

Art Auction Preview Party



Thanks to community, Vashon Center for the Arts (VCA) raised more than \$150,000 toward scholarships for arts participants of all ages last year. Let's do it again Vashon! VCA's much-anticipated annual Art Auction and Gala, Friday and Saturday, September 22 and 23, showcases works created by Island artists, tasty treats made by talented chefs and bakers and the generosity of local businesses, all in support of Vashon's growing arts and culture milieu.

Get a peak on September 1 at the Art Auction Preview Party and Artist reception. Honoring the Artist who have donated over 150 pieces of amazing art. You can also sample hor dourves from around the Island at the Taste of Vashon.

Please join us for the 2017 Art Auction Preview Party and Artist Reception.
Friday, September 1
6:00-9:00 pm
Free admission

The hilliest, funnest bike ride in the Puget Sound!



Situated on beautiful Vashon Island, PASSPORT TO PAIN (or P2P) is an extraordinary cycling challenge that offers 3 levels of vertical climb -- the 80-mile Idiot ride with a climb of 10,000 vertical feet, the 50-mile Weasel ride (6,500 vertical ft.), or the 30-mile Weenie ride (3,400 vertical ft.). The 7th Annual P2P will be held on Saturday, September 9, 2017.

What makes P2P different from other rides? Despite 10,000 vertical feet to climb, P2P organizers pride themselves on making the experience feel like the biggest party on wheels. A dedicated team of event staffers regale riders at each of the 18 checkpoints. Wearing outlandish costumes (this year's theme is Wizard of Oz!) and providing comedic relief, they stand at the ready to collect clothing, stamp passports and provide refreshments. Whether riders complete the Idiot, the Weasel, or the Weenie, they can all count on a fun-filled party waiting for them at the finish line and an over-the-top pile of BBQ to devour before they call it a day.

"THIS WAS THE MOST AMAZINGLY ORGANIZED EVENT WHOSE CHALLENGE I'VE EVER ACCEPTED!!!! I will certainly be back next year for more and attempt to recruit more idiots. Awesome ride, awesome people, awesome food and awesome support! You all totally rocked it today!!! I'll be back.""

-2015 P2P rider

P2P was started by the Vashon Island Rowing Club (VIRC) to help raise funds for the club and have fun at the same time. VIRC is a non-profit organization that supports more than 100 island youth and adults each year by offering a competitive rowing program. VIRC juniors (ages 13-18) learn lifetime lessons in teamwork, self-discipline and fitness, and many have earned competitive college rowing scholarships. The VIRC program is year-round and the funds raised by P2P give VIRC the ability to offer financial aid to young rowers, purchase new equipment, and make improvements to our facility and

our boats. At least one third of P2P sponsorship revenue is dedicated to Financial Aid scholarships for junior rowers.

In addition to its 10,000 vertical feet, P2P also gains a uniquely fun and outlandish flavor from its location - beautiful Vashon Island, just 20-minutes west of Seattle by ferry boat. Long populated by artists, small organic farmers, and those who seek a rural lifestyle close to the Seattle metropolis, Vashon adopted its slogan "Keep Vashon Weird" many years ago. P2P prides itself on creating a fun and wacky ride - checkpoint volunteers dress in costumes or decorate their checkpoint booths in themes. P2P is a ride for fun, not a race. Organizers do not keep times □ so there are only winners, no losers (a very Vashon tradition).

This year, P2Ps "Idiots," "Weasels" and "Weenies" will gather at Jensen Point on Saturday, September 9, 2017 at approximately 7:30am for the chance to prove their endurance - or outright insanity - on this brutal Island-wide ride.

Online registration for PASSPORT TOPAIN is open at www.passport2pain.org. The registration fee is \$100. All proceeds from P2P benefit the non-profit Vashon Island Rowing Club.

Event Details:

This is the 7th Annual P2P Island Ride (the event is not a race)

P2P will be held on Saturday, September 9, 2017

P2P begins at Jensen Point on the Burton Loop at approx. 7:30 AM with staggered start times

Riders are given a passport to be stamped at each checkpoint

The longest ride option includes a climb of 10,000 vertical feet on the 80-mile course

There are three course options for all riding levels:

The Idiot - 10,000 vertical feet - 80 miles

The Weasel - 6,500 vertical feet - 50 miles

The Weenie - 3,400 vertical feet - 30 miles

The Road to Resilience Single Payer

By Terry Sullivan,

A single payer health care system makes so much sense, it's hard to imagine how we got stuck with the system we have. We all have to take responsibility for our own health, but if somebody is sick or injured, it is in nobody's interest that they not receive the care they need. Treating health care as a commodity means that many need to decide whether to buy groceries or go to the doctor. This is too close to a Monty Python skit. All developed countries understand this and provide health care when and where needed without the huge expense of trying to decide who gets it and who doesn't.


After watching Now Is The Time, a documentary on single payer health care shown at the theater a week ago Tuesday, a number of considerations started to come into focus for me. Although I came in a little late, the tenor of the film seemed to be that the status quo for-profit health insurance companies were making a lot of money for a questionable service. Single payer advocates make a fairly well-documented claim that health care can be administered much more cheaply with a single payer (the government) than with the multiple "competing" private sector payers that are the existing private health insurance industry. We know who pays for health

care: we do, that is, individuals (us), businesses (us), and government (us).


So if these insurance companies are mainly just passing our money on to health providers, what exactly are we getting for the exorbitant share they are keeping for themselves? When we buy insurance, we put our money in a large pool, the larger the better so as to average out the highs and lows of costs to individuals in our pool. As near as I can tell, the individual companies compete to lower overall health care costs by being the best at stiffing doctors and making sure that the care you get is warranted. All the negotiations that go on to make sure that no money gets spent unnecessarily actually cost a lot of money - not as much money as it would cost if you were getting paid for all the extra time you put in fighting to get the care you need. Still, it turns out that we pay three times as much as people in other countries with universal coverage even though 40 million people in our country are not covered at all.

Most of our health insurance is paid for through our employers. Say what? There was a time when some employers built houses, schools, civic centers, and hospitals for their employees, so it may have seemed at one time that giving employers the responsibility of providing

Continued on Page 9



Perhaps you are ready to downsize, or your family is growing and you need to upsize, or maybe you just want a different view. No matter what the motivation, Windermere Vashon can help you live in your dreams.



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The Vashon Loop.
Send To: Editor@
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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.

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.

