

The Vashon Wilderness Program is 10 years old

We're celebrating 10 years of mentoring 2100+ people of all ages to feel deeply connected with themselves, each other, and nature. And we're raising important funds to ensure that more youth, adults, and families continue to experience a vital connection with the Earth - one that brings balance to their lives, and helps them to live and lead with joy, vitality, peace, and clarity of mind and heart.

Your WILD evening will be an absolutely sensational extravaganza - a feast for your body, mind, and soul!

You can look forward to foraged and farmed delectables to whet your appetite and please your palate, artfully prepared by Island Farm Table; delicious drinks crafted from Vashon's own forest and herb gardens; special delights and surprises for your eyes and ears (and more) at our Sensation Bars; and deliciously wild desserts at our Sweet Treat Trot.

Our Silent Auction items will inspire your connection with the beauty and benefits of nature, and support healthy living. Among the many treasures are personalized herbal medicine making instruction; kayak and e-bike tours; hand-crafted musical instruments, works of art, clothing, and essential oils; nature-



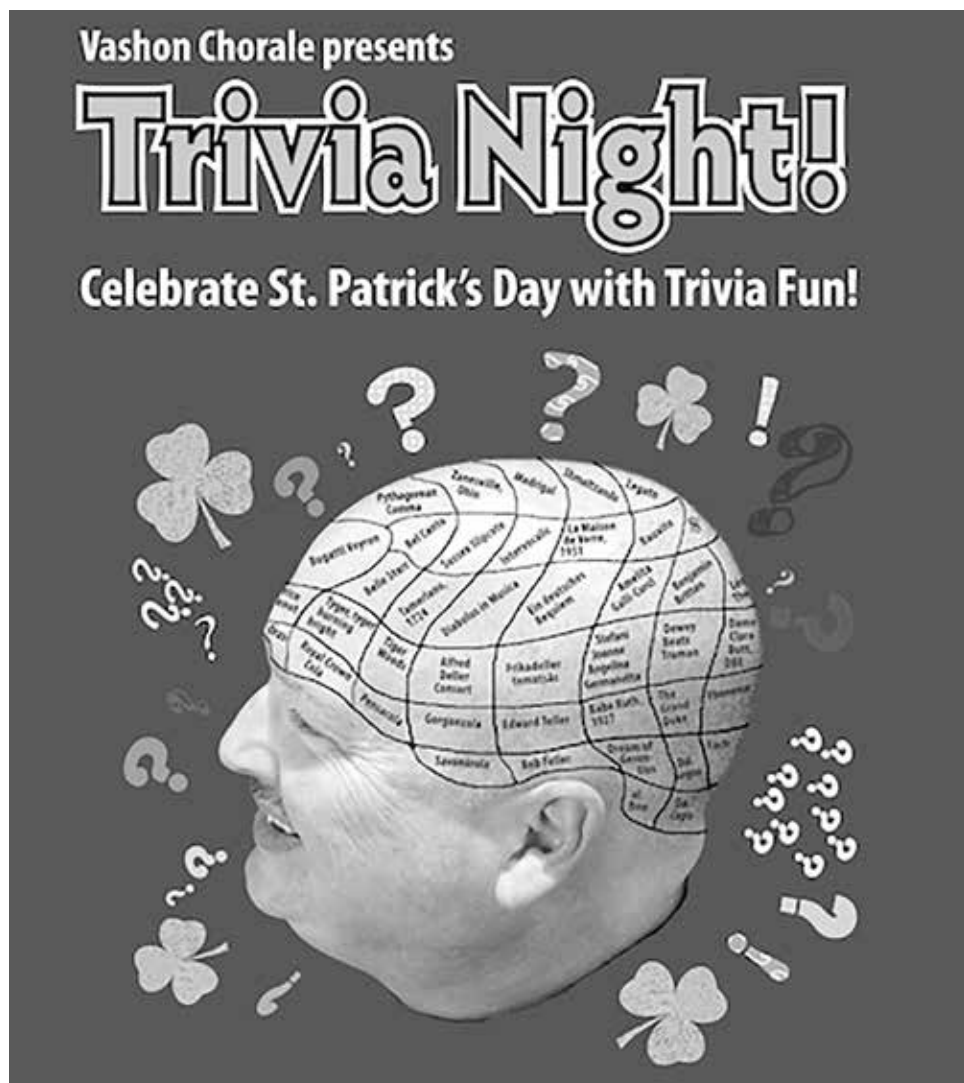
themed birthday parties; restorative workshops; nature photography; bodywork and healing sessions; and so much more.

Everyone is encouraged to dress-up in whatever makes you feel wild! Cougar tail? Raccoon mask? Sharp-shinned Hawk wings? Mix-and-match plaid pant suit from the attic? Let your imagination run wild! We'll have a makeup artist on hand to help transform you on the spot!

Since 2007, Vashon Wilderness Program has helped more than 2,100

Continued on Page 8

Vashon Island Chorale Trivia Nigh



Vashon Island Chorale in partnership with Vashon Center for the Arts presents its Fourth "Occasional" Trivia Night on Friday, March 17 with proceeds benefiting the Chorale's orchestra fund. The event begins at 7 pm in the lobby of Vashon Center for the Arts and is open to the public. A light snack will be provided and beverages, including wine and Cliff's "St. Paddy's Day Green" Beer will be available for purchase. Additional food items will be for sale.

Teams are encouraged to sport some "wearing of the green" or other identifiable holiday festooning! The fundraiser will consist of twelve teams of eight "trivia masters" answering eight sets of questions from eight categories.

Moderator and chief "triviologist" of the event will be the Chorale's Artistic Director, Dr. Gary Cannon. The night's winning team members not only receive a prize for their efforts, but also garner

Island-wide recognition as reigning trivia Kings and Queens! Throughout the evening there will be several chances to participate in mini-challenges, raffles and other sport with many other prizes to be won.

The Chorale has had great success with its previous trivia nights. Chorale Board President, Jo Ann Bardeen says, "Our past Trivia events have helped raise enough money for the Chorale to hire wonderful orchestras for our concert productions."

In April 2017 the Chorale will present Franz Joseph Haydn's Lord Nelson Mass and Abraham Kaplan's Song of Songs, pieces written for chorus with orchestral accompaniment. Bardeen also notes, "Not only does the event benefit the Chorale and its audience members, it has also proven to be a lot of fun. There are some serious competitors out there! The event has grown in numbers each year, and this year we hope islanders will don their Irish green and join us for a St. Patrick's Day-themed event."

The Road to Resilience Time To Step Up

By Terry Sullivan,

Since the national elections, it looks like Democrats, such as they are, will be primarily in reactive mode as they really have little control over what happens at the national level. There is the historical surge of resistance from the grassroots, which is very encouraging, but the question is how long will we be able to keep it up? Given the historic nature of our situation, maybe we can hang in there and prevail in the end! Don't even consider it unless you personally are ready to make it your main objective. In looking forward to the 2018 midterms, we have both good and bad aspects to consider. On the bright side, we stand to gain as the minority party, and the Brand New Congress movement, inspired by the Sanders campaign, is encouraging and supporting a field of new progressive candidates. On the dark side, we have gerrymandered congressional districts that don't flip very readily and a very lackluster Democratic Party that has done little to regain the trust of all those it alienated in the last presidential campaign. They may get a boost from the election of Tom Perez as new Party Chair, but many, like me, feel that the failure to elect Keith Ellison, the clear favorite of the progressive wing, is a sign of yet more dissembling and a refusal to defer to the new energy in the party. Given that Democrats generally have lower voter participation in midterm elections, this doesn't bode well. As of now, the predictions, for what they're

worth, give even odds of retaking the Senate and almost no chance of retaking the House.

If the national level doesn't look too promising, we have local and state governments to fall back on. The Constitution says that all powers not specifically given to the national government belong to the states (and, I would assume, cities). The sanctuary movement, which includes almost 200 cities and counties, and some states as well, is a sign that we are ready to flex our constitutional muscles.

We in Washington are in a good position to leverage some power under the Trump regime. We might get a little more bang for our buck tending our local political garden. If we paid attention to flipping just one state Senate seat, the Democrats could have control of both houses and the governorship. Would you like full funding for education, formation of a State Bank, a state-run, single-payer health care system, or creation of the green economy? We can do these things at the state level, Trump or no. We will still have to coerce the Demos into renewing the party, but we're talking offense here now, not just defense. Another reason to win a legislative majority in 2018 is that that legislature will preside over redistricting national congressional districts in 2020. Rather than follow the usual program of shamelessly gerrymandering the

Continued on Page 8

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GreenTech & VIGA Seed: The Untold Story
Sunday, February 28, 6pm

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March 2-5, 2017



A VASHON CONVERSATION FOR THE LIVING ABOUT DYING

The way we think about living and dying has profound influence on how we see the world and one another. Join fellow islanders for creative and informational offerings that may inspire you to shift how you think.

