

Food Bank Benefit Opens Vashon Sheepdog Classic



By Ellen Parker

Conceived in 2010 as a top-notch herding competition and a means to a humdinger of a community fundraiser, the Vashon Sheepdog Classic celebrates its 9th year June 7-10 at Misty Isle Farms. When the dust settled after 2017's trials featuring a keynote by animal science professor Dr. Temple Grandin, over \$20,000 was gifted to ten island youth organizations and nonprofits. One was Vashon Maury Community Food Bank, which will be the sole beneficiary of

2018's opening day, Thursday, June 7.

The first day of the trials is a soft event opening with vendors setting up, and Nursery and Pro-Novice class dogs competing. Young and less-experienced dogs and their handlers compete between 7:30 a.m. and 5:00 p.m. Only two food vendors will be open Thursday, but they are good ones: Midlife Crisis Farm and Orca Eats will operate mid-morning through 5:00 p.m. Admission at the gate is "pay what you

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The Road to Resilience It Is What We Make It

I have to admit that I was a little skeptical about what we might get from our second meeting of Unifying For Democracy. In the first meeting, we broke up into small groups and came up with what we thought were the main problems facing our democracy. In the last column, I listed a summary of those problems. We framed the results of that meeting as questions that we could ask people actually working in the political sphere at our second meeting. My aforementioned skepticism derived from my perception that the dire state of our democracy has a lot to do with the practice of politics. I was half expecting evasive answers. I did expect to get a dose of reality that I would find disappointing, even though I knew it was the way things tend to be. Don't get me wrong: I have the greatest respect and admiration for the people we invited to our meeting. It's just that idealism tends to get blunted in the day-to-day struggle of doing politics, and we need real idealism more than ever, now when our challenges are so serious and urgent.

I'm glad that we held this meeting

By Terry Sullivan,

because it re-instilled my faith that there are a lot of good public servants who are still passionate about ideals despite the daily struggle to put them forward. I'm still skeptical of the state of politics in general, but at least a goodly number working for us here in our district and state are moving in the right direction. What they lack is a constituency that is ready to make the efforts to clarify their own priorities and the sacrifices that big changes require of us.

One of our guests was our State Senator Sharon Nelson. She spoke of how frustrated she felt for seven of her eight years in the Senate under a Republican majority that blocked every effort she worked on to pass progressive legislation. Her constituency is much more than our relatively affluent liberal bubble here on Vashon. She also represents White Center, where she mentioned that 120 languages are spoken. It was difficult not to be moved by her description of what it must be like to live in fear of being separated from a family member who is being deported.

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Vashon Dance Academy Performs Pinocchio



Pinocchio, danced by Gerrit von Roedel, and Talia Spurlock as Strombolina.

By Tracy Chait

Vashon, WA-Dance! Vashon will present its annual performance featuring Vashon Dance Academy's dancers June 1-3. This year's show is Pinocchio, the Italian folktale that follows Gepetto and his young puppet on a wild adventure through truth, lies and dreams.

Jiminy Cricket, a lead role danced alternately by Isa Sanson-Frey and Lyla Mildon, opens the show with her group of little crickets, danced by the Academy's youngest group of dancers from the Creative Movement class. Modern, ballet and hip hop numbers follow, gathering together a cast of dolls, puppets and a mischievous pair of friends, the Fox (danced by Caitlin Jeffcoat and Gwynne Valencia) and the Cat (danced by Jules Vanselow and Hannah Spranger). Twists and turns abound until a deep dive into the sea, where Gepetto is reunited with Pinocchio.

In this cast, Gepetto and Pinocchio are already quite close, as this year they are danced by Gerrit von Roedel and his real life dad. Other notable roles include the Blue Fairy, danced by Sophie Blasingim, and the evil puppet mistress

Strombolina, danced by Aiden Rees and Talia Spurlock. Aiden and Talia also share the role of Evil McDivia. Over 100 dancers comprise the full cast, including several dancing dads, who add to the fun of the show each year. Additional parent volunteers have been hard at work crafting dramatic set pieces, costumes and makeup design over the past few months.