Register for Chorale

Vashon Island Chorale will register singers for its upcoming session "Carols & Cantatas" on Saturday, 8/26 from 10 to 11:30am and on Thursday, 8/31 from 5 to 6:30pm. Both registration events will be held at Windermere Real Estate in the south office building behind the coffee stand. Rehearsals begin on Sept. 5 and continue on Tuesday evenings from 7 to 9:15pm at the Presbyterian Church. The concerts will take place on Dec. 2 & 3. Costs including dues and music are \$95 or \$180 for two in a family. New singers (minimum age 16) are welcome and scholarships are available. Questions, contact info@vashonislandchorale.org

Find us on Skype
Vashon Loop
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Have a Story or Article

Send it to:
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is good for composting.*

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Next Edition of The Loop Comes out Thursday August 31

Deadline for the next
edition of *The Loop* is
Saturday, Aug 25

Local Weather
www.vashonweather.com
Local Rain Totals
Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

Water District 19 Meeting

the Board scheduled a special meeting set for Friday, August 25, 2017 at 10:00 am. The purpose of the special meeting is to continue discussion of the comprehensive plan and other business as necessary. The Meeting will be held 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.



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It's a great time to get back in the Loop.
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Next Loop comes out August 31

Calling All Vendors!

Join Emily Wigley and Orca Eats at the fabulous annual Flea Market and Craft Fair which 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.



GET OUT!



On Thursday August 31, take a leisurely stroll around Point Robinson with guides, Yvonne Kuperberg and Jane Neubauer.

Bring a picnic lunch and meet at Vashon Senior Center at 11:30 for a van ride down to the lighthouse. Please contribute \$1.50 for Senior Center members and \$2.00 for non members to cover van gas and maintenance.

Vashon Elders Respite Program

Vashon Elders' Arts, Activities and Respite Program has a few openings for clients with Alzheimer's or other conditions needing constant supervision. The program is held every Tuesday at the Lutheran Church, from 9 AM to 4 PM. A licensed caregiver and several volunteers provide a safe, supportive, stimulating environment for clients, so that family members/caregivers can have one day a week of respite. Clients participate in social and art activities, physical exercise, and the Music Mends Minds program. Cost is \$55 per day, and clients must enroll for a full month of Tuesdays.

For more information, call Lynne Ameling at 206-552-1093 or Leslie Perry at 206-334-2843, or attend our Ice Cream Social/Informational Event on August 21 at 6 PM at the Lutheran Church.

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Preserving on Vashon



By Seán_C._Malone

I'll always remember Mom's cinnamon apple sauce, darker than the rest and haunting in flavor on a cold Fall day. Most everyone canned or preserved their food in some way. It was during WWII, when we were using ration cards and sugar was hard to get.

If you were distilling liquor in the woods, it takes lots of sugar. I know of a man who kept a still on the hill behind his place. He also had bees, which may have been classified a defense industry, which permitted him to buy all the sugar he needed. His liquor wasn't bad if I could remember drinking it. Parts of his still could probably be found in the blackberries behind Engel's gas station. Just kidding, the story came from Lewis County, if I recollect, no where near Vashon.

Canning salmon was the most risky because of botulism and temperatures had to be adhered to carefully. The slices of fresh sockeye, or better yet, coho or silver salmon stewed in their own juices? The bones were softened in the process and had a unique taste of their own. It felt like you were crunching the bones of something ancient. This was well before the days of "use by such and such a date."

Mom poured liquid paraffin on the top of her jars of jam to seal them to keep them from spoiling. Even if the wax leaked, she would carefully clean any mold from the jam, so us kids wouldn't say "yuk", she never lost much of her precious jam.

Money was tight in the 1950's and

meat was expensive, so Mom used a meat extender called Nutri-Bio, which made our hamburger taste like sawdust and which product the FDA later had removed from the shelf because of false claims of the wonderful properties of Nutri-Bio and how many ills it could cure.

David Church was complaining to me the other night, he is a classmate and friend, of the things his Mom would have him do on the farm. One of his chores was getting eggs from the crock in the root cellar, where they were preserved in water glass or sodium silicate, which is an aqueas, gooey mess and David had to stick his arm into the crock, clear up to his armpit to retrieve the eggs. He hated it and called water glass,"pig snot"; probably something he saw in the pig pen when he was feeding the hogs.

Water Glass can also be found on the commercial market as a graffiti remover for porous surfaces. It is also called "pig snot." and is marketed mostly to big cities.

Preserving carrots was easy, just bury them in sand in a cool dry place and they will last through the winter.

We weren't allowed as children to participate much in canning,a very critical process, such as the sound the lid makes when you tap it to check the seal. A dull sound indicated a leak and the jar had to be put back in the water bath to re-seal. When the tap was sharp and of a higher note, the seal was good. Peeling apples for sauce was the closest us kids ever got to canning.

Sean@vashonloop.com

Loose Change

R&B Band

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

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Eloise Needs A Home

Because I'm a sweet older girl who likes to sunbathe, that recent spell of hot weather was just fine with me. I've lost my hearing, so loud noises don't bother me, either. I'm quiet and undemanding. After a rough life, I don't ask for much in my next home, just a place where people treat me kindly and I can stretch out and catch some rays.

Go To www.vipp.org Click on Adopt

Engles Auto Show



The annual Engles car show will take place Sunday August 20 from 10am to 4pm. For over 12 years the show has drawn Cars, Trucks, Tractors Motorcycles and Boats. Come see what the Islanders and friends have to show. Open to all makes and models.

Food by the Bounty Club - High School Boosters. Music provided The Doily Brothers Rock & Roll Band.

To see photos of last years car show visit www.finchhaven.com/Vashon/Engels_Car_Show_2016/index.html

John just got his Strawberry Festival

Photos courtesy of John Sage / FinchHaven



photos up so a visit to his website is well worth it www.finchhaven.com

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Island Life World Premiere

By Peter Ray
pgray@vashonloop.com

Well, I’m already stressed out enough as it is, so yeah, why not compound it by making it an even bigger deal? And then of course there is the public thing and the anticipation of their acceptance (or rejection) and all that- it’s enough to make you crazy. Putting your stuff out there can do that to you. It is perhaps why I am a bit envious of actors and musicians- they have figured out how to seemingly harness public exposure. I suppose one of my seminal experiences on the stage has shaped my view of this. It was when I was in Cub Scouts and we were doing some sort of history skit and we all had to present a piece of it and when it came to my part I got on stage and got out the first line and then there was nothing there and nothing to guide or prompt me forward. After what seemed like a lifetime I realized nothing was going to return to my memory that had any relevance to this presentation so I just passed it on to the next kid, who had the sense to bring his cue cards, and then I sat down in embarrassment and humiliation.