Highlights: Opening and Keynote, Michael Hebb, Founder, Death Over Dinner • First Friday Gallery Cruise: Art and Music to Die For • Cemetery Tour • Medical and Ethical End-of-Life Discussion • Death Over Dinner at Burton Lodge • Celebration of Life and Remembrance at Open Space • Before I Die Walls at Two Wall Gallery

Complete Schedule of Events at www.vashonconversation.com

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

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

Get in The Loop

Submissions to the Loop

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

Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for March 14 at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

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.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Vashon Presbyterian Church Heindsmann Family Endowment Scholarship

Vashon Presbyterian Church is accepting applications for the 2017 Heindsmann Family Endowment Scholarship award. This award is granted from an endowment created by Virginia and Ted Heindsmann to a deserving student based on financial need, academic promise, and dependability. Consideration will be given only to students who have completed two or more years of higher education or who are seeking special training or retraining. This award is not intended for high school seniors.

Application packets can be obtained at the church at 17708 Vashon Highway SE (463-2010). The office hours are Monday through Thursday, 10 AM to 2 PM. Completed applications must be returned to the office by Monday, April 24th. As part of the selection process, finalists will be scheduled to meet with the church’s Scholarship Committee in early May.



DSHS
THE MOBILE CSO IS COMING!

Date: Wednesday March 8, 2017

Time: 11:00 am to 3:30 pm

Place: Vashon Market Fresh IGA
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Vashon

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- Basic Food Assistance
- Medical Assistance

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Calendar Items

Black Lives Matter March for Freedom
Saturday March 4, 2017 6:00 PM - 8:00 PM. Seattle Central Community College, 1701 Broadway, Seattle, WA 98122

Saturday, March 4, South Sound Sustainability Expo, Tacoma Convention Center & Tollefson Plaza, Tacoma, 10AM – 3PM: “Learn... grow... create... connect... and get excited about environmental sustainability!” Free admission.
<http://www.southsoundsustainabilityexpo.org/>

Monday, March 6, Pramila Jayapal Town Hall meeting, 5:30PM, Town Hall Seattle, 1119 8th Ave, Seattle
<https://townhallseattle.org/>

Tuesday, March 7, 11-1pm, Seattle Indivisible meet with member of Congress day. Meet with aides of Senators Cantwell and Murray, Every Tuesday

Wednesday, March 8, all day
A Day Without a Woman- General Strike Called
Thursday, Mar. 9, 3-5pm, Snapdragon. Write to resist, hosted by Marie Browne. <https://www.facebook.com/events/1417973131588388/> Every Thursday

Saturday, Mar 11, 10:30-12, Jones Playhouse, Civic Saturday hosted by UW professor, Eric Liu. Interesting discussion of civics and what you can do. Rides: Jennifer

Travel Alert

SW Cedarhurst Road 200 feet north of house #11611 to 500 feet north of house #11611

Upcoming restriction

Due to: Geotechnical drilling. One travel lane daytime closure with flaggers to direct traffic through the work area. (From Monday, March 6th through Wednesday, March 8th, crews will conduct geotechnical drilling along SW Cedarhurst Road on Vashon Island. The work will take place 200 feet north of house #11611 and continue 300 feet north. One lane will be closed daily from 7:30 a.m. to 5 p.m. Traffic will be directed through the work area. This work is necessary for future lane repair work. Click [HERE](#) for the map.)

Effective: Mar 6, 2017 at 7:30 am

Anticipated opening date: Mar 8, 2017 at 5:00 pm

Tom Langland Recommends Amsterdam!

About a year ago, while attending the Labor of Love auction, benefiting V.C.C. , wife Mary and I spotted on the program the offer of a week in Amsterdam on a houseboat. Amsterdam was not really that high on our bucket list, but the prospect of a houseboat experience was somewhat intriguing . As luck would have it, another couple sharing our table knew the houseboat owners and had themselves visited them in Amsterdam the previous year. The enthusiasm evident while they described the houseboat and location soon transformed Mary into an enthusiastic bidder. At the end of the evening, we had secured that winning bid for this experience in Holland

The houseboat owners, are again generously donating a week aboard the True Love, this time to benefit Vashon Senior Center.

For starters, the True Love is located ideally in the old part of the city, on a quiet canal surrounded by classic and vintage Dutch Architecture. Nearby are the endless canal-side cafes and fine eateries, cheese shops, small food markets and boutiques. If the 10 to 15 minute walk to the major museums, town square, “coffee shops” and red-light district bother you, the light rail to virtually every attraction in Amsterdam is just a few blocks over. You cannot run out of things to do in this neighborhood during a week-long stay, even if you never slept.

This floating dwelling is a roomy and luxurious 2 bedroom, 1 ½ bath place with a killer deck on the stern. You will want for nothing during your stay as the owners have furnished this place with every element of comfort in mind. Each morning, Mary and I would start our day with coffee in bed, watching the resident swans patrol the canal. The neighborhood is dead quiet, from dawn until around 9:00am when the electric tour-boats began to slowly ply the calm and clean canal waters. We had bikes for the week and used them every day. The city of Amsterdam belongs to bicycles; automobiles are infrequent guests and will yield to anything on two wheels. Imagine a busy day of touring, hiking, biking, and poking around farmers markets and then returning to the outdoor deck of your houseboat for a waterside happy hour. Our only serious challenge was to each night decide which restaurant to visit, but if you prefer to eat in, the True Love has a full, modern kitchen.

So here’s your chance to win this entire experience, including airfare, with the purchase of a lucky ticket. Only 300 will be sold; I’ve already got mine, so that only leaves 299 remaining chances. Purchase your ticket at the Senior Center on M,T,W,F 9AM-3PM and support a fundraiser that maintains our beloved Center. Even if you’re not currently using this terrific Island elder resource now, just wait; you will. And as far as a canal-side stay in the romantic city of Amsterdam, even if you don’t get to do it for the price of a \$50 raffle ticket, this trip definitely belongs on your bucket list.

Tom Langland

Law Offices of
Jon W. Knudson
Parker Plaza * P.O. Box 229
Bankruptcy -- Family Law
463-6711

Zeisig, catrix2007@aol.com, www.citizenuniversity.us/programs/civic-saturday. Every Saturday

Tuesday, Mar. 14, 6-8pm, Revolution Vashon meeting, Sheila and Brian Brown’s, 19834 Vashon Hwy SW, meeting at 6:30, bring snacks if you like.

Wednesday, March 15, “You’re Fired” postcards to Donald Trump in the mail today: On March 15th, each of us mail Donald Trump a postcard that publicly expresses our opposition to him. 1600 Pennsylvania Ave NW, Washington DC 20500

The Vashon Loop

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The Spirit of the 12th Man



By Seán_C._Malone

Dennis Stilgar, of the San Poil tribe, was let out of jail for a short visit with his family before returning. I don't know what he was in for, but he was making a good time of it on the outside, racing his horse up and down the creek bareback, skidding the horse to a stop. Unlike most riders, Dennis dismounted by throwing his right leg over the neck of the horse before jumping off. We had known of each other for a long time, through his father Richard, who worked at the San Poil sawmill in Republic, a small town in eastern Washington.

I don't know how it started, but Dennis was explaining the Little People to me as if I didn't know what he was talking about. "The Little People are always kind to you, unless you anger them and they retaliate by bringing on misfortune," Dennis explained. "They live in the woods and can't be seen, unless you commit some folly and the anger of the Little People causes an accident".

The spirit world of the Indians has been described in many ways, such as the mischievous Coyote who is known by the short rock piles he leaves on the top of high ridges, much like the trail symbols of the Boy Scouts, who leave a short stack of rocks on the trail, whose meaning is "Go straight ahead" or if it is a stack of just three rocks, "Danger."

Jim Grinder, which isn't his real name, was 106 years old when I met him in the old folks home in Hot Springs Montana, in 1972. His real name in Nez Perce is Tidishmali, which is as close as I can spell it. Jim resided in the old folks home in Hot Springs, Montana in the Winter so he "wouldn't have to cut wood." In the 1920's, he rode broncos

in Madison Square Garden, NYC and talks of playing poker under the rodeo grounds and told me to beware of "Coyote" as he was a "Trickster" and could steal your radio while you slept and leave the music playing.

