

Island Non-profits Inspire on KVSH GiveBIG Day

Tuesday, May 3rd is a day of inspiration for all. It's GiveBIG Day-- the one-day online event when donors can give to all their favorite non-profits at once and every donation is "stretched" by The Seattle Foundation.

For the third year, Voice of Vashon's KVSH 101.9FM will be the Island broadcast hub for Seattle Foundation's GiveBIG Day. Vashon's participating non-profits will join VoV live on the air from KVSH's Storefront Studio between Zombiez and the Creamery. From 8am to 4pm islanders can hear about their favorite non-profits and maybe find some new darlings. It's also an opportunity to donate to VoV at VoiceOfVashon.org/GiveBIG.

This year the Seattle Foundation encourages early donations using a new easy to use feature on their website. Donations can be made any time day or night starting now and they will be applied to the donor's favorite non-profit on May 3rd, the actual date of GiveBIG Day. So, no need to wait. Donors can set up advance donations now at givebig.org.

seattlefoundation.org.

VoV President, Jean Bosch, says "Voice of Vashon runs two radio stations, an Emergency Alert System, a public access TV channel, a streaming and program archive website and a free smart phone app 24 hours a day 7 days a week all year long. We do all that on over ten thousand hours of raw volunteer grit and energy each year. Plus the total operations budget is less than 10% of any mainland public radio station."

Voice of Vashon is the non-profit that supports all the others. No matter how small or how short of cash an Island cause is, VoV makes sure everyone knows about it on KVSH 101.9FM, on the VoV phone app, on Channel 21 TV and on the VoV website.

Rick Wallace, VoV Vice President and volunteer project coordinator says "Last year, Islanders donated nearly \$21,000 to Voice of Vashon on GiveBIG Day, inspired by the virtual town square KVSH-FM is becoming. We're in our second year of 24/7

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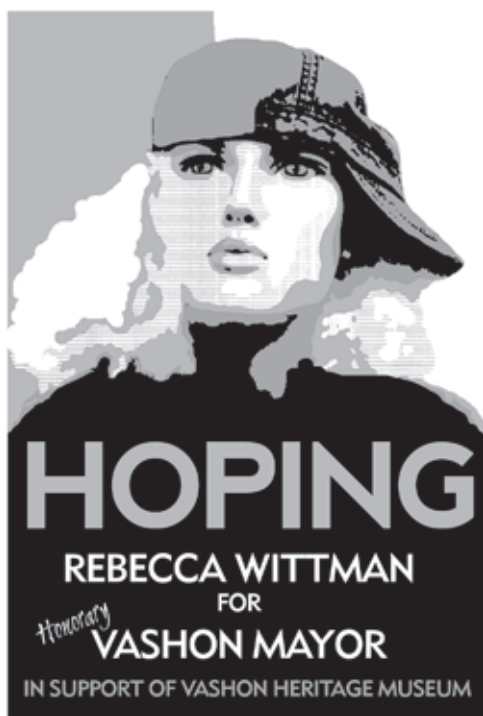
President of The President of Me, throws hat into the ring

Rebecca Wittman, owner and President of The President of Me, has thrown her hat into the ring for Honorary Mayor of Vashon, naming the Vashon Heritage Museum as her SuperPac, er non-profit cause.

Wittman's platform, "MUSEUMCARE" is a campaign to address the sorry state of old art curation on the island - no wait, that's not right. According to the posters, it's "to help repair the crumbling foundation of our beloved Heritage Museum, because a community that forgets (to support) its history is a COMMUNITY doomed to crumble..." The campaign hopes to raise \$20,000 by the end of the election. Wittman, who recently sent shock waves through the community when she announced in an April Fools prank that she was moving to Brooklyn, will celebrate the launch of her campaign with a big party at The President of Me this coming First Friday, May 6th. Another fundraiser at the Heritage Museum, replete with stump speeches and wine and charcuterie platters, is planned for a date to be announced later in May. Guests are strongly encouraged to bring their checkbooks to all events.

Wittman, who lives in a nearly one-hundred-year-old house on the island, and who served on the Heritage Museum Board for four years, is a strong champion of Vashon history and states, "if Vashon is to maintain its essential character, long time residents as well as newcomers must be active stewards in the preservation of that character. Pledging allegiance to our Heritage Museum is step one in that stewardship."

The campaign's manager, the one-named mannequin Berenice, is a familiar figure in the community, perched on a folding chair in front of Wittman's shop five days a week. In fact, she (Berenice) lobbied hard to be the actual candidate, losing the argument only because she's incapable of standing up straight and cutting ribbons. As a compromise, Wittman has allowed Berenice to be the "face" of the campaign, on the promotional poster and fundraising kiosks, because (according to Berenice) "Rebecca is not nearly as photogenic as I am. Face it - I've become



selfie-central on this island; that broken down bike in the tree is yesterday's photo op compared to me." Wittman's only concern is that her campaign manager is starting to channel the bluster of a certain frontrunner in another election.

No stranger to tongue-in-cheek political parlance, Wittman felt running for Mayor during this year of Presidential politics was a no-brainer, and said as much in remarks at her recent announcement. "It doesn't take any brains to be Honorary Mayor of Vashon. Cutting ribbons? I do it everyday at the shop when I send someone out the door with a gift." Again, echoing the tone of that certain front-runner in that other election, Berenice went on to explain her own assessment of the field. "Look at the competition so far: a big, mute sheep that pees on its constituents' feet, and a street corner vegetable hawker. Where's the challenge?"

The campaign is adamant that it WILL be accepting money from Wall Street, as well as Vashon Highway, Quartermaster Drive, and Cemetery, Cedarhurst, Reddings Beach, Bank, Burma and Bachelor Roads... and all Burton and Vashon Post Office boxes, since there are

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The Road to Resilience Universal Basic Income?

The current trends for employment seem to be heading toward a train wreck. There is a strong push to lower labor costs as more and more work is being outsourced to lower wage labor pools around the world. In fact, slavery seems to be on the comeback. Free trade agreements, although not advertised as such, have lower labor costs as a main goal among others. At the same time, we now have a demand for a living wage, that is, a wage that a full time worker can raise a family on. I can't help wondering, as higher wages drive up costs, will higher wages actually result in greater spending power?

Technology is also putting severe pressure on the job market as much of the unskilled labor market has been supplanted by machines. Competition for fewer and fewer jobs is driving down wages even more. Some say that the future of employment lies in higher skilled, information-intensive work, but countries like India and Brazil are also aware of those trends, and are supplying lower wage labor for those jobs also.

Our final hope for jobs is thought to lie in innovation. Innovation happens most readily when a large and diverse number of concerns are working in many directions at once. An economy whose corporate organization is becoming more and more monolithic is mitigating against this kind of ideal innovation environment.

When we reach an impasse like this, it usually helps to see if the basic elements of a system are still viable, and

By Terry Sullivan,

if there might be some other way forward that works better.

One such idea that is being considered is Universal Basic Income, which is just what it says: giving everybody an income that is neither keyed to any job nor needs-based. You could call it a dividend earned as a member of the human family. Although the concept of unearned income has been pioneered by our financial industry, the idea of everyday small folks getting something for nothing really flies in the face of everything we hold to be right and decent!

In fact, Finland is considering instituting a non-means-tested stipend of 800 Euros a month to all its citizens. Switzerland is also considering it. Now, those are two fairly staid and prosperous countries, so what relevance could this idea possibly have for a dynamic and diverse country like ours?

In an article by Laurie Penny, "What Would Society Look Like With Universal Basic Income?", the practical aspects of this seeming blasphemy are explored:

"If we don't disconnect work and income, humans will have to compete more and more with computers," Michael Bohmeyer (creator of My Basic Income, an experiment in Germany) explains. "This is a competition they will lose sooner than we think. The result will be mass unemployment," he says, "and no money left for consumption."

The organizing principle of modern economics is that without the threat of starvation, homelessness and poverty, people will not be motivated to work.