I wasn’t big on public speaking after that. As far as having to answer for anything in public, I didn’t really have any occasion to do that until it was somewhat forced on me in the early years after college. I had decided to take some workshops in port-a-pack video at Portable Channel in Rochester, N.Y., where they loaned you one of those amazing antiquities that was a video camera tethered to a battery powered, reel to reel video deck and then they said, “go do something with it.” As that was a pretty big give, and seeing that I really did not know what I wanted to do with it, I kind of played around to see what this medium and technology could do.

Along the way I put together a loosely literal music sort of video to Brian Eno’s song, “I’ll Come Running (to tie your shoe)”, and did a bunch of other experiments in testing the medium’s edges. And then we had to turn our tapes in, following which a public showing was going to happen of student work. To my surprise, what had been selected of my stuff was not my Eno ripoff (in 1975 there was no Youtube or internet), but rather they showed a weird(er) thing that I had done to see what I could do without damaging the delicate vidicon tube in the camera that we had been warned to not expose to continuous bright light. In my test I had draped a plastic dry cleaner bag over a metal coat hanger and lit it on fire in the basement of my parents’ house while wearing bunny sunglasses and with a song from Keith Jarrett and Jack de Johnette’s “Ruta and Daitya” playing in the background. The burning bag dripped bright globs of light into a tray of water I placed on the floor beneath it, with cool, sustaining streaks and streamers left as fading tracers on the vidicon tube, all to a dissonant and abstract 70’s jazz soundtrack. The experiment was working, and then some woman in the audience stood up screaming about how this was not art and a bunch of stuff I don’t recall now. I think I explained that this was an experiment- I don’t believe I referenced Robert Louis Stevenson’s quote from my high school yearbook that “youth is wholly experimental”. I have mostly gotten over that time, and learned from it.

Another thing I have gotten over is a belief that I was unsure of how one tells a story through film. What came as a kind of epiphany when we were working on storyboards in the film classes I had at

the Seattle Film Institute was that, over the years as I was giving slide talks about plants and gardens, I had actually been storyboarding my talks with the slides, and the narrative of the talk flowed from how the slides had been ordered. There was also a little bit of how my writings also helped to organize thought and story. Soon after my classes ended I set about to find projects that would help to hone the craft. Early on I met with Chris Gaynor after his “Home of Record-Vashon and the Vietnam War” exhibit opened at the Heritage Museum. He was at the time working on a book that was a compilation of photographs he had taken while serving in Vietnam in 1967 and ‘68, with letters he had written home and received from friends and relatives while “in country”. He agreed to be recorded both reading from the letters and talking about his photographs.

While this was a story, at the time there seemed to be more there to me, so we continued doing recording sessions of interviews and of his activities as commandant of the Island V.F.W. What began to emerge was also the story of the Vashon 12- the twelve Island boys who were killed in Vietnam at a time when the Island population was less than half of what it is now. Chris had sought to emphasize Vashon’s stake in the war, both at the Heritage museum’s exhibit and as a part of the photo show he did at Café Luna. I recorded a lot of this, and then I sat and looked at what I had, and then sat some more.

The last interview I did with Chris was in 2015, and then we talked and I continued to think about it, but not really deal with it. This was, after all, a learning project. What I began to realize was that this was also a fairly large element in someone’s life that I was holding in video limbo, and the weight of telling it correctly began to weigh heavily as well. A year went by and I still had not settled on any narrative arc to the story. I did sit down and work out a five minute piece as what I planned to be the opening scenes, and then it sat some more.

More time passed. I was getting nervous about getting anywhere closer to a completed work. I was being reminded that 2017 was a 50 year anniversary of sorts for the major years of the war. I was also reminded of the fact that Ken Burns was coming out with his own magnum opus on the Vietnam conflict this fall, and so I’d better get this piece out before the proverbial train had left the station. And so I did.

The first screening of “a Soldier Boy Hears the Distant Guns- Christopher Gaynor: a Vietnam Experience” will happen on a Greentech film night at the Vashon Theatre on Tuesday, September 19th at 6pm. Both Chris and I will be there to talk and answer questions about the film. As Greentech will be sponsoring it, and since it involves both an Island resident and Island history, the screening will be free or by donation. I have no idea at the moment where it will go from here. I have been submitting it to festivals around the country, and I have been reading blogs about how to submit to festivals. What I have taken away from those readings are that I believe I have come up with the story I want to tell here, and I would not change anything in order to get it in, anywhere. Chris agrees with me. Hopefully you will join us to decide for yourself. This is an uncharacteristically early notice from these parts so that maybe you can plan accordingly.

Deadline for the next
edition of *The Loop* is
Saturday, August 26



My Great Grandmother

My great grandmother, Noni Minaglia, arrived in the Pacific Northwest in the late 1800’s and settled in Black Diamond. They were promised farms in this growing corner of the new country but found only coal mining jobs.

Noni stood just under five feet tall, but kept order in her 100-room coal miner boarding house through persuasion, guile, empathy and primarily cooking. As a child, even I knew her ravioli was second to none, and a boarder who got out of line was denied her fantastic meals!

Noni raised a strong family who grew out of their coal mining roots to become business owners. Her son, Giovanni, owned several bowling alleys in Yakima during the hey-day of that sport. Giovanni’s children build several businesses in Duval, where the family name Minaglia can still be found in

relatively large numbers.

These immigrants, willing to take a chance, to take whatever job they must to survive, then build businesses to serve their growing economy still represents the spirit of this country to much of the rest of the world. That scrappy spirit is as American as apple pie. We should recognize it as the powerful force that built this country, and one of few that will keep us strong and economically viable.

Trump’s denigration of immigrants actually denigrates the 99% of us who are not native born. But his crass and ignorant style does not represent the tenacious and independent spirit at the heart of those who cast their future on foreign shores in hope of a better life.

Kevin Jones – with pride in my immigrant heritage.

Cover our Community Pool



One of the most common complaints we hear from Islanders is that there are not enough healthy activities for our youth during the winter months. So VARSA is pleased to support the Cover Our Pool initiative that hopes to cover the Vashon Community Pool with an inflatable bubble from Oct-May.