The spirit world of the Indians can be found in the Seahawks symbol, a Kwakwaka'wakw transformation mask depicting an eagle (in its closed form) with a human face inside (revealed when the mask opens when danced). The 12th Man, strongest in the Pacific Northwest, is a symbol of the enthusiasm we have for football. The roar of the home team from the stands has been known to confuse the opponents so much, that they lose the game. The term has been in use since 1900 and describes the penalty for having an additional player on the field.

Doing volunteer work may be another sign of the 12th Man enigma. Take the enthusiasm of the six radio hams, those people who help us communicate in times of emergency. It took these elders, some young-some old- three and a half hours to erect a new antenna on the roof of the Burton Fire Station, hoping that the Fire Chief would find no fault in their work.

Working for the benefit of those who have less than you satisfies the soul and brings the same sense of well being that comes from cooking for the homeless. Several of our Vashon churches ensure that a person who is homeless can get at least one free meal a day. Helping people touches a part of the soul and the individual empathizes with the needs of others, the same way the 12th Man energizes, vocalizes and is vital to the success of the team. The crowd becomes participants rather than passive observers. It's the difference between merely giving abstract money to a cause worthy, but seen from a distance... and actually participating in an effort to accomplish a mutual good. Giving money to the food bank, while worthy, is giving from the outside looking in. Preparing meals in real time is being inside the process and the reference is like telling some crew to dig a ditch from some far vantage point, or getting into the ditch and moving the dirt yourself.

We have-totems on either side of the road, not too far apart, on the hill coming up from Shawnee. A skillful tree trimmer has carved the 12th Man on a thirty foot Alder stump, one figure is above the other. Obviously, the men who keep our power lines free of brush, enjoy their work.


Sean@vashonloop.com

What do you have in your dinghy ditch kit Tech Talk

Ideally, you will never have to leave the safety of your boat for the limited confines of your dinghy. Perhaps, if things do not go as planned, this may become your best option. If you get to that point you will want some essential equipment close to hand, ready to take with you.

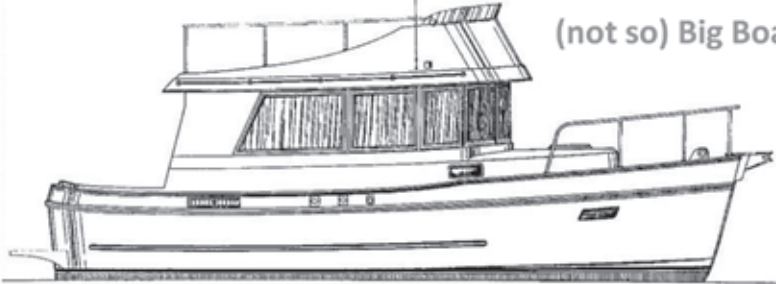
A dinghy ditch kit can be "light and lovely" or it may contain the critical gear you need for an extended period of time. This Tech Talk will focus on ditch kit contents appropriate for coastal cruising and the rationale for carrying certain types of gear. This includes equipment for crew safety as well as equipment that can help you "get found".

Attend this ditch kit "show and tell" session hosted by Kevin Jones on Wednesday, March 8 at 7PM in the Vashon Library meeting room. Have a dinghy ditch kit? Bring it along and share your ditch kit ideas!




QUARTERMASTER YACHT CLUB
Tech Talk Series

What do you have in your dinghy ditch kit? with Kevin Jones




(not so) Big Boat



(very) Little Dinghy

- ❖ Why a ditch kit?
- ❖ Where you cruise defines what you need
- ❖ Decision to abandon ship
- ❖ Ditch kit content review
- ❖ Safety & How to get found



Where: Vashon Library Meeting Room
17210 Vashon Hwy SW, Vashon, WA 98070
When: Wednesday, March 8, 2017, 7 to 9PM
Why: How to be safe if you must abandon ship

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Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

Two Faced

March 2 '17

Island Life Two Faced

By Peter Ray
pgray@vashonloop.com

I will admit it- I am addicted to the Trump Watch, in whatever form that might take. The reason for this obsession is fairly simple- we are looking for the end to the madness. The madness is of course that the president- previously noted here as mostly unworthy of naming and thusly designated as 45*- is actually the president, and the sooner he is un-presidented the better. What we are finding as we watch though is that, for some reason, not unlike his claim that he could shoot someone on Fifth Avenue in New York City and get away with it, he continues to do just that, in a figurative sense, for now. And so it was that I sat down last night to watch the speech that was to be given by 45* to the joint session of Congress and all the other supreme court judges and cabinet people along with the hangers on and the political tools that can be gathered and thrust in front of the cameras for all to see. In truth, what I was hoping for, since they were all there, was a surprise appearance by the martians from Tim Burton's 'Mars Attacks'. Instead we were regaled by the antics of a proxy 45*, an alternative Trump that was toned down and dialed back to the point where the teleprompters almost allowed a civilized version of his essence to transcend the airwaves. The key word in that last bit of course was "almost".

I generally do not watch these speeches- I viewed them in neither in the Bush nor Obama years- because they mean very little in the bigger picture of things. It is the same reason I mostly ignore the Oscars



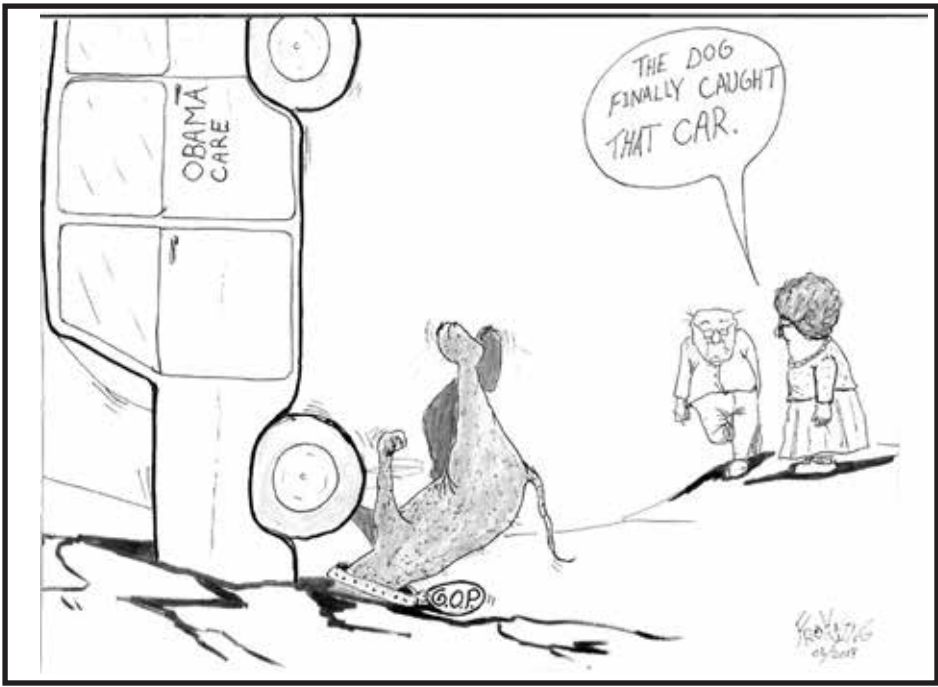
and any other awards show, and that is because they are there to hand out pats on the back and not much more. While it is true that for the first time since he has been on the presidential stage, 45* looked the closest he has yet to being something close to presidential, there were a few slips and cracks in the façade that let his true self out from the cloak of manipulated speech-craft. The first of these leaks occurred when he said in paced and enunciated precision the three words: "radical Islamic terrorism", during one part of the speech. Having heard reports from a few days before that 45*'s pick as a replacement for the ousted Mike Flynn, Lt. Gen. H.R. McMaster had warned against using the term "radical Islamic terrorism" because he felt that it gave religious credibility to terrorists and that it potentially alienated moderate Muslims, it was in a sense a surprise to hear them. What it sounded like to me, though, as 45* made this pronouncement, was that moment in Oliver Stone's 'Doors' biopic when Val Kilmer as Jim Morrison leaned in to the mic on their first appearance on the Ed Sullivan and sang the word "higher"- something he'd been specifically asked not to do by the show's producer. 45* may have even seen himself as a bit of a rebel in making his Muslim statement, but why have a national security adviser if you are not going to listen to what he has to say?

