

King County seeks public comment on continued Island Center Forest deer hunt

Maintaining its commitment to continuing a dialogue with the community, King County Parks wants to hear from the public on a proposal to continue a limited deer-hunting season annually at Island Center Forest on Vashon Island.

King County has set a public meeting for Sept. 19 on Vashon Island; an online civic engagement forum; and a two-week public comment period all to help Parks managers determine if limited deer-hunting seasons should continue as they have since 2011 at Island Center Forest.

In a plan created with community input and with public safety in mind, a 17-day-long deer hunting season was first set for 2011 in Island Center Forest, while all other recreational access to the King County-managed land was restricted.

Following another round of public feedback after the first limited hunting season, King County established a five-year pilot project of hunting seasons beginning in 2012, during which time Parks employees monitored hunter use, harvest rates, and other facets of the limited seasons.

With the five-year pilot project completed, King County Parks is again seeking the public's opinions on continuing the limited deer hunt in Island Center Forest.

If approved, the 2017 deer-hunting season at Island Center Forest would run from Oct. 14-31.

King County has established several ways for the public to learn more about the proposal, and to provide feedback:

A public meeting is scheduled for Tuesday, Sept. 19 from 6:30-8:30 p.m. at McMurray Middle School, 9329 Cemetery Rd., Vashon.

The deer-hunting proposal will also be a highlighted topic through King County Connects – an online forum for civic engagement that gives participants the ability to read what others are saying, and submit their own statements. Parks managers incorporate them into our decision-making process. Learn more about the proposal at kingcounty.gov/islandcenterforest.

King County will also solicit public input on this proposal through the

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Tcheka With opening set by Jacob Bain



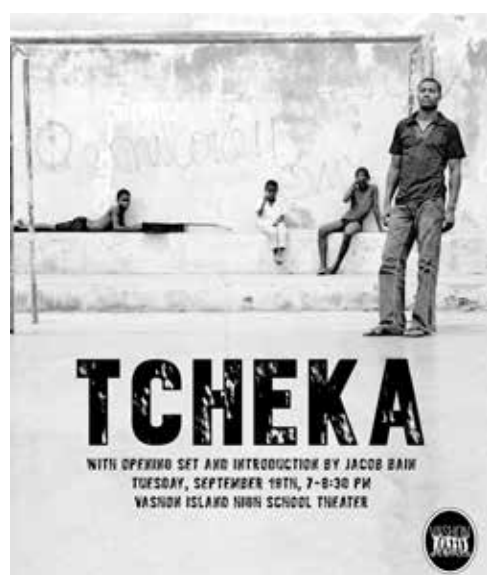
From the people who brought you Makoomba and Sekouba Bambino at the Red Bike in 2014, Jacob Bain and Vashon Events present Tcheka, an Cape Verde International Touring Musician who will be making a special stop on Vashon Island to bring his exquisite style of music that is a testament to the global influences he has embraced.

Tcheka's essence is impossible to grasp, let alone pin down – he is neither modernist, nor traditionalist, and his music resists any easy categorization or comparison. While referencing multiple genres from Cape Verde (batuku, funaná, finason, tabanka, morna and coladera), Tcheka's music is also a busy intersection of Brazilian and African pop, traditional forms, folk, jazz, blues, rock, literature, anthropology and film. It is never just Cape Verdean, and it's never just music, but it's always captivating.

Cape Verde is a nation on a volcanic archipelago off the northwest coast of Africa. It's known for its Creole Portuguese-African culture, traditional morna music and numerous beaches.

Tcheka is undoubtedly a young master of an art that he has invented, and like any true master, his essence is impossible to grasp, let alone pin down. Contrary to journalistic opinion, he is neither modernist, nor traditionalist, and his music resists any easy categorization or comparison. While referencing multiple Cape Verdean genres (batuku, funaná, finason, tabanka, morna and coladera), Tcheka's music is also a busy intersection of Caribbean, Brazilian and African pop and traditional forms, folk, jazz, blues, rock, literature, anthropology and film. It is never just Santiaguense, never just Cape Verdean, and never just music. Perhaps what Tcheka presents is an entirely new vision of what it means to be Creole in the age of globalization: to be a hybrid product of the historical forces of slavery, colonialism and national independence, but at the same time, to be deeply affected by post-modern forces as well – by the growing inevitability of travel and trans-national encounters, by the emergence of new regimes of knowledge, art and capitalism and by the increasing inseparability of technology and the human imagination.

Join us at the Vashon High School Theater on September 19th from 7-8:30pm for a once in a lifetime chance to see this amazing performer. Jacob Bain will open the evening with his own music and an introduction of Tcheka. Tickets are \$10 Students, \$15 on Brown Paper Tickets, and \$20 at the door. As a special gift to the community's families, Vashon Events is offering a special family-priced ticket so that you can bring your whole family to the show. A family ticket is just \$30 when at least one parent and their children attend together. Contact Vashon Events at vashonevents.com to arrange your family ticket. To buy tickets for this show: <http://www.brownpapertickets.com/event/30844>



The Road to Resilience Bread for Circuses

By Terry Sullivan,

(This is a reprint of the column I wrote over six years ago, July 2, 2011. In the light of our red sun and our affairs with Harvey, Irma, Jose, and Katia, I wanted to write about why we are acting like deer in the headlights. In the last six years, how much would you say we have progressed in our response to the biggest threat we have ever faced?)

"In addition to our personal and local work, we need to keep pushing for the creation of a sustainable, low-energy economy. I've been wanting to write about why we, as a species, fail to plan ahead, in the light of the very probable disastrous consequences of climate change. A little story might help you see it the way I do.

"Imagine that you are rafting on a beautiful, serene river on a beautiful day. The guide is at the helm, and you don't have a care in the world. Suddenly, someone on shore yells out to you that a landslide has occurred downriver, creating a huge waterfall, and urges you to land and portage your boat. Dismayed, you look to your guide, who assures you that no such thing has ever happened before and not to worry about it. 'It may be a class 2 rapid, nothing more, nothing we can't handle', he says. You readily accept your guide's assessment because the alternative

would mean quitting this beautiful drift, going ashore where it is hot and buggy, and slogging through the brush carrying this boat instead of it carrying you. As you continue downriver, more people urge you to land your boat, you notice that the current has picked up a bit, and occasionally you hear a very deep roar, not unlike a large waterfall. This is really putting a damper on your wonderful day, but you can't help thinking about the possibilities. If you stay in the river until you actually see the falls, it will probably be too late to get out of the river in time. You know your guide is experienced and competent, but all these people on the shore say there is danger and some of them probably have a better vantage point than you do. It would be really embarrassing to wimp out and go ashore if there turns out to be no danger. On the other hand, if there is a waterfall, you will very likely die. This sort of landslide has never happened before... Why should you believe it could happen now? Meanwhile, it is a beautiful day, and your mind wanders off...

"We are cruising down the middle of the river on our wonderful high-energy lifestyle with more miraculous and wonderful things to be had all the time. Meanwhile, the supposed dangers ahead are not only unseen, they have

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Music or Show information
and get included in
The Vashon Loop.
Editor@vashonloop.com**

Get in The Loop

Submissions to the Loop

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

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.

Revolution Vashon

Revolution Vashon meets the third Tuesday of every month. We focus on issues, activities and possibilities to forward the Progressive point of view. . All welcome. 19834 Vashon Highway - 6:00 to 8:00pm. Questions call 206-496-4174.

Have a Story or Article

Send it to:
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Find us on Skype
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Next Edition
of *The Loop*
Comes out
Thursday
September 28

Deadline for the next
edition of *The Loop* is

Saturday, Sept. 23

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Weather forecasts

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.

