financed by the ultraconservative free market Koch brothers. Brand New Congress will not be financed or directed in any way by wealthy special interests. That means that we--you and I--will need to provide the finances, as well as the passion. You don’t need to wear a tricorn hat, but you do need to be passionate.

Another coalition of groups for a third party (includes Greens): The Progressive Independent Party, PIPUnite.org.

I need to remind you that we are not acting in a vacuum. The wealthy corporate interests that run the country are preparing

*Continued on Page 9*

## Quartermaster Harbor beaches closed for shellfish harvesting

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

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

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





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It's a great time to get  
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## Now Playing Absolutely Fabulous



### Coming soon

Green Tech & VOV present *Then & Now* - Tuesday, September 6, 6pm

Greentech & Vashon Audubaun Present *Sonic Sea* - Tuesday, September 13, 6pm

*Suicide Squad* - Starts September 15

**Vashon Theatre**  
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206-463-3232

### Call for Times

For show times and info check  
www.vashontheatre.com



# Get in The Loop

## Submissions to the Loop

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

### 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.

**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**

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### 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 Social Dance Group Monthly Dance & Lesson

SATURDAY September 3, 2016

Vashon Social Dance Group Lesson & Dance  
Ober Park Performance Hall - 17130 Vashon Hwy SW  
(Vashon Park District Office Building)

7:00 - 8:00 pm Cajun 2-step, Cajun Waltz Lesson with Dianne & Roger

8:00 - 9:30 pm Dancing to deejayed music provided by Candy  
No partner needed. Come and bring anyone interested in dancing!  
Suggested donation: \$10 for either or, both lesson and dance  
No one turned away due to lack of funding. Join Us!  
Hope to see and dance with you then.

Saturday September 10, 2016 Roger & Dianne will teach another Cajun 2-step, waltz lesson at the Coop, before some live Cajun music performed by Swamp Guise & Poultry In Motion. A chance to practice the skills learned at the lessons with Roger & Dianne!

Come alone or join us for a wonderful evening of social dance.  
NO PARTNER NEEDED!

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### Jam Contest!

In conjunction with this year’s Farmer’s Market Harvest Festival on Sept. 10th, The Vashon Island Heritage Association and VIGA are happy to provide another year of our annual jam/ jelly/ chutney taste contest. Entry forms are available for pick up at The Farmers Market, The Vashon Museum, ACE Hardware, and Thriftway. All entries are due on the day of the competition. Entries will be received between 9:30 and 11:00. A panel of judges will determine the winning preserves and winners will be announced at 12:30. Winning entries will be awarded fabulous canning related prizes donated by local businesses.

### RJ’s Kids Kenpo Karate Classes

Kenpo Karate self-defense fall season classes for adults and children will start September 12 and 13 at the Ober Park Performance Room. Classes follow the curriculum of the American Kenpo Karate System. Participants who attend this course regularly will develop street awareness and prevention skills in addition to learning practical self-defense techniques. Participants of all abilities, ages, and experience are encouraged to attend.

Beginner children’s classes, with recommended ages from 7-12, will meet from 4:15 to 5:15 pm every Tuesday starting September 13 until December 13. Tuition fees for 13 classes will be \$65 and will take them to their yellow belt and continuing level class in the next season.

Continuing children’s classes will meet every Monday and Thursday from 4:00 to 5:00 pm from September 12 to December 15. Tuition fees for 25 classes will be \$125.

Adult classes (ages 13+) will be from 5:15 to 6:15 pm every Monday from January 11 to May 23. Fees will be \$60 for 12 classes. This class is for beginning white belts to expert black belts.

Registration and payment by cash or check for all classes begins 30 minutes before the first class meets. Participants may join at any time during the season if space is available. There will be no classes on Halloween and the week of Thanksgiving. Every Wednesday, from 5-6 pm, are free drop-in classes for all students with once-a-month sparring offered for all students above yellow belt.

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

For more information, visit the Vashon Park District website and Vashon Kenpo on Facebook. Sponsored by RJ’s Kids: an island-centered nonprofit for all people of Vashon.

### Rainbow Bingo!

Vashon Senior Center is thrilled to announce the return of BINGO! But this isn’t your grandma’s bingo.

The Center is bringing back Bingo but with a big, fun twist. Not only will you get a chance to win cash there’s also very – shall we say? – colorful Bingo callers to entertain you and your friends.

Have you seen the colorful posters around town advertising Rainbow Bingo? Rainbow Bingo is like regular Bingo except it’s a party! And in addition to having snacks, beer & wine for purchase there’s also rainbow and Margarita jello shots!

The first Rainbow Bingo’s theme will be “Woodstock Revisited” so break out your tie-dye and hip hugger wide legged jeans. You’re not going to want to miss the first guest Bingo caller and Mistress of Ceremonies Sylvia O’Stayformore with her pal Aunt Betty.

Your \$18 admission includes 10 regular Bingo games. Get your tickets for Saturday, September 17th at the Vashon Senior Center on Bank Road. Doors open at 6pm and the fun starts at 7pm.

Mark your calendars and be sure to get your tickets ahead of time for what promises to be an evening of fun & frivolity.

And remember this definitely isn’t your Grandma’s Bingo... although you never know, you may see her there!

**Next Edition of The Loop Comes out Thursday September 15**

Deadline for the next edition of *The Loop*  
**Friday, September 9**

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# Getting New Shoes

By Seán\_C.\_Malone

“The light is green, I can see my toes and all the bones”. Sister Molly was looking down into a four-foot box, called an X-Ray Shoe Fitter and could see the bones of her toes wiggle in the eerie green light.

We didn’t get off the island much as many of our classmates in the 1940’s would tell you. Helen Puz lived to be a hundred and hadn’t left the island until she was 18 years old to go to Tacoma to have her high school pictures taken, so the trip to Nordstrom’s for new shoes was a big occasion.

Old Dan Murphy was six-foot-six, skinny as a rail and the shoe salesman who kept us in shoes all through grade school. We put our feet in his ex-ray machine to make sure we had a good fit and then he would give us his business card for a free shoeshine down the street. When summer came, off came the shoes so we could run around the lawn in our bare feet, feeling the rich grass between our toes. Stepping on a rusty nail raised the specter of blood poisoning from the puncture wound and Mom made is soak the wounded foot in Epson salts in case of infection. Cutting your foot on a barnacle on the beach got the same treatment as the barnacle is poisonous. Every Spring our grandfather, Papa Jim, would gather 8 or 10 of the cousins and have us clean the beach, raking and picking the barnacles up to be piled and moved away from our swimming area. Without the barnacles, we were free to run and cavort in the tide.

Our tennis shoes were US Keds when we weren’t running around in our bare feet. They were rubber and canvass with a white border around the sole. We wore them until the soles started coming off, to reveal our toes or flapping against the ground. Our feet were always dirty, so dirty that when I took off my shoe for swimming class one day, I found a slug between my toes. Mom made us leave



our tennis shoes outside and far from the porch.

