

Celebrate Springer!

“Celebrate Springer!” marks the 15th anniversary of the dramatic rescue in the waters off of Vashon Island of the orphaned orca Springer (A-73) and the heroic efforts by Washington and British Columbia teams working together to return her safely to her home 300 miles north in Johnstone Strait at the north end of Vancouver Island.

Today, Springer is still healthy and in 2013 had her first calf, Spirit. They are most often seen on the north central British Columbia coast and occasionally return to Johnstone Strait in summer.

The 2002 Springer rescue team will reconvene at 1 PM on Saturday, May 20, at the Vashon Theater to tell “Springer’s Story,” first-hand accounts of how Springer was identified, rescued and rehabilitated. “Celebrate Springer!” will also feature a dance performance by Le La La Dancers, who were present at Springer’s release, and followed at 5 PM by The Whale Trail sign dedication at the Point Robinson Lighthouse Park.

Sponsors for the Vashon Theater event are Jody Peetz and Pete Schroeder, Marine Mammal Veterinarian.

Tickets are available in advance from Vashon Theater tickets, <http://bit.ly/2pkASGE>

The Point Robinson location has been identified by The Whale Trail as one of the best places to watch whales from shore. The new sign was funded by the Washington State Department of Fish and Wildlife and customized for the Point Robinson site with the assistance of Vashon resident Rebecca Benson, Point Robinson historian Bruce Haulman and Vashon Park staff Eric Wyatt.

“Life is filled with magical moments,” said Vashon Parks executive



Springer. Photo by Mark Sears

director Elaine Ott-Rocheford. “I count myself lucky to hold a front row seat to many spectacular sights from our own beloved park system. We are thrilled about the new Whale Trail sign being posted at Point Robinson Park, as it provides a ready education about the natural marine life wonders to be viewed from the park’s shoreline. The posting of the sign represents a perfect tribute to the story of Springer, the orphaned Orca, who was rescued off the north end of Vashon Island.”

The new Whale Trail sign is one of three funded by the state Fish and Wildlife Department. Others will be dedicated in the summer at Fay Bainbridge State Park and at Point Defiance.

“WDFW provides services that link our quality of life to healthy natural resources and ecosystems,” said Deputy Chief Mike Cenci with the Washington Department of Fish and Wildlife Police. “It’s a privilege to be a partner in this project where the public can view and appreciate the spectacle of these Northwest icons from shore. Watch for and wave at the Fish and Wildlife Police Boat that ensures protection of

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Strengthening What Matters Most To Us



By Karen Nelson

At All Island Forum meetings we take the questions, What’s like it for you? What’s it like for me?, as purposeful leverage points to grow our capacity and health in community. In 2017, AIF has been convening almost monthly since the maelstrom hit us hard in pre-inauguration and continues as the resistance digs in for the long-haul.

AIF’s meeting flow follows a pattern of raising seed questions and pausing to sense into our responses through a variety of methods. We’ve continued to use mapping — a process of standing on a continuum numbered from 1-10. We find the spot that best represents one’s own measurement to the question being asked. Everyone does this at the same time, so we get to see how we individually fit inside the bigger picture of the group. We often mention what drove us to choose a particular point on the scale.

We also use simple reflections to help us become present in our body. From a grounded place we may come up with a few words — often contradictory seeming, to describe our inner feeling state about the topic. These we share respectfully round the circle, creating a kind of “word salad”, tossing the group response into one big nutritious feast of witnessing ourselves.

Last meeting we used the mapping questions, “What is your current level of stamina/energy in the resistance?” and, “What is your current level of hope for making a real difference?” For one example, I was surprised to find that my energy level felt about a 4, meaning I have some energy but that I wish to boost my activity in the resistance. My hope level

was actually about an 8, because deep down I feel that hope and prayer is all we really have to keep us going.

Some seed questions for “Looking Out for Each Other in the Resistance”, the June 1, 7-9pm meeting at Vashon Library, include:

- What is my internal experience with all that is coming at me? What thoughts prevail in my mind? What feelings come up for me? What is my story as the months roll on?
- How am I dealing with important family and friend relationships that are impacted by what’s unfolding?
- What happens in me as I listen to you, your thoughts and feelings, your story?
- In my communities (small and large), where and how am I moved to act?
- What are my strengths in this resistance? What do I want to accomplish?
- What is my niche in all that needs to be done? How can I better align my actions with what I want?
- How do I read my own energy and resilience right now? What do I need from others to continue in my efforts? What will help me to sustain my efforts over the long run?

All Island Forum is committed to offer monthly meetings to continue this community conversation. Beyond June 1, we have dates slated for July 13 and August 10. These meetings are open to everyone — each time is different and reflects the needs and thoughts of the group that gathers. Our’s is a unique time of individual, collective and community uprising. What’s your story, we’d like to listen.

The Road to Resilience

Owning

By Terry Sullivan,

Last issue, I was talking about the various dichotomies that define each of us, conservative/liberal, authoritarian/libertarian, naturist (my version)/humanist. There is another that we mostly don’t freely choose but has a very great influence on our lives. We are all to varying degrees owners and non-owners. To the extent that we are owners, we have more control over our lives, we can live more cheaply, and, if we own stocks, bonds, real estate or maybe companies, we can often gain income that is on an order of magnitude greater than what one can earn through labor. To the extent that we are non-owners, we have less control over our lives, have a harder time making ends meet, and must work for compensation.

The effect of this division is often the biggest single factor in our lives but is so pervasive, we tend to take it for granted. I own my home and therefore don’t need to worry so much about where I will be living, and I don’t need to worry that my cost of living there is going to change abruptly or unexpectedly. I was very lucky to have arrived here in the 1970’s when land was incredibly cheap. I can tell you that I wouldn’t be able to set so much as a toe on this island if I

were to arrive here today. The fact that I don’t have much income really isn’t that important because my costs are low and relatively predictable. It means I have a greater choice of how I will make a living. I don’t need as much, and I can build in income capacity on the property that I own. If I owned more property than I personally could use, I might be able to rent out the rest. Living on rental income is a popular solution to income security here on Vashon. I realize that all of this sounds like the wildest and most desirable dream to those of us that are non-owners.

It’s not impossible to make the transition to ownership, but it is pretty damn hard. It is still true to some extent that a non-owner can become an owner through hard work, persistence, and intelligent decision-making. Bill Gates didn’t start at the bottom, but he has a right to claim that he made his own fortune. A competitive, enterprising person with good business sense can still rise from lowly beginnings, but, without reliable home security and job security, not to mention health security, one has to rely to a considerable degree on good connections and luck.

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Celebrate Springer Vashon!
Saturday, May 20, 1pm

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Sunday, May 21, 2pm

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Show information or Article and get included in
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Send to: Editor@vashonloop.com

Get in The Loop

Submissions to the Loop

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

A Sacred Matriarch’s Legacy

Saturday, April 29, 2:00 PM, at the Ober Park Performance Room, First Nations whale conservationists Orca Annie Stateler and Odin Lonning present “Granny’s Gift - J2: A Sacred Matriarch’s Legacy,” with special guest, researcher Mark Sears. Tickets are \$8.00, available in advance at the Vashon Book Shop. Call 206-463-9041 for more information

Looking for knitters, crocheters and weavers

Vashon knitters will be holding “A Scarf and more Sale” in mid-November to raise funds to be shared with the IFCH (Inter-Faith Council (to Prevent) Homelessness and the Vashon-Maury Food Bank. Proceeds will be shared between the two organizations.

If you knit, crochet, or weave and would like to donate scarfs, mittens, fingerless gloves or hats we would appreciate your skills and talents to add to Sale items.

Please contact, Lois Yunker 206-465-5841. -Lois.yunker@gmail.com. If you would like to participate. Items will be collected the 1st week of November and more information will be forth coming.

Vashon Social Dance Group Monthly Dance & Lesson

Happy Spring!!! Come dance with us on Saturday May 13th for the monthly Vashon Social Dance Group lesson and dance. Saturday May 13th from 7:00 - 9:30 pm. East Coast Swing lesson at 7:00 pm, followed by a variety dance

8:00 - 9:30 pm in the performance hall at Ober Park. Spring has sprung! Come out and warm up for some spring and summer dancing. Saturday May 13

Vashon Social Dance Group Lesson & Dance Ober Park Performance Hall - 17130 Vashon Hwy SW (Vashon Park District Office Building) 7:00 pm East Coast Swing Dance lesson at 7:00 pm.

