

Voyagers Auction

Harbor School and Carpe Diem Primary invite you to join our families, alumni, friends and supporters for our annual fundraising benefit VOYAGERS AUCTION on Saturday, April 2, 2016, beginning at 5 PM at Open Space for Arts & Community on Vashon Island.

In honor of our 20th Anniversary as an island school, we are returning to our auction roots and the very first auction theme--Voyagers Auction. Our annual event is our biggest, most extravagant celebration of the year. What makes it so fantastic? YOU! Bringing our community of families together in support of our school makes all the difference.

What makes this year important? On April 2, we will lift a glass in celebration of 20 Years of Wonder, for the uniting of both Carpe Diem & Harbor School this past year, and ask you to raise your paddle to support student scholarships and financial aid.

You won't be disappointed! Fantastic treasures and experiences will be auctioned off, student art projects created just for you will be on display, a mad dash by each table of guests for one-of-a-kind desserts, plus Auctioneer Kevin Joyce and Martha Enson of En-Joy Productions will be returning to entertain, dazzle and entice you!



Please join us for a night you won't want to miss and you certainly won't forget!

20 Years of Wonder
Saturday, April 2nd at Open Space
Doors open at 5 PM | Dinner & Desserts | Silent & Live Auction with Auctioneer Kevin Joyce

Chris Webster and Nina Gerber in Concert



Chris Webster and Nina Gerber. The photo by Ed Hensley

Music Fans know Chris Webster and Nina Gerber as two of the most skilled and artful musical talents out there today. Webster's voice is uniquely compelling while Gerber's guitar playing is beautiful and powerful. Playing mostly originals, some tasteful covers, soulful ballads, jazzy tunes, and sweet folk, their shows are known to please just about everyone.

The two musicians have known each other and played together for over 25 years. Also, along the way they both played with the best of the best in music throughout their long friendship. One day they said "Hey, why didn't we ever make a record together?" And so they did, it's called "Apple Blossom Lane". The core of this record is music at it's finest with just Nina's sweet guitar and Chris's stunning vocals. Chris also throws in a little ukulele on a few of the songs. It is a record that takes the listener to the very depths of sadness with a beautiful ballad and then also comes right back at you with a raucous folk song.

Chris's career began over nearly two decades ago as a teen-aged lead singer for one of California's best known regional acts (Mumbo Gumbo). Webster boasts a very successful resume highlighted by four solo cd releases (Drive, Now Playing, Something in the Water, My name is Christine) She also released

a cd with her sister Cassie who is an opera singer by trade, emphasizing the renowned guitarist Scott Nygaard, called The Websters 10,000 miles.

Chris's vocals have astonishing power and passion, reaching magical heights, yet effortlessly turns on a dime to deliver gut wrenching songs and gentle ballads. Webster has a purity and beauty about her that is seldom seen and never forgotten.

Guitarist Nina Gerber stood in the shadows of many great artists as an accompanist at the beginning of her career. It was her accompaniment with the great folk singer Kate Wolf that earned her the much - deserved recognition. Nina has the ability to free herself within an eclectic range of styles. Presented with folk, country, bluegrass, rock or blues, she is able to fall into leads to bring out the true feeling of the song.

Nina has performed with and/or recorded with: Karla Bonoff, Peter Rowen, Eliza Gilkyson, Nanci Griffith, Greg Brown, Lucy Kaplansky, Mollie O'Brien, Rosalie Sorrels, Laurie Lewis, and many others. She also has two solo cd's to her name: "Not Before Noon" and "Good People."

Playing with Kate Wolf initially influenced Nina. She ended up accompanying her from 1975 until her passing in 1986. After Kate's passing

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The Road to Resilience

Democratic Caucus

March 26

The Democratic Caucus for Washington State is coming up on Saturday, March 26th. The doors open at 9am and the Caucus begins at 10am at the O Space. The goal is to finish by noon, and please plan on staying until the end to be sure that your vote counts.

If, for medical, religious, or work reasons, you are unable to attend, you can get a surrogate affidavit (absentee participation) at tinyurl.com/wacaususform. This needs to be submitted by Mar 18, so, depending on when you read this, you may no longer have that option. If you are undecided on presidential preference, even if you normally vote Republican, you may want to attend this caucus to keep your options open. This is a highly unusual year and there is no telling what might happen.

As you may know, the Democratic nominee for President is selected at the National Democratic Convention by the delegates sent there from each state. These delegates are committed to vote on the first ballot for candidates in proportion to the voter preference in each state. If there is no winner in the first ballot, the delegates are allowed to change their vote. The parties in each state apportion these delegates to reflect either the state primary results or the vote at the precinct caucuses. In Washington State, the Democratic Party selects the delegates according to the results in the caucuses. In other words, your Democratic caucus vote, not your primary vote, will determine how our delegates will be awarded to Clinton

By Terry Sullivan,

and Sanders. This is important! In Washington State, if you want to have a voice in determining whether Clinton or Sanders is the nominee of the Democratic Party, you will need to attend your precinct caucus on March 26!

A precinct is the smallest division of the map for political parties. There are 19 Democratic precincts on Vashon. All of our precincts meet at the O Space this year, so you don't need to know beforehand what precinct you are in. When you arrive at the O Space, there will be volunteers ready to help you. But, if you want to make things really easy on yourself...just pre-register online here: DemCaucus.Com/Register. Print it out and bring it with you, and you're ready to scoot in the door and get started.

Who can vote in the caucus? Everyone who lives on Vashon or Maury Island, so long as you'll be 18 before November 8th, 2016! Not registered to vote? Moved recently? No worries - you can register on March 26th at the Caucus and you're good to go! We are an open caucus state, so anyone can participate.

The main business of your precinct caucus is to elect delegates to represent you at the next level up: the Legislative District Caucus. The number of delegates that you will choose is determined by the formula: one delegate and one alternate for each 75 votes cast for President Obama in 2012 in your precinct. You and your fellow precinct participants, with the precinct captain presiding, will determine how many delegates and alternates are awarded to each candidate according to the preferences declared on

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Our brokers are local experts!

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www.WINDERMEREVASHON.COM

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Granny's Attic

**Rocky Horror Picture Show
at Vashon Theater
March 29th, 8:30pm
Benefit for RJ's Kids "Seed to
Service" apprentice program
\$10.00 ticket**



**Door prizes for
"Best Costumes."
Get your lingerie at
Granny's Attic!**

**Granny's is at Vashon Plaza!
17639 100th Ave SW, Vashon
www.grannysattic.org 206-463-3161**

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Tues/Thurs/Sat 10-5**



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



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11:30am to 2am

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**Live Entertainment
Friday, March 18, 8:30pm
The Gin Joints**

**Friday, March 19, 8:30pm
Karla Hill Memorial Benefit Show**

**Friday, March 25, 8:30pm
Delilah Pearl & The Mantarays**

**Friday, April 1, 8:30pm
Rippin' Chicken**

PRESERVE Vashon's History And SUPPORT the MUSEUM! Literally!!