We want to help the Vashon community access a full-sized, six lane, community pool (with blocks and a diving board) year-round. Imagine the opportunities... Think open and family swim, lap swim, youth & adult swim activities and lessons, aquatic fitness, team sports like water polo and splashball, maybe one day a high school swim team. There would be access for teens, older people, camps, and the differently-abled... and there are so many more ideas.

On Friday August 18th, Vashon Community Pool hosts the SWIMVASHON Dawn ‘Til Dusk

Pool Marathon. Its a chance for the whole Island to join in, and that means EVERYONE, regardless of their swim ability.

Tots can swim with parents, families can swim together, and young or inexperienced swimmers can use a noodle or a life-jacket. Masters, lap, team, or recreational swimmers can use their time to churn out as many laps as they can. You can even take part in the Water Polo Invitational. There are different age categories to participate in, with prizes, snacks, music, and fun, whether you can swim 10 lengths or 100 laps.

Prizes awarded for distance as well as costumes, fun, and effort!

Visit the COVER OUR POOL website at www.coverourpool.org for more information, learn 9 actions you can take TODAY, sign up for SWIMVASHON. You can also make a donation on the website.

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 24th, we are excited to bring you Clinton Fearon.

Much like quite a few other reggae musicians who came of age in the late 1960s and early 1970s, Clinton Fearon



Clinton Fearon

was a country boy who migrated to Kingston as a teenager to seek his musical fortune amongst the proliferating studios and sound systems of the big city. He was born in St. Andrew in 1951 and moved around the countryside with his father and stepmother before relocating to Kingston in 1967; he immediately organized a singing group with some friends, but it never amounted to anything and broke up before it could record. It was around 1970, when he joined Albert Griffiths and Errol Grandison to form the Gladiators, that he hit his stride as a musician, and began what would be the most significant and commercially successful association of his career.

Flash forward to 1989, when Clinton came to Seattle and co-founded The Defenders and then finally in 1993, formed his own group called The Boogie Brown Band.



When asked about his music, Clinton states that "...our sound is roots, its roots, lover's rock, rock steady. It's not too far from the root. I'm not trying to branch off into anything I'm not totally relaxed with," he continued. "A lot of (other bands) try to follow the market. I try to follow my creativity more so than follow the market. It's what's in your heart; you have to follow your heart."

Whether you're there to dance or listen, Clinton Fearon is a band you don't want to miss!

On Thursday, August 31st, we are excited to bring you The Portage Fill Band.

For over 40 years, the Portage Fill Big Band has been an integral part of the musical life of Vashon Island. A perennial Strawberry Festival favorite, the Portage Fill Big Band continues to entertain with exciting and danceable music from the Big Band era and beyond.

The Portage Fill Big Band is Vashon's oldest "garage band" with their unique



Portage fill

brand of dance music. With over 300 tunes to choose from, the Portage Fill promises an entertaining show for listeners and dancers alike.

Made up of almost two dozen current or former island residents, Portage Fill is a classic "Big Band" with full horn and sax sections, backed up by a complete rhythm section, and features 2 vocalists for the crowd's listening and dancing pleasure. Portage Fill is well known for their selection of Big Band swing tunes from the 30's and 40's, but is versatile enough to work in some blues, Latin, or even rock and roll numbers to put on a show for all ages and musical tastes.

Whether you're there to dance or listen, the Portage Fill is a band you don't want to miss!

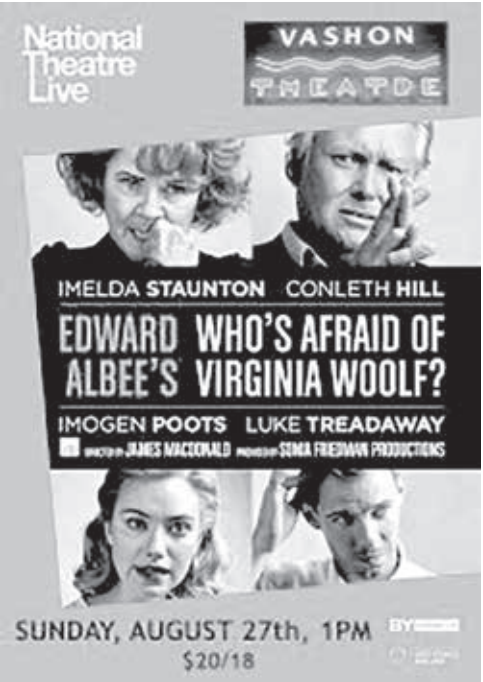
Find the Loop on-line at
www.vashonloop.com

National Theatre Live presents "Who's Afraid of Virginia Woolf?"

Sonia Friedman Productions present Imelda Staunton (Gypsy, Vera Drake, the Harry Potter films), Conleth Hill (Game Of Thrones, The Producers), Luke Treadaway (A Street Cat Named Bob, The Curious Incident of the Dog in the Night-Time, The Hollow Crown) and Imogen Poots (A Long Way Down, Jane Eyre) in James Macdonald's critically acclaimed, 5 star production of Edward Albee's landmark play, broadcast live to cinemas from the Harold Pinter Theatre, London.

In the early hours of the morning on the campus of an American college, Martha, much to her husband George's displeasure, has invited the new professor and his wife to their home for some after-party drinks. As the alcohol flows and dawn approaches, the young couple are drawn into George and Martha's toxic games until the evening reaches its climax in a moment of devastating truth-telling.

Sunday, August 27th at 1:00PM at



the Vashon Theatre. Visit us online at www.vashontheatre.com

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

Make a date with Vashon!
www.VashonCalendar.org
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.com

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

Next Edition
of The Loop
Comes out
Thursday
August 31

Deadline for the next
edition of The Loop is
Saturday, August 25



Planet Waves

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



Aries (March 20-April 19)
So what are you doing with your freedom? I mean really doing, with your creative freedom, your relationship freedom, your ability to move around the planet and to associate with anyone you want? What’s on your list that you hesitate to act upon, and what gives you pause? Finally, what’s standing between you and your ability to choose? It might amaze you how little seeming security you trade for how much lost opportunity. Now it’s time to trade some of your false confidence for some actual curiosity and adventure. What are you waiting for? You’re being called over and over again, and you’re jumping in place. If you’re even vaguely deterred by what others might think, forget it. The opinions of others matter less than ever, as they should. This applies to any fear of others judging how uninhibited you are, how sexual, how strange, how talented or not — just forget it.

