

## The Garden Tour is back!

After a year hiatus the tour is now on track to be one of the best ones yet! With four amazing gardens, a working farm and a historic landmark in renovation, the stops are breathtaking and unique.

You will fall head over heels as you wander through the beautifully designed garden of Julie King and Lisa Caldwell and enjoy a spectacular view of Puget Sound. Discover Blue Moon Farm, the five-acre organic agricultural paradise created by Eddy and Kevin Hoffberg. There you'll find a labyrinth of lavender, a young orchard of more than 100 fruit trees, organic straw-bale beds, beehives and dozens of chickens and ducks. Roam the many-tiered gardens of Lisa and Jonathan Morse. From an alpine garden filled with a blanket of succulents to a working potager surrounded by the abundantly colorful perennial borders, every corner of the garden is unique and masterfully cultivated. Behold the Maury Island art-filled garden of Linda and Richard Sedgley. Marvel at the views of Tramp Harbor and Puget Sound, and relax below the mature maples that fringe the large pond. All the senses are taken into consideration. Linger in the lush gardens of Shelley and Sam Williams. Meander through shade gardens, past the koi pond, around through the vegetable plots and over to the waterfront yard for a beautiful view of Quartermaster Harbor. Experience history as you explore Mukai House and Garden, a site both Landmarked and on the National Register of Historic Places. We welcome you to explore this wonderful site-in-restoration as a part of the tour.

As you wander through the gardens,



keep a lookout for the stunning artwork by Vashon Island artists. Sonja Bergström's sheep wool and wood footstools will flock in amongst wildflowers. Steel sculptures by Sue Carette are captivating and strong. Asian-inspired concrete and mosaic statuary by Alex Echevarria peek out of garden beds. Elaine Summers' charming mosaic statues add a touch of whimsy to the garden. Cast-glass garden artwork by Barbara Wells catches the light and highlights the space.

The Garden Tour features a full lineup of free Garden Talks presented by landscape professionals and garden hosts offering a wide variety of gardening topics to fuel inspiration and cultivate confidence for tackling garden projects at home. Local blogger and podcast personality Tom Conway reminisces on his favorite recipes for Garden Fresh Jams & Jellies. Soil & water expert Howard Stenn shares the benefits of Drip Irrigation Systems for beating the summer heat. Joshua Barwick, owner and craftsman of Noble Stone, explores the many ways of Knitting Stone Into the Landscape. Garden pro

*Continued on Page 6*

## Low Tide Celebration: Wade In & Peer Down



*Beach Naturalist Marie Brown answers questions about the critters living in the eelgrass. Jay Holtz photo.*

On Saturday, June 24th, there will be a whopper of a low tide: -3.66' at around 11:40am. Starting at 10am at Point Robinson, beach naturalists will be out on both the north and south beaches showing visitors the wondrous creatures the waters reveal as they recede. Plan to wear boots or saltwater sandals so you can wade in and look down at anemones waving their graceful tentacles under the water, sea cucumbers combing plankton from the water with branchy tentacles, and crabs running sideways through swaying eelgrass. The beach naturalists on the south beach will have paddleboards and aquaviewers to help folks get good vantage points for seeing through the surface glare of the water. And if somebody finds a tiny opalescent nudibranch, the beach naturalists will share hand lenses to magnify the nudibranch's fluorescent orange and aqua designs. Sightings will be marked on a large format species list, posted on a tripod in the sand.

The north beach, where beds of clay and beaches covered with large cobbles predominate, has somewhat different species. The rough piddocks, a species of clam that bores its home out of solid clay, send only their siphons to the surface. Among the cobbles there are

numerous pink and green aggregating anemones, green moonglow anemones, a few white-spotted rose anemones with brilliant red columns, and Christmas anemones with vivid red, green or brown striped columns and pink and white tentacles. Moon snails are cruising under the sand, looking for shellfish meals, and have left mysterious gray sand collars strewn on the beach, which contain their eggs. A variety of red, green, and brown seaweeds anchor to the rocks, and offer food or shelter to small critters. On the boulders there are usually clumps of frilled dogwinkles, a medium size snail that eats barnacles. Sometimes a dogwinkle shell is seen moving fairly rapidly between rocks, and proves to be housing a new tenant, a hermit crab. The tiny hairy hermits and grainyhand hermits are often satisfied with very small shells, vacated by checkered periwinkles or western lean nassas. Under big rocks on the low beach there may be flattened porcelain crabs and blue-purple "black-clawed crabs," sometimes with a curly-head spaghetti worm and sponges.

Meanwhile, on the grass beside the lighthouse, a dozen booths will circle the vital Children's Booth, busy

*Continued on Page 7*

## The Road to Resilience Ultimate Civics!

By Terry Sullivan,

It was about eight years ago that we formed Transition Vashon, and about six years ago that I started writing this column as a means of getting transition ideas out into the community. Our goal was to orient our community towards transitioning away from fossil fuels and putting together an energy descent plan. If it wasn't clear then, it certainly is now that we need to transition to renewables, and making a plan to use less energy would make us much more resilient in the face of energy shortfalls. In 2009, it was clear to many of us that we needed to make serious changes in our lifestyle to head off CO2 buildup and catastrophic climate change. For others, it was still in the realm of speculation that we needed to act right away, so our job at Transition Vashon was to sell the idea that the sooner we got started, the better. The fact that Transition Vashon folded about five years later due to lack of interest was not a good sign. Still, I've continued to write, and there seems to be ongoing interest in that.

It is true that over that period we have made some strides in lowering our carbon footprint: more electric cars, hybrids, bikes, LEDs, etc., but, in the big picture, we have only been making

some nips and tucks in what remains a very large change yet to be made. What we need to do is reexamine the basis of our culture. Patrick Christie, UW professor, touched on this in his keynote address last week for the Nature Center educational talks. His thesis was that our worldviews determine our perception of reality and our behavior. We won't make the kinds of changes we need to make because we think it is the right thing to do. A change of this magnitude requires stepping into a new way of seeing the world.

Christie touched on the fact that Native Americans have a markedly different worldview than Euro-Americans. He mentioned that the Tulalip tribe recently invested \$20 million dollars of casino money in buying 300 acres of Puget Sound shoreline and converting it back to saltwater estuary. Several other tribes have created similar estuaries. How many relatively small Euro-American communities do you know that would make that kind of investment in something that had no apparent economic or social payback? It has to do with worldview. Native Americans see the health of the

*Continued on Page 8*

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*Gifted*  
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*Greentech and Backbone Present "Tickling Giants"*  
Tuesday, June 27 at 6pm

*NTL Obsession*  
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*Wonder Woman*  
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# Advertise in the Loop!

It's a great time to get back in the Loop.  
[ads@vashonloop.com](mailto:ads@vashonloop.com)  
Next Loop comes out July 6



# Get in The Loop

## Submissions to the Loop

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

### Fixit Cafe!

Fixit Cafe! Saturday 10am -2pm at Penny Farcy Bldg across from the fire station in town. Bring you appliances, furniture, or other items in to get repaired rather than sending them to the landfill.

### 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.

Find us on Skype  
Vashon Loop  
206-925-3837

### Have a Story or Article

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

### Washington Coal-Free

With fossil fuel executives in charge at the federal level and Trump withdrawing from the Paris Climate Agreement, now is the moment for strong local leadership on climate change. We have that opportunity right in our back yard, where Puget Sound Energy (PSE) should complete retirement of its dirty Colstrip coal plants by 2025. PSE prides itself on being a “green” utility, but its Colstrip coal plant was the third largest climate polluter in 2015, with emissions equivalent to about 3 million passenger cars. You can help us make real, tangible progress toward cutting carbon. Ask PSE to step up to the plate and walk its talk by adding your name to the online petition at [sc.org/CarbonFreePSE](http://sc.org/CarbonFreePSE). Let’s make Washington coal-free by 2025!