8:00 - 9:30 pm Dance to an eclectic selection of music for a variety of partner dancing.

No partner needed. Come and bring anyone interested in dancing! Suggested donation: \$10

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!

All Island Forum June

We are continuing monthly gatherings to share our personal experiences of living in these turbulent and changing times. Coming together to hear and speak of what’s on our hearts and minds can nurture our capacity to sustain energy and initiative. Building cohesion and meaningful relationship can strengthen our ability to align our actions with what matters most to us. We’ll listen, learn, reflect and support each other – whether we are already active in the resistance or simply wondering what to do in these difficult times. This is a unique time of individual, collective and community uprising. What’s your story? We’d like to listen.

All Island Forum at Vashon Library June 1, 7-9p Looking Out For Each Other in the Resistance: What’s it like for you? What’s it like for me? ALL ARE WELCOME more info at allislandforum.org

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Death Cafe

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

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

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

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

Death Cafe At Vashon Intuitive Arts on Sunday, May 28 from 1:30 to 3 PM at Vashon Intuitive Arts

Mark your Calendar!

Open Space for Arts & Community invites you to the Big O – O Yes! Gala & Auction 5 pm, Saturday, May 20 in the Open Space Grand Hall. Be entertained by the fabulous Kevin Kent of Teatro Zinzanni fame, Auctioneer Laura Michalek, silent and live auctions, delectable dinner and libations, O Yes!

Open Space begins major renovation two days later to create more classrooms, heat, windows and comfort for Arts and Community! Tickets, \$50 per person, are available now at BrownPaperTickets.com.

For more information, go to OpenSpaceVashon.com and find us on Facebook.

Quilt Guild meeting

Guests from La Conner to speak at Quilt Guild meeting The Vashon Quilt Guild will host speakers from the Pacific Northwest Quilt & Fiber Arts Museum (previously the La Conner Quilt & Textile Museum) at their meeting on Tuesday, May 16 beginning at 10am in the green room at the Vashon Center for the Arts.

Kathleen Kok, museum curator and collection manager and Amy Green, Executive Director will also have antique quilts from the museum’s collection. Guests are welcome, refreshments are served.

Scholarship Foundation’s Scholarship Ceremony

Vashon Community Scholarship Foundation’s Scholarship Ceremony for graduating seniors will be held at Vashon High School on May 31 at 6:00 PM. The ceremony honors graduating seniors who have completed a scholarship notebook; each attending senior will receive a community scholarship.

Creating the Life You Want: A Woman’s Body-Wise Playgroup

Beginning Wed. May 31st 7-9 PM at a location near town center, Kristina Turner, Hendricks Certified Coach invites women to conceive, gestate, birth and nurture the life changes you truly want. Discover how to play with issues that refuse to budge when you push and struggle.

Series of 4, \$70. To learn more and register, call (206) 463-2796 or email connect@kristinaturner.com

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The Vashon Loop

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Published every other week
by Sallen Group
©May 11, 2017 Vol. XIV, #10

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Ride the Bus, if You Behave



By Seán_C._Malone

Photo, Vashon Heritage Museum

Mr. Spaulding was a mean old man who didn't like kids and us kids made him mean. He wore a worn out old fedora and was our school bus driver on the Cove/ Colvos run in 1949. Hubert Spaulding lived down the worst road on Vashon, the Burma Road. It was so steep and twisty that the school bus didn't even go down there. The kids who lived down Burma Road walked out. That road was so treacherous that Mom ran our brand new Super 88 Oldsmobile over the edge. None of the Cub Scouts she was driving home were hurt.

Though our garage was falling down and in need of repair, Dad carefully split a hundred or more cedar shakes and built us a three sided shelter so we wouldn't get wet waiting for the school bus. There was a favorite apple tree at the end of our peach orchard whose apples were small and hard and the skin "snapped" when you bit into it. Then, my hunting jacket had a pouch in back where I could stuff a half-dozen apples for snacks at school and then run up the hill to jump on the bus. Mr. Spaulding would honk his horn once if you were late and then pull out if he couldn't see you coming.

He opened the school bus door one morning, with a deep frown on his face and a pile of white bandages on his head with his partially-torn old fedora perched on top of the bandages. "What happened to you?" Kit Bradley asked as we climbed the stairs of the bus. Bradleys lived right next door and we rode the bus together. "I was splitting wood on the chopping block and a piece flew up and clipped me hard," Mr. Spaulding said. "Never go to chop a piece of wood with another piece lying on the block."

That accident has stuck with me for sixty years, though I had an accident with the ax not long after Mr. Spaulding's. Leaning a small log against another, I took a swing at the log and it fell over and I drove the ax clear through my boot and my Mom's red knitted wool sock with nary a spot of blood. I was lucky and mad because my Red Wing boots were new and I kept that old wool sock in my drawer for twenty years, just to remind me.

They were calling for lots of snow, in fact, we had four feet the winter of 1949, and

I've heard that from two people. There was lots of snow on the ground that morning so long ago, and we glued our ears to the radio for the morning school closures and Vashon wasn't mentioned. "Darn," Sister Molly said." "We had to climb the hill to Cove Road and shiver in the cedar shake shelter to wait for Mr. Spaulding who was hardly ever late." We would do anything to get out of school and when Mr. Spaulding started up Joslin's hill, the bus tires started to spin and we did our best to rock the bus by shifting our weight across the aisle, trying to drive the bus into the ditch and it happened. We piled out of the bus to run back home, throwing snow balls at each other all the way down the hill. I doubt that Mr. Spaulding ever forgave us and it only made him meaner. One time, Dale Bates got thrown off the bus, just for laughing too much.

The door in the back of the bus was never opened and held a fascination for us trouble-makers who always sat in the back of the bus, the furthest we could get from Mr. Spaulding. Maybe it was the word EMERGENCY that got our adrenalin going, as if we didn't have enough already. We plotted how we could get the emergency door open. The door handle was behind the rear seat and hard to get to. If you even grabbed the handle a loud buzzer would go off. Joe Bianchi came up with the answer. He had a small smoke bomb left over from the 4th of July. It went off and filled the bus with black smoke, causing Mr. Spaulding to slam on the brakes and we tumbled out the door that was never opened. Mrs. Bianchi was called to the principal's office to find her son in detention. Mr. Moore was a kind principal but he kept a two foot rubber hose under his desk, which he would haul out and slap the palm of his hand with, as he silently sat waiting for an explanation for our lack of behavior.

Now, what could Dave Church and I have been fighting about the day he said I beat him up on the school bus taking us to Dockton for swimming lessons? Neither David nor I can remember.

Sean@vashonloop.com

Develop your maritime skills at our hands-on Tech Talk open house

You can read about it, hear about it and cogitate on it, but sometimes you just have to get hands-on to really master key boating skills. Join the Quartermaster Yacht Club team, on their docks, for our Hands-On Tech Talk Open House the weekend of May 20 and 21 to do just that. Located down the hill from the pump house at 23428 Vashon Hwy SW, Vashon, you can park on Vashon Hwy or across the street from the pump house in the parking lot. This Tech Talk weekend will feature:

Saturday, May 20, 8AM - 10AM: VHF Radio use with Susie Jones

From your boat or using one of our handheld radios, get on the air and spiff up your maritime communication protocol! Practice boat to boat hailing, switching to working channels and signing off to gain practical experience with this essential equipment. Meet at the Quartermaster Yacht Club clubhouse at either 8AM or 9AM for a short review before heading to the boats.

Saturday, May 20, 10AM - 4PM: Man Overboard Rescue Procedures with Suzanna Leigh & Jim Hauser

Imagine just the two of you cruising Puget Sound enjoying the water and looking forward to a cozy anchorage and dinner.... when your partner trips and falls overboard! Now what!?

The Life Sling Practice Tech Talk will tell you, show you, and coach you how to get your partner back on board safely and quickly.

We have a slide show and a video to give you the idea. We'll have a demonstration on land so you can handle the equipment yourself.

We'll have both power and sailboats complete with volunteers to fall overboard so you can take your turn at rescue.

This could be six very important hours in your boating life.