Goal \$95,000

Necessary repair to the Vashon Museum foundation under the main exhibit gallery will begin this summer. We've raised \$49,000 in grants and donations and still need \$46,000 to meet our goal. VMIHA invites you to participate in preserving the 109 year old building and our Island's legacy.



\$49,000 Raised!

**Make your donation
at the museum
or by
mailing a check to:**

**BUILDING REPAIR FUND
P.O. BOX 723
VASHON, WA 98070**

**Thank you for generously supporting
your Museum building!
VMIHA also thanks 4Culture, PSE Foundation,
Sheep Meadow Foundation, and
Friends of the Museum!**

10105 Bank Road SW, Open Wed-Sun 1-4PM



Now Playing Deadpool



**BAD ASS.
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Bolshoi Ballet: Sparticus
March 20 at 1pm

**GreenTech and Land Trust Present
Return of the River**
March 22 at 5:30pm

**GreenTech and RJ's Kids Presents
Rocky Horror**
March 18 at 8:30pm

**Vashon Theatre
17723 Vashon Hwy
206-463-3232**

Call for Times

**For show times and info check
www.vashontheatre.com**

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Get in The Loop

Submissions to the Loop

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

Alzheimer’s Association Offers 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

Democratic Presidential Caucus

Saturday, March 26th is the date of the Democratic Presidential Caucus in the state of Washington. Washington residents do NOT register by political party - so, all state residents are welcome to attend the Caucus.

Vashon-Maury Islanders live in the 34th District and our Island Caucus will be at the Open Space for Arts & Community located at: 18870 103rd Ave SW, Vashon, WA 98070

Doors open at 9am, Caucus begins at 10am
Please come well-fed! A solid breakfast is a great idea!

Pre-Registration for the caucus is an OPTION @ demcaucus.com/register, but you do NOT have to do this. It is SUPER easy, though, and will save you time on the day of the caucus.

Special Note: All teens who will be 18 by November 8th, 2016 can participate in the caucus...just show up and we’ll lead you through the steps!

This is our chance to help select WHO will be on the ballot in November!

Have questions? Want to Volunteer? Contact our Lead Area Caucus Coordinator at: VashonCaucus2016@Gmail.Com

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

Compost the Loop

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

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

Make a date with Vashon!
www.VashonCalendar.com

Vashon Library Events
Art & Music Events
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463-6711

The Vashon Loop

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www.countrystoreandfarm.com

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Free Tax Help at Vashon Library

Three opportunities to get your taxes done for free are coming up. All will be at the Library.

AARP will be here on Tuesday March 29th from 12:30 - 5:30PM

Bring:

Photo ID

Social Security cards for everyone on the tax return

Income documents: W-2, 1099s, etc

Deductions: Mortgage interest, property tax

Self-employed income and expenses

Health Coverage paperwork

A copy of last years taxes is helpful.

Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY March 19, 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 Cross Step Waltz Dance Lesson with Whitney & Candy

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.

Come alone or join us for a wonderful evening of social dance.

NO PARTNER NEEDED!

Vashon Presbyterian Church Heindsmann Family Endowment Scholarship

Vashon Presbyterian Church is now accepting applications for the 2016 Heindsmann Family Endowment Scholarship. This award is granted from an endowment created by Virginia and Ted Heindsmann to a deserving student based on financial need, academic promise, and dependability. Consideration will be given only to students who have completed two or more years of higher education or who are seeking special training or retraining. The award is not intended for high school seniors.

Application packets can be obtained at the church at 17708 Vashon Highway SE (463-2010). The office hours are Monday through Thursday, 10 AM to 2 PM. Completed applications must be returned to the office by Thursday, April 28. As part of the selection process, finalists will be scheduled to meet with the church’s Scholarship Committee in early May.

Thank you for your kind consideration of this information. Feel free to edit as necessary and contact me with any questions.

Jacq Skeffington (C 206-354-8917)

Scholarship Committee


Vashon Presbyterian Church

463-2010

**DSHS**
THE MOBILE CSO IS COMING!

Dates Wednesday March 30, 2016
Times 10:30am to 1:00pm
& Maury Community Food Bank
Places: 10030 SW 210th
2:30pm to 4:30pm
Vashon Market
17639 100th Ave SW

AT THIS EVENT, YOU CAN APPLY FOR:
• Cash Assistance
• Basic Food Assistance
• Medical Assistance

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


More Trouble at School

By Seán C. Malone

It seems we had more snow on Vashon back in the 1950's, that it was deeper and meant more days home from school. We skated on Fisher pond when there was nobody to tell you where there were places of thin ice. Tripping on the brush was another trick of mine. The bonfire we had on the edge of the ice was 12 feet across and nine feet high. Only a few people had regular skates, most used clamp-ons, which didn't work when I tried them on my rubber boots. They made me wobble.

But so did the earthquake of 1949. It came in the Spring after the worst Winter ever. It was recess and I was 9 years old and in the 3rd grade. It was the noise that knocked me down or so I thought. I was on my hands and knees, others were trying to stay standing. The school chimney wobbled like a hula girl. The ground shook so hard, I thought the grade school was going to topple down on top of us. It didn't.

If we got a substitute teacher, who was green out of school, our first mission was to confuse her with dumb questions or other sources of irritation. The day we made our sixth grade teacher cry was a crowning achievement. She put her hands over her face and just blubbered in front of the whole class. She had had enough. Why Miss Jackson invited us to her wedding, I have never understood. Presumably we behaved ourselves.

Day dreaming in the third grade that



Photo courtesy Vashon Heritage Museum

I could just flap my arms hard enough to fly out the window into the Spring sunshine gave rise to having to clean the blackboard after school. I was flying over a bushy cedar on the corner of the building when my ear started hurting. I thought I had flown into the blackberries when it was only Miss Jackson pulling it to wake me up.

One of my friends had a patch over one eye, or that's the way it seemed. It wasn't really a patch. He had to wear corrective glasses and one side was fogged, so it would admit only light. Sometimes, Greg's glasses had masking tape over the fogged lense. When Greg looked at you and he was tall, he would tilt his head back, and look over the bridge of his nose, squinting underneath the fogged side of his glasses.

Return of the River



The Vashon Land Trust will present a free showing of the movie "Return of the River" the story of the Elwha River dam removal and habitat restoration near Port Angeles, Washington. The movie will play at the Vashon Theater on March 22nd from 5:30 - 8:00 PM following a Board of Directors vote & brief presentation of Vashon Land Trust's conservation work in 2015. Vashon Theater & Island GreenTech are sponsoring the event.

"Islanders have enthusiastically supported the Land Trust's efforts to protect and restore habitat along our salmon streams," says Tom Dean, Executive Director "We thought our supporters would love seeing the huge-scale restoration project and the tenacity of the community members who worked to set the Elwha River free." Filmmaker John Gussman will be on-hand for a brief Q & A when the movie is over.

