

Mayor Tinkerbell



On July 22nd Tinkerbell, representing the Interfaith Council for the Prevention of Homelessness (IFCH) became UnOfficial Mayor of Vashon, having raised over \$20,000. It was a journey of love, commitment and passion involving literally hundreds of individuals. The campaign was filled with emotion, desire and perseverance! "Fun-raisers" were held at Palouse Winery, May Kitchen and Bar, Lucy's Table and even a Pan-Tinkcake Breakfast at the Methodist Church. During this coming year "Team Tink" will continue to raise awareness and funds for this small grassroots non-profit organization. "We have only just begun" as we Islanders really can find solutions to this growing community concern!

The woman behind the Tinkerbell persona is me, Colleen Carette. I have lived on the Island over a dozen years (yes, a newcomer!) with my wife of 26

years, Sue Carette of Windermere. I am a believer in "Think Globally, Act Locally". Last November I realized I needed to "get into action" within my community! During the months of campaigning, I spoke at Rotary, Real Estate companies, house parties and held four events attended by 100's of concerned individuals. Dozens donated their time, their tips, their talents and their passion! I utilized facts and statistics regarding the 77 homeless we currently have on our island, the lack of affordable housing for those at risk for becoming homeless and the growing need of families, elderly and the infirmed who are unable to pay their bills each month. Then I spoke from my heart about those I knew who had told me their stories. Families that were able to stay in their homes as a direct result of receiving IFCH assistance of which, 90% only

Continued on Page 9

Vashon Island Pet Protectors Dog Walk!



Walk your dog for VIPP! Aug 26th, Jensen Point.

Come join us on Saturday, August 26th from 9a.m.-noon for the annual VIPP Dog Walk at Jensen Point! Register on site the day of the event as either an individual or a team participant... make a contribution and stroll around the Burton Loop course, with or without a dog, to support VIPP!

Prizes include:

INDIVIDUAL Category

The highest 3 individual contributors win animal care visits from Joanna Gardiner

TEAM Category

Each member of the highest team contributor wins a nail trimming gift certificate from Wet Whiskers. A team is just you and your friends walking together (10 max per team)...very unofficial!

FREEBIES:

The first 50 walkers receive a swag bag from Pandora's Box.

The first 25 walkers receive a one hour Vashon Watersports paddle pass.

ALL walkers entered into a raffle to win:

*Vashon Adventures: A ONE DAY Vashon E-Bike rental for 2

*Northwest School of Animal Massage: three one-day workshop passes (FUNDamentals of animal massage), books & DVD's

*Everyone receives an event photo of you and your dog by Kent Phelan, Island Photographer

*Doggie water stations & treats

Wm Henri Design and Vipp Merchandise items available for purchase Come join the fun and walk for VIPP!

A heartfelt THANK YOU to Windermere Real Estate...the official Sponsor of the VIPP Dog Walk 2017.

Micro-Chip your pet for \$10 now! For a limited time Fair Isle animal clinic and VIPP are running a great special. Get a micro-chip (normally \$50) for \$10 bucks! Keep your pet safe - it is the best way to be reunited with your pet if they are lost and that is so important, especially during an Island emergency. Call Fair Isle now 463-3607 for a voucher and to make an appointment.

Want a great deal to FIX your DOG? It's the right thing to do! There is a great special running right now- while cost may vary depending on age and weight

VIPP will provide the full cost of a spay or neuter at NW spay neuter in Tacoma or at least \$65 at Fair Isle. Contact Randy York at 463-4343 for details!!

Vashon Island Pet Protectors, established in 1984, works each day to improve the quality of life for domestic pets on Vashon Island. This year we are celebrating 32 years of service to the community. Affectionately known Island wide as "VIPP," Vashon Island Pet Protectors is a no-kill and non-profit 501c3 animal rescue organization run by compassionate and dedicated volunteers. Our primary objective is to make sure there are no homeless pets on the Island. We accomplish this by running an efficient lost and found operation and find new homes for relinquished dogs and cats. In an effort to prepare for Island wide emergencies, we have started a new micro-chipping program. All animals that we adopt out are micro-chipped, spayed or neutered, and are current on their vaccinations.

SAVE THE DATE!! The FURBALL™ NOV 4th, 2017 - 5:00PM-9:00PM at the Open Space for Arts and Community. The Fur Ball is VIPP's Biggest Fundraiser of the Year - money raised at this event covers 1/2 of our operating costs for a year. Get your spacey on at The Big Easiest Fur Ball™ Ever! and plan on having a ton of fun. Last year we sold out two weeks before the event - so get your tickets early! More information here: <https://vipp.ejoinme.org/2017furball>

The Road to Resilience

Investing In People

By Terry Sullivan,

While reading a book by a Finnish woman who had become a US citizen, I was reminded that this country really is an historically and culturally significant place. It is the combination of cultures that makes it unique, and I think that a textile is a better analogy than a melting pot.

In weaving, the warp consists of the foundational threads upon which a textile is woven. The weft consists of the threads woven across the warp and are the ones that mostly determine the ultimate design of the textile. In this analogy, I would say that the warp of the US is our European heritage, which, at this point, predominates in our language, religious, and other cultural traditions. In the weft, I would say that the single most influential culture is African. As horrific as the African diaspora was for Africans, it was a boon for our culture. Most of what we consider American music and dance is predominantly African in origin. Practically every aspect of our culture is influenced in some way by African culture. Native American culture is also very important. It is so imbued in our general culture that we don't often even notice it. Our mythical conception of place and "the environment" is much influenced by Native philosophy. Native

place-names abound, and much of the food we eat is theirs. Latino culture is another big part, and it, itself, is a combination of Spanish/Portuguese, African, and Native cultures.


We've gained much from the many Asian and Middle Eastern cultures as well. There is no other place in the world that can claim such a rich and varied cultural heritage. All the more reason why we should value the continued influx of immigrants: they have created the dynamic and creative environment we have here that is the envy of the world.

However, not all is blissful in the Land of the Free. In our obsession with Freedom and self-reliance, we've created a society where winners are few and spectacularly rich, while the rest of us languish in a world that we can't afford to live in. This brings me back to the Finnish woman, Anu Partinen, I mentioned at the start. She wrote a book titled The Nordic Theory of Everything in which she compares the socially supportive Nordic culture she grew up in with the every-man-for-himself culture of the US.

When she first arrived in the US, she began to have bouts of anxiety. At first, she considered that Finland must be as many Americans had characterized it: *Continued on Page 9*




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The Vashon Loop

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Get in The Loop

Submissions to the Loop

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

Alzheimer’s Association 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

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

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Next Edition of The Loop Comes out Thursday August 17
Deadline for the next edition of *The Loop* is **Saturday, Aug 12**

Local Weather
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Learn-to-Row

This 3 week Learn-to-Row Class meets from Aug 6-24 on Sundays 8-9:30am and Tuesdays and Thursdays at 6:30-8pm. No rowing experience necessary. To register, go to www.vashoncrew.com/masters. For questions, call Debby at 206-463-3729.

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.

Calling All Vendors!

The fabulous annual Flea Market and Craft Fair will be held on September 9th 9AM-3PM on the lovely grounds of Island Funeral Services. The fee is \$25 for a 10 foot space or \$40 for a 20 foot space. These fees all go to support Vashon Senior Center. The venue has high visibility, as it is right on the main highway just south of town. Vendors and food trucks are already lining up to participate, so reserve your space soon! Contact the Vashon Senior Center for a vendor application by calling 463-5173 or by e-mailing admin@vashoncenter.org. Better yet, stop by the Center, 10004 SW Bank Road MTWF, 9AM-3PM.

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Flea Market is a Win-Win

Islanders can sell and trade their stuff, the stuff stays out of the landfill and finds a new home, and you might make a little money. Sunrise Ridge, Vashon Rotary and Zero Waste Vashon have teamed-up to organize a Flea Market on Sunday, August 20. Shopping will be open from 10-2:00. If you have clutter, antiques or junk to sell, pre-register with Jan Milligan at janLmilligan@comcast.net ...Just \$25 per seller. All sellers will have lots of space, and you can park right by your stuff for sale.