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KVSH
101.9 FM

Vashon Island's GiveBIG Day Hub

8AM to 4PM Tuesday, May 3



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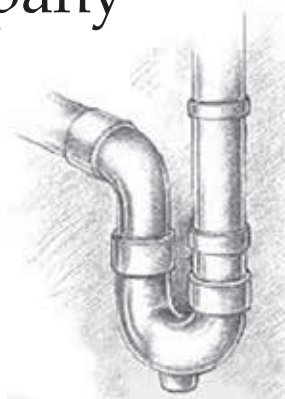
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Next Edition
of The Loop
Comes out
Thursday
May 12

Deadline for the next
edition of The Loop is
Friday, May 6

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.

Community Celebration for the Whole Family

Honor the new life of Spring, and this poignant time to let go and receive nature’s beauty and bounty.

VWP’s Annual Spring Feast and Bizarre Bazaar

You’re invited to bring food inspired by spring, and nature-inspired items to trade in our silent market. We’ll feast, make wishes for future generations, and enjoy our extended community connections.

Saturday April 30th, 4-7pm, Vashon Island Cohousing. More information at: vashonwildernessprogram.org

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.

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.

New Class Starting.... Beginning Bridge

Have you always wanted to learn to play Bridge? Have you played before, but want to “brush up” on the game? Do you want to learn the main bridge “conventions” to enhance your game?

If any of the above questions got a “Yes!” from you, then you should sign up for the class that will be starting on Monday, May 9 from 1:00 – 3:00 at the Senior Center.

This is a weekly class, continuing every Monday . Ellen Trout will be teaching the lessons and providing handouts at each session. Practice bridge hands on the lesson will give you an opportunity to immediately put your knowledge to work! The classes are free and open to anyone in the community.

Call the Senior Center (463-5173) to sign up or to ask questions about the class.

Presbyterians to host guest speakers

Mark Hare and Jenny Bent, co-workers in Haiti, will give a talk on their service in Haiti. Following worship at 10 am on May 1st, they will describe their mission work with local people in the fields of agriculture and health issues. They are an exciting couple with interesting stories to share. All are invited.

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Derby Day Gala at Vashon Golf & Swim

Put on your bonnets and bowties and come on down to Vashon Golf & Swim Club May 7th to watch the Run for the Roses! Join Vashon Youth and Family Services to celebrate Derby Day! From 1:00 – 5:00 we’ll be hosting a good ‘ol Southern Buffet and Down Home Bake Sale. Grab yourself a Mint Julep, watch the Kentucky Derby at 3:00 and listen to bluegrass favorites High & Lonesome!

A prize will be given for the Most Extravagant Hat, and VYFS will be hosting an auction for one of Pam Ingall’s exquisite oil paintings. Proceeds will go to fund critical social services for Vashon-Maury Islanders: Free Crisis Intervention, Emergency Financial Assistance, Mental Health Counseling, Childcare Scholarships and Parent Education.

Tickets for Vashon Golf & Swim Club Members are \$25 and available at the club. General Public tickets are \$30 and available at Vashon Bookshop.

Vashon Meet & Greet with State Rep. Brady Walkinshaw

Join other Vashon Island neighbors to meet State Representative Brady Piñero Walkinshaw! You’ll get a chance to talk about the issues that you care about most, and hear from Brady about how to join our campaign for Congress.

Light snacks provided – just bring yourself and ideas for our region.

When and Where: Vashon Island Meet & Greet. April 29, 5:30 pm at The Lodges, 17205 Vashon Hwy SW, Vashon

Link for more info and to RSVP:

www.bradywalkinshaw.com/events/meet-greet-on-vashon-island/

www.facebook.com/events/1687487468171145/

Background: Brady grew up in rural Whatcom County, where his dad still runs a non-profit focused on agricultural education and his mom teaches English Language Learners in the same public schools where he graduated. Brady’s mom immigrated to this country from Cuba, and his dad’s family has been in the northwest for many generations.

Brady joined the Washington State House of Representatives in 2013, and he’s put his values into practice. In 2015, Brady passed Joel’s Law which helps families access emergency mental health treatment for loved ones in crisis. Brady built coalitions to pass to legislation on criminal justice reform, healthcare access, chemical dependency and addiction, climate and transit, and housing. In 2015, Brady was the legislator of the year for the State’s Housing Alliance.

Before joining the legislature, Brady worked for several years in international development at the Bill & Melinda Gates Foundation. He spent time in Washington, D.C. working on interfaith dialogue on climate change, studied in Honduras as a Fulbright Scholar, and worked as an AmeriCorps volunteer in New Jersey schools. Brady studied public policy at Princeton University and lives with his husband Micah Horwith, a West Seattle native and a marine biologist.

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
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• 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.

 ZERO WASTE VASHON

 King County
Department of Natural Resources and Parks
Solid Waste Division

The Vashon Loop

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Who Started the Fire

By Seán C. Malone

Chuck Kimmel was halfway across the street, his white butcher’s apron flying from his hand. George and Earl McCormick were right behind him, all pell mell for the fire station just west of the Vashon State Bank, where US Bank is now. The fire siren on the wood awning of the Vashon Hardware Store went off and the whole town erupted.

Volunteers, that’s what they were. The proprietors of commerce and in a way, serving their customers by being available to fight fire. We felt safer because of our volunteers. We liked them for the 1950 Halloween when they put the horse buggy on top of the Vashon Hardware Store. The marks are probably still there and I’m sure that there are a few of the old volunteers around. The 10 or 15 home, party-lines gave the operator the chance to open the line to all the customers on the line and call for volunteers or report conditions.

David Church was trying to reach his grandfather through the operator in the old telephone building. Church’s phone number was BLACK 845 when there were only two colors on Vashon Island, RED and Black. Our phone number was RED 56. Mrs. Bremmer, the operator, told David that his grandfather had just driven by and that he was on his way to a grass fire on the south end of the island. The Vashon grape vine was our version of 911.

We lived down at Cove on the West side and got most of the smelter smoke coming up the West Passage or Colvos as we know it now. When there was a fire, town was too far to go to join the volunteers because it took too much time to get there and the fire truck was gone by the time you did. The volunteers carried shovels to build fire lines or throw dirt on the fire to hold it down.

As kids we were fascinated by fire. We didn’t know how dangerous it could be, and played with it incessantly. We searched the dry driftwood for willow roots that had been in the tide for awhile and were white from the salt. The ends of the sticks we broke off, were full of little holes and we could draw on one end of the stick and light the other end, like a wood cigar; hence we called it smoke wood and sold small bundles of it at school for a dime. As Boy Scouts, we learned Uncle Bruce’s paperless way to start a fire at Camp Thunderbird. A knife and a good



Burning house courtesy the Vashon Heritage Museum

piece of cedar kindling was all you needed. Stroking the knife down the kindling produced a fan of thin shavings which were easily lit and built into a fire.

Dale Bates is no longer with us, but he was the first fire victim that I can remember. He had a pocket bulging with firecrackers. We were throwing the lighted fire crackers at each other when one accidentally landed in Dale’s pocket and all hell broke loose. Dale’s pants exploded in smoke and noise, burning Dale’s leg; but that didn’t stop us from trying to make gunpowder from three secret ingredients, which weren’t permitted to be sold together at the drugstore. Failures were the rule as the balance of the ingredients was crucial and fizzlers were common. We also tried to build rockets with fuses made from gunpowder rolled up in toilet paper, that mostly didn’t fly but sat on the ground and smoked or fizzled themselves in circles. At 8 or 9 years old, we had lots of design problems.

“There is smoke coming from Portage,” Brother Mike called out. He was in the suicide seat with his elbows locked against the jockey box, Papa Jim was driving his old Plymouth coupe and we were coming back from catechism at Dockton on a Saturday morning. The smoke column was black and we were afraid, since so many of our relatives lived at Portage. We soon knew that it was Uncle Jerry’s house that was burning and all his ammunition was going off in the fire, so the fireman couldn’t get close enough to try to put it out. “Bang, bang, pop,” went the shotgun and rifle shells and pretty soon there was nothing left of the house, only the faulty oil stove was left standing, which is how the fire started.

