

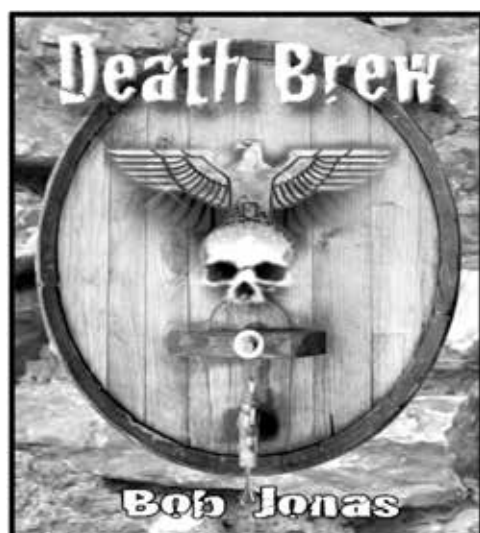
## New Action Thriller for YA Readers About to be Launched

Bob Jonas, local Vashon author, will be reading from his latest young adult novel, *Death Brew* at the Vashon Bookstore, June 14, at 6 p.m. *Death Brew* is a sequel to his last international thriller, *Imposter*. After reading to a packed audience at this same venue last year, Jonas anticipates another large turnout, filled with readers anxious to hear what has become of *Imposter*'s main character and his family.

After narrowly escaping authorities in Riyadh, Saudi Arabia, Zane Walker and his family are relived with their relocation by a US government agency to the safe confines of a small university town in southern Germany.

Little does Zane realize that the worldwide condemnation for what he had done in Saudi, regardless of his innocence, would remain a powerful memory, in every corner of the earth, wherever anyone had a computer and used social media.

As his new life unfolds, Zane embraces the illusion that he and his family are safe. Idyllic Germany: sophisticated, progressive, with its cobblestone streets, half-timbered houses, red tile roofs, and four time World Cup Champions. But there is a darker side: right wing hate groups and a growing fear of immigrants. For Zane Walker, this new adventure in a sleepy little German town rapidly becomes a firestorm of danger and intrigue—not necessarily a bad thing for a guy with



newly minted nerves of steel—unless you're his parents.

Never could he have imagined that his infamous media persona—the one had crafted for a media studies assignment at his school in Riyadh—the Grand Mufti Achmed Ali, would become a closeted hero to the fascist, far right, neo-Nazi movement. He is now marked, not for what he had done, but for who he has become.

**Death Brew Reading:** Vashon Bookshop, June 14, 6 to 7p.m. 17612 Vashon Hwy SW, Vashon, WA 98070

Event Announcement on Facebook  
<https://www.facebook.com/events/1367202626696494/>

## County Buys Mukai Fruit Barreling Plant



King County will acquire the Mukai Fruit Barreling Plant on Vashon Island to preserve the historic structure. Photo provided by King County.

A historic structure on Vashon Island that tells the story of an entrepreneurial immigrant family -- as well as the devastating effects of relocation and incarceration of Japanese Americans during World War II -- will be saved.

D.B. Mukai – who immigrated to the United States in the 1880s – built the original Mukai Fruit Barreling Plant on Vashon Island, revolutionizing how berries were distributed worldwide. The Mukai family farm thrived even during the Great Depression, but never recovered after Japanese Americans were relocated and imprisoned during World War II.

King County will acquire the 2-acre barreling plant property for \$435,000 – with most funding provided by the state – to preserve the historic structure.<sup>3</sup>

“The story of the Mukai family is an important chapter in our region’s rich history – one that will be shared for generations now that their plant is permanently protected,” said Executive Constantine. “Japanese imprisonment scattered families and erased communities throughout the Puget Sound region. Thanks to this combined effort by the community, county and state to preserve this special place, the Mukai story will be forever told.”

“Preserving the Mukai Fruit Barreling Plant is critical to telling the

story of this enterprising family and an important chapter of not only Vashon Island’s history, but our regional and national history as well,” said King County Council Chair Joe McDermott, whose district includes Vashon Island. “This is the next step in an incredibly important community effort to pay tribute to an integral family of our region’s heritage, while remembering the very hard lessons from a dark time in our past.”

The Mukai family came to Vashon Island to cultivate a variety of strawberries, called Marshalls. Their 60-acre farming operation soon produced more fruit than could be sold fresh at Pike Place Market in Seattle, so they constructed the barreling plant to house a newly developed technology for freezing berries.

This “cold process” technology enabled the Mukais to distribute berries around the world and build a highly successful business that employed up to 500 seasonal workers, even as unemployment soared in the 1930s.

World War II and the implementation of Executive Order 9066, which forcibly removed Japanese Americans on the West Coast from their communities, eventually put an end to the Mukai’s operation. By the time Masa Mukai

*Continued on Page 4*

## The Road to Resilience Ultimate Civics!

By Terry Sullivan,

Most of us remember, however vaguely, being taught in grade school that our government has an ingenious system of checks and balances between the three branches of government that insures that no branch wields excessive power. I, at least, don’t remember going over the US Constitution line by line, and, in fact, would have been bored to death if we had. Now, however, as the old R&B song goes, “You don’t miss your water ‘til your well runs dry.” Well, brothers and sisters, I find myself wondering where all those checks and balances are when we need them. I thought that the system was running on automatic, but we now find that everything is catawampus and hell bent on going down in flames, and, as near as I can tell, there are no adults in charge.

There are lots of people out there propounding what the Constitution says, and it’s hard to imagine that they are talking about the same document. I don’t know about you, but I have uncomfortable thoughts wondering exactly what the Constitution says and what it doesn’t say. There are only two entities mentioned in the Constitution: we the people and the government. It doesn’t say anything about corporations

even though corporations were well known at the time it was written. In fact, corporations played an integral role in the forming of the colonies. The Virginia Company was just that: a corporation with investors in England. Pennsylvania and the Massachusetts Bay Company were two more. So why were they not mentioned in the Constitution? The founding fathers were well aware of the dangers of corporate power and laws were passed (though regrettably not in the Constitution) to limit corporations from wielding the power they in fact were already wielding in England at that time. The Boston Tea Party was a protest against an instrument of the King’s oppression—the East India Company, the largest corporation in existence at the time.

As we know now, despite the precautions taken by our founding fathers, corporations became people and “those people” are now firmly in control of the government, even though they are not real people. A study by Martin Gilens and Benjamin Page that I cited a year or so ago shows fairly conclusively that real people have practically no influence whatsoever on government policy being

*Continued on Page 8*

# KVSH

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Compost the Loop

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



# Get in The Loop

## Submissions to the Loop

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

### Alzheimer’s Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month, 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

### Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for June 13 at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

*Find us on Skype*  
**Vashon Loop**  
206-925-3837

### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

### Vashon Friends of the Library

Vashon Friends of the Library will meet from 10:00am to noon on Saturday, June 17, in the library meeting room. Coffee, tea, and refreshments will be provided. All islanders are welcome to come and participate. Friends of the Library is a group that supports library programs for all islanders from preschool age to retirees.

### VIFR Hosting CPR Class

Vashon Fire and Rescue will be hosting a Friends and Family CPR Class, July 13th at 7:00pm This class is for community members who would like to learn CPR but do not need a professional certification. The class will be held in the Penny Farcy building at 10019 SW Bank RD. Class size is limited and you must register in advance. Cost is \$10 per person. To download a registration form please go to <http://www.vifr.org/content/public/> or call/stop by our office Monday- Friday 8am-5pm. Ask for Raechel 206-463-2405

### Morning Moving Class

10-11:30am Tuesdays in June at Hanna Barn (starting June 6)  
Bring mind and body into synchrony through Embodied Life™ style Feldenkrais™ Lessons leading into simple movement play. No prior experience needed; all levels welcome!  
Join us for guided instruction with self-exploration, gentle creative expression and grounding embodiment.  
Cost is \$15-25, or pay what you will. Led by Karen Nelson, graduate Embodied Life School and touring dance artist.  
For more information please contact [heartgreen@yahoo.com](mailto:heartgreen@yahoo.com), 503-740-0523.

### Wild, Wild West Rainbow Bingo!

Put on your cowboy boots and kerchief and come kick up your heels. Caterwaul to “Home on the Range” with thematically attired bingo caller Aunt Betty Malone and the rest of the posse at the Senior Center, Saturday, June 17th.  
Your \$20 (Center members \$15) admission includes 10 regular Bingo games with a chance to \$25 win per game. Sliders and flavorsome “cowboy caviar” will be available for purchase as well as beer, wine and Jell-O shots. Purchase tickets at the Senior Center on Bank Road during our business hours M-W and F 9am - 3pm.  
Doors open at 6pm, games at 7pm. This is the last bingo before summer break - come get your fix on Saturday, June 17th. Wild, Wild West Rainbow Bingo sponsored by Vashon Pharmacy.