“Friends and Family” CPR Classes

This will be the final CPR Class for the season. Limited spots left. Next VIFR CPR class - Wednesday August 9, 2017 click here for Information/Registration sheet About our CPR classes:

VIFR offers CPR training to the public using the American Heart Association’s “Family & Friends” curriculum. Family & Friends is for community members who want to learn CPR but do not need a course completion card in CPR for their job or other requirement. Participants do not receive any certification for this class; however, students do receive a manual with a tear-out participation card. This class is ideal for students, new parents, grandparents, babysitters and others interested in learning how they can help save a life.

The Family & Friends CPR course teaches adult Hands-Only CPR, child CPR with breaths, infant CPR, relief of choking in an adult, child or infant and public access defibrillator use on adults and children. For Healthcare Provider or CPR cards, please call the office at 206.463.2405 and ask for the list of local providers.

Contact the VIFR Administration Office at 206.463.2405 with any questions.
Location: Penny Farcy Training Center (East Classroom), 10019 SW Bank Rd - small classroom on the east side of the building. Cost: Prepaid \$10 per class
Registration Details
Mail payment with registration form to PO Box 1150 (be sure to call first to be on the list) or visit our Business Office at 10020 SW Bank Road, Mon-Fri from 8 a.m. to 5 p.m. Register early, class sizes are limited to 18 students. Classes may be cancelled due to weather conditions and instructor availability. Fees are non-refundable unless the class has been cancelled by VIFR. Class rescheduling is available with 24-hour notice; rescheduling is valid for 3 months from payment date.

All Island Forum

Thurs Aug 10, 2017, 7-9 pm, Presbyterian Church
All Island Forum asks “What sustains us?” as the struggle for democracy in our lives and country continues. “Looking Out for Each Other in the Resistance” meets from 7-9p at the Presbyterian Church. AIF’s purpose is to provide a collaborative, participatory and effective forum for community dialogue. All welcome. (note* not the library this month)

We use a variety of means to structure our conversations including mapping, and small and larger group discussion. Here are some of the seed questions we are using to launch our conversation:
Key Questions
What sustains you in your part of the resistance? What fuels you?
How much of this do you have right now?
What would it take for you to get more of this?
Locating Ourselves
What is your energy and stamina level in your part of the resistance?
How much hope do you have for making a real difference in what matters to you?
How effective do you think you are being and doing in what matters to you?
How alone do you feel in your part of the resistance? How together with others do you feel?

Water District 19 Meeting

Water District 19’s next regular board meeting set for Tuesday, August 15th, 2017 at 4:00 pm in the district’s board room (this is a change from the normal second Tuesday meeting – one of the board members will be out of town) , 17630 100th Ave SW, in the district’s board room.

Advertise in the Loop!
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Next Loop comes out August 17

Bad Boys, Being Bad, Part 2



By Seán_C._Malone

photo by Van Olinda.

“Marcus, why did you trip me? You broke my front tooth and it will never grow back.” I was flat on my face in the gravel; my lip and broken tooth were bleeding. I spat it out in the gravel. Marcus and his sixth grade friends were standing on the concrete porch of Vashon Grade School, laughing themselves silly at me, the third grader, three feet down from the front door of the school. Mrs. Clark, our fifth grade teacher cleaned me up as best she could and sent me to the principal’s office to complain of the sixth grade bullies.

Our principal Mr. Moore was a long time islander who had taught in Alaska. He told me a story of driving a model “ A” Ford on the river ice in the middle of winter. “We took the tires off the front end and ran on the rims to make for better turning on the ice,” Mr. Moore said. “The rims cut into the ice better than tires would and it made the Ford look “racy” because the front end was six inches lower than the rest of the car.” Mr. Moore had loosened the nut that holds the steering wheel on, when he was giving one of the teachers a ride to school. “Would you like to drive,” he asked the other teacher and when her response was “Yes,” he pulled the steering wheel off the shaft and handed to his passenger, who screamed when the Ford dove into a skidding tight circle and came to rest on a snowbank. Mr. Moore’s story made me laugh and forget the pain of the broken tooth.

Mr. Moore was not always that kind and kept a three foot long rubber hose under his desk and we all knew what the hose was for, though he never had to use it on me, except for one time when I was cutting up in class and sent to the principal’s office. While slapping the rubber hose into his other hand, he asked me why I couldn’t behave. I don’t think my answer was very good, but he sent me back to class with just a warning to behave or else.

Mike Kennedy had some sort of eye problem that caused him to run around with tape over one side of his glasses and he would tilt his head to the other side to see you better. Bobby Billing’s father was a sailor, he wasn’t home a lot. He wore a white sailor’s cap and was a head shorter than my Mother. Bobby was shorter than his Dad, probably because he hadn’t grown up yet. Mike, Bobby and I were all poor script writers and Mrs. Marston, our third grade teacher, made us stay after school to practice writing script. Bob Gregg was another trouble maker, who made Mrs. Vanhouse so mad one day that she grabbed him by the shirt and shook him so hard, she ripped one of his

sleeves off. Bob yelled at Mrs. Vanhouse, “My Dad is going to sue you.”

It seemed that us troublemakers were given special duties to help straighten us out, or words to that effect. They were trying to keep us out of trouble. We had the old brick building for the younger grades and the older kids were in the new school, which wasn’t completed yet and had no kitchen. Mrs. Larsen was our cook in the old school and when lunch was about ready, Bobby Billings, Mike Kennedy and Bob Gregg and I were sent down to the kitchen which was in the basement, where we helped load stainless steel tubs of hot food onto carts to haul to the new school. Each tray was set in another that was full of steaming water with a stainless steel cover to keep the food hot for the older grades. If we were having turkey for lunch, us guys were permitted to pick the bones after hauling the steaming carts to the new school. We didn’t have to work very hard and the “perks” made it worthwhile.

Safety patrol was another way to keep us out of trouble. The white belt I wore each day had a shiny silver badge on it that was red in the middle, for sergeant ; while Bobby Gregg’s badge was blue for “captain.” We were very proud, holding up the red flag to stop the cars so the other kids could cross over the highway safely. We watched Sheriff Tex everyday on television. We knew where he lived in a pink house on the East side of the Lake Washington bridge. He always wore a cowboy hat, tipped back on his head, and carried a lariat, a very stiff rope. At the end of every program he would hold up his hand with the “thumb and forefinger” joined in a circle and make a clicking sound with his mouth: “Remember kids, SAFETY.”

Sean@vashonloop.com

Now is the Time: Healthcare for Everybody



Backbone Campaign presents a documentary and community discussion about Single Payer Health Care on Tuesday, August 8th, 6 pm at the Theatre. “Now Is the Time: Healthcare for Everybody” delves into the problems of US healthcare, what single payer health care is, and how it will save us money.

A panel discussion will follow, featuring Islanders involved with public health. Dr. Jessica Wesch and Dr. Baruch Roter of Neighborcare and Betty Capehart, Physicans for a National Health Plan- NW Chapter, will speak on the state of health care in our State and how we can organize to demand a better system.

The US pays nearly twice as much

for healthcare as any other industrialized nation, yet it still does not provide care for all of its citizens. While the ACA has helped some, many of us are feeling the pinch of rising costs and narrowing networks. Polls show that 58% of Americans favor a national publicly funded healthcare program. The post-film discussion will help us understand what we can do to catalyze healthcare for everybody.

The screening is part of Meaningful Movies of Vashon, a project of the Backbone Campaign, and is made possible thanks to generous support from Island GreenTech and Vashon Theatre. Admission is by donation to the Backbone Campaign, a 501c3 not for profit organization.

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Eloise Needs A Home

Hi! Can I sit on your lap? That’s one of my favorite things. VIPP doesn’t know much about my background because I was a stray, but being on my own for a while didn’t seem to hurt me. I’m young and healthy, and I got along with some calm cats in my foster home. All I need now is my own family to love.

