

## Island Non-profits Tell Their Stories on VoV May 10

There's only one day called GiveBIG Day. This year, it's Wednesday, May 10th. On that one day every Vashonian can make a difference for every one of their favorite participating Island non-profit organizations -- all at one time.

GiveBIG Day is a one-day online philanthropic opportunity sponsored by The Seattle Foundation. This year, the Seattle Foundation has opened 'early giving' for those who can't make May 10 work. Starting April 27, donors can go to GiveBigSeattle.org, search for Vashon non-profits and donate immediately to multiple groups in one visit. Donations from April 27 to May 10 will be credited to each group's GiveBIG income.

This year, as in the past two, Voice of Vashon will host live programming from the KVSH Storefront Studio on May 10, 8AM to 4PM. Nearly 30 Vashon non-profits participating in GiveBIG will each get 15 minutes to tell their stories and encourage listeners to donate BIG. KVSH DJs and producers will host the all day show and guide listeners to this simple method of supporting favorite island non-profits.

Some organizations have matching funds that double contributions. For some, including VoV, this one day provides one-fifth to one-third of their annual operating income. It's BIG.

Every day Voice of Vashon connects our Island community with information and entertainment. It is the only radio-TV-emergency alert station that addresses specifically Vashon issues.



That's unique. Out of dozens of radio and TV stations in this area, there's only one that's 100% dedicated to the needs of the Island community. VoV is the non-profit that supports all other non-profits, so there's a special page on the VoV website at VoiceOfVashon.org/GiveBig where donors can start giving to Voice of Vashon as well as all the other groups that keep Vashon afloat. These days, neighbors helping neighbors is more important than ever.

### May 10th Give Big for VYFS!

This year, consider Giving Big to Vashon Youth & Family Services, in celebration of the 40 Years VYFS has provided vital services to Islanders!

Since 1977, VYFS has responded to the most critical needs on the Island, including Joblines, Suicide Prevention, Childcare, Parent Education, Assistance to the Homeless, Substance Abuse Prevention, Mental Health Counseling and Wellness Vouchers. With your

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## Art Blooms at Waterworks

As spring in the Northwest slowly unfolds, the Vashon Art Studio Tour and Waterworks Studio are ready to welcome it with open arms! On the weekends of May 6-7 and May 13-14, 10 of Waterworks artists will welcome visitors with delightful refreshments and a huge bouquet of art with gifts for moms, dad, brides, grads and yourself-you'll need something to face all the family and friends who want to visit you and this special Island! Celebrating spring and Mothers' Day, Waterworks once again has it all in a wide array of media.

Waterworks is thrilled to welcome textile artist Mary Shemeta, showing a fabulous collection of scarves and wearable art in elegant spring colors. Working with silk, Tencel, rayon and cotton, she creates garments inspired by abstract painting and sculptural forms. Mary hand dyes, designs and sews each item which is infused with her inspiration. And what could pair better with Mary's textiles than the suspended stone jewelry created by Kate Rutherford. Kate's stones are collected from a secret Northwest beach and joined with silver and special twine to create earrings, necklaces and bracelets. Ultimate Vashon!

Cowbelle Industries' (Megan Minier & Ellen Parker) signature block printed towels, T shirts and children's clothing simply shout spring with clothing to take you from spring to summer as well as gifts that are so very Vashon. Dress up that T shirt and put your hair up with Dale Randles' hair accessories or choose a gorgeous wooden ring from his new collection. Dale uses exotic woods from sustainable Latin American plantations and recycled wood from local sources.

Add a little whimsy and flash to your attire and home with Ginny Ciszek's unique necklaces, earrings, boxes and altars. An Island artist for 40 years, each new presentation Ginny creates is a treat in color and imagination. And color it is with the vibrant new photographs by Kathleen Webster that abound this spring with rich hues and light. Kathleen is known Island-wide also for her portrait photography, making seniors and families gorgeous for years.

Two incorrigible recyclers again



bring exciting new work to Waterworks. John Moore's carved wooden spoons, spatulas, ladles and knives created from fallen Island trees are simply a "must have" in Island homes. Such a perfect gift for anyone on your spring list. The queen of recycled/ reimagined materials is Julie King who creates charming signs, candleholders, delightful birdhouses and more out of vast array of found objects. Julie breathes life, art and imagination into each piece.

Waterworks hosts Darsie and Christine Beck once again open the studio, this time with exhibits in the studio and on the covered patio, to show off the art of their colleagues and their own. Darsie, taking a short break from his busy travel journal teaching schedule, will exhibit his sketches, ultimate travel sketch bag and book. For Christine, spring means fresh kiln loads of porcelain bells to fill your day with sweet sound and ware for the kitchen and decor.

For a preview of the work of all these wonderful artists, catch the movie trailer (and the flick!) at the Vashon Theatre starting April 28 and join us to celebrate moms (and you) with a Mother's Day champagne toast at 2pm on Sunday May 14.

Waterworks is stop #22 on the Vashon Island Art Studio Tour map. Hours 10am to 5pm, May 6/7 and May 13/14, 7012 SW 240th Street, Maury Island (206/463-5633). Head south on Dockton Road turning at the last left onto 240th before the road to Gold Beach and the Country Club.

## The Road to Resilience

### Both Sides Now

We see ourselves as two polarized groups in this country, but the general terms "conservative" and "liberal" don't characterize those groups. Just to make sure we are on the same page, I think of a conservative as a person who is suspicious of change and holds to traditional ways. I think of a liberal as a person who is unsatisfied with the status quo and welcomes change. For starters, there are no pure conservatives or liberals. If you look at the issues and the stands that are taken by people who call themselves conservatives or liberals, you will find a mixture of conservative and liberal positions taken by members of both groups. You may have noticed that many so-called conservatives say that they have no qualms about new technologies like fracking or bioengineering while most so-called liberals take an extremely conservative and cautious approach to these same technologies. Many other examples could be mentioned.

Every car has both a brake and a gas pedal. You would not get very far if you lacked one or the other. The fact of the matter is that we all hold both conservative and liberal positions. The problem with identifying ourselves

By Terry Sullivan,

in one group or the other is that we uncritically accept all the positions taken by "our" group. If we accept the fact that we have both valid conservative and liberal positions, we might find that we can discuss issues with the other side because we both realize that liberalism and conservatism are tools, not creeds. In discussing these issues, we might begin to talk about more nuanced considerations that had not previously occurred to either of us.

We also get these labels mixed up with another set of labels: libertarian and authoritarian. Once again, "conservatives" and "liberals" come in both libertarian and authoritarian flavors. A true libertarian will not suffer any government interference in their lives nor in anybody else's lives. However, many people that will not brook any government interference in their own affairs are only too happy to have the government interfere in someone else's, i.e., "Stay away from my guns, but don't let a woman make decisions about her own body!" If that example doesn't strike you as inconsistent, I'm sure you can think of one that is. Although libertarians are mostly identified with


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# VASHON ISLAND'S GIVEBIG DAY HUB

## KVSH

## 101.9FM

8AM-4PM WEDNESDAY MAY 10

**VoV is the non-profit that supports all other non-profits on the island. And on GiveBIG Day, every participating Vashon organization will tell their stories live from the KVSH Storefront Studio, 8AM to 4PM.**  
**Tune in and GiveBIG!**

**Listen Live • 101.9FM • [VoiceOfVashon.org/KVSH](http://VoiceOfVashon.org/KVSH) • VoV App**

### Now Playing

### Get Out



**Starts May 5**  
**Guardians of the Galaxy**




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edition of *The Loop* is  
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## QUARTERMASTER YACHT CLUB

### Tech Talk Series

*Safe Trip Planning – and what to  
do if things go wrong*

Setting off on a boating  
adventure is optional.  
Returning safely to port is  
mandatory!

How to plan a safe trip and  
be prepared for the worst.



▪ Attend this Tech Talk to discuss:

- Preventing problems before they start
- Effective emergency strategies
- Group exercise – emergency scenarios

**Where:** Vashon Library Meeting Room  
17210 Vashon Hwy SW, Vashon, WA 98070  
**When:** Wednesday, May 10, 2017, 7 to 9 PM  
**Why:** Live to boat another day!

# Get in The Loop

## Submissions to the Loop

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

### A Sacred Matriarch’s Legacy

Saturday, April 29, 2:00 PM, at the Ober Park Performance Room, First Nations whale conservationists Orca Annie Stateler and Odin Lonning present “Granny’s Gift - J2: A Sacred Matriarch’s Legacy,” with special guest, researcher Mark Sears. Tickets are \$8.00, available in advance at the Vashon Book Shop. Call 206-463-9041 for more information

### Looking for knitters, crocheters and weavers

Vashon knitters will be holding “A Scarf and more Sale” in mid-November to raise funds to be shared with the IFCH ( Inter-Faith Council (to Prevent) Homelessness and the Vashon-Maury Food Bank. Proceeds will be shared between the two organizations.

If you knit, crochet, or weave and would like to donate scarfs, mittens, fingerless gloves or hats we would appreciate your skills and talents to add to Sale items.

Please contact, Lois Yunker 206-465-5841. -[Lois.yunker@gmail.com](mailto:Lois.yunker@gmail.com). If you would like to participate. Items will be collected the 1st week of November and more information will be forth coming.