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Tickets and Shuttle Info [BOOK](#) [MAP](#) [TICKETS](#)

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Photo ©Linda Crayton

Angelo Needs A Home...

I was as sick as a dog when I walked into a Havahart trap last year, but thanks to a lot of excellent nursing care, I’m feeling fine. It takes me a while to warm up to people because I had a pretty rough life before coming to VIPP. I’m less shy than I was, though, and I’ve been known to hop up on the lap of someone I felt comfortable with.

I need to be an indoor cat, but since I have such handsome markings, you’d want me to be close enough to see all the time, anyway!



Go To www.vipp.org Click on Adopt

Book Release May 12, 2016

“... the first comprehensive history of the island in over 80-years ...”

Join us at the Vashon-Maury Island Heritage Museum
May 12, 2016 for the release of *A Brief History of Vashon Island*

Give Big Day

Continued from Page 1

FM broadcasting and we’re doing much of it live from our new storefront studio in the center of Vashon Town. Our unique brand of community radio and television has been expanding exponentially, an alternative to big corporate broadcasting. This year’s challenge is to keep it going, along with the Emergency Alert Service, TV and Web programming we provide to the Island.”

GiveBIG Day is a really big day on Vashon and it’s happening all day Tuesday, May 3rd. This is the day everyone gets to donate to all their favorite island non-profits. And, it will all be on KVSH 101.9FM on the radio, the KVSH mobile app and even on office computers region wide ... Give BIG to Voice of Vashon at VoiceOfVashon.org/GiveBIG.

Compost the Loop

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

KRISHA: The Next First Friday Art Film is an Indie Film Sensation



By Jeff Hoyt

From the opening shot of Krisha, this month’s First Friday Art Film offering from the Vashon Film Society, the viewer gets the feeling of being dragged by a locomotive that’s about to go off the tracks. Krisha arrives at her sister’s home for Thanksgiving with part of her dress caught in the car door. The camera follows her as she makes her way to the front porch with reckless determination, where she nervously prepares to see the family she abandoned years earlier. Stilted hugs and wary welcomes greet her, leaving one with a sense that Krisha is the black sheep of this family, and yet here she is, home for the holidays and hoping for an opportunity to mend fences.

The film won both the Grand Jury and Audience Awards at the 2015 South-by-Southwest Film Festival and was an official selection of Critics Week at the 2015 Cannes Film Festival. Krisha won the John Cassavetes Award at this year’s Independent Spirit Awards and its theatrical release in March has led to rave reviews from the New York Times, Vanity Fair, Rolling Stone, Variety, the Washington Post and dozens of other publications.

Krisha marks the stunning directorial debut of 27-year-old Trey Edward Shults, who shot the film in nine days in his parents’ Texas home. He cast friends and family in key roles, including the role of Krisha herself, played by Shults’ aunt, Krisha Fairchild, a former Seattle voice actor who had ostensibly retired to a quiet

life in San Miguel de Allende, Mexico. Now, after receiving universal accolades for her performance, Fairchild has a new manager and is leaving the door open to renewing her acting career, with careful attention paid to the types of roles she might be offered.

“I’m old!” Fairchild told Rolling Stone. “I have maybe ten years at best left to act. So I’m saying ‘bring it.’ If you have a character that’s multi-dimensional, that speaks well for women who look real, just bring it.”

The film is a tale of addiction, love, family and forgiveness, with deep personal meaning for each family member in the cast. Fairchild’s niece (and Shults’ cousin), Nica, relapsed and passed away shortly after a similar holiday incident several years ago.

“I didn’t want to look at or talk to her,” confessed Shults. “It felt like a slow-motion train wreck.”

Marked by complex tonal shifts (the film moves from dark humor to deep pathos to almost horror movie-like intensity), Shults displays a mastery of camerawork that belies his age. Many have compared his virtuosity to Terrence Malick, with whom Shults worked on multiple projects.

After the 9:30pm First Friday screening at the Vashon Theatre on May 6th, Vashon Film Society hopes to connect with Krisha Fairchild from her home in Mexico for a brief Q and A session. Admission to the show is \$7.



Nothing Compares 2 U

By Orca Annie Stateler, VHP Coordinator

Like bears emerging from hibernation, we are a bit grumpy and out of sorts at Chez VHP. Papa Bear has a busted eye tooth that requires an extraction or a root canal. This tooth is one of the most examined and x-rayed choppers in the world! Papa Bear is inclined to have it pulled so he can just be done with it. Baby Bear Nashoba is on constant vigil for the stinky otters who are trying to den under her porch. Mama Bear is bummed out, wishing for a moratorium on the deaths of loved ones and cultural icons.

Speaking of the dead – in this case, whales -- Mama Bear gets cranky when people conform to grandstanding agendas and ignore protocol. Throughout April, a couple of emaciated and sickly-looking young Gray whales roamed lower Puget Sound. One created a stir when he visited the Ballard Locks on April 6. Several Islanders called the VHP (thank you!) to report a Gray whale in Tramp Harbor and later near Dolphin Point on April 8.

Because I am Vashon’s marine mammal stranding coordinator, NOAA’s answering service for the Northwest stranding network notified me on April 19 that a dead whale was floating between



A timely reminder to Islanders who are unaware: Vashon’s authorized stranding responders are Orca Annie and Odin. Occasionally, we consult with retired and respected elder marine mammal experts on the island. Someone should have called us at 463-9041 about the deceased whale in Colvos Pass on April 18. Dead cetaceans and pinnipeds in good condition are of high priority for researchers. Now you know for next time, which I pray is not soon.

The poor Vashon Gray whale was the same one who wandered into the Ballard Locks -- a malnourished young male, 29 feet long and about 15 months old. The precise cause of death is still undetermined. Go to www.cascadiaresearch.org to read the preliminary necropsy results.

Our cherished Southern Resident orca population has dropped to 83 with the deaths of Baby J55 and 20-year-old Nigel (L95), a handsome, charismatic male who filled our hearts with joy. This week’s



Nothing compares to handsome Nigel (L95), 1996 - 2016. DFO file photo.

Fauntleroy and Vashon. I spoke to the reporting party, a polite state trooper who spotted the carcass on his commute from Fauntleroy. He was unsure of the species, so I asked him to email a photo. I forwarded it to the stranding coordinator for Cascadia Research. I called Mark Sears and urged him to scan for the whale from West Seattle – no luck; it was too far from shore.

At the time, I did not know that a bunch of folks had been gawking at a dead Gray whale drifting up Colvos Pass the day before. A KIRO news story online did not clarify whether Cascadia had retrieved the whale yet. I worried briefly that we might have two dead whales. To my relief, Cascadia Research confirmed that the whale in the photo I sent was the same one they collected on the 19th. From Mark’s vantage point, the hovering helicopters indicated that the carcass was secured off Dolphin Point in East Pass, roughly. That tells you something about the powerful currents in Puget Sound.

picture is a DFO file photo of L95. Nothing compares to Nigel.

In addition to J55 and L95, another dead female Southern Resident baby washed up at Sooke, BC, in late March. The tragic twist in L95’s death is the grisly and potentially incriminating discovery of satellite tag remnants in his body. Consequently, tagging is suspended for now.

From DFO’s initial necropsy report on L95 and the dead calf:

“A male killer whale was found floating dead near Esperanza Inlet, B.C. on March 30th, 2016. A necropsy was performed on April 1st, 2016, to determine the cause of the animal’s death. This animal was identified as L95, an approximately 20 year old Southern Resident killer whale, via a scar from a satellite tag deployed on the whale by the US National Oceanic and Atmospheric Administration (NOAA) in February 2016. The Southern Resident
Continued on Page 6

Suds

LAUNDROMAT

OPEN DAILY

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

Spiritual Smart Aleck

Pronouns Are the Hardest Part

Lately there has been a foofaraw about where transgender people go to the bathroom. Some people have this idea that if transgender people are allowed to use the bathroom of the gender with which they identify, male pedophiles will put on dresses so they can go into women’s restrooms and abuse little girls. At least I think that’s the argument.