Join us by pre-registering at leigh.suzanna@gmail.com

Sunday, May 21, 8AM - Noon: CPR/ AED overview with Vashon Island Fire & Rescue

Show up and sign in early for one of four sessions, of six students per session, to practice the latest CPR procedures and review the operation of the Automatic Electronic Defibrillator (AED). Presented by VIFR, this overview does not result in a certificate, just hands on skills improvement. Signup sheets will be posted at 7:30AM Sunday morning at the Quartermaster Yacht Club clubhouse.

Sunday, May 21, 8AM - Noon: Knot tying with Jeanne Dougherty and Tim Reagan

You can't do much boating without knowing something about knots. Grab a line and let Jeanne and Tim show you how to tie the cleat hitch, bowline, figure eight & clove hitch! Drop by any time between 8AM and Noon at an open knot tying station.

Sunday, May 21, 9AM - 11AM: Flare use with Kevin Jones

Ever lit off a marine flare? Think you might want to before you need to? Good idea! Captain Burke will show you how to use hand held and aerial flares in a safe, controlled environment. Gain the skill and confidence to use these mandatory marine safety devices. Sign

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Remembering May 16, 1942

May 16, is the 75th Anniversary of the exile and imprisonment of the Vashon Japanese American Community during WW II. Come remember and reflect upon this unjust forced removal and incarceration of our neighbors, and demonstrate our resolve that we will never let this happen again.

Under President Roosevelt's Executive Order 9066 that was issued on February 19, 1942, Civilian Exclusion Order No. 68 ordered all "all persons of Japanese ancestry, both alien and non- alien" on Vashon to report by noon on May 16, 1942 to the Vashon Island Community House located at what is now Ober Park. This was Vashon's part in the larger West Coast Exclusion Zone removal of over 120,000 residents of Japanese ancestry.

At noon on May 16, 1942 the Japanese Americans on the island were assembled, loaded on to military trucks with armed guards, and taken to the North End ferry dock where a special ferry took them to Seattle and to trains waiting to transport them to Pinedale, California where they began 3 years imprisonment in the American concentration camps. Another four island Japanese Americans voluntarily relocated before the removal. Later, some of these imprisoned islanders served in the uniform of the country that imprisoned them.

As a result of these actions, some Japanese American islanders lost homes and farms, and family and community connections. Only about one-third returned to the island after the War. In addition to the complete violation of their civil liberties, the wartime treatment of Japanese Americans was extreme and



sweeping, uprooting entire communities, tearing apart families, and irrevocably changing lives.

Mary Matsuda Gruenewald will read about her experience that day from her book Looking Like the Enemy, Barbara Steen, an Island resident who was present that day, will speak about her experience, a Lonny Kaneko poem will be read, and Miyoko Matsuda will read the names of families exiled from Vashon.

This important event is co-sponsored by five Island groups, Friends of Mukai, Vashon Heritage Museum, Vashon Japanese American Research Project, Vashon Land Trust, and Vashon Park District.

Island Life

Water World Two

By Peter Ray
pgray@vashonloop.com

I sort of remember last time saying something about a partial report from Arizona in need of completion. As it is, sort of remembering is kind of how it is these days, which I believe can at least partly be attributed to creeping old fartism, combined with a certain lack of urgency in many of my filing systems. Most times, when there is an uncertainty factor that also creeps in, I usually go back to check, which in this case has indicated that I do need to finish a report from the wet and dry desert and a swimming event we attended there. The first of four days had passed when the deadline for this space was almost at hand, as it is once again, and so write we must.

While pretty much all swimming events are concerned with elapsed time, it is apparent that the S.C.A.R. open water swim is more about distance and completion and the camaraderie that comes from all that than it is about split second time readouts and energy bursting dashes across the finish line. In all four swims at Saguaro, Canyon, Apache and Roosevelt Lakes, the finish is the string of buoys that stretch across the water a good distance from the dam the swim goes to each day. There are no bleachers or grandstands or legions of timing officials- just a pontoon boat with a couple of event officials asking what the number of the swimmer is who is finishing and someone to enter that on a tablet along with a finish time. There is also usually at least one other pontoon boat there waiting and collecting the finishers as they come in, and then it leaves for the staging area when it has reached its max capacity of weary finishers. At the second days end, I heard there was also a curious rattlesnake that swam by with no one in the water either

on these longer swims, one is also picking routes that hopefully are the shortest distances between points. You are also there to keep tabs on where all the competition is and whether a better line might mean getting to the finish faster because we covered less distance than they did. Day two saw the completion of the second nine mile swim in two days, with the big one-seventeen miles- on the agenda for the next day, but first there was the need for food and rest.

As the sun lit up the curtains the next morning, one could hear a sound outside that was not a welcome one. Being still fairly early, any indication of wind was not encouraging, since when it comes before the sun has warmed things up a bit that usually means things could only get worse, which they did. Wendy had been complaining of a sore shoulder and hip from fighting some wind and waves on day two, and the two flags on the pole outside our window were already standing straight out, indicating that the day could be spent swimming and paddling directly into it. There was also the issue of the daily time limit, where each day's swims were given a time where swimmers who had not yet completed the course would be pulled from the water. The thought of beating herself up all day, possibly making her shoulder worse and then not being able to swim the next day while at the same not completing the third day's swim weighed in heavily that morning, and with the wind only looking stronger after breakfast it was decided that we would sit this day out and finish up strong on Saturday.

This turned out to be a wise choice. Around two that afternoon the first swimmers began crossing the wide part of the lake in front of the motel where we were staying. This was a little beyond the halfway point, and with it being relatively unsheltered from the wind, whitecaps were the norm across the lake surface all day. While the swimmers were battling the



Nature immersion program for 5-8 year olds



Vashon Wilderness Program will expand our programs with a new nature immersion program for 5-8 year olds. Coyote Kids is a new place-based, nature immersion program that will meet on the campus of Vashon's Chautauqua Elementary on late start Thursdays when teachers are engaged in staff development. As with all VWP programs, Coyote Kids will nourish children's deep relationship between themselves, each other and the natural world.

Vashon Wilderness Program has helped over 2100 kids, teens, adults, and families to transform through their renowned educational approach called Coyote Mentoring, which Richard Louv, author of The Nature Principle and the national bestseller Last Child In the Woods, touts as "... good medicine for nature deficit disorder." David Sobel, author of Beyond Ecophobia: Reclaiming the Heart in Nature Education, says that Coyote Mentoring is "... nature education as it should be — mysterious, timeless, hopeful, evocative and playful."

"We have wait lists for all of our programs, but they are especially long among this age group," says VWP Executive Director Stacey Hinden. Coyote Kids aims to meet some of the community's demand for VWP's programs, while providing an enriching way to start the day for children who attend the elementary school. "Spending time in nature has been shown to increase memory and ability to recall information, and stimulate the brain's capacity for

further learning, as well as increase creativity, flexibility, cooperation, self-awareness, stress reduction, and happiness," Hinden states.

VWP's skilled mentors will help children enrolled in Coyote Kids to develop keen sensory awareness and observation skills, wilderness survival and naturalist skills, and a deeper sense of connection to the forest and pond that surround their school. While not a Vashon Island School District program, CES Principal Rebecca Goertzel is supportive. "It's a great opportunity for our students to have more experiences in our woods, and to bring the Vashon Wilderness Program experience to our property."

Coyote Kids will begin in September 2017, and will follow the Vashon Island School District calendar for late start Thursdays. The program will meet from 9:00am - 11:15am; children will be accompanied to school by VWP's mentors.

A free information session is scheduled on May 22nd at 7pm at the Vashon Library. Children and parents are invited to meet the instructors and ask questions about the program.

For more information visit: vashonwildernessprogram.org



threatened or aware of its presence.

This second day was, from my perspective, the most dramatic in terms of scenery, as it thoroughly lived up to its lake's namesake- Canyon. Pretty much from start to finish the course of this swim was edged in sheer rock faces and ragged shorelines which changed around each twist and turn along the way. Some might say that as the safety support kayaker for Wendy, I should perhaps be keeping an eye on her progress throughout the day, to which I would respond that I am- with my ears. One can tell volumes about what and how a swimmer is doing just by listening. There are certain sounds that can tell you what is happening in the water beside you- how each stroke enters the water along with the beat and force of the kick speaks volumes about how a swimmer is doing and feeling, and of course the very existence of a watery beat and splash indicates that there is someone still swimming next to you, so you are able to do a bit of sight seeing and picture taking between watching ahead in the water for obstacles like driftwood, floats or, very rarely- snakes. There is also the need to keep an eye on your watch to know when each feeding is coming up so you can have the drinks bottle and energy gels ready while picking a spot that might be out of a wind gust area or not in front of a trailing swimmer coming from behind and on a different feeding schedule. Since the kayaker is also doing the navigating

incessant waves, the kayakers struggled against both waves and wind, with a few flipping over and many having to be towed back to their swimmers, having temporarily lost the battle of the gusts and leaving their swimmers without fuel or guidance. In the end, only four of twenty eight starters finished the day, which was at least some sort of vindication for having opted for dry land instead of doing battle on what might as well have been the high seas.