Taurus (April 19-May 20)
You’re in an excellent negotiating position, as long as you don’t get obsessed with being a good boy or a good girl. At a certain point you must exceed the perceived expectations of parent-figures, particularly (in the instance of your current circumstances) any father figures. Give them a new job. Shift the relationship. Let yourself out: let them see how beautiful and intense you are, and get that out of the way. Once you can live without feeling like you have to hide your beauty, you’ll have more energy and far more self-assurance. You don’t need to hide your passion, your longing for life or your need to make your own decisions. It’s the hiding that burns up your energy. It’s your negative expectation that prevents you from coming into yourself and living fully. At a certain point, all father figures must know exactly who you are.

Gemini (May 20-June 21)
It’s time to dig into the corners of your home and clear out the clutter, the old vibes, the dust and the dust bunnies. Wash the curtains, clean the rugs and organize the closets one at a time. Mercury is retrograde in your 4th house — your living space — and Vesta, the goddess of hearth and home, is involved. That means your efforts at refreshing your home space will be met with divine blessing and, if you persist, will be rewarded by creative breakthroughs. However, if you can avoid it, don’t think of the goal; get into the process of vacuuming and using as much Dr. Bronner’s soap for as many purposes as you can (skip the cleaning chemicals — soap and hot water is the best exorcist of the past). Know that you are taking part in a divine ritual that will turn your home or studio into an ashram devoted to your talents and creative ambitions.

Cancer (June 21-July 22)
This is the time to assess your resources: all of them, beginning with the fact that you’re alive at this distinctly strange time in history. Then consider every talent, every idea, the space you live in or have access to, the tools of your trade and, most significantly, your friends and supporters. Do a total inventory. It’s time to take full ownership of who you are, what you’ve developed within yourself, and what you have available to use. The astrological occasion is unusual activity in your 2nd solar house, Leo. The 2nd house is resources; Leo is the gold standard. You have quite a bit available to you, and the question is, are you aware of it all, and have you connected it to your aspirations and intentions? Now is the time to get these things into alignment and make efficient use of them; or, said another way, to use what you have and what you know.

Leo (July 22-Aug. 23)
Mars and the Sun are streaking through your sign, on course for a rare total solar eclipse that takes place Monday, Aug. 21. You would have to be living in a cave under a

rock on another planet not to know about this, though you may have questions about what it means for you. Simply stated, it’s time to take hold of your life and live as if it’s your own. If you’re tuning into the astrology, you’ll probably feel a bit daunted by the possibilities and also by your desire to stretch, grow and, in general, change things up. You had best think big, since it’s rare to have this kind of leverage point, where you can actually attain a degree of progress that truly makes a difference. The more you cooperate, the more creative and less destructive this will feel. Yet no matter what there is the necessary component of letting go of elements of the past — which you will not miss.

Virgo (Aug. 23-Sep. 22)
Mercury is retrograde in your sign, which indicates that this is a time of review, repair and reorganization. Yet, you’ll discover there’s a lot more happening if you’re willing to fully engage the process of dealing with the past, in whatever form it might be lingering in your life. That could include a relationship that needs to be resolved; it could involve some financial cleanup, or potentially a creative or career project. Whatever element of the past we may be hinting at, set about the process of working it through. Make it a priority and stick with it, prioritizing it over any social or recreational plans that you may have. Of course, get out and have fun; but make sure that you have the kind of fun, and company, that nourishes rather than depletes you — and set that as a conscious priority. It’s time for all the parts of your life to work together.

Libra (Sep. 22-Oct. 23)
Your public image is one thing; your social reality is another. Image is, by definition, a kind of illusion. The people you have contact with, share with, learn from and explore life with are the real thing. And that real thing is evolving rapidly right now: new people are coming into your life, and previous ones are departing. This is part of a much deeper revamp of your desire, your dreams and your sense of purpose. And on the deepest level, this is about you and nobody else: decisions that only you can make, because only you know what they are. The vital thing is that you respect your own desire to become whatever it is you want to become — and that you not hesitate on decisions. I hear from Libras all the time about how they just cannot decide. What I’m here to tell you is that this is a skill you learn through practice, and that now is a particularly rich moment to engage your intentions.

Scorpio (Oct. 23-Nov. 22)
It’s astonishing how many people are still worried what mommy and daddy think. That extends to all forms of surrogate parents, such as partners, the government, bosses and even children. There’s a reason for this. To liberate yourself from all those influences is to take responsibility for your choices, and for your successes, and your failures. Once it matters not what power others seem to hold over you, you’re on your own; that’s the cost of living on your own terms. This may seem lonely at first, until you figure out that companionship is not about control or being controlled. In fact, neither is leadership. You’re entering a time in your life when everything must be entirely voluntary, which means abandoning the charade that it’s somehow not. You may think you have loyalty to people, though that is meaningless unless you have fidelity to your own purpose and reason for being.

Sagittarius (Nov. 22-Dec. 22)
You’re experiencing a series of openings, which will require you to be flexible and to exercise both your talents and your options. Decisions you make now will influence your life for years to come, and the most significant of those is how you feel about yourself. Your most important choice in this lifetime is to focus on your purpose. If you seem to be

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

lacking information about what that purpose is, you need to pay closer attention to yourself. Personal meaning is not about being pulled by external forces, though they may seem to have an influence. It’s about feeling your own inner movement as a source of guidance. The question is not what should you have faith in, but what do you already trust? If you’re wondering where to go, ask yourself where you’ve always wanted to go. Remember that the ‘external world’ is symbolic. It represents things that already exist within you, and that get all of their meaning exclusively from you.

Capricorn (Dec. 22-Jan. 20)
It may seem impossible to get on the same page as someone close to you, even though the mutual desire is there. The thing that must happen is an objective conversation about where everyone is at, with no thought of money, jealousy, the in-laws or, for that matter, the outlaws. The discussion had best be cool, factual and held someplace besides the bedroom. It needs to be a private space, since sensitive subject matter will come up, though it should have a neutral feeling: a quiet or closed restaurant, a hotel room, or any space where there are relatively few past impressions. This conversation must be about what is important to everyone, now. Then once that’s on the table, you discuss the potential points of agreement, and the points of departure. Once you know that, you will know exactly what to do. Remember: the future is unwritten, if you’re not bogged in secrets.

Aquarius (Jan. 20-Feb. 19)
Next week’s eclipse in your opposite sign Leo describes a total reassessment of your relationships, and your ideas about them. Every wheel is in spin, every variable is in play; though, most of all, you get an opportunity to clear the stage of your life and create something new. There’s enough

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.

energy in your environment that you’ll see the possibilities before you engage with them. Doing so is not the full activation of destiny. You get to experiment; failure to notice this is a fallacy that has a lot of momentum right now; that is, the idea that every choice is permanent; that accepting a date to coffee is a lifetime commitment. The true state of the world is transient. Once you can dance with that, you can explore some exciting possibilities, and gauge whether and in what ways they affirm your existence and your pleasures. The world is opening up for you; greet it not with fear, but with love and respect.