Pedophiles have been preying on children forever, and most of them don’t cross-dress to do it. I wonder that there is no horror at the thought of all the non-cross dressing guys who go into public bathrooms trying to pick up boys and young men. You know, like those politicians and preachers who claim to be against homosexuality, and then are caught soliciting homosexual sex.

We have all shared bathrooms with transgender people whether we knew it or not, and come to no harm. Children are more likely to be abused by trusted relatives and friends. This whole bathroom thing is silly, or it would be if some people didn’t take it so seriously.

As it turns out, I learned a little over a year ago that I am related to a transgender person. He is my grandson, Benny, formerly my granddaughter. He has been educating me.

It was hard for him to come out as transgender. He was afraid of how people would react. That was a rational fear. Once he did come out, he experienced the freedom of being able to live as his true self instead of, as he says, having to lie all the time.

I was impressed by his friends at school. Most of them, when he told them he was a boy named Benny now, said, “Okay,” and went on with their lives.

A few have given him a hard time, but fortunately we live on Vashon Island. Other kids stand up for him, and with him. I don’t know if he would meet such support and solidarity in some communities. I am grateful for his allies and friends.

Transgender children, we are told, are more likely to commit suicide than any other group, but now comes scientific research that says, wait, that is not true for transgender children whose families accept and support them. I am thankful that all my grandson’s family members accept and support him.

I am not transgender so I don’t know, but it seems to me that once someone comes out as transgender, they don’t want to look back. As for family members, even though you



By Mary Tuel

do accept and support your transgender child or other family member, you have to go through a process of letting go of the person you thought they were, and all the expectations you had that were tied to the gender you thought that person was. It can be a rough transition for the cisgender family member.*

Someone coming out as transgender is a game changer, all right, but I have to say: we all need to get over it. Our old understanding is no longer valid. Yes, it’s hard to learn a new way of seeing someone, especially someone you’ve known from birth and understood in a way that the person now tells you was completely wrong. Your discomfort at this change is something you need to acknowledge and respect and consider as the price that you pay for loving someone unconditionally. Hard as it might be, it’s easier for you to get over it than it is for your transgender loved one to live a lie.

For me one of the hardest parts has been remembering to use the correct pronoun. Weighted by the habit of years I slip and refer to him by the wrong word, and he corrects me, with more or less exasperation at my mistake. Haven’t I known the truth long enough to get the pronouns right? You’d think, but old ways die hard. It is disrespectful to refer to a transgender person with the wrong pronoun. I know that now. So I try to get it right. Go thou and do likewise.

And don’t give me any attitude for calling you “thou.”

*In case you haven’t run into that word, cisgender means you identify with the gender you were assigned at birth. It was first used in 1994 by biologist Dana Leland Defosse, and derives from the Latin root “cis” meaning “on this side of.”

House of Waters is a Brooklyn based band with a global sound. Drawing inspiration from Africa, India, South America, and Jazz, the band is, as TimeOut NY states “a sight to behold.”

House of Waters is hammered dulcimer virtuoso Max ZT; master percussionist Luke Notary; and brilliant bassist Moto Fukushima. These three innovative musicians are redefining their instruments as they excite their audiences.

Max, a National Hammered Dulcimer Champion studied with the Cissoko griot family in Senegal and recently returned from a year in India studying with the world-renowned santoor master Pandit Shivkumar Sharma. Luke studied with djembe legend Cheik Oumar Diabate and has just returned from a year touring the world with Cirque du Soleil. Moto’s finesse, subtlety and power attracted the attention of many jazz greats, who he has accompanied to critical acclaim.

House of Waters has shared the stage with Ravi Shankar, Tinariwen, Jimmy Cliff, KODO, Blitz the Ambassador, Dave Eggar and more. Their concerts are beautiful and electrifying moments of mastery and magic.

Max ZT - Lauded as the “Jimi Hendrix of Hammered Dulcimer” by NPR, Max ZT is an innovator of the instrument. Taking his roots from classical Irish folk music, Max has transplanted his compositional techniques to both Senegal, where he studied the Mandinko technique with the Cissoko griot family, and to Mumbai, India, where he received a grant to study under the great santoor master Pandit Shivkumar Sharma. His fresh perspective and bold experimentalism have been the backbone to beautiful, complex, and genuine compositions, while his unorthodox playing style has been a pioneering force in revolutionizing dulcimer techniques.

Max has enlivened the conceptual framework of traditional folk music by fusing multi-cultural roots and traditions to create a truly compelling sound.

Max ZT is based out of Brooklyn, New York. He has put out six albums, and in 2005, won the National Hammered Dulcimer Championship.

Moto Fukushima - Born in Kobe, Japan. NYC based six-string electric bass player, upright

House of Waters



bass player, composer, mountain dulcimer and syamisen player.

He has been playing music for as long as he can remember. He received the scholarship and outstanding performer award before graduating summa cum laude from Berklee college of music in Boston, MA. With a strong background in jazz improvisation, Western classical music, Japanese traditional music and African inspired musical sensibilities of South America, his playing is an amazing combination of finesse, subtlety, and power.

Performing with great artists such as House of Waters, Mike Stern, Dave Weckl, Joe Lovano, Donny Mccasalin, Ari Hoenig, Cliff Almond, Marta Gomez, Labalteu band, Interceanico, Eric Kurimski, Oscar Penas, Richie Barshay, Andy Arnold, Vladimir Cetkar, Hiromi, Dave Eggar, Big Apple Circus, Alex Skolnick (Testament) and Gil Goldstein, he has redefined the role of the bass.

Luke Notary began to play the drums at a very early age with his father. He later studied with such masters as Pandit Swapan Chaudhuri, Hamza El Din, and Jamey Haddad. His experience has brought him around the world to

teach and perform. Most recently, Luke toured the world performing for millions with Cirque du Soleil’s “Varekai.”

Luke composed and performed the live musical scores for “The Late Henry Moss”, (written by Sam Shepard and directed by the legendary Joseph Chaiken) and “The Long Christmas Ride Home”, (by Pulitzer Prize winning playwright Paula Vogel). He has composed many original works for New York and Los Angeles based dance companies, and currently works with Alvin Ailey Dance Theater and David Parsons Dance Company. He has taught drumming workshops to actors, dancers and musicians in Germany, Russia, Belgium, France, Los Angeles, and New York.

Currently based in New York, Luke is working with many projects. His unique approach to sound, texture, and groove has made him stand out as one of New York’s finest percussionists.

House of Waters
Saturday, May 7th, 7pm
The Havurat Ee Shalom
\$15 Cover
RSVP at
kat@kateggleston.com

The Dorsal Spin

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population is listed as endangered under the Species at Risk Act in Canada.

No clear cause of death was apparent in the initial necropsy. Results include:

- advanced decomposition,
- fair to moderate body condition,
- tag implant site at the base of the dorsal fin. Gross dissection and X-rays of the tag site indicated that the tag petals were left behind when the tag detached, but revealed no apparent localized or tracking inflammation.
- diffuse peritonitis (inflammation of the membrane that lines the inner abdominal wall and covers the abdominal organs) with pronounced spleen enlargement, and
- perforation of the caudal abdomen (near the posterior end) and herniated loops of intestine attributed to decomposition and bloat.

DFO can also confirm that the dead killer whale calf found near Sooke, BC on March 23rd, 2016 has been ID’d by the Vancouver Aquarium genetics team as a southern resident. The female calf was less than 2 weeks of age

and had not yet been categorized. Further analysis will be done to determine which pod the calf belonged to. A necropsy was performed on March 25th, 2016. The initial/ gross necropsy results did not indicate a cause of death, but given the young age of the animal, a birthing complication is suspected ...”