Day four broke bright and calm, with many- if not all- looking to the lake and asking why it could not have been this pleasant just 24 hours before. While it was ideal conditions right then, there was a still a bit of weather concern since the final leg was also a late evening and night swim, and the winds still had plenty of time to kick up before the first swimmer hit the water. My biggest concern at this point was whether or not I would have enough time to trick out my boat with the lights we had brought along. Harkening back to the nights we had spent out in the dark of the Black Rock Desert at Burning Man, I had gone out in search of appropriately waterproof lighting to make the boat both visible and, of course, stylin'. A few weeks before we left for the race I had found strands of green and blue waterproof LED's and a solar, inflatable light that glowed in a number of either solitary or changing colors. I also found two strap-on red lights

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Loose Change

R&B Band

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

Spiritual Smart Aleck

There's a Dance or Two in the Dinosaurs Yet

Consider our indigenous people.

We believe that they came across a land bridge from Siberia and from there spread south through the Americas. There is some evidence that aboriginal people from Australia sailed in and settled in South America and Baja California, as well.

Tools and arrowheads found near Clovis, New Mexico, are thought to be 12,500 years old, and were considered the oldest evidence of native people here until more tools, scrapers, and points were found near Austin, Texas, that date to 15,500 years ago.

So. Fifteen thousand five hundred years ago, about 13,500 B.C.E. by our reckoning, native people had been here long enough to populate the American continents.

I went to my Grun's "The Timetables of History (The New Third Revised Edition)" to see what was going on in the world at that time.

Well, guess what. It only goes back to 5,000 B.C.E. It notes that there was an Egyptian calendar of 360 days, 12 months of 30 days each, and that the earliest cities were founded in Mesopotamia.

So guess further what. The American continents do not enter in to this comprehensive "timetable of history" that far back because it was compiled by Europeans for whom the American continents did not exist until a little over five hundred years ago.

You'd think someone would have the bright idea of updating a "comprehensive history" to include the history of all the world, but no. Egypt is covered extensively, but the rest of Africa? Hah. The Roman Empire gets a lot of play. There are odd mentions of China and Japan. It's the history I was taught in the 1950s and 1960s.



By Mary Tuel

The history of America does not begin until the white Europeans arrive.

So, for 15,000 years and more, indigenous people lived here, from Alaska to the tip of Chile, from the Pacific to the Atlantic. They traded with one another, they warred with one another, they made agreements, they fell out, they banded together. They were nomadic, and they built cities. They had arts, music, and dance, they had languages and spiritual and commercial practices. They built civilizations which flourished for hundreds or even thousands of years. They had codes, and laws.

They managed fine, with only brief visits from Vikings on the Atlantic coast, and Asians and Russians on the Pacific coast (there is that Chinese ship stranded inland down in Oregon).

Fifteen thousand years of tribes, cultures, and civilizations.

And then the white Europeans arrived. Thousands of years of indigenous peoples' tribes, cultures, civilizations, and communities were almost destroyed in fewer than five hundred years. Just. Like. That.

The United States of America has officially existed for 241 years. A spit in the wind of time. Now our little experiment of a republic seems to be getting flushed down the hole by the greed of a few guys of mainly European extraction who already have more money than they could ever spend, a profound hatred of women and the poor and the old and the non-white, and an amoral code of behavior which is impervious to reason. These are people who find our Constitution and the system of checks and balances in our government impediments to their goals.

I said to a friend the other day, "Sometimes I think we are the dinosaurs, and Trump is the asteroid."

Pause. Deep breath. Let it out slowly. Keep breathing.

I believe we must take care of one another and of ourselves. Get

Vashon Poetry Festival: Weaving Words That Bring Us Together

The bi-annual Vashon Poetry Festival appears every odd-numbered year. This tradition, begun in 2009, alternates between the Vashon and Skagit Poetry Festivals (held on even years), allowing top Washington poets to come to the Island as special guests.

Washington State Poet Laureate Tod Marshall and Seattle Civic Poet Claudia Castro Luna will read for the Festival's closing night. Both poets espouse the belief that poetry is for everyone.

That spirit is reflected in the 2017 Poetry Festival theme: Weaving words that bring us together. This theme underscores the proposition that poetry is a site that welcomes the plurality and richness of all voices of our community.

Tod Marshall, a professor at Gonzaga University, travels the state as Poet Laureate, and re-connects Washington to the power of poetry. His third and latest collection of poetry is Bugle (2014); his second collection, The Tangled Line (2009), was a finalist for the Washington State Book Award.

Claudia Castro Luna, born in El Salvador, lives in Seattle and is the first Seattle Civic Poet to be given the honor. She is the author of The City, recipient of a King County 4Culture grant and a Jack Straw Fellow. She writes in English and Spanish and her workshop will be bi-lingual. As Seattle's Civic Poet, she helps celebrate the city's rich literary community, and cultivates the future of literary arts through community engagement.

your sleep, laugh often, love your friends and family. Sing. Write a poem. Encourage one another. Be kind. Be angry. Resist.

Some of us will die before this unfolding apocalypse is over, but we must keep working in the sure and certain knowledge that our children and grandchildren do not deserve this.

Human beings excel at committing atrocities, we know that, but there's a dance or two in the old dinosaurs yet. If there is anyone left to record history, let them record that there were people who resisted the forces of evil.

Consider, once more, our indigenous people. They were proud and independent and free for much longer than we whiteys have strutted around here. They fought to preserve their way of life. They lost. They are fighting now, to be recognized and respected as human beings even though they are so few, and even though the forces against them are so great.

Way to go, First Nations. I hope we pantywaist, bleeding heart, pot smoking, infighting progressives can follow your example.

Peace.

Vashon Poetry Festival



Two days of workshops, readings & performances all around town

WA State Poet Laureate *Tod Marshall*, with Seattle's first ever Civic Poet *Claudia Castro Luna*, and local wordsmiths including Vashon's *two* current poets laureate • Free open mic poetry reading on Friday night at the Red Bike

Full schedule of events: www.vashoncenterforthearts.org



While on Vashon, both poets will visit schools, participate in Friday's Open Mic, lead Saturday workshops, and enjoy the island as its guests, before gracing Kay White Hall for the closing night reading. The Vashon Poetry Society feels that now more than ever, we need to be clear that poetry is for everyone, and knows no borders.

Poetry brings people together, reflects the times we live in, touches us deeply and inspires hope in the heart. All ages are invited to all Poetry Festival events, readings and workshops. For the complete

Vashon Poetry Festival schedule, please visit the VCA website.

Any inquiries can be directed to: vashonpoetryfestival@gmail.com

Vashon Poetry Festival
Tod Marshall and Claudia Castro Luna

Saturday, May 13, 7 pm
Katherine L White Hall, VCA

\$16 VCA Member/Student, \$18 Senior, \$20 General or pay what you can at the door

Tickets: VCA, Heron's Nest Gallery, VashonCenterfortheArts.org

Celebrate Springer

Continued from Page 1

the whales."

"Springer's story is an unqualified success - the only project of its kind in history," said Donna Sandstrom, director of The Whale Trail and organizer of the Vashon Island event. "We hope her story inspires people to join us in working on issues facing our endangered southern resident orcas today, with the same urgency, courage and resolve."

"Celebrate Springer!" events will continue in June and

July with programs at NOAA Fisheries, Whale Trail Orca Talk, Whale Trail sign dedications, and conclude with a three-day program at Telegraph Cove, British Columbia, where Springer was released in 2002 and rejoined her Northern Resident family.

For more information, check out the Celebrate Springer Facebook page, <https://www.facebook.com/events/429431634086839>, and The Whale Trail, <http://thewhaletrail.org/event/celebrate-springer-vashon>

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TRASH TALK

To grow more local food, plant edibles in the flower garden as well as in the kitchen garden. Strawberries make excellent ground cover. Tomatoes, kale, and carrots thrive among flowers or in pots. Edible flowers like pansies, calendula, and violets lend beauty to salads as well as backyards. Food grown at home saves transportation and storage costs. It is fresh, delicious, healthy, and priceless.