Conversation for the Living about Dying Book Discussion

Vashon Conversation for the Living about Dying is sponsoring a Book Discussion series, no prior reading necessary! First book in the series is *Being Mortal* by Atul Gawande. September 26, 2017, 6:30 – 8:00 p.m. at the Vashon Bookshop, 17612 Vashon Hwy SW.

Gawande is a surgeon, author, staff writer for *The New Yorker* and a professor at Harvard Medical School. He explores how our medical model creates suffering in aging and death, and how doctors are uncomfortable discussing it. He discusses the benefits of Hospice, and shares research as well as powerful stories of his own family and patients about unnecessary suffering and how we can change this. *Being Mortal* shows how the ultimate goal is not a good death but a good life – all the way to the very end.

Led by Catherine Henderson and Colleen Brooks. Join us for a lively discussion of these important topics and how they are impacting our own lives, and our community on Vashon.

WSF Officials for Public Meeting

Now is your chance to let the ferry officials know what you think about the ferry system over the last 6 months. Join WSF officials Wednesday, Sept. 20, for a public meeting regarding the Fauntleroy/Vashon/Southworth route.

Vashon Public Meeting, Wednesday, Sept. 20, 7-9 p.m. Vashon High School Cafeteria, 9600 SW 204th St, Vashon.

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Let’s Talk!

LET’S TALK! - Interesting Conversations, Hosted by Dorothy Bauer, will be every 4th Sunday, 2:30, in the VCC Assisted Living Dining Room. Sunday, September 24th, Vashon Islanders will get the opportunity to meet and talk with two young men from Kenya who are CNAs, Certified Nursing Assistants, at Vashon Care Center, Skilled Nursing Unit.

Wilson Njeri and James G completed HS in Nairobi, Kenya and came to Seattle for further education. They will be happy to answer your questions about their experiences in America as new comers. Fortunately, Vashon has been spared the unrest and confrontations which have happened to people of color in many parts of the US. Issues of diversity and justice have always been close to my heart.

At 95, my good life on Vashon has not been without bumps. I am grateful for Harbor View Hospital where my life has been saved several times. I am lucky to have met and been cared for by many interesting people from all walks of life and from many different parts of the globe.

Here on Vashon we have the VCC which also provides excellent care. I have been impressed with the wisdom of VCC in hiring staff who are great human beings.

Vashon Community Care is my home at this time. I love to have visitors! I look forward to having the community join VCC residents in interesting conversations each month.

By, Dorothy H. Bauer - Author of the booklets - Islanders, Meet Your Neighbors - A benefit for IFCH, prevention of homelessness on Vashon.

Drop-In Life Drawing at the Grange

The fall life drawing season begins 6:30-9:30 pm on Thursday September 28 at the Vashon-Maury Grange Hall, 10365 SW Cowan Rd., adjacent to the north end ferry parking lot. The studio will take place every 2nd and 4th Thursday through the mid-December, except Thanksgiving. The cost is \$15 per 3-hour session, no registration required.

All levels of skill and experience are welcomed for this friendly, informal, unstructured opportunity to draw or paint. Each studio session will have a live model; poses will be short and medium duration. Benches, boards, and lights are provided. Bring your own drawing or painting materials. For more information about the studio, or for modeling inquiries, call Will Forrester at 206-567-4548 or email greenmanfarm@comcast.net.

Fundraiser for a Democratic Majority in the Washington State Senate!

Are you feeling like we’re not making progress politically? Actually, we are just one seat away from a Democratic majority in Washington State. With your help, we can turn our state completely blue!! What better way to celebrate the last Sunday of summer than a party on the Bluff, eating and drinking with likeminded souls, listening to island musicians and making a positive political impact for our state, the nation, and the world.

Manka Dhingra is running in a special election for the Washington State Senate this November, 2017. This is a pivotal election; if she wins it will swing the Senate from Republican to Democratic, ensuring Washington has a

Democratic government in all three branches. This will open the door for much needed progressive legislation.

Manka is an amazing candidate. With our help, she can win. To learn more about her, please go to <http://www.electmanka.com>.

Come party with us at House on the Bluff, 8624 SW Soper Road on Vashon from 4 to 8PM on Sunday, September 17! Enjoy the talents of musicians John Browne, Lawson Cannon, Catbird and others!

We are requesting a donation of \$40 per person, though all are welcome and nobody will be turned away for lack of funds. Please RSVP to Suzanne Greenberg at suzanneggreenberg@gmail.com

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.

VYFS Lanza Comunidad, Un Programa Comunitario de Manejo de Casos

Vashon Youth & Family Services (VYFS) se complace en anunciar Comunidad, el nuevo servicio bilingüe de gestión de casos bi-lingual de VYFS. La administración de casos ofrece asistencia a individuos y familias que buscan superar los desafíos de la vida que afectan su capacidad para alcanzar sus propias metas. El programa se enfocará en el acceso a las necesidades básicas, incluyendo habilidades laborales, apoyo financiero, alimentos, refugio y otros recursos disponibles dentro y fuera de la Isla. Este programa contará con dos gerentes de casos, uno de los cuales es bilingüe, inglés / español.

Los consejeros de salud mental de VYFS actualmente ofrecen servicios de administración de casos a sus clientes. Comunidad ofrece estos servicios a todos los isleños, independientemente

de si están inscritos en un servicio clínico en la agencia. El programa también está disponible para todos los isleños, independientemente de la cobertura del seguro.

Comunidad Case Management lanza el 11 de Septiembre. Megan Fitzgerald, una consejera con una carrera enfocada en servir a jóvenes sin hogar y emocionalmente angustiados en Costa Rica y los Estados Unidos, será el Gerente de Casos para familias y jóvenes. Debbie Rieschl, una consejera que ha estado con VYFS desde 2008 y ha servido como Case Manager durante gran parte de su carrera, será la Case Manager para personas adultas. Para suscribirse a los servicios, llame a la oficina principal de VYFS al 206-463-5511. Visite vyfs.org para obtener más información.

VYFS Launches Comunidad, a Community-Based, Bilingual Case Management Program

Vashon Youth & Family Services (VYFS) is pleased to announce Comunidad, VYFS’ new bilingual, bi-cultural case management service. Case management offers assistance to individuals and families seeking to overcome challenges that impact their ability to meet their own goals. The program will focus on accessing basic needs, including employment skills, financial support, food, shelter, and other resources available on and off Island. This program will be staffed by two case managers, one of whom is bilingual, English/Spanish.

VYFS mental health counselors currently offer case management services to their enrolled clients. Comunidad offers these services to all Islanders,

regardless of whether they participate in any other clinical service at the agency. The program is also available to all, regardless of insurance coverage.

Comunidad Case Management launches on September 11th. Megan Fitzgerald, whose past work has focused on serving homeless and emotionally distressed youth in Costa Rica and the United States, will be the Case Manager for families and youth. Debbie Rieschl, who has been with VYFS since 2008 and has worked in case management for much of her career, will be the Case Manager for adults. To sign up for services please call the VYFS Main Office at 206-463-5511. Visit vyfs.org for more information.

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State Environmental Policy Act (SEPA). The SEPA document will be available Friday, Sept. 8 on the King County Parks’ website, kingcounty.gov/parks/publicnotices.

Send or email comments to:
David Kimmett, Natural Resource Lands
King County Parks and Recreation Division
201 S. Jackson Street, Room 700
Seattle, WA 98104
206-477-7372
KCParks.SEPA@kingcounty.gov

King County took over management of the former Washington State Department of Natural Resources lands, now known as Island Center Forest, in 2005. At that time, the Vashon community requested that all historic uses of the site be allowed to continue, including hiking, biking and horseback riding, forest management and deer hunting.