### The Big Bamboozle

The non profit group, VARSA, is rallying forces to rezone the town of Vashon to disallow the retail sale of cannabis.

There was not one word of VARSA’s intent or of the three public informational meetings published in Wednesday’s “Fishwrapper,” which will come as little surprise to long-term Islanders.

The movement to defend Vashon from this restrictive zoning does not dishonor VARSA’s work. However, I’d like to point out and underline the extensive overreach of this non profit’s push to rezone the town of Vashon. This whole deal reeks of BAMBOOZLE.

Anyone who has trained and been licensed to tend bar, to serve or to sell alcohol through the Liquor Control Board, knows the drill. What many consumers often don’t understand is that with the exception of private clubs, hard liquor can ONLY be sold within the town core. As with alcohol, our State will control retail sales and the acceptable usage of recreational marijuana,

So, why the VARSA push to rezone our town and to ban retail sale of marijuana within the town core? Because according to the mandate of WSLCB, if it is NOT sold within the town core, it cannot be retailed on Vashon Island at all. Anywhere.

Our States’ protocol has not been forthcoming or clarified, by VARSA. This is a reasonable basis for the mistrust of VARSA’s efforts. And this same sentiment is currently resounding throughout our local social media.

Let me remind you how the BAMBOOZLE rolls.

According to Carl Sagan, noteworthy astronomer and pretty darn fine writer:

“Don’t let the BAMBOOZLE capture you. Then it’s simply too painful to admit that you’ve been taken.” (The K-2 “edibles” fiasco for example, my friends. SOS. Different day.)

Also, “ Once you’ve given the BAMBOOZLE power over you, you almost never get it back.”

The voters of WA State have legislated and enacted usage of recreational marijuana. These same voters fund in part, all of the non profits on Vashon Island,

Islanders are encouraged to text: [bradleyclark@kingco.gov](mailto:bradleyclark@kingco.gov) It’s his job to compile community feedback. Text this guy. It’s painless.

Dona Bradley

Law Offices of  
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463-6711

### Vashon Activism Now More Than Ever!

Despite all hopes for normalcy, the Trump administration just gets crazier every day! If you haven’t noticed an unprecedented uprising of social and political activist groups here on Vashon, then let us help you discover them!

Is it time to raise your voice? Then join us for Vashon Activism – Now More Than Ever! to connect with your favorite action oriented group. Reserve the evening of Thursday, May 4, from 5 – 7PM and make this your time to connect with Indivisible Backbone and other groups.

More than fifteen groups have been invited to this Find Your Lane style event. From Legislative Action to Building a Progressive Majority to Showing Up for Racial Justice to Climate Change, hear their 90 second statements of what these groups are doing to create positive change. Then, for the next hour, circulate in the Open Space Community Hall to meet and mingle with these group leaders, get to know what they are accomplishing and how you can participate.

Hosted by Indivisible Backbone and open to the entire Vashon-Maury Island community. Doors open at 5PM to socialize and enjoy light snacks. Participating group leaders will take the stage at 5:30. Meet and mingle from 6 to 7.

Lend your ideas, creativity and support. Let’s activate Vashon and resist the current administration! Sign up at [Backbonecampaign.org](http://Backbonecampaign.org).

### Drop-In Life Drawing at the Grange

The spring life drawing season continues 6:30-9:30 pm on Thursday April. 13 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 end of May. The cost is \$15 per 3-hour session, no registration required.

All levels of skill and experience are welcomed for this friendly, informal, uninstructed 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](mailto:greenmanfarm@comcast.net).

### Spring Feast & Bizarre Bazaar

Spring Feast & Bizarre Bazaar, a free Community Celebration for all ages hosted by Vashon Wilderness Program. Please join us for a magical evening to celebrate nature-rooted community and culture. We will feast on a spring-inspired potluck meal, make wishes for future generations, and let go and receive at our silent trading market full of hand-made and/or nature-inspired items (food, art, clothing, materials, etc.). Please bring a potluck meal, dishes, drinking cup, silverware, items to trade, and a blanket for your self/family. Saturday, April 29th from 4-7pm at Vashon CoHousing. Park on Bank Road and walk in. More information can be found at: [vashonwildernessprogram.org](http://vashonwildernessprogram.org)

#### The Vashon Loop

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**Spring Feast & Bizarre Bazaar**

**Free Community Celebration**  
*Honor the new life of Spring, and this poignant time to let go and receive nature's beauty and bounty.*

You're invited to bring food inspired by spring, and nature-inspired items to trade in our silent market. We'll feast, make wishes for future generations, and enjoy our extended community connections.

**Saturday, April 29th  
4-7pm**  
at Vashon Island Cohousing

**Vashon Wilderness PROGRAM**  
More info: [vashonwildernessprogram.org](http://vashonwildernessprogram.org)

# Did You Ever Hear a Pheasant Laugh



By Seán\_C.\_Malone

I could see “old crooked neck” sneaking thru the grass off to my left. He was out in front of the dogs, running in a crouch with his head canted to one side, because he had a broken neck, which is why we called him “old crooked neck”. Vashon hunters had been after this cock pheasant for years, but he was too wily to be shot. It was the first and last time I was going to see “old crooked neck” alive.

We had two Labradors and old Boots, our Springer spaniel with her nose to the ground, hot on the pheasant’s trail. Pan and her son Mike, the Labs, were out in front of old Boots wind scenting the old bird, as they ranged back and forth across the field; unlike Boots who kept her nose to the ground, while she tracked the pheasant. I had seen “old crooked neck” way out in front of the dogs and when he came to the end of the field, somewhere between Beal Road and the old Air Force mess hall that has since become the Eagles Club, he veered left and disappeared in the grass, leaving the dogs to mill around, having lost the scent.

Then with a great “cackle,” that sounded like he was laughing, the pheasant leaped into the air a hundred 100 feet behind us, his having doubled back and left the dogs and me dumbfounded as to how “old crooked neck” had escaped once again.

Dad was a pretty good shot, but some days, he just didn’t have it. He called old Boots a “knot-head” because she wasn’t very good at answering his Acme Thunderer police whistle and Dad would get all red in the face and fuss and fume over her lack of attention, which at times seemed justified. On this particular day, we were hunting in a field south of Beal’s greenhouses and Dad had missed what were good shots, three times in a row, thus aggravating old Boots to the point where she just took off by herself to do her own hunting. Dad whistled and whistled until he was blue in the face and threatened to leave old Boots in the field when she came proudly through the grass carrying a wounded bird that she had run down herself. The look on her face was one of triumph, giving her license to disobey Dad’s police whistle again.

Not all the pheasant we hunted were hard to shoot. Take the state birds for instance. Fish and Wildlife started planting Vashon with state raised

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**206-925-3837**

pheasants that were un-afraid of humans and made little attempt to avoid hunters. We called the planted birds “dumb,” because they stayed in little bunches and kept close to the road, making them easy to shoot and no sport for the hunter. Though they may have added to the bird population of Vashon, local hunters avoided shooting them.

Training our dogs to hunt was a year round chore. We used canvass dummies stuffed with rags and pheasant feathers to teach them to retrieve. Mom used the brilliant blue chest feathers to make women’s hats and the tail feathers to add flare to her creations.

Mike, the Labrador was susceptible to being hard-mouthed, meaning that he would chomp down on the birds while retrieving them and ruin the meat. The cure was to stick tacks through the inside of the canvass dummies which made it very painful to clamp down. Every dummy had a rope loop sticking out of one or both ends so as to make throwing the dummy easier. Another aspect of training was to drag the dummy through the grass to a hiding place on the far side of a field and to lead the dog to the start of the trail to train them in picking up a scent.

The dogs became very excited when they saw Dad with his shotgun and milled around the back end of our Super 88 Oldsmobile. They all jumped in the trunk when he opened the lid excited to be on the go. Dad would then stuff a rag or one of the dummies into one side of the lid, so the dogs would have plenty of air to breathe.

Boots was hot on the trail of “old crooked neck” the day of the pheasant’s demise and flushed him where Mom got a clear shot. When Boots brought “old crooked neck” back to Mom, she was surprised to find that his neck had gone limp, so she took a bent coat hanger and shoved it down his throat to create the distinctive crook in his neck proving that it was “old crooked neck” and took him to the sportsman’s club where he had had a price on his head for four or five years. Mom won the prize for shooting “old crooked neck” and took the bird home to become one of our favorite dishes, pheasant stuffed zucchini. Scooping out the inside of the two foot long zucchini, Mom would mix wild and white rice because the wild rice was so expensive, with onions that had been fried up with the pulp of the zucchini and add red and green bell peppers for the color and “old crooked neck.”

Sean@vashonloop.com

# Safe Trip Planning, and what to do if things go wrong Tech Talk

Whether you are planning a day trip to Gig Harbor or a boat trip to Canada, there are several recommended planning steps to make your trip safer, more enjoyable and more successful.

This Tech Talk will first review some sound trip planning advice. What resources will help plan your trip and what should you check before you leave? How to know what to expect along the way, how to identify particular hazards and how to keep you and your crew working well together during the trip.

This Tech Talk will also discuss what to do when things go wrong. Ideally you will never encounter a serious boating misadventure. Being prepared to handle the unexpected is good practice in the event that you do. During this portion of the Tech Talk we will give teams a boating emergency scenario. Your team will develop a plan of action. Emphasis will be placed on assessing the situation, determining what to do, deciding if you need help, what kind of help and developing an effective distress call.