"Return of the River vividly portrays

the epic story of the freeing of Olympic National Park's mighty Elwha River from two salmon-blocking dams. The Elwha Klallam people, scientists, fishermen, politicians, enviros, and townsfolk all add their voices to a film that is visually dazzling, lyrically evocative, and fluid as mountain snowmelt." Tim McNulty, poet, essayist, and nature writer wrote in a review.

In 2013 the Land Trust showed a preview of "Return of the River" before the film was completed and released at the Land Trust building and Vashon-Maury Islanders turned out in large numbers. The Land Trust hopes that the larger venue of the Vashon Theater will allow more Islanders to come enjoy the finished 70 minute feature.

This free movie showing also serves as the Land Trust annual meeting, but the entire Vashon-Maury Island community is welcome.

SCHOOLS THROUGH THE WINDOWS OF HISTORY

HOW SCHOOLS
UNIFIED THE
ISLAND

VASHON-MAURY ISLAND HERITAGE MUSEUM
APRIL 1, 2016 - SEPTEMBER 25, 2016 10105 BANK ROAD SW 206-463-7808



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

Club O Presents O2: Teen Night

VARSA is proud to partner with The Open Space for Arts & Community and Club O to support a series of Teen Dances over the next three months.

DJs from Seattle's 'all ages' VERA Project will be on stage, plus the shadow box and VIP room will be open!

There's also a chance for youth to become involved on video, sound, social media, and promotion, so they can learn what it takes to put on a night like this while being mentored by professionals.

Want to learn how to DJ?
Or find out what it takes to do lights?
Maybe put a promo video together?
Manage the social media?
Let us know!

club
O
Presents

DJs from
The VERA Project
Doors: 7:00pm-11:00pm

O2
TEEN NIGHTS

March 19
April 16
May 13

Saturday March 19
Doors: 7:00pm-11:00pm
Live @ Open Space: 18870 103rd Ave SW
Suggested Donation: \$5
(No-one turned away)

Ned Needs A Home...

I'm a very gentle and affectionate fellow. When I see people I like, I reach out my front paws so they'll pick me up and give me some laptime. My quiet and calming nature will soothe away the worries of your day. Let me help you relax.

Go To www.vipp.org
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The Loop's soy-based ink
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Spartacus

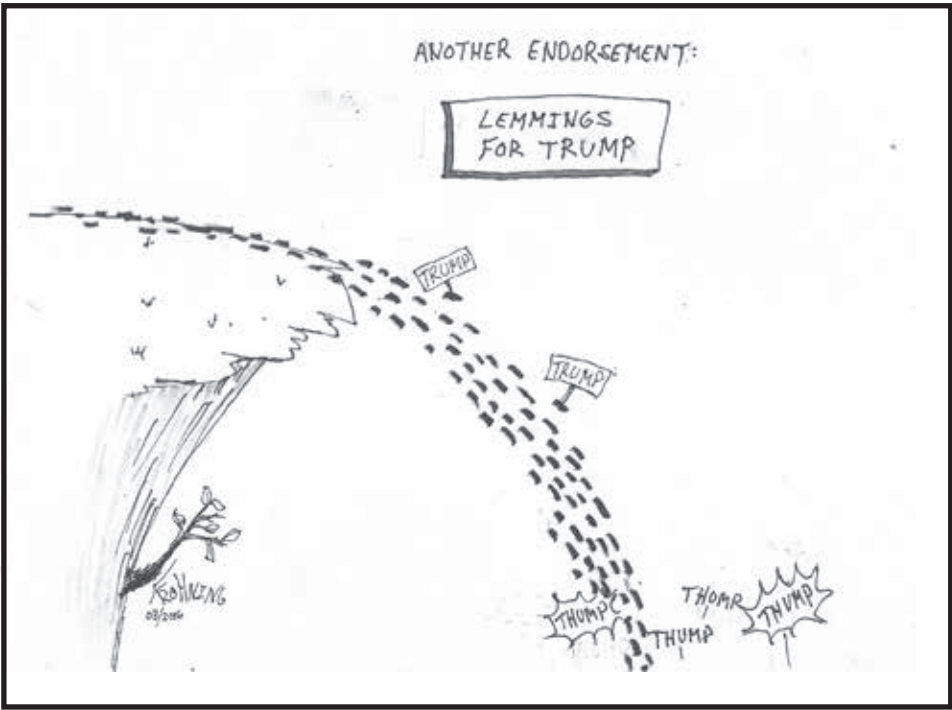
In ancient Rome, Spartacus, a Thracian king, is turned captive by Crassus with his wife Phrygia. Forced to fight as a gladiator and kill one of his friends, Spartacus plots an unprecedented upheaval. Grigorovich's Spartacus was created at the Bolshoi in 1968 and has since remained the Russian company's signature ballet. This most spectacular production is an epic tour de force, giving full expression to the virility and strength for which the Bolshoi's male dancers are renowned. Principal dancer Mikhail Lobukhin is stunning in the role of the legendary gladiator, along with Svetlana Zakharova as Aegina and Vladislav Lantratov as Crassus.

(Spartacus was recorded live on October 20, 2013)

Bolshoi Ballet
March 20th, 2016 1:00
Estimated Runtime: 2 hours and 50 minutes (170 min)
Music Aram Kachaturian



Choreography Yuri Grigorovich
Cast: Mikhail Lobukhin, Vlad Lantratov, Svetlana Zakharova, Anna Nikulina



Yard and food waste pilot program at Vashon Recycling & Transfer Station

Bring your yard and food waste (separated from garbage and recyclable materials) to the Recycling & Transfer Station (18900 Westside Hwy. SW). Yard and food waste will be composted at Cedar Grove Composting in Maple Valley, WA. During the one-year pilot (Oct. 2015 – Sept. 2016), your participation will help determine if a permanent program is feasible.

Yard waste

Branches, grass clippings, leaves, weeds. *Branches must be less than 8 feet long and less than 4 inches in diameter.*

Food waste

Fruit and vegetable scraps, breads, pastas, bones, fish, meat, cheese, egg shells, coffee grounds, paper coffee filters, tea bags

Fees for yard and food waste

Lower than garbage fees

- Minimum fee: \$12 per entry – covers up to 320 lbs.
- Per ton fee: \$75

More information

- 206-477-4466 / TTY Relay: 711
- your.kingcounty.gov/solidwaste/Vashon
- www.zerowastevashon.org

Desechos de jardín y comida ahora son aceptados en la Estación de Reciclaje y Transferencia de Vashon. Para más información, comunicarse al teléfono 206-477-4466.

Suds

LAUNDROMAT

OPEN DAILY

Open Sunday to Thursday ,9am to 7pm
Friday/Saturday from 9am to 9pm
17320 Vasho Hwy SW
(Located across from Pandoras Box)

FREE Financial Education class on Vashon Island!