## VashonFresh.com Launches June 15

VashonFresh.com – an online marketplace for local food goes live June 15. Islanders can select products from over 25 local farms and food makers online 24/7. VashonFresh will assemble personalized shopping bags for pick up Tuesday and Thursday afternoons from 4-7pm at the Village Green. Customers can also choose to have orders delivered right to their door.  
“VashonFresh aims to do for fresh local food and local farmers what giant retailers like Amazon are doing: offering multiple, convenient ways to buy, pick-up or deliver,” said Dan Carlson one of the project’s proponents. As more and more shoppers use the online environment, VashonFresh enables Islanders to order exactly what they want from the producers they prefer. There are no minimum orders, no membership fees, and no time constraints on when orders can be placed.  
Recent surveys indicate that Islanders want to support local farmers, that they believe local produce, fruit and meat are fresher and healthier. VashonFresh makes it easy to get these benefits with a few clicks on a smart device.  
As an introductory offer, VashonFresh is waiving the personal shopper fee on all orders placed in June.  
VashonFresh is a pilot program of the Vashon island Growers Association (VIGA). It will run June-September 2017 and is funded by a King Conservation District Regional Food Systems grant with support from UW’s Transportation and Logistics Center and King County’s Local Food Initiative.  
VIGA’s mission is to promote farming, access to healthy food, and a sustainable agricultural economy on Vashon Island through education, advocacy, and a vibrant farmers market.



DSHS

THE MOBILE CSO IS COMING!

Date: **Wednesday June 21, 2017**

Time: **11:00 am to 3:30 pm**

Place: **Vashon Market Fresh IGA  
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Vashon**

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- Cash Assistance
- Basic Food Assistance
- Medical Assistance

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### The Vashon Loop

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Next Edition of  
*The Loop* Comes  
out Thursday  
June 22

Deadline for the next edition of *The Loop*  
Saturday, June 17



# Forced to Eat Ants



By Seán\_C.\_Malone

The sticky burning marshmallows were dripping fire as they melted on Brother Mike’s stick, they had been above the coals too long. He started chasing me around the fire with his flaming marshmallows and I ran until the fire burned through his stick and the end fell off.

This story is really an apology for the cruel things we did as kids. We did stupid pranks without the wisdom of a grownup. These stories are mostly true.

We had just about finished a bowl of popcorn when Mike crawled up the steep stairs to the bedroom, his diaper hanging around his knees. “Quick Molly, hand me the popcorn.” I slipped a spider into the bowl and handed it to Mike. “Want some popcorn?” I said and Mike did, as Molly and I held our sides from laughing so hard. Another time, we had Mike tied up in the room behind the garage. I made him eat ants while Molly held him down.

Black Jack gum tastes like licorice. I was shoveling manure behind the barn when I looked up and saw black tar dripping off the roof. I made a short stick of the tar and handed it to Molly, telling her it was Black Jack gum. She ran to Mom with a bunch of tar sticking to her teeth. She couldn’t even open her mouth to tell Mom what had happened and I was in hot water again.

“Whap” went the cardboard armor on my chest and I was a casualty in our BB gun war. I had another piece of cardboard on my back. We always tried to fire from hidden places so as not to be a casualty. I loved BB gun wars and the one rule we had was “not to shoot above the neck.” I

was hiding in the garage when I saw Molly running up the driveway and shot her in the leg, leaving a scar that she carries yet today.

My siblings and I weren’t the only rapscallions as told by my best friend of thirty-five years, John Sweetman who grew up on Bainbridge Island. John and his sister, Liatris were rowing around Murden Cove. “It’s my turn to row,” Liatris said and John ignored her. After begging two or three more times, Liatris grabbed the oars and threw them in the bay. The tide was running and John had to paddle with his hands faster than the tide to catch up with the oars.

He tells of feeding his younger sister, Barbara, Cascara berries, knowing full well that they would make her sick. Harvesting Cascara or Chittem bark was a way of making money for school clothes and other less important things. The bark was stripped from the tree and sold to the pharmacy where it was made into a laxative.

When you see a skunk looking over his shoulder and aiming his rear end, you had better scat as he can spray for ten feet. Barbara Sweetman found a skunk in her chicken coop and grabbing him by the tail, she let out a wild “Whoop” and swung him over her head and over the top of the fence. They say that if you can pick a skunk up by the tail, he is unable to use his squirter.

When school ended, we took off our shoes and ran barefoot all summer.

Sean@vashonloop.com

## County Buys Mukai Fruit Barreling Plant

Continued from Page 1

returned to the island in 1946, the berry industry had significantly changed. Masa Mukai could no longer sustain his once-profitable business, and left Vashon Island for good in 1967.

The Mukai Agricultural Complex was divided and sold to various owners and has withstood several changes in ownership and periods of abandonment over the years. The nonprofit Friends of Mukai organization recently gained control of the house and garden and have begun restoring it, opening it to the public, and developing a plan for its long-term protection, interpretation, and management.

The complex includes a house and traditional Japanese garden, the barreling plant, an administrative office building, and surrounding property.

Once the barreling plant is acquired, the County will enter into a lease agreement with the Friends of Mukai, which will expand stewardship and management of the house and garden

to include the barreling plant.

“I am delighted to support the preservation of the Mukai Barreling Plant as part of the effort to recreate the Mukai Agricultural Complex,” said King County Councilmember Claudia Balducci. “As we mark the 75th anniversary of the Executive Order that interned 120,000 citizens of Japanese ancestry along the Pacific coast, the Mukai farm is an important reminder of the contribution of Japanese Americans to the growth and prosperity of our region. The Mukai Agricultural Complex will honor the lives and the resilience of all Japanese Americans.”

Information provided by King County Press Release.

Deadline for the next edition of *The Loop* is  
**Saturday, June 17**

# Captain Chlorine & the Swim Squad run for Vashon’s Unofficial Mayor!

They have been living among us, quietly going about their business taking math exams and waiting in school lunch lines. But Vashonites made the call, and they have answered. Snapping on caps and donning lycra, these goggled crusaders have amassed from the four corners of this fair Island with a single purpose—to Cover Our Pool. Who are these superheroes who have come to save the day and bring year-round swimming to Vashon Pool? They are none other than Captain Chlorine and the Swim Squad. These unstoppable dogooders are not only covering the pool with a bubble so that any and all citizens have access to a year-round public pool, but they are willing and able to use their super powers to serve our community as unofficial mayor!

Votes for Captain Chlorine and the Swim Squad will support the Cover Our Pool capital campaign mounted by the Vashon Seals Swim Team. The goal is to raise \$100,000 to purchase and install an air-dome and other equipment for the pool. The Swim Squad has joined forces with a team of engineers, Vashon Park District staff and a host of



other community volunteers to design, propose and implement the plan. The dome will be used from October until May and will then be removed for open-air swimming in the summer months. Target date for installation of the dome is mid-October 2017. To lend a hand to Captain Chlorine and the Swim Squad in this endeavor, please vote early and often in the mayoral race, and visit [coverourpool.org](http://coverourpool.org) to learn more ways you can help.

## Happiness in Transportation TED Talk Comes to Vashon Theatre

Colorado based electric bike engineer, Zach Krapfl, speaks at June 13 GreenTech Night, Vashon Theatre- a free community event, hosted by Vashon E-Bike & Voice of Vashon

Vashon, WA, May 30, 2017: Traffic congestion, ferry lines and the costs of driving a car into the city make it hard to believe there can be happiness in transportation. By considering alternative modes--like human powered, with or without electric assistance --these stresses can melt away. Zach Krapfl, bike industry engineer and Tedx veteran, will share his knowledge and passion for electric bicycles and how they can become a primary source of transportation-good for your health, the planet and your wallet. Vashon E-Bike and Voice of Vashon are hosting this GreenTech Night at the Vashon Theatre, June 13th at 6pm. This is a free event for our community and the evening will conclude with a surprise announcement and electric bicycle test rides.

Interesting transportation facts:

- People drive 3 trillion miles in the US each year

- There are 253 million cars on the road
- 55% of trips are 10 miles or less
- For a Vashon commuter who works in Seattle four days per week and the commute is 10 miles per day, the cost for fuel & ferry per year- small car \$2,878.76; typical car- \$3,546.92 & e-bike \$830.99 (this does not take into account parking costs).

Vashon E-Bike LLC is an electric bicycle shop on Vashon, offering e-bike rentals, tours and sales. Offering eco-friendly activities for islanders and visitors alike; Vashon E-Bike, Vashon Watersports and Vashon Adventures believe in exploring the outdoors responsibly.

VoV Station Manager, Susan McCabe says, “Voice of Vashon joins Vashon E-Bike in supporting responsible, healthy transportation. E-bikes are a great fit for this island community which continues to be a laboratory for earth-saving ideas.”