Bring your questions, your experience and your crew to this important Tech Talk on Wednesday, May 10 at 7PM in the Vashon Library meeting room.

# Burn Design Lab welcomes public to Open House

Burn Design Lab will hold an open house on Sunday, April 30th from 1:00 pm to 4:00 pm at its headquarters in the Sheffield Building, 18850 103rd Ave SW, Vashon.

Visitors will see Burn’s cookstoves – designed for efficient, clean cooking in the developing world – in use, and can tour Burn Design Lab’s shop and testing facilities. Engineers and product designers will offer demonstrations and a chance for guests to test out some of the tools they use. The open house is a family-friendly event for all ages, with snacks and drinks provided.

“This is an opportunity to see the whole process of what it takes to design an improved cookstove,” said Paul Means, executive director of Burn Design Lab. “We’re holding this open house to show our community how innovation can create sustainable global impact.”

Limited numbers of Jikokoa charcoal stoves, designed on Vashon and manufactured in Kenya for household use in urban East Africa, will be on sale at the event.

**burn**  
DESIGN LAB

JOIN US FOR

- Burn Design Lab Tour
- Informational Videos
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- Stove Demonstrations
- Food & Drinks
- Kids Welcome

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**SUNDAY**  
**APRIL 30th**  
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**18850 103rd Ave SW #220**  
**VASHON, WA 98070**

OPEN HOUSE provides our community the chance to tour and understand the BURN DESIGN LAB mission to improve lives and the environment in the developing world through research, design, and development of outstanding cookstoves and fuels.

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Studies have shown that clean-burning, fuel-efficient stoves benefit the health and safety of families who cook over an open flame by reducing levels of carbon monoxide and other indoor air pollutants.

Please join us on April 30th for an afternoon of fun, learning and innovation! Burn Design Lab welcomes public to April 30th Open House Sunday, April 30th, 1pm-4pm The Sheffield Building 18850 103rd Ave SW, Vashon

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**Next Loop comes out May 11**

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# Island Life

## Kayaking With Cacti

By Peter Ray  
pgray@vashonloop.com

For some reason we find ourselves this week somewhere outside of Phoenix, dodging wildfires and driving around looking at all the development, the already oversized freeways waiting to be clogged with newcomers, and wondering, with all the deserty appearing plants everywhere, what happens when the water ways that are currently feeding the water taps of the area are jeopardized, or maybe even trend toward looking like the part of the Salt River that just ends in the middle of town, as what remains of it there is shunted off for some other purpose than being a river. I was indeed thinking about writing about our own impending water crisis, what with the County of King threatening to rewrite the rules of zoning in town proper so that 1400 new places of dwelling would be permitted in, even though according to some, we only really need a tenth that many. There was a time when water on the Island was considered a limiting factor to growth, but as some have said, you get enough demand and a pipeline from the Kitsap would solve all of our sole source aquifer dilemmas, at which point, development on Vashon could seemingly be unrestrained. There was recently a town hall meeting where this and other things were to be discussed, but it seems that people are more concerned about the threat, or should I say THREAT, of a retail sales establishment for marijuana in the town proper because kids might be lured to the dark side. Seems that horse may be already out of the barn, whereas a land grab fueled by Kitsap crystal waters still has a chance to be curtailed. It’s a lot to think about- I guess that’s why sometimes I just go out of town.

In truth, I did not have a whole lot of choice in my leaving on a jet plane and going to a land of freeways and large pickup trucks and expanses of desert fairly nearby. As it is, there is this four day, forty mile swim event that someone in the house wanted to participate in. While I am not the one swimming, since that’s Wendy’s thing, I do have to tag along as kayak support because someone has to be there to chum the waters



to keep energy and spirits up and running as the miles keep rolling along.

That is perhaps an oversimplification of things- there is a science to this in a time of no science. When one is swimming in relatively cold water over long distances there is a particular need for regular fueling. So beyond the basic need for someone to be there to fend off jet skis and inattentive or belligerent water ski boats, one needs to also be paying attention to the clock on your wrist and on a regular basis (generally every half hour will do) you need to call a stop to forward motion and huck a plastic bottle on a long tether into the water so that the striving swimmer might stop and partake of a protein and electrolyte infused beverage (not necessarily locally curated) and be able to carry on with relative vigor as the hours tick away. As it was on this first day of the event, and as most of these longer swims go, the first half hour always seems the longest. For some reason, almost every half hour increment after that turns over much faster than the previous

one, which for parties both in and out of the water, this is always a welcome perception or illusion of a distortion of time.

Some might say that all time spent in these extreme sport endeavors should be enjoyable. In truth, I personally have never experienced the mythical endorphin high from a marathon run or an STP bike ride in a day or a three mile swim circuit of an alpine lake. For me these were tests of endurance rather than physical gateways to euphoria. For me it always seems to be that there is a certain requisite stress to perform that always unbalances other benefits that are supposed to come one’s way from all of this. On the other hand, there is a sense of purpose that one can relish in when tagging along as a support person in any of these events, while only momentarily dipping into any type of guilt one might conjure up about enabling someone’s masochistic sport fetish. While it is important and necessary for the support kayaker to be there for your swimmer, there are other reasons to spend hours in a small plastic boat with your butt soaking in an inch of lake water while the Arizona sun beats down for hours looking for the bits and pieces of one’s flesh that failed to get coated with sunscreen on this first day out into a full solar assault on skin that has only known northwest rain and cold for the last seven months.

First off, you have to appreciate the weirdness of paddling in close proximity to sheer rock faces and desert slopes populated with vast stands of Saguaro cactus. It just doesn’t make any sense to be floating along in a waterworld while mere feet away there are relative forests of these cactus giants standing tall in groves that run down to the water’s edge. It makes almost as little sense to see these plants perched on high cliffs up the sides of the sheer rock faces that rise up out of the watery depths we pass through, standing by as a knowing, obliging sentinel allowing us to pass without malice, or else simply existing as monolithic green mileposts for a journey for which only they know the outcome.

And secondly, one has to understand the crowd of people who are participating here in this event. In listening to conversations going about the prerace huddles, one hears talk of past conquests. There is the Catalina Island swim, 21 miles of cool ocean navigation,



Help us close out Earth Month with an Indigenous tribute to an Orca Legend. Saturday, April 29, 2:00 PM, at the Ober Park Performance Room, Orca Annie and Odin unveil “GRANNY’S GIFT - J2: A Sacred Matriarch’s Legacy.” Their special guest is researcher Mark Sears. The presenters have decades of experience in local orca conservation, research, and educational outreach. Tickets are \$8.00, available in advance at the Vashon Book Shop.

Granny’s death is profoundly consequential to her surviving kin, the endangered Southern Resident Community. Tragically, J2 was one of seven beloved whales and three neonates who died in 2016. Merely 78 J, K and L Pod orcas subsist. “GRANNY’S GIFT” explores dramatic

## “Granny’s Gift” Talk + Witch Hat

By Orca Annie Stateler, VHP Coordinator

in Puget Sound previously. To my whale-geeky delight, I gazed upon the T68s for the first time!

The matriarch T68, born 1970 or earlier, and her massive adult son T68A, born 1984, have distinctive dorsal fins. The other six whales with them were presumably some configuration of T68’s daughters, T68B and T68C, and their offspring. The T68s are typically seen off the west coast of Vancouver Island.

In another first-ever during my time on the Island, after they rounded the north end of Vashon, the T68s traveled down East Pass again in the late afternoon. We saw them for the second time in Dalco Pass on the 21st, at 7:00 PM, without the T101s. The T68s milled for 45 minutes, and then they went into The Narrows. For nearly six days, they have been investigating every bay and inlet in the South Sound – what you might expect from newcomers.

Our photos were distant and



Son T68A, Witch Hat fin, with Mom T68 and relatives in East Passage.  
Karen Fuller photo, 4/21/17.

shifts in Southern Resident social and cultural dynamics, caused in part by the loss of Wisdom Keepers such as Granny (J2). Will we witness an extinction or rise to the challenge of doing whatever it takes to preserve Granny’s legacy?

One remarkable change evolving in our waters is the proliferation of Transient (mammal-eating) killer whale visits and the paucity of Resident (fish-eating) orca visits in recent years. On Friday, April 21, a spectacular Transient swarm infiltrated Puget Sound. Two groups circumnavigated Vashon. One group, T90s, went into Sinclair Inlet near Bremerton. Another group, T124As, killed a Harbor porpoise off Three Tree Point and then sauntered into Elliott Bay. The NOAA research boat was busy that day.

Four matriline have been identified thus far. Some others appear to be in the mix. When Odin and I saw the orcas in Dalco Pass last Friday, I instantly recognized one family: the T101s, regular visitors to this area. Their companions intrigued me, because I have not seen them

disappointing, so I peeked at Visual Delights of Vashon to see if other Islanders fared better. Paydirt! Marla Smith’s stunning photos are all of the handsome T101s: lovely matriarch T101, born 1973 or earlier; her known sons T101A, born 1993, and T101B, born 1997; and the big guy, T102, born 1984, likely her eldest son or possibly her brother.