ZERO WASTE VASHON
www.zerowastevashon.org



Aries (March 20-April 19)
Honesty will be the best policy this week, which includes keeping silent on issues that you’re not an authority on. Instead, devote your energy to discovering the truth, rather than taking shots and stabs at what it may be. Mars, your ruling planet, is in Gemini, making a square to Neptune. That’s a potentially volatile setup, and you could easily be provocative in a way that’s not helpful to anyone. Instead, monitor your mind for any self-destructive tendencies. Keep yourself out of situations that are potentially harmful or where you simply don’t belong, and focus on your creative goals. Astrology that’s terrible for drinking and arguing is (in this case) excellent for writing, making art and partying in the comfort of your own home. You’re likely to feel the desire to stretch your limits and do what you might not ordinarily do; just make sure you’ve defined your boundaries first.

Taurus (April 19-May 20)
The Sun in your birth sign is making a trine to Pluto and Juno, which is providing an opening to resolve a partnership issue. Yet this will only work if everyone is upfront about what they want and what they expect from others. To this discussion, make sure you bring everything that you’re willing to offer. This simply must be a two-sided process, based on give and receive rather than give and take. You can be bold about your plans and your agenda, but make sure that you leave yourself the mental space to be flexible. It would be easiest overall if you started from that position and took a go-with-the-flow attitude, rather than pushing the river or trying to control events. You have much more in common with a close partner or love interest than you think — it’s a matter of discovering the particulars.

Gemini (May 20-June 21)
There’s a commonly held view that it’s OK to do anything necessary to succeed or win the game. You may take that approach this week, and it may work for a while. You would be wise to dial it back and never go into “the ends justify the means” thinking. The means — the way you do things, and any unintended consequences that result — will actually make a difference. You might focus on your process rather than your outcome. You’ll know you’re succeeding at this when you’re carefully assessing any and all consequences to yourself and to others, whether intended or not. You can find a creative solution or approach to any puzzle, problem or project, and you can do so without hurting anyone or anything. If you put that boundary in place, and proceed with restraint and full awareness, you will be even more brilliant and clever than usual.

Cancer (June 21-July 22)
This will be a marvelous week for your creative imagination. Yet like anyone in an exalted creative state, you may also be feeling a little edgy, with questions about what’s real and what is not. Remember that your own mind is the one thing that’s creating your perception of the universe. So you want to take care of your mind, which means giving yourself room to think. When you have a lot going on, and you clearly do, it’s essential to pace yourself. Allocate enough time for your projects, which includes time for eating and rest. Leave room for space between your thoughts, and time for recreation — no matter how much you have going on. You’re likely to feel like you’re under some extreme pressure, though this is false, and you must address that consciously. When you’re trying to get a lot done and do it really well, efficiency is the key.

Leo (July 22-Aug. 23)
There’s a new energy in your life these days, which is guiding you to be especially

devoted and potentially self-sacrificing. Go lavishly on the devotion part and sparingly on the sacrifice part. The new planetary influence is Vesta, the goddess of the hearth. Vesta is the perfect fusion of a spiritual influence and a practical one, and they work approximately the same way. Holding intention in the style of Vesta is about making space for something to happen. This includes emotional and physical space. If you want something to happen, clear out the room and make yourself available. With Vesta there’s one other thing, which is about having a central organizing principle. Think of this as the hearth in the middle of the home, around which all the other rooms are arranged. Again, we’re talking about something on the psychic or emotional level, and something in real space and time.

Virgo (Aug. 23-Sep. 22)
Continue to take special care both with people in authority, and with how you handle money — especially through any form of shared or community account. Mercury retrograde may have ended, though it’s still working itself out, and that must be handled with care. You need all the relevant information before you make any decisions — and two factors are influencing that. Mercury conjunct Uranus is saying that you still have one or two surprise discoveries to make. And Mars in your house of accountability and reputation is square Neptune. That’s saying that you will need to take extra steps to discern what’s true (and who is telling the truth), and this will take some time. On any matter of real importance, set at least a one-week schedule to get the information you need and then make the appropriate decisions. If you guess or act too soon, your chances are lower than 50/50 of getting it right. A week from today, you’ll be closer to 90% accurate.

Libra (Sep. 22-Oct. 23)
Even though you prefer to think things through impeccably and have all the loose ends tied up, this week give partners and loved ones plenty of room to be flaky. People around you are in “jump-in-now, figure-it-out-later” mode. There’s really no stopping them and they can’t help themselves, so you’ll need to be the one who takes up the slack and handles the overflow of logistical issues that might arise. Plan for things to go slightly over budget and run late, so take some extra money and be the one who herds people out the door and in the direction of the destination with some extra time to spare. This may be annoying but at least you’re not lonely. There are plenty of people around to keep you on your toes and solving problems before you even know about them. Amidst the confusion, you can set the social agenda. Pick out what you want to do and guide things in that direction.

Scorpio (Oct. 23-Nov. 22)
Yours is the sign of sex, and for about five different reasons, all the best sex astrology keeps coming your way. Events this week blend fantasy and reality. There’s a feeling of dive in and see whatever happens. This will work for art as well, though I would recommend staying away from dangerous sports unless you know what you’re doing and are unencumbered by newcomers to the activity. Whatever you do, keep the use of intoxicating substances down to a minimum. Mars square Neptune is the living incarnation of temptation. You may be inclined to indulge more than usual, which is fine, as long as you’re mindful of your boundaries, including when driving, in sensitive relational situations and anything involving money. Go out of your way to be fair and accommodating, and if you have an issue, be gentle in how you approach it — or set it aside for next week.

Sagittarius (Nov. 22-Dec. 22)
You must be honest with yourself before you can expect others to be honest with you. After all, you set the standards of your own life. One particular relationship may be playing on your insecurities, leading you to wonder whether someone you care about is on the up and up. Set any fears aside and presume the best in people, if you care about them. Mars, the planet of desire and motivation, is now making a long square aspect to Neptune, which is going to exaggerate your fears and suspicions, and the chances are that they are entirely unfounded. If you must handle any deeply personal questions, do so in a way that does not seem judgmental, accusatory or untrusting. Put your emphasis on having fun, which may turn out to be bolder than what you usually do for recreation.

Capricorn (Dec. 22-Jan. 20)
You have no special need for any form of a relationship other than one where you have fun and also that serves some practical purposes. In other words, skip the part about official status, appearances and the religious formalities. Stick to love and friendship, and that’s what you’ll get. You seem to be in a lengthy process of re-evaluating many of these questions, and when you get to the end of it, you may decide that it was all much ado about nothing. You need companionship, not status. You need friendship, not image. And you need most of all people who respect your home, which is your sanctuary. You’ve had enough samples of the opposite of all of those things that, by now, you already know where you stand with yourself. The views of others matter far less than you may think, but only if you agree to that.

Aquarius (Jan. 20-Feb. 19)
You seem to be driven by either a creative project or a new love interest.

Despite your passion, you might want to back off and burn your fuel a little more slowly and efficiently. That means going easy on spending, relying on the old-fashioned virtues of using what you have, eating some meals at home, and doing the more fulfilling kinds of recreation rather than what in today’s world passes for entertainment. An artistic project could be of high interest, and it would be the perfect space to explore a friendship or to spend time with kids. If you’re involved in any kind of professional (or serious amateur) creative endeavor, this will be a fulfilling week, rich with ideas and surprising new ways of looking at the world. Unplug your television and throw your favorite shawl over the thing.

Pisces (Feb. 19-March 20)
You may be feeling all kinds of restless, like you want to pounce on everything you haven’t finished in the past month all at once. Take your time with that. Slow and steady will get the job done, and you can afford to bide your time even on what seem like pressing matters. Some things you’ve identified as problems are well on the way to resolving themselves. Other things will benefit from still-forthcoming information that will reveal the underlying simplicity of the situation. The things to focus on are your larger and longer-range goals. You need to be setting your sights high right now, as you’re still under the influence of aspects that can indeed make you known for what you do. Yet this is a function of Saturn in your solar 10th house, which is to say, you must do the specific work of that area: building reputation, integrity and creative strength in the perfect braid.

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

VIA Seventh Anniversary Party!