Is your lap still empty? I can fix that



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Island Life A Little Night Photography- again

By Peter Ray
pgray@vashonloop.com

I can remember those days in the darkroom when a batch of negatives came out of the tank with the curious purple cast that wet, black and white safety film has, and is especially noticeable when exposures were under what was recommended for a well balanced print to be made from them. There was always that “damnit” moment when it became obvious that something had gone wrong in the metering department and one could only make out slight etchings of tone on an otherwise purpley-clear background, and one then settled in for a long battle with contrast filters and exposure tests that would be required to make something visible on the printing paper that didn’t really seem to be there on the strip of negatives one was attempting to coax something out of.

And then along came the digital photographic revolution that was a bit clunky at first- one had to stretch a bit to believe that a data card full of ones and zeros could render an image as amazing as the ones that were produced from the magic of light sensitized chemistry and silver. And then one night when I couldn’t sleep and there was a full moon I took my digital camera outside and set it on a tripod and pointed it at the leaves that were barely glimmering points of light back from the near total darkness and the clear sky in the background, and let the autopilot inside determine the exposure. The wait was fairly long, as one would have expected. What I didn’t expect to see when the camera decided that it had had enough light to work with was green leaves and a fairly blue-ish sky, almost as if the camera had created light from nothing. It was at that point that it seemed that we had a whole new set of rules to play with in what now appeared to be the relative darkness of the night, and in part that was the genesis of the photo show I hung at Café Luna last year, with various scenes from around the Island becoming the objects of my attention and the focus of my digital capturing devices at a time when most normal beings were deep into some dreamland journey.

While I knew I had not completely exhausted all of the Kodak picture spots of nighttime Vashon with that show, I was fairly satisfied with the idea that I had played out that creative vein, and then I added another tool for the visual toolbox I have to draw on, and decided to see what a drone could see and capture while looking downward from somewhere in the night sky. In the olde sense of things photographic, it didn’t seem possible that a camera, supported by four whirling motors and completely detached from the relative firmness of terra firma, could produce anything but blurred and fuzzy images when asked to dig deep and try to record low light images at seemingly impossible shutter speeds. After all, if one tries to hand hold a camera at even a fifteenth of a second, let alone an eighth, the resulting image will most certainly show signs of unsharpness no matter how still one feels one is remaining whilst tripping the shutter and holding one’s breath. It seems though that the same rules do not apply to this next generation of digital drones in the same manner that the photographic rules of the night are out the window with earth-based DSLR’s, and even point and shoots.

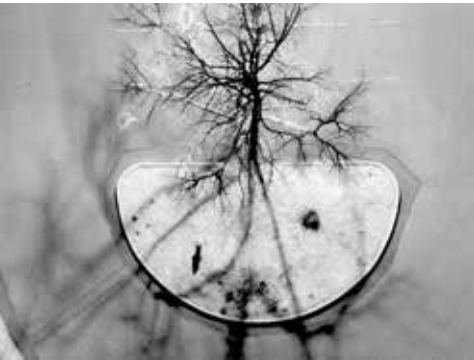
And so it was that I marched out into the night this past winter, taking advantage of the few and far between dry evenings in order to send my airborne image maker up to see what we could find and record. Part of the main parameters guiding my choice of subjects was an understanding that we had to go where streetlights were shining as a reliable light source. In this way we were continuing the so-called rules we had set for our self in this exercise, the main one being that we work solely from available light sources. Driving around the Island at

dusk or darker, I got an idea of what and where one might find something of interest to photograph with available, artificial light. As with terrestrial night photography, one was never sure if something new and curious might be revealed through time and patience, or if the darkness would win and we would have to move on to other pastures, so to speak.

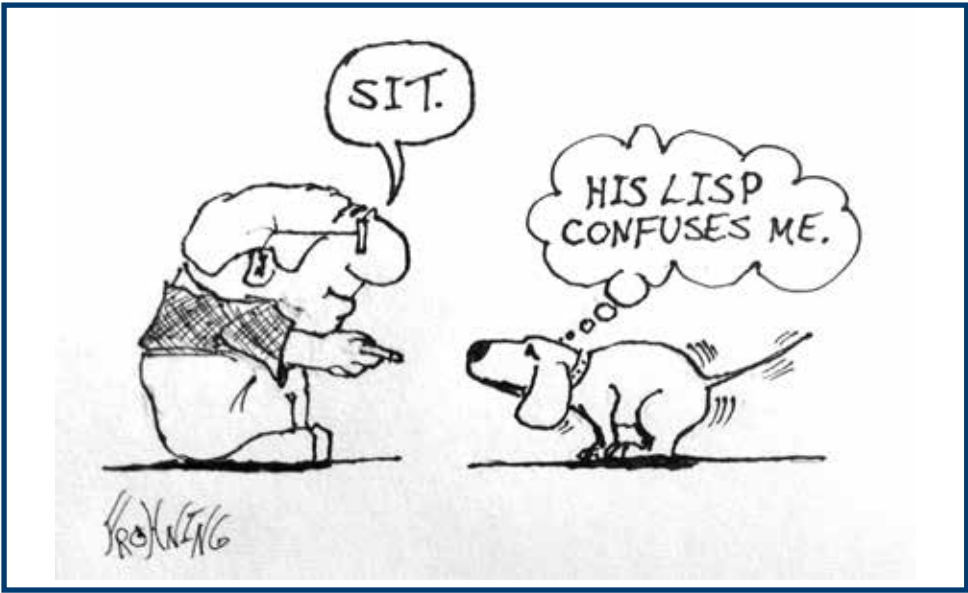
To tell the truth, I could not believe what I was seeing on the screen of my phone soon after the first images were recorded. They seemed to be crisp and clean even though the “film speed” was cranked up to 1000 and the shutter was operating at a 12th of a second. I did keep shooting and trying different locations around the Island, but it wasn’t until I got home and put the images up on the computer monitor that the reality of what I had captured really hit home. And so it was that I decided to continue on with the experiment, with the last few images being recorded uptown two nights ago. It should be stated that not all of the images for the show were shot from drones.

When I first had the inkling of an idea for this, what came to mind were the two very different views on can get from an aerial camera. One is actually not aerial at all, but rather the view one has from the camera that is slung underneath the drone just before a takeoff. My drone has very short legs, which are just long enough to keep the camera from touching the ground before lifting off and after returning and landing- safely. I think of this view as if it were seen by an ant or other ground dweller, with the immediate ground surface blurred out and everything else that the fixed focus lens sees beyond that being focused and sharp. As a counterpoint to the drone shots from above, I decided to once again employ my DSLR and a tripod to capture something just the opposite, with the immediate foreground in crisp focus while everything in the background has been reduced to a soft, mushy blur thanks to a wide open aperture that creates extremely low depth of field. I cannot say why I wanted to do this- it just is. But it does continue the tradition, as with the drone shots and the entirety of Vashon by Night 1, of showing Island scenes in an unfamiliar context and light.

As with most things photographic that transpire around here, I generally often think back to one of my favorite teachers, who also happened to be my first photo teacher at the Penland School- Evon Streetman. In this case I was thinking of a project she wanted our class to join with her in creating, and that was to “paint” the photography building with light at night using strobes and other means. For some reason that never happened. But I also think of Evon in regard to these drone images, which of course at that time 40 years ago was not even on the radar as something any of us could have done or dreamed of, let alone with the relative ease with which I was able to undertake this project. But I recall her talking about having dreams of



her childhood home in rural Florida- flying dreams in which she cruised effortlessly above houses and streets. The kicker to her tale was that when she finally did get to fly in a small craft above her town it all looked just as she had seen it in her nocturnal journeys through the sky. On the contrary, I have had no such prescient dreamings about the places I have captured through these dronographs, which I think is a good thing- I am happy that each new image is a surprise and a wonder, so much so that I may just continue to see what else can be found out there from the night sky. For now though I will be present, on the ground, at Café Luna for the ArtWalk opening this Friday night.