Lucky Karen Fuller got the money shot of the T68s in East Pass, featured as this week’s photo because it clearly shows why Odin nicknamed T68A “Witch Hat.” Look at his pointy dorsal fin! Behind him is matriarch T68, with the notch in the trailing edge of her dorsal. Thanks for sharing your instructive photo on Visual Delights, Karen.

The sour note on the fabulous April 21 encounters was the appalling boating behavior. 1-800-853-1964 is the NOAA Enforcement number for reporting harassment. In this part of Puget Sound, it is the Wild West on the water, with routine violations of whale-wise guidelines. A disturbing trend is evident online, wherein apologists for boat-based whale

Continued on Page 8

# Spiritual Smart Aleck

## Thoughts After the Purge



By Mary Tuel

Nothing like a couple of days of food poisoning to purge your body and clear your mind. Not that I recommend or condone it.

The first and worst day I went through wondering if I was going to die, old and weak as I am, with so many regrets, so many things undone. After a while I wasn't sure if dying wouldn't be so bad. Hey, you've been there.

Time was meaningless. Saturday was a series of delirium dreams in between trips down the hall. I slept off and on all day Sunday and most of Monday. Okay, some things cannot be denied: I got up long enough on Sunday night to watch the Masterpiece Theater programs. Watching Mark Rylance as Thomas Cromwell makes me forget everything else.

By Tuesday morning I had regained the will to live. When I woke up I did an inventory of my body and realized that nothing hurt. This is so rare and wonderful that I lay there for a while savoring the sensation. Perhaps you've been there, too.

As I got up and walked around in my empty condition I realized I felt ready to purge the house, too. My sons would like it very much if I shoveled everything in my house into garbage bags and sent them to the dump. As I stood there feeling wan, I looked at the piles and I felt a strong urge to do that very thing.

It is unfortunate that I have a hard time letting go of things.

The pictures are my biggest obstacle. And slides. We must not forget the slides. I inherited them all, from both sides of my family and from both sides of Rick's family, him being an only child. They add up. The pictures are in boxes, and the boxes are in stacks, and the stacks lean against each other in piles.

I wrote to my friends John and Julie Blakemore about my house situation and my desire to

clean it out, and they replied that their kids have "firmly requested bordering on demand that we strip the place down to a level of physical simplicity that a senior Zen monk would find comfortable to live with."

Yeah. Our children see it coming. When we, as John euphemistically puts it, "fall off the perch," they will have the monumental task of cleaning out our houses. Poor babies.

Beloved, cherished children: I sincerely hope and pray there comes a time and is a world where cleaning out our houses is your biggest and worst problem.

So. I'm still a little green around the gills, as my mother would say. Looking at the piles and promising myself to continue sorting and tossing. It is slow and tender work. Who are these people my aunt took a picture of in the 1930s?

While I was ill I had a little time apart from this crazy world. Every time I turn on the radio and listen to the news, what I hear hurts my feelings, breaks my heart, upsets my stomach, and pisses me off. Maybe it wasn't food poisoning that made me throw up, but an overload of cognitive dissonance and a steady diet of deadly nonsense.

My friend Julie reminds me that every time I feel like I'm going to blow a gasket, to remember that there are millions of people around the world also trying not to blow a gasket. Is that comforting? It was, a little, to me.

I make some tea and toast, and continue to recover. The hyacinths and forget-me-nots are blooming, as are the dandelions, which I don't bother because I hear they are good for the bees. The sun is out today, and the leaves have popped on the trees that looked barren last week. Life goes on, ignoring human folly.

There is so much human folly.

Okay, that's it for me this time. Please close the door on your way out, so the dog doesn't get loose. Thanks.

# Forage Fish of the Salish Sea and Sea Birds With Dr. Tessa Francis

Across the world's oceans and seas, small, silvery, schooling fish - known collectively as forage fish - are critically important as prey for birds, fish, and mammals and commercial catch. Pacific herring in particular are foundational species in many marine and estuarine ecosystems. Pacific herring play a critical role in the social-ecological system along the West Coast of North America, owing to their ecological, economic, and spiritual/cultural importance. In Puget Sound, forage fish support some of the most culturally and economically important species in the region: salmon, orcas and seabirds. This talk will delve deeper into the importance of forage fish for the Puget Sound food web and for the region as a whole. Drawing on her years of fieldwork, research and years of tracking herring spawning along with stories and pictures, Tessa will address the causes of decline in Puget



Sound herring. Come learn the importance of shoreline habitat for sustaining this vital marine resource and our amazing sea bird populations.

Dr. Tessa Francis, a Vashon resident for many years, is Lead Ecosystem Ecologist for the Puget Sound Institute at the University of Washington Tacoma, and the Managing Director of the Ocean Modeling Forum. Dr. Francis is an aquatic ecologist, and conducts research related to aquatic species and food web dynamics. Tessa is presently involved in projects related to ecosystem-based management of forage fish in

Puget Sound and the West Coast of North America, including Pacific herring and Pacific sardine. Tessa serves as an editor for the Encyclopedia of Puget Sound and is on the Science Advisory Councils of the Northwest Straits Commission and the Vashon Nature Center. Tessa holds a BA in Political Science from UC Berkeley, a BS in Wildlife Science from the University of Washington, and a PhD in Zoology and Urban Ecology from the University of Washington.

Thursday, May 11 at 7 PM  
Land Trust Building  
Free and Open to the Public

# AmeriCorps NCCC Joins Camp Fire USA to Develop Future Leaders

Team Silver Three, a group of 12, ages 18 to 24 serving with AmeriCorps National Civilian Community Corps (NCCC), is working with Camp Fire USA, Central Puget Sound Council, and Camp Sealth from March 28, 2017 until May 15, 2017.

Team Silver Three is aiding these sponsoring organizations in their mission to build caring, confident youth and future leaders in King County, Kitsap County, and North Mason County. Silver Three's project includes upgrading facilities and trails for the thousands of youth who use the camp year round. Silver Three will build upon previous AmeriCorps NCCC work with specific tasks that include trail work, rehabbing docks, building ADA accessible facilities, painting, and replacing flooring.

The Central Puget Sound Council operates in a variety of youth development fields. Many of the youth involved in Camp Fire's programs come from under-privileged schools and will participate in an array of educational opportunities to campers such as environmental education.

Corps Member Nik Holder says, "The Central Puget Sound Council is the largest Camp Fire program in the United States. We are looking forward to getting our hands dirty to make the camp be the best experience possible for the youth that participate every year."

The AmeriCorps National Civilian Community Corps (NCCC) and its FEMA Corps units engage 2,800 young Americans in a full-time,



10-month commitment to service each year. AmeriCorps NCCC members address critical needs related to natural and other disasters, infrastructure improvement, environmental stewardship and conservation, and urban and rural development; FEMA Corps members are solely dedicated to disaster preparedness, mitigation, response and recovery work. The programs are administered

by the Corporation for National and Community Service (CNCS). CNCS is the federal agency that engages more than five million Americans in service through its AmeriCorps, Senior Corps, Social Innovation Fund, and Volunteer Generation Fund programs, and leads President's national call to service initiative, United We Serve. For more information, visit [NationalService.gov](http://NationalService.gov).

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ZERO WASTE VASHON

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

**Aries (March 20-April 19)**  
You must plan the week carefully, and be ready with Plan B. There’s no way you could foresee certain events, though if you’re conscious and well-prepared, you’ll not only be able to handle anything; you’ll be able to work certain unpredictable conditions to your advantage. If things get weird or too interesting for comfort, the thing to do is go into listening mode. You may be the one person who understands what someone in your household or circle of friends is going through, and the mere fact that you care enough to take the time and pay attention will be helpful to them. Certain factors are putting you under some pressure to speak your mind, though you must use caution and restraint. Under current conditions, you would be wise to wait a day or two before responding to anything even vaguely contentious or controversial.

**Taurus (April 19-May 20)**  
If you’re inclined toward people-pleasing, you might take a step back and ask what you want rather than what someone else wants. This includes being cautious of trying to impress anyone or show them that you’re of some value in order to get their approval. You’re currently under bold influences that are guiding you to stand your ground and claim your own ideas and way of life. But you know how that can go: it’s easy to get to that point where it’s just less hassle to give into what someone else wants. If you find yourself negotiating for your own freedom, you would serve yourself well to ask why that is. What exactly to you need to claim, explain to others, or make a point of saying is your natural right? If you hear yourself doing that, just pause, collect your bearings and do what’s right for you.

**Gemini (May 20-June 21)**  
You’ve reached a tipping point where things must go one way or the other, and you must now ask yourself whether you’re going to travel in the direction of the past or of the future. That may seem like a silly question, though at this stage, it’s an entirely valid one. Certain attachments to the past may be causing you to hesitate about important and overdue life decisions. Yet you know that there’s really only one way you can go, and that you’ve already chosen. So what’s the use of wondering what to do, when you can put your plan into action? You are in fact free of certain bonds and restrictions that were holding you down, particularly on the professional front. You’ve spent a lot of time doing what others said was right. Now it’s your turn to do what you know is right.