Being insular and isolated from the mainland which we seldom visited, gave us kids a unique perspective of the world we grew up in.

Take the ride up the Heights Hill, where everybody guns it to get home quick, the fresh smell of the greenery coming through the car windows, like a welcoming home.

Our old Philco television was as big as a house and had a ten inch screen and a test pattern that we would watch for hours waiting for Howdy Doody, because he had Buster Brown commercials which we would sing along with: “My name is Buster Brown and I live in a shoe. That’s my dog, Tige, he lives there too.” If someone said they had Buster Brown shoes, we would make them prove it and take a shoe off to show us the picture of Buster and Tige in the heel. If the shoe was too old and the picture rubbed out, we called them liars and yelled, “Liar, Liar, pants on fire, nose as long as a telephone wire.”

# 4-Way Stop

I think that Bob Marley said it best way back in 1979: “So much trouble in the world...” Racism and war, poverty and famine, police brutality and injustice, religious intolerance and terrorism. And we have so many of the same troubles in our world 37 years later.

So somehow it seems insignificant or petty, when we have so much trouble in our world, to be frustrated or angry at the little things that we encounter every day in our little microcosm on Vashon Island. Long lines at the market? Slow internet? Customer service representatives with an accent that we can’t understand? Or trying to make our way through the 4-way stop downtown Vashon....

Some issues that confront us we simply can’t do anything about. The depletion of the Ogallala aquifer? Forest fires across the state? Isis? But there are some small, local issues that we can actually change for the better.

The following is how the Washington State driver’s manual describes how to negotiate the 4-way stop:

*“At a four-way stop the driver reaching the intersection first, goes first (after coming to a complete stop). If more than one vehicle arrives at the same time, the vehicle on the right goes first.”*

This is how the driver’s manual describes the ubiquitous 4-way stop. But this description is not complete. There are international standards and protocols, but they’re not listed in our driver’s manual. So it’s no surprise that we Washingtonians struggle our way through our intersections.

According to the international driving manual, this is how a 4-way stop is supposed to work:

Any car that reaches the intersection may, after coming to a stop, go in any direction it chooses.

If there are other cars approaching the intersection, the car that reaches the intersection first has the right-of-way. If there is a tie, that is, when 2 cars reach the intersection at the same time, the car on the right has the right-of-way.

If 2 cars approach and reach the intersection from opposite directions, then the car turning right has the right-of-way. The car going straight also has right-of-way (these 2 cars do not effect each other). But the car turning across traffic to turn left must give way to all other cars and turn left only after the other cars have crossed the intersection—just as a car turning left off of a main

thoroughfare onto a side road would give way to a car turning right onto that same side road.

That’s how a 4-way stop works. But we can take it to the next level...

When crossing the intersection, it’s most efficient to cross in twos. For example, while the car going north from Urban Blooms crosses the intersection, the car going south from US Bank can cross too—at the same time. And while the car driving west on Bank Rd from Green Ginger crosses, the car heading east by the Hardware Store restaurant can also cross.

In places where drivers follow this protocol, the traffic moves exactly TWICE as fast—especially if the pedestrian traffic crosses with the motor traffic. This is most noticeable on Fridays and Saturdays when there’s a farmer’s market in town and many people are crossing the main intersection in town. Some urban intersections have signs that ask pedestrians to “walk with the traffic.”

And we all know that, when a ferry arrives and lets off 120 cars, there’s a long back-up at the 4-way stop right in town. Imagine how slow the traffic would move if we all crossed the intersection one at a time! Twice as fast would be good.

If we follow this protocol—both as drivers and as pedestrians-- I think we’ll find that we’ll spend far less time sitting in our cars idling in traffic and more time in other places that we’d rather be—and with less frustration. It would be one less trouble in the world.

I think that it’s worth a try. Let’s see if we can decrease the time we spend crossing through 4-way stops by following these steps. And maybe you could share this idea with your friends and fellow drivers to spread it around.

Bob Marley was right. There are so many troubles facing us and everyone around the world, and more challenges than we could possibly address in our lifetimes. So maybe we can focus on our own little troubles, starting with the 4-way stops on Vashon Island.

And while we’re at it, maybe we could use our turn signals. The turn signal is that little lever that sticks out to the left of your steering wheel. It’s meant to be used to share with other drivers your intent to make a turn--left or right. Be a team player. Use your turn signal. Bob would be proud.

## 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](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

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## Ringo Needs A Home...

I have the same name as a certain drummer from the 60's, but I'm more of a vocalist - I like to purr. When people pet me and let me sit on their laps, I start to sing in my feline way.

I was on the road for a long time, and now I want to settle down and perform only at home. You and I could make beautiful music together . . .



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# My Life as a Park District Commissioner

By Doug Ostrom

Today, the population is angry at politicians. Neither of the likely candidates for President is widely trusted, in some cases even by their supporters. In one respect, the Vashon Park District got a jump on the rest of the country. A little over two years ago, Islanders were very angry with the Park District, defeating an incumbent commissioner and narrowly re-electing another. Voters elected me at that time to an open seat. There were those who thought I was crazy to run. The upside to this controversy has been a surge in citizen participation. Board meetings were packed for a while. And in contrast to previous years or to many local island elections, all six commissioner seats up in the past two park district elections have featured at least two candidates.

I and the other current commissioners would like to build on that interest. A professional survey firm has helped us develop a survey that you will soon be receiving. You might not have the time to attend a park district meeting or even visit a Park District facility, but as an islander and most likely someone who pays property taxes, you have an interest in having our parks be efficiently run and reflective of community needs and values. Please help us by filling it out and returning it.

I'm not going to claim that I and the other new commissioners have improved the operations of the park district. Every voter will have to decide that for him or herself. What is true is that I have come to realize anew what economists are always telling us: there is no such thing as a free lunch. If we want something--say better soccer fields or a year-round pool, for example, we have to give up something; the lunch is not free. The Park District revenues are determined by the tax rate as approved in a previous levy vote and the health of the local housing market. The commissioners cannot raise taxes except when the levy rate is determined. In last years' vote on a four-year levy, which passed by the narrowest of margins, the tax rate was kept unchanged from the previous levy. Borrowing money is not a good option, not least because lenders are not eager to finance an organization whose solvency depends on the goodwill of the voters. Today, on balance, the Park District is repaying past borrowing.

To finance an expensive initiative such as the VES (Vashon Elementary School) fields means giving up something, in fact quite a bit since property values and, with them, property tax receipts, dropped dramatically in the wake of the Great Recession of 2007-09. The lunch was not only not free, it became much more expensive in terms of required tradeoffs in the past half dozen years. Moreover, the fields are expensive to maintain, particularly over the the span of several years.

Meanwhile, other Park District facilities are crying out for care. Pt. Robinson, which is a shared responsibility of the Keepers, the Coast Guard and the Park District, is the crown jewel of the system that we have to protect.