Roadbowling Event

The Vashon Island Roadbowling association will be holding their annual roadbowling event on Sunday August 6th at 2:00pm. The start point is the corner of SW 220th St and Old Mill Road.

This is an annual event that has been held in the past during Strawberry Festival. But the VIRA decided this year to schedule it later because there are so many events during Festival, people have a difficult time adding one more thing to their lives that weekend. If this year’s event brings out enough participants and spectators, the Association may consider keeping the later schedule for future years.

Roadbowling is an Irish sport in which competitors attempt to take the fewest throws to propel a metal ball along a predetermined course of country roads. The sport originated in Ireland and is mainly played in counties Armagh and Cork. Spectators often bet on the outcome and proffer advice to their favored competitor in the course of a match or “score”.

The bowling ball (or officially, “bowl” or “bullet”) is an iron and steel cannonball, 7 inches in circumference and weighing 28 ounces. There are two or more players or teams in a match or “score”. The one with the fewest shots to the finish line wins.

The Vashon club has enough of the small cannonballs for everyone to participate. It’s a free event for islanders, tourists, amateur roadbowlers, and anyone curious about Irish roadbowling. According to club authorities, it’s “a great way to waste an afternoon.” Refreshments are provided, though if it’s a hot or warm day, people may want to bring their own particular “hydration therapy” liquids. All ages are welcome.

The early history of roadbowling on Vashon Island is rather vague - all written records of the sport having been destroyed in the “Great Vashon Fire” of 1892. However, legend has it that the sport of road bowling was brought to Vashon Island by Brian O’Sullivan, an Irish sailor who jumped ship in Seattle and made his way to Vashon Island in 1872.



Setting up one of the first illegal stills on Vashon Island, O’Sullivan soon started and sponsored several roadbowling teams among the early Vashon settlers as a way to advertise and promote the consumption of his product. While the sport of road bowling reportedly enjoyed great success on Vashon Island during the late 1800’s - briefly surpassing even geoduck tossing as the favorite sport among islanders - participation declined when O’Sullivan sold his still, and his sports franchise, to a group of investors from Oklahoma and moved back to County Cork in Ireland.

With the asphalt paving of many of the roads on Vashon Island in the early part of the twentieth century (allowing for longer throws than were possible on dirt roads), various attempts were made to revive the sport of road bowling on the Island. However, these efforts coincided with the passage of Prohibition in the United States, resulting in players not being able to obtain the various forms of hydration therapy that had helped made this sport so enjoyable for generations of islanders. The result was that road bowling as a sport soon disappeared from Vashon Island until its revival in 2007.

(history courtesy of the Vashon Island Roadbowling Associaton, a non-profit non-existent recreational organization, established 1873.)

Loose Change

R&B Band

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

Local Weather

www.vashonweather.com

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

Vashon Island Concerts in the Park

Vashon Events and the Vashon Park District have announced the lineup for the annual Summer Concerts in the Park. The extremely popular and free outdoor concert series will begin on Thursday, August 3rd and run through Thursday, August 31st. All concerts start at 7pm and are held in Ober Park on Vashon Island. Enjoy live music performances from today’s top talent in country rock, urban Latin, roots reggae, spoken funk rock and big band performing against one of Vashon’s most beautiful outdoor backdrops.

Bring the family! There’s plenty of grass and natural berms to spread out those picnic blankets and enjoy some wonderful music on a warm summer night. Families can come relax, let the kids play on the playground and enjoy the entertainment at these summer events.

Concerts in the Park are presented by the Vashon Park District and curated by Vashon Events. If you’ve never experienced the warmth of community at the cool nights of summer concerts in the park, you’re in for a special treat.

Please remember that there are no dogs allowed at Ober Park. Alcohol and smoking are also not permitted.

We are excited to announce that we have invited the Orca Eats food truck to serve concert-goers this summer at the 2017 Concerts in the Park!

Delicious entrees, sides, desserts and beverages - seasonal and local when possible from salmon to veggies to sausage, handcrafted fresh desserts and drinks. Orca Eats is proud to be a no-plastics food truck, using only paper containers and wood utensils, no straws or lids, all truly compostable and recyclable! Join the orca pod with a meal or a snack while you enjoy the concerts at Ober Park.

Check them out at <http://www.orcaeats.com/>

On Thursday, August 10th, we are excited to bring you Picoso.

Since its establishment in 2004, Picoso has evolved from a trio playing on the streets of Seattle into a smoking



Picoso



and to send their audience home full of joy and asking for more.

“The urban Latin flavor in Seattle is championed by Picoso. [they] are not afraid to stretch beyond what is comfortably known as Latin or world music. The vibe is urban and very street, without losing the relationship to the ancestor sound.”-KEXP

Whether you’re there to dance or listen, Picoso is a band you don’t want to miss!

On Thursday, August 17th, we are excited to bring you Publish The Quest.

As a teenager, Jacob Bain routinely snuck off to play his guitar and hang out in a little bootleg cabin in the middle of the woods known as Troll’s Cottage on Vashon where he was raised. A haunt for old hippies and eccentric musicians, Troll’s Cottage became his second home for a few years, and a hub for young local musicians encountering the world’s music. Enthralled by Fela Kuti, Oliver “Tuku” Mtukudzi, and Ali Farka Toure.



Publish the Quest

Vashon Library Calendar

Children & Families

Family Story Time
Tuesday, August 1, 11:30am
Newborn to age 6 with adult.
Stories, songs and fun!

3D Pens!
Tuesday, August 8, 2-4pm
Ages 8 to 12.
They’re back! Come play with the 3Doodler pens. Paper sign-up sheets will be available in 30-minute time slots at the beginning of the program.

The Flower City Story Workshop
Friday, August 11, 2pm
Presented by Live Paint!
Ages 3 and older with adult.
Enjoy a whimsical tale about children who use their imagination to save a city where flowers are no longer allowed. Learn when it’s best to plant and grow flowers and create a butterfly puppet! All supplies provided.

Make It! Memory Jars
Tuesday, August 22, 1:30pm
Ages 6 and older, ages 6 and 7 with adult.
Did you take any special trips this summer? Did something funny happen that your family will be telling about for ages? Do you have photos, trinkets, or a few extra-beautiful beach rocks you’ve collected this year?
Before the air turns crisp and the school buses start their engines again, come make a cozy home to store your memories of summer 2017.
All materials provided.

The Nature’s Builders Sing and Stomp Show
Thursday, August 31, 2pm
Presented by Mikey Mike, the Rad Scientist. Family program, all ages welcome with adult. Sing and dance along on an epic musical adventure while you explore the way nature’s architects such as beavers, bees and bowerbirds create homes in the natural environment. Learn how we all share our planet earth.

Teens

3D Pens!
Wednesday, August 2, 4pm
Grades 6-12.
They’re back! Come play with the 3Doodler pens.
We will have melty beads too!

Game On!
Friday, August 4, 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.

Building a Better Suit of Armour!
Sunday, August 13, 2pm
Presented by Knights of Veritas.
All ages welcome. Can you tell the difference between typical movie style combat and one using accurate moves documented from historical manuscripts? Join the Knights, dressed in replica clothing of the late 1300s, for a demonstration and interactive history lesson.

Lego Robotics
Monday, August 14, 5:30pm
Grades 6-12.
Work in teams to design, build, and program a robot using Lego Mindstorms kits. Navigate an obstacle course or

battle your robots, you choose your activity.

Teen Late Night
Friday, August 18, 6:30pm
Grades 6-12 only.
We’re opening the library on a Friday night just for teens! Use the library computers, play video or tabletop games, make crafts, or just hang out. Free snacks and raffle prizes all night long! Teens must be picked up by 9pm.

Stop Motion Animation
Wednesday, August 23, 4pm
Grades 6-12.
Do you love The Lego Movie or The Nightmare Before Christmas? Create and edit your own short stop motion film at this hands on workshop. This event is for beginners with little to no experience with stop motion animation.