I hate to end Earth Month on a downer, so go to Vashon Center for the Arts on First Friday, May 6, to see the “Shaman’s Kéet Amulet” that Odin carved from a chunk of the venerated Blue Heron white oak tree.

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



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Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm
17311 Vashon Hwy Sw
Cash & Checks Welcome



Aries (March 20-April 19)

No matter what you may think or feel about the progress you're making, you are building toward an unusual breakthrough. By unusual I mean once-in-a-lifetime, though it may happen in slow motion, such that you don't notice for a while. Astrology, however, can help align you with your moment. There is a process that's helping you get there, which may lead you to feel as if you're delaying or lagging behind, though that's not true. Mars retrograde in Sagittarius is inviting, enticing or compelling you to question your deepest-held beliefs about existence, which means about yourself. The situation as I see it is that who you are becoming is bigger than your current beliefs can contain. When you cross the boundary of a belief, you can stir up conflict about 'trying to do the impossible', which can be self-limiting. Therefore, before you strive to exceed what you think of as your current limitations, you will need to investigate them. One relationship that you're in the process of changing is how you coexist with time. It will help immensely if you remember the ways you've learned what is possible when you use time well. Part of your assignment is learning the personal discipline to do what must be done each day. Part is remaining connected to your long-term goal. When you put the two together, you are unstoppable.

Taurus (April 19-May 20)

Your charts come back to one theme, which is connecting: with yourself, with someone (or more than one person) that you want to be closer to and, ultimately, with your purpose. Let's take them one at a time. Connecting with yourself means going deeper into your own mind, led by curiosity. You are at the point where you can no longer stand being such a mystery to yourself. You may see aspects of yourself dramatized in your relationships, without recognizing it at first. Look for the parallels; allow the psychology of others and how they make decisions help you figure out what you actually want and need. As you do this, you're likely to see the parallels between your approach to life and that of someone close to you. The term 'absolute equality' is coming to mind: I suggest you trust no concept of superiority, which also implies you living up to your end of any agreement as a matter both of honor and of dharma. This will be an exploration that's likely to take you ever deeper into your feelings, your motives and your understanding of life. From this journey, you're likely to get some information about purpose. Remember that, like the theme of a novel, purpose is usually implied rather than stated overtly. It's something that you figure out, notice and embrace in degrees, one day at a time.

Gemini (May 20-June 21)

Once I wrote an article called "All Dogs Need Jobs." Dogs want nothing more than to participate, which means having an assignment of some kind. This is an approach I suggest you apply to relationships as well. While the romantic notion of relationships is that they should exist for their own sake, I think that the lack of some agreed-upon purpose is where most relationships get lost. It could be a shared commitment to mutual happiness. It could be raising a family. It could be creating a business, or being missionaries in Zimbabwe. It could be giving one another the hottest sex ever. Whatever it is, I suggest that you define that thing as a tangible, observable purpose. You can proceed from this point with a commitment to explore, in what you might think of as a discovery process. First, notice what applying the concept of purpose does to your relationship and how you think about it. If you're not currently in a partnership to which this applies, notice how it changes your thinking, or perhaps creates some apprehension. The reason I'm making this suggestion is that all relationships have a purpose, whether you're aware of it or not, and whether you agree with your partner

or not. The name of the game, in my view, is being fully connected to, devoted to, and responsive to a reason for being.

Cancer (June 21-July 22)

Be conscious of how much effort you exert, and notice what energy gets what result or reward. There are two main approaches you might take for the next few weeks; one brings results with relatively little effort, and the other might lead you to work your buns off with few benefits. Since it so often happens that great effort leads to little return, you will need to pay attention, especially when something you do goes well. That is the direction in which to proceed. One distinction between easy and difficult probably involves cooperation. How you use the energy and brainpower provided by others, and made available to you, is a significant element in this story. How you feel when you try to go it alone will also be helpful. To put this simply, you would be wise to learn how to ask for assistance, to drum up some cooperation among your peers, and to offer yourself voluntarily when you notice you might be of service. Think of this as stimulating your local economy, of which you are part. Remember that little of any consequence or service to humanity was ever built or created by one person working independently. Let this be no affront to your pride, or to your sense of your self-worth. Indeed, the value you share and exchange with others is the one you can most vividly feel and relate to.

Leo (July 22-Aug. 23)

You seem ready to take your professional life more seriously; your timing is good. You will make the greatest strides by using unconventional means. These days, unconventional (verging on really weird) involves actually calling someone on the phone, or showing up somewhere that you think might have an opportunity waiting or where you will gain experience or learn something new. Any error you make, or miscommunication you encounter, might contain an opportunity. Pause and look for what that might be; for example, if you get an email from someone by mistake, or dial the wrong company. Investigate what truth might exist within a misunderstanding. Notice whom you 'just bump into'. You might also intentionally call up some old contacts and see what they have going on. All of this is predicated, of course, on you having some idea what you want to do and why you want to do it: some actual goal. I suggest, however, that this really be a top priority, something with substance and with lasting value. It's likely to be something you've wanted to do for a long time, and are just connecting or reconnecting with. It will be worth every bit of your energy right now, though I suggest you aim high: consider your most important professional goal. And remember that you might get there in a way you were not expecting.

Virgo (Aug. 23-Sep. 22)

You seem to be walking that fine line between idealistic and practical. They only conflict if they are disconnected from one another. If you align the two, you will tap some unusual alchemy. This in itself is a practical exercise. You might have something you're dreaming of. Can you describe it in words? Can you sketch it? Can you put a price on it? How long might it take to create? If you can answer a few of those questions, you're entering the realm of the pragmatic. You might subject any desire to that kind of test; consider that anything you cannot ground in some describable, physical coordinates merely to be wishful thinking. The sketch, the outline and the timeline mean more than you might imagine. Then of course there is the question of how you could pay for it all. Yet once you have a concrete plan that you can describe to another person, money takes second place to ingenuity and drive. It's often said that the airplane was invented for about \$1,000, though it's more impressive if you remember that money came from the profits

of a bicycle shop. As my Godmother used to say in all sincerity, where there is a will, there is a way. Yet the vital thing is the will: the focused mix of desire and intention that you consciously devote to a purpose. And yes, your friends might think that's radical or weird.

Libra (Sep. 22-Oct. 23)

You can negotiate a better deal, though flexibility is a must. So, too, is a kind of optimism that you may not be feeling up to these days, though believe me when I tell you there is gold in them there hills. And not just gold: there is a potential meeting of the minds, on matters of real substance. Yet you must keep a positive frame of mind, and not allow frustration to get the best of you. Find reasons to rise above it; seek the ways to get hold of your mind and put your energy to work for you. You have plenty, if only you would tap into it creatively and constructively. If you find yourself blocked, look for workarounds. Slow your thoughts down; break complex tasks into steps; pause and ask yourself why you're doing something. Most of all, use time as an ally rather than as an enemy. If you schedule things at a pace you can handle, and really ask yourself what has to be done by when, you will find your efforts easier to manage. But there is no substitute for understanding what you want, and what others want, and identifying the common ground between you. Those shared values are the basis of any real agreement, and you have plenty in common with key people in your life. They can easily be turned to mutual profit.

Scorpio (Oct. 23-Nov. 22)

A relationship seems to be changing shapes and sizes faster than you can keep up with it; this is an illusion. Beneath the top layer there is a solid foundation of consistency and stability. Yet you cannot deny that you need to take a fresh look at things, which could start with a few new ideas, and reviving a few old ones that have been left by the wayside. It will help to take a light-hearted approach and to remind yourself that if a relationship is not fun, then what is its real purpose? There's another thing that might be coming up, which is what to do about attractions outside your primary relationship. These things happen to everyone, and they are real. You might face the question of whether to discuss them with a partner or love interest, or to keep them quiet. I think this conceals a deeper question: do you bring all of yourself, or just part of yourself, into your relationships? Do you experience yourself in sections or fragments, or do you experience yourself as one holistic entity? What you do attests to what you believe. It's true that you may relate to different people different ways, though that's a natural effect of when the energy fields of two unique beings meet. Give yourself space to be who you are at any moment.