Artistic Director Cheryl Krown, who has been leading rehearsals along with Co-Director Julie Gibson and instructors Christine Nelson and Randy Ford since February felt this particular show was the best vehicle to showcase this year's dancers. She looks forward to a show that she says, "rewards telling the truth and shows us the consequences of lying."

The show will open June 1 at Vashon High School at 7:30pm. Additional shows are Saturday at 1:30pm and 7:30, and Sunday at 1:30pm. Tickets are available at Vashon Bookshop as well as at the door and will be \$16 for adults and \$12 for students.

Live Local Weather www.VashonWeather.com

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to www.wunderground.com, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www.vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site www.vashonnews.com. Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site www.vashonweather.com.

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The Vashon Loop

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Get in The Loop

Submissions to the Loop

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

Alzheimer's Association Caregivers Support Group

Resources Available for People Living with Alzheimer's and Their Caregivers.

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 pm to 2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at 206-355-3123.

Kitchen Girls at Vashon Bookshop



The Kitchen Girls, a vocal ensemble specializing in Americana, bluegrass, and traditional folk, will perform at the Vashon Bookshop on Friday, June 1, at 6:30. The five-woman group singing tight harmony in loose pants consists of Mary Litchfield Tuel, Lynn Carrigan, Mary Rose O'Reilley, Linera Lucas, and Erin Durrett.

Vashon Progressive

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

Have a Story or Article

Send it to:
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Next Edition of *The Loop* Comes out Thursday June 7

Deadline for the next edition of *The Loop* is **Saturday, June 2**

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Vashon/Maury Island Town Hall meeting

You are invited to attend the 2018 King County Community Service Area Town Hall and Community meeting for residents of Vashon and Maury Island.

The Vashon/Maury Island Town Hall meeting is scheduled for Thursday, June 7 from 6:30 to 8:30 PM at McMurray Middle School, 9329 SW Cemetery Road SW. A flyer for this event is attached.

The meeting will provide residents of unincorporated King County and other interested residents an opportunity to meet and discuss issues of concern with Councilmember Joe McDermott, a representative from the Executives Office and the Sheriff's office and key officials from King County Departments including King County's Department of Transportation, and representatives from the Departments of Permitting and Environmental Review, the Assessor's office, Public Health, Community and Human Services and others. This will also be an opportunity to learn about King County's proposed Department of Local Services intended to better support residents of unincorporated King County. For more information or questions about the proposed Department of Local Services contact: asklocalservices@kingcounty.gov

Run for Vashon Island's Unofficial Mayor

Have you dreamed about being an elected official? Here is your chance to become the Official Unofficial Mayor of Vashon Island AND support your favorite Island non-profit organization at the same time!

Anyone can enter and run for the office! The election is open to any Vashon Island resident regardless of age, race, gender identity, corporeality or species! Declare which Island charity you want to represent, get written permission from the non-profit organization to run and fundraise for them and get to campaigning. In order to throw your hat in the ring you must first announce you are running for office to the Chamber of Commerce and agree to the rules of the election, then announce it to the local newspapers and start your campaign. Create and place up to 12 ballot boxes, organize your fund raisers and get out there and get votes.

Your supporters can vote (as many times as they like) by depositing a dollar (or more) in the ballot box, writing checks or donating online. Each dollar collected for your charity counts as one vote with the winner earning the title of Vashon Island's Unofficial Mayor. All money goes to benefit non-profits on the Island. Money is collected and sent to the Chamber of Commerce for counting and verifying. The Mayor's race has been known to raise up to \$22,000 to benefit Island causes.

IF YOU WIN! You will be invited to participate in other events throughout the year, such as the Ribbon Untying Ceremonies and Chamber Events but participation is totally optional. Once elected, the fun starts...all year! (Just a word of caution, the Unofficial Mayor is an honorary position and is limited by what you are willing to don once you win the election.)