Adults

Tech Tutor
Thursday, August 3, 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.

3D Pens!
Sunday, August 6, 2pm
Come play with the 3Doodler pens. This session is for all you creative adults tired of seeing all the kids have the fun! First come, first seated. Maximum of 30 minutes per a patron. Ages 17 and younger must be accompanied by an adult.

Nick Licata Talks about Becoming a Citizen Activist
Monday, August 7, 6:30pm
Nick Licata, former Seattle City Councilmember and one of the city’s most effective leaders of political and social change, will speak about his new book, Becoming a Citizen Activist: Stories, Strategies and Advice for Changing Our World. Are you unsatisfied with the status quo? Come to the library and learn how you can change it! Books available for signing and purchase.

Reading Party in the Park!
Sunday, August 20, 1pm
Held at Ober Park, 17130 Vashon Hwy SW, Vashon, WA 98070.
All ages welcome.
Bring your own blanket or lawn chair and favorite summer read and join us as we listen to soothing music that compliments the reading experience! Reading parties are a great way to share your love of reading in a relaxing, fun atmosphere. Local DJs will share ambient, downtempo, neo-classical and relaxing cinematic sounds to add a unique dimension to reading in the park.

Picture Books for Difficult Conversations
Part Two: Diversity and Tolerance
Thursday, August 24, 6pm
Picture books can be a great tool to open conversations with young people on topics that may be complicated or sad. Come learn about some titles, booklists, and online resources, and connect with others who have had similar conversations with children to share ideas and lend support.
In order to foster open and honest discussions, please make alternate arrangements for childcare.
In this session we will focus on race, gender identity, sexual orientation and differing abilities



Planet Waves



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

Aries (March 20-April 19)

In times of high pressure, chaos or confusion, it’s not easy to pull back and celebrate life in a meaningful way. Yet that is exactly what you’re being called upon to do, or rather being given the opportunity to do. Mars and the Sun continue to streak across the sky in Leo, which is the most creative, sexy and adventurous angle of your solar chart. Yet to use your creativity is a conscious act. It doesn’t just happen. People are more typically conditioned to squander their talent, passion and curiosity. If astrology means anything, you are being encouraged, guided and boldly invited to stretch your boundaries and do something genuinely meaningful with your abundant energy. If you’re doing this well, it’ll feel a little daring, like you’re pushing a boundary or violating a taboo. Creativity requires courage, and by all rights you would have that in abundance right now.

Taurus (April 19-May 20)

To some extent, everyone is programmed to be a ‘good boy’ or a ‘good girl’. Often this means kissing up to seemingly powerful people and various parent-figures, and worrying about petty transgressions. What typically happens, though, is that people become frustrated with the rules, and either simmer in that frustration or become rebellious and go a little crazy. It’s vitally important that you see this pressure to be ‘good’ for what it is. Who exactly are you trying to please? And what little games do you play, in order to maintain your image? When you take responsibility for your choices, for your successes and failures and indeed for your entire existence, you don’t need to prove anything to anyone. Once you step outside of that box, you may feel vulnerable, though that’s confirmation that you’re going in the right direction. Your sense of security must come from within you.

Gemini (May 20-June 21)

Venus traveling through your sign the past few weeks has served to remind you of another kind of intelligence. It’s the type that computers will never know, because they can only simulate feeling. You are human, and you can feel. You may be discovering that feeling is different from emoting. To feel is to be receptive; to emote is to be in output mode, which is somewhat less subtle. Now Venus is about to change signs and enter Cancer. This will enhance your sensitivity even more; and it suggests that your ability to feel, to sense and to perceive through your senses is a vitally necessary part of your guidance system. Therefore, slow down and pay attention to what your body is telling you. Take possession and ownership of how you respond to what you experience. Notice your senses, and notice the mind that’s behind them, receiving the information from your environment.

Cancer (June 21-July 22)

You have some excellent motivational power to improve your lot in life financially. You won’t need to push as hard as you usually do, or think you do. As one born under the Sun or rising sign Cancer, a measure of financial security is your birthright. Yet by your choices, you can enhance this quality, or diminish it. You can resist, with emotions like guilt, or the sense that you don’t deserve to have a good life; or you can stay positive, use your talents and spot your opportunities. Right now, the one thing you don’t have to do is maintain your momentum and monitor your direction of movement. Guide yourself gently; there’s considerable propulsion moving you forward, and small adjustments count for a lot. Look at where you are now, consider your direction of movement, and determine if you’re heading someplace you want to be. Your end goal is not money — it is contentment.

Leo (July 22-Aug. 23)

The spotlight is on Leo now, with Mars and the Sun streaking across the sky,

and two eclipses soon to arrive between today and Aug. 21. This means your life is in transition; and if that is true, then it’s essential that you stay in contact with what you want. Mars, the planet of desire, will help you focus your goals, and erase any guilt or apprehension you may be feeling about being authentically bold. To live the way you want requires courage, on several different levels. Most people are easily given to living with difficult situations rather than taking the chance of changing them. Yet because you have so much energy (Mars and the Sun are both hot and fiery), it’s essential to dial in the power of Saturn. This is about discipline, careful timing and using structure to your advantage. Incremental changes are the right changes, at least for now.

Virgo (Aug. 23-Sep. 22)

The truly extraordinary astrology in Virgo, at the moment, is a conjunction of your ruling planet Mercury, and the distinctly Virgoan asteroid Vesta. Though Vesta is a fire goddess, she’s really about containing and directing the use of energy and intention for creative and productive purposes. True intelligence might use thought, but ultimately it comes from somewhere beyond ordinary thought. The way to access true intelligence is to step aside and let it flow through you. This takes some discipline, though you can save yourself effort by asking inwardly for what you need. You can also help yourself by considering what you know, in your heart and soul, and working with that. Remember that actual knowledge will never be contaminated by fear. If you’re feeling fear, ask inwardly for that to be removed. In the words of one of the great sages, “You will be told everything you need to know.”

Libra (Sep. 22-Oct. 23)

The sign Libra is associated with the planet Venus. Over the past few days, Venus (now in Gemini) has made a series of aspects to planets in Sagittarius, which may have felt like an emotionally rough patch or, better said, a challenging few days spiritually. It would seem like you’ve been pushed by some unseen force to ask some deep questions. You’ve had to reckon with your need to address the future honestly and consciously. You may be entirely off the wavelength of your friends or partners, wondering how they can occupy themselves with such superficial things when truly profound issues are calling for your full attention. The thing to remember is that your soul’s path, and your priorities, cannot be compared to those of any other person. You are not dependent on them, their ideas or their goals. To say this even more directly, your relationship to the universe is yours exclusively.

Scorpio (Oct. 23-Nov. 22)

The Moon is in your sign at the moment, which is helping cool off the extra-hot astrology influencing your life at the moment. That’s what you need — any way you can get it. Soak your body in water; drink a lot of water; and get some relief from the heat. Most important, maintain cordial and respectful dialog with anyone with whom you’re in some kind of authority relationship, no matter which way the lines of authority may run. That’s the place where things can most quickly get away from you, though there’s no need for that to happen. You possess the foresight and the intelligence to move things in a positive direction. Yet there’s one essential ingredient: having an idea just what direction that is. If you refuse to let yourself be guided by ambition or the need for power, you will have better information to work with. You have all the influence you need. Now, you must use it wisely.

Sagittarius (Nov. 22-Dec. 22)

You will need to make decisions this week where you do something challenging

Take a Ride on the Virginia V

For one day only, the Vashon Maury Island Heritage Association brings The Virginia V back to her home shorelines. The Virginia V is the last operational Puget Sound Mosquito Fleet steamer. She was once part of the Mosquito Fleet that served Vashon’s 32 steamer docks from the 1880s to the 1930s. This was a time when water transportation was easier than land transportation because thick forests blanketed the island made for difficult and slow over-land transportation.