Increased year-round use of the land by non-hunters raised concerns about unsafe conditions in the woods during

the Washington Department of Fish and Wildlife’s annual four-month-long deer hunt from Sept. 1 through Dec. 31, which included separate seasons for archery, muzzleloaders and modern firearms.

To accommodate hunting and non-hunting activities in Island Center Forest, King County proposed a limited hunting season to coincide with the state’s modern firearm hunting season when all firearms can be used, except rifles. This reduced the state’s established four-month-long hunting season at Island Center Forest to a season that encompasses the last three weekends of October.

King County Parks manages Island Center Forest in collaboration with community partners who make up the Friends of Island Center Forest, a diverse group that includes the Vashon Forest Stewards, Vashon-Maury Island Horse Association, Vashon Sportsmen’s Club, Vashon-Maury Island Land Trust, Vashon-Maury Island Audubon, outdoor enthusiasts and other community members.

VYFS Family Place Expanded Hours, Resources and Fall Parenting Classes

There are exciting new programs for parents and young children at the Vashon Youth & Family Services Family Place this fall! The new schedule includes several innovative parenting classes, a book group, and expanded hours to better meet the needs of working families.

Now located on the lower level of the Le Ouistiti building, 9822 SW Gorsuch Rd., the VYFS Family Place is extending its Open Play hours to include Saturdays. “Based on the feedback we’ve received from parents, Open Play is a great Island resource, and Saturday hours will make it available to many more families, including working parents,” said Christine Wood, Director of the Family Place. “Open Play is a time when parents can drop-in with their children, connect with other parents, and learn about available Family Place resources.” Open Play is held in the Family Place playroom, where children age birth to 5 can use a variety of climbing and interactive toys. Open Play Saturday hours are from 10:00 am-1:00 pm. The program is free with a Family Place Membership. Non-member cost is on a sliding fee scale from \$6-\$12 per visit. Visit vyfs.org/familyplace for information about membership costs, and the full Family Place calendar.

Other new Parent Education offerings and resources for fall include:

- How do we know what our kids are ready for regarding screen time and content?
- *Discipline That Doesn’t Divide: Fostering Cooperation and Connection* – Wed. Oct. 4th from 6:00pm – 8:00 pm. This class, also for parents from 1-10 year olds, helps parents:
 - Navigate tears, tantrums and opposition
 - Avoid power struggles
 - Cultivate true maturity and caring in your child
 - Understand the science of attachment

Book Group - Rest, Play, Grow: Making Sense of Preschoolers (Or Anyone Who Acts Like One). This parenting book group offers a road map to making sense of young children and what every toddler, preschooler, and kindergartner wishes we understood about them. Baffling and beloved, with the capacity to go from joy to frustration in seconds, young children are some of the most misunderstood people on the planet. The book group runs Wednesdays from 6:00 pm-8:00pm, from Oct. 11th – Nov. 15th. Come meet with other parents to share the insights, questions and experiences that this book details.

Community Exchange - In addition to new classes, The Family Place Family Place now has an entire room devoted to a Community Exchange. This is a space for families to give and receive gently used items, such as baby/toddler clothing (0-5T), toys, baby carriers, maternity clothes, nursing/pumping/feeding supplies, kid’s books, a parenting lending library, and more. The exchange is free and available for everyone in the community.

To learn more about The Family Place classes and resources, to register, and to see the sliding fee scale for all classes, visit vyfs.org/fp-programs.

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Island Life An Embarrassment of Hubris

By Peter Ray
pgray@vashonloop.com

In a time when I have been sitting on butt a lot while working on things in my magic computer box, to say that I walked uptown and back twice in one day is a bit of a something. To say that I did it to be interviewed for a live broadcast from the expansive studios of our own Voice of Vashon and for an article in the Beachcomber is something else. And to say that I did it in order to get the word out about two video projects of mine that will be screening at our own Vashon Theatre within the next couple of weeks is all bordering on something that I'd almost rather not be congratulating myself about. One of the things that I am slowly learning though about this new game in town that I seem to be playing is that hype of a self-congratulatory nature is a somewhat necessary part of the action.

Another thing that I am learning from this process is that it requires thought and articulation as to what the hell you are doing and why the hell you have done it, which is something I thought I was covering here already in this space, although it also seems that what is required on the outside in this process is more self-aggrandizement and less self-deprecation. Talking up a photograph is one thing- it is a moment in time that you decided to grab out of the continuum and call your own. A film or video project is a collection of those moments intended to convey, in somewhat the best of ways, a story, through what one would hope is a coherent and cogent arc. That would at least be the case in a documentary- the other thing I have attempted here is to imagine a visual for a piece of music, or in this case twelve songs in a row. There could be a story to be told along with the lyrics of the music, or it could just be a visual augmentation to ride along with the song- it seems that both came into play with my second project.

My first ever idea for a music video will probably continue to remain unrealized. For some reason that I cannot explain (other than perhaps I should have been listening to my create urges a long time ago) my first inclination to do a film illustrating a song was way back when I first heard the Beatles sing about an eggman and a walrus. For some reason I began to create in my head a filmic visual for lyrics like "sitting on a cornflake, waiting for the van to come." I don't know why. My unrealized super 8 interpretation never happened, although I still, very briefly and soon passed, sometimes wonder what I would have come up with if I had had access to the video ease of these modern times. And then, with the onset of cable and MTV came the actual music videos, at which point I decided that my earlier notion of cinematically illustrating a song may have been completely off. Along with my fascination with cable and MTV and v-jays, I came to see that while the music videos were intriguing and another way to become familiar with songs, my problem was that the visuals involved soon became my only visual construct that was permanently ingrained in my brain, so that was the only thing I saw whenever a given song began to play anywhere, even without the visual accompaniment. Given the popularity of MTV and their format,

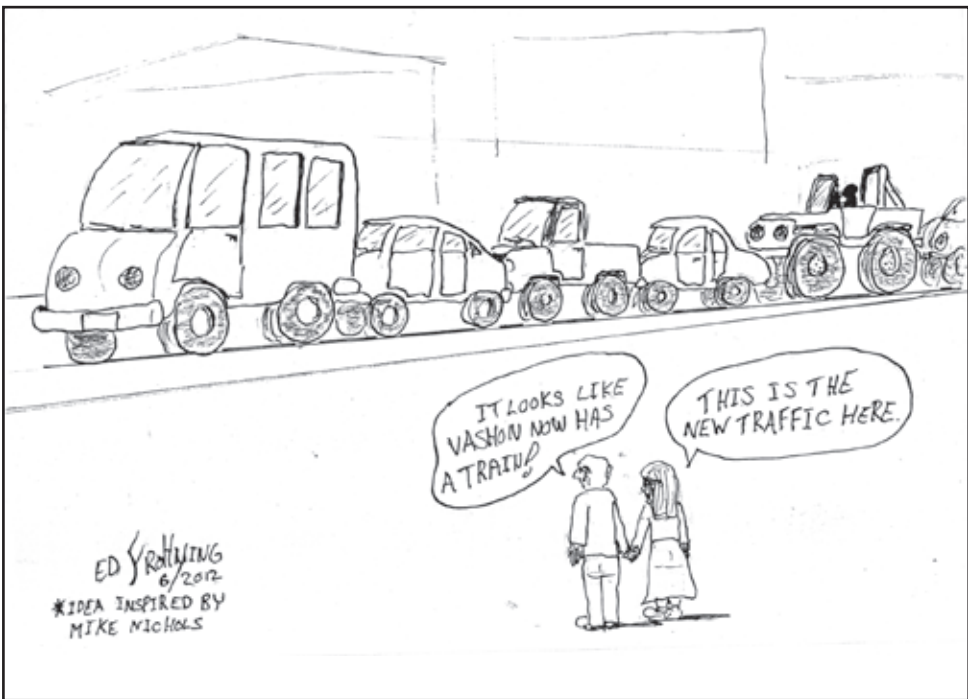
this did not however seem to be an issue with most people.