Vashon Island Unofficial Mayor Contest... the Details:
DECLARATION DEADLINE JUNE 1st!

The Unofficial Mayor Contest is a joint fundraiser run by the Vashon Chamber of Commerce and by participating Vashon Island Charities. The Chamber of Commerce is the fiscal agent of the contest and are responsible for the office.

The election is open to any Vashon Island resident regardless of age, race, gender, identity, corporeality or species. Candidates may run under assumed names, nom-d' plumes, character names, nicknames, random numbers, or their given names.

In order to run for Unofficial Mayor Candidates must do the following:

Select a 501C3 Designated Charity to fundraise.

Your charity must submit a letter giving the candidate permission to fundraise for them and agreeing to the contest terms as well as a copy of their IRS certification to the Chamber of Commerce.

Declare candidacy to the Chamber of Commerce, the newspapers, social media and anyone else who will listen.

Create your own "ballot boxes" (ballot boxes = collection boxes since money equals votes in this contest).

Place ballot boxes in various locations throughout the Island. Inform Chamber of Commerce Staff of the location of your ballot boxes.

Fundraise to get out the vote: 1 Dollar = 1 Vote, encourage voters to vote multiple times!

Candidates may solicit donations however they want. In person, online, by throwing parties or any other fundraising technique. Voters can pay by check, cash or credit card.

Checks can be made out to the Charitable Organization directly but copies must be submitted to the Chamber in order for those votes to count.

Credit Card donations can be made directly to the Charitable Organization but copies of transactions must be submitted in order for those votes to count.

Cash can be collected directly by the Charitable Organization, a copy of the deposit slip showing the amount must be turned into the Chamber in order for the votes to count.

Cash from jars will be collected by Chamber of Commerce Office who will track these donations.

Early Unorganized Crime



By John Sweetman and Seán_C._Malone

When John Sweetman was trading his smoked salmon sandwich on homemade bread for a peanut butter sandwich on punky store bread, it wasn’t because he didn’t prize his Dad’s smoked salmon; it was just that he had salmon on homemade bread all the time.

As a young pre-criminal, I was tying beach dried willow roots into packages of ten sticks which I would sell at school for a dime. We called it smoke wood because the inside was porous and the short stick smoked like a cigar. All our transactions were held behind the gym, since the teachers wouldn’t allow us to sell stuff on school grounds.

“I can show you how to turn pennies into dimes,” John told me one day as we bicycled down to his house. When we got there, he hauled out a small bottle of acid and a separate small bottle of mercury which cost John a dollar. The penny didn’t look too good after the acid had been cleaned off with baking soda; it was all pitted and looked like it had lain in the street, and been run over by many cars. John poured a small amount of mercury in the palm of his hand to roll the battered penny around in until it shined like a “dime,” fresh out of the mint. It didn’t matter to us that the treatment was many times the cost of a dime.

We bought our candy from the shop teacher who had it as sort of a sideline; we kids called it “moonlighting.” The “chicanery” started when the bullies stiff-armed the younger kids for their penny candy and sold it to other kids for money. We called the bully, “Jawbreaker”...he died in a logging accident at 16.

When Jawbreaker had good hard candy, he would suck on it until it turned white and then slip it back in the original

wrapper to be re-sold to an unsuspecting kid.

We had games like marbles or flipping pocket knives for sport. A guy with a large bag of marbles dangling from his belt became a symbol of wealth as we tried to beat him out of his marbles. Mumblety-peg was a way to get rid of an old knife you might not care too much for. That’s why we only took our old “crappy” knives to a game, in case we lost, for mumblety-peg was dangerous. A knife could be had for 50 cents and we preferred carbon steel to stainless because it was easier to sharpen and we took pride in the condition of an edge. The sharper the better; one test was arm shaving; the occasional bleeding cut was expected. In fact, it wasn’t unknown to cut our arms on purpose for the mixing of blood and thus becoming blood brothers, an old Indian custom, or so we were told.