Kevin Jones  
Carbon Free PSE – Vashon

### 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

### Free Garden Advice

Vashon Master Gardeners will host Plant Clinics from 9:30 a.m. -2:30p.m. on alternate Fridays & Saturdays beginning May 7, outside Ace Hardware. Master Gardeners will be available to answer all your questions with research-based, environmentally sound information. Each Plant Clinic will also highlight a special topic of interest to our planting community. Free handouts and garden resources will be available. All questions welcome! Please stop by to share your gardening questions, successes and to meet your Master Gardener neighbors.

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### All-Island Flea Market

The Board of Sunrise Ridge, a true Island asset, announces the second All-Island Flea Market. It will be at Sunrise Ridge on Sunday 25 June from 10 AM to 2 PM. There will be food by Orca Eats and Lisa B’s Sweets and Treats, and Airlift Northwest will be available to tell you about membership.

If you would like to have a stall, contact Jan Milligan at 206-949-1184. 25.00 for the day, a bargain if there ever was an Island bargain.

### All Island Forum

Looking Out for Each Other in the Resistance  
by All Island Forum  
July 13, 7-9pm at the Vashon Library

All Island Forum convenes again on July 13 to offer a meeting place to listen, share and care for each other in these difficult times. By using the word “Resistance” in our title we are acknowledging that many of us across this country are not willing to condone the doctrines, beliefs, statements and decisions that are spewing forth on a daily basis from the current administration. The November election catapulted many of us into action, if not immediately, then by the mid-January inauguration. Many of us marched in the Women’s March in January and we continue to participate in myriad actions available to keep letting our voices be heard. Some of us are weary from the efforts and hope for more tangible outcomes. Some of us are just beginning to see what we want to stand up for and are discovering how to help out. Others simply wish to listen, speak and make some sense out of what is happening in our world. Even on our small island of largely a majority demographic, participants to these gatherings represent diverse styles and views. If any of this whets your appetite for conversation in community, please join us on July 13 for a facilitated experience. It is possible we can discover something that can only be found in speaking and listening to and with our neighbors in a safe setting. Whether you are on Island visiting for a few weeks this summer or have lived here for a lifetime, please drop-in. Everyone is invited.

### While I Was Sleeping

I slept dreamlessly  
Unaware I had not woken  
Missed my morning tea  
Missed morning altogether  
Disoriented- I thought I should turn on the radio,  
Read the paper  
I saw the headlines, How GOP Leaders Came to Reject Climate Change  
I should reengage in the politics of the day  
Find out what happened while I mindlessly slept

Instead I walk out into the yard,  
Water the chickens that dip their bright orange beaks in the blue dog water dish,  
I sip my morning tea in the afternoon heat,  
Watching a fly that lands near me  
I gaze at its large protruding eyes and imagine how many “mes” gaze back in flower printed dresses wearing glasses  
I listen as the baby chickadees called from the nesting box above the door to be fed  
The ferns at my feet are curling at the tips-dry  
My teacup is empty  
I splash water from the hose on the ground nearby  
The earth instantly takes back her precious lifeblood  
I stare at the headlines again, How GOP Leaders Came to Reject Climate Change  
I feel like crying  
I get out my pen.  
These are my tears

By Gayle Kellner

#### The Vashon Loop

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**Next Edition of  
The Loop Comes  
out Thursday  
July 6**

Deadline for the next edition of *The Loop*  
**Saturday, July 1**



# When the Cougar Screamed



By Seán\_C.\_Malone      Rendalls Store 1930's

Mike said, “It sounds like babies crying.” We were walking home from Cove on a cold Fall night, having been on a snipe hunt where you take some guy or girl out in the woods and down to the bottom of the canyon and hand them a gunny sack and stick. A snipe is a furry little creature with wings like a bird, though it cannot fly and only comes out at night. The victim is told to wait quietly for the snipe, with the bag open until we had beat the bushes and had driven the snipes to the person with the bag and no flashlight. We would make noises in the bush for awhile and then slowly work our way back up the hill, so as to leave the victim holding the burlap bag for hours, if we had been convincing.

It was pitch dark and the hair on the back of my neck was rising when the crying came again from the top of the ridge and we started to run for home about a quarter mile away.

We were just kids, when Grandma Ada told us of riding in her Father’s wagon down the steep Lisabeula hill, where she threw the anchor and rope out to slow the wagon down to keep it from running over the horses. She saw a cougar lurking in the brush, in and out of sight as he stalked the wagon, probably interested in the horses.

Wild Bill Rendall was born in 1885, and we only knew him as being very old. Papa Jim, our grandfather paid Bill to pull his drag saw down the hill to Portage to cut up beach logs for firewood. Bill’s saw was a one-lunger engine that went kurchug-kerplunk-kurchug as it cut the big logs. The saw weighed 400 pounds and was mounted on an A-frame of bridge timbers, with a large steel-spoked wheel at the top of the “A” and wooden handles to push it around by at the other end. It was a precursor to the chain saw. I don’t remember how Bill got the drag saw down to the beach, but it doesn’t matter. He told us kids the story of a cougar when he was a pupil at the Maury School, the same school our Grandma Ada walked to from Portage. Grandma told us how hard the two mile walk was when there was snow.

Bill was eight years old and in the third grade at the Maury school, an hour’s walk

from home. It was getting dark when he and Louis Hatch left the school about four o’clock and started through the woods on narrow cow paths. When they got to the Mileta Ranch, they weren’t far from Louis’s house where Mrs. Hatch told Bill that he had better stay over, “as there was a cougar sighting just west of town.” It was getting dark and Bill wanted to get home as he knew his father would be very much worried if he did not, he had chores to do so he started into the woods with only the light of the Gibbous moon to guide him, when he heard a blood-curdling scream and the hair on the back of his neck stood up. He had to get to the beach where he might feel safer. Instead of taking the trail he jumped over the bank and hit the steep sloop running in the soft sand until he came to the Johnson trail and leaped over their fence to get to the beach. “I could always dive into the water as cats don’t like it,” he thought to himself. Bill ran to the edge of the water and stopped to recover his breath, picking up as large a rock in either hand as he could handle, or throw. With the light of the moon, he started the last half-mile for home walking along the edge of the water, all the way. He felt then that he was safe, as he had always heard a cougar hated the water, and would not enter it if, possible. However it can be said, that when Bill left the schoolhouse the next night, it was on the run, as soon as school was dismissed, and there was no loitering along the way.

Wild Bill had the saw shop behind Engels Car Repair and sold us kids fishing gear when he wasn’t repairing a saw. The sign above the door read Rendall’s Store. For 25 cents, I got some green cuttyhunk line that was carefully wound on a 4x4 inch stick frame, the hooks were extra and the building behind Engels is still there. Bill would tell us kids stories and sell us candy from his glass display case. If it was a good story like the one when the cougar stalked him, he would get to the scary part and pick up his sharply pointed leather awl and drive it into his leg. Us kids screamed, not knowing that Bill had a wooden leg.

Sean@vashonloop.com

# Field Day



Vashon Maury Island Radio Club and VashonBePrepared invite all our elected officials to visit Vashon’s amateur radio volunteers at this Saturday’s 2017 Field Day event!

Vashon Hams gather at our new Field Day location atop the Swallow’s Nest Bluff on June 24th & 25th to compete in the largest single amateur radio and emergency preparedness exercise.

Field Day has been an annual event since 1933, and remains the most popular event in ham radio. Families and the public are welcome to this free event and tour Vashon Maury Island Radio Club emergency communication trailer. Learn about email over radio (without the internet), digital operations with software-defined radios, and hidden transmitter hunts.

Every June, more than 40,000 hams throughout North America set up temporary transmitting stations in public places to demonstrate ham radio’s science, skill and service to our communities and our nation. It combines public service, emergency preparedness, community outreach, and technical skills all in a single event.

Your attendance will help us garner valuable points and provide a great opportunity to visit with local amateur radio volunteers who donate their valuable services to the community. Details on the club and the family friendly event follow.