Money Mechanics

for your personal finances

Every Wednesday, March 9th—May 4th
6:00pm –8:30pm

Topics:

Setting and Meeting Financial Goals,
Banking/Checking Accounts,
Budgeting your Money,
How to Save on a Limited Income,
How to Get and Read your Credit Report,
Improving your Credit/Managing your Debt,
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Domestic Violence and finances,
Finding a Place to Live,
Tenants Rights,
Protecting yourself with Insurance,
And more...

FREE Childcare and dinner provided

Location -You will be notified upon Registration.

Space is limited.
To register, contact Tracy McLaren at 206-940-6430 or tracy@vashondoveproject.org

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

Advertise in the Loop!

It's a great time to get back in the Loop.
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Spiritual Smart Aleck



By Mary Tuel

answer was usually no. She’d say, “I’ve done enough driving today.” Sometimes she would talk about depreciation of the value of the car. My mother was a bookkeeper, so she knew all about things like depreciation and amortization.

There may be children who would say, “Oh, right, taking me over to Linda’s house would decrease the value of the car.” I was not one of those children, but it didn’t matter. In those days, my mother’s decision was final and there was no court of appeals.

During one summer vacation I began walking down to the end of the driveway every day to pick up the mail. The mail seemed to me like a portal to the wider and more interesting world. I began writing to people, mostly for the thrill of getting a letter in return.

First I wrote to my cousin Nancy, who lived in far off exotic San Leandro, then to kids from Hollister whom I met at 4-H camp. Later I wrote to a boy from Paso Robles whom I met at a Farm Bureau young people’s conference. At sixteen I thought he was The One. At seventeen I found out I was wrong.

I wrote to these citizens of the world during the long hot California summers, and then I would walk down the driveway to the mailbox and post my letters. Must have cost my mother a small fortune in postage stamps, but at least I wasn’t depreciating the value of our 1963 Dodge Dart.

I continued writing letters until the computer revolution and the internet came along. Suddenly it was possible to communicate with people far away in real, or almost real, time.

I loved it. I still love it. It stopped me and a lot of other people writing letters, though. Mostly.

There is still something cool about the feeling I have when I write to someone, and you know what? I feel as thrilled now when I get a letter as I did when I was twelve. That’s the power of a letter. I miss letters.

*This attempt at humor is based on what my husband Rick told me about his mother’s family in Ohio when he was growing up. No disrespect intended for current, living Ohioans.

Rocky Horror Picture Show

In this 1975 cult classic, sweethearts Brad (Barry Bostwick) and Janet (Susan Sarandon), stuck with a flat tire during a storm, discover the eerie mansion of Dr. Frank-N-Furter (Tim Curry), a transvestite scientist. As their innocence is lost, Brad and Janet meet a houseful of wild characters, including a rocking biker (Meat Loaf) and a creepy butler (Richard O’Brien). Through elaborate dances and rock songs, Frank-N-Furter unveils his latest creation: a muscular man named “Rocky.” Rated R

Tickets \$10
Online at vashontheatre.com or at the box office day of show

Chance to win an Apple iWatch

Proceeds from the show benefit Rj’s Kids “Seed to Service” program – a farm to the table apprentice program, in partnership with farms and artisanal food producers and purveyors, to support island Millennials through “work to learn – learn to work” opportunities in the community where they live. It provides education and practical life skills that align with the Millennial core values of sustainability, social responsibility and community engagement.

Tuesday, March 29th at the Vashon Theatre

*It's just a jump to the left...
with your hands on your hips!*



**THE ROCKY HORROR
PICTURE SHOW**

a different set of jaws

Tuesday, March 29th at 8:30 pm

\$10.00

Tickets on sale at www.vashontheatre.com

Door prizes for “Best Costumes”

Proceeds benefit Rjs Kids
“Seed to Service” apprentice program.

Get your lingerie Grannys Attic!



Doors Open at 8 pm
Costume Contest & Drawing before showing
Showing at 8:30pm

Loren Sinner at the Hardware Store

The Hardware Store Restaurant decided to start having a regular live music night a couple of years back and it has turned out to be a lot of fun and a great venue to hear some really talented people perform.

The music takes place from 7-9pm.

This month, on March 24th, we bring you local musician Loren Sinner. We love having Loren perform at the Hardware Store - it’s a good fit for the room and everyone really enjoys his selection of music.

Loren has played in many bands in the past, most notably The Great Divide, an all-islander band that was formed in the early ‘80s and played locally for many years before hitting the “big time”, touring with blues guitar great Elvin Bishop. In 1987 the band won the Marlboro Country Music Talent Roundup, with a \$5000 grand prize, and the privilege of opening for Alabama, The Judd’s and George Strait in the Tacoma Dome before a crowd of 20,000. You’ll find Loren playing with local bands Sinner & The Saints, The Spotlights and Johnny Lund & The Galaxies from time to time as well.

Drop on by, enjoy some delicious food and a tasty beverage or two...and listen to some beautiful music!

Brought to you by Vashon Events and The Hardware Store.

The Hardware Store Restaurant
7-9pm, No Cover!

Thursday, March 24th:
Loren Sinner





Espresso
Latte and Wisdom
To Go

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

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Planet Waves



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

Aries (March 20-April 19)

Your vision, hearing, smell, taste and tactile senses provide you with valuable information about the world. That information, however, is always experienced in your mind. Such a state of being conscious provides great advantages. For within your mind is where the experiences of your own lifetime combine with all you have been taught, and even with the essence of life’s history on Earth. Now, perhaps more than ever, it is vital for you to be aware of what your mind brings to your encounters with the world as perceived by your senses. That awareness will be the final ingredient that will blend in with the entire content of your psyche to make you more than the sum of your parts: somebody capable of changing the world at least as much as it changes you. This means what you do with the information you receive is your call.

Taurus (April 19-May 20)

Nearly everybody wants to be respected. In all probability, it’s especially important to you. Even as essential as it is for you, you know that esteem cannot be bought, coerced or demanded. As with most things you value, respect must be earned. With all you have taken on and accomplished in your life over the last decade or so, there should be no question in your mind that you have earned a great deal of regard, perhaps even deference; maybe even reverence. All of which leaves two questions. First, are you honoring yourself appropriately in proportion to what you have achieved? Next, who already demonstrates that they understand the high regard in which you should be held, and who needs a chance to catch up with all you have become?

Gemini (May 20-June 21)

Education is more than formal schooling. Learning is a process that never stops. Even so, erudition is more than accumulation. The true value of education is revealed when it is put to use. Indications are that you have reached a point where your storehouse of knowledge is quite valuable indeed. Now, the trick is to figure out just how to offer and exchange what you know for something of value in return. It’s a big world, but don’t let that intimidate you. Indeed, let the size and scope of the world encourage you to feel sure that this is the time, and that there is a place, for you to apply your unique combination of skills and scholarship. Start now to look for that place with the same patient effort you have put into your life’s education, and keep the faith until you find it.