Inspiration Point, mostly ignored by those too young to remember the once spectacular view, was fifty years ago, along with Pt. Robinson, the premier tourist attraction on the island. It too is a Park District responsibility although the view, or lack thereof, is a shared responsibility with private property owners.

The list could go on and on through almost two dozen Park District responsibilities, many of them such as Fisher Pond shared with other organizations such as the Land Trust. Who pays for the summer concerts in the Parks? That would be the Park District. Like the Farmers' Market? No the Park District doesn't grow the lettuce, but it does partner with the Vashon Island Grower's Association to make the space available to those who do. Little known, but delightful Wingehaven? Another VPD property. Some parks, such as VES and Agren, emphasize active recreation such as soccer. Others, such as Lisabuela, lean toward more passive uses. In that respect, they reflect the diverse interests of islanders.

Even though not every islander uses every facility we are still in this together. Every property owner, whether they live on the island or not, helps support the parks, as do the legions of organized volunteers. As one islander told the commissioners, even those who are passive users may take a certain vicarious pleasure in activities such as fishing from the Tramp Harbor dock. Many Park District activities receive shared financial support from the users. The Paradise Ridge Equestrian Center and the Burton Skate Park, for example, have benefitted from generous contributions from users. The Park District uses Vashon School District land at VES, the Burton Skate Park and the pool rent-free. Even so, almost all Park District properties and activities lose money. As such, almost all the users get a subsidy financed by the share of the Island's property tax that goes to the Vashon Park District. Soccer players, for example, receive much more in dollar terms services from the Park District than reflected in their fees. The same is true of pool users. Users at Jensen Point and elsewhere do not pay for the clean-up and mowed lawns that Vashon Park District maintenance provides. Users of Vashon School facilities other than the schools themselves pay a fee to the Park District that does not begin to compensate the Park District for its costs of running this program. In fact, the Park District pays the School District roughly ten percent of the Park District budget for this purpose.

By and large, those who are interested in using the Park District properties for active recreation are more vocal in their concerns and advocacy than those whose greatest pleasure in a VPD park might be the sunset at Lisabuela. But the elected commissioners and the talented staff of the Park District are here for all of you. We want to hear from you, maybe at the twice monthly meetings or perhaps if we run into you around town. But in any case, please fill out that survey.



## VFW Essay Contest

The Veterans of Foreign Wars (VFW) distributed details of the VFW sponsored Essay Contest to Vashon Schools, prior to September 1, to provide students in grades from 3rd through High School an opportunity to participate in the contests that provides recognition and cash awards. The Washington State VFW sponsored Youth Essay Program include the 3rd through 5th Grades; the National Patriot's Pen Program includes 6th through 8th Grades and the National Voice of Democracy includes 9th through 12th Grades.

The entry forms and complete contest rules can be obtained for the Washington State Youth Essay Contest by typing the following on the Internet: [auxdeptwa.org](http://auxdeptwa.org), click Dept. of Washington, VFW Auxiliary, you receive "Dept. of Washington VFW Auxiliary, click, program then SCHOLARSHIPS. Click Youth Essay Entry Form and Copy, click arrow in upper left corner and click "VFW essay rules and copy. The two National Programs can be obtained by entering " [vfw.org](http://vfw.org)", on the Internet, click, VFW - Veterans of Foreign Wars, USA, place arrow over COMMUNITY, and click Youth and Education. Copy this page. Click, Patriot's Pen or Voice of Democracy with a single click under HOW TO ENTER and your Official Entry and Rules appear. This data is all that is needed to enter the VFW Essay Contests.

The students essay and entry forms must be given to the VFW representatives by 1 November 2016. The VFW Representatives are Chairman Roy Bumgarner and Vice Chairman Olde John Croan. You students have been writing essays on the three designated Themes for the Washington State and the two National Programs, thus improving your writing and speaking skills, being locally and possibly nationally recognized for your participation in the programs and winning significant awards to better prepare you all for the work force and as

leaders of tomorrow, helping to make the United States of America a better place to live and raise our families. Vashon VFW Post 2826 will provide a certificate for each student participating in the essay programs and students receiving 1st, 2nd and 3rd Place Awards, will receive a framed certificate and cash awards.

If you have questions, please contact your teacher or contact Roy Bumgarner, 206-459-3910 or Olde John Croan, 206-408-7628.

May all involved in the VFW Sponsored Essay Contest have great days and life that are filled with good health, happiness and gratitude for the many blessings received daily.

Roy Bumgarner, Chairman  
Olde John Croan, Vice Chairman

## Vashon Documentary Makes its Theatrical Premiere

*Continued from Page 1*

perspectives in interviews. VoV's Chris Austin and Jeff Hoyt fill in some blanks with comic retrospectives on each of the topics. Videographers on the project were Jeff and Andy Dunncliff and Peter Ray. Once the series is premiered, Voice of Vashon will donate DVDs to the King County Library and Vashon School District. The series will also be available on VoV TV Comcast Channel 21 and on the [voiceofvashon.org](http://voiceofvashon.org) website. As Monteleone says, "It's a lively and interesting blend of history and the 'au courant.' He and editor Dennis Lambert will stick around after the screening for an audience Q & A. Admission is free; the popcorn is not.

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Next Loop comes out September 15

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# Spiritual Smart Aleck

## Hutch

I was supposed to write a column today. I meant to, I planned to, but then I got a message from Marie, Jim's sweetheart, that Jim Hutcheson died today, and the news blew me sideways.

Jim was one of the guys with whom Rick played music when they were in high school in Germany, back in 1962. Rick always called him Hutch. They and another friend, Nandi Devam, played USO clubs all over Germany, covering every Kingston Trio song they could learn. They called themselves “The Balladiers.”

These kids had traveled from post to post with their military parents all their lives, so when they left Germany, they lost touch with each other.

Which is why Rick did not hear from Hutch again for about



**By Mary Tuel**

forty-seven years. We found the third member of the group, formerly Terry McNeil, who changed his name to Nandi Devam, living in Berkeley. He was looking for Hutch, and not finding him.

Rick talked about Hutch a lot, and wished he knew whatever happened to him. Once we had the internet, I searched for him, but did not know that Jim's last name was Hutcheson, not Hutchinson, so no success.

Then, on October 4, 2009, Rick went into the hospital in kidney failure. We had an eventful afternoon and evening at the ER. Late that night when Rick was admitted and sent to a hospital room, I went home. I was tired, I was stressed out, but of course I sat down to check my email.

I found a message from Classmates.com. Normally I

would delete such a message but for some reason I opened that one. It was a question: "Are you the Rick Tuel who sang with the Balladiers in Germany?" It was signed, Jim Hutcheson.

Wow! After all the years of wondering where and how he was, that was the day he got in touch. It felt like a strange serendipity.

I immediately wrote back to him saying yes, he had contacted the right Rick Tuel, and how wonderful it was to hear from him, and Rick went into the hospital today, and here's his hospital room number. Please call him.

The next day when I walked into Rick's hospital room, he was on the phone with Hutch, and they were catching up on a few decades of news.