The second and much greater desecration of decency and decorum to my mind was 45*'s dragging of Carryn Owens into the core of his speech and the unblinking eyes of all cameras on hand. Mrs. Owens is

of course the widow of Ryan Owens, the Navy Seal killed in what some have termed the badly botched, recent mission in Yemen that 45* signed off on over cocktails and dinner. Among the other losses listed were civilians and children and a \$75 million aircraft that had to be blown up so that it didn't fall into enemy hands, all of which allowed Sen. John McCain to deem this operation not so much of a success in spite of what 45* called it. What also seemed far from successful, as it pertained to 45*'s speech, was the amount of pain and suffering Mrs. Owens was obviously still working through. It was totally wrong and inappropriate for her to be there, both as a talking point in this speech, and as an emotional spectacle that was sustained and extended by the standing ovation she received from most all who were present. What was inexcusable beyond all of that was 45*'s claim that that ovation had set some sort of chamber record for duration, as if that should perhaps ease her pain or make Ryan Owens' sacrifice all that much more worthwhile, while at the same time providing some sort of twisted redemption for the bloviating, yellow-haired douche bag on the dais.

There was plenty not to like on full display here, but there were also a few things that came to light in the panels and discussions leading up to the evening's main event that sent up some signals of things that will perhaps soon rise to the surface. Apparently, earlier in the day in a non-televised signing, 45* put a pen to a bill allowing severely mentally ill people to buy guns without a background check- this was an undoing of a late term Obama bill to the contrary. And what was perhaps many degrees more disturbing was the continued surfacing of even more connections between

The Vashon Loop, p. 5



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Pickles Needs A Home...

Did you watch the Academy Awards? Silly humans. Cats would never get the envelopes mixed up. At least, we wouldn't admit it. We'd try to find a dog to blame it on.

Speaking of movies, I want to star in a documentary entitled, "Pickles Finds Love." My co-stars have to be adult humans. I really, really don't like kids. Or dogs. Or other cats. The only time I felt comfortable with my previous family was when the kids and the other pets were asleep. Then I would come out from hiding and snuggle with the grown-ups. After I'm adopted, I hope I can spend most of my time relaxing anywhere in the home, feeling safe and loved.



Just so you know what you're getting into, I expect the movie to feature a lot of heavy petting. No X-rating, but definitely for adults only!

Go To www.vipp.org Click on Adopt

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Spiritual Smart Aleck

Adventures in Fine Dining

So. I asked the cashier at Taco Time to throw away my old Taco Time cup from the last time I was in Seattle, and that’s where the trouble started.

Her face registered deep disgust. She turned around, grabbed a plastic glove to protect herself from my contagion (fair enough, I had a cold), took the cup and tossed it away, took off the sanitary glove, took my payment, then handed us the bag with our order.

And off we went to catch the ferry.

So we go down the hill and get in line, with the help of a lady walking a collie. She saw me waiting to hang a U-turn as traffic stopped for her and her dog crossing the street, and she ordered me, “Go ahead! Get in line!” She walked back INTO the street, holding up her free hand in the “Stop” gesture to northbound cars, and told me to pull in to the (still stopped) southbound cars. I did what she said, the cars parted like the Red Sea for Moses, and I zipped over to the curb to the ferry line.

I am so grateful to that woman and her collie I can’t tell you. She was my saint du jour, and she had no reason to do it - she just took it upon herself to get a stranger safely into the ferry line. Which the more I think about it, the more awesome it is.

Okay. So now we dig out our food and start to eat. My favorite meal at Taco Time is the chicken tostado salad with ranch dressing.

I opened the box, looking forward to my feast, and asked Benny, “Is there by any chance a fork in that bag?”

He looked inside, reached in and moved the remaining items around, and said, “No.”

Now, there is no way to know if the cashier left the fork out on purpose because I asked her to dispose of my drink, or if it got left out because I broke her routine of cash/plastic in, food orders out. Who knows?

But I had been the beneficiary of an act of uncalled-for generosity from the woman with the collie, and I wasn’t going to let the lack of fork come between me and my salad.

I decided I’d eat it with my fingers, that being all I had available to transport food to mouth.

I quickly realized that I was only able to grab rather small pieces with my thumb and



By Mary Tuel

forefinger (mind you, I’m also driving down the hill as the line moves, so I keep handing the salad box to Benny and taking it back). It caused me to reflect that this particular pinching motion was probably evolved to pick parasites off my friends.

I’ve seen movies of monkeys picking over one another often enough. I think part of the preening is that you get to eat the parasites, but I’m not sure. As a homo sapiens (which makes me laugh because I am neither a man nor wise) I don’t use this marvelous pinching action for its original function. I’d lose what friends I had if I tried, too. They seem to be a pretty parasite-free bunch, and some, I know, would be offended if I subjected them to an unasked-for louse reconnaissance.

But I digress.

A chicken tostado salad with ranch dressing is not something that can be eaten by hand without a lot of messiness. Fortunately I am not much bothered by messiness (oh, be quiet), so I sat in my car and pinched my drippy chicken, refried beans, tomatoes, shredded cheese, fried tortilla bowl, and lettuce into my mouth as well as I could. There were a few misses, but mostly I hit the target, and as I got nearer the bottom where the chicken chunks were I could grab larger lumps of food.

I finished up my primitive dining on the ferry dock, and cleaned up as well as I could with Taco Time napkins. The cashier did give us a good half dozen of those.

Eating salad by hand is not for the fastidious.

Look, I’ve worked as a cashier and I have sympathy. I remember being handed some object by a mother which she had just removed from her toddler’s mouth. Eeyew. But I was a mother of toddlers once, so I have to have sympathy there, too.

But the guy who handed me a piece of used pipe that actually had poop in it - I still have no sympathy for him. Boy, I wish I’d had a box of plastic protective gloves to put on that day.

No Man’s Land

Following their hit run on Broadway, Ian McKellen and Patrick Stewart return to the West End stage in Harold Pinter’s No Man’s Land, broadcast live to cinemas from Wyndham’s Theatre, London.

One summer’s evening, two ageing writers, Hirst and Spooner, meet in a Hampstead pub and continue their drinking into the night at Hirst’s stately house nearby. As the pair become increasingly inebriated,

and their stories increasingly unbelievable, the lively conversation soon turns into a revealing power game, further complicated by the return home of two sinister younger men.

Also starring Owen Teale and Damien Molony, don’t miss this glorious revival of Pinter’s comic classic. The broadcast will be followed by an exclusive Q&A with the cast and director Sean Mathias.



Swan Lake

Presented by BY Experience and Pathe Live, Bolshoi Ballet opens its doors to North American audiences in cinemas only for a 2016-2017 season boasting impeccable classicism and daring performances. With timeless story-ballet classics, such as The Nutcracker, The Sleeping Beauty, and Swan Lake, productions signature to the Bolshoi including The Golden Age, The Bright Stream, and A Hero Of Our Time, and an evening dedicated to modern choreography, A Contemporary Evening, the Bolshoi proves it is the world’s preeminent ballet company.

At moonlight on the banks of a mysterious lake, Prince Siegfried meets the bewitched swan-woman Odette. Completely spellbound by her beauty, he swears his

faithfulness to her. However, the Prince realizes too late that Fate has another plan for him.... A ballet of ultimate beauty and a score of unparalleled perfection born at the Bolshoi in 1877. In the dual role of white swan Odette and her rival black swan Odile, prima ballerina Svetlana Zakharova exudes both vulnerability and cunning through superb technical mastery, alongside the

powerful and emotional Siegfried, Denis Rodkin. Including breathtaking scenes with the Bolshoi’s corps de ballet, this is classical ballet at its finest.

Captured live on Jan 25, 2015, Running time 3:00

Audiences across the globe will be able to enjoy these outstanding performances with



the Bolshoi principals, soloists and corps de ballet, in cinemas only.

General Tickets \$15. Honored Citizens, Children \$ Students \$14. Groups of 20 or more \$11 each. Tickets online or at the Box Office. Swan Lake Sunday March 5th 1:00pm The Vashon Theatre

Pot ‘O Gold Rainbow Bingo

Mistress of ceremonies the quintessential Ms. Sylvia O’Stayformore will swing Rainbow Bingo at the Vashon Senior Center into a St Patrick’s Day celebration all the while charming your socks off.

Your \$20 admission (Center members \$15) includes 10 regular Bingo games with a cash prize of \$25 per game. Snacks are available for purchase and we will have a no-host bar with beer, wine and creatively themed Jell-O shots. Get your tickets for Saturday, March 11th at the Vashon Senior Center on Bank Road during business hours M-W & F 9am-3pm.

Mark your calendars and call your friends and relatives.

Stop by The Center to pick up your tickets ahead of time because this event has been known to sell out! Doors open at 6pm and the fun begins at 7pm. And remember this definitely isn’t your Grandma’s Bingo... although you may see her there incognito!