And so it was in these times of now, when I was asked to create twelve videos to accompany twelve songs written and performed by Ike Harmon and others on a soon to be released CD, the creative challenge that presented far outweighed my misgivings about the genre. And so it was that a little over a year ago we would meet every couple of weeks in various places around the Island and stage various types of lipsync pageantry in order to produce visual imagery for the entirety of the album which is soon to be released at the Vashon Theatre on September 30th at 1pm.

While the musical part of this endeavor involved many multiples of takes and mixation overlays, pretty much all of the videos we did were achieved in a single take, sometimes with multiple cameras. This of course makes for a certain degree of pressure on this person here to get it all right the first time through. To coordinate the desired recording so that it looked mostly like Ike was singing, we had off camera recorders of various sizes playing the tracks so he could look like he was singing along in real time. Along the way there were intentional fires and lights and drone flights and all hopefully fitting in with the recording that had gone on before. As I was finally assembling all of this a few weeks ago it came to light that one of the songs had changed so much along the way that I could not get what we had previously video recorded to reconcile with all the new audio, so we restaged what had gone before and everything happily merged in a new, updated version.

There is in all of this a reality of scale that one finally has to account for. While previously existing as imagery on computer monitors and our big screen TV here at home, I finally did arrange a test screening up at the Vashon Theatre this past week and, as with everything else, this was a multi-layered learning experience. Although it should have been obvious going in, with a really big screen and a big sound system, everything becomes a larger presence. This was particularly emphasized in the audio department, where slight variations and deviations from the established norm of -12db become very large swings in what is heard on the soundtrack. Ever since then I have been re-tweaking the sound on my documentary. I was pleased to see that the visuals there, particularly the color on Chris Gaynor's photographs, were all close or on parallel to what I had seen on my large screen TV and my editing monitors. I am also now aware of sound issues on Ike's CD release video, something which we will address once the Soldier Boy screening has happened.

And that is why, in part, I was pacing up and down the highway a couple of times today, as I expect to be in the Vashon Theatre on both the Greentech night of 19 September at 6pm and the CD release party on September 30th at one in the afternoon. I do not expect to be able to sit still at either screening. What will be on display from my perspective is a merging of both my early and current attempts at documentary filmmaking, along with my latest efforts to create a visualization for songwriting and musicianship. Admission for 'a Soldier Boy Hears the Distant Guns' is free or by donation on this Greentech Tuesday, and for the Ike Harmon CD release it is \$25, which gets you in, a free CD and free popcorn. I will be at both events- hope to see you there.



Annual FREE medical/ dental/vision clinic

The annual Seattle/King County Clinic offering free medical, vision and dental care is coming up October 26th through October 29th and is being held at the Seattle Center.

About the Clinic

All are welcome! Patients DO NOT need ID or proof of immigration status

- The Clinic serves people in need who struggle to access and/or afford healthcare

- Admission tickets distributed at 5:00 AM in Fisher Pavilion at Seattle Center (Corner of 2nd Ave N & Thomas St)

- No advance registration: FIRST-COME, FIRST-SERVED

- Highest demand for tickets on Saturday & Sunday

- Interpreters available

- FREE parking in two locations: - Mercer St. Garage, 650 3rd Ave N - 1st Ave Garage, 220 1st Ave N

- Come prepared for a long day with food, comfortable clothing and any daily medications

All Services are FREE

DENTAL: Fillings, extractions, x-rays, deep cleanings

VISION: Vision screening, complete eye exams, reading glasses and prescription eyeglasses. Bring a current eyeglass prescription (no older than one year) to skip the exam and just get eyeglasses.

MEDICAL: Physical exams, PAP smears, x-rays, EKGs, mammograms, ultrasounds, foot care, wound care, select lab tests, behavioral health, immunizations, acupuncture, naturopathic and chiropractic care, physical therapy consultation, nutrition and pharmacy counseling

RESOURCES: Social work, help with health insurance, and more

How Do I Get Into the Clinic?

Get a ticket at the Fisher Pavilion at Seattle Center. Fisher Pavilion opens each day at 12:30 AM (see seattlecenter.org/patients for a map and details).

A limited number of tickets will be given out each day starting at 5:00 AM. The ticket is only good for that day. One ticket per person.

The first patients will enter the Clinic in Key Arena at 6:30 AM. Entrance will be in order of the number on the ticket.

How Should I Prepare for the Clinic?

This will be a long day. Come prepared to take care of yourself.

Bring food and beverages and any medications you may need throughout the day.

DO NOT fast for lab tests.

To get dental care, you must have blood pressure and glucose within

certain limits. This is for your safety.

Wear comfortable clothing.

Leave pets at home unless they are service animals.

A parent or legal guardian must accompany a patient under age 18. Exceptions may be made for youth ages 13 and above who are not in contact with a parent or legal guardian.

Will Someone Speak My Language?

Interpretation will be available throughout the Clinic.

What Happens Once I Enter the Clinic?

There will be a large number of patients. You cannot get both dental and vision care on the same day.

Patients can wait in line for an admission ticket on another day for additional services.

We will collect basic personal information including name, age, height, weight and medical history.

In each service area (dental, vision or medical) you will wait your turn in line and will be seen on a first-come, first-served basis.

You will be given a pass when you enter the Clinic. This pass will allow you to leave and re-enter the building for that day only. However, if you are in line for a service, you will lose your place in line if you leave the building. You will need to go to the end of the line for that service when you return.

What Services Will NOT Be Provided?

DENTAL: Bridges, complex extractions including wisdom teeth, dentures, implants, orthodontics, root canals on molars, sedation, teeth whitening

VISION: Contacts, sunglasses

MEDICAL: Biopsies, casts, CT scans, stitches/sutures, immunizations for children under 18 years of age, admission to a treatment facility, MRIs, new prescriptions for behavioral health medications

Narcotics will not be used or prescribed. Authorization for medical marijuana will not be provided.

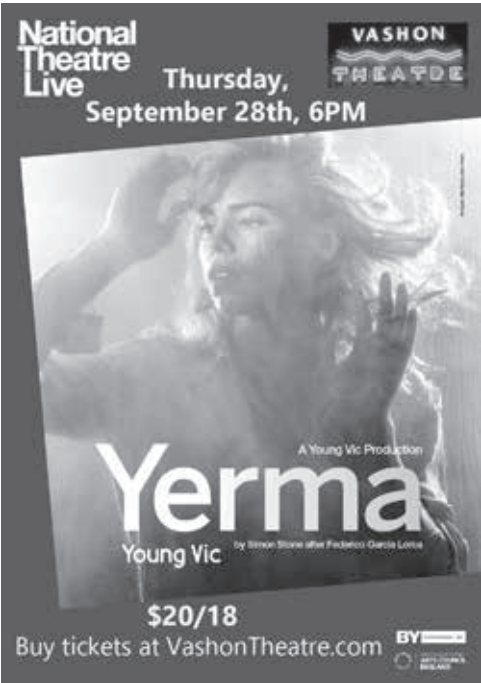
Advertise in the Loop!
ads@vashonloop.com or call 206-925-3837
Next Loop comes out September 28

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

National Theatre Live Presents: Yerma

The incredible Billie Piper (Penny Dreadful, Great Britain) returns in her award-winning role. A young woman is driven to the unthinkable by her desperate desire to have a child in Simon Stone’s radical production of Lorca’s achingly powerful masterpiece. The unmissable theatre phenomenon sold out at the Young Vic and critics call it ‘an extraordinary theatrical triumph’ (The Times) and ‘stunning, searing, unmissable’ (Mail on Sunday). Billie Piper’s lead performance is described as ‘spellbinding’ (The Evening Standard), ‘astonishing’ (iNews) and ‘devastatingly powerful’ (The Daily Telegraph). Set in contemporary London, Piper’s portrayal of a woman in her thirties desperate to conceive builds with elemental force to a staggering, shocking, climax. Please note that this broadcast does not have an interval.