After that, we remained in touch with him. About three months later, when Jim realized that Rick could not work because of his illness, he started sending us money every month. He kept that up for a year. This is an example of a practical generosity that knocked me out. That was the kind of guy Jim was. You don't forget someone who quietly stands up for you like that.

He had a wicked and goofy sense of humor, which went a long way to explaining his friendship with Rick. Well, that and the music, of course.

In 2012 we went to a 50-year high school reunion in California, and saw him and Nandi. A little later that summer he and Marie flew out to Seattle for a few days for a visit. Then as time went on we heard less often from him. He had a busy life.

A few weeks ago, on the sixteenth of July, he posted a picture of himself walking his daughter down the aisle at her wedding, a happy day.

And now he's gone.  
From comments on Marie's Facebook page, he was consistent throughout his life. People call him a wonderful guy, a hero.

He was, among other things, a school vice-principal. He worked with kids who had learning disabilities. He mentored many young family members. He was a good guy. I'm sad for Marie, and for his adult children and nephews and other family members and friends.

I'm grateful that Rick knew him, and that I got to know him, and am simply grateful for his life, but sometimes in the shock of hearing of someone's death, it takes a while to get to the gratitude.

Rest in peace, Jim Hutcheson.

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

# Summer Concerts in the Park

Vashon Events and the Vashon Park District have announced the lineup for the annual Summer Concerts in the Park. The extremely popular and free outdoor concert series will begin on Thursday, July 28th and run through Thursday, September 1st. All concerts start at 7pm and are held in Ober Park.

The Portage Fill Big Band is Vashon's oldest "garage band" with their unique brand of dance music. With over 300 tunes to choose from, the Portage Fill promises a entertaining show for listeners and dancers alike.

Made up of almost two dozen current or former island residents, Portage Fill is a classic “Big Band”



on Vashon Island. Enjoy live music performances from today's top talent in rock, soul, reggae, country and big band performing against one of Vashon's most beautiful outdoor backdrops.

On Thursday, September 1st,  
we are excited to bring you The  
Portage Fill Band.

For over 40 years, the Portage Fill Big Band has been an integral part of the musical life of Vashon Island. A perennial Strawberry Festival favorite, the Portage Fill Big Band continues to entertain with exciting and danceable music from the Big Band era and beyond.

with full horn and sax sections, backed up by a complete rhythm section, and features 2 vocalists for the crowd's listening and dancing pleasure. Portage Fill is well known for their selection of Big Band swing tunes from the 30's and 40's, but is versatile enough to work in some blues, Latin, or even rock and roll numbers to put on a show for all ages and musical tastes.

Whether you're there to dance or listen, the Portage Fill is a band you don't want to miss!

May be postponed to another date if rain is a factor on Thursday.



*Balladiers 1962, left to right: Rick Tuel, Jim Hutcheson, Terry McNeil  
(Nandi Devam)*



*Balladiers Redux July 3, 2012, left to right, Nandi Devam, Rick Tuel, Jim Hutcheson*



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

Anything is possible, though usually you must do the work to make it happen. There are times when your efforts seem to count for more, and others when they seem to count for less. At the moment you can harvest the benefits of efficiency and leverage. You have a little something extra going for you. Investing relatively modest amounts of energy will get unusual results. Following your astrology, here is what I suggest: for the next couple of days, work on resolving old business at the same time you plant the seeds of new business. Tidy up the past and, in the same gesture, move any obstacles you find out of your way. This might include clearing physical space, commitments and lingering issues with others. At the same time, clear out your mental space. Make room for new ideas. Be happy to let go of what was not working, experiment with different approaches, and keep your focus on that one thing you know you want to make real.

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

There is that moment in the course of any creative project, or work project, when it seems to take on a life of its own. At that moment it becomes woven into the organic pattern of your life. This usually makes things easier, simplifying the experience of commitment. It's more of a mutual thing than something you have to push or make happen. What you must do, though, is give yourself over to the process. Said another way, you surrender to becoming someone new, because that's the experience of creation or of truly mindful involvement in something. Many ingredients are currently brewing in your consciousness. New talents are emerging, which are made from combinations of previous experiments and discoveries, and something truly special about this moment. Note that as you get this going, you're likely to turn on (as in: light up, provoke or arouse) the people around you. Accept that gift.

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

Mercury, your home planet, is about to station retrograde. Typically this is classified as the astrology of inconvenience. For you, and for those you influence, this will be an unusual one, rich with discoveries and a major personal breakthrough. For this to serve you best, you need to remember something you've learned many times, which is how to stay open-minded. This extends to being open to your own feelings, and to your feelings changing. Pay attention to your tendency to have to understand every single emotional impulse before you let it in. You're likely to be feeling so much, particularly the next few days, there's no accounting for it all. If you open up to your own mental and emotional flow, you'll feel better, you'll feel more grounded, and you'll get more done. The one thing I suggest you give up on is control. This is the primary message coming from your chart: relax a little and let life happen.

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

On the offhand chance you're a writer or aspire to be one, sharpen your pencil. This is the perfect moment to commit yourself to an ambitious project – one that you may have thought was over your head or beyond your talent. For everyone else, I would remind you that our civilization was built on the written word. Our ideas about ourselves, and the communities that we live in, are based almost entirely on literacy. You're

a distinct individual before you're a member of any tribe. You are a person with an inner sanctuary, a place in you that you know to be real. And you're someone with a unique point of view that only gets stronger as you explore your own perspective – and physically move around and see things from as many angles as possible. All of these things relate to the power of the written word. When you take this skill into your hands, recognize its true role in society, and bring your full integrity to the task.

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

This week's unusual astrology is about your relationship to money. This theme has been coming up for you over and over again, though you may not trust the earning potential that you feel. That would call into question your relationship to all forms of your potential. It's clear that you may be seriously underestimating your ability to convert your talent and ideas into money. You're being invited to open your mind to those ideas, which is another way of saying that you must assess your value in a practical way. For most people accustomed to working for wages, this feels like manifesting something out of thin air. It's nothing of the kind, though you must get over a tendency to think small; that's another way of thinking bigger. You have many gifts and personal assets. Converting that into revenue is a matter of aligning your skills with the needs of others, and assessing a fair price. This will be approximately double what you would be likely to estimate in the first round.

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

A total eclipse of the Sun takes place in your sign this week. This suggests a few possibilities. One is that you've reached a point of no return in your personal growth. You must now take the step that you know you've been looking toward, and be happy that there is no turning back. If you've been consciously working toward this, then now is the time to solidify your commitment, and fully live out, explore and embrace this new phase of what might feel like your destiny. Yet I don't think this is a point of destination as much as it is one of embarking. You are at a beginning, and a beautiful one it is. You are in a position to connect with and acknowledge your innate gifts, which are one and the same as your sense of purpose. That's another way of saying you really can live your life your way. It may take a little time to get there; but carry on, overcome any setbacks and keep going.