Pot ‘O Gold Rainbow Bingo! Saturday, March 11th, 7pm \$20 admission (\$15 Center Members)

Doors at 6pm, starts at 7pm Vashon Senior Center



PERRY’S VASHON BURGERS

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12pm to 5pm Sunday



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www.VashonCalendar.com
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.com

Advertise in the Loop!
It’s a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out March 16



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

Aries (March 20-April 19)

Yesterday’s eclipse in Pisces opened an inner doorway for you. This is a standout event, even on the scale of your current rapid phase of self-discovery. Now that this door is open, it will remain so, for as long as you keep using it. You have access through any inward-seeking practice such as meditation, art or spiritually grounded sex. There’s one more message that’s coming through, and it involves discerning the difference between need and desire. Most people tend to describe their desires as needs, since they’re easier to justify that way. I suggest you lean in the direction of desire, and learn to say the words “I want” without guilt. You actually have very few needs, and most of them are met. You will benefit from an honest relationship with wanting. It’s powerful for two reasons: first, it’s more direct and to the point. Second, if you want something that turns out to be unavailable or unreasonable, it will be easier to let it go.

Taurus (April 19-May 20)

Venus, Taurus planet number one, is slowing down for one of its unusual retrograde phases, which lasts from March 4 though April 15. This is a cool-off phase for you, and a time for reflection and review. It comes with a special message. Among its topics that are vital to the human spirit, Venus is about values, and this retrograde is about valuing your community. Specifically, it’s about truly appreciating a community that accepts you for who you truly are. You’re at a time in your life when you don’t need to pretend. At the same time you have mastered adapting to your environment without compromising who you are. Three cheers for maturity. Now you get to take this deeper, and maximize the other side of the equation: really bringing the best of who you are to your community, recognizing the unique role you have to play. That’s true even when you have your doubts.

Gemini (May 20-June 21)

You must stay on-message, especially where professional matters are concerned. By this, I mean that you would be wise to work from talking points, rather than ad-libbing it. There are rather significant aspects this week in your house of reputation, achievement and success. They are creative and inspiring combinations of planets — and they are slippery and a bit dreamy. To make the best use of these aspects, you must be well prepared and on time and must plan carefully what you’re going to say. You don’t need a script; you need to have your basic necessary discussion elements and main points together. Don’t veer too far from this, at the moment; obviously flexibility is a must, but keep yourself on a short leash when it comes to what you write and say. Remember: on-message, for effectiveness.

Cancer (June 21-July 22)

Your work — that is, your real work — is a vital aspect of your life, your identity and your growth. Far from being the sign of hearth and home, your solar chart reveals you as ambitious, driven and someone who must fully inhabit your mission or your calling. Start with what you’re doing now, and do it with a brassy and bold sense of adventure. The more you assert yourself, the more unusual results you will get. Keep in mind that everything you do is part of a relationship, no matter how casual or formal, fleeting or long established.

Therefore, work on the level of human contact, and remember the necessity for mutual service: the facets of life where real meaning manifests. Some of the best opportunities that emerge for you will take the form of mistakes, surprises, or positive advantages that come out of seeming conflict. For maximum benefit, you must assert yourself, and let the atoms of thought collide into new elements and compounds.

Leo (July 22-Aug. 23)

Within an intimate partnership, one door is closing and another is opening. The relationship in question will need to develop into its new form before you really understand what it is. I suggest, till then, that you refrain from labeling or attempting to define the rearranged circumstance. There is still plenty of fog that has to clear, and that will take some time. You’re learning to see your relationships beyond your rose-colored point of view. It will help if you keep your eye on the bank balance, and on matters of balance that involve sexuality in any form. Everyone involved must be willing to bring their whole truth to the discussion. Be aware of seemingly passive forms of deception, such as when you’re not provided with full disclosure and are expected not to care. There remains one additional question, which is what you do with the truth when you have it.

Virgo (Aug. 23-Sep. 22)

Any decision that you seem to make rapidly or unexpectedly was probably brewing for a long time. You might inquire with yourself as to how long. Look for the roots of the situation. Go back to the times of first meeting, of inception, or of any initial agreement that was made. Then plot the way forward; you’re likely to see a series of steppingstones you followed that got you to where you are today. If you start to encounter confusion, that’s a sign to persist. You cannot smooth out the surface of the water with a canoe paddle, but you can read your journals and old emails, and you can study photographs for information. Take your time with this research. Work more like a novelist than a lawyer, which is to say: the narrative counts for a great deal. You will gradually plot your way to a better place, even if you get blown off course every once in a while.

Libra (Sep. 22-Oct. 23)

I’m curious to hear from Libras and Libra rising what last week and the coming week have brought into your life. You’re living through astrology that’s pretty darned bold and brassy. It looks like you’re keeping the company of a mad genius who is equal parts magician, scientist and military strategist. You may wonder about your role in any or all of this; the group constellation that surrounds you seems to have a mind of its own. You may also feel like you’re getting drawn deeper into something that you don’t quite understand, and which bristles your desire for calm and balance. At the least, I suggest you let your current environment shock you into a new level of inner consciousness. It really has something to offer you — and I can all but assure you that you’re not getting drawn into anything. By all indications, you seem well intent on going your own way.

Scorpio (Oct. 23-Nov. 22)

If you seek understanding from an emotional rather than psychological

Conscious Singles Social

Join us to socialize with others in conscious community who seek conscious and authentic relationships. The event is FREE.

We’ll meet in a relaxed atmosphere encouraging real communication and connection because, even for those of us who are conscious throughout so much of our lives, we tend to feel nervous when dating, so we connect with people who meet our fears rather than our soul.

This event is designed to have you be who you are and connect with others sharing similar values. Optional conversation starters will be provided to inspire authenticity and fun.

Conscious Singles Social, All Ages + Lifestyles Welcome
We’ll meet in at Vashon Intuitive Arts (VIA) located at 17331 Vashon Highway SW, Vashon, WA 98070. www.vashonintuitivearts.com.

level, what you’re trying to figure out will be more obvious. This is a matter of logic; that is, what kind of logic you use. Psychological logic is supposed to make sense; emotional logic gets a pass from that requirement. Let your eyes blur out from the figures before you, and gaze into the background. Feel your response as you allow yourself to be more vulnerable, more receptive, more willing to take the chance of resonating with emotions and desires that may take you into deeper water than you might trust. What you can trust is yourself.

Sagittarius (Nov. 22-Dec. 22)

One way to look at cause and effect is as a linear series of steps. Another way is as a dynamic between ground and figure, or between an entity and its surrounding environment. We’re all familiar with the ‘one thing leads to another’ method. Ground and figure causation explores the environmental dynamics as the factor that leads to any manifestation. Your life right now is a study in your environment. This works many ways: from your immediate surroundings and how you experience them (currently a rather complex equation), to your social environment, to vast and wide questions of existence. Rather than trying to take things one step at a time and deduce how things got to be the way they are, consider how you respond to your environment and what you do to shape your environment. This requires slowing down and suspending the usual rules of logic. The question to ask is, “How am I a product of my surroundings?”

Capricorn (Dec. 22-Jan. 20)

Your life these days seems to be characterized by a struggle for mental clarity. Yet your solar chart suggests you ease back and listen to what your intuition tells you. If you are grappling with whether something is the right choice for you, you might try not reaching so far into the future. Study your present situation and how you feel about it. You seem to have discovered something over the weekend — a factor that was right before your eyes but that you somehow managed not to notice. It will be easy to forget, even if you have a revelation of some kind. Rather than trying to think things through, or prove them with your eyes, listen to the space around you; let your thoughts pulse like the sounds of waves rather than the sound of your fingers typing on a keyboard. You already know the truth; you just need to listen, and accept.

Aquarius (Jan. 20-Feb. 19)

You must be careful what you say and what you write. This is a great week to set everything on a one-hour delay, or an overnight delay. It will be easy — very easy — to say things that you regret, particularly if you are angry. Deal with any anger first, and then figure out what to say, and to whom. Your words have the power of a weapon right now, and

even in the coolest and calmest state of mind, you want to use that delicately and judiciously. A good policy is minimal force; subtle persuasion is preferable to the heavy-handed kind. What I suggest you do is look for the most efficient, effort-free way to make your point. Think like a pool player rather than a football player. There’s no need for a Hail Mary or to tackle anyone. Look for the angle that will sink the ball, nice and easy. Then aim carefully and measure your shot.