Pisces (Feb. 19-March 20)
Mercury retrograde in your house of relationships is like watching a movie of your entire past — recognizing that it’s an illusion of light. It has only the substance you grant to it. It’s evident that, as you assess your history, you will see the possibilities for the choices you might make. Vesta’s presence in this house is urging that you not worry about making final decisions, but rather that you hold open space for the possibilities. You have not lived out many of your most exciting potentials; you don’t even know what they are at this point. Yet you’re soon to find out, particularly if you live not for relationships but for the sake of existence itself. That always means existence now, which will flow into life as you want it to be. Notice the people who are obsessed with the past, with nostalgia, and other forms of “the way things once were.” There are plenty of them, and you need influences other than those who would choose to live using the rearview mirror as their divining oracle. The frontier ahead is far more exciting.

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

Spiritual Smart Aleck

By Mary Tuel
Blackberry Pie

It is blackberry season. I walk thirty yards from my front door carrying an old plastic yogurt container and start picking.

There is no need to bend over, no need to reach through or wrestle with canes to get to fruit that is hidden. This is the first picking, and all that is necessary is to walk along the edge of the patch grabbing the close, ripe berries. I leave the ones that are out of reach, and the ones that are not quite ripe. I especially leave the ones which I might come back for later, when I will bring pruning shears to clear a path to heavy clumps of berries which for now are inaccessible to a person who doesn't feel like bleeding for pie. Yet.

When the container is full enough, I bring it in and set the berries to soak in cold water in the sink for a while. My hope is that this soak will remove British Columbian wildfire ash and other particulates which have settled on the berries, plus float little bits of vegetation that have been gathered along with the berries, as well as any living creatures that might be in there.

I know, I know – what are insects but a little added protein? And yet I resist their presence in pie. Let's not bring up the time the cover fell off the range hood fan and all those desiccated bug corpses fell into the spaghetti sauce. It was a long time ago, and I picked out the large pieces. Nobody got sick or anything.

This batch of berries yielded grass seeds, some little leaves, and only a couple of tiny bugs. Having removed the detritus and rinsed and drained the berries, I mixed them with the sugar, flour, pinch of salt, and lemon juice, and set what was now pie filling aside to make the crust.

Just kidding. I don't make pie crust. I did, back when I was young and trying to be a good hippie earth mama, embroidering jeans and making bread and so on.

My dad was a farmer. He raised apples. I have clear memories of my mother standing at the kitchen table, rolling out pie dough for apple pies. Whole lotta apple pies came out of my mother's kitchen, each one with a light crust.

When my time came I tried to rise to the challenge of making pie crust, and I knew it was not a sure thing. I put a glass of water, a bowl, and some butter



knives in the freezer twenty minutes before starting. Kept the shortening refrigerated. Assembled these cold ingredients and tools and worked fast, cutting the shortening into the flour, splashing in the icy water. Sometimes my crust turned out as light as a fairy's fart. Sometimes I would do all that and my crust had the consistency of a hockey puck.

One year I was visiting my mother in California, and she had the pumpkin pie assignment at a friend's Thanksgiving dinner. We were at the store, and she grabbed a couple of boxes of pre-made pie crusts. She said she didn't bother with making the pie pastry anymore; too much trouble and these were fine. I tell you, it was like the clouds parted and angels sang hallelujah! I haven't made a pie crust since.

So. Set the oven to 450 degrees, put the first crust into the pie plate, added the filling, put the second crust on top, pinched the crust around rim, cut a cute little "B" for blackberry in the crust and a few other vents in a sunray pattern, put the whole production on a cookie sheet, and after the oven beeped that it had reached 450, put the pie in and set the timer for the first ten minutes.

That was when I remembered that I had forgotten to dot the top of the filling with butter before putting on the top crust.

Oh well. Berries, sugar, pie crust. How bad could it be?

Next morning, I cut the first slice of pie for breakfast. I took a bite. I moaned with pleasure.

These are times that try human beings' souls. It is good to have the respite of a slice of blackberry pie now and then.

Blackberry pie: 3 cups blackberries; 1 cup sugar; 2 Tblsp flour; 2 Tblsp lemon juice; 1/8 Tsp salt; 1 recipe pie pastry; 1 Tblsp butter. Combine berries, sugar, flour, lemon juice and salt. Line pie pan with pastry, add filling, dot with butter, cover with top crust. Bake in 450°F oven 10 minutes; reduce temperature to 350°F and bake 25 to 30 minutes (or until the pie looks done to you). Makes one 9-inch pie. – Culinary Arts Institute Encyclopedic Cook Book, ©1950

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

Women in Jazz

This season, we highlight and celebrate women's contributions to jazz as instrumentalists, singers, and composers. Series tickets \$89. Tickets to Individual Shows On Sale August 14, if available.

An Evening with Diane Schuur
Diane Schuur in RedSeptember 9

Long regarded as one of contemporary jazz's leading vocalists, and Washington's "First Lady of Jazz," two-time Grammy winner Diane Schuur is as eclectic as she is brilliant. Born in Tacoma, Schuur was blind from birth



but was gifted with perfect pitch and initially taught herself piano by ear. Nicknamed "Deedles" as a child, she grew up surrounded by the world of jazz embraced by both of her parents. With a distinguished recording career that spans three decades, Schuur's music has explored almost every corner of the 20th-century musical landscape, including collaborations with the Count Basie Orchestra, Barry Manilow, B.B. King, and Ray Charles. This is a homecoming of sorts for Schuur, who recorded her first album on Vashon back in 1982.

Gail Pettis Trio
Gail PettisNovember 18

Named Earshot Jazz Northwest Vocalist of the Year in 2007 and 2010, and First Place winner of the Seattle-Kobe Female Jazz Vocalist Audition in 2006, Gail's rich, warm vocals and understated phrasing have been described as "deliciously soulful" by Cadence Magazine. Influenced by grandfather Arthur Pettis, a blues singer and guitarist who recorded for Victor



Records in Memphis, and grandmother Ninevah who played piano around Chicago, music was always in her family tree. Known for her charismatic audience interaction, Pettis has toured through the Netherlands, Japan, and Russia. Her debut CD was warmly received by stations across the United States, Germany, and Portugal, and was nominated for Earshot's Golden Ear Award, "2007 Northwest Recording of the Year." Gail's refreshing readings of standards on this project have been embraced by listeners, resulting in a fourteen-week stay on the JazzWeek national airplay chart, ending up as the most-played new female vocal CD on American jazz radio that year.