VMIRC competes in ARRL’s Field Day event (<http://www.arrl.org/field-day> and [https://en.wikipedia.org/wiki/Field\\_Day\\_%28amateur\\_radio%29](https://en.wikipedia.org/wiki/Field_Day_%28amateur_radio%29)) with thousands of amateur radio operators making radio contacts from community parks, campgrounds, schools and emergency centers throughout North America.

Open to families and the general public, this free event is a great way for those curious about radio communications to see real operations, chat with operators and even try a call themselves.

VMIRC champion Sharon Danielson says, “We are delighted at the influx of new radio operators over the past year. Numerous mothers and fathers concerned with emergency family communications and other civic minded volunteer have taken trainings and joined our club in the past year. With new radios available for \$50, there are fewer barriers to new operators than ever before. Plus we’ve a great social group!”

Points are awarded for a wide variety of activities under simulated emergency conditions:

- encouraging alternative & emergency power sources such as batteries and solar arrays,
- mobile operation of radios and antennas,
- operation of a wide range of modes (e.g., voice, historical Morse code, digital email and video sent via radio),
- continuous 24 hour availability,
- ability to reach other contestants across the globe,
- visits by elected officials, and
- involvement of youth and the public who have never tried radio operation before.

This year we are going to try something

different. We will set up in a large field next to the Swallows Nest on Maury Island, with a beautiful view of Puget Sound and Mount Rainier. We are also going to set up three radio stations, two for voice and/or CW and a third for digital modes. We will have the usual Pot Luck Dinner starting at 17:30 on Saturday followed by a class on using hand held radios for email and fox hunting courtesy of Michael KB7MTM.

For those of you who haven’t been to Field Day before, the data exchange with contacts across the country means we are a three station club operation located in Western Washington operating with the call sign W7VMI. Two stations will be in the club trailer, and Sharon AE7SD has graciously agreed to bring a sparkling clean horse trailer for the third station.

Setup will begin at 9:00 Saturday morning and takedown generally happens late Sunday morning. You are welcome to attend any time during that timeframe, but the prime opportunity to meet everyone and learn how Vashon will preserve communications after a disaster will be Saturday afternoon.

Everyone is welcome to operate one of the stations, and there will be plenty of help around to assist if you have never operated one of the club HF radios or have never operated long distance on the radio or in a contest. Also, family members and friends who are not licensed ham operators can get in on the fun too by operating the radios as a guest under the guidance of one of our licensed club members, and we get additional points for the club when someone under 18 makes a contact!

For the hidden transmitter hunt (called a “fox hunt”), you hide a low-wattage transmitter in the woods somewhere and then use a home-made directional antenna to triangulate and find the transmitter. Sort of “radio orienteering.” For big fox hunts they hide five transmitters and race to see who can find them all first. I guess folks actually run with their antennas and radios!

VMIRC President Bob Smueles reports, “The public is invited to see what ham radio is all about and have a chance to try their hand at making radio contacts and experience the fun of operating an amateur radio station. This is a chance to meet and talk with Vashon’s radio operators and see what modern Emergency Communications is all about. During the two day event we will have demonstrations of satellite communications, a digital communications workshop and an opportunity to learn how to get your own FCC radio license before the next disaster strikes. We’ll also be using the club’s new second transmitter. It provides exciting new digital modes and technical capabilities to the community.”

For more information about preparedness and amateur radio – please visit:

Vashon Maury Island Radio Club: [www.vmirc.org](http://www.vmirc.org)

VashonBePrepared: [www.VashonBePrepared.org](http://www.VashonBePrepared.org)

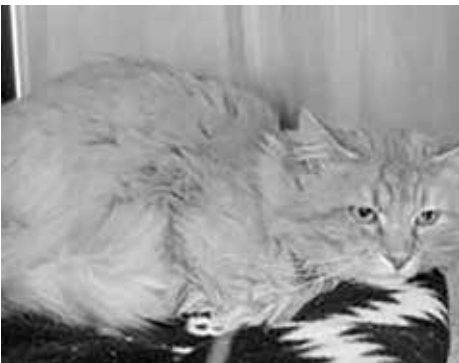
Vashon Island Fire & Rescue: [www.vifr.org](http://www.vifr.org)

King County Office of Emergency Management: [www.kingcounty.gov/safety/prepare.aspx](http://www.kingcounty.gov/safety/prepare.aspx)

ARRL the national association for Amateur Radio: [www.arrl.org/field-day](http://www.arrl.org/field-day)

## Freddie Needs A Home

Lots of cats seem mysterious, but I’m more of a mystery than most. No one knows where I came from before I found a house where a kind person started feeding me. Have I ever lived with people? Maybe, maybe not. I’m slowly coming out of my shell. It’s way too soon to say whether I’ll ever be a lap cat. On the other hand, some people actually prefer kitties that don’t demand attention. If you’re interested in a low-maintenance feline relationship, I might be your guy!



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# Island Life The Lie of the Land

By Peter Ray  
pgray@vashonloop.com

I will admit it- I was trying to be clever with the title, switching lie for lay and thus making a phrase that is used to signify a perusal or survey of the condition or state of affairs of some situation, into the implied description of the latest verbal or written emissions from the current occupant of the oval office, and who we have previously identified solely as 45\*. One can only hope that Hair Furor is drawing ever closer to truly earning his asterisk, but in the mean time, as one who grew up under the legends of Washington’s youthful chopping of the cherry tree and Honest Abe, the idea of anyone reveling in the role of prevaricator in chief while his toddler minders spin it and the media normalize or apologize for it- all of this serves to continuously engulf and devour my psyche in bafflement.

What continues to frustrate this humanoid is the nightly mandated residency in front of the glaring idiot box screen as breaking news banner after breaking news banner creeps across the pixelated expanse and a familiar parade of talking news heads play to the growing urgency of each revelation, and the glimmer of an assurance that some sort of justice is afoot, only to awake the next morning to find the apparent sand castles they had been building the night before had once again become a nondescript part of the beach. In the meantime, just as the sun rises in the east, Hair Twitler has accosted the social media world with two fingered quotes ranging from “cherry trees, I wouldn’t know one if I saw one” to “which cherry tree are you talking about, because I think you should look at the peach trees Hillary wasted”.

Speaking of peaches, the grand and glorious and most expensive U. S. congressional race ever which was just run in the peach state is now being flaunted as yet another endorsement for 45\*, although it is perhaps getting more cred along those lines than it deserves. The excuse the Democrats use for their less than winning showing is that it was, after all, a heavily Republican district, and Mr. Ossoff shouldn’t be blamed for fighting the good fight and still losing. While I’m sure he didn’t get one, this seems to be the grown up equivalent of being presented a participant trophy. It is a sad commentary on these times though when you have to also look beyond what is obvious and, more importantly, what is not reported and try to think in other terms.

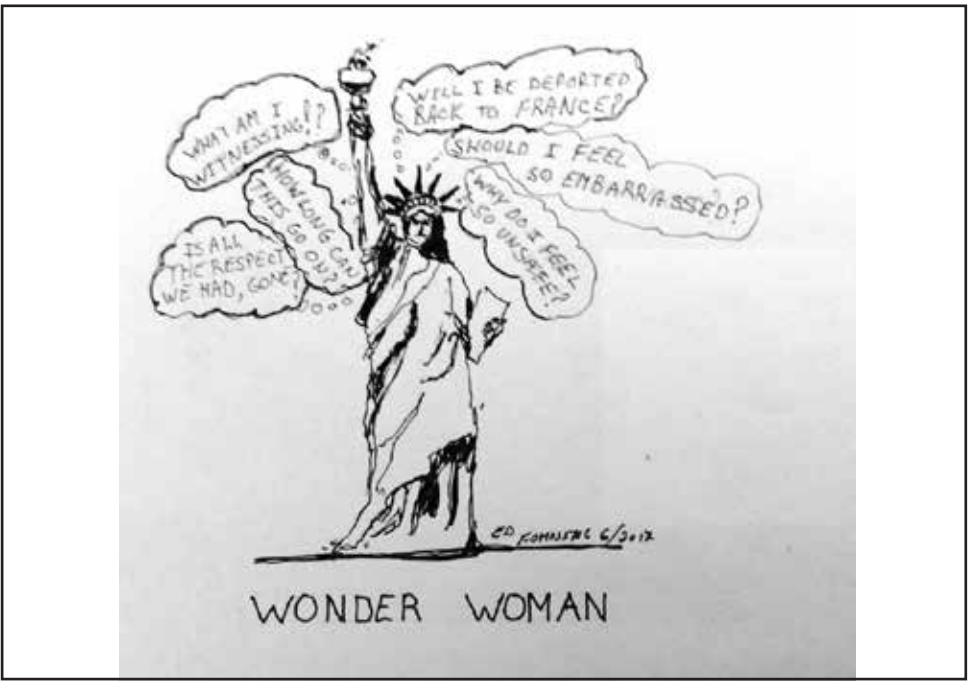
Reporting that I found in the alternative news sources the Nation and Think Progress (as opposed to an alternative fact sources) stated that before she was candidate Handel, the Republican contender had been the Georgia Secretary of State from 2007-2010. During that time she had attempted