Pisces (Feb. 19-March 20)

The full effects of Sunday’s solar eclipse in your sign will take a few days to settle in, though remember — you’re not drifting. Your life is on course, and you’ll stay on course for as long as you stay connected to your feelings. If you cut off from your own sensitivity, or if you try to override your intuition with logic, you’re likely to misguide yourself. You really know something when you know it in your body. Your mind and conscience will rarely disagree with what your body knows. I understand that there are many factors influencing you right now. Yet you have more influence over your life and your destiny than all of those factors combined. And you have the ability to make conscious choices and to use your resources wisely. One thing is for sure: you have much more available to you than you’re aware of, and are about to make a pretty amazing discovery: such as a missing file, a forgotten bank account, or some precious and valuable tool.

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

Via Gallery Cruise



Vashon Intuitive Arts welcomes four island artists to participate in the March First Friday Gallery Cruise featuring Vashon CONVERSATION For The LIVING ABOUT DYING. Artists will show their interpretation of “Living and Dying.”


Featured are: Left, Jeaneen Bauer, upper right, Jeffrey Zheutlin and Rebecca Schumacher, lower right Kathi Ray. 6-9 pm March 3rd

THE SOLITARY WORK WE CANNOT DO ALONE

Ira Progoff

PLEASE JOIN US: Weave, journal, and share with others what you see from the perspective of the process of integrating your life's strands into a whole fabric. A simple off the loom band-weaving technique requires no previous experience of weaving. The weekend-long class will be a special retreat for Life-Weavers of whole personal and social fabrics.

Instructor: Suzanne Hubbard
Class: Whole-Fabric
location: Vashon Center for the Arts
Date/time: March 10 Fri: 6:30-8:00;



Sat: 9-5; Sun: 9-2
Cost: members \$180; General: \$200 + 10 materials fee.
go to: vashoncenterforthearts.org;
click Classes

The Vashon Wilderness Program is 10 years old

Continued from Page 1

children and families transform their relationship with the natural world, themselves and each other through our weekly and monthly school-year programs, summer camps, free seasonal celebrations, workshops on our renowned approach to deep nature connection mentoring, and more. We're proud to have awarded more than \$135,000 in scholarships so that no one has ever been turned away!

In the year ahead, will connect more people of all ages with nature. This summer we will welcome more children to our new day and overnight summer camps, including a brand new expedition to the Olympic Wilderness Coast for teens and a weekend camp for families;

this Spring, we'll help adults develop critical nature and Self-connection skills through our We Are Nature workshop series; and we plan to serve more kids than ever in our 2017-2018 school-year programs, including a new program on the Chautauqua Elementary School campus during late start mornings.

We hope you'll join us on March 11th as we "Raise Our Paws" and celebrate our connections with each other and our beautiful wild Earth.

Tickets are \$50/person or \$500/table. For more information, reservations, or to volunteer, visit: VashonWildernessProgram.org or call (206) 651-6715.

Road to Resilience

Continued from Page 1

districts in our favor, we should set up a nonpartisan citizen committee to do the redistricting. Judicious, even-handed legislators come from districts that are competitive and issues are actually discussed rather than railroaded through.

We need to apply some attention to all our state governments. The Republicans have been very diligent over the last 40 years, and their work has paid off. The Democrats have lost almost one thousand state legislative seats in the last three elections. As of 2014, The Republicans have control of more state legislatures than they have since the Civil War when Lincoln headed up the party. They control thirty-two legislatures and the Democrats only thirteen. The Republicans have a trifecta (control of both houses and governorship) in twenty-five states, Demos only six. The work that Republicans have put in to secure state control has resulted in congressional gerrymandering that has won them a virtually unassailable

majority in the Congressional House of Representatives. That's the same House that has held the entire US Government hostage for the last six years.

Another aspect of state control that our friends, the Koch brothers have been working on, is that state legislatures can initiate and pass amendments to the Constitution and call a Constitutional Convention in which they could change the very substance of the Constitution. How about enshrining special rights for corporations or removing the barrier between church and state or restricting voting rights to only people of property? With control of Congress and thirty-eight state legislatures, they could ride herd over us and change the Constitution to read like an ultra-right conservative's fondest dream. It behooves us to give some attention to our state legislatures.

Still, as I have always said, to maintain local resilience in these trying times, our most important task is to nurture our local community and become more self-reliant and resourceful, both individually and communally.

Comments? terry@vashonloop.com

Make a date with Vashon!
www.VashonCalendar.org

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.com

Vashon Library March Calendar

Children & Families

Brick Builders
Monday, March 6, 13, 20 and 27, 4-5pm
Ages 5 to 12 with adult.
We're having a block party. Come build with us! All materials provided.

Family Story Times
Tuesday, March 7, 14, 21 and 28, 11:30am
Newborn to age 6 with adult.
Stories, songs and fun!

Make It! 3D Pens
Thursday, March 23, 4pm
Ages 9 and older.
Make something amazing with 3Doodlers, hand-held 3D printers that draw with quickly-cooling melted plastic. The sky's the limit!
First come, first served as we have a limited number of 3D pens.

Bee Hive Jive
Thursday, March 30, 4pm
Family program; all ages welcome with adult. It's a Pollinator Dance Party! Dance like bees with Urban Farmer Lisa Taylor and her Garden Critter Academy puppets as we take a music and movement filled adventure in a bee hive. Buzz with the bees to gather pollen, fertilize plants and help make our food. Examine a bee's life cycle from egg to adult. Learn how bees construct their homes and other lessons in science, technology, reading, engineering, arts and math. Explore how bee communities work together gather food and raise baby bees.

Teens

8-Bit Crafts
Wednesday, March 1, 4-5:30pm
Grades 6-12.
Drop in and get crafty using fuse beads. Like video games? Turn your favorite player into their 8-bit version. How about kawaii? Make the cutest 8-bit bows and cupcakes. We have the supplies, you bring the creativity. Snacks provided.

Adults

Tech Tutor
Thursday, March 2, 6pm
Have computer or software questions? TechTutor Volunteers are here for you. You may bring your own laptop, but TechTutors cannot provide hands-on or hardware assistance.

Streams and Wetlands: Living with Livestock Near Water
Thursday, March 2, 6:15pm
Featured Speaker: Brandy Reed-KCD Implementation & Education Programs Manager.
Learn how to design, construct and implement livestock management practices with one-on-one guidance from district technicians. Discover ways you can have less mud, better pastures, manage manure, and care for streams and wetlands on your property.
Design a stream or wetland restoration plan. Calculate the details of livestock exclusion fencing. Select native plants suited for aquatic areas.
Workshop provided by King Conservation District, www.kingcd.org.
Please register at kingcd.eventbrite.com, 425.282.1949 or signup@kingcd.org.

Great Books Discussion Group
Mario and the Magician by Thomas

Mann
Monday, March 6, 6:30pm

Mud Management: Record Rainfall - Record Mud
Tuesday, March 9, 6:15pm
Featured Speakers: Emmett Wild-KCD Resource Planner, Rick Reinlasoder-King County Livestock Program Manager, Matt Livengood-Horses for Clean Water Representative.
Learn how to design, construct and implement livestock management practices with one-on-one guidance from district technicians.
Discover ways you can have less mud, better pastures, manage manure and care for streams and wetlands on your property.
Create a mud management plan. Design a confinement area. Select footing material. Estimate gutter and downspout needs for a barn. Develop a confinement schedule.
Workshop provided by King Conservation District, www.kingcd.org.
Please register at kingcd.eventbrite.com, 425.282.1949 or signup@kingcd.org.

Genealogy in the Computer Age
Sunday, March 12, 2pm
Searching for your ancestors used to mean keeping paper records, writing letters and visiting courthouses. With the advent of widespread computer use, genealogical research has entered a new dimension. Professional genealogist Claudia Breland will teach you how to choose and use genealogy software, online family trees, genealogy databases and more. Patrons with laptops are encouraged to bring them along.

AARP Tax Help
Tuesday, March 14 and 28, 12:30-5pm
Free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits. Bring picture ID, documented proof of Social Security number, and last year's return as well as any current tax documents.
Drop-in service, registration not required.

Manure Management: Got Livestock? Got Manure!
Thursday, March 16, 6:15pm
Featured Speakers: Amy Beth Holmes-KCD Natural Resource Planner, Rick Reinlasoder-King County Livestock Program Manger, Alayne Bickle-Horses for Clean Water Program Director.
Learn how to design, construct and implement livestock management practices with one-on-one guidance from district technicians.
Discover ways you can have less mud, better pastures, manage manure and care for streams and wetlands on your property.
Develop a manure composting and utilization plan. Estimate the volume of manure produced by livestock. Design livestock manure storage compost bins. Develop a compost spreading plan.
Workshop provided by King Conservation District, www.kingcd.org.
Please register at kingcd.eventbrite.com, 425.282.1949 or signup@kingcd.org.