*Neither GreenTech nor Vashon Theatre have approved, authorized, or sponsored the program content and are not associated or affiliated with the sponsoring organization.*

## Shigwa Needs A Home

I’m a pixie-bob/tabby mix – the only one in the shelter and probably the only one you’ll ever meet. Although some of my ancestors may have been wild, my behavior is mild. One of my favorite things to do with my person was to nestle my head in her hand. I’m even nice to mice so if you’re looking for a mouser, keep looking!

I’m smart and sociable, and I’d like to tell you about my day. I hope you’re ready to listen!



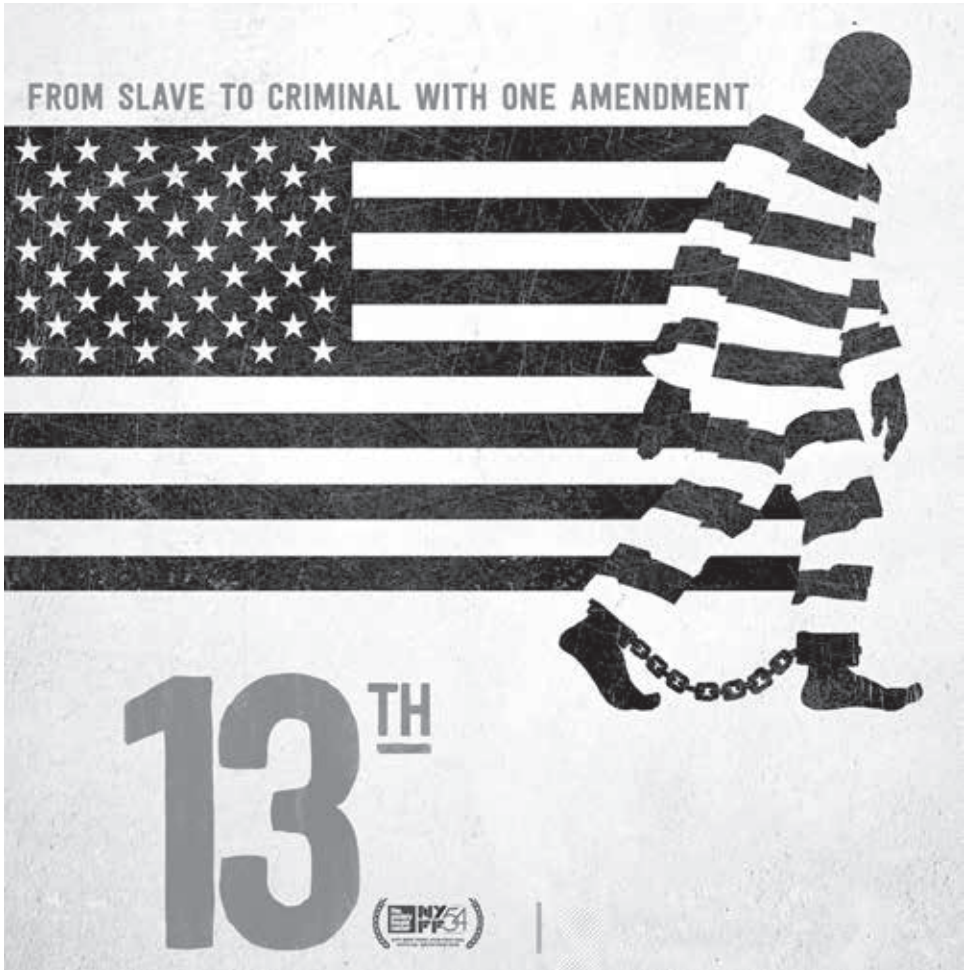
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# Special Screening

## 13th

### Award Winning Documentary



13th will show at the Vashon High School Theatre, Monday, June 19th. Doors open at 6:00, and the film will start promptly at 6:30. A facilitated discussion will follow, ending at 9:00 pm.

The title of Ava DuVernay’s extraordinary and galvanizing documentary refers to the 13th Amendment to the Constitution, which reads, “Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States.” The loophole, “except as a punishment for crime”, is delved into to focus the viewer on the racism inherent in the political justice system.

Filmmaker DuVernay explores the history of racial inequality in the US, focusing on the fact that the nation’s prisons are disproportionately filled with African Americans. The film uses archival footage and testimony from activists, politicians, historians, and formerly incarcerated women and men, to analyze the U.S. prison boom and the criminalization of African Americans in the light of that clause.

History is not just stuff that happens by accident. We are the products of

history that our ancestors chose, if we’re white. If we are black, we are the products of the history that our ancestors most likely did not choose. Yet here we are all together, the products of that set of choices. And we have to understand that in order to escape from it. — Kevin Gannon, 13th

13th is rated TV-MA (mature audiences) and recommended for HS juniors and seniors, as well as parents, faculty & administrators, school board members, parents, and the community at large.

The discussion that follows the film will provide an opportunity for viewers to reflect on their thoughts and feelings following the documentary and to offer ideas for community response and ongoing action.

This collaborative event is part of an ongoing commitment to acknowledge and address systemic and individual racism on Vashon and beyond. It emerged from outrage over the murders of innumerable people-of-color nationwide, ongoing racist events locally, and confusion about the role white people must play in advocating for racial and social equity.



## Tickle the Giant

and find nonviolent ways to make yourself heard



Backbone Campaign brings the new documentary “Tickling Giants” to Vashon Theatre, Tuesday, June 27 at 6 pm. Dubbed “The Egyptian Jon Stewart,” heart surgeon turned comedian Bassem Youssef creates – in the midst of the Egyptian Arab Spring - a satirical program poking fun of politics, religion and media. The weekly program quickly becomes the most viewed television program in the Middle East, with 30 million viewers per episode.

In a country where free speech is not legal, he and his staff endure physical threats, protest, and legal action, all because of jokes that let those in power know they’re being held accountable. Produced by Sarah Taksler of the Daily Show, the film shows how comedy can be a cathartic way for a nation to process repression and corruption and it encourages viewers to speak up when they witness injustice. She says, “Our goal is to inspire an international dialogue about free speech, how we treat Muslims, and what happens when power is abused. We hope (through this film) people will find their own creative, non-violent ways to be heard.”

A reviewer for the New York Times writes, “There’s a lot to laugh at, and to learn from ... in this first-rate documentary, at a time when freedoms seem to be threatened everywhere. After watching, you come away feeling more proud of those freedoms, and more concerned for their future.”

Says Jon Stewart, who appears on the show, “If your regime is not strong enough to handle a joke, then you don’t have a regime. You know, there’s an expression - I don’t know if you have it: ‘adding insult to injury.’ Yes, maybe it is an insult, but it is not an injury. A joke has never ridden a motorcycle into a crowd with a baton. A joke has never

shot tear gas to a group of people in a park. It’s just talk.”

Bassem Youssuf is now living in exile in California. When asked about the irony of landing in Trump’s America, he revealed that to the dictators of the Middle East, “Mr. Trump is a bleeding heart liberal.” This film gives us an opportunity to see our current political situation through a different lens and to gain inspiration from those who have tackled repression with truth and courage.

The film is a Call to Action to tickle the giant: find non-violent ways to express yourself when power is abused - from a protest against a world leader to standing up to a bully in a school cafeteria.

Backbone Campaign thanks Island GreenTech and Vashon Theatre for support in making this event happen. Admission is by donation, \$10/person suggested, with no one turned away for lack of funds.



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# Spiritual Smart Aleck Living Derangements

The new property tax assessments for 2018 arrived in the mail. You could hear the howls of pain and rage all over the island. Some of those howls were mine.

The assessed value for my house is going up to what I had speculated would be a reasonable asking price should I decide to sell. I wanted to call the county and ask, “Are you sure you were looking at my house when you set this value?” Which is more polite than screaming, “Are you people out of your #\$%!%&@ \$&^ @%^\$ minds?”

I went online and looked up Vashon Island real estate listings and was boggled to find out what land and houses are going for on Vashon these days. Suddenly my assessment didn’t seem so out of line. Clearly, I have not been paying attention. But really?

The new assessments were the jumping off point for a conversation among a group of older people, mostly women, the other morning. We talked about how tough it is to keep a roof over our heads with the property taxes skyrocketing and our incomes remaining the same. We asked, if we can’t afford our property taxes this year, how will we be able to pay them next year?

I have heard and read about the poverty of older women for years, but now it has gone from theoretical to personal. Older women and men living in poverty are but one of the populations who feel the walls closing in as the national policy of siphoning all the money to the tiny part of the population that is already obscenely wealthy continues.

I have applied for the senior property tax exemption this year. I called the county assessor’s office to ask how that was going, and was told my application had been received, and there is a four-month backlog of processing of applications. When my application has been processed, I will hear about the decision by mail. Looking forward to that.