Cancer (June 21-July 22)

More than most, you must pursue your own path to your own satisfaction. If you do indeed feel satisfied with your life right now, give yourself the acknowledgement that you have found what works for you. Then, rather than rest on your laurels, begin thinking about how you can work to both sustain and better share your sense of contentment with others you care about. If satisfaction is currently eluding you somehow, apply your intellect in tandem with your intuitive feelings to conduct an inner inventory. Over the next few weeks, carry a piece of paper with you and gradually compile a list of your emotional needs as they come to mind. Then, sometime before the end of this month, review those needs and get started on a plan to get them met.

Leo (July 22-Aug. 23)

Conventional wisdom is just that. It consists of aphorisms, which many people agree to agree upon. You, however, are not ‘many people’. You should feel no pressure to conform to conventional wisdom. More importantly, you should not feel something is wrong with you if your own experience does not resonate with pithy proverbs, no matter how commonly accepted. Rather, it is your role to be the learned skeptic. Whenever you find that common sense makes no sense for you at all, first do your research. Get to the bottom of how things actually work, as opposed to how they are supposed to. Then, combine the fruit of your investigations with your currently strong sense of doing what’s right: make the world work better for you and better your work in the world.

Virgo (Aug. 23-Sep. 22)

Somewhere along the line, your relationship skills have graduated to a greater level of maturity and proficiency than used to be the case for you. Now, it’s time to make sure you are fully conscious of just how far your development in making and maintaining connections has progressed. You can begin with a review of your boundaries. You may find that guidelines that were appropriate for you in the past should now be renegotiated, both in relation to yourself and with others. To reflect the expansion of your wisdom and understanding, you might want to relax at least some of your old boundaries so you can live with greater ease. By the same token, consider tightening other boundaries up a bit in proportion to how much more clearly you are now defined.

Libra (Sep. 22-Oct. 23)

Sometimes getting along with others means going along with them. That’s not easy when going along doesn’t sit well with your conscience. In order to best rise to such a challenge, it’s necessary to both envision a middle way and believe that it can be found. This middle way would allow you to honor your conscience while also maintaining a social life. The path between one extreme (of abandoning yourself to others) and another extreme (of abandoning others for the sake of yourself) begins with your own conduct. It means behaving as you would like others to behave, while also remaining in society with them. In that way, others can see and (hopefully) learn from your example. Setting an example can be lonely at first, but so long as you trust that others also have a conscience, you won’t be lonely for long.

Scorpio (Oct. 23-Nov. 22)

Dedication and devotion are admirable traits. Odds are you have been demonstrating those qualities in how you live. As a matter of fact, your nose may have been so diligently applied to your version of a grindstone as to miss how something has shifted in your life as of late. Perhaps it was subtle; but if you think a bit, you should be able to pinpoint where and how something has recently changed. Once you are clear on what that change is, you may want to consider two additional things. First, this change is probably not permanent. Rather, it is a temporary opening of sorts. Next, the nature of this opening might well consist of a chance to get away from the grind for a while. If your lot lately has been all work and no play, take a break now while you still can.

Sagittarius (Nov. 22-Dec. 22)

Long distance runners are familiar with a phenomenon called a “second wind.” It occurs after a brief period of crisis marked by the apparent onset of exhaustion, long before the course has been run. Experienced runners know not to give up, and how to push through the misleading sense of being worn out prematurely — until they overcome what turns out to be their mind’s resistance to avail themselves of their bodily reserves. Whether you are a runner or not, indications are that you will get your own version of a second wind very soon. Of course, you must discern when it is appropriate to slow down for the sake of your health. But as long as you know that you are both fit and fully capable, persevering at this time should soon bring you to a point where you suddenly feel that you can go the distance and then some.

Capricorn (Dec. 22-Jan. 20)

If there is a pebble in your shoe, it makes sense to stop and remove it even if you are in a hurry to get somewhere. The same is true for anything that is bugging you now. It makes no sense at all to live with unnecessary discomfort even if you feel too busy to avail yourself of relief. Don’t disregard any persistent physical aches and pains. To the extent that you can, consult with an appropriate provider of healthcare and give yourself a chance to better enjoy living. By the same token, allow yourself whenever you can to do whatever it takes to address any mental, emotional or spiritual challenges. If it is at all possible for this time to be one of the best times of your life, don’t let the equivalent of a pebble in your shoe keep you from having the fullest experience possible.

Aquarius (Jan. 20-Feb. 19)

This would be a good time to examine your attachments. Some attachments (such as those motivated and informed by love) are ennobling and worthy of your energies because of the energy and support you receive in return. It is very possible, however, that at least some ties which you formed at another time now serve only to make you less free. One way to pinpoint your attachments is to make note of what you might call ‘knee jerk’ reactions. Behind every case of reacting without thinking is a conditioned response. Some of that conditioning (such as taking your foot off your auto’s accelerator when you see a red light) is good and healthy. Other reflexes, however, might deserve a closer look and a discussion with either a trusted friend or trustworthy professional.

Pisces (Feb. 19-March 20)

When in doubt, say you can. Assume you can do anything unless proven otherwise. To do so is not overconfidence; rather, it is understanding. Where your limits have in fact been proven, take them as benefits of experience that serve to define both who you are and what you might want to overcome. The more clearly you can define yourself, the more easily you can both appreciate and demonstrate all the qualities that make you both valuable and special. The better your perception of what you might want or need to overcome, the more realistically and efficiently you can apply yourself to improve and make progress. So think twice before saying that you can’t, and if it is indeed necessary to do so today, leave the door open to saying you can tomorrow.

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

Next Edition of *The Loop* Comes out Wednesday March 31

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



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Chris Webster and Nina Gerber in Concert

Continued from Page 1
Nina still plays with that honesty and heart that Kate did. Whether she is collaborating with some of folk music’s finest or producing or arranging, Nina continues to prove with her guitar that some of the truest and most emotional communication requires no words. Still, when combined with another musician’s talent, caliber and heart-felt voice like that of Chris Webster’s, the result is affecting in an unforgettable way.
Please join us for what promises to be a wonderful evening of live music!
Reservations are required. Email: picoddo@aol.com or call TVICR at 206-463-9673 to make your reservations.
Chris Webster and Nina Gerber in Concert. Vashon Island Coffee Roasterie Monday, April 11th, 7pm
Doors open at 6:30pm
Tickets \$15
Wine and Beer available
Presented by Barbara Codd

Positively Speaking

Seeds of Joy

By Deborah H. Anderson



think I can.”
“Do you garden?” she continued.
“I do houseplants.” I replied.
“I want you to take the paper and write down everything you are thankful for about your past. Then I want you to get some new, fresh, pretty plants and push the paper into the soil. Everything good in your present life has come from something you loved in your past.”
Ohmygoodness! My heart leapt! My soul burst forth. My Spirit flew free! Yes! Yes! YES! That was it! That was the ritual I was looking for.