Playing mumblety-peg consisted of standing opposite of each other with feet spread apart, holding the knife tip between two fingers just above the right shoulder or left, if that was your best arm and flipping the knife at the opposing person so that it stuck in the ground as close as all get out, to the other person’s foot. The person who got the closest won the bet and took the other person’s knife. If you got stuck in the foot, the other person was disqualified. If you moved your foot, you lost your turn. Only folding knives could be used and the knife had to turn over at least one time in flight. It was a prize to win a genuine Case knife.

Jean Sherman, Vashon’s near centenarian, reminds us: “If you bring a knife to school now, its grounds for expulsion.”

Sean@vashonloop.com

Food Bank Benefit Opens Vashon Sheepdog Classic

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can” with all proceeds benefiting the Food Bank.

Many island residents are depending on Vashon Maury Community Food Bank more than ever due to the rising cost of living on the island. Distribution hours are every Wednesday and Thursday, 11:00 a.m.–1:00 p.m. and 5:00–7:00 p.m. plus 10:30–11:00 a.m. for seniors and people with disabilities. The Food Bank is located at 10030 SW 210th Street behind the Neighborcare Health Center at Sunrise Hill. If you are in need, all you have to do is show up during distribution times!

Food donations can be made any time at the Food Bank donation shed,

and checks can be mailed to P.O. Box 1205 Vashon, WA 98070. If you are a vegetable gardener, don’t forget you can donate your overabundance of produce. VMCFB is proud to provide islanders with locally grown, fresh, organic fruits and vegetables.

So beat the sheepdog crowds! Come out to Misty Isle Farms on Thursday, June 7 to support budding talent on the herding circuit, enjoy a delicious lunch or snack, take in the majestic, rolling hills of Misty Isle, and support Vashon Maury Community Food Bank with your cash or check donation for admission to the field.

New Executive Director at the Senior Center

Catherine Swearingen has been selected as the new Executive Director of the Senior Center. Catherine has extensive experience with both volunteering for and managing non-profits. She says, “The work of Vashon Senior Center speaks to my heart.” She is eager to continue the good work the Center does for the Island’s older adults and notes that a similar center was invaluable for her father’s well being. Catherine invites everyone to join in the fun at Vashon Senior Center.



VAIS to Receive \$10k Grant

National Endowment for the Arts Chairman Jane Chu has approved more than \$80 million in grants as part of the NEA’s second major funding announcement for fiscal year 2018. Included in this announcement is an Art Works grant of \$10k to Vashon Center for the Arts for Vashon Artists in Schools.

The Art Works category is the NEA’s largest funding category and supports projects that focus on the creation of art that meets the highest standards of excellence, public engagement with diverse and excellent art, lifelong learning in the arts, and/or the strengthening of communities through the arts.

“The variety and quality of these projects speaks to the wealth of creativity and diversity in our country,” said NEA Chairman Jane Chu. “Through the work

of organizations such as VAIS, NEA funding invests in local communities, helping people celebrate the arts wherever they are.”

“We are honored to be recognized for the hard work Vashon’s teaching artists and classroom teachers do every day to holistically engage our island’s kids through deep arts learning,” said VAIS Program Manager Kaycie Alanis.

For more information on projects included in the NEA grant announcement, visit arts.gov/news.

Vashon Center for the Arts is a collaborative and community-based organization that initiates quality arts experiences for all ages, creates opportunities for artists to perform and exhibit their work, and provides a center for the arts on Vashon Island.