Meanwhile, the older women in this group got to talking about options for those of us who live alone and are on fixed incomes. What do we do? Sell our houses? Rent out our houses? Get a reverse mortgage? Take in roomers?

If we rent out or sell our houses, where do we live? Buy an RV and become snowbirds? Do we take up our adult children on their offers to come live with them? What if our adult children have not made those kind offers? What if we outlive the proceeds of house sales or reverse mortgages? What if we can’t afford to rent or



By Mary Tuel

buy anywhere else? Do we start looking for that quality cardboard box?

What struck me most about this conversation was that I’ve been agonizing for months over this dilemma – how do I pay the property taxes? How do I keep my house? What do I do if I can’t keep it? How do I live? What about the dog and the cat?

Now I find out that many other women my age are wondering the same things and wrestling with the same questions. Those of you who have already had these conversations and made these decisions are nodding your heads, aren’t you?

My older son and his sweetheart have told me I’d always have a home with them. That was good to know, but leaving my house, leaving the island, leaving my friends, leaving my singing partners, leaving my church, in fact, leaving everything familiar and dear after forty-five years? That is a wrenching thought, but it may come to that.

There were times after my husband Rick died when I felt like there was nothing more for me in this life, no purpose, no direction. Those were hard times. I stuck around, anyway, determined to see what kind of rollicking clusterfricks this new part of life had in store.

So. How to be old and alone and still alive, with declining health and probably losing my mind, too many bills and not enough money, in a country that is doing its best to kill off its most vulnerable citizens.

Well, I’m not bored, and I understand that as poverty goes, I am a rank amateur. I still have a house. I have a car. It is now an old car which I’m patching together with duct tape, but it gets me where I need to go, like the food bank. This is Vashon Island poor, comfortable poor. I haven’t figured it out yet, but I will, poor. I’ve led a privileged, wonderful life, and now it’s getting tight, poor.

Deep breath. Carry on.

# VYFS One of Two Island-based Organizations Funded in Latest Round of BSK Awards

King County Executive Dow Constantine announced the awarding of more than \$860,000 in funding from Best Starts For Kids, for projects that will improve access to healthy foods, safe environments and health care on Vashon-Maury Island.

Vashon Youth & Family Services received a \$100,000 grant from King County’s Best Starts for Kids (BSK) program to create healthier environments for Island children. The remaining funding is part of an award to NeighborCare Health and Vashon Island School District to create a School-Based Health Center.

“This represents a substantial new investment on Vashon by King County,” said Kathleen Johnson, VYFS Executive Director. “VYFS and many others have been working with the County to help them understand the significant needs Islanders face. We are grateful to know that the County understands our needs and has taken this bold step to address them.”

VYFS is one of 17 non-profits that successfully competed for 1.7 million in funding to help create safer, healthier environments for children and youth throughout King County. The grant that VYFS has received will go to fund the work of the Vashon Early Learning Coalition (VELC), a group of early childcare providers. VELC members will work with VYFS’ Family Education and Support Services (FESS) program to help improve their support of Island children and families.

“VELC members will receive training in areas like increasing access to healthy foods, injury prevention, safe gun and medicine storage,” said Johnson. “We will provide the childcare providers with training for themselves, and material and information to pass on to families they serve.”

“The work is an opportunity for us to partner with other organizations like The Dove Project and Vashon Island Growers Association (VIGA) to give our members tools for building safe, welcoming and healthful environments for the kids they serve.”

Another crucial part of the project is to help increase the number of licensed childcare slots for families with young children. Currently on Vashon Island, there is a critical lack of access to fully licensed, safe, full-day childcare. In a community of over 10,000 people, there are only two fully licensed providers, serving only 22 children. These two providers are the only providers on Island able to accept DSHS subsidies to support low-income families.

VYFS will support VELC members who wish to pursue their Early Achievers certification. VELC will work to support care givers in the use of evidence-based practices, bringing them closer to state standards, and assisting in overcoming licensing barriers and pursuing full certification. Through VELC, FESS staff will “train the trainers”, meeting with care givers to increase their capacity for parent education.

VYFS’ work through VELC will:

- promote healthy eating at childcare centers and in homes through a partnership with Vashon Island Grower’s Association (VIGA)
- promote safer childcare

centers and home environments with a focus on poison prevention and gun safety

- encourage increased physical activity in young children
- promote safer home environments

Best Starts for Kids is a King County voter-approved initiative that will fund programs aimed at youth and families for years to come. BSK will generate up to \$400 million over the next six years. Through a process of Requests for Proposal (RFP), the county will invest this funding in programs that help put every baby born and every child raised in King County on a path toward lifelong success. Community-based organizations, schools and others can apply for funding. Multiple RFPs will be issued in 2017 and beyond, that could positively impact Island services. VYFS intends to continue to pursue these and other opportunities to positively impact and further our agency mission.

“Best Starts for Kids is really a transformative opportunity for the children, youth and young adults of King County. As an agency that is dedicated to the welfare of all people on Vashon, we see this as a once-in-a-lifetime chance to build real capacity to grow programs to help every Island child thrive. We are grateful that King County has seen the importance of supporting this community,” said Johnson.

TRASH TALK

Support Paris climate accords with backyard chickens. Besides eggs, chickens give manure to grow vigorous plants and improve soil. Chickens gulp down slugs, bugs, weed seeds and dandelion leaves. With chickens, we avoid commercial fertilizer, herbicide and pesticide, while growing healthy vegetables for the body and lovely flowers for the soul.

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**Aries (March 20-April 19)**  
There’s an old saying that “living well is the best revenge”; meaning, the most appropriate response to the slings and arrows and various other challenges of life. Yet suddenly there are not so many of those challenges, and you might well wonder where they went. So much of what you went through was a battle of words, where there were neither losses nor gains. Now you get to pull your energy in: into your body, into your home, into your feelings, and generally not toss so much out at the world. Share your feelings with people you truly care about, even if it’s just one such person, whether lover, friend or confidant. Soak yourself in a more pleasant environment than you’ve been subjected to for the past couple of months and let it seep out of you, like muscle tension into a hot bath.

**Taurus (April 19-May 20)**  
Mars, the planet that represents your relationships, has entered the sign Cancer. Your planet, Venus, is about to enter your own birth sign. This draws to a close the many strange twists of the past couple of seasons, and will gently usher you into new emotional and creative territory. This may not have been an easy phase, though it’s certainly been a meaningful one. You’ve discovered some things about yourself for the first time, and remembered past discoveries that you can now implement and experiment with. If the current astrology is saying anything, it’s that life does not happen in your mind. Rather, your mind responds to the interplay between your body and your environment, and sometimes it even guides the process. Feel your own strength and be willing to lead yourself to the beautiful and necessary experiences that you want.

**Gemini (May 20-June 21)**  
Be careful not to exaggerate your survival needs. In fact, take care to sort out needs from desires. There’s a difference. Needs are on the level of oxygen; desire is on the level of what you might choose on a menu, or what outfit you might wear. One place this shows up specifically is “emotional needs,” which are almost always exaggerated and, consequently, dramatized. It would be better for your happiness in relationships, and your happiness overall, to say want when you mean want, and to set aside the concept of need (except, of course, things like the bathroom, water and sleep). You have a gift not only for survival, but for getting what you want. You can even afford to open your ears to the desires of others and pass forward some of your good fortune.

**Cancer (June 21-July 22)**  
Mars has entered your sign, which does two helpful things: one is that it removes a source of irritation that’s been bumping around your psyche for many weeks; and two, it signifies motivation and direction. You may decide this week that you didn’t know how lost you were. You may further decide that, actually, you had a pretty good idea where you were going, and that your inner guidance systems were working well all along. However, suddenly, the controls are in your hands, and remaining in contact with your motives counts for more than it did. Mars in Cancer connects your desire nature to your emotions, which for you is empowering. Just ease people into your ideas rather than coming on like a hurricane. Make a suggestion, see how people respond, and give them a little time to get used to it.

**Leo (July 22-Aug. 23)**  
People need ideas to live by more than they need food. There’s a survivalist impulse moving through society, though it’s sly, subtle and is rarely revealed as rooted in desperation: a toxic brew of naiveté and cynicism. You are offering something

different; you have your own message, which people around you need to hear. You might invite your closest friends to your home for dinner, and engage them in a real conversation about life, or about anything. Just make sure you have them leave their devices in a designated location and pick them up on the way out. This whole digital thing is very nearly ruining human relationships, because it’s so grossly used, overused and abused. Take part in as many face-to-face conversations as you can, whether it’s small talk or about the fate of the Earth.