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

People are often mysteries to themselves, and you may be feeling some of this right now. Yet you don't need to make sense to yourself. Who you are does not need to add up rationally. Rather, feel who you are, and let your intuition guide you from one discovery to the next. In time, and not so much time, a series of personal revelations will leave you with the feeling that who you are and what you've been doing have made sense all along. Until then, you truly can afford to trust this fact. What might confuse you is seeking answers and explanations in ways that are reasonable and logical by some exterior metric – such as you could 'prove' them to someone else. You don't need to think that way. Hang loose, and give yourself a break from being linear. Let your life follow the logic of a dream. Be gentle reading the symbols. Stick close to how you feel rather than what you

think something means.

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

Keep your focus on work. You may have lots of social opportunities, and by all means have some fun. Yet maintaining consistency and devotion to your professional activities, and to your professional image, are essential now. You're at a turning point where many facets of life are concerned, though especially your work. This can turn out very well for you. Yet your success requires prolonged devotion and dedication. That means persistence, which includes sidestepping turbulence and unhelpful people, and staying on track. Be mindful of the fact that you are, in a sense, on public display at all times. People are looking to you for leadership and as an example. That makes you a focal point of your community, and someone whose ethics are an important part of the message that you send. Stay sober, negotiate rather than get involved in conflict, and at all times remember what you want.

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

In astrology there are two houses devoted to one's professional activities. One is the 6th house, which is about going to work every day and doing what you're supposed to do. The other is the 10th house, which is about aspiring to do what you really want to do. Right now planets are collected in your solar 10th house, which is Virgo, and an eclipse is about to happen right there, this very week. This suggests that events at this time in your life are in some way indicative of your highest calling. The price of admission to the 10th is taking total responsibility for answering that calling, and for taking every step that must be taken to get you there. That might mean focusing on the details; it means keeping your mind on your vision for yourself; and most of all it means making decisions consciously. Most people never get as far as the 10th house. You're there now. Accept your mission. Moreover, love your mission. It's yours and yours alone.

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

If you have spirituality on your mind, you might consider whether you actually have sex on your mind. This is a fairly typical reversal, and not everyone cares. From the look of your solar chart, you're determined to find out the truth about something. Yet if that is coming up as the craving for mystical ideas or experiences, I would propose that what you truly want is something more emotional, biological and physically satisfying. That means self-discovery in reality rather than in abstract theory.

Your body knows what is right for you, if you will only listen. Your dreams may also be telling you something. If stepping in this direction feels at all edgy, nerve-racking or comes tinged with guilt, you can be sure you're following your true calling. You have no need to be pure or holy, only real, which means real with yourself. This is a special moment for you to place your focus here: an excellent time to make friends with desire.

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

Try to keep things simple, especially where joint finances are concerned. You seem to have a lot of proposals on your desk, or maybe bills, or both. It will help significantly if you prioritize. That means recognizing what is the most important, the least important, and everything in between. As a great songwriter once said, you have to know your plastic from your cash. You might set a priority on being financially solvent (honorable enough), though you might set another one on figuring out how you can take advantage of your current situation to further your own goals. There are some potential partners with whom you can have a mutually profitable relationship. But check them out carefully first. Make sure that anyone you're doing business with can actually keep their commitments, and – closer to the point – that they want to do so. Not everyone has your integrity, or your drive to succeed in an honest and meaningful way.

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

Amidst all that's going on in your life, and the many people who surround you, one specific situation stands out as especially meaningful. Whatever it represents is an actual transition in your life. It includes an ending and a beginning. There is a review of the past, and an opportunity to explore the future. Take things one step at a time, though be aware that one step may come on the heels of another. It's essential that you keep your focus and not lose yourself in anyone or anything. It will help if you give people plenty of room to make their own decisions, with as little attachment as possible to the choices they make. You may feel like you're in a position only to respond, rather than be proactive. What's emerging is the result of your being proactive in the past. Keep responding in a creative way, focus on collaboration, and be as patient with people as you can.

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



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# Thunderstorm In My Brain

Suicide is the 8th leading cause of death in Washington state, and the 2nd leading cause of death amongst our youth.

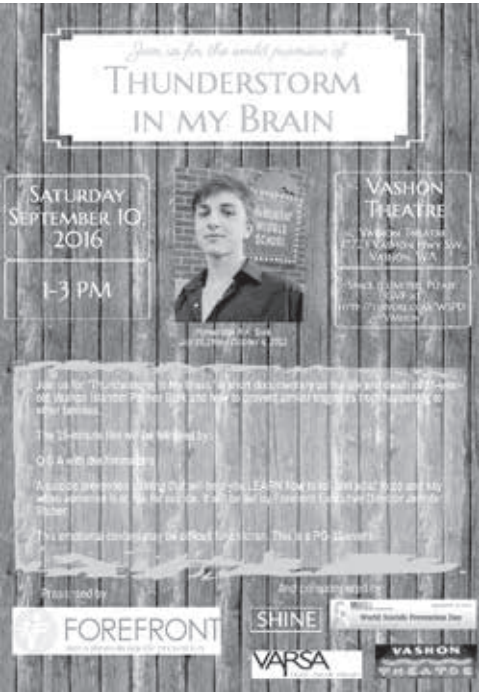
Saturday, September 10, is World Suicide Prevention Day and Forefront is planning two events, both of which are free and open to the community.

Join us on this day, as suicide prevention advocates, loss survivors, and attempt survivors raise their voices together to bring healing and resources to this globally important issue. This is a perfect time to help each other understand that everyone has a role to play in suicide prevention.

World Premiere of “Thunderstorm in my brain”

On Vashon Island, we’re premiering “Thunderstorm in My Brain,” a short documentary on the life and death of 14-year-old Vashon Islander Palmer Burk and how to prevent similar tragedies from happening to other families. The screening will be followed by a Q & A with the filmmakers, David Friedle and Jennifer Stuber, and will conclude with a suicide prevention training on how to tell and what to do and say when someone is at risk for suicide.

Space is limited. Please reserve



your spot at <http://tinyurl.com/WSPDVashon>  
WHEN: Saturday, September 10, 1-3 PM  
WHERE: Vashon Theatre  
17723 Vashon Hwy SW  
Vashon, WA  
COST: Free

# Vashon Premier Screening of Sonic Sea

Tuesday, September 13th at 6 PM  
Vashon Maury Island Audubon Society will show the Vashon premier screening of Sonic Sea at Vashon Theatre. The event is free and open to the public.

Sonic Sea is a 60-minute documentary about the impact of industrial and military ocean noise on whales and other marine life. It tells the story of a former US Navy officer who solved a tragic mystery and changed forever the way we understand our impact on the ocean. The film is narrated by Rachel McAdams and features Sting with renowned ocean experts Dr. Sylvia Earle, Dr. Paul Spong, Dr. Christopher Clark and Jean-Michel Cousteau.