Open Space Hosts Big O Wonderland Gala & Auction

Come as Alice, Mad Hatter, Queen of Hearts or as you are to the Wonderland that is Open Space for Arts & Community, Friday, June 1 for the annual Gala & Auction. Doors open at 6 pm, when guests play games of chance (in homage to Lewis Carroll’s Alice in Wonderland theme) such as Hedgehog Bowling, Cheshire Cat Croquet and Mad Hatter’s Musical Chairs. Prizes include gift certificates for massage, dinner at May Kitchen, two tickets to Judy Collins, Here Yoga classes, UMO classes and more. Entertainment provided by Enjoy. Catered dinner served at 7:15 pm, followed by Dessert Dash and Live auction, with Auctioneer Laura Michalek. Auction items include a premiere collection of Palouse wines, getaway to Ashland, Oregon, diamond necklace from Fox’s Seattle, mixed media work by Morgan Brigg, Trip for four to Viet Nam and more! Tickets are \$50 per person and are available at OpenSpaceVashon.com. Join us for fun, Arts & Community!



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Is Music the Key to Change the World?

I am Gary Culp, a Vashon visitor for 25 years, recently made our home.

As a musicologist, I recently received a message from a young friend who was excited by the effect her music was having on her audience, amazed at their response to her new vibe and lyrics. Juliana had raised the 'A' string on her guitar to 444 Hz and tuned the instrument to that, as I had suggested in a recent conversation. Then she recorded a new song and when it was finished, it was 4 minutes and 44 seconds long. She was "freq"ed out, saying she wanted to understand what was happening. My response follows:

Hey Juliana,

Wow! I think you are discovering your power as a musician. As you say, some listeners seem to be experiencing something mind-altering when they hear your tunes and lyrics. I'd say you are doing it right! Musicians rock! Don't stop raising the vibe!

I'm so supportive of what you are doing. As you know, I'm very curious about the visceral impact of vibration and frequency, the emotional, physical, mental and spiritual influence of playing and listening to music, especially when the frequencies are raised a bit. Healing with sound is recent on most people's radar but certainly an exciting frontier. We are pioneering and can possibly be changing the world.

Living here on Vashon Island where there are so many fine musicians, DJs and a great little radio station, I am attempting to do some educating on the subject here. Together we could be kick-starting a musical revolution, one song at a time. Everything is possible.

When the 'A' note is raised from 440Hz to 444Hz, 'C' becomes 528Hz, tuned up from that dissonant 523.251Hz, which, since 1936, has been "Concert C" in our western world and the frequency we are 'fed' 24/7. These two frequencies work together! When raised, the music and sound they produce is lifted into harmony with Natural Sound. "Music is the Key to Change", subtly bringing us back into balance with love, non-violence and peace. Einstein said "Everything is vibration". We can learn more and apply what we know.

EVOLUTION IS A MONSTER! In Hindu, it's the goddess Kali. She's the destroyer of evil forces and has been worshipped as the Divine Mother of the Universe, the ultimate reality, divine protector and bringer of liberation. Kali is the mother of our planet's evolution, bringing the emerging paradigm of "Peace". She excites the quantum leap of critical collective consciousness that we are feeling in our hearts and patiently waiting for. The old way has proven itself obsolete. War is an example.

To help it along, we can encourage others to collectively "Raise the Vibe"! It's the Science of Sound! The Gateway to Change! Many musicians are doing this already. It's so subtle most people can't hear it, but the raised frequencies resonate with natural healing potential. It's being proven.

We can all tune our 'A' to 444Hz and experiment. How? Since it is not yet possible to buy a 444Hz tuning fork on line, you can hear it on You Tube or use a digital tuner with an adjuster to raise the 'A' frequency from 440Hz to 444Hz.

I say, "May the 4s be with you"! The number "4" in numerology represents the divine messenger, an angel. Notice how its configuration resembles a "winged" stick figure. According to that system, the cosmic 4s bring natural order. Put two 4s together, 44, cosmic messengers, put three together, 444, the Angel Choir and the frequency of love and harmony. Don't believe me. Do a little research.

Here's a tip if you're not into electronics. On line, a 'C' tuning fork is available, a great tool to carry. Listen to it every now and then. Tune your instrument to that 'C' and 'A' naturally becomes 444Hz, sending both of those harmonic vibrations into your heart chakra, tuning up your unconditional love! As we believe, so we become. We do create our own reality, disturbing as it may seem, sometimes. Neuroplasticity to the rescue! Tune in, tune UP!