Googling ‘biodegradable paper’ yielded a place on Etsy that sold heart shaped, seed embedded, biodegradable confetti for weddings. Perfect!
The gratitude list grew as the little hearts winged their way from Portugal. I was so excited. Meaning to a past that I had written off as useless and the end of self criticism for being too stupid to protect myself.

A chance to celebrate the fact that despite my choices, I still loved what I’d done as a daughter, I was still very satisfied with the kind of wife I’d been and loved men instead of dismissing them as hurtful. I still loved children and defined motherhood as a precious gift and loved all four of my children unconditionally. I still had my faith and loved and participated in the church despite seeing the worst moral corruption and usury of power and privilege that can occur.

Indeed, my love for the giving of love had saved me. I love loving. I love caring. I love being there for others and helping them find their highest and best. Everything I loved from the past has made the present sparkly and bright and full of wide open doors of opportunity and joy. To quote Disney, my past is in my behind, but my today is full of happiness because I loved what I did in the past. Try as my enemies could to twist love into something untoward and lie about my character, they were unsuccessful. At the height of it all, one executive said to me, “You just keep being you and your integrity will come shining through”. Sure enough, it not only did, but I have been offered major platforms in which I can encourage others to rise above the people and events and relationships that would drag them down.

A couple of weeks from now, those seeds will sprout and I will have a lovely bed of flowers. For a while, the houseplants will look silly with random wildflowers growing around their edges, but the soil of my new plants will be enriched as those plants decay and provide new nutrients.
Springtime is the perfect time to mulch my past into my present. Sometimes life rituals are utterly complete. I will write that on a paper heart now.

Love,
Deborah



MAKANA Returns to Vashon

Makana’s concerts at Open Space have been extraordinary - huge audiences brimming with excitement, who were brought to both tears and standing ovations by the amazing talent and giant heart of this virtuoso, world-class performer.

Described as “dazzling” by the New York Times, Makana is an internationally acclaimed guitarist, singer, and composer widely known for lending his musical talent for social change.

Makana’s captivating and wide-ranging performance style has led him to share the stage with Jason Mraz and Jack Johnson, open for music legends Sting, Carlos Santana and Elvis Costello, and perform in venues ranging from Asian and European opera houses to The White House. Makana’s guitar playing has been featured on three Grammy-nominated albums, including the soundtrack of the Academy-Award winning film “The Descendants”. In 2011, at the apex of the “Occupy” movement, Makana’s song We Are the Many went viral on YouTube, garnering more than half a million views, and was coined the “Occupy Anthem” by Rolling Stone Magazine. His performance of the song at an APEC World Leaders’ Dinner hosted by the Obamas also went viral and became the #1 news story on Yahoo worldwide for two days, garnering appearances on CNN, BBC, ABC, Democracy Now, and other major news outlets.

Makana’s newest song - Fire is Ours, written in support of Bernie Sanders - is quickly becoming a viral sensation as well. After posting to YouTube, the Fire is Ours video racked up 25,000 views within 24 hours on YouTube, and the number of video views continues to grow. Interviews with FOX News followed the release (links included below).

Born and raised in Hawai’i, Makana grew up on the shores of Waikiki amid the likes of legend Don Ho and young Elvis-impersonator Bruno Mars. Makana - whose name means “a gift given freely”- began singing when he was seven years old, took up ‘ukulele at nine and began learning the ancient art of slack key at eleven. By fourteen, he was performing professionally. His reputation as the youngest virtuoso of slack key spread like molten lava throughout the islands.

A protégé of the Hawaiian Slack Key Guitar legends, including Bobby Moderow Jr. and the late master Uncle Sonny Chillingworth, Makana has dedicated his life to perpetuating as well as evolving the traditional Hawaiian art form. Slack key or Ki Ho’alu, over 200 years old and indigenous to Hawai’i, was created by ‘ohana (families) on the different islands as a very personal folk music expression of their beautiful surroundings and way of life. The style is characterized by “slacking” the strings to open chords, thus freeing the hands to alter the sound whilst self-accompanying with a triad of alternating bass patterns, faux rhythms and sweet melodies evocative of island atmospheres. Think “three guitars in one!”

From this tradition Makana has evolved his own dynamic, high-octane style, coined “Slack Rock”: slack key infused with elements of bluegrass, rock, blues and rage. Makana’s playing has garnered praise from such guitar luminaries as Kirk Hammett (Metallica) and Pepe Romero (Spanish Flamenco Master). A contributor to the 2007 Grammy-nominated “Hawaiian Slack Key Kings Vol. I” and 2009 Grammy-nominated “Hawaiian Slack Key Kings Vol II”, Makana is considered



one of the “greatest living players” (Esquire Magazine) whose “instrumental brilliance bears comparison with the work of such groundbreaking acoustic guitarists as John Fahey and Michael Hedges” (Maui News).

The focus of Makana’s art is to celebrate the beauty of tradition while exploring new, relevant perceptions, sounds and themes. In his music he often honors his forebears, the vintage Hawaiian music legends as well as the rock poet idols of the 60s, paying homage to the kupuna (elders) who carry within their Beings the cultural wisdom passed down through generations.

A very special VIP reception will precede the concert, and feature a chance to meet and visit with Makana and enjoy delicious pupu-style appetizers. VIP tickets include reserved seat, the pre-show reception with Makana, an autographed CD and a photo with Makana, and more. VIP reception begins at 5:30pm.

Tickets are \$18 Advance and \$24 at the door. Reserved seats are \$30, and the VIP reception is \$75 per person.

Event may sell out; it is wise to purchase tickets in advance.

Tickets available now at <http://makana.brownpapertickets.com> and at Vashon Bookshop. Reserved seating and VIP tickets available online only.

For more information, call Open Space at (206) 408-7241 or visit openspacevashon.com.

Next Edition of The Loop Comes out Thursday March 31

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

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

Island Epicure



By Marj Watkins

Gluten Free, Low Glycemic, Protein Providing Cake?

I wanted to create something grandson James could carry to work that gives him carbs for energy, protein for staying power, and that stops off a lunch with a feeling like getting a reward. I thought back to all the evidence that he has a sweet tooth that seemingly can’t be filled. Those granola bars that are more candy than nourishment don’t cut it for me. I needed to invent something he’d enjoy and get real nourishment from. The recipe in this column is as far as I’ve got yet. James loves it, and you may, too.

We never think of our dessert as a protein source, but it can be, and a delicate, delicious treat. Inspired by a not-quite-so-healthy cake recipe in Cara Nicoletti’s memoir-cum-cookbook, Voracious, I created a cake that is (a) a taste treat (b) full of healthy ingredients and (c) will have the kids eating a vegetable without even realizing it.