Marine life exists in a world dominated by sound. From pistol shrimp to blue whales, marine species use sound to find prey and communicate, sometimes over distances of hundreds of miles or more. But over the last 100 years or so, increasing levels of anthropogenic noise from shipping, oil and gas exploration, naval sonar training, construction, and other activities have begun to drown out



the ocean’s natural sound. For whales, dolphins, and other marine life, this has resulted in a myriad of impacts, including stress, deafness, avoidance behaviors that have diminished feeding opportunities, and even death. Fortunately, in many cases, relatively simple solutions exist to mitigate these problems; what is needed is the political will.

The event is jointly sponsored with Island Greentech and Vashon Theatre.

## Vashon library September Events

### Children & Families

**Family Story Times**  
Tuesday, September 6, 13, 20 and 27, 11:30am  
Newborn to age 6 with adult.  
Stories, songs and fun!

**Brick Builders**  
Monday, September 12, 19 and 26, 4pm  
Ages 5 to 12 with adult.  
We’re having a block party. Come build with us! All materials provided.

### Adults

**One-on-One Computer Help**  
Thursday, September 1, 15 and 29, 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.

**Computer Class: Introduction to Microsoft Excel**  
Saturday, September 10, 10am  
Please register.

**Talk Time Classes**  
Tuesday, September 13, 20 and 27, 6:30-7:30pm  
Practice speaking English with other English language learners, all levels welcome. Learn about your community and meet people from around the world. Classes are free, join anytime!

**EVERYONE’S TALKING ABOUT IT**  
Meet the Author  
David B. Williams, author of Too High, Too Steep: Reshaping Seattle’s Topography  
Saturday, September 17, 2pm  
Seattle has an interesting and fascinating history through the lens of its landscape. Join David B. Williams, author of Too High, Too Steep: Reshaping Seattle’s Topography as he chronicles major engineering projects, like re-grading Denny Hill and cutting the Ship Canal, providing meaningful context for current projects like the SR99 tunnel. David B. Williams is the author of several books, including Cairns: Messengers in Stone and The Seattle Street-Smart Naturalist: Field Notes from the City.

**Orca Lift/Food Stamps/Health Insurance Sign Up**  
Wednesday, September 21, 1:30pm  
Presented by King County Public Health.  
ORCA Lift is a program that provides low incomes with reduced fares on Metro buses, Sound Transit Link Light Rail and the Water Taxi.  
What you need to bring: Photo ID from any state or country AND income verification- can be Provider One Card, EBT card, TANF award letter, SSI award letter, L & I statement of worker’s comp or Social Security Award letter. This program is for everyone regardless of immigration status.

**Computer Class: Introduction to Microsoft Excel Pivot Tables**  
Saturday, September 24, 10am  
Please register.

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## Friday, September 9

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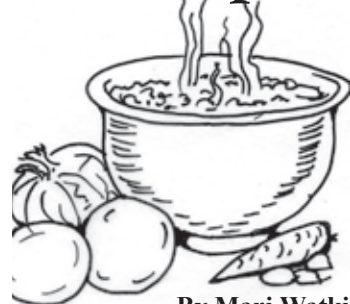
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# Island Epicure



By Marj Watkins

## Boost Your Brain

Whether you are a student, a teacher, or a parent of students, this is the season for turning on your brain and fast forwarding to full efficiency. you surely already know that a good breakfast in your belly boosts your brain into a higher gear than it's probably been all summer. You also have the challenge of changing your circadian rhythm, your going to sleep and waking up times, to mesh with your school day starting schedule. Once you've established the habit of waking at the right time, you will scarcely need an alarm clock. You'll have a well developed time sense.

Some tips: 1. Stay off the computer or video games in the evening. Teach yourself to go to bed early enough to get the number of hours of sleep you need. It's while we sleep that our brains do their housecleaning, like computers doing their automatic defragging. If you don't get all the sleep your brain needs, it cannot complete that essential work, so it will not be at full efficiency in the morning. For instance if you get up at six a.m., and you need eight to ten hours of sleep, you have to be in your nightgown or p.j.'s and snuggled down in bed by ten o'clock for eight hours' sleep, or even by eight o'clock for ten hours sleep. 2. Eat a healthy, satisfying breakfast.

After that many hours without food, you should have a good appetite for breakfast. Select an item or two from each of these food groups:

Fruit: Blueberries and red berries. Tomatoes fit into this group, too. These not only wake up your little brain cells, they are

also anti-carcinogenic; they block cancer cells from reproducing. Oranges, tangerines, cantaloup or grapefruit for Vitamin C, necessary to help your immune system fight all those new germs that other students are probably sharing just by breathing into classroom air.

Protein: Eggs for excellent protein that sets the standard other proteins are measured by. Do eat the yolks. Their proteins positively affect your thinking ability. Eggs give you choline for brain power and lutein which benefits your eyes and enhances your memory, You want to and need to remember what you learn in school each day. It doesn't much matter whether you eat your egg scrambled, as an omelet, sunny side up, or hard-boiled. Two eggs provide 12 to 14 milligrams of protein. Or you can get your protein from cheese. I favor cheddar, melted on toast. My grandson opts for mozzarella, which yields Vitamin K2. You need that for moving calcium into your bones. By the way, it's not calcium that makes your bones strong; it's magnesium that does that. Actually they help each other. Calcium gives bones substance; magnesium makes that substance strong. Almonds contain both. I put almond milk on my porridge and snack on almonds. And other nuts.

Carbohydrate: Porridge, toast, muffins, or biscuits, or scones. Any of these will provide lasting energy.

Beverage: For growing kids and older folks worried about slipping into dementia, I recommend chocolate made with milk. Cacao, a.k.a. Chocolate, improves memory and is anti-inflammatory, increases blood to the brain and even protects your nerves. Besides, it tastes good and when made with milk a cup of chocolate gives you at least 8 milligrams of protein, and a significant amount of Vitamin K2 from the milk. Just don't go overboard with sugar to take the edge of bitterness from the chocolate. I recommend sweetening with coconut sugar. It's glycemic index number is roughly a third that of cane sugar.

## Road to Resilience

Continued from Page 1

to breach national sovereignties by way of "free trade" agreements, right now the TPP and the TTIP, so as to effectively control the world. I know that sounds like the crazies in the 1950's talking about the Commies. Part of their success will revolve around the idea being too outrageous to be believed.

The end of the colonial period marked the end of the ability of a small number of countries to exert direct political control over a much larger population in lesser-developed nations. However, the primary force of subjugation was not military but economic. The fact of overt political subjugation became morally unacceptable and was ended, but the economic subjugation continues to this day. Now the economic interests are ready to take de facto political control of the nations that spawned them. Control credit in a world where everything must be bought, and you control the world.

These people do not look kindly on all the things we are trying to do. There is logic and intention behind the way the world is run today, and it is that

of the corporate interests. You will not hear much about this on the corporate media for obvious reasons.

Right now, their claim to power depends on our cooperation. They depend on us being too absorbed by tasks, pleasure, or despair in our personal lives to notice. We must wake up and act before they close the door on us.