Sunday Aug 27th, this historic ship returns for a single, narrated circumnavigation cruise around Vashon and Maury islands. Come aboard and see the last reciprocating steam engine still operating in North America in action. Travel back in time with narrated shoreline interpretation by island historian, Bruce Haulman and Vashon Nature Center’s Maria Metler. What all those pilings in Tramp Harbor are about. See the light house from the water, rather than the other way around? Do you know where Clam Cove or where Aquarium are? Or, where native’s called ‘sleeping mats’? Join us!

Boarding begins at half past noon at the North end ferry dock, passenger only slip. The vessel departs at 1:00pm and returns to dock at 5:00pm. Tickets are \$120.00 VMI Heritage Association Members receive a 10% discount. Catered lunch provided by On Safari Foods. Jessica DeWire will host an onboard cash



bar. Narrated shoreline interpretation by island historian, Bruce Haulman and Vashon Nature Center’s Maria Metler. Parking assistance will be provided with prior arrangement. Purchase tickets and find more information online at vashonheritage.org, by emailing museumevents@vashonheritage.org, over the phone, or in person at the Heritage Museum or Vashon Bookshop. Thank you to our generous sponsors for making this event possible: 4Culture, IGA, Island Escrow, John L. Scott.

Take a Ride on the Virginia V
An Afternoon Circumnavigation
Cruise brought to you by Vashon Maury Island Heritage Association.

Sunday August 27th
Vashon North end Ferry Terminal
Passenger Only Slip
Boarding 12:30 - 12:55
Vessel departs at 1:00pm
Returning to dock at 5:00pm

for our world: set aside any self-interest. That does not mean harming yourself. To the contrary, something is clearly unacceptable if anyone is damaged in a transaction. Setting aside self-interest is something different. Being willing to pay a cost, or expend political capital to get the right outcome, is different. This requires a rare form of objectivity, which will mean considering the interests of everyone who is involved. You will need to account for who is the weaker party. You will need to be alert to anyone taking advantage of anyone else. You are in a position to stand guard over an important situation and ensure that truth and justice prevail. This has nothing to do with your personal success. Of course, being in a position to do the right thing is a direct result of what you have accomplished, and a big part of why you went to all that trouble.

Capricorn (Dec. 22-Jan. 20)

Your charts describe you being driven by passion you cannot understand or contain. They might be describing sexual or emotional involvement with another person, or potentially a business arrangement. It might even be both at once, which would call for extra-special care. In essence, you must sort yourself out of the situation. The risk you may be running is being so overly involved that you cannot distinguish your needs and interests from those of someone else. If the relationship is mutually profitable and the vibes are positive, that’s an excellent sign, though it would still be advisable to have an exit strategy if you need it. The energy will continue to build until the Full Moon eclipse on Aug. 7, at which time you will be able to see your own interests clearly. But really, you want to figure out what they are long before then. And to do that, you will need to get some emotional distance, slow down, and actually think clear thoughts.

Aquarius (Jan. 20-Feb. 19)

Mars and the Sun are moving through your opposite sign Leo. If your sign is Aquarius, or if that’s your rising sign or your Moon sign, that translates to intense: fast activity, unexpected developments, and

people showing up in your life, potentially with an aggressive feeling. Under these conditions, there’s just one thing you must do: take care of yourself. Remove any unnecessary activity from your schedule, with an actual understanding of the concept of “necessary.” That means a radical form of prioritizing, with no guilt whatsoever about decisions you make. You need to take care of providing for yourself all the most basic nutrients, which includes recreational time and downtime. However, you don’t need mindless diversion or entertainment, or anything even vaguely reckless. One of the most significant projects of your life right now is purging old and useless tendencies that have not served you, and replacing them with what supports your best interests.

Pisces (Feb. 19-March 20)

The essence of your life must be balance. That’s not easy in the times we’re living in; some would say it’s impossible. It may be challenging, but it’s certainly within your power to get a handle on your affairs. Much of what I’ve suggested for Aquarius applies to you: particularly the need for prioritization and conscious self-care. You need to know when you must “shed load.” That’s a term used by people who manage the power grid. If there’s a demand for energy that’s outstripping the grid’s ability to provide it, turning off one neighborhood can save the entire East Coast from going down. Right now, err on the side of saving your energy rather than expending it. Do those things that are genuinely important, and make sure you stop taking on new projects and commitments. Use the month of August to complete what you’ve begun, and to do so with care for the utmost attention to detail. Your energy allocation must include what feeds your soul as a Pisces: introspection is vital. Then there’s art or music (whether you create or experience these things). Take your time, which means living one day at a time.

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

Spiritual Smart Aleck

By Mary Tuel

Sense and Nonsense

A worker in a refugee camp in Syria writes: “When we got back to our base camp a couple of hours ago this little fellow, A---, was waiting for us. He said he needed to talk to us.

“Turns out that A--- was worried about his friends in another camp. He said they didn’t have any food to eat tonight and that wasn’t fair because he has food for tonight. He was worried about them and said he *has* to help them. He was wondering if we could take his friends some bread, cheese, and juice that he had saved for them from his own lunch today. We just happened to have a few things we could add to what he’d already saved so the three of us proceeded to bag up the food individually. He worked really hard on this meal for his friends. He made sure everything in every bag was kid approved.

“For this child to keep such a warm and caring heart amid the cold world he sees all round him is the real victory. I want to be just like A--- when I grow up. There’s all that hate out in the world and then there’s this.

“Be back later. We’ve got a few dinners to deliver.”

What gets to me about this story is that it makes sense. The little boy’s desire to feed his friends makes sense. The response of the people who work with the refugees, to feed his friends, makes sense.

People are hungry: feed them.
People need safe, clean water: build systems to supply them with safe, clean water.

People need to be evacuated from cities that are being relentlessly shelled by forces of various countries. Go get as many of those people as you can and bring them to refuge, dodging the shells as you go.

Life in a war zone is clearly a high adrenaline situation, but amid the insanity of war, your life makes sense. You see what needs to be done, and you do it.

Simple.
Meanwhile, back here in Amurrica, it is hard to make sense of things.

I read an article about children who grow up in abusive families which said that children in such families try to make sense of their situation.

Sometimes I feel we are living in a



big abusive family here, and I cannot make sense of it. The President and the Congress and their corporate masters keep doing things that threaten our health and our well-being, saying things that are completely at odds with what they do, like talking about supporting the troops while cutting funding to the VA, for example. We are at the mercy of creepy shortsighted billionaires and gangsters who seem to be motivated by a lust for all of the money and all of the power.

Rather than feed the hungry, they cut the SNAP benefits. Clean water? I give you Flint, Michigan. Healthcare? Let’s cut Medicaid and Medicare and eradicate the beginning of universal healthcare in our country. Poverty? Gut Social Security. Homelessness? Get those horrible people out of my sight. Welcome and safety for the refugee or immigrant? Hah.

My dear friend and inspiration Kara Chipoletti Jones wrote the other night, “Universal healthcare. Universal housing. Universal income. Universal access to clean water. If we all actually were as good as we think we are, this would be the LEAST we’d want for every other living being.”

I agree with her. As another friend said to me the other day, it isn’t that we don’t have the means to do these things; we don’t have the will.

We do, however, have the will to buy 2,663 F-35 Lockheed Martin Lightning II fighter jets between now and 2070, at an estimated cost of \$1.5 trillion, give or take a few billion.

So. I get up every morning and wonder what fresh madness has been perpetrated on a weary world by the delusional creatures who seem to be running things. My expectation of madness and creepiness is seldom disappointed. I sit here with my mouth hanging open and my brow furrowed, hearing the monkey chatter of clean people in nice clothes, as they say things like, “We must save people from the horrors of Obamacare!” when what we need to do is save people from the horrors of private health insurance.

I want it all. What Kara said: universal health care, and housing, and income, and access to safe water, for everyone, and I will pray for those things, and sing for them, and write for them. I would like this country and this world to start making sense, and I intend to make many sensible, unreasonable demands.