to purge voter rolls of minorities, those likely to vote for Democrats, and had actively questioned residency requirements in order to keep Democratic candidates from even registering to enter a race, something she continued to do with Mr. Ossoff, although he seemed to have a reasonable explanation for his situation. Also, in the run up to this most recent election, Georgia courts had upheld an extension of the voter registration period. While this change had been enacted to allow more people the time to be able to become eligible to vote, Ms. Handel stated that this ruling was “shaping election rules to achieve a partisan result.” It was also noted that up to 10,000 Korean-American voters had been left off the voter rolls prior to the multi-candidate primary held earlier this year. It is possible that if they had been included, John Ossoff would have won the primary outright and would have eliminated the need for this second election. Further along in the reporting it is stated that a similar purge of 40,000 African-American voters took place prior to this latest special election, and had these voters been allowed to vote as they should have we most likely would have seen a drastically different outcome this second time around as well.

There is also the question of the Russian hacking of last year’s presidential election. It seems from what I have heard and seen that there is no question that this breach occurred.

We also have been told that 39 states were affected by this cyber incursion. What I cannot seem to find anywhere though is which states were the ones that were affected. I have seen mention of Illinois as a major example, but we are talking about nearly four fifths of this country, which in the simplest terms is overwhelmingly disturbing at best. And beyond the number of possible intrusions that happened in 2016, I can find no assurance anywhere that this couldn’t, or hasn’t happened again, since I have also not heard of anyone actually doing anything about it. So how do we know that there were not other outside influences at play in Georgia this time as well?

I just don’t know anymore. During the 2016, the 45\* repeatedly repeated toward the end that the election was rigged. It turned out it was, but nobody seems to be doing anything about it, except maybe the Supreme Court and the current case they are looking into regarding the Republican redrawing of the voting maps, where in 2016, in spite of their getting only 48.6% of the statewide vote they still won 60% of the state Assembly seats, which in some way kind of looks like an illustration of Ms. Handel’s complaint about “shaping election rules to achieve a partisan result.” While an end to partisan manipulation of voting districts would be a welcome change, it would only be a start to fixing a much greater problem. Perhaps there is a kernel of hope in all of this after all. There’d better be.



## Free Zumba at the Senior Center

The Vashon Senior Center is an attraction to volunteers offering a fine assortment of opportunities to interact with islanders richly endowed by experience. Smiling abounds as people focus on group activities such as knitting, singing, playing various games and offering opinions on the state of Vashon and on lesser districts such as world affairs. There is even Tuesday afternoon Zumba offered for free at 1:30 pm, and led by the encouragements of Sara Van Fleet. Sara brightens the Center and gets an assortment of the encumbered and slumbering to set their bodies in motion. She’s not the usual exercise leader. Sara’s smile and constant encouraging comments bring motion to tired muscles and stiffened joints, and before long the Zumba group is committing to the salsa beat even if it is in a somewhat freestyle manner.

Sara’s musical wizardry, often on display with the Van Redeker Band. is the mainstay for this Zumba frolic. It is obviously a fun experience for her which quickly becomes the same for her appreciative cohort. The entire ensemble giggles its way through moving their feet fast enough to keep pace with a cha-cha-cha and other heel/toe delights. Moving the legs and arms in sequence and recovering better levels of balance in a rhythmic motion is the essence of the rejuvenating mind/body connection.



Sara Van Fleet knows that music and moving with its rhythms will heal more ills than pills could. She has been able to bring this wisdom to reality on Vashon by sharing her talents as a Zumba leader. People notice a quickness to their step when the cool-down and stretching is complete. The smile that has adorned Sara’s face from the beginning has spread to the other prancing dancers. The rest of Tuesday afternoon is now a promising adventures, and it has been the precious smiles that bear witness to it. Thank you, Sara Van Fleet for giving to the Vashon community. You contribute much. Come join the fun at the Vashon Senior Center.

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# Spiritual Smart Aleck

## Island Legends: the Dump

As you drive, or bike, or walk, on the roads of the island, you will come across furniture, flower pots, appliances, remodeling leftovers, and other miscellany left at the side of the road, usually with a sign that says, “Free.”

As I noted a couple of these offerings along the Westside Highway this morning I thought, gee, we didn’t used to have all these free things set out beside the road. I wonder why we do now.

Then I remembered. Back in the days of yore, when Vashon wasn’t an upper middle class moated community, we had a dump.

Bulldozers carved huge holes in the ground. We backed up our vehicles to the edge, and tossed our trash into the pit. Everything, and I mean everything, went into the pit. First time I was there I saw a cow’s head lying down at the bottom, a byproduct of someone’s home butchering job.

If you had something that wasn’t quite garbage but you wanted it out of your life, you could leave it on the ground next to where vehicles backed in to offload. Someone else would find it and take it home.

It was fun. We never knew what sort of free treasures we might find.

There was a down side. Your spouse might come home from the dump with, say, a truck full of old Styrofoam pipe insulation for which he had big plans, and dump it in the yard, and never touch it again. I’m not mentioning any names here.

Bill Speidel once told me of the time his wife, Shirley, came home from the dump in absolute transports of delight. Someone had left some dishes that matched her pattern. Now she would have a complete set. Her joy lasted until she realized that the dishes she’d picked up were her own dishes, which she had taken to the dump the previous week.

So it wasn’t a perfect system, but mostly it worked.

Then for some reason the county began to object to people removing items from the landfill. After all those years of carefree “leave some garbage, pick up some garbage,” we were told we could not do it anymore.

The new rule was not well received. There was grumbling. Scrupulously honest citizens began to resort to sneakiness.

One day I went to the dump with a scrupulously honest friend, and it goes without saying that I am scrupulously honest. Don’t smirk. I’m honest, as human beings go. The two of us had combined our accumulated garbage to split the dump fee.

She backed her truck up to the garbage pile and we began to empty our garbage cans. By that time, the landfill was so crammed



By Mary Tuel

that there was a hill instead of a hole. You had to throw your garbage up on the garbage pile. No one left items to be claimed now that it was illegal. Although you could sometimes see things in the garbage that looked tempting, you resisted the urge to pick them up.

Or did you? As we worked, we spotted a VCR not twelve feet away, sitting atop a garbage pile.

My scrupulously honest friend’s eyes grew wide.

“Ooh,” she said. “My son needs a VCR.” Her son was in his teenage movie making phase.

She looked at me. I looked at her. We both looked at the entrance booth, and the bulldozer, to see if any landfill employees were looking our way. They weren’t.

So we casually moved around, trying to look natural. I continued to move garbage cans around, blocking the view between her and anyone who might object to her darting over the garbage and grabbing the VCR, which is what she did. She stashed it in the back of her truck. We loaded up our empty cans and left, a couple of law-abiding citizens dizzy on the heady wine of minor civil disobedience.