Come join us
for a celebration of our
Metaphysical Community

Saturday, May 13

12 pm — 8:30 pm
17331 Vashon Hwy SW
(206) 463-0025

Buffalo Heart drumming: 11:45 am —12 pm
Harp music with Tim Hully: 12 pm —1 pm
Metaphysical Practitioner Q & A Panels
1:15 pm — 2 pm & 3:15 pm — 4 pm
Gong Concert: 2:15 pm —3 pm
Evening Dance: 6:30 pm — 8:30 pm
Feel good music with DJ MD
Door Prizes Hourly!
(Times approximate)
(Event is non-alcoholic)



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Vashon Engagement Fair

By Korina Knudson

It was an entertaining and inspiring evening. The Vashon Engagement Fair on May 4th.

Islanders met to share presentations from over a dozen local groups. Speakers from each group passed the mic and shared information on each group’s progress with the goal of keeping the mic time to 60 seconds. It was fun like a variety show and there seemed to be a full house.

Marie Browne MC’d the event and there was even a few seconds of music to welcome each speaker. There was lots of warm laughter in response to the recent 100 days of horror. Attending Groups: All Island Forum, Legislative Action Group, Building A Progressive Majority, Immigration/Refugee Group, Write To Resist, Carbon Free PSE Vashon, Indivisible Backbone, For Your



Consideration, Monthly Film Night, Monthly Potluck, Backbone Campaign, Citizen’s Climate Lobby, Alliance For Jobs and Clean Energy, Vashon Earth Day Celebration-2017, Resolution Vashon, Vashon SURJ, Vashon Climate Action Group, Vashon Huddle, Vashon Resettlement Committee, Code Pink. For more information and upcoming events please see the events calendar @ revolutionvashon.org

Island Life

Continued from Page 5

suited for handlebars and all-weather cycling. Everything on board could also blink. With a roll of waterproof , clear gorilla tape and plenty of time, I hit the water with the deck ringed with green and blue and a bike light on either end (just inside the drip cups) of the paddle. With the sun sinking toward the hills that contained the final dam goal on Roosevelt Lake, we headed out into a warm and calm evening, waiting for the darkness to arrive.

Just a few years ago, Wendy did her first 10K swim and had approached it as a monumental goal. This last swim was also a 10K, but having also done two nine milers already that week, this swim did not seem anywhere near as intimidating. I could tell from the sound of her swimming that she was feeling good that night. She had a faster cadence and the stroke sounded more assured- the day of recovery had helped quite a bit. When the afterglow was

all that was let of the day’s sun, and the lights on the back of Wendy’s bathing cap and suit started to glow more prominently I switched on all the onboard lighting. As it got darker, Wendy’s lights for some reason reminded me of the movie ‘20,000 Leagues Under the Sea’, as you could see the flash of her green and blue both above and below the surface as she stroked ever forward kind of like the lights on Captain Nemo’s Nautilus. She told me afterward that she could see the lights of my kayak through the water as well, and they made her navigation easier than expected as I aimed for the beacon on top of the bridge just before the dam and its string of warning buoys that waited at the finish. The only thing missing in this drive to the finish was some pulsing techno with a driving beat to take us home- we are looking for some waterproof speakers for next year.

Road to Resilience

Continued from Page 1

I don’t think that we owners fully understand the financial burden that non-ownership entails. When one is working full-time just to make rent, utilities, and very basic essentials, one does not have the time or spare cash to go to Costco to stock up on cheap food. One may not have the time or space to put in a garden. One most likely would not have the time or energy to think strategically about changing one’s life situation for the better.

You might say that this is the way it has always been, so what’s the big deal? The big deal is that it is much harder now to “get ahead.” The cost of living has way outstripped the basic wage income that you can expect today. More and more people are faced with the prospect of either becoming refugees in search of a region where the cost of living is lower or becoming homeless. Usually, though, the place with a lower cost of living is that way because there are no jobs. This is your classic “being stuck between a rock and a hard place.”

This is the place that Free Market Capitalism has gotten us. This morning I heard a historian relating a story about some corporate managers some 40 years ago who came to the conclusion that their workers were making great wages at the expense of their shareholders. What they were concluding was that, from then on, they would focus more narrowly on the prosperity of their shareholders. Classical Capitalist Economics views labor as a cost of doing business, so

anything that lowers costs is good, right? The problem with this viewpoint is that human labor is human lives. If you can’t secure your basic needs with the wages being paid, why work for them? This is why some smart and audacious people turn to illegal activity as a last resort.

In reality, all employers must realize that their responsibilities go far beyond their shareholders. Their business is not a separate entity but a cooperative organization that includes their workers, their consumers, and the community in which they operate. Germany has already institutionalized this fact. All corporate boards in Germany must include a 49% representation of employees, consumers, and community representatives.

Lack of affordable housing is but one symptom of a far more pervasive problem. Germany understands that and is prospering.

Clarification to the last column: As I referred to Anarchism as a respected idea, I failed to distinguish it from the black-clothed, window-breaking folks that give our non-violent protest marches a bad rep. Rebels of the Spanish Civil War considered themselves Anarchists, as does Noam Chomsky: another caution about making assumptions about labels.

Comments? terry@vashonloop.com

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

Vashon Library May Events

Children & Families

Teens

Brick Builders
Monday, May 1, 8, 15 and 22, 4pm
Ages 5 to 12 with adult.
We’re having a block party. Come build with us! All materials provided.

Family Story Times
Tuesday, May 2, 9, 16, 23 and 30, 11:30am
Newborn to age 6 with adult.
Build early literacy and early learning while you enjoy stories, rhymes and songs with Amelia.

May the 4th Be With You
Thursday, May 4, 4pm
All ages welcome.
Come celebrate Star Wars day at the library! We will have Lightsaber crafts and 3D pens. Feel free to dress up as your favorite character while you snack and chat about all things Star Wars!

IdeaX: Squishy Circuits
Tuesday, May 9, 4pm
Ages 7 to 12.
Use conductive and insulating dough to learn about electrical circuits. Light up some LEDs, turn on a buzzer, or turn a motor!

Make It! Suncatchers
Thursday, May 25, 4pm
Ages 6 to 12.
Celebrate the return of warm sunshine with a colorful piece of artwork to hang in a window.
All materials provided.

Tech Talk open house

Continued from Page 4

up before each hourly session, at 9AM and 10AM, on the signup sheets at the clubhouse.

Sunday, May 21, Noon – 2PM: Ground tackle inspection with Perry Hansen and Kevin Jones

Let us dispel any doubts about your ground tackle. Perry and Kevin will inspect your anchor, shackles, swivels, chain, line and any splices to assure you get a good night’s sleep while on the hook. Just to be clear, windlass inspection is not included. Your boat must be on the Quartermaster Yacht Club dock. Email kevinjonvash@gmail.com to sign up and make docking arrangements if needed.

Sunday, May 21, 2PM – 6PM: Anchoring practice with Perry Hanson, Bob Underwood, Nancy Lewis-Williams and Kevin Jones

Peep Pandemonium!
Wednesday, May 24, 3:30pm
Grades 6-12.
Come build catapults and trebuchets with basic office supplies. Test your creations to see how far or accurate your peep lands. No peep is safe at Peep Pandemonium!

Adults

Great Books Discussion Group
R.U.R. by Karel Capek
Monday, May 1, 6:30pm
Midday Café
Wednesday, May 3, 1pm
Play a game, color, or bring your own current craft project along! This is your space to relax and meet with friends. Enjoy a beverage and snacks!
Please Bring Your Own Mug (BYOM).

Democracy in Action
Sunday, May 7, 11am
Join your neighbors and spend time contacting your legislators about issues that are important to you. The library will provide contact information, issue information, bill progress and laptop use. The Vashon Friends of the Library will provide stamps, envelopes and blank postcards.

Tech Tutor
Thursday, May 25, 6pm
Have computer or software questions? TechTutor Volunteers are here for you. You may bring your own laptop, but TechTutors cannot provide hands-on or hardware assistance.

I recall how comforting it was to have a buddy along the first time I anchored out. Let our experienced team guide you and your crew as you anchor your boat in Quartermaster Harbor! We will depart the Quartermaster Yacht Club dock at 2PM for the short cruise to the “anchorage”. You will calculate the amount of anchor line needed, select your anchor position, then drop and set the anchor while one of our crew lends their expertise. Once everyone is “on the bottom” we will reverse the process and return to the dock. Bring your crew and your anchoring plans and try them out! Remember, our team is “hands off”, but will answer your questions and provide guidance as you practice this valuable boating skill. Twelve boats maximum. Email kevinjonvash@gmail.com to sign up.