So, when I ask you to join the revolution, it is not just a play on a word. It is not just a nice thing for some of us to do. It is deadly serious and will have a great impact on how our children and grandchildren live their lives. Join Bernie's groups or some others of your choosing, but don't sit this one out.

Comments?  
terry@vashonloop.com

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# Vashon Intuitive Arts welcomes Rap Artist Marcus Jones-Moore

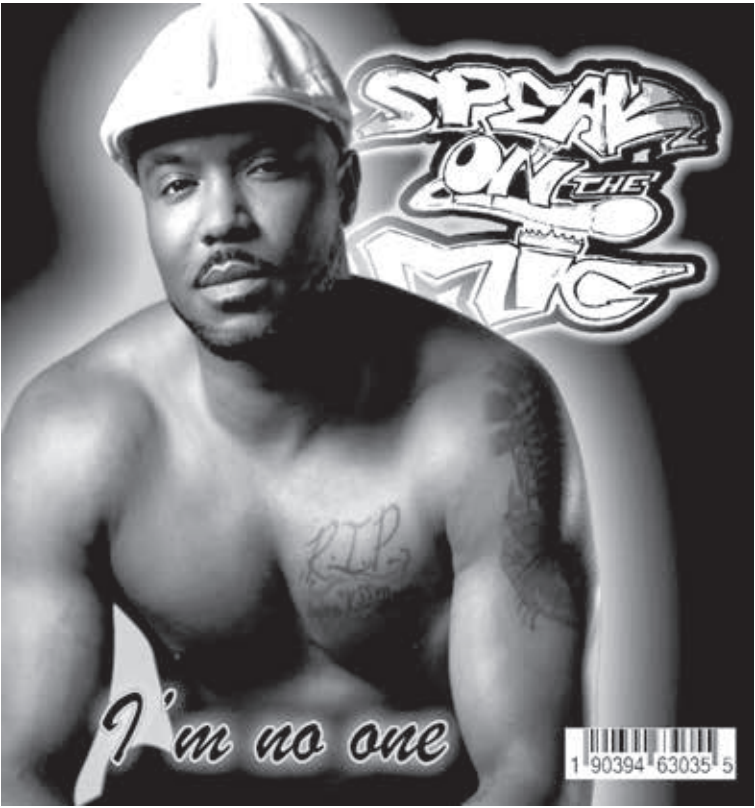
With lyrics inspired by Speak on the Mic's experiences growing up in Tacoma, Washington's tumultuous Hilltop district, an infectious hybrid of Rap, Hip Hop and R&B melodies are smoothly delivered on soul-infused, urban backbeats. Themes of determination, unapologetic fun and irreverence, grief and breakthroughs resonate in S.O.T.M.'s compositions.

Speak on the Mic, also known as Marcus Jones-Moore, has lived a life filled with endless material for his lyrics. Until the age of seven, born in 1982 to a biological father he never knew and a mother who struggled with drug addiction (since recovered), he was effectively a ward of the system, in and out of foster homes until he was formally adopted. Although his home became permanent, its Hilltop locale in Tacoma (now called "Upper Tacoma") then served as the center of drug activity and gang violence; he witnessed a lifetime of neighborhood fallout through his formative years in the 1980s and '90s.

Immersing himself in music at a very young age, Speak's adoptive father Johny Moore was a soul-singing talent in his own right. Church influenced singing and Speak started recording melodies on his family's old school organ as soon as he called Hilltop home. "I can vividly remember playing my songs at the dinner table for parents on very low volume--because of all curse words--when I was maybe eight years old," he said "It's been on ever since then."

After his cousin, Andre Moore, was murdered in Tacoma on July 4, 1995, Speak took up boxing at age 12 as a healthy outlet for his angst and for self-defense. Fueled by his experiences, he prolifically recorded original raps on a tape player and played his music everywhere, even at boxing practice. "My lyrics explore being goal-driven to get what you want in life, the dark sides of drugs and addiction, weed-smoking, love, sex and--after witnessing the murders of many of my friends--loss and grief," he said.

Stylistically, S.O.T. M. evokes an old school vibe, where bits of his wide-ranging influences come through (Criminal Nation, The Gap Band, Grand Master Flash and Curtis Blow); fans often compare his music to Nipsey Huddle, 2Pac, Biggie Smalls, and occasionally Snoop Dog. Expect a good dose of bass, soulful and acoustic rhythms with a touch of pop, and relatively uncomplicated beats that allow his powerful lyrics to deliver a memorable punch. Catch a view from the Hilltop, Speak style.



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# The Glenn Cannon Blues Trio

The Glenn Cannon Blues Trio will be performing for the first time on Vashon Island on Friday, September 9th at the Red Bike, playing some rockin' covers from the likes of Robin Trower, Led Zeppelin, ZZ Top, Stevie Ray Vaughn and more!

Glenn Cannon is the guitar player and front man for the trio...his main band is Windowpane in Seattle, who are pretty well known around town, even for Vashon fans.

Jeff Eason, plays bass and sings in the band and also performs with Late September Dogs and Casualties Of God.

Wes Peterson, our home town boy here on Vashon Island, is on the drum kit and also plays with The Allison Shirk Band, with other projects like Skagit Valley Mafia, which includes Glenn as well, and The Cami Lundeen Band.

Friday, September 9th, 8:30pm. The Glenn Cannon



Blues Trio. The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

# Norman Baker & The Backroads



Traveling, creating, and sharing oNorman Baker & The Backroads\_3riginal live music are a few essential ingredients for the enrichment of humanity. Norman Baker and his band play homage to this fact by introducing new and old songs

to as many communities as possible. Their new album utilizes undertones of pedal steel, mandolin, banjo, upright bass, clarinet, and of course an onslaught of acoustic and electric guitars telling stories of loss, loss prevention, camping, driving without cell phones, childlike innocence, home towns, and walking till your shoes wear through.

Baker's respect of family values, roots, and tradition is evident throughout his music. His debut release, "The Art of Not Knowing," features his mother on fiddle, father on keys, uncle on drums, himself on many other instruments, in addition to several other Seattle musical stalwarts. The artwork for his newest release, "Present Day," features a series of photos from a 1970 house concert of his pops performing, his mom in attendance, and cops busting the party.

Norman was 13 the first time he performed on stage with fellow Backroads band mate Michael Muir. They sang and played Beatles and CCR while sitting in with the band their dads were in together. Twenty years later their harmonies and guitar work continue to weave seamlessly through timeless original rootsy compositions. Muir's Clapton and Allman tinged guitar approach meshed with Baker's Doc Watson meets Neil Young influences prove to be a great combo as the band continues tacking on the miles around the Western US.

Friday, September 16th, 8:30pm. Norman Baker & The Backroads. The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

# A View From The Bridge

For a limited time only, National Theatre Live's Encore Series brings a selection of award-winning British theatre productions to the Vashon Theatre.