Eventually the dump was sculpted into the trapezoidal contours of Mt. Trashmore, a methane torch was lit that burned for years, and the transfer station was built. Now we don’t even know where our garbage goes.

Our recycling of still usable items has been taken over by Granny’s Attic, and what Granny’s won’t accept, the side of the road will. It was easier when castoffs were all in one place, but we are an adaptable species.

It is nice to catch a break, finding something you can use for free, maybe especially so when there have been laws passed making it harder for breaks to happen. So far the Roadside No Profit Mart is operating without let or hindrance. Let us enjoy it while it lasts.

# Ever Wonder Who Creates the Heritage Museum’s Exhibits? Islanders who Love History!

The Ellisport History Project committee, chaired by Carla Okigwe, has been researching and planning for Ellisport The Hidden History exhibit since 2013. Members are Ellisport residents Mary Bergman, Steven Bergman, Marie (Toodie) Blichfeldt, Lynn Carrigan, Bob Estes, Bill Garvin, Bruce Haulman, Ron Irvine, Terry Rice, Linda Stemer.

Working on specific activities of the exhibit: Carla (curator), Jessica DeWire (designer/installer), Royce Wall (computer), Bob Johnson (3-D mapping), Bruce Haulman (advisor).

We thank the generous Ellisport History Project Funders

King County 4Culture  
Sound View Home Services  
Ojeda’s Construction  
OCCU  
Vashon Liquor  
Alexander & Bang LLC  
Beth de Groen  
Windermere Real Estate  
The Ellisport 500 Club  
Nancy Bachant and Kevin Freeman



Bob Estes, Carla Okigwe, Terry Rice prep the exhibit walls.

Steve and Mary Bergman  
Marie (Toodie) Blichfeldt  
Bruce and Pam Haulman  
George and Lois Meng  
Carla Okigwe and Lee Moriwaki  
John Stratton and Carolyn Webster-Stratton  
Friends  
Pacific Research Laboratories  
Steve and Joanne Kicinski  
Jan Lyell  
William Rhind and J. Coleman

Ellisport The Hidden History on exhibit through September 24th, 2017.

The Vashon-Maury Island Heritage Museum is open Wednesday through Sunday from 1:00 to 4:00. Admission by donation. 10105 Bank Road SW, Vashon Island. Phone 206-463-7808

[www.vashonhistory.org](http://www.vashonhistory.org)

## Garden Tour

Continued from Page 1

Sue Day discusses Sustainable Gardening Methods for the Cultivated Landscape. Award-winning Interior Designer Rachel Waldron of Waldron Designs talks Inside Out – Integrating Interior Design with Outdoor Living. Check out these and a host of other special presentations throughout Tour weekend!

Garden Party  
Friday, June 23, 6 pm  
Garden Tour  
Saturday & Sunday, June 24-25  
\$30

Tickets: VCA ,  
[VashonCenterfortheArts.org](http://VashonCenterfortheArts.org),  
Heron’s Nest Gallery

## Vashon Treatment Plant earns Environmental Compliance Award

The National Association of Clean Water Agencies recently honored King County’s Vashon Treatment Plant for its sixth consecutive year of perfect compliance with effluent discharge limits under the federal Clean Water Act and the state’s Water Pollution Control Law.

To be eligible for the award, the plant had to meet stringent pollutant removal requirements for its discharges under its National Pollutant Discharge Elimination System (NPDES) permit.

The Vashon Treatment Plant began operating in 2007 to serve about 1,100 people who live and work within the Vashon Sewer District. The plant treats about 180,000 gallons of wastewater a day, with a capacity to handle up to 1.4 million gallons during storms.

In 2014, the Vashon Plant earned the State Department of Ecology’s coveted “Outstanding Performance Award” for perfect compliance with all permit conditions.

TRASH TALK

Cloth napkins are green, even if they are red, blue, or orange. Imagine saving all the paper napkins on grocery store shelves when you use cloth napkins. They can be used and reused, thrown in the wash, not in the landfill. And they are easy to make from small squares of fabric left over from another project—or from a small piece of material found at Granny’s.

  
ZERO WASTE VASHON

[www.zerowastevashon.org](http://www.zerowastevashon.org)

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

Make a point of recognizing the authority of others, particularly in subtle ways. Be cooperative, especially with partners and people you share your household with. Taking out the trash and doing the dishes grants considerable social standing, which in turn subverts power struggles. You alone can cultivate a sense of calm in your home life, which in turn will be helpful in every other facet of living, particularly where your professional aims and your prosperity are concerned. Said another way, your astrology is suggesting you build your life from the ground up, and from the inside out, for its own sake — and for the best results in your seemingly outer life. You may decide it’s amazing what can happen when you organize your affairs this particular way, and you see how far a little contentment can take you.

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

This week’s Moon-Venus conjunction in your birth sign — right at the moment of the solstice — describes your graduation to a state of true self-confidence. Such is not a concept. It’s something you feel in your body, and take with you wherever you go. You’ll notice it in the way you sit and stand, the way you walk, and how you approach food and sex. I am describing a form of entitlement — you were born, and you’re entitled to feel alive and like you belong on the planet. That reaches into every detail of life because it emanates from your sensation of physical existence. In a most significant way, there’s something about finding your voice. Whether you’re a writer, a singer, or someone who wants to feel articulate at a social gathering, this will be a sweet season.

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

You seem to stand on the brink of an important choice, uncertain what to do. Drop all pretenses, and be resolutely who you are. This is a commitment that, to be real, must extend into every facet of your life, from the most casual conversations to the most serious; from your daily flirtations on social media to the preparation of your CV. Don’t just aspire to be real in all that you do; draw it out of yourself with bold gusto, and make no compromises. If you feel any anxiety that you’re overreaching or expressing too much desire, take a breath, point yourself forward, and carry on. One rare and beautiful quality of the moment is that your ability to change, grow and adapt is running at a peak. Use that for all it’s worth.

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

The Sun and Mercury enter your sign this week within hours of one another. That’s a boost in your influence and confidence, and it will be significant. What will you do with it? I suggest you do the thing you’ve always known was right, whether you succeeded in the past or not; whether it was easy or not; whether you think it worked or not. This astrology is not about the peripherals, the conditions or the seeming limits you face; it’s about acting from your most deeply held values and sense of personal truth. That’s the most effective, and incidentally, safest and most harmonious way, to put this rare, gleaming astrology to work. There’s a reminder to process every perception and every decision both emotionally and mentally, preferably at the same time. What is real works on many levels.

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

This week’s developments will go a long way toward easing your stress and any lingering anxiety. Mercury and the Sun join Mars in the most sensitive area of your chart (a trippy place called the 12th house). That will bring awareness and warmth where there was previously some odd, difficult-

to-name concern. With your inner lights on, you can focus on your most cherished professional goal. I don’t mean an ordinary new job or promotion: I mean the thing you know you’re destined for. Remember that destiny is not usually like winning the lottery. Rather, it’s an invitation to aspire to what’s meaningful, which wholly depends on your courage, persistence and the use of all of your talent, all the time. As you begin, be prepared to start fresh every day, and put feeling into every stitch of effort.

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

Prosperity comes in many forms, and I suggest you note all that apply to you. This is coming in through every angle of your solar chart at the moment, ranging from having the material resources you need, to having the spiritual awareness to make them meaningful. There is a new sense of social ease, and the feeling of being seen and recognized. Therefore, don’t play small. Don’t shrink or hide or ever tell yourself that you don’t matter. Rather, engage with the world on equal terms. Notice others and observe them noticing you. Offer your viewpoint and accept the views of others. Indeed, the whole concept of prosperity is a morph between being open to receive, recognizing what you have, and using it well. Get all of those working and you’ll feel like the most fortunate person in the world.