Sagittarius (Nov. 22-Dec. 22)

You may be experiencing a side of yourself that you rarely admit to inwardly, much less talk about openly with others. You might, for example, be remembering desires that you left behind or forgot about long ago. You might feel drawn inward, and toward a form of self-discovery that you cannot explain to the people around you. There is no need to. You don't have to distract yourself with the thought of what others might think. Within your own interior space, only your opinions and viewpoints count now. While you're there, remember to be gentle. You don't have to judge what you think, feel or want. You are free to assess and revise your most deeply held beliefs. In fact it's the perfect time for that. Remember, though, that beliefs often serve as psychological stabilizing devices for what otherwise might be a shaky relationship to existence. You don't have to worry about that. When you question your beliefs, you tend to build a stronger relationship to truth; that's because what is untrue only interferes with what is true. You can, therefore, afford to be bold about this. Leave no stone unturned, no found scrap of paper unread, no door un-knocked upon. When you run into any difficulty, look for the belief that it's not true, and notice whether what seemed to be a problem resolves, or turns to a gift.

Capricorn (Dec. 22-Jan. 20)

It's often said that fear is misdirected creative energy — though have you ever experienced that discovery for yourself? Remember that theory is not experience, and rationalizing is not a substitute for understanding. If you want to actually prove something, you must actually experiment. What would it mean to choose something you're afraid of, face it and dance with it? There seem to be two levels of fear operating in you right now. One you can use as an excuse. The other presents some kind of a block. It's difficult to see the real block if you're fixating on the excuse. So you might just pause the story-generation machine and ask yourself what it is you're concerned might happen if you truly confront what you're afraid of. I have an idea what that might be: you might have the fun and pleasure you want to have. You might, as in you would likely, experience the love you say you seek and so often search for. Yet if you did, you would have to rearrange your whole belief system. If you confronted one fear successfully, you would then naturally want to confront the rest of them, since you would then be certain they are a waste of precious time and energy. Now for the real question: why ever would you hesitate to do that?

Aquarius (Jan. 20-Feb. 19)

It's time to feather your own nest. You are doing much else besides: your chart in many ways describes what one might call public responsibilities, things that happen outside your own home and which are intended for the benefit or service of others. At the same time, you are advancing in society, or at least your chart describes that potential vividly. This comes with various ups and downs; peaks and lulls in effort; and greater or lesser results, depending on the day and the week. Make this work for you. For all its reputation as an android, the Aquarius solar chart is oriented with Taurus on your home angle, which is another way of saying solid, comfortable, and providing space for you, your friends and maybe a few critters. Living well, as you know, is the ultimate statement of your success. Planets are now gathered in Taurus, emphasizing the point. I suggest you make your home as beautiful as you feel inclined to. Invest resources there. Upgrade or replace what is worn. One large gesture in that regard (a new bed or bedding, for example) would remind you that you are, in reality, feathering your nest in the literal sense. Dig out your cupboards, clean them and replace what you don't like with what you do like (all while praising the Goddess). The investment will come back to you manifold.

Pisces (Feb. 19-March 20)

Pause and assess the progress you've made the past year. Slow down on your quest to take new territory, and develop what you've already begun, and begun well. Mars and Saturn continue to emphasize the theme of leadership, which means taking responsibility for your own life. As part of this pattern, you are doing some challenging work of integrating who you are as a person with the mission you came here to fulfill. This is integration on the level of total synthesis: there can no longer be a distinction between 'you' and 'your mission' or you and your message. Yet to do this well requires a level of self-awareness for which there are few examples to follow. This is why I'm suggesting a review phase, which would include filling in some gaps you may have left in your development process, organizing your physical space, evaluating your resources and getting a little rest. You need enough distance on your situation to get a fresh perspective or two. Remember that the thing you're doing now is combining long-range commitment with the knack for discipline in the moment. These are two of the most essential factors for success; the third is vision, which for you means revision. Mars retrograde through late June is taking that to a deep level: connecting emotionally with your deepest commitment to your chosen purpose.

Hinge Gallery for May



Faulkner, Portrait detail, print on paper.

Hinge Gallery is pleased to present a new visual print series from Vashon Island author Jessie Johnson. In his latest project, Johnson explores his relationship to famed and iconic authors, creating portraits out of their literary achievements. This project is the culmination of months of exploration, the mastery of a previously unexplored computer program, and thoughtful conceptual choices. The final result is a series of twelve portraits, available in a limited edition and on view throughout the month! Hinge Gallery is located at 17635 Vashon Hwy SW, www.hingegallery.com. Gallery hours are Tues - Sat. 10 - 5.

John Craigie and Moody Little Sister



John Craigie returns to Vashon with special guests Moody Little Sister on May 7th, 7:30pm at the Vashon Island Coffee Roasterie.

Tickets are \$10 in advance and available at Vashon Book Shop or online at Brown Paper Tickets: www.johncraigievashon.bpt.me

If John Prine and Mitch Hedberg had a baby, the resulting product would resemble something very close to Portland, OR singer-songwriter John Craigie. Musically comparable to Prine, with the humor and wit of Hedberg, the humble, gracious, and hilarious Craigie is one of the best storytellers of our time. It's no wonder that Chuck Norris sends him fan mail, and Todd Snider brings him gifts on stage.

The vagabond troubadour has charmed audiences in all 50 states and throughout much of Europe, with a DIY spirit seldom seen these days. While touring solo and with the likes of Todd Snider, the Shook Twins, Nicki Bluhm, and ALO, Craigie has taken the stage at festivals, sold out venues, intimate house concerts, center camp at Burning Man and even Gregory Alan Isakov's farm. Although based in Portland, Craigie's true home is on the road, and just like that he's on to the next town, playing and singing and telling stories to everyone who wants to listen.

He'll make you laugh and make you cry, all in the same song. With a fan-base that is more of a continually-expanding circle of friends, John Craigie's true passion is connecting with people through shared experiences, stories, and song.

Website - www.johncraigiemusic.com/

Special guests Moody Little Sister will do an opening set:

When Naomi Hooley moved 3000 miles, from a small town in Alaska, the chances meeting Rob Stroup from a small town in Oregon were pretty slim, but it happened... and from the moment they met there was musical chemistry.

Naomi is a prolific song writer with a unique style and vocal signature. The local press has called her voice cool and powerful and her songwriting masterful.

Rob's musical background brings a whole other set of sounds and influences. A founding member of Portland's beloved roots rock combo The Baseboard Heaters Rob draws on 60's rock and classic country influences. Also informed by the Oklahoma sound of JJ Cale and the bluesy sides of Dylan.

You'll experience a show delivered with powerful piano and acoustic guitar, combined with foot percussion and amazing harmonies, with a side of story

2016 Vashon Island Community PTSA Auction - Puttin' on the Ritz!

Its time to get FANCY at the 2016 PTSA "Puttin on the Ritz" Auction!

This event will be the Bee's Knees! Join us at Camp Burton May 7th to raise money for the Vashon PTSA .

The PTSA plays a vital part in supporting our Public School system. Unlike other PTA's that support only one individual school the Vashon PTSA support all three! They provide support to the district through many means, filling in the gaps where they can. This year's raise the paddle focus will be for the Academic Interventions Program.

The Academic Interventions program assists children who often get lost in the gap between programs. This program provides after school tutors, books, and other assistance to help all children achieve academically. The PTSA strives to ensure there are options for every child who may need academic assistance.

This 1920's themed event features the Famous Filson Sisters, and live music by the Portage Philharmonic.

Raise money for the PTSA through the Silent and Live Auction hosted by the always entertaining Steffon Moody as Auctioneer.

The fabulous "Puttin on the Ritz" roaring 20's theme was inspired by the PTSA being founded in the 1920's.