National Theatre Live Presents:
Yerma
Thursday, September 28th, 6PM



\$20 general/\$18 honored citizens & children

VashonFresh.com

Online marketplace for local food

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VashonFresh.com is proud to announce Plum Forest Farm and Green Man Farm has joined the online marketplace! They join an already impressive list of your local growers and producers. To learn more about all of the vendors check out our Producer Profile page at VashonFresh.com

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Ike Harmon CD Release Party

After 5 years in the making, Island singer-songwriter Ike Harmon will premiere Vashon Island’s answer to the Beatles’ “Sergeant Pepper.” Harmon’s “These Mansions Made of Sky” features 12 original and monumental rock compositions showcasing 22 of the Island’s finest musicians and covers a range of passionately expressed themes including: liberty, loss love, disillusion, social responsibility, yearning, and transcendent joy. The songs on this singular record will be played over the newly-enhanced Vashon Theatre sound system and will be accompanied by 12 original music videos by Islander Peter Ray. Join us for this singular event (free popcorn!) and “Get Harmonized!” Tickets are \$25 at the door; children under 10 are free.

Ike Harmon CD Release Party
The Vashon Theatre
Saturday, September 30th 1-3PM



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

Hit’s of the 80’s

Vashon Events is pleased to present Hits of the Eighties - a fundraiser to showcase music of the this melodic decade, performed by almost two dozen songs by Island musicians. Join us on Friday, September 29th at 8pm at the Red Bicycle Bistro and Sushi. Proceeds from the event will support Vashon Events - Vashon Island’s community arts, culture, and charity events website that highlights all things entertainment.

The music of the Eighties was lively, varied, contentious, and to some degree inconclusive. It was the decade of synth pop, Michael Jackson, the compact disk, the Beastie Boys, and a lot more heavy metal. It was a time for reassessment and reconstruction. Musicians and audiences alike have struggled to come to terms with rock’s parameters and possibilities, its emotional resonance and often dormant social consciousness.

Don’t forget to dress up! The eighties was a decade when many of the fashion trends that people love to hate were created. In complete contrast to the 1970s, shirts became looser and trousers became tighter. Hair was heavily styled and voluminous (teased and permed to the limits!) and make-up was bold with clashing colors - almost like face paint. Eighties fashion for women taught us terms like jelly bracelets, jelly shoes, neon clothing, leg warmers, shoulder pads, and Guess jeans. They also brought back polka dots, Preppie clothes and wedgies - which used to be shoes and not an underwear malfunction...

Some of the songs picked so far:

- 1999 (Prince)
- And She Was (Talking Heads)
- Better Be Home Soon (Crowded House)
- Blue Jean (David Bowie)
- Burning Down The House (Talking Heads)



- Could You Be Loved (Bob Marley)
- Don’t You Want Me (Human League)
- Gigantic (The Pixies)
- Hey 19 (Steely Dan)
- Home Sweet Home (Motley Crue)
- Hot For Teacher (Van Halen)
- I Would Walk 500 Miles (The Proclaimers)
- Jenny (Tommy Tutone)
- Left of the Dial (Replacements)
- Overkill (Men At Work)
- Pop Music (M)
- Pretty In Pink (The Psychedelic Furs)
- Sweet Dreams (Eurythmics)
- True Colors (Cyndi Lauper)
- Urgent (Foreigner)

Hit’s of the 80’s
The Red Bike
Friday, September 29th, 8pm
All-ages ‘til 11pm, 21+ after that
\$8 cover

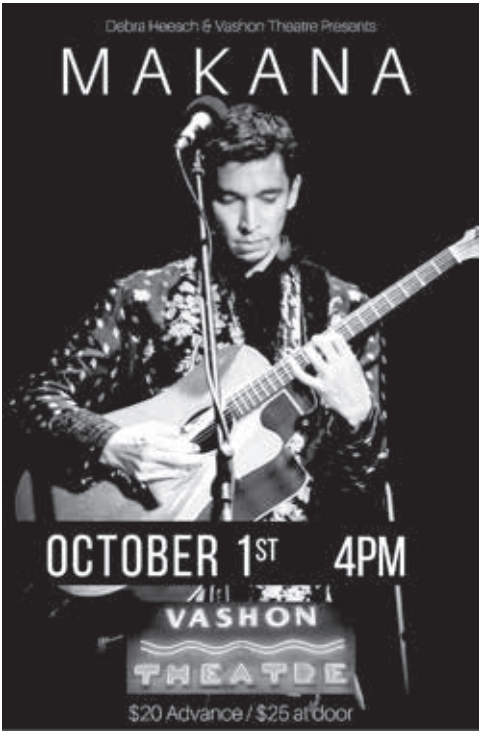
MAKANA

Debra Heesch and Vashon Theatre Presents MAKANA.

A protégé of the Hawaiian Slack Key Guitar legends, including the late master Uncle Sonny Chillingworth, Makana has dedicated his life to perpetuating as well as evolving the traditional Hawaiian art form of Slack Key or “Ki Ho’alu”. From this tradition Makana has spawned his own dynamic, high-octane style, coined “Slack Rock”: slack key infused with elements of bluegrass, rock, blues and a broad scope of cultural traditional music.

Makana’s playing has garnered praise from such guitar luminaries as Kirk Hammett (Metallica) & Pepe Romero (Spanish Flamenco Master). A contributor to two Grammy-nominated “Hawaiian Slack Key Kings” albums, Makana is considered one of the “greatest living players” (Esquire Magazine) who’s “instrumental brilliance bears comparison with the work of such groundbreaking acoustic guitarists as John Fahey and Michael Hedges” (Maui News).

Hailing from the isle of Oahu, Makana began singing when he was 7 years old, took up ‘ukulele at 9 and began learning the ancient art of slack key at 11. By 14, he was already performing professionally, and before long playing four nights a week. In addition to his own headlining tours, Makana has opened shows and toured with the likes of Joe Walsh, Sting, Santana, Elvis Costello, Paul Rodgers, Chris Isaak, Yes, No Doubt, Jason Mraz, and Jack Johnson, and in 2008 he was a runner-up in Guitar



Player Magazine’s National “Guitar Superstar” Competition.
Tickets: <http://www.vashontheatre.com/makana-live-in-concert/>
MAKANA
OCTOBER 1st, 4PM
VASHON THEATRE

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



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



Aries (March 20-April 19)

Before you try to solve everything at once, look for the one thing that might really be a problem. Put more time into thinking than anything else, retrace your steps and your mental process, and figure out what you actually need to fix. If you begin by tearing things apart, you'll make them worse. If you take a step-by-step, pure-logic approach, you'll get a much better result. The chances are that your thinking is more the problem than some device, system or service. So begin with your own awareness of the facts, and your own mental state, and move from there. If you're feeling time pressure, note that this may be an illusion or based on a misconception of some kind. Construct an actual schedule plotting from the final time something must be done, and working your way backwards through the steps on the way to getting there.