Boots Needs A Home...

These boots are made for walkin’ - and runnin’ around the house! I’m young and active, but I’m always happy when my foster mom sits down so I can snuggle next to her. I like it when she pets me; I even let her play with my feet. Her dog and I get along, too.

Being around other felines turns me into a real sourpuss, so I have to find a home where I’m the only cat. I have so much personality, you won’t need any others!



Go To www.vipp.org Click on Adopt

Island Epicure



By Marj Watkins

A Vegetarian Main Dish

This week’s column features an Italian recipe for vegetarians and vegans, but anyone can enjoy it, even those who normally shun beans for fear of flatulence. The trick is to start a couple of days before you want to serve the delicious dish. You start from scratch with dried beans that you soak overnight, drain, let breathe for a while, rinse, let breathe, repeat until until you see tiny white tails fon most of the beans. In summer this can take only 18 hours; in winter, a couple of days. Obviously, this takes longer than just opening a can of beans--which would cause you gas when you ate them. Lightly sprouting dried beans is worth the time and effort.

Sprouting does not work as well with adzuki beans, though. They tend to turn bitter. Just soak them overnight or all day, then cook them. Those little red Japanese beans go well with rice, but for this Italian dish, red kidney beans seem to work best, keeping the sauce red. And the texture o each mouthful just right.

**Gluten Free
Pasta e Fagioli
3 to 4 servings**

2 Tablespoons coconut oil or light olive oil
½ large light brown onion,

diced
2 garlic cloves, minced
½ large brown onion, diced
2 kale leaves, center ribs removed, cut in 1 ½-inch squares
1 cup cooked red kidney beans
1 to 2 teaspoons Italian herb mix
½ package (4 ounces) brown rice fettuccini
1 Tablespoon extra virgin cold-pressed olive oil

Start the kale parboiling in saucepan. In a wide, deep skillet, heat the oil. Add the onion. Stir-fry it until it is glossy and beginning to change color. Add the garlic. Stir fry 2 more minutes.

Drain the kale when it is tender (after about 20 minutes cooking--depends on the variety of kale) . Add the tomatoes and kale to the skillet with the onion-garlic mixture in it. Add the cooked beans. Reduce heat beneath the skillet. Let this sauce simmer.

In a large sauce pan, in hot water brought to a boil, put the fettuccini and 2 teaspoons of olive oil,

Stir. If you have a large wooden cooking fork, use it to keep the fettuccini from sticking together.

Cook to the al dente stage. Drain and toss while drizzling in the last teaspoonful of excellent olive oil. Transfer to a serving bowl.

Transfer the sauce to a serving bowl or serve it from the skillet. (We use a handsome red skillet that looks fine on the table.) Each serving of a 3-serving divvying of the recipe yields 69 carbohydrates and 17 grams of protein. 44 of the carbs come from the fettuccini. If striving or a lower carb content for your meal, just take a smaller portion of the pasta.

Complete the meal with a salad of lettuce or chard plus diced cucumber and diced bell pepper. Offer olive oil and red wine vinegar to dress the salad. Salt is optional.

Ixcanul: a Mayan story of today’s dualisms, anchored against a backdrop of mesmerizing beauty and ritual

Woman’s Way Red Lodge presents a one night screening of Ixcanul, an arresting story about two strong indigenous Mayan women, Tuesday, May 23rd at 6 pm, at Vashon Theatre. Admission is by donation, with all proceeds going to support women and children in Nepal and Kenya.

In the film, Maria, a 17 year old Mayan girl, lives and works with her parents on a coffee plantation in the foothills of an active volcano in Guatemala. An arranged marriage awaits her. But Maria wants more out of life, and Pepe, a young coffee cutter who plans to migrate to the US, becomes her possible way out. The landscape’s beauty, the Mayan daily rituals, and the non-professional actors render this award-winning film a sublime portrait of both hardships endured, women’s strength, and the strong mother-daughter bond.

The “stunning” debut (Roger Ebert) by Guatemalan filmmaker Jayro Bustamante, Ixcanul is a mesmerizing fusion of fact and fable, a dreamlike depiction of the daily lives of Kaqchikel-speaking Mayans on a coffee plantation at the base of an active volcano. Immersing us in its characters’ customs and beliefs, Ixcanul chronicles with unblinking realism, a disappearing tradition



and a disappearing people. It is the first film to be produced in the Kaqchikel language, and it explores the racism between the rural Mayans and the urban Guatemalans. It also touches on the misconceptions and fantasies of immigrants, dreaming of a new life in the US. Linguistic, economic and physical barriers are explored in this film featuring two strong women characters and the beautiful, complicated bond they share.

The film is part of Red Lodge’s annual “Reach Across the Globe” fundraiser, raising money for CEPACET in Kenya and Sahayatri in Nepal. Red Lodge’s goal this year is to raise \$1500 to start a poultry farm in rural Kenya that will provide

economic empowerment to 18 grandmothers who care for orphans, as well as provide food for the orphanage. Also, we are striving to raise \$1500 to build a new house for Maya, a single woman with three children who lost her house during the 2015 7.8M earthquake. Will you help support these efforts by attending the film and making a contribution? Even a small amount goes a long way and you can truly make a difference in the lives of our sisters across the globe. All donations are tax-deductible.

The film is recommended for mature audiences. Red Lodge thanks Island GreenTech and Vashon Theatre for making this screening possible.

A Hero of our Time: (Mother’s Day)

Pechorin, a young officer, embarks on a journey across the majestic mountains of the Caucasus, on a path set by his passionate encounters. Disillusioned and careless, he inflicts pain upon himself and the women around him...

“Give me everything, it is still not enough.” The story based on the larger-□than-□life hero Pechorin is adapted from Mikhail Lermontov’s literary masterpiece in three separate stories recounting his heartbreaking betrayals. Is Pechorin a real hero? Or is he a man like any other? This brand new production by choreographer Yuri Possokhov is a tragic poetic journey that can only be seen at the Bolshoi.

Audiences across the globe will be able to enjoy these outstanding performances with the Bolshoi principals, soloists



and corps de ballet, in cinemas only.

New production/Running time 2:45

Music Ilya Demutsky
Choreography Yuri Possokhov
Libretto Kirill Serebrennikov

Cast The Bolshoi Principals, Soloists and Corps de Ballet.

A Hero of our Time: (Mother’s Day), Sunday May 14th at 1:00 \$15/ \$14. The Vashon Theatre

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Del Vox

Del Vox's members come from long standing musical acts with diverse backgrounds. They've played a variety of venues and festivals across both the US, Europe, and Australia.

Members include Sherri Jerome guitar and vocals (Strange Jerome, Jealous Dogs), Aimee Zoe Tubbs on the drums (JackRabbit, MoZo, Ian McFeron Band), Michael Beckworth on electric guitar, (Strange Jerome, Mnamna, Hundred Acre Wood) and Pam Drago on bass (Danielli).

Del Vox is a Roots Garage Rock band with snappy, fun-loving songs siphoning from the essential, to the point music of the early sixties. Del Vox packs a melodic punch with traditionalist fervor and delivers



music and attitude that provides an emotionally rich experience.

"Holy Smokes. I love the sound!" Howie Roemer, KNCE, Taos, NM

This is an all-ages show until 11pm, then 21+ after that. Free cover show, bring your friends!

Friday, May 19th, 8:30pm
Del Vox, at The Red Bicycle Bistro & Sushi

OneNiteStand



OneNiteStand is gaining ground with more rocking tunes and incredible vocals by Terri Cole - and the good news is, they're ready to show off the new polish! This band is 'nothin' but rock & blues with the emphasis on classic rock tunes as well as some originals sprinkled in there. They've all got blues chops, from growling

it to flat-out rockin'. The band will knock your shorts off and leave you crying for more. They've been playing for a long time and have musical histories too long to mention here.

Friday, May 26th, 8:30pm
OneNiteStand
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

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Open Mic Poetry Night

Vashon Poetry Festival 2017 kicks off its two day schedule of events with a Community Poetry Reading Open Mic at the Bike on Friday, May 12th. This year's special guests, Washington State Poet Laureate Tod Marshall, and Seattle Civic Poet Claudia Castro Luna, will be at Red Bicycle Bistro & Sushi at 8pm to get the informal evening going and open the festival with a poem. Then it's your turn to read one of yours. All ages are invited to read an original poem in a two minute spot onstage. This year's festival is all about celebrating our shared connection through words: weaving words that bring us together.