**Virgo (Aug. 23-Sep. 22)**  
You’re in a rare position of leadership now, and you’re here because of your ability to understand things. Well, it’s more than your ability — your willingness is what counts. You can tell the difference between what has substance and what’s full of air. Moreover, that distinction actually matters to you, as does this thing known as meaning. Lest you think this is something normal, I would assure you that it’s far less popular than blue jeans, French fries or rock and roll. However, people will recognize your skill at listening, and the fact that you care about what others have to say, and that gives you influence. Just don’t let on right away if you figure out that someone isn’t being truthful with you. At least you can see what they’re made of, and can respond appropriately.

**Libra (Sep. 22-Oct. 23)**  
It’s been a most unusual year so far, and you’re ready for something different. You’re about to get it: what looks, from your solar chart, like an experience of relationship that’s less erratic, more emotionally grounded and (lacking a better word), deeper in commitment. Yet you would be wise to scan back over the past few months and see what you’ve learned about yourself, from what looks like an extended confrontation with your boundaries, your values and your desires. It would seem that on several occasions, you’ve been taken past your limits, and made some real discoveries. And an extended conjunction between your ruling planet Venus and Chiron, in Pisces, helped you set an agenda for healing. You’re about to enter new territory and take possession of your future. Remember what you’ve learned. Call on your own wisdom when you need it.

**Scorpio (Oct. 23-Nov. 22)**  
Mars, the Scorpio planet, has entered your fellow water sign Cancer. This represents a good few good things, including the potential for a contentious relationship spell to settle down, getting a grip on your finances and, most of all, widening your horizons. You’ve stepped out of the carnival fun-house hall of mirrors and into a world of feelings, possibilities and a desire to connect with people on a deeper level. Remember that your idea of ‘spiritual’ means emotional contact above all else. You may have your beliefs and practices, you might meditate or do yoga, and you know in your soul that the Goddess is real. And all of that translates to spiritual being something distinctly human, plain to see and feel, and easy to understand. Your idea of spiritual is the same one that cats, dogs and kids understand.

**Sagittarius (Nov. 22-Dec. 22)**  
Intimacy is the deepest longing of most people, and the thing that’s the most frightening. Yet the only thing we have to fear is ourselves. Your solar chart is reminding you to feed yourself on what you can only have when you’re vulnerable and allow yourself to explore. Often this eludes words, though this week, Mercury arrives in your relationship sign Gemini, which means that the universe and the people in it will seem more conversant. You may be

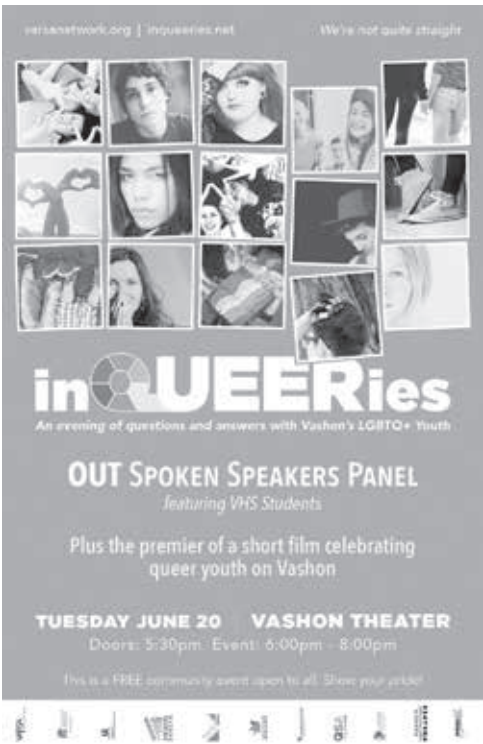
# inQUEERies

Earlier this year, Vashon Alliance to Reduce Substance Abuse were awarded a small grant to increase outreach and programming to LGBTQ youth. VARSA has found in working with youth-focused projects that the biggest impact comes from empowering youth to speak for themselves. So, with that in mind, the funds were used to host an OUTSpoken Training for Vashon LGBTQ youth and allies through NW Network, and then work with Teen Council and the high school Queer Spectrum Alliance to create a short film.

OUTSpoken is a diverse group of LGBT and allied youth, adults, and providers dedicated to challenging bullying, oppression and anti-LGBT violence in our schools. On June 20, a panel of five students who went through the training will share their stories with the community followed by a short Q & A.

Film makers Vicki Dunakin and James Culbertson generously worked with these middle and high school students to create a short movie giving these kids an opportunity to talk about what is important to them. It will be premiered before the panel.

Join VARSA, Teen Council, and



Vashon High School’s QSA for an evening of queer and awesome Q&As, plus the premier of their short film “inQUEERies.”

inQUEERies  
Tuesday | June 20 | Vashon Theater  
| 6:00pm-8:00pm

surprised at how direct others are being, and how direct you can be. Therefore, if there’s something you want to talk about, now is the time. If there’s an agreement you want to make with someone, now’s the moment to make your proposal. Just make sure it’s a real conversation, to which you bring your love and your flexibility.

**Capricorn (Dec. 22-Jan. 20)**  
Perhaps despite your deepest hesitation, your life is becoming more passionate. Creative and amorous energy is rising within you, and approaching you. Yet there’s no compromise position between passion and hesitation. You cannot have both; you must choose one way of life or the other. The distinctly modern attempt to have it both ways is to want the human contact and pleasure without the intimacy. Not only is this unsafe, it’s not possible. Proximity to people you’re drawn to is the very thing that inspires and facilitates intimacy, and this happens on a biological level; it’s not merely psychological. Said another way, your body has its own needs and desires. You might pause, tune in and get a feeling for what your cells, your blood and your bones are telling you, every minute of the day.

**Aquarius (Jan. 20-Feb. 19)**  
Notice the many changes in the human environment that take place throughout the week. Suspend your expectations, your judgments and your plans for a moment, and observe, with your feelings, the fact that people are opening up. You run the

risk of lingering in your past views of the world. Rather than speculating, become a keen observer of what people say, do, think and feel. At the same time, pay attention to what you say, do, think and feel. Right now your life mission and livelihood depend on your relationship to the public, potentially a rather broad-based and diverse one. You are poised to be a leader, which means being resonant and responsive to what’s happening around you. Through that process, you’ll find that you’re the most effective and the most successful in this unusual and relevant thing that you’re creating.

**Pisces (Feb. 19-March 20)**  
This week, all three personal planets — Mercury, Venus and Mars — change signs. Mars has led the way, entering the most creative and passionate angle of your chart (known in astrology as the 5th solar house, which covers creativity, passion, pleasure and play). Venus follows suit next, entering Taurus (your voice, your words and your ideas). And finally Mercury enters Gemini, which arrives with the feeling that home is wherever you happen to be. All of this is positive and encouraging, representing the fulfillment of long-unmet desires. What’s best is that it describes the physical world and how people respond to you. But rather than taking big bites of life, take little sips and see how these new experiences taste. Feel your response, and let the nourishment soak gently into your cells. There’s no rush.

Read Eric Francis daily at  
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**Next Edition  
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Deadline for the next  
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## Road to Resilience

Continued from Page 8

determined today. I quote:

When a majority of citizens disagrees with economic elites and/or with organized interests, they generally lose. Moreover, because of the strong status quo bias built into the U.S. political system, even when fairly large majorities of Americans favor policy change, they generally do not get it.

How did that happen? Was the whole democracy thing a tongue-in-cheek prank played on us?

It appears that we need a refresher course in civics and Islander Riki Ott has put a lot of energy into designing that course. She didn’t start out on that mission. She got a PhD in Fisheries Marine Toxicology at the UW in 1985 and decided to take one summer off before starting a career path in her field. She signed on as a deck hand on a fishing boat and wound up in Prince William Sound, Alaska. She loved it so much, she and a partner bought a boat and became commercial salmon fishermen. Off-season, she began to volunteer for Cordova District Fishermen United. When they heard she had a PhD in oil pollution, they voted her on the board and set her loose on the Alyeska Pipeline Terminal in Port Valdez. It was discharging oil into the Sound, but they couldn’t prove how. She developed a case and began testifying before the state legislature and US Congress.

Ironically, on March 23, 1989, she testified that it was only a matter of time before a big spill occurred – literally four hours before the Exxon Valdez wrecked on Bligh Reef in Prince William Sound and caused the largest marine oil spill in US history up to that time! She became an expert witness and continued to help the Cordova fishermen and community

deal with the disaster and chronic oil pollution from the Alyeska terminal. Her case, dubbed “Ballast-Watergate,” broke in 1991; federal and state policies changed to stop the illegal discharge practices. In the twenty years it took to resolve the Exxon Valdez litigation, she found her calling: awakening citizens to their own potential to effect change and sharing skills to engage in fossil fuel transition and strengthening our democracy. In going further “upstream” in the prevention business, she recently developed a curriculum for middle school to foster a savvy and effective citizenry that knows how to get results from government.