Some research says that under the influence of 528Hz, damaged DNA can re-organize itself to heal our genetic code of traumatic experiences caused by chaotic situations.

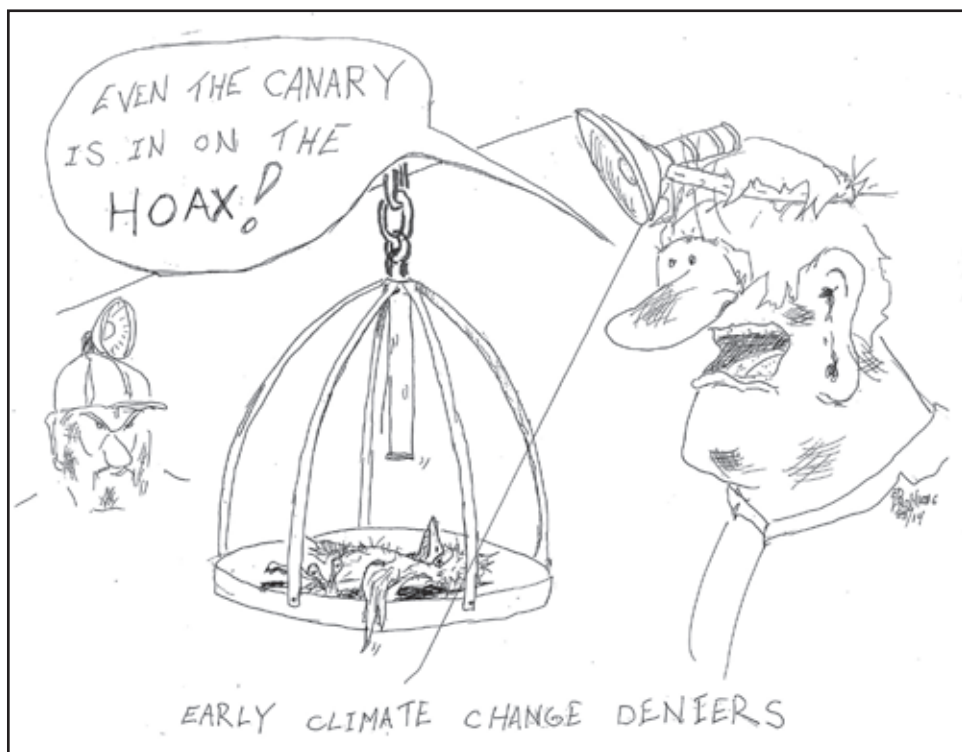
Music is a Miracle! I'm convinced of its power. I've researched and experienced it for a long time and strongly believe in its healing potential, bringing balance and order, lifting us out of the dissonance we've been feeling, so out of key with truth, love, conscience, harmony, and of course, peace. Raise the Vibe!

Musicians, DJs, and radio stations are discovering how important their role is in helping people to let go of old patterns and behaviors and to embrace the new paradigm that is knocking on the door of our evolution! "Music is Key!" (44 in numerology!)

By the way, this 5/28, May 28th, is our 150 Anniversary of Memorial Day. What a perfect day to kick start a Non-Violent Revolution that says, "No More War, Raise the Vibe to 444". When we gather at our village cemetery on Memorial Day Monday at 11, I'm taking my ukulele along and we'll be singing "Glory, glory, hallelujah, Music is changing our world!" Play the Music! Be the Music!

CHEERS my DEARS!

Love you. - gar



Grand Opening! Vashon Brewing's Community Pub

By March Twisdale

Now-a-days, most folks have a pressing sense that they need to be "doing something." The world is descending into all sorts of troubling conundrums, and the pressure to "be the change you want to see in the world" is familiar to the majority of us. So, what does that mean? Invent a machine to clean up the world's oceans? Discover cold fusion? Get money out of politics? Stop Climate Change? With such ginormous goals, feeling overwhelmed is more than understandable - it's practically inevitable! Until you remember one thing.