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

We all know how challenging it can be to maintain your stability and emotional security in the mist of a profound love affair or erotic tryst. Everything can seem to hinge on so much. Yet as the season turns this week, your solar chart reveals the depths to which you can offer yourself to others and at the same time feel strong, secure and loved. Let this extend into every area of your life, from the most private and intimate to the most public. You are who you are; the positive qualities that you possess radiate into the world around you, and can manifest in every area of your life. Therefore, stand up, and stand out. Be happy to be visible, let yourself be seen, and learn the fine art of being accepted for who you are.

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

Your world continues to get wider, and you’re being invited to roam further from what you think is safe and secure. The further you step into the unfamiliar, the more at home you will feel. This idea spans everything from the restaurants you eat at, to the countries you want to visit, to the ideas you read about and consider. Your solar chart is swirling with a blend of spiritual growth, creative passion and sexual abundance: all you need to do is take a creative and slightly daring approach to existence. Say yes to people you want but might ordinarily say maybe to or avoid; trust that you have the passion and the awareness to meet other beautiful people on their level. There’s precious little time to waste in a human lifetime, especially in these rare and glorious days.

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

This week is the solstice, the longest day in the Northern Hemisphere. That’s a turning point in the space-time continuum, a turning point for the culture, and it represents an especially positive development in your life. From the look of your solar chart, you’re going deeper into a commitment; your heart is leading the way and your mind is following — which is the right order. This is not the kind of commitment that involves signing on the dotted line. Rather, it’s the kind that comes with a deep personal transformation. You become ‘another person’ in the sense that there’s a clear before and after. There’s nothing contrived about this. You don’t make it happen; you feel it happening and

## Low Tide Celebration: Wade In & Peer Down

*Continued from Page 1*

with beanbag fish tossing, coloring of seashore pictures, fishing with magnetic bait, rotating bottles of sand in search of surprises, making feltboard beach scenes, and playing the popular beach Bingo to win prizes. Orca Eats will sell refreshments. “Save the Plankton” shirts will be available at the Welcome Booth, along with free handouts with Low Tide Celebration information. Captain Joe Wubbold, a community treasure in himself, will be giving tours of the lighthouse. In the circle of booths there will be displays of Puget Sound marine invertebrates, birds, and mammals, and information about the geology of our shorelines and the needs of the surf smelt and sand lance that have spawned on beaches for thousands of years. COASST will have a booth explaining why their volunteers survey for dead birds on the beach, and King County will have a booth on plants, invasive and native, especially the ones attracted to splash zone areas and adjacent land above.

The Blue Heron canoe is expected, with Snohomish skipper Mike Evans and his crew who are practicing for the annual Salish Sea Canoe Journey.

you go with the feeling. Someone close to you may be taking a strong lead. All you need is trust.

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

Relationships are an experiment. Life is an experiment. Art had better be an experiment or it’s not even vaguely art, and sex is designed to be a creative adventure. Does any of this sound familiar, or does it sound like the impossible dream? It’s time to pull the curtains and open the windows and let in some new experiences of life. If you can throw away the habit of trying to make everyone fit into your preconceived concept of reality, you and the people around you will have what seems like incredible fun. You will, however, have to be accustomed to that odd feeling of unpredictability, which comes with the territory of actually living your life rather than living a plan. Beautiful things are waiting for you, if you open your eyes and open your mind to them.

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

The past week put you through a kind of spiritual test, summoning your discipline and compelling you to fully embrace your responsibilities. The coming season will call upon you to be consistently productive, rather than moving in your usual cycles of devotion. Wake up every day and return to your central purpose. You have a job to do, and you’re the one who’s chosen your mission. Therefore, don’t worry about success. Don’t worry about your reputation. Most of all, don’t worry about your fears. Rather, step up to the challenges of life and do your very best work every single day. Resolve to do even better each and every morning. There are no laurels to rest on. Follow the example of those who do what

Vashon folks will sing them a Welcome song in both English and Twulshootseed languages, (lyrics will be available on-site). The Blue Heron team will be selling handcrafted items at a booth near Orca Eats. Karlista Rickerson will display information about the various toxic organisms that sometimes get into clams and cause Paralytic Shellfish Poisoning and other dangerous illnesses. In short, there will be numerous ways to explore Point Robinson’s natural and human history, and enjoy learning about its myriad inhabitants.

This free event is 10am to 3pm, with a free shuttle bus running 11:30am to 3pm along Point Robinson Road to carry people back and forth between cars and beach. Sponsors include Vashon Park District, Keepers of Point Robinson, Vashon Beach Naturalists, Washington State Department of Natural Resources, King County Community Service Area Program, Americorps, Vashon Watersports, Vashon-Maury Island Audubon, Vashon Nature Center. For further information contact Rayna Holtz, 463-3153.

they do for its own sake and for no other reason.

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

On Tuesday, Mercury and the Sun enter the most creative and all-around exciting angle of your solar chart, your fellow water sign Cancer. This is the rising tide that will lift all the ships of your life: creative, erotic and whatever it is that makes you feel the most alive. The past month of the Sun in Gemini has helped you confront many of your worst insecurities. At the very least, you’ve mapped out what they are, though they’re unlikely to bother you much, particularly as you plunge into the finer things in life, in true Pisces style. Stay ahead of your work commitments so that you have plenty of time and flexibility to embark on any adventure you want, or to accept any invitation that feels appealing. There will be plenty of both.

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



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# Harbor School Recognizes Cornerstone Value Recipients for 2017



Head of School Mark McGough (far left) holds the Cornerstone Value Award for Integrity on behalf of recipient Claire Lynge (who was absent), along with (left to right) Kai McAlpin Godsey, Amelia Spence, Quinn Williams, Ivy Staczek and Nola Watson. (Photo by Linda Crayton)

Each year, Harbor School students award commendations to six of their peers, each of whom represent a particular Cornerstone Value so strongly as to be an example for all of us. The Cornerstone Values are a set of principles that provide guidance and lessons to all Harbor School students through their academic achievements and peer relationships.

This year’s recipients are:  
Ivy Staczek (5th grade) – Accountability, Nola Watson (5th grade) – Compassion, Claire Lynge (8th grade) – Integrity, Amelia Spence (7th grade) – Personal Best, Kai McAlpin Godsey (8th grade) – Respect, Quinn Williams (7th grade) – Responsibility

## Road to Resilience

Continued from Page 1

environment as their own health. They see themselves as partners rather than rulers of the Earth. This is not a mystic woo-woo sort of thing for them: it is just a fact.

We Euro-Americans look at the history of Native Americans in North America and tend to think that they way underperformed on a continent with abundant resources. I mean, they have been here for at least 13,000 years and, when Europeans came, they were still in the Stone Age! Europeans, on the other hand, spent those same 13,000 years developing all sorts of technology and gaining control over much of the planet and the creatures thereon. Our worldview is that humans are the reason the Earth exists and that everything upon it is ours to do with as we want. It never occurred to us that those were choices we made and that there might be merit in other views.

As to our denigration of Native Americans, the fact is, they grew to a population of 60-90 million, rivaling the 90 million in Europe in 1500, and, far from depleting or degrading the continent, had created a continent with robust health and abundant resources. It isn’t that they didn’t alter their environment, but that they altered it in cooperation with other life systems, and did little that was deleterious to environmental health as a whole. After 13,000 years, we came upon a paradise that seemed to us to be pristine. In the last paltry 600 years, during which European culture has come to dominate the world, look

at what we have done to it! Certainly there is something important and of value in European culture, but we need to see that it is flawed and that there is much that we need to incorporate from other cultures. It gets down to a very fundamental reconsideration of who and what is most important.

Our worldview is reeking havoc for us and all the world: we continue to promote fossil fuels even though they are going to kill us, we have never-ending war with confusing alliances, all fueled by the same greedy arms merchants; we can’t make laws because our legislators no longer listen to each other or to us; a full time worker earning the minimum wage can no longer afford to live anywhere in this country; we are breaking up into armed camps that are committing more and more acts of violence, etc. The list goes on and on. Don’t you think it’s time to change our worldview?