"If you're blue and you don't know Where to go to, why don't you go Where fashion sits? Puttin' on the Ritz" May 7th, 5:00 pm -9:00 pm Camp Burton

Vashon Library 2016 Calendar

Children & Families

Family Story Times
Tuesday, May 3, 10, 17, 24 and 31, 11:30am
Family program, all ages welcome with adult. Stories, songs and fun!

Finding Ourselves in Our Family Stories - A Story-Sharing and Publishing Workshop
Wednesday, May 11, 4pm
Presented by Janet Wong
Ages 5 and older with adult.
Join this story-sharing workshop, where we will give each other the gift of story. Discover some essential steps for pre-writing and work together to find the stories that make us unique.

Adults

Opera Preview: The Flying Dutchman by Richard Wagner
Sunday, May 1, 12:30pm
This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts.
Questions? www.normsoperaplus.com, normsoperaplus@mac.com, or 206.329.6269.

Great Books Discussion Group The Lifted Veil by George Eliot
Monday, May 2, 6:30pm

Housing Feral Bees: Keeping It Wild
Wednesday, May 4, 6:30pm
Learn how to grow genetically diverse

honey bees with Heather Wood of Urban Evergreen Bee Sanctuary.

One on One Computer Help
Thursday, May 12 and 26, 7pm
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.

Orca Lift/Food Stamps/Health Insurance Sign Up
Wednesday, May 18, 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.

Talk Time Classes
Tuesdays, 6:30pm
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

What's on YOUR mind? Join in lively conversations about topics that matter with free programs at KCLS libraries. From pop culture to pot, from education to alternative energy and even elections talk with other community members about what fascinates you.
www.kcls.org

telling.

Naomi and Rob have taken this act all up and down the West Coast and continue to be very well received by a very diverse group of audiences.

Moody Little Sister's website: www.moodylittlesister.com/

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

Island Epicure



By Marj Watkins

Two Cool Greek Soups

Today’s column is inspired by Steve Silha’s request for more Greek recipes. Some of the best dishes we ever tasted were those we ate in small Greek restaurants, the kind with only three tables and the cook working at the back of the room or in her adjacent kitchen. There’s no menu posted or at table. The cook beckons you to come into her kitchen, look at the food she’s prepared and choose. It’s Greek home cooking as interpreted in Crete, and as I remember it from the winter of our year of Sabbatical. Our daughters were grown and gone from the nest, but our two boys traveled with us.

At Chersonissos Limen (translation: Peninsula Harbor), the Cretan village where we four spent the winter, the meat shop was open only one day a week. The rest of the week, our Cretan neighbors ate beans, lentils, octopus, calamari, and fish. The market at Iraklion sold sheep’s milk yogurt, rich with cream (10% butterfat) and dipped from the earthenware bowls the proprietor made it in.

Tourists usually go to Greece in the summer, when it’s much too hot to bake moussaka or anything else. We weren’t exactly tourists. We rented a house and cooked most of our meals, but every day we took our boys on a field trip and ate out at midday. Below are a couple of recipes we enjoyed in Crete and still enjoy at home. The first doesn’t even require you to turn on your stove.

The second requires only that you bring broth to a boil.

Yogurt soup is cool and refreshing, and you will enjoy it on warm days to come. Except for the walnuts and milk it’s very much like the thicker Tzatziki, which can be either a salad or a salad dressing piled on lettuce.

- Yiourta Soupa
- Yogurt Soup
- Makes 6 servings
- ½ cup walnuts, coarsely chopped or broken pieces
- 2 cloves garlic
- ¼ cup olive oil
- 2 Tablespoons white vinegar
- 3 cups yogurt
- 1 cup milk
- 1 cucumber, peeled and cut into small cubes
- Salt and pepper to taste
- Minced parsley

Combine walnuts, garlic, olive oil and vinegar. Whirl in food-process or blender until smooth. Pour into a mixing bowl and stir in yogurt and milk, stirring until smooth. Add cucumber. Season to taste with salt and pepper. Stir. Chill in refrigerator until just before serving. Garnish with minced parsley.

- Avgolemono Soupa
- Egg Lemon Soup
- Makes 4 servings
- 6 cups chicken broth
- 1 cup cooked rice
- 3 eggs
- Juice of 1 lemon

Bring broth to a boil. Add rice. Beat eggs to a froth. Slowly add the lemon juice, beating as you dribble juice in. Add 1 cup of hot broth, drop by drop at first, then gradually increasing while continually beating.

Remove the pan with the broth and rice in it from the stove. Pour the Avgolemono sauce into the soup and stir gently until well combined. Serve at once, lukewarm.

By Kathy Abascal

The elder flowers are almost done blooming and the hawthorns are now blooming like mad. Their masses of white flowers are covering shrubs and trees all across the Island and they are absolutely gorgeous.

Small twigs of hawthorn flowers and small leaves can be gathered in the spring to use in teas and tinctures. Although hawthorns are a bit thorny, they are still very pleasant to gather and they are incredibly good for us. German folk wisdom claims that anyone over the age of 40 should be using hawthorn daily because it is so beneficial. Hawthorn is a mild but wonderful heart and circulatory medicine that has a history of use to help the heart going back at least 2000 years.

The German physician/herbalist, Dr. Weiss, said hawthorn is a tonic for the ageing heart and used it in almost all of his elderly patients. He used it in hypertension as well but not to lower blood pressure. Instead, he used it to prevent or treat heart complications that can occur when the heart is forced operate under high pressure. He also found it helpful in patients experiencing mild arrhythmias. Some say hawthorn is helpful in atherosclerosis, and I would definitely use hawthorn if I had high cholesterol to help counteract some of the negative effects of overly fat-filled blood.

Hawthorn is called a tonic because it is not a “magic bullet” with an instant effect. Instead it needs to be used long-term because it takes months to get the full benefits of its medicinal compounds. It seems to work primarily by increasing the delivery of nutrients to the heart muscle. Fortunately, hawthorn is well studied and is considered completely safe for long-term use. Not only has it not shown toxic effects, it has been studied in people taking prescription drugs without any evidence of negative drug interactions.

In most folk traditions, the berry was the primary medicine although the leaves and flowers were also used in England. The American Eclectic physician/herbalists blended the leaves and flowers with the berries. Dr. Weiss used only the leaves and flowers and most clinical studies have been on the leaves and flowers. I personally gather the flowers in the spring

and the berries in the fall and, since I have both, I tend to use the mixture of them all but I am confident that the flowering twigs alone are quite sufficient.

So do take the time to go out and gather some flowering twigs to dry for tea. Hawthorn has a pleasant, mild taste but if you prefer, you can simply add some flowers to any tea blend you enjoy drinking. Your daily dose of hawthorn will be small but a daily cup will gently but significantly protect your heart from some aspects of aging and poor lifestyle.

If you are not a tea drinker, you can make a tincture instead. To do that, you simply chop your hawthorn twigs into tiny pieces and weigh them. Then put the pieces in a jar and press them down as much as you can to create room for the alcohol. Next add twice the weight of the herb in alcohol. That is, if your hawthorn weighed 4 ounces, you would add 8 fluid ounces of alcohol to the jar. Ideally, this mixture should fill the jar and not leave much air space -- you want the herb to remain under the surface of the liquid. If need be, weight your herb down with some small rocks (but be careful not to shake them & break the jar). Cap the jar, label it, and put it away in a dark place to steep for at least two weeks.

We are having some nice days right now, so it is the perfect time to take some snippers, a paper bag, and find



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.

a hawthorn blooming in some quiet, pleasant place. You may well find one somewhere on your own property. As you snip away, you will hear the birds sing, the pollinators buzz, and feel the spring breezes rustle through the leaves. You will have a relaxing, enchanting time that will do your heart good. And you will come away with a medicine you can sip in the middle of the winter grayness, continuing to do your heart good. But do not procrastinate: You will be amazed how quickly plants bloom and fade and the opportunity to gather is lost.