National Theatre Live and the Vashon Theatre Present Stage to Screen

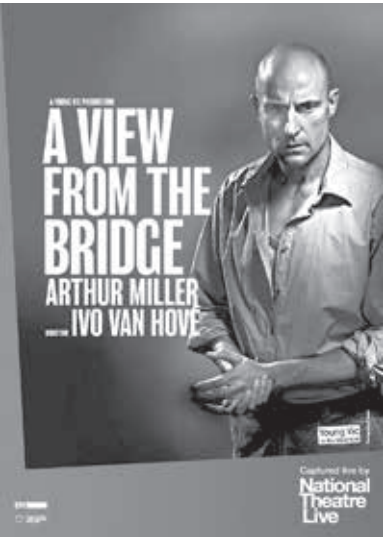
Tickets General \$20, Honored Citizen/Student/Child \$18, Advance Group Sales \$15

This collection of performances is filmed in front of a live theatre audience at various Broadway and London Performance houses. They are shot and recorded in high resolution giving the audience the best seats in the house!

Now Serving Beer and Wine at National Theatre shows, Doors open 30 before show start time.

View from a Bridge September 16th 4:00. Running Time 150 Minutes

Originally broadcast from London's West End in 2015, the Young Vic's 'magnetic, electrifying, astonishingly bold' production of Arthur Miller's tragic masterpiece won a trio of 2014 Olivier Awards including Best Revival, Best Actor for Mark Strong (The Imitation Game;



Tinker, Tailor, Soldier, Spy) and Best Director for Ivo van Hove.

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

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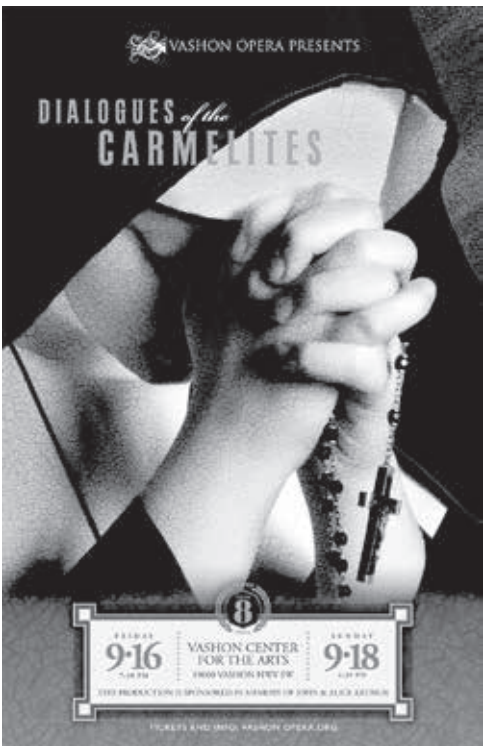
# Vashon Opera Performs Dialogues des Carmelites

Dialogues des Carmelites, by Francis Poulenc, stands essentially alone in the catalogue of operas performed by major opera companies. It's almost completely devoid of standard operatic plot devices—romance, betrayal, intrigue, infidelity. In their stead are a series of life-or-death decisions forced on several young women, set amid the last few weeks of the Reign of Terror, the most brutal months of the French Revolution. One of the chief aims of the revolution was to forcibly rid France of the influence of the aristocracy, and with it, the Roman Catholic Church. Royalty were beheaded. Mobs ransacked the apartments and attacked the carriages of the wealthy. Church property was confiscated. Priests, nuns and religious were executed for the crime of refusing to renounce their faith.

In Dialogues des Carmelites, a young woman formally enters a Carmelite monastery, seeking escape from the crazed crush of anti-aristocratic violence, but instead of finding cloistered protection, she finds that she's asked to defend the monastery against the bellowing revolutionaries outside. Obedience and defiance, fear and acceptance, selfishness and altruism mark the many twists of plot and subplot, until in the final scene, chanting the Salve Regina, the nuns submit stoically to the guillotine, given its own ghastly arrhythmic solo by Poulenc.

Divided into 12 tableaux with orchestral interludes, it is perhaps Poulenc's most exquisite opera. Much of the music is ostensibly based on plainchant, yet Poulenc's sinuous melodies owe as much to the frank sensuality of Satie and Milhaud as they do to Gregorian chant. Yet these are not pastiche, franken-melodies; they arise whole out of a uniquely Parisian experience, steeped in Roman Catholicism and the hedonistic cafe society of the twenties and thirties. Two seemingly opposite polarities, intertwined like twisted helix.

Poulenc lived in Paris as an openly gay man. Two halves of the same, he had never lost his love of Christ, nor had he ever left the Roman Church. After decades spent lamenting the deaths of several long-term lovers, and finding solace in the work that took final form as Dialogues des Carmelites, he recommitted to his Roman Catholic



faith, while continuing to live in Paris as an openly gay man. Dialogues des Carmelites, arguably his operatic masterpiece, is one of the few operas of the period that has never lost its place in the international repertory. It premiered at La Scala (in Italian) in 1957.

Vashon Opera, founded in 2008, is staging an ambitious production of Dialogues des Carmelites at Katherine A. White Hall, at the Vashon Center for the Arts; Friday, September 16th at 7:30PM, and a Sunday matinee, September 18th at 2:30PM.

The company is mounting the full production, with all 16 singing roles, string orchestra and full chorus. "We're focused on revealing this gorgeous opera through talented artistry," says Jennifer Krikawa, Vashon Opera's Artistic Director, "and we've gathered a dedicated and brilliant team."

Many of the cast are veterans of previous Vashon Opera productions, uniformly praised for their musicality, solid professionalism and uncanny ability to bring to life top-quality opera in an intimate setting. Jim Brown serves as music and stage director as well as conductor, while Joe Farmer leads the chorus. The opera is in French with English supertitles. Vashon Center for the Arts is located at 19600 Vashon Highway SW, on Vashon Island. Tickets are at [vashonopera.org](http://vashonopera.org).

## Seattle Rock Orchestra

Seattle Rock Orchestra (SRO) "crosses the pond" to return to Vashon to bring their incredible orchestral sound in homage to the seminal Dark Side of the Moon album. SRO previously performed on Vashon to sold-out audiences, performing hits from The Beatles, Led Zeppelin, and included some Pink Floyd hits. Now, the orchestra will perform the entire Dark Side of the Moon album, Pink Floyd's most popular release, and widely considered one of the greatest albums of all time. The orchestra is comprised of over 35 musicians, covering strings, woodwinds, brass and percussion with a cast of guest vocalists that will blow you away. This will be another unprecedented rocking musical experience for the entire family!

Seattle Rock Orchestra  
Vashon Center for the Arts  
September 10, 2016, 8:00 PM  
\$22 General; \$20 Senior; \$18 VCA Member/Student



## Cherrywood Station



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. Both Gus and Camille are prolific songwriters who carry the torch of American music by performing classic and original numbers with the acoustic sounds of soul, country, blues, and folk. Their first

E.P., Soup Can Telephone, is will be available at this show and includes five original tracks.

Friday, Sepember 2, 8pm  
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Friday, September 16th, 8:30pm  
Norman Baker & The Backroads

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