Taurus (April 19-May 20)

There are many kinds of strength, and one consists mainly of keeping your heart open. You don't have to be a hero, save anyone or anything, or prove your power in any way. Rather, bring your sensitivity and willingness to listen, and perhaps some of your confidence, and quietly await information about what to do next. If you're in a situation where you're waiting for the perfect suitor or candidate, you might consider coming up with a standard that's easier to attain. Any need for perfection, since it's not really possible to attain, is likely to be a ruse for making no choice at all. Make sure you're applying your own criteria, rather than striving for what you believe is in some way acceptable to others. Once you're thinking for yourself, the scenario will be much simpler and you'll see a path to your goal.

Gemini (May 20-June 21)

If you find yourself stuck in a family situation, drama or household scenario, ask yourself: who are you angry at, and why? This isn't necessarily for public consumption, though you need to know, because that's what's motivating you. And if you don't know that, you don't have much to work with if you want to resolve anything, or make any progress. Remember that you're not angry for 'no reason', though it will help if you trace your thought process and your history with these people. You may find that others are trying in some way to dissuade you from how you feel or what you believe. While you don't need to defend yourself, you must understand why you, personally, are concerned, because your primary responsibility is to protect your own interests. Don't let anyone tell you what you would really do, if only you were more loyal (to them). It's a false argument.

Cancer (June 21-July 22)

If you want to feel better, focus your efforts on understanding what you eat, and what it does to you. You may be experiencing some kind of dietary disruption, perhaps due to travel, change in work pattern or via the direct intention of cleaning up your act. Take advantage of this shift, and start developing new habits. You don't necessarily need to do this by the book, and even if you're well-read, where diet is concerned, the ultimate call is usually intuitive or instinctual. Your body makes most of the choices, though now is an excellent time to get your mind into the dialog, at least as an observer. Even if you don't go so far as to keep a food diary, logging what you eat and how you feel each day, pay attention to what you do; and be aware of such rudimentary facts as

caffeine interferes with sleep..

Leo (July 22-Aug. 23)

Venus in your sign is giving you a boost of confidence that comes with being recognized and appreciated. You may, however, be falling short of appreciating yourself, instead filling in the blank with some kind of harsh self-critique. You're not helping yourself by doing that, though you may believe the harder you are on yourself, the better person you are. While that could be debated, it's not a formula for feeling good about who you are. It's not a formula for self-respect. Consider that you could respect yourself for correcting your mistakes (rather than, for example, striving to be someone who never makes any). Ask yourself honestly: under what scenario would you have the opportunity to learn more? Gentle correction is the best way to proceed, which includes seeing the potential benefit in any error, and the potential unintended consequences of any seemingly good choice.

Virgo (Aug. 23-Sep. 22)

You might ease back on any endeavor involving labeling yourself. This is a temptation in a world where everything seems to be based on some official identifier or identity that proves something for some allegedly urgent reason. It carries through to the contemporary mania around branding everyone and everything. Soon we'll all be ready to go on the shelves at WalMart! Seriously, though: whether you're working on an actual marketing project, or are proffering yourself for some reason, or are just inclined to tag yourself, look carefully at what you're saying. Does it really leave you enough room to be who you are, to expand your enterprises, or fulfill your purpose? You might start with those things, and let the naming take care of itself. Credibility is earned in far more ways than presentation. Anyway, you want to be a whole font, not just a logo.

Libra (Sep. 22-Oct. 23)

People often project their parental issues onto their boss. And for their part, those with people reporting to them do indeed play a parental role, in the form of looking after, supervising and perhaps even taking care of their team. These dynamics may be prominent in a number of different forms this week, so keep an ear out for them. What you want more than parent-child relating is the adult-to-adult mode. Any party to the discussion (for example, someone in a parent or child role) can make the move to bring the interaction to this level. That's done by making straightforward requests, fulfilling what you commit to, and being willing and open to negotiate. Parent-child dynamics have less flexibility; adult-adult dynamics are entirely subject to creativity and choice, though that requires a choice to respond creatively. Use simple exercises, such as, "What are our options?" or "What is an appropriate goal?"

Scorpio (Oct. 23-Nov. 22)

There are some people who are subject to trends and public opinions, and there are those who make these things. At the moment, you're on the more influential side of this equation. What you do sets patterns; and then those patterns repeat, take root and expand. Who you are and how you feel affect the people around you. What you demonstrate is what may be considered possible. And your take-no-prisoners approach to ferreting out the truth is an example to some and an annoyance to others, which is fair enough. Therefore, persist in establishing patterns. Try not to get stuck in what came before,

Final "Friend and Family" CPR Class Scheduled for 2017

Vashon Island Fire and Rescue will be hosting a Friends and Family CPR class on Wednesday, October 4 at 7:00pm. This one hour course held at the Penny Farcy Center (10019 SW Bank Rd) will be taught by VIFR Volunteer EMT Don Cheyette and cover Adult Hands only CPR. Family & Friends is for community members who want to learn CPR but does not need a course completion card in CPR for their job or another requirement. This class is ideal for students, new parents, grandparents, babysitters and others interested in learning how they can help save a life. Preregistration is required; the payment of \$10 per person can be made at 10020 SW Bank RD.

For Healthcare Provider or CPR cards, please call the office at 206.463.2405 and ask for the list of local providers, or view it on our website VIFR.org. 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 canceled due to weather conditions and instructor



availability. Fees are non-refundable unless the class has been canceled by VIFR. Class rescheduling is available with 24-hour notice; rescheduling is valid for 3 months from payment date.

or where people's minds are seemingly lodged. Rather, stay with the messier, more adventurous process of formulating new ideas. To that end, allowing your curiosity to drive you more than your intellect is the path to fun and freedom of thought.

Sagittarius (Nov. 22-Dec. 22)

There are two sides to your nature, where work is concerned: the big-picture visionary, and the obsessed taskmaster. At the moment, your astrology is leaning heavily in the direction of wanting to get everything done, impeccably and immediately. That's well and good, except your other role is more important: being the idea person. It's likely that someone close to you can herd the kitty cats and tie up the loose ends of projects. If you cannot delegate the stage management task, you can ease back on it, mainly keeping track of time, of the time things actually need to be done, and who is doing the doing. Ensure that your communications are efficient and complete, so that you save misunderstandings and thus conserve energy. The mental posture you need is the big wide scene, the long arc of time, and your gift for orienting on the future you want to create.

Capricorn (Dec. 22-Jan. 20)

Every now and then, the charts describe a metaphor of going to a higher place to take in the view. Perhaps visit a hilltop, or take in an interesting vista from the highway. You might visit the observation deck of a tall building, or even tool around in someone's Cessna. Whatever it may be, let it involve taking yourself to a place where your eyes can see the horizon. That scene implies that there is one, and that there's also something you can see. There's some parallel related to a talent you possess and may have developed. In order to see and experience this for what it is, you'll need a higher perspective, which could come in the form of an experience, or of allowing your imagination to draw yourself into a positive and fulfilling future existence. You don't ask too much from life, but rather far too little.