Remember that tonight, Thursday, June 22, at the Library at 7 pm., Riki Ott is going to give us a civics presentation so we the people can learn how to regain control over our government. Also, the second Fixit Café will take place this Sat., June 24, 10am-2pm, at the Penny Farcy Bldg. across from the Fire Station in town. Get your stuff fixed, save money and resources, and watch how it is done, so you can become more resourceful and do it yourself! These are two valuable skills that we all need to have.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com)

# 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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Island Epicure



By Marj Watkins  
Quick Salads & Main Dishes

Hurried day, too-full days, or lazy days call for ideas for quick, satisfying meals. Yet we want to give our families, and ourselves, healthy foods. Here are some ideas that work for us.

It’s conventional to serve the salad first, but chez Watkins we prefer the European method of serving the salad as an entremet between the main dish and the dessert, if any. A salad cleanses the palate and prepares it for the sweet successor. But a fruit salad often is our dessert. Later in the evening, we might have some sliced fresh fruit and yogurt or spray-on whipped cream, or slice and microwave a banana or two and top the slices with whipped cream or yogurt.

Three vegetables or fruits constitute an eye-pleasing, complete, and infinitely varied salad, quickly assembled. Vary quantities to fit the size of your family and number guests. Here are some ideas. Play with them.

Quickly construct your own variations on the three-ingredient theme. Lay down a base of chopped or torn greens or lettuce mixture and top it with vegetables, fruits, and/or pickles of some sort, or dried fruit. Try pickled garlic, pickled herring, sliced sweet gherkins, or tiny pickled onions with sliced or diced ripe tomatoes. Try dill beans or pickled sliced beets . Enhance a platter of diced apples or pears on lettuce with seedless grapes or halved pitted cherries, diced pineapple, sliced almonds, toasted sunflower seeds or mandarin orange slices.

Wash and dry the lettuce or other greens, then assemble the next two ingredients.

**Salads of Three**

Washed, dried, stemmed spinach; halved or sliced strawberries, thinly sliced red onion.

Bib lettuce, sliced fresh or canned peaches, blueberries or dried cranberries

Shredded romaine lettuce, sliced red ripe tomatoes sprinkled with a little sugar or Splenda®, diced red onion

Torn red lettuce, diced apple (dip in salt water prevent browning), thin-sliced celery, walnut halves or pieces

Torn or cut up green lettuce, or red lettuce, diced pear (wash,

don’t peel), Gorgonzola or Blue Cheese crumbles

Lettuce mix from produce section, thin sliced sweet onion or green onion, sliced black olives

Chard leaves, cut or torn, diced apple, diced orange

Shredded cabbage, shredded carrot, and pineapple bits.

**Practically Instant Peanut Sauce**

Makes about 1 1/2 cups

Combine in food processor or blender:

1 cup hot water or liquid from blanching vegetables plus

1 teaspoon chicken granules

Handful coconut shreds

1 Tablespoon lemon or lime juice

1/ 1 Tablespoon dried onion flakes

1/4 to 1/2 teaspoon red curry paste, or 1 teaspoon curry powder

1/2 teaspoon garlic powder, or 1 sliced garlic clove

1/2 cup 100% pure creamy peanut butter

Process until ingredients are well blended. Taste and add little more curry powder or paste to suit your taste.

Thinned and extend with additional broth, coconut milk, vegetable cooking liquid, or hot water if desired.

Serve steamed or boiled vegetables, potato chunks, and sliced or quartered boiled egg or fried tofu cubes, or over steamed rice or vegetables or cubed whole-grain toast.

**Vegetarian Fast Spaghetti Sauce**

4 servings

2 Tablespoons canola or light olive oil

1 sweet onion, halves and cut pole-to-pole in ¼-inch slices

2 teaspoon Italian herbs

1 cup frozen edamame or green lima beans or canned or precooked kidney beans

1 green bell pepper, seeded and sliced in 1/3 inch strips,

2 garlic cloves, sliced or minced, optional

1 jar Newman’s Spaghetti Sauce, or 1 can Hunts

½ to 1 teaspoon cinnamon

Black olives, optional

Grated cheese

Thaw frozen beans by putting them in a glass measuring cup and pouring boiling or very hot water over them.

Prepare the vegetables.

Heat oil in a large skillet or wok. Add onion. Sprinkle with Italian herbs Stir fry until glossy and semi-transparent. Add beans. Add green pepper and garlic. Stir fry 5 minutes. Add the spaghetti sauce. Bring to boiling. Reduce heat. Simmer until thawed beans are tender or canned beans heated through. Stir in olives if using.

Serve over cooked, drained pasta you’ve tossed with a tablespoon of extra virgin olive oil. Pass the grated cheese.

VYFS announces seed funding for two new programs, increased Sheep Dog Classic support

Vashon Youth and Family Services is pleased to announce they have received \$40,000 in funding from three sources. Two of the grants will support initial development of two new areas of service.

Northwest Children’s Fund has donated \$12,000 to fund a home visiting program for newborns on Vashon. A key part of the program will be the delivery of a “Baby Box” to every infant on Vashon. “We are excited to bring Baby Boxes to Island parents,” said Christine Wood, Manager of VYFS’ Family Education and Support Staff program. “Baby Boxes began in Scandinavia as a safe sleeping promotion. They provide a safe space for infants to sleep, and they offer us an opportunity to connect to new parents on a range of issues from sleep safety to nursing to building community.”

“Our vision is to establish a home visiting program, where a family advocate meets with every new family on the Island, provides them with the Baby Box, acts as a parenting resource for new moms and dads, and helps to connect them to other resources,” said Kathleen Barry Johnson, VYFS Executive Director. “The Northwest Children’s Fund support helps us begin planning, but we intend to find additional resources to create a strong and sustainable program for young families.”

“We are in the planning stages for this program, but we anticipate providing the first Baby Box before the end of 2017,” said Wood.

Statistics show an elevated percentage of Vashon parents have a high number of Adverse Childhood Experiences (ACEs). High ACEs can lead to a range of social, emotional and physical challenges throughout a person’s life. Without support, parents with high ACEs are at risk of perpetuating trauma in their children. The Baby Boxes will help families facing particular challenges, as well as every family with a newborn, connect to the resources and support they need to raise thriving, resilient children. “Certainly we want to reach families dealing with special challenges like poverty and trauma, but the home visiting program and Baby Boxes will be available and useful for every infant, and every new family,” said Wood.

The Baby Boxes provide a chance to collaborate with other Island groups. “The boxes come with a sleep-safe mattress pad and other material. We’d like to include Island-specific items to say ‘Welcome’ to our newest neighbors. Part of the planning process will be to reach out to Islanders to seek donations of items for the boxes,” said Wood.

The second grant for

expanded services comes from the Norcliffe Foundation, which has pledged \$20,000 over the next two years to support the expansion of Vashon Kids services for children in 4th, 5th and 6th grades. “We are serving 4th and 5th graders already,” explained Vashon Kids Director Dalinda Vivero, “but with this funding we will be able to expand our services, include 6th grade program alumni, and create Orca Kids, which engages these older students every day. We are calling it Orca Kids.”

“We know that after-school programs provide positive experiences for school-aged children and youth and are also effective in helping kids achieve school success,” said Johnson. “We frequently hear from families how important Vashon Kids is to them, helping their children and in helping working families keep functioning. This funding helps us create programming specifically to keep the older kids engaged, so they are motivated and interested in the activities we offer.”

“Older kids who aren’t engaged may lobby their parents to be left home alone, which isn’t an ideal situation,” said Vivero. “Creating curriculum that makes them want to come

to an after school program is a challenge we embrace. We are going to create a separate space and develop clubs that will keep their interest.”

Both the Northwest Children’s Fund and Norcliffe Foundation grants are investments in the development of new services. “Each grant allows us to build new services, to expand who we are reaching and improve how we deliver services,” said Johnson. “VYFS is committed to delivering the best services possible to meet Island needs, and it is gratifying when funders share this vision.”