**Cancer (June 21-July 22)**  
You may be feeling some anxiety over a deeply personal matter, one where you know something is actually at stake. Not all fears come true, though sometimes they provide the service of getting you to slow down and be more thoughtful about your own affairs. Sometimes, it’s necessary to apply that same vigilance to the contents of your mind, and notice when you’re thinking fearful thoughts. They tend to have roots, though what’s often surprising is that they are connected to things we would never have expected. Through the week, and indeed for the next week, you’ll need to take matters slowly and stay in contact with what you’re feeling, and whether it’s realistic. Notice whether you’re feeling anger about something that happened in the past, or whether your thoughts really are about something that’s happening now. Be assured of one thing: whatever is on your mind, the truth will come out, and it will be both relevant and helpful.

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

You’re the one with the winning strategy, and people are counting on you for that. The world is so confusing right now, it’s difficult to see a clear path forward. Yet you know that matters are not so cut and dried as people would like them to be. Your real talent is your ability to handle a bit of chaos and unpredictability, which really comes down to two things: know your planned goals and your proposed methods, then be willing to adapt and adjust to conditions as they develop. What starts off early in the week as one thing will be quite another by midweek and unrecognizable by the weekend. Therefore, your strategy must be one of constant evaluation and adaptation. Leo is said to be a ‘fixed’ sign, though you know you can summon flexibility, which is no doubt one of your greatest personal assets..

**Virgo (Aug. 23-Sep. 22)**  
It’s time to move beyond certain narrow goals and a brittle self-concept, and accept yourself for how creative and influential you are. Remember that most of your influence comes from doing something that’s getting rare these days: mastery over the facts and figures. On that note, you must use your mystical power to get a grip on the numbers before making any commitment in a contractual matter, joint financial issue or tax question. As you do this, you may start to notice that the basic data is changing, which is a sure sign you’re not quite at the bottom of things. Columns of figures should add up the same way whether you start from the top or the bottom. And certain people’s stories and versions of events should be consistent each time you hear them, or else something is amiss. Don’t rush working this out. Put your inquiry into slow, steady mode. Give it at least a week or more..

**Libra (Sep. 22-Oct. 23)**  
This has been an emotionally sensitive few weeks for you, and you may still be feeling a little raw, uneasy or hesitant to move forward. That’s understandable enough, especially with Mercury still retrograde in your partnership angle. This is making it difficult for you to discern where anyone else is coming from, and you seem to be expecting important people in your life to change their minds about something and pull the rug out from under your plans. You might make things easier by making far fewer commitments, and sticking to people who have proven themselves to be reliable in the past, in both showing up emotionally and showing up at all. Listen carefully to what people say about their motives. They will reveal little details, and you need to be paying attention. That will make it easier to determine who’s interested in a real exchange, and who’s interested in taking advantage of you.

**Scorpio (Oct. 23-Nov. 22)**  
Matters at work may be making you wonder which way is up, who is on what side and what the whole gig is really about. Yet the thing you must do is keep your cool. That will mean, for the moment, saying as little as possible, and doing as much fact-finding as possible. You don’t need to worry about final outcomes at the moment, since everything is in a constant state of transition. You can be sure that even those who claim to be the most confident are verging on clueless or unprepared for various shakeups that are coming their way. It’s not your job to warn anyone or to predict the future. It is definitely your job to be working with as much information as possible, and to make no important promises whatsoever until Mercury moves in your favor about one week from now.

**Sagittarius (Nov. 22-Dec. 22)**  
Saturn in your sign is providing you with an important stabilizing influence.

You’re also getting the message that you must make a series of structural adjustments if you want to maintain your way of life. One of the most useful methods of maintaining stability is taking the initiative on making incremental changes as you need to make them, rather than putting them off. Note that you cannot really count on the commitments or promises of others at this time, since most people around you know far less than you do, even about some of the most obvious or most personal matters they’re confronting. Don’t be misled, and don’t worry about being a leader. Rather, lead yourself competently. Keep your headlights on, and if you find yourself in the middle of a fog, slow down, relax and aim your car down the middle of your lane.

**Capricorn (Dec. 22-Jan. 20)**  
Whatever may be going on in your family or household, you run the risk of getting dragged into something that has nothing to do with you. Your people-pleasing (or daddy-pleasing) tendencies could get you into this, as could the political maneuverings of certain people who have a known reputation as operators. No matter how tempting it may be to add your two cents, stick up for someone or come to the rescue, you are not only free to step back entirely: you would be well-advised to do so. There would seem to be no halfway point here. Either you’re shorn of the whole situation, or you’ll be drawn all the way in. You have better things to do with your precious time and energy than play games with people who could be best described as rebels without a cause – or perhaps without a clue.

**Aquarius (Jan. 20-Feb. 19)**  
One great benefit of being an Aquarian is your ability to apply your mind to solving

*The Vashon Loop, p. 7*  
a puzzle, problem or other challenge. Yet how you define the issue determines how you approach it and, therefore, whether you solve it. I suggest you put more energy into defining the problem than you put into coming up with the remedy. Once you know what you’re dealing with, what to do will be plainly obvious. If you act before you correctly define the problem, you could literally spend days running in circles before you figure out you were doing just that. Therefore, slow down the whole process, and keep as wide a perspective as possible. And remember, the key to being a genius is knowing when you don’t know.

**Pisces (Feb. 19-March 20)**  
Venus in your sign is still close to Chiron. This is making you not just sensitive to your pain and that of others, but also giving you a heightened awareness of some calling from deep inside yourself. It may feel like a cosmic longing of some kind, though the truth is this is about you, and your soul’s journey. One very important thing to be mindful of is that you be grounded in your home and your work. That includes food, rest and a feeling of wellbeing, so much as you can muster it. Once you have those bases covered, it’s a lot easier to be responsive to your innermost needs. You need a safe space to feel whatever it is you’re feeling, and you also need space and bandwidth to be responsive to the many practical matters that are vying for your attention at the moment. If you find yourself obsessing with plans and strategy, remember that there’s a larger plan, which will be revealed to you if you can relax your mind and take care of your body.

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

# History Contest Announces Winners

“Doing all the writing” was a lot of work, but “interviewing David Gruenewald and learning history was a lot of fun.” This is the opinion of partners Neve DeVoght and Julianna Steffans whose entry, “Matsuda Farm History Project” took first place in the 2017 Vashon-Maury Island Heritage Association’s “Vashon Story History Contest.” Winners were celebrated at an awards party at the Heritage Museum Friday evening, April 21.

Eight 4th - 6th grade students from Chautauqua and Harbor Schools received prizes.

Second place went to Linus Nauman-Montana for his video, “Japanese-Americans on Vashon,” which explored the conditions in the internment camps during World War II. Linus learned “how hard life was for the Japanese-Americans, how they had almost no privacy, and had to leave Vashon with only two suitcases each.”

Alexander (Xan) London-Chambers wrote “The History of Engels” and earned third place for his interview with Louis Engels, owner of Engels Repair and Towing on Maury Island. Xan was inspired by the holiday lights on a tow truck that is parked beside the road in December.

Four students received an Honorable Mention.

A poem by Livy Winnard, “Vashon Is...” highlighted the variety of experiences that characterize Vashon Island. Louis Leuchtefed’s cartoon strip, “The Nike Missile Site and Humphreys the Cat,” combined his sense of humor with information about Vashon Island and the Cold War. Rowan McBennett shared “My Favorite Place on Vashon” by writing about sand dunes near Point Robinson, and Caroline Barnes celebrated her love of



Back row, left to right: Louis Luechtefed (Honorable Mention for “The Nike Missile Site and Humphreys the Cat”); Xan London-Chambers (3rd place for “The History of Engels”); Linus Nauman-Montana (2nd place for “Japanese Americans on Vashon”); Rowan McBennett (Honorable Mention for “My Favorite Place on Vashon”).

Front row, left to right: Neve DeVoght and Julianna Steffens (first place for their “Matsuda Farm History Project”); Caroline Barnes (Honorable Mention for “Ferry Boats: Our Island Connection”); Livy Winnard (Honorable Mention for her “Vashon Is...”)

ferry boats with both a poem (which she read on a video) and short essay.

VMIHA appreciates the support of 4Culture, Vashon Bookshop, and Kellum and Montoya Building for this annual endeavor.

# Song of Songs

Vashon Island Chorale concerts feature world premiere of “Song of Songs” by Abraham Kaplan.

Under the direction of Dr. Gary D. Cannon, the Chorale presents concerts this weekend at Vashon Center for the Arts on Saturday, April 29 at 7:30pm with pre-concert lecture at 6:45 and on Sunday April 30 at 3pm with pre-concert lecture at 2:15.

Abraham Kaplan of Mercer Island composed “The Song of Songs, which is Solomon’s” in 2013. The light-hearted text alternates between English and the original Hebrew, with the men’s and women’s choruses sometimes singing in bilingual dialogue.

Also on the concert program is Franz Joseph Haydn’s famous and beloved “Lord Nelson Mass” written in 1798. It is often linked to the victory of Lord Nelson over Napoleon and with its militaristic tone reflects the composer’s worries for a war-ravaged Europe.

Vashon’s favorite orchestra players and some off-Island guests join the chorale for both works. Soloists Jennifer Krikawa, soprano, Katherine Weld, alto, Gabriel Gargari, tenor and Andrew Krikawa, are featured in the Haydn piece. Jennifer



Jennifer & Andy Krikawa

Krikawa also sings with the Chorale in “Song of Songs”.