Aquarius (Jan. 20-Feb. 19)

Let events this week nudge you forward, or perhaps lift you into flight. You have support coming from many different directions, which is excellent if you remember that you're the pilot of your own craft. Now that you've established the credibility or validity of what you do, you may be discovering that these endorsements didn't matter so much anyway. You are who you are, and that is your real success. Still, there are advantages to having a measure of popularity, especially if you recall that your most important fans are the ones closest to you. Any potential admirers 'out there' matter rather less than those who provide you with love, energy, ideas or coffee. Though no other astrologer would ever say this to an Aquarian, never fall for the belief that you're boring.

Pisces (Feb. 19-March 20)

The world seems much more available when people meet you halfway. Your chart describes this beautifully at the moment, with Mars in your relationship house representing those who might seek you out for some purpose. Your role is to understand what that purpose is. While everyone gets a fair hearing, the balance factor is that you don't have to assume everyone has the best intentions. Don't assume anything: rather, allow people to announce themselves by their actions and to a lesser extent, their words. Yet you must be perceptive, and take the small cues and early signs as being meaningful. Consider that people are signaling to the world who they are at all times, because they cannot help but do anything else. You do the same, though as your own inner being, you can consciously choose what you broadcast and what you project. Orient from that point of awareness.

Read Eric Francis daily at www.PlanetWaves.net

Island Epicure



By Marj Watkins

Something Special from India

People from India are noted for their high intelligence, for which they credit turmeric. It's the spice that gives Indian dishes their yellow color. The intricate blend of other spices gives Indian cooking it's mysterious and delicious flavor. Most gourmet cooks believe that, if a dish contains coconut in any form, it's from southern India. Not so: Malai Murgh, or Chicken in Coconut Sauce, comes from northern India. The word murgh means chicken.

In the recipe below, you are not expected to eat the cloves and the cinnamon stick, but "if you swallow a clove, no harm will come to you," says my Indian cookbook.

The original recipe contains cardamom. Not being fond of that spice, I leave it out. Suit yourself, and don't let the long list of ingredients scare you. The intricate blend of flavors produces a splendid dish that requires only a bowl of cooked rice, long grain preferred, plain or honeyed yoghurt, and a small dish of sliced and salted cucumber to complete the meal.

Chicken in Coconut Sauce
Makes 4 generous servings

- 2 pounds boneless chicken meat, cut in bite size pieces
- 3 to 4 Tablespoon coconut oil
- 1 cup chopped onions
- 4 to 5 Tablespoons finely chopped ginger root, peeling on
- 3 cloves garlic, minced
- 8 green cardamom pods, optional
- 12 whole cloves
- 1 cinnamon stick 3 inches long
- ¼ cup almond meal

Road to Resilience

Continued from Page 1

never before been seen by any human being. We do know that the temperature of the Earth has risen one degree Celsius in the last hundred years, and, with the output of greenhouse gasses growing every year, it will take considerably less time to reach 2 degrees. We hear from the experts that we may be able to maintain some semblance of the world we now have if we can keep the rise within 2 degrees. The problem is that we have yet to experience the extent of climate change due to the concentration of gasses that we already have. If we immediately returned to our production levels of 1990, as is recommended, we would still have more warming in the years ahead. Perhaps it is no longer possible to keep the change within 2 degrees. The gasses [CO2] do not dissipate readily;

- 1 ½ cups coconut milk
- ¼ teaspoon turmeric
- ½ teaspoon red pepper flakes or to taste
- 2 teaspoons salt
- 2 tablespoons snipped cilantro leaves

Heat the oil in oil in a very large, heavy-bottomed pan. Over medium-high heat, stir-cook the onion, ginger, and garlic until onions, though still pale, are limp. Add the cloves and cinnamon and continue cooking for about 5 more minutes.

Add the almond meal, stir-cooking about 2 minutes. Add the chicken in a single layer. Reduce heat to medium. Let cook about 1 minute. Turn the chicken pieces. Let cook until the meat turns white.

Add the coconut milk, turmeric, red pepper flakes, and salt. Stir-cook until the sauce has boiled down and thickened. If it has not thickened enough, you can either stir in more almond meal or let the sauce boil down until it has thickened.

If the sauce gets too thick or the oil comes to the surface, either add more coconut milk if you have it, or stir inn a little water. Transfer to a serving dish. Enjoy!

the past has shown that it takes about 1,000 years for those gasses to get reabsorbed by the Earth after cessation of output. The consensus is that if we want to keep the temperature rise within 3 degrees in 2050, we need to start decreasing our output of gasses by 2015[two years ago!], very little time for such a radical change.

"Will we really give up a high-carbon lifestyle that will likely lead to our ruin? Will we have the courage to abandon our growth economy and invent a new steady-state economy that pursues happiness and wellbeing rather than wealth and excess? Will we radically reduce our energy usage so we can generate all we need from renewables? Will we start to work with the web of life instead of trying to master it? This is where you write or call your representatives to tell them that the situation is not business as usual - and you will personally support extensive life-changing measures to lower our carbon footprint. Let's try to shake this lethargy before it's too late.

"Folks, this is the most serious challenge our species has ever faced. Many other species have faced similar challenges, and most of them are extinct. The difference between us and them could be our mind, which allows us to plan ahead. Do we have the courage and wisdom to use it?"

We've been hitting the "snooze button" since I wrote this piece. Time to wake up!

Comments?
terry@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

Have a Story or Article

Send it to:
Editor@vashonloop.com

Whats Next for You?

Pathfinders life coaching group, facilitated by Laura Worth, MSW

Mondays - 18, 25, Oct 2, 9
9 am - 10:30 am

Vashon Senior Center

Package of 4 meetings: \$75;
per meeting: \$25

Pre-registration advised; ask about scholarships (call Laura at 206-463-9283)

Starting any Monday -- join us! However you dream it, these four steps, taken in any order, can help position you for success:

- 1) use creative imagination to clarify and explore goals at any age;
- 2) choose from baby steps to giant leaps - many different paths, curiously connected, will each take you up the mountain;
- 3) Build your confidence to get there with new habits and effective life-management tools;
- 4) take stock and self-correct



frequently. Small group for personal attention. Get guidance from a professional life coach and experience group support. Optional phone coaching support during the week. Laura has been "helping people find their way for more than 20 years."

Make a date with Vashon!
www.VashonCalendar.com
Vashon Library Events
Art & Music Events
Submit your Event on line at
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Advertise in the Loop!

It's a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out September 28

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TRASH TALK

Recycling Inkjet Printer Cartridges

Inkjet printer cartridges, the most common type for home computers, can be recycled easily on Vashon. Drop them off any day of the week in the lobby of the Episcopal Church, located on the main highway north of town. (Toner for laser printers, found in larger cartridges, is not recycled at this location.)

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(Located across from Pandoras Box)

The Van Redeker Band

If you were on the dance floor the night of The Van Redeker Band’s electrifying Red Bike show in June, you know you’ll want to be there again as the group returns for another evening of Rock ‘n Roll love.

Known for their energetic performance style, lush vocal harmonies and non-stop boogie – the group will present a set honed over two years of playing at the Bike, including classics by The Beatles, The Rolling Stones, Bonnie Raitt, Eric Clapton and our very own Daryl Redeker.



Van Redeker Band shows have become community events, with the dancing spilling out onto the street. Daryl, Sara, Sam and Dodd invite you to join them for another night of fun at our beloved Red Bike.

Come party with The Van Redeker Band – grooving harder than ever before.

Friday, September 15th, 8:30pm

The Van Redeker Band

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

Sharing The Stage Event

The name Kuinka (coo-WINK-uh) comes from the Finnish for “how”; how does a band bristling with spirited creativity continue to evolve artistically and challenge themselves while staying true to their own roots? For Kuinka, the answer comes in the form of letting go: a joyful acquiescence to their cumulative love of songwriting and shared experience, regardless of genre or instrumentation. Brothers Zach and Nathan Hamer, along with Miranda Zickler and Jillian Walker, came together in 2014 to form a unique breed of string band; one proudly defiant of preconceived notions of what fits under the label ‘Americana’.