Seattle Women's Jazz Orchestra
SWOJO with special guest Christine Jensen, Celebrating Women in Jazz. December 16

Showcasing many of the finest female jazz artists in the region for over seventeen years, Seattle Women's Jazz Orchestra (SWOJO) performs jazz standards, as well as Latin and Brazilian jazz, and proudly features original music by many regional and international



composers and arrangers. Formed to nurture the musical, educational, and artistic growth of individual musicians, and to encourage women to become involved in jazz performance and composition as a career or avocation, the band has performed at clubs, jazz festivals, and concert halls on two continents, and performed with many distinguished artists including Mimi Fox, Susan Pascal, Greta Matassa, and Grace Kelly. SWOJO performs a holiday set with a special cameo by Vashon's own Rebekah Kuzma.

Discounted 3-Show Series Subscription:
VCA Member: \$81
Senior: \$85
General: \$89

An Evening with Diane Schuur: All tickets \$55.
Gail Pettis, and Seattle Women's Jazz Orchestra shows:
VCA Member: \$18
Senior: \$20
General: \$22

KVSH

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Kitty Bear Needs A Home...

I guess the bear that was on the island hasn't been spotted lately. I'd prefer to be the only bear around here. To tell the truth, I'm far from wild. I've lived with kids, and I like to sit on laps and be groomed.

Big critters can live in the woods if they want to. I'd rather hang out with people and stay close to home. How about YOUR home?



Go To www.vipp.org Click on Adopt

Island Epicure



By Marj Watkins
Cool Cooking

It's a rare cool, cloudy August day as I write this, but on the day I cooked the dish in the recipe below, the temperature in my kitchen was 81 degrees. Son Steve, visiting from China, and I had no desire to turn on the cookstove. Instead, we pressed my microwave and rice cooker into doing cooler cooking. I made golden rice with pumpkin seeds for our main dish, and Steve made a salad to go with it. The microwave briefly thawed and cooked baby green peas. He relished that third serving of golden rice and pumpkin seeds for breakfast the next morning.

Pumpkin seeds yield an amazing amount of protein: 40.6 milligrams in each cupful, and besides they are rich in magnesium, a mineral the modern American diet is notoriously short on, according to nutritionists. One cup of these little green seeds gives you 738 milligrams of magnesium. The RDA for men over 50 is 420 mg and the RDA for women is 320 mg. Even the brown rice in my recipe below yields 177 milligrams. The entire recipe makes three servings. Two for the two of us for supper, and a third that Steve relished for his breakfast the next morning. Grandson James was off on a sail around Vashon and Maury Islands that kept him from being here to eat that third serving. He did not have favorable winds, and even turned the boat's motor on once, he admitted.

Here is the recipe as I created it. If you are cooking for six just double it. If for four, increase ingredient quantities by one-third.

- Pumpkin Seed Golden Rice
- 3 servings
- 1 teaspoon olive oil
- 1 cup brown long grain rice
- ½ teaspoon turmeric

Road to Resilience

Continued from Page 1

health care to workers was appropriate. Please let me know if you work for a "kind father" employer. Most employers don't want that responsibility, and many use it as a lever to tie employees to their jobs and to quell complaints. Worse yet, the terms of coverage are determined by the employer, and they are getting skimpier and more expensive all the time.

But isn't single payer socialized medicine? No, it isn't. The government serves as the insurance pool that negotiates prices on our behalf and health care providers remain the independent operators they now are. The government already pays for 64 percent of our health care, so it isn't like they are taking on more than they can handle. Since we pay three times more for our health care than many countries

- 1 cup pumpkin seeds
- ¾ teaspoon iodized salt or sea salt
- 2 ½ cups water for rice cooker or 2 cups water for pan on stovetop; cook covered)
- First put the oil in bowl of rice cooker, or pan on stovetop. Add rice and stir so every grain is covered. This keeps rice grains from sticking to the pan. Add remaining ingredients except for pumpkin seeds. Stir. Cover and cook until rice grains start to turn into x's. Add pumpkin seeds, stir and serve warm.

So you see you can have a cooked meal rich in flavor, nutrition and even beauty, even without turning on the stove and causing the humans of the house more perspiring that the weather does.

The only other resident of our house is Bunny, a mini-Manx cat who hangs out in the coolest parts of the house, taking her catnaps on the bathroom rug or even on the tile floor.

P.S. The salad Steve made was red, white and green, composed of diced tomato, cucumber, and bell pepper layered on torn lettuce leaves topped with ranch type dressing.

with universal coverage, the money is already there. In the film, they quoted studies that showed we would be paying about 15 percent less for premiums, but that is only the tip of the iceberg when you consider that we would no longer have deductions, copays, or co-insurance. Did I mention dental? No dental bills either – it's all covered! I repeat: you will be paying 15 percent less for more coverage, everybody is covered, and no more time wasted choosing coverage or fighting for care.

Implementing a single payer health care system would call for the virtual elimination of the entire private insurance industry. In other countries with single payer systems, private insurers still operate on the fringes providing higher cost luxury care or cosmetic services, but they are a shadow of what they represent in our country now. Whenever we look to redistributing wealth and power from the few to the many, setting up thousands of people in new jobs, and eliminating the investments of thousands more, we will need a political system that represents everybody and can arrive at just and practicable solutions to difficult problems. We have the basics of such a political system, but it is operating really badly. Our task now is that of the couch potato contemplating running a marathon. It can be done but we better start exercising those flabby political muscles.

We need much greater effort on all fronts. As Betty Capehart said after the movie, we need Pramila Jayapal not only to endorse (she has) the single payer bill HR 676, but to hold press conferences, write op-eds, and rally her colleagues and constituents. We all need to do that as well.

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

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Share extra food and take surplus fruits and vegetables to the Food Bank on Sunrise Ridge on Monday, Tuesday, or Wednesday. Vashon gardens yield bounty, yet 11% of our population—1,300 individuals—depend on the Vashon Food Bank. Anything you would eat yourself is acceptable.



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Next Loop comes out August 31

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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.