The evening also features musical interludes by Allison Shirk and J D Hobson, to keep the lyrics and libations flowing. Vashon Poet Laureate Cal Kinneer, and Youth Poet Laureate Majiah Sanson-Frey will join other local poets reciting in signature styles. Young poets are encouraged to bring it. This will be a lively evening of island wit, wisdom,



and wordplay, whetting appetites for Saturday's poetry workshops around town, and the guests of honor's closing night reading at VCA.

Sign-up for a reading slot at the door by 7:30 to be sure you're included. Bring the gang, grab a table and get some dinner. Two minutes is time for one medium-length poem or two short ones, so practice your recitation before you come to make sure it fits, for a smooth flow. Family friendly language

please. All ages until 11. No cover charge.

For more info on the festival guests of honor and events, go to: vashoncenterforthearts.org/portfolio-view/vashon-poetry-festival/ or email vashonpoetryfestival@gmail.com

Friday, May 12th, 8:00pm
Open Mic Poetry Night
The Red Bicycle Bistro & Sushi, All-age's 'till 11pm, 21+ after that
No cover!

TED2017 Conference Broadcas

TED Cinema Experience: TED2017 Highlights Exclusive.

May 18th at 8:30, and May 19th at 4:00pm. TED will be opened up for the public like never before, with a program created exclusively for cinema audiences. This event will give cinema-goers a first-of-its-kind look at the TED2017 conference experience, driven by revelatory TED Talks and performances captured live that highlight some of the most insightful, inspiring and exciting moments of the week-long TED2017.

"TED fans in select cinemas



worldwide will have access like never before to participate in TED's annual conference, right in their communities," said Julie Borchard-Young, co-president of BY Experience. "By expanding the offering in cinemas from Opening Night in 2016 to three events in 2017, TED is building a new community, while dazzling audiences with stimulating TED Talks on subjects that matter today."

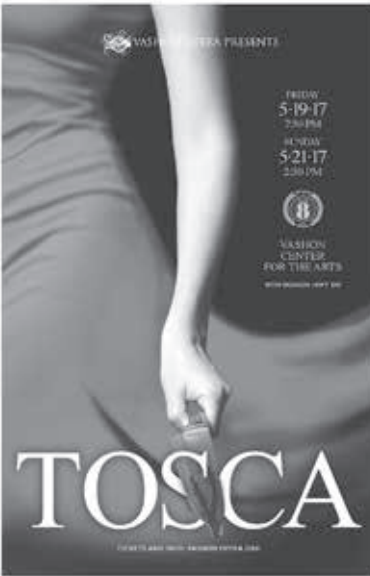
For more information about TED Cinema Experience at Vashon Theatre please go to www.vashontheatre.com

Tosca, Giacomo Puccini

Intrigue and betrayal swirl about Floria Tosca, a doomed diva who strikes a terrible bargain with a powerful official to save her artist lover. Courage and evil come face to face in a tale of treachery and tragic love, sung to one of Puccini's most beautiful scores. Tosca's compelling story of passion and corruption in turbulent Rome has thrilled audiences for over a century. An operatic masterpiece!

Friday, May 19 7:30pm
Sunday, May 21 2:30pm
Katherine L White Hall at VCA

Season tickets for both operas currently on sale at vashonopera.org.



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

Get In The Loop

Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.

Send To: Editor@vashonloop.com

Find us on Skype
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Cultivating Freedom: Choir Concert

Cultivate the Spirit of Peace and Freedom with the Free Range Folk Choir on Saturday May 20th, 7pm at the VHS Theater.

“Freedom is not given to us by anyone; we have to cultivate it ourselves. It is a daily practice... No one can prevent you from being aware of each step you take or each breath in and breath out.”

“Real strength can be found not in power, money, or weapons, but in deep, inner peace. When we have enough insight, we are not caught by many difficult situations anymore.”

~Thich Nhat Hanh

On May 20th, the Free Range Folk Choir will perform “I’ve Got Love” and “No Matter What” by composer Raymond Wise. Featuring the voices of the 70-member choir and jazz pianist Thomas Pruiksma, these songs remind us how to seek the inner strength needed to go on when we are facing great hardship: “I never found love ‘till I found peace, I never found peace ‘till I found joy, I never found joy ‘till I found music way down in my soul.”

Also featured will be a new choral work, arranged by Shane Jewell, based on Olatunji’s Uhuru. This piece balances the rich acappella voices of the Folk Choir with the nuanced percussion of Gordy Ryan, a long-time member of Olatunji’s renowned band, Drums of Passion. The song’s title, Uhuru, translates as “Freedom to the World Now”, and epitomizes Olatunji’s world view:

“I am that I am, I am beauty, I am peace, I am joy, I am one with Mother Earth. I am one with everyone within the reach of my voice. In this togetherness, we ask the divine intelligence to eradicate all negatives from our hearts, from our minds and from our actions. And so be it....Ashe.”

~Babatunde Olatunji



Sung in three languages, the piece embodies the journey to freedom. The first cycle of the song is the realization that we are not yet free. The second cycle is the effort and struggle needed to achieve our freedom. Finally, the third cycle is the realization that once our freedom is gained we have to maintain this freedom each and every day. Learn more about Olatunji here.

Join us Saturday, May 20th, 7pm in the VHS Theater for an evening of song featuring the intricate rhythms of drummer Gordy Ryan, the gospel jazz piano of Thomas Pruiksma, and vocal harmonies of Africa, America, and Europe. This is a family-friendly show, so bring everyone for the audience sing-along. Songs of freedom from South Africa and the US civil rights movement will round out this evening.

Cultivating Freedom: Choir Concert, Sat. May 20, 7pm Suggested donation \$5 - \$10 (No one turned away for lack of funds.)

FreeRangeFolkChoir.blogspot.com

Open Space hosts Gala & Auction

Open Space for Arts & Community invites Vashon to the Big O Yes! Gala & Auction at 5 pm, Saturday, May 20, in the Open Space Grand Hall. Be entertained by fabulous stage personality Kevin Kent, star of Teatro Zinzanni, silent and live auctions with Auctioneer-extraordinaire Laura Michalek, delectable dinner catered by The Hardware Store Restaurant, dessert dash and libations, O Yes!

Special auction items include: Hamilton the Musical in NYC, LA or Chicago for two; Vegas Bellagio Penthouse for three days/two nights for two and five nights in Portugal; private tour of the Chimpanzee Sanctuary; rooftop dinner for six at Capitol Hill’s ‘earth to plate’ Terra Plata and more!

Open Space begins major renovation two days later to create more classrooms, heat, windows and comfort for Arts and



Community. See you at The Big O Yes! Tickets, \$50 per person, are available now at BrownPaperTickets.com. For more information, go to OpenSpaceVashon.com and find us on Facebook.



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Girl with A Pearl Earring

After two years on a blockbuster world tour, the ‘Girl with a Pearl Earring’ has returned home to the much-loved Mauritshuis gallery in The Hague, which has just completed extensive renovations. With huge queues lining up for a glimpse of her enigmatic beauty and nearly 1.2 million visitors at its stop in Japan, the enduring appeal of this masterpiece is indisputable. The beautifully filmed documentary goes in pursuit of the many unresolved riddles surrounding the extraordinary painting and its mysterious creator Vermeer. Who was this girl? Why and how was it painted? Why is it so revered?

At Vashon Theatre Sunday, May 21st 2:00pm \$9/\$8. RUNNING TIME: 90 minutes



Local Weather

www.vashonweather.com

- Local Rain Totals
- Temperature hi/low
- Wind Speed & Direction
- Barometric Pressure
- Weather forecasts

Compost the Loop

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

Next Edition of The Loop Comes out Thursday May 25

Deadline for the next
edition of *The Loop* is
Saturday, May 20

A logo for the Quartermaster Yacht Club. It features a compass rose and the text "QUARTERMASTER YACHT CLUB".

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Live Entertainment

Friday, May 12, 8pm
Open Mic Poetry Night

Friday, May 19, 8:30pm
Del Vox

Friday, May 26, 8:30pm
OneNiteStand

Friday, June 1, 8pm
The Van Redeker Band



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