The Sugar Shack Hosts Summer Lawn Concert



The Sugar Shack will host the Austin, Texas folk pop duo, Beth // James, for a free summer lawn concert on Thursday evening, August 10th in Town Center. The show begins at 7:00 pm. Islanders are invited to bring a picnic blanket, set up early and enjoy tasty, smoked BBQ and cold drinks offered by The Sugar Shack.

Beth // James is promoting “All in the Life,” a new release the Austin American-Statesman labeled a “Standout EPs” for 2017. The recording is the product of two award-winning musicians, Jordan Burchill and Mikaela Kahn. Their original songs and razor sharp musicianship pick up where the group Civil Wars left off. Tackling love, their adopted hometown of Austin, and more, All in Life is simultaneously unexpected and familiar, infused with what Paste Magazine calls “a shimmering mix of modern folk, mindful pop, and Americana charm.”

Beth // James’ Burchill has played

guitar for Ndambi and Avant, and Brannen Temple. Mikaela Kahn has toured as a vocalist with Ben Folds and Chrisette Michele. The duo were finalists in NewSong’s national LEAF 2016 Singer-Songwriter Competition, finalists in the Best Duo/Group category of the International Acoustic Music Awards 2016, and won top honors in the 2016 Indie International Songwriting Competition. Beth // James played at last year’s Strawberry Festival and are thrilled to return to Vashon. For more info: www.bethjamesband.com

Admission to the summer lawn concert is free. Text Hedy to see The Sugar Shack’s summer lawn concert menu at 206-463-3782.

The Sugar Shack is the yellow wooden house across from the IGA at 17636 100th Ave SW. Beth // James will perform on the shaded lawn behind the building.

Makara Sankrathi Black Light Show



Makara is a self taught artist who began his lengthy career working with lapidary and jewelry in the 1970’s. He also spent many years working with airbrushes and painting and has worked in many media in including watercolor, acrylics, oils and colored pencil. Makara is a very spiritual person and has devoted much of his life to the study of many beliefs. Originally from Tuscon, Arizona, he has made his home on Vashon for more than 19 years and is an avid animal lover and rock hound. Makara

has continued to make art though every incarnation of his life for more than 50 years. This show represents his most recent and mature body of work created during the last year.

Several of Makara’s paintings feature fluorescent paint, the full scope of which can only be appreciated under black light. Vashon Intuitive Arts will be having another showing of Makara’s work on the First Friday Gallery Cruise, August 4th, from 6 pm to 9 pm – with a black light showing from 7 pm to 8 pm.

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Compost the Loop

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

Island Epicure



By Marj Watkins
Not Another Stir-Fry

My son Steven, home from years of teaching in Chinese Universities,when asked what he would like for dinner, replied, “Not another stir-fry. That’s all we get in Zhengzhou.”

He wanted something exotic, something he’d be eating in one of the countries we visited on our sabbatical school year when he was in the fifth grade. We’d spent that winter mostly on Crete, so I suggested Kotopoulo me Domathes (Chicken with Tomatoes), a dish not found in either of my Greek cookbooks, but I’ve been cooking it often since we ate it in a tiny three-table restaurant at Spili on the spine of hills that run the length of Crete.

“No, we had that the last time I was home.”

We mentally paged through favorite dishes we’d enjoyed in Italy, Spain, England and Denmark. We finally settled on an Italian dish, easy to make and perfect as the one warm dish in a hot-day supper: Pasta e Fagioli, Pasta with Beans. Below is the recipe. It can be infinitely varied by using different kinds of beans and/ or different kinds of pasta. It can be gluten free for those sensitive to wheat. You could use spinach or kale for the greens. (If choosing kale, parboil it until tender. That takes about 20 minutes.) Here is an example that takes less cooking than kale:

Gluten Free
Pasta e Fagioli

Road to Resilience

Continued from Page 1

a Scandinavian socialist nanny state that had coddled her and left her unprepared for the fast-paced, live-at-your-own-risk American lifestyle. As time went by, she realized that anxiety was the default state for most Americans. Clearly, the Scandinavian countries outperformed the US in providing healthcare, education, housing, and income security to its people. Were they giving up their freedom for these benefits?

3 to 4 servings

- 2 Tablespoons coconut oil or light olive oil
- 1 cup diced onion
- 1 Tablespoon minced garlic (1 large or 2 skinnier cloves)
- 1 14.5 oz. can diced tomatoes
- 2 cups spinach leaves with stems removed
- 1 15 oz. can red kidney beans, drained
- 2 teaspoons Italian herb mix
- 4 oz. buckwheat noodles or brown rice fettucini
- 1 Tablespoon extra virgin cold pressed olive oil

In a wide, deep skillet, heat the oil. Try a piece of onion. If it sizzles, put in the rest of the chopped onion. Stir fry it until it is shiny and beginning to change color. Add tomatoes and spinach. Add drained beans. Reduce the heat and let this sauce simmer while you cook the pasta until a strand can be cut by the side of a fork pressed against the kettle. Be sure to add tablespoon of olive oil to the cooking water and stir now and then so the strands will not stick together. When done, pour into a colander set in the sink. Add a tablespoon of olive oil and toss Transfer to a serving bowl. Add the beans and toss again. Enjoy with a fresh vegetable salad on the side.

She argues the opposite: by guaranteeing the provision of life necessities, the Scandinavian people actually have more individual freedom than their American counterparts. They do not have to choose their work based on whether the income is sufficient to provide their necessities or whether the employer provides sufficient benefits. They can change jobs at will with no fear of losing their safety net. They are free to pursue as much education as they require to work in the field they are passionate about. They still have to work and contribute to society, but it is on their own terms in the area of work that they enjoy and are most suited to. They don’t have to worry about the cost of childcare or of having to depend on their relations or friends to take care of them in times of need. It is also a great relief as they get older to know that they will be cared for and will not be a burden on their children.

Certainly the costs of such a welfare state must put a real damper on business in these countries. Well, wrong again. Companies like Nokia in Finland and Volvo in Sweden are not exceptions to the rule. Business is prosperous in Scandinavia. Besides paying for the social safety net, businesses grant long term, sometimes more than a year, paid family leave and three to five week paid vacations. Employers don’t see this as a burden. They realize that a happy, secure, and healthy employee is much more productive and are happy to make the investment.

The author points out that the US has a lot going for it, but could be so much more by investing in its citizens. We are at the top of the list in terms of profitability. Why are we at the bottom in health, educational achievement, and wealth inequality? By valuing profit over people, we have gone astray both at home and abroad.

Even Scandinavians complain about things, but, if you ask them if they would trade their system for ours, I doubt you will find many takers.

Comments?
terry@vashonloop.com

Open Air Outdoor Festival

Open Air celebrates all things aerial! Discover magic in the meadow as aerial artists dance above on a blue sky canvas at Open Space for Arts and Community, 4 to 6 pm, Saturday, August 26.

A delight for all ages, relax in the shade or bask in the sun and let your senses delight in the beauty and athleticism of this beloved annual Open Space event. Bring family, friends, a blanket and picnic basket to share while you ooh and ahhh to choreographed aerial spectacles.

Festivities begin with the Acid Washed Marching Band, a group that wowed at the Oregon Country Fair this year. Then, sit back and view a variety of performers as they climb and swing gracefully from the sky. See UpSwing Aerial by the amazing Cherie Carson; daring Lynelle Sjoberg, sweet Josie Slade, marvelous Madeline Schroeder, the dramatic Dreame Frohe & PJ duet and extraordinary Annie Crawford. Gravity-defying Esther Edelman and company add to the line-up, along with hand balancer Aly Komarzec and fabulous fabric dancer Laura Miller.



Expect a surprise MC (perhaps on stilts) and marvel at up and coming UMO aerial students – ‘who have surpassed their adult counterparts in their skills,’ and bring an extra dose of youthful exuberance you want to experience!