On Thursday, June 22, 7–9 pm, at the Library, join Ultimate Civics national instructor and Islander Riki Ott for an interactive evening and refresher course (or first time instruction). Her plan for the evening:

- 1) review basic concepts and structure of democracy in principle and practice;
- 2) explore how internal weaknesses from fear, discrimination, and greed have shaped our society;
- 3) examine shifts in the balance of power between real persons and artificial persons; and
- 4) learn tools and skills to protect our liberties in a constitutional democracy.

Obviously, we will only get an overview in two hours, but enough to decide whether we want to learn more and maybe see that our kids are empowered with this knowledge as part of their school curriculum. Open to all patriots 12 and up!

More info: [terry@vashonloop.com](mailto:terry@vashonloop.com)

## Vashon Library June Events

### Children & Families

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

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

**Make It! Bubble Wands.**  
*Thursday, June 8, 4pm*  
Family program, all ages welcome with adult.  
Here comes the sun-let’s add some bubbles! Make a giant bubble wand to pack and take on all your summer adventures near and far, and twist up some fun smaller wands too. Bubble dance party, anyone?

**Summer Reading Kick Off Foam Sword Party**  
*Sunday, June 25, 2pm*  
Family program, all ages welcome with adult.  
Kick off the summer with the third annual Foam Sword Party! Join us in the park outside the library to battle it out with your friends and family.  
All materials provided.

**A Sing-A-Ling Concert**  
*Thursday, June 29, 4pm*  
Presented by The Harmonica Pocket.  
Ages 2 to 5 with adult.  
Young children learn important early literacy skills from songs and rhymes. This show is part story time, part hootenanny. Join in the fun and create new lyrics to songs and sing along to children’s books.

### Teens

**Duct Tape Crafts**  
*Sunday, June 4, 2pm*  
Grades 6-12.  
Get crafty with duct tape. We have the supplies and instructions for awesome duct tape projects, you just need show up and have fun.  
Snacks and supplies provided by the Vashon Friends of the Library.

**Table Game Bonanza**  
*Wednesday, June 7, 3:30pm*  
Grades 6-12.  
Unplug and enjoy table top gaming with other teens. Feel free to bring your own games to share as well.  
Snacks provided by Vashon Friends of the Library.

**Teen Late Night**  
*Friday, June 9, 6:30pm*  
Grades 6-12.  
Dip, dodge, and duck Nerf darts in the Meeting Room Arena! Build cardboard armor and obstacles, you design the playing field!  
Looking for something else to do? We will have the button maker, WiiU, Xbox1, NES, open computers, and plenty of table games. And let’s not forget the snacks and raffles. Teens need to be picked up by 9pm.

**Mix it Music Music Lab: Teen**  
*Wednesday, June 14, 3:30pm*  
Grades 6-12.  
Experiment with the Ableton Push 2 and Live software to create or edit your own amazing music!  
Snacks provided by the Vashon Friends of the Library.

**Tech Take-Apart**  
*Saturday, June 24, 2pm*  
Grades 6-12.  
Ever wonder what the inside of a computer looks like? How about a cell phone? We’re giving you the chance to take electronics apart and find out what’s on the inside.

**Game On!**  
*Friday, June 30, 1:30pm*  
Grades 6-12.  
Enjoy a break from the summer weather while playing video games at the library! Hone your gaming skills with Wii U, PS3, Xbox1, and the NES. Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

### Adults

**Tech Tutor**  
*Thursday, June 8, 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.

**Mix It Up Music Lab: Session 1**  
*Sunday, June 11, 2pm*  
Experiment with the Ableton Push 2 and Live software to create or edit your own amazing music!  
Registration required beginning June 1. Please call 206.463.2069 to reserve your spot.

**Mix It Up Music Lab: Session 2**  
*Sunday, June 11, 3pm*  
Experiment with the Ableton Push 2 and Live software to create or edit your own amazing music!  
Registration required beginning June 1. Please call 206.463.2069 to reserve your spot.

**Salad Days!**  
*Monday, June 12, 6:30pm*  
Learn how to make delicious and healthy salads, including a tutorial on simple, delicious homemade dressings and vinaigrettes. Urban farmer and cook Amy Pennington celebrates the launch of her 5th cookbook by serving up a variety of seasonal greens and offering some FRESH thinking for you and your family. Come learn how to grown your own lettuce, make your own sprouts and put together an amazing salad in minutes.

**Vashon Friends of the Library Meeting**  
*Saturday, June 17, 10am*  
Support your library and enjoy the company of fellow library fans! Vashon Friends of the Library supports services and programs at the Vashon Library through memberships, used book sales and other fundraisers.  
All are welcome to attend.

**Morning Mindfulness**  
*Saturday, June 24, 10am*  
For teens and adults.  
Yoga is a wonderful practice of self-care for a healthy body, focused mind and sense of well-being. This class is for teens and adults alike – gentle stretches, strength building and basic meditation techniques for distressing and centering from the inside!

**America’s First Daughter**  
*Monday, June 26, 7pm*  
In America’s First Daughter, bestselling authors Stephanie Dray and Laura Kamoie present the untold story of Martha “Patsy” Jefferson, Thomas Jefferson’s eldest daughter. Following her mother’s death, Patsy became Jefferson’s “constant companion,” traveling with him to France and serving as hostess in Jefferson’s White House. Dray and Kamoie’s sweeping novel is a compelling and thoroughly researched look at one of history’s most fascinating women.  
A Q & A and book-signing will follow the presentation.  
Books available for purchase from Vashon Bookshop.

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Island Epicure



By Marj Watkins  
Adios, Allergies

The colors and scents of spring and summer flowers cheer us, but not their pollen. Some us must cope with continual runny noses, bouts of sneezing , and sinus congestions when we combat those effects with antihistamine. I thank the good Lord and the highway department for eliminating most of the Island’s Scotch broom, but there’s still grass pollen, alder pollen, ragweed and many others.

What you eat has a lot to do with symptoms like those. Ills you were already contending with before your allergy struck affect its intensity. If you get migraines, hypoglycemia (have lower than normal blood sugar), adrenals not in working order, coronary problem, or urinary system disorders, even insomnia, you may have allergies, too. When all the other ill

So, turn off the computer and the TV after supper to go to sleep more easily and sleep better, and drop from your diet all junk food, sugary drinks,coffee and a bagel with jam for breakfast, desserts and sweet snacks. Make time to cook from scratch, choose whole eggs and bacon, or a small steak for breakfast, whole grain toast and real butter, skip the jam, Do eat red meat; it gives you iron. Snack on nuts and pumpkin seeds. Almonds will give an almost equal amount of carbohydrate and protein and of calcium and magnesium.. Pumpkin

seeds yield 40 grams of protein per cupful and only 21 grams of carbohydrate. A quarter cupful makes a satisfyingly crunchy snack with a 10 protein boost of real nourishment.

Of course, you need some carbohydrate for energy. Potatoes are tops for carbs: 1 white potato yields 3 grams of protein, 25.7 grams carbohydrate, but it’s carbs content is what they call “resistant starch” meaning that a potato doesn’t slam you with a glucose spike. It yields it’s carbs slowly. An average sweet potato has 2 grams protein, 32 grams carbohydrate. Grains are the worst offenders, and the most fattening of foods. If you’re allergic to nightshade family vegetables, choose sweet potatoes or yams.

To begin the day with a high protein, low carb meal:

2-egg omelette -13.4 grams protein, 0 carbs,

2 long slices bacon, fried or microwaved, about 2 oz. , 11.6 grams protein. 0 carbs

1 slice Pumpernickel bread, toasted, 2.9 grams protein, 17 grams carbs

1 oz. Butter, half to cook the omelette, half to spread on toast.

Totals: carbs: 2.9, protein 27.9

Lunch could be Smorrebrod (Danish open-faced sandwich: a slice of Bavarian rye bread, buttered; the top half of a lettuce leaf, a 3 ounce slice of deli chicken (20.4 ounces protein,0 carbs); Dijon mustard, a slice or two of tomato topped with mayonnaise and the plate garnished with black or kalamata olives or dill pickle slice, whole milk, 8 grams protein, 11.37 grams carbohydrate. Here the carbs outnumber the protein grams, but not by much.

Dinner suggestion: 5 oz. Salmon slice, 32.1 ounces protein, 0 carbs; a medium size white potato,3 grams protein, 25.7 grams carbohydrate; 4 to 6 spears asparagus (about 1 cupful) with lime juice, 4.1 protein grams. 4.9 grams carbs. Salad of lettuce or spinach, diced cucumber and tomato, dressed with extra virgin olive oil and vinegar, carbs and protein about equal at 1 gram each. Totals: Proteins 46, Carbs 30.6

Vashon Nature Center  
Ed Talk

Join us for this free, family friendly, educational spin on the popular TED talks as we share the latest on island environmental science and discovery. Stroll through the poster gallery to view work conducted by Washington Department of Natural Resources Washington Conservation Crew, UW SeaGrant, Puget Soundkeepers Alliance, Vashon-Maury Land Trust, Audubon, Vashon Nature Center, students from Vashon High School and more. Listen to a series of 10 minute talks on current issues affecting the Puget Sound. The afternoon culminates in an interactive key-note presentation, “Is your Puget Sound, my Puget Sound? How world-views shape our reality and behavior.” by Patrick Christie, University of Washington Professor.