This cake doesn’t really need a frosting, but you could top it with butter cream frosting if you wanted to. A peppermint flavored, green tinted frosting honoring St. Patrick would be appropriate today. Or just serve it with green peppermint ice cream.

Yogurt Carrot Cake

Preheat oven to 325 degrees
Makes 8 (2”x4”) servings

First grease and flour an 8”x8” baking pan. To save clean-up time and effort later, you can line the bottom and sides of the pan with baking parchment and grease that.

Sift and measure: 1 cup quinoa flour

Resift the flour into a 2-cup bowl with:

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon cinnamon

½ teaspoon iodized salt (1/4 teaspoon if using Himalayan pink salt)

In large mixing bowl place:
1/3 cup light olive oil

¾ cup coconut sugar

2 egg yolks (reserve whites in another bowl for whipping)

½ cup plain yogurt

Mix the above ingredients well. Dump the dry ingredients in. Mix well. Fold in:

½ cup pumpkin seeds

about 1 ½ cups grated carrots (3 slim carrots)

The egg whites, beaten until they form very stiff peaks.

Transfer the batter to the prepared baking pan. Place in the center of the preheated oven. Bake 45 minutes. Test the cake for doneness by inserting a toothpick into the center.

When the cake is done, let it rest for 10 minutes then, placing a square rack on top, invert the pan. Wait a few minutes. Remove pan. Voila! Warm carrot cake just begging to be tasted. The whole cake will give you a total of 48.5 grams of protein. A 2”x4” piece provides over 6 grams of protein. This cake is yummy with a few dollops of vanilla yogurt or Greek honey yogurt and some well-washed blueberries on each serving.

Choosing an Extra Virgin Olive Oil

By Kathy Abascal

Extra virgin olive oil (EVOO) is the dominant oil on the TQI Diet. Initially some have a bit of trouble finding a brand they like. Americans are usually accustomed to the neutral taste of refined “high-heat” oils and can perceive the strong flavor that some olive oils have as unpleasant. As well, many worry that it is not worth the money to buy EVOO given a claimed wide spread adulteration of these oils.

Actually, great progress has been made in certifying true EVOO and it has become quite, quite easy to locate a wide variety of excellent olive oils. In the US, the California Olive Oil Council and the North American Olive Oil Association guarantee that their certified olive oils have been tested and are what they claim to be. In addition, many companies are beginning to test and report on the quality of oils they carry. For instance, this site provides an interesting evaluation of Trader Joe’s olive oils: <http://www.traderjoes.com/digin/post/guide-to-evoo>.

Once you realize that you can source the real deal, the next step is to find an olive oil with a flavor that suits you. There are hundreds of varieties of olives that are harvested at different times and blended in different ways giving rise to a near endless variety of flavor choices ranging from mild and buttery to pungent and bitter.

What makes EVOO such an incredibly beneficial oil are its polyphenol antioxidants and the oils richest in them do have a pungent, bitter flavor. That flavor can cause definitely cause a burning at the back of the throat and a peppery taste. Over time, as you become more familiar with olive oil, you may well come to prefer these stronger oils. As well, as even the strongest oils age, their polyphenol content drops a bit and they develop a milder flavor but are still healthy oils. Until your tastes change, however, you will probably be happier with more “harmonious” EVOOs.

There are many websites that will help you find a more delicate oil. For instance,

lettherebebite.com/in-store-guide/olive-oil/ gives a good summary of various types of olive oil. EVOOs made from arbequina, leccino, se villano, and taggiasca olives will produce oils without such a peppery bite. CCOC.com provides links to the websites of growers using those olives so you can explore the many different milder EVOOs available. As well, do take advantage of the tastings and expertise offered at local stores and our farmer’s market.

Once you have decided which oil(s) to try, bear in mind a few facts: Your oil should come in a dark glass bottle or tin to prevent a rapid break down of its antioxidants. Also try to find oils with harvest date on the label — you don’t want to buy an old olive oil - and once at home, keep your oil in a cupboard away from the light. There is no need to refrigerate them.

Next, use your olive oils. Of course, you may not want to use an expensive olive oil in cooking. The food guru Harold McGee did some taste tests and found that the flavors of high-quality EVOOs are erased with heating. So when cooking with EVOO it can make sense to reach for a less expensive bottle, at least as far as flavor is concerned. But do not follow McGee’s advice and cook with a refined high-heat oil instead. As any oil is refined, its antioxidants are destroyed and trans fats begin to form. In McGee’s tests, they test-tasted the cooked oils, not the foods cooked in them. You, however, are not going to eat the cooked oil; you are going to eat foods cooked in EVOO. Remember, the antioxidants in EVOO combine with, and protect, your food from heat damage during cooking. For instance, EVOOs



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

antioxidants can prevent meats from producing carcinogenic heterocyclic amines as they are grilled.

Research tells us that there are health benefits to be gained if we cook with exceptional quality, antioxidant-rich EVOO, so if you can afford to, use them freely, even in higher heat cooking. As well, given that their pungent taste mellows in cooking, their flavor will not dominate the taste of your food. If you are on a budget, use a less expensive but antioxidant rich EVOO to cook with and save those young, extra special bottles for drizzling on your food, raw or after it is cooked. For instance, a drizzle of a special EVOO and some salt on a baked potato can be quite a taste experience – far superior to butter in my opinion. Ultimately, you will find exploring the world of quality EVOO both enjoyable and good for you.

Road to Resilience

Continued from Page 1

the registrations. Some time will be allowed for speeches in favor of either candidate to win over undecideds. The number of delegates and alternates awarded to each candidate will reflect the preferences of those of you who show up at the caucus on March 26th.

The delegates will be volunteers from your group. If you are interested in becoming more involved with politics, this is your chance. In my previous experience, delegate volunteers were not always forthcoming. If you imagine that being a delegate means that you will have to fly across country to the National Convention in August, never fear. You will only be committed to attend the Legislative District Caucus on April 17 at which you may or may not decide to run as a delegate to the County Convention on May 1. If you would like to continue on to the National Convention, prepare now! Becoming a National Delegate takes effort but it is an exciting experience, so if you wish to

do this, plan ahead. You will need to be elected as a delegate at each caucus level. Delegates to the State Convention will be elected from amongst the delegates at the Congressional District Caucus. At the State Convention (in Tacoma this year, I believe), delegates will be elected to represent our state at the National Convention. At each level, the delegates elected will be an even number of men and women, and will reflect the candidate preferences determined at the precinct level. So, if you want to help your candidate to become the nominee, you need to attend the caucus!

It is okay to bring your kids, but understand that there will be no childcare available. Also, there will not be any food or

beverages, although you can bring your own. The precinct vote can not occur before 10:30, so you need to be there by then. Every attempt will be made to finish up by noon. Remember, you will be with your friends and neighbors, so it should be a fun and rewarding experience! See you there.