Composer Kaplan will be in attendance for both performances.

Tickets are being sold online at [vashoncenterforthearts.org](http://vashoncenterforthearts.org), at the VCA ticket desk in the lobby and at the door, if still available at concert time.

Prices: \$20 general, \$18 VCA members, \$15 senior, \$5 youth (16 and under).

## Road to Resilience

Continued from Page 1

conservatives, the equivalent group exists on the left as well: they’re called anarchists. Although anarchists have been thoroughly defamed since the bomb throwing anarchist cartoons of a hundred years ago, the philosophy of anarchism is a serious and respected concept that is very similar to libertarianism. They both inhabit the same space but they don’t know it because they’re backed up to each other.

I recently read a conservative’s characterization of liberals and conservatives as being like bees and butterflies. They both live on freely offered nectar, while one lives in a highly regulated hive where all is shared equally, and the other simply takes its fill from one flower to the next without a care in the world. First of all, this person is talking about authoritarian liberals and libertarian conservatives, not liberals and conservatives per se. Even so, the fecundity of this analogy is breathtaking! Just thinking about how it is and is not true is illuminating.

There is much to be said for libertarianism, but somehow I just think that having no authority at all is not going to work. We humans are a clever and unruly species, and I think we would quickly annihilate ourselves without rules. Actually, we’re doing a pretty good job of that despite the rules. Name any rule or regulation, and there are a hundred ways to “game” it.

We’re stuck in the old trap of demonizing one side or the other of the same coin. There are no one-sided coins. Cries of hypocrite abound because, of course, you can’t deny the other side of your own coin!

At the risk of muddying the waters, I’d like to suggest another pair of terms that lend some further insight. I propose the terms “naturist” and “humanist.” I’m putting both terms in quotes because both have existing definitions. It turns out that naturism is synonymous with nudism! Not inconsistent, but my definition is much broader. The term humanist is usually considered to be the opposite of spiritual or religious. I use it to refer to the same belief in humanity, but include as well religious beliefs that adhere to the literal interpretation of certain sacred texts that confer ownership and a central position to humans.

A person who is channeling her naturist understands that humans are but one species on a planet whose life system is mainly characterized by cooperation, and that we are utterly dependent on that system for our existence. We are partners, not owners. (Clothing is optional!)

A person who is channeling her humanist sees human beings as a unique species, possibly alien to other earthen life, that, by virtue of our intelligence, and maybe by divine authority, are the owners and managers of this planet. We can use it and fashion it as we please. We can exist independent of much of the rest of the life web and can control the part that we need. This mode is characterized by the use of power and good stewardship in fashioning the world we envisage.

Does it look like we need a little more naturism here?

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

## The Dorsal Spin

Continued from Page 5

watching are virtually gaslighting first-hand observers of aggressive maneuvering around orcas. These vessel effects are minimized or sometimes censored. We KNOW what we are seeing in our waters. We did not imagine that Clipper ship in Colvos Pass. NOAA must hear from more of us when we observe egregious boater conduct.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO

206-463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of whale sightings for Vashon-Maury initiated four decades ago by Mark Sears. Send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).

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

# Ted Talks Cinema at Vashon Theatre

The TED Conference is where some of the world’s most daring and inspiring ideas are not only heard for the first time, but experienced. It is where TED Talks originate: ideas delivered by innovative speakers that inspire, awe, and potentially even rewire the listener’s brain to consider a new perspective.

TED Cinema Experience brings the collective energy of the electrifying TED Conference to select cinemas around the world this April and May.

Three events from the sold-out TED2017 Conference in Vancouver, Canada, themed “The Future You,” will be broadcast to over 700 cinemas across the world. TED Cinema Experience invites audiences to watch as extraordinary speakers give the talk of their lives and share new ideas worth spreading live from the TED stage. In keeping with TED2017’s theme, this year’s speakers and performers will unveil the freshest ideas and insights to help ask the questions about our future selves that we often don’t have time for.

Tickets for TED Cinema Experience are on sale now on-line [www.vashontheatre.com](http://www.vashontheatre.com)

“Many people know and love TED Talks, but most have never experienced the energy and excitement of witnessing TED Talks being presented for the first time ever – at the annual TED Conference in Vancouver,” says Alex Hofmann, TED’s Director of Global Distribution & Licensing. “TED Cinema Experience invites cinema audiences to join the journey for one, two, or all three events, and provides a front row seat to the wonder, inspiration, and world-shifting insight that only happens at TED.”

TED Cinema Experience: TED2017 Opening Event. Monday May 1st 4:00 & 7:00pm at Vashon Theatre.

For the second year in a row, TED is inviting communities around the country to join the opening night of its conference by watching 6-7 new TED Talks presented live for the first time before 1,500 TED attendees in Vancouver, Canada.

Experience the electric opening night of TED, with half a dozen TED Talks and performances from:

- Designer Anab Jain
- Cyberspace analyst Laura Galante
- Artist Titus Kaphar
- Grandmaster and analyst Garry Kasparov
- Author Tim Ferriss
- The band OK Go
- Rabbi Lord Jonathan Sacks

TED Cinema Experience: TED2017 TED Prize Event

Tuesday May 3rd 4:00 & 7:00pm at Vashon Theatre.

Cinema-goers will get to watch as TED Prize winner Raj Panjabi receives



a \$1 million award towards a creative, bold wish to spark global change. By investing in a powerful idea every year, the TED Prize accelerates progress toward solving some of the world’s most pressing problems. The event will also feature an update from past TED Prize winner Sarah Parcak, as well as talks from exceptional TED speakers.

On the second night of TED2017, the TED Prize screening offers a lineup of awe-inspiring speakers with big ideas for our future, including:

- Champion Serena Williams
- Physician and writer Atul Gawande
- Data genius Anna Rosling Rönnlund
- Movement artists Jon Boogz + Lil Buck

TED Cinema Experience: TED2017 Highlights Exclusive. May 18th at 8:30, and May 19th at 4:00pm.

TED will be opened up for the public like never before, with a program created exclusively for cinema audiences. This event will give cinema-goers a first-of-its-kind look at the TED2017 conference experience, driven by revelatory TED Talks and performances captured live that highlight some of the most insightful, inspiring and exciting moments of the week-long TED2017.

“TED fans in select cinemas worldwide will have access like never before to participate in TED’s annual conference, right in their communities,” said Julie Borchard-Young, co-president of BY Experience. “By expanding the offering in cinemas from Opening Night in 2016 to three events in 2017, TED is building a new community, while dazzling audiences with stimulating TED Talks on subjects that matter today.”

For more information about TED Cinema Experience at Vashon Theatre please go to [www.vashontheatre.com](http://www.vashontheatre.com)

## Tami Needs A Home...

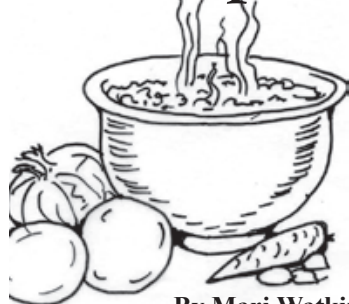
I have the loveliest markings! This photo doesn’t do me justice; you really have to get up close and personal to appreciate how special I am.

Beauty might be only skin deep, but I’m beautiful inside and out. I’ve lived happily with people of all ages except for young children, and I even like dogs (as long as they’re nice to me). I love to sit on laps and talk about myself. I’ve been declawed and need to stay indoors. Wouldn’t you like to have a beauty queen around?



**Go To [www.vipp.org](http://www.vipp.org) Click on Adopt**

# Island Epicure



By Marj Watkins

## Natural Remedies for Chronic Fatigue And Migraines

Some time ago I wrote a series of columns on which foods and herbs help people combat which ills. Now some readers have inquired what they can to remedy for their problems. One of them asked what to do for fatigue. Besides recommending that she turn off TV and computer after supper, and to reduce the evening light level in her house, I suggested a little extra Vitamin B1.

A few years ago my energy sank so low that I could barely drag myself off the couch and to the table to eat food my son John prepared. With daughter Suzanna's help, I got to the clinic, was tested and told that my TSH (thyroid stimulating hormone) was a little low. They prescribed levothyroxine to bring it up a bit. It helped, but not much. I sought advice from my daughter's naturopath, Dr. Kelly Wright who had my individual thyroid hormones themselves tested, and prescribed Naturethroid, to be taken with the levothyroxine. I promptly got back much of my missing energy.

After a few years, a new doctor retested my thyroid hormones and told me I'd swung from hypothyroid to hyperthyroid and could stop taking thyroid medication. I wonder whether they were looking at someone else's blood sample, because I stopped for two days and it was a disaster. I promptly went back to Dr. Wright's Naturethroid but dropped the extra thyroxine. Also I added Vitamin B Complex to my usual morning multivitamin. I listen to my body. Sometimes, I take a little extra Vitamin B1.

There seems to be an explosion of thyroid problems-hypothyroidism, and thyroid cancer. I blame the bakers who make our store-brought bread. They have stopped adding iodine

to their recipe and substituted bromine, a chemical that blocks iodine absorption. I don't know whether they did it because it's cheaper, or because it makes the bread rise more. I get around that by putting sea vegetables in my soups--hijiki or wakame, and eating more seafoods. I put barley flour dumplings in the soup and skip the commercial bread.