June 11th 3-6 pm at Vashon



Center for the Arts. Free and open to the public. Come for part or all!

For more information: Maria Metler, vnaturecenter@gmail.com

Guitarist Michael Nicolella  
at Episcopal Church of the Holy Spirit

Classical guitarist Michael Nicolella will perform in concert on Saturday, June 17, 2017, 7:30 pm at Episcopal Church of the Holy Spirit, 15420 Vashon Hwy SW, Vashon, WA 98070. This concert will feature the premiere performance of a work by Vashon composer Michael Troese as well as music for classical and electric guitar by: J.S. Bach, Isaac Albeniz, Philip Glass, György Ligeti, Michael Nicolella and Lennon/McCartney. Admission is \$15/\$10 students, tickets can be purchased at: brownpapertickets.com, Vashon Book Shop or at the door.

Michael Nicolella is recognized as one of America’s most innovative classical guitar virtuosos. Referred to as “one of the contemporary guitar’s most gifted stars” and “a fully enlightened musician of our time” by Classical Guitar magazine, he has received wide critical acclaim for his performances, recordings and compositions.

A uniquely eclectic and versatile artist, Michael blurs the lines between musical styles and disciplines. He is part of a growing trend in classical music to revitalize the role of the composer/performer. As a concert artist he frequently programs his own works for guitar in solo, chamber and orchestral settings. Known for his creative programming, he has introduced electric guitar



into his “classical” programs and extended the repertoire and audience of his instrument not only with his own compositions and transcriptions, but also by premiering and commissioning works by some of today’s most exciting emerging composers.

His newest album, a double CD of the Complete Bach Cello Suites in his own arrangement, was called a “monumental achievement’ by Soundboard magazine; while the Seattle Times stated: “The recorded sound is resonant and clear, setting off Nicolella’s smooth virtuosity and the great freedom of his playing in performances that show the Suites in an entirely new light.” The Bach recording was preceded by three prior, critically acclaimed albums of contemporary music for classical and electric guitar, entitled: Ten Years Passed, Push and Shard.

Michael has performed

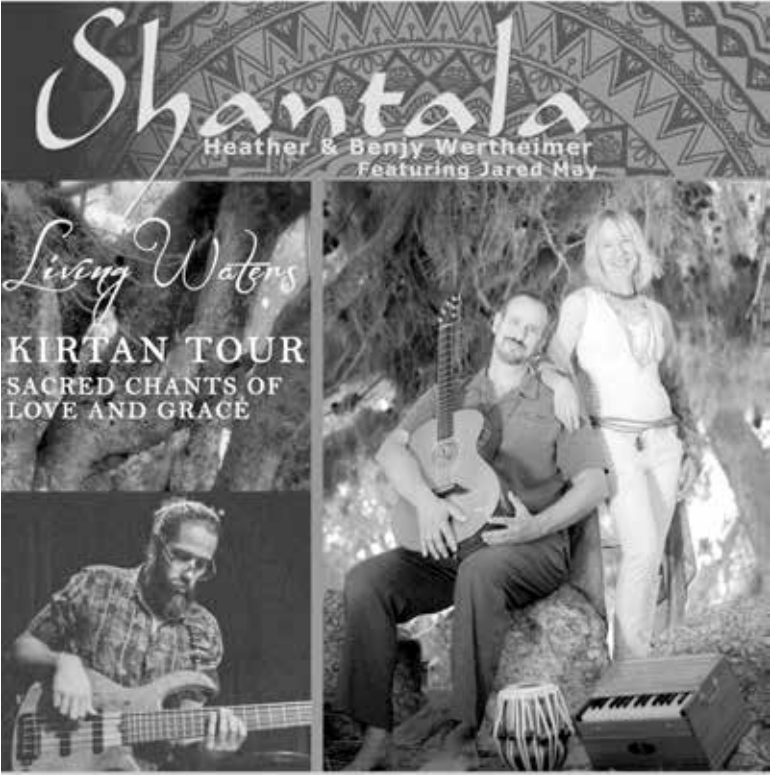
with a wide range of groups and artists including: the Seattle Symphony, Northwest Symphony Orchestra, Merce Cunningham Dance Company, violinist Gil Shaham, soprano Alexandra Picard, mezzo soprano Joyce DiDonato, jazz singer Johnaye Kendrick, Broadway legends Bernadette Peters and Brian Stokes Mitchell and the Seattle Guitar Trio. As a performer and composer, he has received awards from ASCAP, the American Composers Forum, 4Culture, Wisconsin Arts Board, Washington State Arts Commission, Seattle Arts Commission and was first prize winner of both the Portland and Northwest solo classical guitar competitions. Michael is a graduate of Yale University, Berklee College of Music and the Accademia Chigiana in Siena, Italy. He is on the faculty of Cornish College of the Arts in Seattle.

An Evening of Kirtan with Shantala

Benjy and Heather Wertheimer have been leading kirtan (sacred chanting) worldwide since 2001 as the duo Shantala. They are known for their special gift of bringing the audience into a vast and loving experience through their unique blend of exquisite voices with instruments of India and the West. Together they create music with beauty, passion, and reverence. Heather and Benjy have released five beautiful and well-loved albums of sacred chant music since 2003, including Living Waters, Jaya, LIVE in love, Sri, and The Love Window.

Shantala has performed and recorded internationally with such sacred music luminaries as Krishna Das, Deva Premal & Miten, and Jai Uttal. They were named as one of the top Kirtan “Wallahs to Watch” by Yoga + Joyful Living Magazine. Kirtan is a celebration of spirit through the chanting of sacred names, carrying the audience into a state of heightened awareness, bliss, and devotion. The audience is invited to participate fully through call-and-response chanting, dance, and meditation.

Jared May excels as a performer and recording artist in a huge range of musical styles,



including jazz, soul, reggae, gospel, Kirtan , rock, country, live electronic, and hip-hop. In addition to his work as a world-class bassist and educator, he’s also a longstanding member of the eminently sustainable rock band, the Ginger Ninjas, who tour the world carrying their gear on bicycles and pedal-powering their shows.

An Evening of Kirtan with

Shantala. Friday, June 16 - 7:30pm

Located at the Home of Baruch & Veronica. 13320 108th Ave SW, Vashon Island. Please park beyond our driveway on our side of the street.

Tickets \$20 available at the door. No one turned away for lack of funds.

www.ShantalaMusic.com



# Hits of the 60's

Take a journey with us, back to the 60's – a decade of some of the best music ever. On Friday, June 9th at The Red Bicycle Bistro & Sushi, join us for a Vashon Events special production. Local musicians will be showcasing their talent, performing songs of the 60's...whatever they choose from that magical time.

Vashon Events' third showcase this year features local Vashon musicians taking on some of the coolest music ever. The concept for playing the music of the 60's gives us a chance to take the audience on a musical journey. These songs are extremely nostalgic for most people. And when our favorite local musicians bring them back to life live on stage, it can be very emotional.

Musicians will either play the tune as close to the original as possible, or interpret the song in their own unique style. Either way, it's one of those concerts where audiences stop talking and lean into the music, anticipating the next note. For musicians, it



can be very fulfilling when an audience listens to the music in this way.

Proceeds from the event will support Vashon Events – Vashon Island's community arts, culture, and charity events website that launched this year.

Some of the musicians signed up to perform at this show are:

- Alex Davis
- Amy Cole
- Annie Roberts
- Ara Lee

- Chai Ste Marie
  - Chris Anderson
  - Christine Goering
  - Chuck Roehm
  - Dan Bruce
  - Dodd Johnson
  - Doug Pine
  - Dodd Johnson
  - Drew Piston
  - Ellen Reed
  - Jamie Riley
  - Jan Lofland
  - Jason Staczek
  - Jenny Bell
  - John Browne
  - Joseph Panzetta
  - Josh DeHaven
  - Kevin Moe
  - Linda Hatfield
  - Loren Sinner
  - Martin Feveyear
  - Michael Marcus
  - Michael Whitmore
  - Pat Reardon
  - Rebekah Bevilacqua
  - Rick Dahms
  - Rick Doussett
  - Riley Mae Schumacher
  - Ron Hook
  - Scotty Hayes
  - Tim Norton
  - Tony Mann
  - Wesley Peterson
- Songs picked so far:

Hits of the 60's . Friday, June 9th, 8pm. The Red Bicycle Bistro & Sushi. \$8 cover charge

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

# The Cami Lundeen Band

With her new album WILD RIDE on the horizon, indie pop/rocker Cami Lundeen once again returns to Vashon Island, where it all began... Friday, June 23rd, at 8:30pm, coming all the way from the opposite corner of the country, Lundeen will be taking the stage at The Red Bicycle for a FREE SHOW with her band (Wesley Peterson on drums, Jason Everett on bass, and more).