Questions about the caucus? Vashoncaucus2016@gmail.com

Advertise in the Loop!

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

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Next Loop comes out March 31



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The Gin Joints



Birch Pereira and the Gin Joints is a project that dips into the music from the golden era of jazz, country and rock n’ roll from the 30s through the early 60s. With upright bassist Birch Pereira and his classic crooner inspired vocals at the center, the group features some of Seattle’s best musicians in a variety of instrumentations as the repertoire moves from romantic ballads to jumping

swing and two steps, drawing from the repertoire of Hoagy Carmichael, Bing Crosby, Chet Baker and Fats Waller to Hank Williams, Patsy Cline, Little Walter and Elvis.
Friday, March 18th, 8:30pm
The Gin Joints
The Red Bicycle Bistro & Sushi
All-age’s ’till 11pm, 21+ after that
Free cover!

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Donations & volunteers needed for an exciting research project transforming organic waste into amendments to improve poor native soil. Work parties on Sundays from 1-3 pm through March & April at the Food Bank Garden behind IGA. Contact will.lockwood@zerowastevashon.org.

www.zerowastevashon.org

Karla Hill Memorial Benefit Show

Come celebrate Saint Patrick’s Day and our beautiful friend Karla Hill at The Red Bike! Enjoy music, food and AWESOME friends as we dance, celebrate and remember...

Let loose with Sinner & The Saints as they perform good ol’ time rock and roll featuring guest performances by Mike Nichols, Dominick and Madeline Wolczko.

Karla Hill was born March 17th 1965, and lost her battle to Sarcoma September 28th 2007. She may have only lived 42 short years, but in that time left a lasting impression on each person she came in contact with. She lives on through our memories of her, and by coming together to laugh, love, and remember the time we had with a truly remarkable person.

While there is no cover for our celebration on March 19th,



we will be collecting donations for The Northwest Sarcoma Foundation. TEAM KARLA will continue to raise money in Karla’s memory until the annual Northwest Sarcoma Foundation, Dragonslayer Walk April 23rd.

Please join us March 19th to celebrate the life Karla

Hill with laughter, love, and extraordinary local musicians!
Saturday, March 19th 8:30 pm
Karla Hill Benefit Concert
Featuring:
Sinner & The Saints w/ Guests
The Red Bicycle Bistro & Sushi
All-age’s ’till 11pm, 21+ after that
No cover!

Delilah Pearl & The Mantarays

Delilah Pearl and the Mantarays capture the golden rhythm and romance of 1940’s vocal jazz/swing standards.

Delilah Pearl and the Mantarays capture the golden rhythm and romance of 1940’s vocal jazz/swing standards with soul and a touch of R&B. They’ve got a style and signature sound that’s all their own with singer Delilah Pearl, Dodd Johnson on drums, Michael Whitmore on guitar, Tim Kehl on piano, Barry Cooper on trumpet and Toliver Goering on bass.

Influenced by Peggy Lee, Ella Fitzgerald , Nina Simone and “Lady Day”, Delilah Pearl emulates your favorite classic sultry ballads with a smoky, alluring voice. The Mantarays, always dressed to kill, deliver the standards freshened by their years playing in a variety of styles from jazz to indie rock to bossa nova to world and experimental musics.

Friday, March 25th, 8:30pm
Delilah Pearl & The Mantarays
The Red Bicycle Bistro & Sushi
All-age’s ’till 11pm, 21+ after that
Free cover!



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Annie O'neil with Sean Divine



Snapdragon is pleased to bring you live music! Stop on by for some wonderful music, delicious food and tasty beverages!

On Saturday, March 19th, performing in the Cone Hastings Gallery will be Annie O'Neill.

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. She is a dynamic performer with powerhouse vocals to back it up.

This past year Annie has been busy performing and writing more new material while gathering gifted players to join her new band onstage and in studio. New band mates include : Amy Denio (bass & vocals) Beth Wulff (piano) Sean Divine (harmonica).

Annie is one of the featured artists this year with an on-going monthly blues event: 'Blues to Do' music promoter

Marlee Walker's series "All Star women in Blues" - an all-female line-up of NW Blues artists-held monthly @ Spinnaker Bay Brewery, Seattle.

Other shows recently have included: a solo performance at Vashon Island Strawberry Festival, a night with legendary songwriter Eric Apoe and friends @ C & P Coffeehouse, and a special performance as featured artist (August 2015) @ Washington Blues Society's "Blues Bash" at Club Hollywood Casino with guitar wizard Larry Mitchell.

Upcoming shows and recording throughout the Winter will be some solo acoustic performances as well as soulful collaborations with her band mates!

www.reverbnation.com/annieoneill
Saturday, March 19th, 7-9pm
Annie O'Neill
With special guest Sean Divine
Snapdragon

Azula Philips & Joe Baque – A Piaf Tribute

One hundred years after the birth of French cabaret singer Edith Piaf, local artist and musician Azula Phillips is paying her tribute on Vashon. Phillips says she first discovered Piaf while studying and performing in France in 1992, and in a subsequent visit years later she happened into a gathering on the anniversary of the singer's death. "We all sat in this tiny stone chapel and few words were spoken," she says. "Then someone hit 'play' and the voice of Piaf virtually exploded into the room."

Phillips says she's not a Piaf scholar though she thinks of the singer as a friend and mentor. "She was born into poverty and suffered great losses at a very young age. Her spirit and her music were irrepressible." Over the course of her life, Piaf faced the death of a child, several near-fatal automobile accidents and problems with addiction. Phillips says Piaf confronted these challenges with the power of song. "Music keeps us alive at levels we are only beginning to realize," Phillips adds. "It's a healing act to burst out into song because you can't contain your happiness or grief – we've stopped doing this – other cultures have kept this tradition."

At 94 years old, it would be completely appropriate to call pianist Joe Baque a living legend. Growing up near Queens, New York, he started piano lessons at age six and is well known to have "played with all the greats." This includes musical geniuses such as Lena Horne, Louis Armstrong, Coleman Hawkins and Zoot Sims. Possessing a vast musical knowledge and deft touch in keyboard styles – from classical to jazz, show tunes to Latin, blues to rock and roll – Joe's performance credits include gigs at Carnegie Hall, Radio City Music



Azula Philips

Hall, and The Roxy in New York.

Azula has been in correspondence with the Piaf Museum in Paris, and along with Joe, collaborate on lesser known songs in the Piaf catalogue.

Saturday, March 19, 7:30 pm
Vashon Allied Arts

\$14 Member, \$16 Senior, \$18 General



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Next Edition of The Loop Comes out Wednesday March 31

Deadline for the next edition of *The Loop* is
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I've had to move around a lot in the
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at all. I want to settle down and be more
like a potted plant. The family I had been
with since I was a kitten says I'm fine with
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I may not be able to help you find Easter
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