Donations gratefully accepted and no one will be turned away for lack of funds.

Open Air Outdoor Aerial Festival. Saturday August 26 4-6pm. At Open SPace, 18870 103rd Ave, Vashon

Mayor Tinkerbell

Continued from Page 1

needed help one time!

I had several motivators pointing me to run with IFCH. When I was a struggling Mom with three sons and a minimum wage job, I was financially helped by a San Diego non-profit. In addition, during my 26 years of sobriety I have personally known dozens of individuals struggling to maintain shelter while attempting sobriety. I also did it because it is the right thing to do. Homelessness is an enormous issue yet it can be prevented by a concerned community - one family at a time. I wanted to be a part of that solution.

I am a new IFCH board member and know that the funds from the unofficial mayoral

campaign are being used as they arrived. These monies do make a difference. It made a difference to the family that was going to move into their van to live, it makes a difference to the guy who has lived in a shed for 12 years and is now in an apartment, it made a difference to the 147 individuals assisted last year by this organization. It made a difference to the teenager who asked how he could help and then volunteered to serve dinner to the homeless that night and signed up for every week this year. It made a difference to the cancer survivor who traveled to and from her treatments by offsetting the ferry costs.

All donors of time and money make a difference and become “part of the solution”. Please consider contributing to the solution. VashonTink.com or ifchvashon.org

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Next Loop comes out August 17

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The Allison Shirk Band

Local singer-songwriter, Allison Shirk, returns to the Red Bike on Friday, August 11th at 8:30pm to perform original songs and cover tunes for her birthday bash! The date is her actual birthday and she hopes to celebrate the day doing what she loves the most, making music and being with friends and loved ones. Allison plays music that blends her Texas country roots with her love for vocal jazz and blues. After a successful kickstarter campaign in 2015, Allison has been promoting her debut album, Break My Heart and performing around the Northwest as a solo artist and with a band. Now, two years later, she's getting close to being ready to record a new full length album.

Allison will be accompanied by Wesley Peterson on drums, Doug Pine on lead guitar, Chuck Keller on bass, and Tony Mann on keys.

Kicking off the evening for the Allison Shirk Band will be Tim Couldn't Make It. Tim Dahms has been called "one of the finest bass players to come out of the Hawaiian Islands"



and has played with music icons from Steely Dan to Willie Nelson. Now, only making the rare guest appearance, "Tim Sightings" have been known to draw music lovers from around the globe hoping to catch a rare set with this elusive modern music master. Unfortunately, Tim can't make it to the Red Bike gig this time, so Doug Pine and Rick Dahms will be playing without him.

The group has grown to include Michael Marcus on bass, Wesley Peterson on drums, and Mike Nichols joining in on harmonica during very special occasions.

Friday, August 11th, 8:30pm
The Allison Shirk Band
With Tim Couldn't Make It
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover! ; tips to pay the bands welcome.

Delilah Pearl & The Mantarays



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

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

Influenced by Peggy Lee,

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

Friday, August 4th, 8:30pm
Delilah Pearl & The Mantarays. The Red Bicycle Bistro & Sushi

All-age's 'till 11pm, 21+ after that. Free cover!

OneNiteStand

OneNiteStand is gaining ground with more rocking tunes and incredible vocals by Terri Cole - and the good news is, they're ready to show off the new polish! This band is 'nothin' but rock & blues with the emphasis on classic rock tunes as well as some originals sprinkled in there. They've all got blues chops, from growling it to flat-out rockin'. The band will knock your shorts off and leave you crying for more. They've been playing for a long time and have musical histories too long to mention here.

If you missed their smokin' hot show last time, now is your



chance!

Friday, August 18th, 8:30pm. OneNiteStand
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that.

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Alex Ashley & His Band

“Masterfully weaving the old with the new, Alex Ashley brings fresh eyes and an old soul to the gritty realities of life and love lost,” says Dillon Honcoop, with the Cascade Radio Group. “With an unorthodox approach, Ashley delivers heartfelt vocals and wields his well-worn six-string to stir fresh reflection on the human condition in a way only honest American music can. And that’s what he makes: real music of the tortured and fiercely independent West rooted firmly in the musical traditions of country and rock and roll.” Compared to the likes of Vince Gill, Jackson Browne and Eric Clapton, Bellingham singer-songwriter Alex Ashley’s music crosses the boundaries of folk, blues and Americana music with new and original songwriting. He brings a fresh musical perspective to familiar genres, with a surprise tenor that soars over striking, slide-heavy instrumental work.

For his first performance on Vashon, Ashley bring his full band comprised of Caitie Bowell (vocals), Kim Bowman (keys/vocals), Allison Bowman (vocals), Fred Fernandez (bass) and Danny Moore (drums & percussion), for an electrifying amalgam of insightful lyrics, profound storytelling, sultry, smoky vocals and razor-sharp guitar playing that brings his songs to life with nostalgic effervescence. “I’m not sure who wrote the rules on



guitar playing,” Ashley says, “but I try to break as many as I can.”

Alex Ashley & His Band
Saturday, August 19, 7:30 pm

Vashon Center for the Arts
\$14 VCA Member/Student
\$16 Senior
\$18 General

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, August 5th, we bring you Sarah Christine.

Sarah Christine is a visionary vocalist and conscious songwriter that delivers uplifting messages of empowerment, positivity and connection. Her original music blends the soothing sounds of acoustic guitar, world infused percussion and high vibrational vocal affirmations to create a musical experience that inspires and penetrates the soul. Sarah Christine’s warm honey voice is a soulful siren that invites the listener to align with the Divine essence within each of us.

On Saturday, August 12th, we bring you Steve Itterly.

Steve Itterly is a Colorado-based singer-songwriter who draws from a deep well of American musical traditions to create distinctively personal music that is timeless without being overly nostalgic. Hailing from New York, Steve ventured to Boston, Massachusetts, after college where he studied country blues and ragtime guitar with local greats Paul Rishell and Racky Thomas. It wasn’t until he moved to Colorado where he honed his skills and began writing songs of his own, pulling from genres such as country blues, early jazz, western swing, folk, and ragtime.



Next Edition of The Loop Comes out Thursday August 17

Deadline for the next edition of *The Loop* is Saturday, Aug 12

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

Chautauqua Music Festival

What we are: Now in its third season, Chautauqua Music Festival was started to support the elementary and middle school music programs on Vashon Island. To date, the festival has raised over \$14,000 to support young musicians who lack the means to buy instruments, sheet music and other expenses.

Our goal is to help augment the school’s ability to make sure every young promising musician has the means to thrive in their music. The event showcases young and adult local musical acts with established northwest performers in a fantastic outdoor venue.

Last year we had 650 people in attendance and we anticipate that over 1000 people will be over the course of the weekend. This is a 2-day festival, Friday, August 4 and Saturday, August 5th.

This is a no dog event. It is also an all ages event but the inside of the Eagles will be off limits at all times to anyone under 21. We have zero tolerance for underage drinking.

We are offering:

- A shuttle from the ferry to the campgrounds at the American Youth Hostel and the event all day and night.
- Food from Via Tribunali and Caffè Vita as well as Gravy, an acclaimed local restaurant.
- Vendors ranging from food to a small record and used bookstore stand.
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- On site camping, including RV hookups.
- Off site camping at the wonderful American Youth Hostel on Vashon
- Merch including shirts and hats for sale.



This year’s lineup includes:

Thunderpussy * Low Hums * 20 Eyes
Tilson XOXO * Chris Ballew * Kat Eggleston * Ian Moore * El Steiner * Gabe Mintz * Acapulco Lips * Hula Bees * Bill Patton * Great Spiders * Sloucher * John Browne * Iska Dhaaf * Sweet Jesus * Solisti Di Vashon * Grizzled Mighty * Ralph Reign * Colin Loch * Pete Droge * JD Hobson

When: August 4th 5:30-Midnight.
August 5th 1:30-Midnight.

Where we are located: The Vashon Eagles is located on beautiful Vashon Island.

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