Currently running a fundraising campaign for Wild Ride, the highly anticipated follow up to her debut album Run Free, Lundeen will close out the campaign with her Vashon show and summer tour. Check out the campaign at <https://www.camilundeen.com/wild-ride-campaign> Donations may be made anytime online, or in person at the show.

Cami Lundeen's beautifully haunting voice, profound lyrics, and creative melodies linger long after you've heard them. She sings and performs with a contagious passion and conviction that moves you to the depths of your being. Whether it be a solo performance of Lundeen commanding her guitar while kicking a bass drum, or fronting a full band, she lures you in with her sultry voice, and powerful vulnerability. You are guaranteed to fall in love with this beautiful soul.

Her energetic style is a unique blend of the bluesy-soul of Adele, an alternative rock flare reminiscent of The Cranberries, the edginess of Pink, and the rock rasp of Janis Joplin. Hailing from Vashon Island, WA, Lundeen was diagnosed with a rare, incurable liver disease in the spring of 2010. She turned to songwriting as an outlet for coping with her daunting reality.

With the youngest of her four children a newborn, this news of her diagnosis weighed heavily on her heart. Songwriting became the glue that held Lundeen together through this heartbreaking time. Lundeen played her first public show at a local farmer's market in the spring of 2012, and quickly amassed a large local following by playing numerous shows and festivals around the Seattle area including Seattle's famed venues The Crocodile, The Hard Rock Café, and The Triple Door.



Less than a year after her first show, raising over \$15,000, Lundeen crowd-funded, recorded, and released her debut album Run Free. Released in August 2013, Run Free is an intimate weaving of her story – a journey of life's struggles and a tale of overcoming fear and choosing to live life to its fullest.

On the heels of Lundeen's album release, in effort to share an inspirational message of hope and encourage others to follow their dreams, Lundeen and her family sold most of their possessions and hit the road to tour the United States in a minivan with tent trailer in tow.

Leaving Washington state in June 2014, Lundeen toured the country for five months, and has settled in the Gainesville, Florida area. She is continuing to travel throughout Florida performing at a variety of venues as well as working on Wild Ride, the highly anticipated follow up to her debut album Run Free."

This June Lundeen will be touring throughout the Seattle, Anchorage, and Washington D.C. areas.

Friday, June 23rd, 8:30pm  
The Cami Lundeen Band  
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

# KUINKA



KUINKA will play an acoustic set at Vashon Island Music on June 16th at 4pm, to promote their new EP "Stay Up Late" which just was released. Free to Attend. You may recognize them as the band that opened up for the Shook Twins at O Space... same band, just different name. Check out their website [www. KUINKAtheband.com](http://www.KUINKAtheband.com)

# Suds

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# VCA Musical Theatre Presents Peter Pan Jr

Based on J.M. Barrie’s classic tale and featuring an unforgettable score by Morris “Moose” Charlap and Jule Styne with lyrics by Carolyn Leigh and Betty Comden and Adolph Green, Peter Pan is one of the most beloved and frequently performed family favorites of all time. This high-flying Tony Award-winning musical has been performed around the world and delighted audiences for 60 years and is now adapted for young performers.

Peter and his mischievous fairy sidekick, Tinkerbell, visit the nursery of the Darling children late one night and, with a sprinkle of pixie dust, begin a magical journey across the stars that none of them will ever forget. In the adventure of a lifetime, the travelers come face to face with a ticking crocodile, a fierce Indian tribe, a band of bungling pirates and, of course, the villainous Captain Hook.

Featuring the iconic songs, “I’m Flying,” “I’ve Gotta Crow,” “I Won’t Grow Up” and “Never Never Land,” and a rousing book full of magic, warmth and adventure, Peter Pan JR. is the perfect show for the child in all of us...



who dreamed of soaring high and never growing up.

VCA Musical Theatre Presents  
Peter Pan Jr  
Friday, June 9, 7 pm  
Saturday, June 10, 2 pm  
Sunday, June 11, 2 pm  
\$10 VCA Member, \$6 Student, \$12 Senior, \$14 General

# Vashon Dance Academy Performs Snow White

Vashon Dance Academy and Dance!Vashon will stage their annual performance featuring over 100 young dancers, along with a few Dancing Dads. This year’s performance is a modern twist on Snow White . Artistic director Cheryl Krown notes this particular show is “not about a prince coming to the rescue,” but about having strength in your own character amidst false reflections. The show does reflect this group of dancers’ strengths, which range from hip-hop to modern to ballet. “This group is full of truly multi-faceted dancers,” Krown notes, “and very good actresses.”

Rehearsals started in February and feature dancers from every age group, from the youngest Creative Movement class, which starts at age 3, to senior dancers taking on major parts like the Evil Queen (danced by Jules Vanselow and Talia Spurlock), Snow White (danced by Isa Sanson-Frey and Sophie Blasingim), the Queen’s Spirit (Maggie Raymond), and the Evil Queen’s Image (danced by Hannah Spranger and Lyla Mildon). “It’s a show that highlights the strengths of some of our most advanced kids,” Krown says.

The rest of the cast takes on roles from frogs to fireflies to a forest that’s come to life. Choreographed by Krown



along with Co-Director Julie Gibson and instructors Elizabeth Mendana Shaw and Randy Ford, the show also incorporates input from the dancers themselves. And, as audiences have come to expect from Vashon Dance Academy productions, there will be a few surprises.

The show will be performed at the Vashon High School Theater at 7:30pm Friday, June 9, 1:30pm and 7:30pm Saturday, June 10 and 1:30pm Sunday, June 11. Tickets are \$15 for adults and \$11 for students and available at Vashon Bookshop as well as at the door.

# Live Music at Farmers Market

The Vashon Island Growers Association offers locally grown produce at the Saturday Market, in the heart of Vashon’s town. At the Saturday Market, you’ll find about 30 to 50 vendors of food and arts and crafts, along with live music. At the market, you can buy Island grown organic produce, meats, even wines, bread and cheese...and special gifts for your loved ones.

Market hours are 10am until 2pm. Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market.

On Saturday, June 10th, we bring you John van Amerongen. John will be performing from 11am until 1pm.

Singer/songwriter John van Amerongen has been developing his personal style and sharing his musical talent on Vashon Island for more than 40 years -- ever since he stepped up to the mic to sing his signature tune “Truckstop Chili” and perform with his bluegrass band of the same name.

Armed with an open-tuned acoustic guitar, a wry sense of humor and the ability to tell stories of hard-working men and women, he has delighted listeners up and down the Northwest & Alaska coastline from Astoria to Dutch Harbor. Beyond his original maritime and commercial fishing ballads, he remains devoted to classic country, straight bluegrass, harmonic gospel and anything else that celebrates true grit and the human spirit. (Learn more about him by reading his “20 Questions” interview at VashonEvents.com)

On Saturday, June 17th, we bring you Roger Taylor. He will be performing from 11am until 1pm.

Roger Taylor is a long-time musician (as in - old!) who plays with a couple groups – Rumor Has It, a 7-piece acoustic Vashon band, and Acoustic Caravan, an acoustic Puget Sound trio. He grew



up on folk music, soul, and rock and roll - but drifted lazily toward folk-rock and bluegrass-Americana-jamband music. This leaves him mostly lost in the songs, praying for redemption. Roger also occasionally does solo gigs, and he loves playing every year at the Farmer’s Market. He’ll be playing his acoustic favorites, and will be joined here and there by a couple of surprised friends.

## Next Edition of *The Loop* Comes out Thursday June 22

Deadline for the next  
edition of *The Loop* is  
**Saturday, June 17**

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Weather forecasts

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**Buddy Needs A Home...**

I have orange hair, I’m getting up in years, I like to talk about myself, I’m an alpha male – do I remind you of anybody yet? Despite my age, my doctors say I’m remarkably healthy. I still like to play, and you should see me chase toys, especially the fishing pole type. My personality, stamina, everything about me is absolutely unbelievable.

I’d keep on bragging, but I have to deal with the FBI (Feline Bureau of Investigation). And I need to check the news to see if there’s been more negative press covfefe.



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**PANDORA'S BOX**

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**Live Entertainment**  
**Friday, June 9, 8pm**  
60's Night

**Friday, June 23, 8:30pm**  
The Cami Lundeen Band

**Friday, June 30, 8:30pm**  
The Georgetown Orbits

**Friday, July 7, 8:30pm**  
Cherrywood Station



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