The second person's problem was migraines. What stops migraines depends on what causes them. My other daughter, Jeannie, suffered from migraines because her diet was not a healthy one. For her lunch at work, she always took a sandwich made on white bread and a soft drink. Supper was whatever she could throw together fast. Along with that, she was feeling a lot of tension at work. I sent her a care package with magnesium, multivitamin-mineral capsules and instructions to go to whole-grain, gluten free bread for her sandwiches and a box of milk for lunch, and to ditch the high sugar soft drinks. Now she's her usual brisk, joyful, efficient self, and recently got a promotion at work.

My son Steve had migraines after being knocked down by a motorcycle that cut between the curb and the bus he was trying to mount. He hit his head on concrete pavement. To stop fierce headaches took several treatments by a Grostic chiropractic practitioner. A pedler on the corner had caught the motorcyclists license number and called the police. The motorcyclist had to pay Steve's hospital bill.

For me, wheat gluten was the migraine cause. When I noticed that whenever I ate wheat in any form for three consecutive days, I got a migraine, I deleted wheat from my diet. My son John also eliminated health problems by foregoing wheat. We can both eat rye and barley, though they each have a smidgen of gluten. Other food sensitivities can also cause migraines. Allergy testing could find them.

Cutting cane sugar out of your diet takes away a pain increaser. Coconut sugar has only one-third the glycemic load of cane sugar, but no sugar is better yet. Calcium and Vitamin E lessen pain perception, as does ginger root. Magnesium is abundant in seeds (think beans, almonds pumpkin seeds), greens like kale, bok choy, etc needs calcium to function and vice versa. Almonds and almond meal yield both magnesium and calcium.

# VHS Theatre Arts Program Presents Musical Comedy, Sister Act -- Nun Will Believe It!

For the first time in its history the VHS Theatre Arts Program will undertake a production of the Tony Award nominated musical, Sister Act. This heartwarming and hilarious disco meets gospel musical opens on May 5, 2017 at VHS Theatre. Showtimes are as follows: May 5 through 7 and May 11 through 14; evening performances begin at 7:30 pm, Sunday performances at 3 pm. Regular ticket prices: \$15.00 adults, \$12.00 students and seniors. The class of 2018 will hold a benefit on Friday, May 5th, tickets \$10.00 adults, \$8.00 students and seniors. A Vashon Rotary Club benefit will take place on May 13, 2017 at 7:30 pm.

VHS Theatre Arts Teacher and Director of Sister Act, Dr. Stephen Floyd, explains how he came to choose the show, "I read nearly 20 musicals this past summer, fall and winter before I found this one...I liked its humor, its message, its characters." The show will feature 25 VHS students in an array of roles. Floyd explains, "It presented new musical and acting challenges for the core group of Theatre Arts students who have been involved in shows for several years and plan to study theatre in college." Particularly of note, an unprecedented ten seniors of the Theatre Arts program will be performing in the musical; several have participated in the program for four years, the remainder at least two years. The seniors will be honored at the Vashon Rotary Club benefit

performance on May 13.

Sister Act is a feel-good musical comedy based on the hit 1992 film, featuring original music by Tony- and eight-time Oscar winner, Alan Menken (Newsies, Beauty and the Beast, Little Shop of Horrors), the musical was nominated for five Tony Awards, including Best Musical. When disco diva, Deloris Van Cartier (played by Sedona Deck), witnesses a murder, she is put in protective custody in the one place the cops are sure she won't be found: a convent! Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior (played by Grace Brown). Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community but, in doing so, blows her cover. Soon, the gang is giving chase, only to find them up against Deloris and the power of her newly found sisterhood.

Senior, Ellie Hughes plays the demure Sister Mary Robert shares, "The play is fun and not complex, just silly and fun." Senior, Louisa Moody adds, "I play a young enthusiastic nun. She is very passionate about what she loves and, although we have very different beliefs, I can connect with her on that level." Brennan Barrett (what year?) plays gangster Ernie, "There are a lot of really fun songs and I hope the audience can really get into it."

Dr. Floyd hopes audiences will not only be entertained, but inspired by the musical's core

message, "spread the love." He explains, "I want people to share the love. I know that may sound hokey, but love is the essence of the world's great religious traditions. Love is what makes us human. Everything that comes from love will never end, but the ripples spread throughout space and time." Messages of love aside, the show has all of the material to make a lasting impression with its powerful gospel music, outrageous dancing and a truly moving story. An array of strong female roles will provide opportunities for multiple students to shine.

The cast list is as follows:

Curtis: Xavier Ajeto,  
Ernie: Brennan Barrett,  
Joey: Joel Wiegner,  
Pablo: Isaac Hughes,  
TJ: Gabriel Dawson,  
Eddie: Hugh Davis,  
Monsignor: Brennan Barrett,  
Deloris van Cartier: Sedona Deck,  
Mother Superior: Grace Brown,  
Sister Mary Robert: Ellie Hughes,  
Sister Mary Patrick: Louisa Moody,  
Sister Marty Lazarus: Madison McCann,  
Sister Mary Martin-of-Tours: Emma Destantis,  
Sister Mary Theresa: Bella Kilpatrick,  
Tina, Michelle,  
Roxie: Alivia Jones,  
Marisa McTighe, ,  
Talia Roybal,

## May 10th Give Big Day

Continued from Page 1

help, VYFS has stayed flexible, changing over time as the Island's needs have changed.

Community donations fund 14% of our annual budget. Give Big is our single biggest day to raise individual donations. Last year, you generously donated \$20,000 to VYFS GiveBIG. Please consider donating today to VYFS to fund Island social services.

You can donate right now at vyfs.org!

Or, keep an eye out in your mailbox for a postcard from VYFS with details on how to give. We are also hosting a Bake Sale at Thriftway on May 6th and 7th. Stop by to learn more about how you can help. Thank you for your support of Islanders in need!

Deadline for the next edition of *The Loop* is **Saturday, May 6**

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

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## Have a Story or Article

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

# The JD Hobson Band

Welcome to the Outlaw Blues! Welcome to the JD Hobson Band.

When Outlaw Country and Americana meet the Delta Blues you get a whole new genre. JD Hobson takes his Virginia Appalachian blues roots and combines it with Seattle's Americana and rock scene, and a sound is created that has gotten people standing up to take notice.

"Hobson's brand of bluesy Americana is steeped in rich outlaw tradition." (Seattle Weekly Reverb Magazine)

Somewhere out there on the road between Seattle, Austin, and Memphis is a man on the run. Whether from the law, or just his own personal demons, it's hard to say, but he runs as though the boogie man himself was on his heels, or as Robert Johnson put it in his famous song, "there is a Hell Hound on My Trail." Maybe every man has felt a little like this in his life, and JD Hobson expresses this feeling in what he calls the Outlaw Blues.

JD Hobson was born and raised in Seattle, yet his father comes from the Appalachian blues country of Virginia. The music that drifted up from a juke joint named the Dewdrop Inn in Martinsville Virginia made a permanent impression on JD's father when he was a child. The seed was planted in JD as he grew up listening to his father's music on the radio.

Studying under greats like John Jackson, David Honeyboy Edwards, and John Cephis at Centrum in Port Townsend helped JD hone his craft. The end result is that JD has an exceptional feel for most roots music. His ability to grasp every nuance down to the minutest inflection has become his hallmark.

"This music is about reaching down deep and coming up with something authentic and timeless. The trials, sadness, and triumphs of people here in America continue on today only dressed in different clothes. Times have changed, but we inherit the blues." - JD

In JD Hobson's music some will say they swear they hear the rootsy goodness of Bob Dylan and the Band. Others



will say they feel the bluesy rockin' groove of the Black Keys. Still others will say it reminds them of the roadhouse vibe of Howlin' Wolf with a little Willie Dixon in the rhythm section. What's unanimous is that the music is infectious. Enough groove to move your feet and enough passion to move your soul.

The JD Hobson Band is the natural evolution of JD's solo career, and his fans have responded by selling out a number of shows locally in the Seattle area including the famous Tractor Tavern.

The JD Hobson Band is composed of four members: Dan Infecto on bass, who toured for years with the infamous Bob Wayne as one of his "Outlaw Carnies," often opening for Hank Williams III. Then there is Mike Peterson on drums, and Ron Weinstein (Suffering F\*ckheads, Crack Sabbath), who packs a genuine Hammond B3 organ with Leslie speaker to every show. The sound of the organ and its rotating speaker adds a mesmerizing depth to every song.

DJ's nationally and internationally stood up and took note in 2013 when JD Hobson's "Where the Sun Don't Shine" hit #8 on the Freeform American Roots Chart, and #26 on the Roots Music Report chart in addition to hitting #3 on KEXP's Blues chart.

This is an all-ages free event until 11pm, then it will be 21+ after that.

Friday, May 5th, 8:30pm  
The JD Hobson Band  
The Red Bicycle Bistro & Sushi

# Open Mic Poetry Night

Vashon Poetry Festival 2017 kicks off its two day schedule of events with a Community Poetry Reading Open Mic at the Bike on Friday, May 12th. This year's special guests, Washington State Poet Laureate Tod Marshall, and Seattle Civic Poet Claudia Castro Luna, will be at Red Bicycle Bistro & Sushi at 8pm to get the informal evening going and open the festival with a poem. Then it's your turn to read one of yours. All ages are invited to read an original poem in a two minute spot onstage. This year's festival is all about celebrating our shared connection through words: weaving words that bring us together.