The American Night

The Doors were the quintessential American rock band of the late 60s. Their unique sound which blended elements of rock, blues, jazz, psychedelia, poetry, shamanism, rebellion, and live theatre has captured the imagination of every generation. Their iconic front man, Jim Morrison, a leather clad demon poet along with the talents of Ray Manzarek, John Densmore, and Robby Krieger gave audiences a glimpse of ‘The Other Side’.



The American Night, a touring Doors tribute act from Seattle, will treat Vashon with a live recreation of a Doors concert at The Red Bicycle this Friday night. The American Night is a highly acclaimed tribute act that tours throughout the Pacific Northwest. Authentic instruments, costumes, and psychedelic lighting are used to

recreate the experience of a live Doors concert.
Friday, September 1st, 8:30pm. The American Night at The Red Bicycle Bistro & Sushi
This show has a free cover and is open to all-ages until 11pm, 21 and over after that.

Ferris Bueller’s Day Off

A classic 1986 American teen comedy written, co-produced and directed by the legendary John Hughes (The Breakfast Club, Sixteen Candles, and Pretty in Pink), this movie became Hughes’s highest-grossing domestic release of all time. On ode to Chicago, charisma, and truancy, it supplied a generation’s worth of kids with inspiring yearbook quotes and slacker inspiration and is considered one of the most influential films of the ‘80s. Set in a fictional suburb of Chicago, the kids hit the stock exchange, the Sears Tower, and the Art Institute in this film that Hughes’ called his “love letter to Chicago”.

High school senior Ferris Bueller (Matthew Broderick) decides to skip school on a spring day by faking an illness to his parents, then encourages his girlfriend, Sloane (Mia Sara), and his pessimistic best friend Cameron (Alan Ruck) to spend the day in Chicago as one of their last flings before they graduate and head off to different colleges. Ferris persuades Cameron to let them use his father’s restored 1961 Ferrari to pick up Sloane to travel into the city. The rest of the school and many residents learn of Ferris’ exaggerated illness and offer donations to help “Save Ferris”. However, only two people are not convinced

by Ferris’ deception: his sister, Jeanie (Jennifer Grey), outraged at Ferris’ ability to defy authority easily, and the school principal, Edward Rooney (Jeffrey Jones), believing Ferris to be truant.
Ferris Bueller’s Day Off
Saturday, August 26, 2017, at Sunset (8:00 PM)
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Lucia di Lammermoor

Sung in Italian with English Supertitles
Approximate Running Time: 2 hours and 45 minutes (including two intermissions)
Caught between family honor and the man she loves, Lucia makes a choice that plunges her into a dark world of revenge and insanity. There’s one show-stopping aria and ensemble piece after another in Donizetti’s romantic masterpiece, culminating in the unforgettable Mad Scene. Lucia di Lammermoor is bel canto opera’s crown jewel.
Music By Gaetano Donizetti
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September 17, 2017, 2:30 pm
\$25 - \$45 Season Ticket Price
\$28 - \$48 Individual Ticket Price
Tickets: vashonopera.org



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 19th, we bring you DJ Duncan Goulding & Selector Soulshot.
Duncan Goulding was born and raised in Seattle and moved to Vashon with his family in the Fall of 2016. Introduced to Reggae as a kid, thanks to his cool older neighbors, he’s loved the music ever since. As a grown-up, Duncan enjoyed traveling and living in the West Indies and West Indian neighborhoods of England. Occasionally, he plays records on “The Reggae Party” program on 91.3FM, KBCS. Selector Soulshot aka Dominic Jovanovich has been a Vashon resident since 1984 and selecting Reggae in Seattle and the Northwest since the early 2000s. Dominic collects Jamaican music from the 60’s through the present. He’s been selecting primarily ska, rocksteady and early reggae. He feels lucky to have been spinning tracks for shows like, The Melodians, Ernest Ranglin and others.

On Saturday, August 26th, we bring you Catbird.
CatBird is Mary G L Shackelford and Jim Burke, a wife and husband team who have been playing music together for 38 years. Whether playing Old Time or venturing into some Jazz Standards, their tight playing comes from a deep seated natural give and take that has been developed over their years of playing together. With Mary playing



lead on mandolin and Jim accompanying with guitar and banjo, their music will get your feet tapping and your hands a clapping.

Next Edition of *The Loop* Comes out Thursday August 31

Deadline for the next edition of *The Loop* is **Saturday, Aug 26**

Compost the Loop

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

Bob Haworth

“Tales of the Folk Music Era”

Bob Haworth spent nearly 40 years on the road as a member of two of the top folk-singing groups in American music history. Replacing original member, Mike Kirkland of The Brothers Four, Bob toured the world and recorded several albums with the hit folk group. Best known for favorites like “Greenfields”, “The Green Leaves of Summer” (nominated for an Academy Award as the theme song from the motion picture, “The Alamo”, starring John Wayne), “Try To Remember” and more, The Brothers Four topped the charts during the “Folk Music Era” of the 1960’s.

Then in 1985, Bob answered a call from close friends, The Kingston Trio, and stood in for original member, Nick Reynolds, for the next 20 years. As the top-selling folk music group of all time, The Kingston Trio is synonymous with such classic hits as “Tom Dooley”, “Greenback Dollar” and “Where Have All The Flowers Gone?” to name a few. Bob recorded five albums with the Trio and made concert and television appearances all over the world.

Now semi-retired, Bob Haworth presents “Tales and Tunes from the Folk Music Era”, tracing the rise in popularity of the genre from Woody Guthrie and The Weavers in the 1940’s and ‘50’s to the many artists that caught the ear of music lovers throughout the 1960’s, including The Brothers Four and The Kingston Trio. Every song has a story and Bob strives to recreate a “hootenanny” atmosphere by encouraging his audiences to sing along.

Drawing on the hit songs that fueled the commercial popularity of folk music, Bob’s show includes interesting and often humorous behind-the-scenes anecdotes about his life on the road and



his encounters with the other stars of the era. Delving into the history of the songs in his repertoire, Bob reveals little-known facts about the evolution of the music, adding a fascinating educational angle to his presentation. Appropriate for all ages, this show provides an upbeat, toe-tapping, interactive glimpse into the music that comprises the Americana song bag. As a world-class performer and a charismatic entertainer, Bob Haworth is a guaranteed crowd pleaser! Bob is also proud to feature John Hollis on guitar and harmony vocals.

Bob Haworth “Tales of the Folk Music Era”. At the Vashon Theatre. Sunday, September 24 at 4pm. Tickets at the Theatre Website www.vashontheatre.com

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