Their 2014 debut The Wild North, which propelled the band out of the woods and on to stages across the country, was followed by their 2016 breakout LP The Heartland. Both albums were recorded at the famed Bear Creek Studio in Woodinville, WA (Fleet Foxes, Metric), and led to featured performances at dozens of festivals and several successful national headlining tours.



Late ring with the vibrancy of exploration and discovery. “We’ve spent our time as a band in pursuit of a unique sound that captures our energy and essence” says Zickler. “We’d love for our music to be a soundtrack to adventure. Our biggest goal as a collective is to fight the trend of apathy – to infuse everything we do with a sense of joy, and to affect positive change in the world to the best of our ability.”

Rob Bordner and Fred Strong, parents of VHS alumni, formed Sharing the Stage with teacher Harris Levinson in 2009, and they produced their first show at the Red Bicycle in April 2010. The three partners wanted to provide a way for students to express themselves musically, creatively and freely. They also wanted to foster meaningful mentorships; student acts have received help from love local musicians Ian Moore, Van Crozier, Jacob Bain, and Dominic Wolczko.

Headlining acts loved the idea of student opening acts, too. Sharing the Stage has previously hosted rock, hip hop, and jazz shows, with Visqueen, Macklemore, & Ryan Lewis, Thomas Marriott, Blue Scholars, The Wellingtons, Kublakai, Brothers From Another, and The Physics. In fact, Macklemore actually came out from back stage to enjoy the student opening acts when he performed on the island in 2011.

Our SHARING THE STAGE series is for both youth and adults, and pairs professional musicians with student and youth openers from Vashon Island. Our list of shows:

- 2010, Visqueen, rock
- 2011, Macklemore & Ryan Lewis, hip hop
- 2011, Thomas Marriott, jazz
- 2012, The Blue Scholars, hip hop
- 2012, Zac Anthony & Kate Goldby, The Wellingtons, rock
- 2013, Tangerine, pop
- 2014, Brothers From Another, hip hop
- 2015, Hank & Cupcakes
- 2015, The Young Evils
- 2016, Chastity Belt
- 2016, BFA
- 2017, Tangerine
- 2017, Tacocat

Vashon Productions, LLC, is NOT making a profit on these shows. Our budgets count on sponsorship tickets due to substantial costs for venue rental, insurance, and supplemental sound equipment.

Bob Haworth

“Tales of the Folk Music Era”

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.



Tickets are \$25 adults/ \$22 for students and Honored citizens/ \$20 for kids 12 and under.

The Vashon Theater

Sunday, September 24th, 4pm, Tickets \$25/\$22

The show will begin at 4:00pm. You can buy tickets here or stop by the box office to buy them.



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Your sponsorship support (at any level) is always greatly appreciated, and sponsors will be acknowledged on a poster at our shows.

Our shows welcome all ages. Strict enforcement of our NO DRUGS, NO ALCOHOL policy

ensures a safe environment for everyone. Security is provided by off-duty King County Sheriff’s Department officers and off-duty Vashon Firefighters. Refreshments will be available for sale.



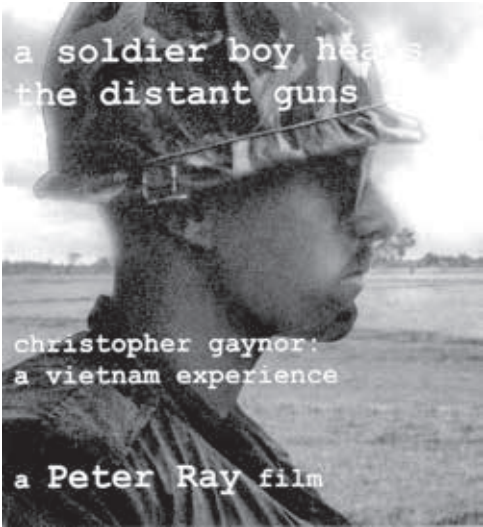
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A Soldier Boy Hears the Distant Guns- Christopher Gaynor: a Vietnam Experience

From 1967 to 1968, Chris Gaynor was a soldier “in country” in the Vietnam war. While there, he took pictures and wrote letters home. Through some of these photos and through letters he both wrote and received from home, he tells of his experiences during the war, and ties those experiences to the group known as the Vashon 12, the twelve Vashon sons who were lost to the Vietnam war.

For three years, filmmaker Peter Ray followed and recorded both Chris’s readings of these letters, as well as the activities he participated in with the Island VFW and his duties relating to remembrances of those who served in the US military.

This 71 minute documentary tells the story of Chris Gaynor’s direct experience of the war, while it also shines a light on Vashon’s personal connection and contribution to that war. Both Peter Ray and Chris Gaynor will be in attendance



at this world premiere screening of this film.
19 Sept. 2017, 6pm
Greentech night- Vashon Theatre
Admission is free or by donation.

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, September 16th, we bring you Rachel Morgan Perry.

Sugary sweet vocals, infectious pop melodies, and contagiously positive songs, could only describe 23 year old Nashville based songwriter and performer Rachel Morgan Perry. Performing at venues all over the country, Rachel has shared the stage alongside national acts such as Chris Sligh of American Idol and country music Opry performers such as Smithfield and Drew Baldridge. Last year Rachel released a full length self-titled album with a unique sound branded as “sweet country.” Rachel Morgan Perry is a performer that is sure to leave listeners with a sparkle in their eyes and a bit more joy in their hearts.

On Saturday, September 23rd, we bring you Kristin Chambers.

Seattle native Kristin Chambers is a singer/songwriter in the style of James Taylor, Carol King, Bob Dylan, and Norah Jones. Described by the Seattle Weekly as “a gifted vocalist” Kristin’s voice is filled with the passion of Adele and the clarity of Sara Bareilles. Kristin began her career in musical theatre in New York City, with over a dozen leading roles under her belt right out of college.

Over the course of those years she was drawn time and again back to writing regularly – documenting the ups and downs of living as an artist in New York. Not long after, once back home in



Seattle Kristin wrote her first song “You Set Me Free” and the songwriting fire was lit. In 2010 Kristin released her first original self-produced album “Kristin Chambers, and in 2012 “Endless Road,” which garnered over 100,000 downloads and fans over the internet radio waves.

Next Edition of *The Loop* Comes out Thursday September 28

Deadline for the next edition of *The Loop* is **Saturday, Sept. 23**

Compost the Loop

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

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
September 15, 2017, 7:30 pm
September 17, 2017, 2:30 pm
\$25 - \$45 Season Ticket Price
\$28 - \$48 Individual Ticket Price
Tickets: vashonopera.org



Loose Change

R&B Band

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

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

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All the Vashon Headlines in one place from anywhere on any mobile device!

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www.VashonCalendar.org

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Submit your Event on line at www.vashoncalendar.com

Sidekick Needs A Home

There have been lots of famous animal sidekicks – Dorothy’s Toto, Hans Solo’s Chewbacca and Shrek’s Donkey, to name a few. I’d like to be yours. I’m calm and quiet. Although I’m still on the shy side because I wasn’t around people as a young kitten, I’ve learned to trust them and now I even sit on laps!

I don’t need a starring role in your household; I’m content to be your little sidekick, and you’ll be my hero.



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Deadline for the next
edition of *The Loop* is
Saturday, Sept 23

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