You've Come a Long Way
Sunday, March 19, 2-4pm
The years between 1912 and 1927 saw some of the biggest changes for women

Continued on Page 9

Next Edition of *The Loop* Comes out Thursday March 16

Deadline for the next edition of *The Loop* is Friday, March 11

Island Epicure



By Marj Watkins
Slimming,
Anti-diabetic
Low-carb Meals

You can pretty much rely on salads to be low in carbohydrates unless like, my sister diabetic sister Gail used to, you think a fruit salad is not complete without a handful of mini-marshmallows. Note that marshmallows and other candies contain lots of sugar, the ingredient that the Glycemic Index puts at the top of their list of baddies, with its carbohydrate rated 100 percent. In other words, that’s all it contains. Eat sugar and any pains you’ve been having feel worse.

You can find the Glycemic Index on the internet, or in the book New Glucose Revolution co-written by a nutritionist-dietician , a Ph.D., an M.D./Ph.D, and an M.D. High carbohydrate foods are desserts like cake, cookies, cherry pie and other pies, noodles, white rice, parsnips and sweet potatoes and other potatoes, sweet beverages. Potatoes are not too bad, They contain resistant carbs, which means they take longer to digest, hence you don’t get the swift surge of energy followed by a plunge to less energy than you had before you ate those cookies or that candy bar.

Low carb foods begin with greens: lettuce, chard, spinach, kale, bok choy, broccoli, Brussels sprouts, cabbage, bell peppers and hot peppers, and avocados.

High protein foods belong in each meal: eggs, beef, pork, bison, chicken, game hens, turkey, fish, shrimp, lobster, clams, oysters.

Legumes contain both protein and carbs. Tonight’s main dish, for instance had black beans as well as chicken, combined with celery, onion, carrots, and herbs cumin, marjoram, tarragon, and garlic served on or alongside small helpings of steamed brown rice. As a salad, we had washed, torn lettuce topped with diced apple and dressed with a few splashed of ranch style salad dressing. An important item in the diet to prevent, manage or overcome diabetes is a salad of lettuce and other low-carb vegetables, to be eaten at lunch and at dinner.

- SHRIMP & RICE
4 servings
- 2/3 cup brown rice
1 ½ cups chicken broth
1 scant teaspoon dried Italian mixed herbs
½ teaspoon minced fresh ginger root (not peeled)
2 dashes red pepper flakes
2 green onions, washed and slant-sliced
1 teaspoon lemon juice
¾ teaspoon salt or to taste
1 ½ pounds peeled, cooked shrimp or prawns

Cook the rice in the chicken broth. If using a rice cooker, allow 45 minutes for cooking. Add the garlic, ginger, herbs, red pepper flakes, green onions if using, lemon juice and salt to taste. Re-cover. Cook 5 minutes. Add shrimp. Stir. Reduce heat. Cook 2 minutes to heat the shrimp.

Each serving contains 10.9 grams carbohydrate and 32.2 grams protein, also 327.3 mg. Potassium.

This recipe was inspired by and adapted from one in the book The Healing Kitchen by Stephen Sinatra and Jim Healthy, with recipes by Rebecca Bent. I recommend it whatever your condition.

Vashon Library March Calendar

Continued from Page 8

in all of history. They went from being literally hobbled by society and their clothing to the freedom of the flappers in the space of 15 years. Wearing four historically accurate costumes, Tames Alan takes you on an amazing journey that highlights the beginning of women’s emancipation.

**Pasture Management:
Becoming a Grass Farmer
Thursday, March 23, 6:15pm**
Featured Speakers: Erin Erickson-KCD Resource Planner, Sasha Shaw-King County Noxious Weeds Education Specialist. Learn how to design, construct and implement livestock management practices with one-on-one guidance from district technicians. Discover ways you can have less mud, better pastures, manage manure and care for streams and wetlands on your property. Develop a pasture

management plan. Determine the grazing capacity of a pasture. Learn to manage grazing for optimal pasture production. Workshop provided by King Conservation District, www.kingcd.org. Please register at kingcd.eventbrite.com, 425.282.1949 or signup@kingcd.org.

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

Find us on Skype
Vashon Loop
206-925-3837

Deadline for the next
edition of The Loop is
Saturday March 11

TRASH TALK

Nourishing soup from throw-away stuff? Ends of veggies like onions, celery, zucchini, carrots, and parsley stems yield tasty broth for winter soups. Freeze in a bag until it fills a pot, cover with water, simmer several hours, and strain. Similarly, saved chicken bones simmered with onion, carrot, and celery yield delicious broth for omnivores. No cans in the landfill and no waste at all if composted!

ZERO WASTE VASHON

www.zerowastevashon.org

Tenebrae: Prayer in Song

St. John Vianney Catholic Church is presenting a Lenten concert of sacred music, March 4, 2017 at 7:00PM, at the church: “Tenebrae: Prayer in Song”.

The Season of Lent is an important period in the yearly calendar of the Church, a time of spiritual renewal through prayer, fasting and good works set amid the first green buds and yellow daffodils of early spring. A fresh start and new life are ours, should we want it.

A Tenebrae Service is a liturgy of divine readings and prayer. In Latin, tenebrae means “darkness”. During a Tenebrae service, there are a series of readings and songs, while a set of candles are successively extinguished one at a time, until complete darkness is obtained. At Easter, that light returns.

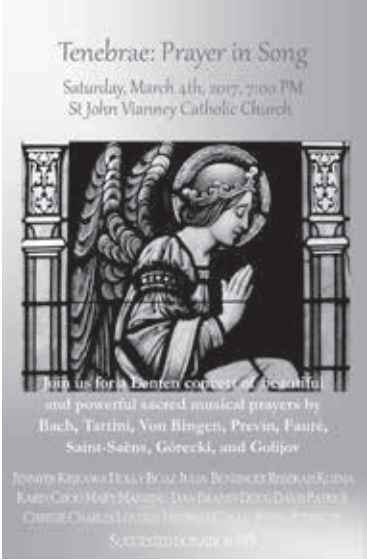
For this sacred concert, the pieces have been chosen with care . They include excerpts from a 20th-century Tenebrae Service by the Argentinian composer Golijov, as well as other beautiful and prayerful works from the very early baroque and late Classic/

Romantic periods—Hildegard Von Bingen, Tartini, Bach, Faure, Saint-Saens, Gorecki, Previn.

Jennifer Krikawa has assembled a stellar group of singers and musicians for this sacred concert. Those familiar with Vashon Opera productions may recognize Jennifer, as well as Julia Benzinger, Holly Boaz, and Rebekah Kuzma, with Karin Choo leading a string quintet comprised of Karin, Dan Brandt, Mary Manning, Doug Davis and Patrick Christie. Regular St. John Vianney musicians Charles Lovekin, Michelle Casad and Kevin Pottinger will provide keyboard accompaniment.

Last year, at roughly the same time of year, this same group performed Pergolesi’s Stabat Mater in its entirety. It was a powerful and moving meditation on Christ crucified, Pergolesi’s master work.

Folks who join us this year will be in for another special evening of musical artistry and powerful yet contemplative musical prayers. The pieces in “Tenebrae: Prayer in Song” will



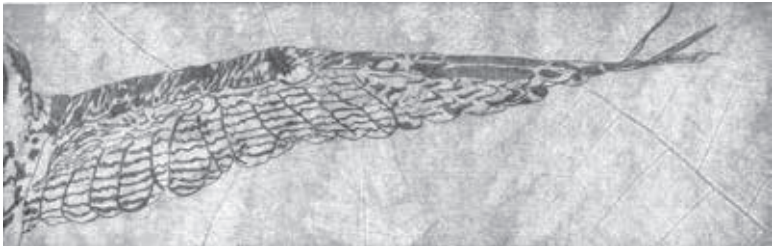
allow listeners to experience for themselves the music that moves the heart, and deepens the experience of prayer. The concert is so titled to reflect the idea that joins the individual compositions and the final work together: beautiful, powerful prayer.

Please join us for this special evening of beautiful songs performed by exquisite artists. All are welcome.

Saturday, March 4 7pm.
Suggested donation \$15.