VYFS also received an \$8,000 grant from the Vashon Sheep Dog Classic, in recognition of the volunteer effort organized by the agency to help operate the 2017 event. The gift, which was larger than last year, will support Vashon Kids operations. “This was an amazing year, with a lot of volunteers and record attendance. We had an expanded role and were thankful for the chance to participate,” said Johnson. “I have to add my gratitude to Catherine Sullivan, who helps organize and train the volunteers, Laura Rollins, a VYFS staff member who pours hours of her time into the event, and of course every volunteer who made this possible.”

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# The Georgetown Orbits

The Georgetown Orbits boast a heavy regimen of traditional Ska and soulful Reggae. They have gained international attention as one of the few bands to pay tribute to the sounds of Jamaican Ska, a style which has gained notable popularity in Seattle since the band's conception in late 2004. Their energetic live shows have never failed to impress audiences throughout the western US and Canada.

"If there is a fourth wave to come, perhaps it's a return to the origins of the genre. Celebrating Ska's more traditional roots, the Georgetown Orbits dispense with the third wave's pop and punk, dropping it back into a slower tempo with allowances for talented musicians to shine with their respective instruments. Authenticity never sounded quite so right. '[The



Georgetown Orbits] really play the roots of the music and it's wonderful,' says Lynval Golding [formerly of the UK's Specials]. 'They're one of those bands that reminds me of where I come from. They've got a really great feel for the music.'" - Philip Roewe, Beacon Hill News, South District Journal

"Sometimes you need joyful music, upstrokes, building horns, swaying reggae. With

a penchant for getting crowds moving you can expect a packed stage, both because of The Georgetown Orbits' large band and their habit of inviting the audience up to dance." - Kathryn Robinson, Seattle Met

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

# 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!

# Cherrywood Station

Cherrywood Station is Gus and Camille Reeves. The duo met in Portland, OR, and, after singing gospel tunes together a cappella the first night they met, they never stopped collaborating.

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

Their first E.P., Soup Can Telephone, is now finally available and includes five original tracks.

Friday, July 7th, 8pm  
Cherrywood Station



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



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# VCA ShakesKIDS

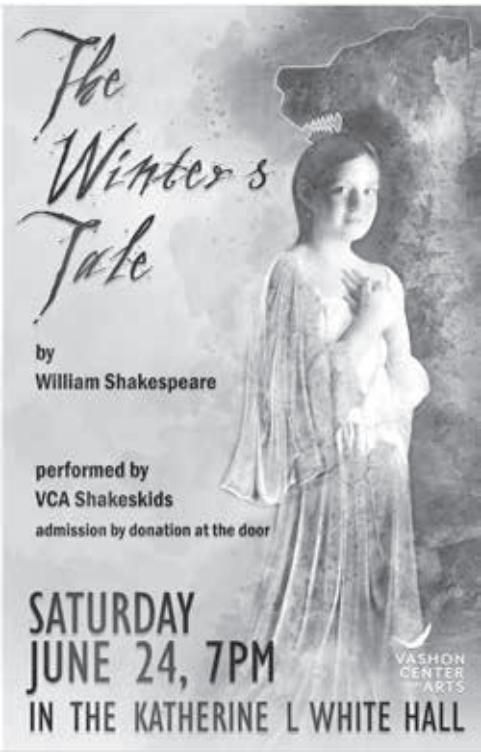
## The Winter’s Tale

The ShakesKIDS performance of The Winter’s Tale – one of Shakespeare’s more interesting plays – promises to be a show to remember. Nineteen students met weekly in a year-long exploration. Instructor/Director Aimée van Roekel involved cast members in all aspects of the production, from choosing the time period in which the play is set to building sets and creating costumes. Through this learning style, youth ages 9–14 had the opportunity to develop their characters over time, with surprising results.

In addition to the June 24 performance at Vashon Center for the Arts, The Winter’s Tale is to be presented for the residents at Vashon Community Care on June 15, at 3:30 pm.

Aimée teaches a summer camp titled “Shakespeare Scenes Worth Fighting For!” -- August 14–17, ages 8–18.

VCA ShakesKIDS  
The Winter’s Tale  
Saturday, June 24, 7 pm  
Katherine L White Hall  
Tickets by donation at the door

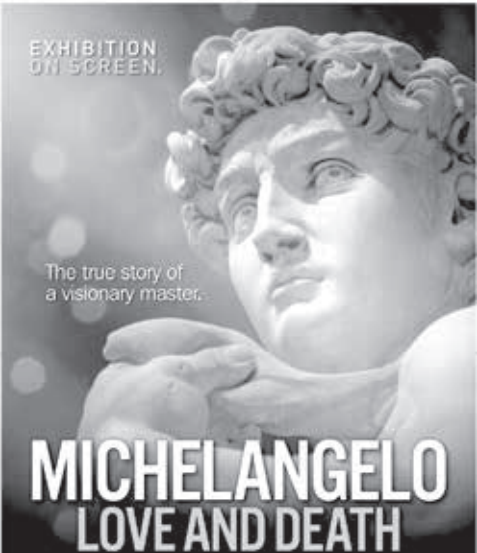


# Michelangelo Love and Death

Michelangelo - Love and Death offers a cinematic journey through the great chapels and museums of Florence, Rome and the Vatican, to the print and drawing rooms of Europe, to explore Michelangelo’s tempestuous life. The film goes in search of a greater understanding of this charismatic and enigmatic figure, both through his relationships with his contemporaries and his ongoing artistic legacy.

The film invites audiences to intimately examine Michelangelo’s art and artistic process - from the Carrara quarries where Michelangelo sourced his marble, to the new technology being used to attribute works. The film also offers a rare chance to get up close to the mesmerizing Rothschild Bronzes, which, following an extensive research project carried out by Academics in Cambridge in 2015, were positively attributed to Michelangelo after over a century of debate.

Key contributors to the film include art critics Martin Gayford and Jonathan Jones, Deputy Director of the Vatican Museums Professor Arnold Nesselrath and contemporary artist Tania Kovats.



Filming locations include Casa Buonarroti in Florence, Carrara marble mines, the Medici Chapel and the Vatican. These beautiful locations, combined with high-resolution views of Michelangelo’s greatest works, convene to create a staggering visual experience.

Michelangelo Love and Death  
Sunday, June 25th, 2pm  
The Vashon Theatre

# 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 24th, we bring you The Borderhopperz. They will be performing from 11am until 1pm.

The Borderhopperz are the wife and husband team of Kim Bothen and Tab Tabscott. She’s a university professor at the Capilano Film School in Vancouver BC, and Tab is a jack of many trades, most currently a contractor on Vashon Island. They met at a square dance east of Kamloops, BC, and being based out of Vancouver, BC, and Vashon Island, WA, they cross the border regularly. But not just on the map. The music they play is a mix of happy little sad country songs, country classics, fiery instrumentals, and original tunes which cross the borders of many musical genres. Join them for an intimate evening of soothing sounds. and cross cultural anecdotes and banter.

On Saturday, July 1st, we bring you Loren Sinner & Doug Pine. They will be performing from 11am until 1pm.

Doug Pine spent a lot of his recent years as a Tugboat Captain on the Atlantic Ocean. Doug picked up his first guitar in 1968 and hasn’t put it down yet. Through the years, he’s been in several bands - an instrumental surf music band called The Riptides (California), rock and roll bands called The Sharks (Maui) and Petrified Wood (Tacoma), a duo with his son Drew called D2, a country rock band called The Allison Shirk Band and some fun projects called Tim Couldn’t Make It and Tim Wasn’t Invited.

Loren Sinner, when he’s not running his Island-based lumber yard at L.S.



Cedar, will tell you that he’s a lifetime musician. Loren has played in many bands in the past, most notably The Great Divide, an all-islander band that was formed in the early ‘80s and played locally for many years before hitting the “big time”, touring with blues guitar great Elvin Bishop. Loren performs often with “Sinner & The Saints” and has a regular solo gig at The Hardware Store Restaurant.

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

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

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



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