The evening also features musical interludes by Allison Shirk and J D Hobson, to keep the lyrics and libations flowing. Vashon Poet Laureate Cal Kinnear, and Youth Poet Laureate Majiah Sanson-Frey will join other local poets reciting in signature styles. Young poets are encouraged to bring it. This will be a lively evening of island wit, wisdom,



and wordplay, whetting appetites for Saturday's poetry workshops around town, and the guests of honor's closing night reading at VCA.

Sign-up for a reading slot at the door by 7:30 to be sure you're included. Bring the gang, grab a table and get some dinner. Two minutes is time for one medium-length poem or two short ones, so practice your recitation before you come to make sure it fits, for a smooth flow. Family friendly language

please. All ages until 11. No cover charge.

For more info on the festival guests of honor and events, go to: [vashoncenterforthearts.org/portfolio-view/vashon-poetry-festival/](http://vashoncenterforthearts.org/portfolio-view/vashon-poetry-festival/) or email [vashonpoetryfestival@gmail.com](mailto:vashonpoetryfestival@gmail.com)

Friday, May 12th, 8:00pm  
Open Mic Poetry Night  
The Red Bicycle Bistro & Sushi, All-age's 'till 11pm, 21+ after that  
No cover!

## Wakefield

Writer / Director Robin Swicord (Curious Case of Benjamin Button, Memoirs of a Geisha, Matilda) has graciously offered to let us screen her new film "Wakefield" before its LA and NY premieres on May 19th. 100% of the proceeds will go to Vashon Community Care! Robin will do a Q&A after the show.

A man's (Bryan Cranston) nervous breakdown causes him to leave his wife (Jennifer Garner) and live in his attic for several months.

Tickets are \$12 for Generals and \$10 for seniors. They can be bought online [www.vashontheatre.com](http://www.vashontheatre.com) Direct <https://ticketing.us.veezi.com/purchase/1199?siteToken=S8xWxG1eukyLNjwXQXDLbA%3D%3D> Or at the Vashon Theatre Box Office, during our evening hours.

Director: Robin Swicord  
Writer: Robin Swicord  
Stars: Bryan Cranston, Jennifer Garner, Beverly D'Angelo.

Thursday, May 4th 2017, 7:00pm  
Vashon Theatre 17723 Vashon HWY SW

VASHON THEATRE  
17723 Vashon HWY SW

**WAKEFIELD**  
THURSDAY, MAY 4TH 7:00PM

Writer & Director Robin Swicord (Curious Case of Benjamin Button, Memoirs of a Geisha, Matilda) has graciously offered to let us screen her new film "Wakefield" before its LA and NY premieres. A man's nervous breakdown causes him to leave his wife and live in his attic for several months.

Robin will do a Q&A after the show.

**Bryan Cranston**      **Jennifer Garner**

Tickets \$12 Gen/\$10 Sr [VashonTheatre.com](http://VashonTheatre.com)  
100% of the proceeds will go to Vashon Community Care!

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

# Close To You

## The Music of The Carpenters

Considered one of the best vocalists of all time, Karen Carpenter captured the attention of a generation with her unabashedly catchy pop music. Singer Lisa Rock has compiled a moving tribute to the music and life of The Carpenters, and brings it to the stage with her 6-piece backing band. Hailing from Chicago, this ensemble is dedicated to re-creating the true sound of The Carpenters, showcasing some of the most memorable songs of the 70's including the No. 1 hits "We've Only Just Begun," "Rainy Days and Mondays," and "Close to You."

These songs still resonate with listeners 40 years after they topped the Billboard charts. A playwright as well as a singer, Lisa Rock has been performing to sold-out crowds for years, drawing in the audience with anecdotes about Karen and Richard Carpenter, and how some of the songs originated. Now in its seventh year performing this tribute, the band performs the music as Karen and Richard



Carpenter had written them, maintainin' a fidelity to the original arrangements and keys with Rock's impressive four-octave range. A memorable and stirring walk down memory lane!

Close To You  
The Music of The Carpenters  
Katherine L White Hall at VCA  
Saturday, May 6, 2017, 7:30PM  
\$22 General; \$20 Senior; \$18 VCA  
Member/Student

# Stratford Festivals New Production of Macbeth

All hail Macbeth! Join us in cinemas nationwide and watch Macbeth claw his way to power in the stark world of the 11th century. Returning from victory on the battlefield where they have helped crush a rebellion against King Duncan of Scotland, the warriors Macbeth and Banquo are accosted by three mysterious women. These weird sisters greet Macbeth as Thane of Cawdor – a title belonging to one of the vanquished rebels – and predict he will subsequently become king. When Duncan quickly rewards Macbeth with the executed Cawdor's title, Macbeth – with the encouragement of his ambitious wife – begins to contemplate fulfilling the second part of the sisters' prophecy by taking his destiny into his own murderous hands.

SpectiCast and the Stratford Festival are proud to present Antoni Cimolino's chilling production of *Macbeth*. It has been praised as "a thrilling terror," (Globe and Mail) "a bold and brutal take on the Scottish King's tragic tale" (Toronto Star), and "a brilliant, terrifying show" that leaves people "gasping in the dark" (Chicago Tribune). Starring Ian Lake in "a galvanizing performance as an unusually young and sexually magnetic Macbeth" (New York Times) and Krystin Pellerin as "a standout Lady Macbeth ... at once adorable yet devious" (Postmedia), this is a



production that will haunt your dreams  
and leave you tingling.

Stratford Festivals New Production  
of Macbeth

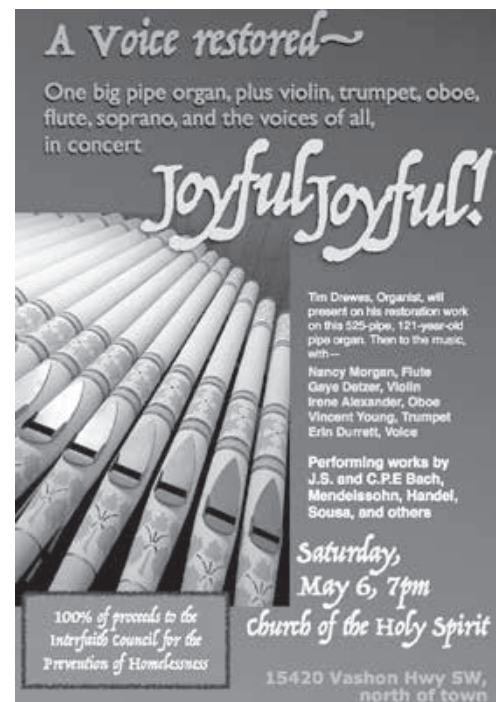
The Vashon Theatre  
Tuesday May 2nd, 7:00pm  
General \$15, Senior \$14, Child \$12

Ticket Link <https://ticketing.us.veezi.com/purchase/1117?siteToken=S8xWxG1eukyLNjwXQXDLbA%3D%3D>

# Joyful Joyful

"Joyful Joyful" a concert with pipe organ, violin, flute, oboe, trumpet, and soprano voice will celebrate the restoration of the Island's oldest pipe organ, on Saturday, May 6th at 7pm at the Episcopal Church of the Holy Spirit. Works by J.S. and C.P.E Bach, Mendelssohn, Handel will be featured, and the concert will end with a sing-along of the "Star-Spangled Banner" by Sousa. With musicians Tim Drewes, Gaye Detzer, Irene Alexander, Vincent Young, and Erin Durrett. 15420 Vashon Highway SW. By donation; all proceeds go to the Interfaith Council for the Prevention of Homelessness.

Saturday, May 6 at 7pm.  
Church of the Holly Spirit  
15420 Vashon Hwy SW



Vashon Intuitive Art Welcomes **Brittany Both**  
 "To live like a lotus flower in muddy water"  
 Gallery Cruise May 5th, 6-9 pm



As a young girl, I was inspired by my grandmother, her art room enchanted me. I marveled at her exquisite brushes, rich and glistening with oil paints, she methodically placed onto her pallet. It was here she painted the most breathtaking landscapes. She would set me up with watercolors and markers, always encouraging me to put my ideas onto paper. My arms were my canvas in the first grade. Eventually, my techniques evolved, I began experimenting with clay and printmaking entering my high school years, and in 2009 received a BFA in painting and printmaking. Over the years, creating art with an abstract approach has allowed me to channel a vast world of landscapes; intertwining forests and figures. It has become a prominent coping mechanism and given me the opportunity to just 'be'. Art has provided me with hope and solace, it has become a sanctuary for growth and reflection. Amidst the process, expression, has become a form of therapeutic healing, as well as creative expansion.

## Local Weather

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

## Compost the Loop

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**Next Edition  
of *The Loop*  
Comes out  
Thursday  
May 11**

Deadline for the next  
edition of *The Loop* is  
**Saturday, May 6**

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Spring weather and three children bringing Cheryl to new levels of irritation.

Think F5 hurricane.

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**Next Edition of *The Loop* Comes out Thursday May 11**

Deadline for the next edition of *The Loop* is **Saturday May 6**

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