First Fridays at Hinge Gallery

First, Friday, March 3 - Hinge Gallery will be exhibiting print work related to the concept of life, death; loss, and hope. Participating artists include Quarter Master Press Collective Members Suzanne Moore, Brian Fischer, Christina Nichols, Patricia Churchill, Deborah Taylor, and Brent Houston. All work will be on exhibit throughout the month of March with an opening reception on the first friday of the month! Tuesday - Saturday, 10 - 5, Hingegallery.com.



Brian Fisher’s “Persephone Cycle”



Pat Churchill’s “Remember Me.

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Delilah Pearl & The Mantarays



Delilah Pearl and the Mantarays capture the golden rhythm and romance of 1940's vocal jazz/swing standards. Delilah Pearl and the Mantarays capture the golden rhythm and romance of 1940's vocal jazz/swing standards with soul and a touch of R&B. They've got a style and signature sound that's all their own with singer Delilah Pearl, Dodd Johnson on drums, Michael Whitmore on guitar, Tim Kehl on piano, Barry Cooper on trumpet and Toliver Goering on bass. Influenced by Peggy Lee, Ella Fitzgerald , Nina Simone and "Lady Day", Delilah Pearl emulates your favorite classic sultry ballads with a smoky, alluring voice. The Mantarays, always dressed to kill, deliver the standards freshened by their years playing in a variety of styles from jazz to indie rock to bossa nova to world and experimental music. This is an all-ages free cover show 'til 11pm and 21+ after that. Friday, March 10th, 8:30pm Delilah Pearl & The Mantarays. The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

Karla Hill Benefit Concert

Come celebrate Saint Patrick's Day and our beautiful friend Karla Hill at The Red Bike! Enjoy music, food and AWESOME friends as we dance, celebrate and remember... Born in the hallways of Vashon High School in the early 80's Redline combines driving rock, power pop, and anything else they can get away with into an electric performance that is sure to thrill. Featuring Doug Weaver on the drums, Jerry Lyon and Doug Spencer on guitar, and Bob McCormick on the bass, the homegrown members of Redline all have a personal link to the event being classmates and friends of Karla's.

Special Guests include Johnny Reidt (of bathtub Gin and New American Shame fame), Eric and Melanie Griswold, and Dominick Wolczko. And back by popular demand the island musical legends, Sinner & The Saints! Celebrate the luck of the Irish as they perform good ol' time rock and roll hits gurenteed to get you on the dance floor! It's a Birthday Bash you won't want to miss! Karla Hill was born March 17th 1965, and lost her battle to sarcoma September 28th 2007. She may have only lived 42 short years, but in that time left a lasting impression on each person she came in contact with. She lives on through our memories of her, and by coming together to laugh, love, and remember the time we had with a truly remarkable person. While there is no cover for



our celebration on March 17th, we will be collecting donations benefiting the Northwest Sarcoma Foundation. Our goal is to raise \$1,500! If you would like to make a donation before the event please visit www.nwsarcoma.org TEAM KARLA will continue to raise money in Karla's memory until the annual Northwest Sarcoma Foundation, Dragonslayer Walk April 22nd. Please join us March 17th to celebrate the life Karla Hill with laughter, love, and extraordinary local musicians! This is an all-ages free cover show 'til 11pm and 21+ after that For more information contact Katie Horner (206) 259-0444, katie@nwsarcoma.org

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Sharing The Stage: Tacocat



Like a fluorescent-lit snack-aisle oasis in some desolate interstate road stop, brimming with Skittles and limited-edition Sno Balls, Tacocat’s Easter-egg-hued pop-punk-pop is bubblegum-sticky with hooks, bound to brighten up the most drab stretch of bumper backroad.

The band’s four-person, seven-layer-burrito came together organically: Lelah Maupin (drums) and Eric Randall (guitar) met in their native Longview, WA—two hours south of Seattle, the very town that Green Day named their breakout debut single after. Lelah’s family room was wallpapered with framed Magic Eye posters, hence “Stereogram,” the cross-eyed love letter to that bizarre ‘90s optical fad. She met lanky Eric while both worked at Safeway, wearing the chain’s distinctive navy aprons before breaking north to Seattle. Eric’s band The Trashies practiced and played in the basement of the 24/7 House in the Central District, where Long Beach, CA native Bree McKenna (bass) was living, amongst the dust, boxes, and spiders. Lelah met Butte, MT native Emily Nokes (voice, tambourine) in one excruciatingly early/ boring graphic design class, slipping her a doodled-upon note; she soon noticed Emily’s big voice while she sang along with R. Kelly on the radio. Emily and Bree hit it off one sloshy night at the Comet. Eric impressed Emily with his reenactments of scenes from Anaconda. Sometime around 2007, via countless raucous house party shows, the legend of Tacocat was born.

The foursome would quickly make a name for themselves with their simply energizing power pop, drawing on classic Northwest energy with an uncommonly upbeat, surfy swagger that could only come from gray skies and

hydroponic sunshine. Their sly and unabashed ‘90s revivalism has, in the past, found the band pondering Evan Dando and Waterworld – and Bree herself explains finding about riot grrrl via Napster and Julia Stiles in 10 Things I Hate About You. They’ve described themselves variously as “Feminist sci-fi” and “Equal parts Kurt and Courtney”; oh well, whatever...NVM.

NVM – Tacocat’s second full-length album and first for Hardly Art, opens up like some mystery shoebox, wistful, instantly nostalgic: snapshots of mortifying exes (“You Never Came Back”) and sketchy party situations (“Party Trap”), maybe a postcard with an alien smoking a joint. Cigarette cellophane-wrapped weed nuggets, pain pill crumbs and wrapped tampons (“all the girls are surfing the wave, surfing the crimson wave today”), all serve as a roadmap through Tacocat’s bong-ripped reminiscences, scenarios all-too familiar and hilariously improbable. There’s the notoriously inconsistent #8 Metro line (“F.U. #8”) and the accountability-allergic, black-clad brick-heavers of “This Is Anarchy.” The protagonist of “Psychedelic Quinceañera” – based on Bree – just wants to dance with rainbows, mind-expansion style, instead of having to wear a frilly dress in front of her whole family. Emily daydreams of a “Bridge to Hawaii,” where even the destitute could walk their asses to paradise – before being snapped out of it by cat-calls from construction workers, business dads, and drunk hobos (“Hey Girl!”); sweaty jerks telling her that she should smile!

NVM all that, though: you should, and will, smile – either a wry little corner-lifter or a big ear-to-ear equator – and shake what’s yours, when you hear the whippet-smart latest album from the world’s favorite palindromic band. Text a friend.

Student opening bands from Vashon will be:
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Friday, March 3rd, 8:00pm
All-age’s ‘till 11pm, 21+ after that
Cover charge: \$15.00 for adults, \$7.00 for students. Tickets for this event ARE NOT on sale at the Red Bike. Here is where you can buy your tickets: <http://www.brownpapertickets.com/event/2730876>

**Next Edition
of *The Loop*
Comes out
Thursday
March 16**

Deadline for the next edition of *The Loop* is
Friday, March 11

Woody Guthries Northwest Songs



Woody Guthrie traveled through the Pacific Northwest and wrote 26 songs about the Columbia River dam project in 1941. During this time, Guthrie penned his most famous and enduring songs - “Roll On, Columbia” and “Pastures of Plenty”, but the majority of those songs were never recorded. Spearheaded by Joe Seamons, all 26 of those songs are now being recorded together as an album by multiple generations of Northwest-based roots artists.

Ben Hunter and Joe Seamons are Seattle-based acoustic blues masters who beat out 94 artists from 16 different countries to be selected as winners of the 2016 International Blues Challenge in Memphis (solo/duo category). Their concert will explore the legacy of Guthrie’s songs with new arrangements and stories of Guthrie’s trip through the Pacific Northwest with special guests

George Rezendes and Christina Marie.

Ben and Joe have performed at the Port Townsend Blues Festival, Wintergrass Festival, and have recorded and toured with Dom Flemons of the Grammy-winning Carolina Chocolate Drops. They have previously performed at VCA to a sold-out audience to promote their album “North Wind & The Sun”, which tapped into everything from Memphis Jug Band blues to Southern work songs and pre-war American Jazz.

Come hear these dynamic musicians as they return to Vashon with their fiddle and banjo to lay down some foot-stompin’ joy-filled roots and blues-inflected songs.

Saturday, March 11th, 7:30pm
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I hope you’ll come to see me. Just don’t ask for Swine Snort!

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Friday, March 3, 8pm
Sharing The Stage: Tacocat

Friday, March 10, 8:30pm
Delilah Pearl & The Mantarays

Friday, March 17, 8:30pm
Karla Hill Benefit Concert

Friday, March 24, 8:30pm
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