Road to Resilience

Continued from Page 1

There is no such thing as individual gumption or community spirit: human beings, left to their own devices, will inevitably sit on the sofa and eat crisps until the species collapses into a quagmire of entropy and episodic television. Fear, therefore, is necessary.” Is it?

In Bohmeyer’s experiment, “39 people, chosen at random from a pool of applicants, have received €1,000 a month through the scheme-and almost none has spent the year twiddling their thumbs. One quit his job at a call centre to retrain as a pre-school teacher; another found that the removal of daily stress about work and money cleared up his chronic illness. Others found fulfilling jobs, having given up on the prospect years earlier, and almost all have been sleeping better, worrying less and focusing more on family life. What would society look like if that sort of freedom were available to everyone: if advances in technology and productivity could benefit not only the very rich, but all of us?”

I can’t help thinking, since

the Federal Reserve creates money when needed and gives it to banks as lending capacity, why not just adjust the basic income as needed and inject the money directly into the economy, giving it directly to consumers?

Another aspect of this that intrigues me is that few of us would have to earn money doing work we found disagreeable. Ironically, that means that all of us may have to do for ourselves the work that we may have previously hired someone to do for us. This is work that we all, especially women, have traditionally done ourselves, the work that has never been credited as “work” in the GDP of the official economy, i.e. changing diapers, cooking, cleaning, mowing the lawn, etc. It could be a blessing in disguise. There is plenty to be said for the intrinsic physical and spiritual benefits of doing menial tasks!

This is something that I suspect Bernie Sanders would endorse if the idea of unearned income for the unwashed were not now such a heretical idea.

Comments?
terry@vashonloop.com

The President of Me

Continued from Page 1

no terrorists on Vashon. Anyone donating more than \$1000 will be invited to the inaugural dinner at Wittman’s home, where there’s ample parking (on the neighbor’s well lit property).

A website is being set up so donors can link directly to the Museum account, to make donating to the campaign a no-brainer (NOTE: Museum donations to the May 5th “Give



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Big” campaign don’t count toward the Mayoral election.) Just like real life, all donations to the Rebecca Wittman for Mayor campaign are fully deductible - as long as the check is made out to “Vashon Heritage Museum”. Anyone with questions

about the campaign can reach the candidate directly at 206 947 4777.

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

The Portage Fill Band

Comprised of about 20 Islanders ranging from professional musicians to amateurs, the community musical group is celebrating its 41st anniversary this year. Charter member Lou Engels still plays in the band.

Engels remembers how Monty Sewell, who once played with Louie Armstrong, helped found the band back in 1973. Engels said that Sewell owned a music store where Blooms & Things is now located.

"The band has pretty much been the same over all the years," Engels said, "except we have a bigger group of musicians to choose from now. All the seats are occupied."

When Engels was asked if he gets any special treatment for



being the sole charter member still playing in the band, he said, "Yeah, they mention me every once in a while, when the old gray beards get up to play."

Portage Fill rehearses twice a month in the Williams Heating garage, thanks to the generosity of Dennis Williams, one of the horn players. "We're the Island's longest running garage band," said band member David Hackett.

Friday, April 29th, 8pm
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

Shady Bottom

Shady Bottom continues the tradition of Saturday night dust shaking, hard grooving, & hip-thrusting from old school house parties and juke joint jam sessions. Inspired by the sounds and personalities of that soulful and funky threshold era of the late 60s and early 70s, Shady Bottom serves up gritty and gyrating songs for the modern party. If your bottom ain't shady, it should be.

A dance floor is Shady Bottom's best friend while they dish our tight hits and ascending improvisations over vintage 60's and 70's soul/funk grooves and originals. The group is an instrumental sextet featuring members of Seattle's grooviest original soul band, Soul Senate.



This configuration features horn-led melodies backed by hammond B3 organ, guitar, bass, and drums. Members also perform in Cascadia '10 and Kissing Potion, and have also performed in or with Etta James, Bo Diddley, Swamp Mama Johnson, and Altered States of Funk.

Friday, May 13th, 8:30pm
Shady Bottom
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

The Jefferson Rose Band

Since 2011, JRB has rocked packed houses in Seattle's biggest venues and gotten crowds dancing at Northwest festivals big and small. Their newest album, Feel Like Dancing, was released in June 2014 to rave reviews and earned 28 weeks on the CMJ World Music Top 40. Feel Like Dancing is also a window into their high-energy, superbly executed live show.

Listeners who enjoyed their first album, Seismic, will love the addition of singer Alex Kitchen, whose wild and potent voice adds another layer to the complex and dance-worthy rhythms. Singing in English and Spanish and a sincere approach to each note, Kitchen transports the listener to places that are at once familiar and exotic. Her powerful, heartfelt vocal style draws influences from R&B, jazz and Latin music.

JRB has played Bumbershoot, Folklife, Everett Music in the Parks, Anacortes Arts Festival, Skagit Valley Tulip Festival, Skagit River Poetry Festival, The Tractor, Nectar, The Royal Room and many more.

JRB is:
Jefferson Rose - Bass
Alex Kitchen - Vocals



Daniel Rapport - Guitar
Karl Olson - Drums
Ahkeenu Musa - Percussion
Graham Cornwell - Trumpet
Jason Cressy - Trombone

Our Vashon Events sponsored youth opener for The Jefferson Rose Band will be Whitney Silkett.

Whitney is a young island resident and aspiring musician who currently plays guitar, ukulele and piano. She has opened for Brothers From Another, along with other young musicians, through "Sharing the Stage", twice. You'll also find her performing at Strawberry Festival, on the Youth Stage. She considers the genre of music she plays as "Alternative Pop", and is



Whitney Silkett

influenced by artists like Lorde, Lana del Rey, and Coldplay.

These youth musicians will all be paid by Vashon Events as our way to help encourage more youth performances for our community to experience.

Friday, May 6th, 8:30pm
The Jefferson Rose Band
With youth opener Whitney Silkett

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

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Choreography Alexei Fadeyev
(after Marius Petipa and Alexander Gorsky)

Sarah Christine at Snapdragon



Sarah Christine has been blessed to share the stage with Michael Franti and Spearhead, Mike Love, Prezident Brown, Clinton Fearon, Publish the Quest, Warrior King, Shimshai and more. Some recent festivals and venues she has performed at include Northwest Folklife Festival, Bumpershoot, Conscious Culture Festival, True Nature Yoga Fest, Northwest Roots Fest, Jazzbones, Nectar Lounge and Wild Buffalo. For the past two years she has held a regular performing gig at the Seattle-Tacoma International Airport where she was recently approached by the legendary Stevie Wonder as well as the Reverend Jesse Jackson.

In January 2013 Sarah Christine released her self produced debut album FREE FROM FEAR which was the launching point for her to begin truly living her purpose. The album features some of Seattle’s top musicians such as Clinton Fearon, Jacob Bain, Jeff Demelle, Davee C Carpenter, Jason Staczek, and Brian Stingshark which infuse the record with a fresh, soulful and intoxicating sound that pairs perfectly with the singers rich honey voice and thought provoking lyrics.

In March 2015 Sarah Christine released WHATEVER IT TAKES, An intimate collection of solo acoustic originals, followed up by her debut music video BY THE SEA that was filmed on the beautiful beaches of Vashon Island.

May 2016 she releases a brand new single WE ARE ONE in which all proceeds will benefit a non-profit organization

called The Unstoppable Foundation the is working to bring sustainable solutions to eradicate poverty in Kenya, Liberia and Uganda through education, access to clean water, healthcare and nutrition.

“My purpose in life is to uplift, empower and inspire others with my voice. My mission is to help people awaken and remember that life is precious, life is a gift. Every breath and everyday is an opportunity to become the best versions of ourselves” Sarah Christine.

Saturday, May 7 at 6pm at Snapdragon. All ages no cover.

More information at
www.sarahchristinemusic.com



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to snuggle with them. One of my best
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you can see his picture elsewhere in this
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