Everyone needs to eat and drink. Wait a sec, you say? What does that have to do with anything? Well, to put it simply, "life must go on." Whether we are destroying our planet or rebuilding it, the basic aspects of life remain. Raising the question, "can we do the basics in a better way, too?" That is exactly what Vashon Brewing's Community Pub is all about! Doing food & drink better, and as you'll soon learn, this is no accident.

While VBCP has become a family & friends effort, it all began with Cliff's lifelong love of beer. Sounds funny, to the non-beer lover, but for those of you who brew...and those of you who love to drink what other folks brew...you get it.

Brewing isn't a casual hobby. It is art, science, endless curiosity, attention to detail and passion all bottled up together. After years of commuting to an accounting job in the city, Cliff was ready to fully live the island dream! This meant a change of career, no commute, a sustainable way of living that could also pay the mortgage, increased community connections, and following his passion. Enter, stage left, Vashon Brewing a la Farmer's Market!

Funny, how discoveries are made. As most scientists, and artists, will attest - accidents, mistakes and failure can be epic tools of success! While Cliff & Cara deeply enjoyed their years at Vashon's Farmer's Market, the experience drove home a singular fact: selling locally crafted beer on Vashon Island at wholesale and the Farmer's Market could pay for a hobby but not a mortgage. As Cliff told me, over a cup of locally roasted coffee, "I needed to upscale my operation, and my big vision had always been a world where beer was local. That you weren't buying from multi-national conglomerates that dominate 70% of the worldwide beer production."

As Cliff looked into expanding his business, the reality he came up against was that those 70% producers dominate every aspect of the industry. And, if you think buying a micro-brew will avoid this, think again. Once small brewers hit their own production ceiling, most get bought out and the "cute, indie label" is maintained simply to boost sales. Customers think they're getting local, but they're not. What's a small, island brewer to do?

Keep dreaming, that's what! People had been asking Cliff to create a local storefront venue for six years, but the main thing that enabled him to say yes was the interest and enthusiasm of his son-in-law. "He had the aptitude to produce amazing brews. Brewing is not an easy thing. So, when my son-in-law displayed such obvious interest and ability, it freed me up to focus on the equally challenging role of business developer, owner and creator. Finding the best of partners, who shared my passion and endless interest in talking about this, thinking about this, dreaming about this...led to the creation of something far better than any one of us alone could have built."

Okay, I know. You're hungry and thirsty now, right? Very well...

Vashon Brewing's Community Pub had its "soft opening" on Saturday, May 19th, and it will have its Grand Opening (with ribbon cutting ceremony & everything) on Saturday, June 2nd. Open from 12noon - 9pm, Thursday through Monday, VBCP offers something for everyone! I asked Cliff about where he got his ideas. "The experience that I love about Europe is that whole feeling that you aren't rushed. The local pub is a family-friendly, social experience. This is why we don't use a wait staff. This is a specific decision because in our culture, a waiter creates a set of expectations, which is linked to being rushed along or pressured to order quickly, make a decision, etc. We want an ambiance of relaxation. What you want, when you want it."

Beer is served as Flight Trays (4 drafts @ 5 oz each), Pints, 1/2 Growlers (32 oz) or you can bring your own Full Growler & fill 'er up! But, it's not just beer! VBCP offers other island drinkables, such as: Palouse Wine, Dragon's Head Cider, Behesht Kombucha, Nashi Orchards Cider or Perry and Vashon Brewing's own non-alcoholic root beer. After

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**FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL
WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org**

Spring Baroque Festival

The Salish Sea Early Music Festival presents a Spring Baroque Festival of three contrasting performances of early orchestral and chamber music on period instruments on Vashon Island.

— June 13: Silvius Leopold Weiss
In “Silvius Leopold Weiss” on Wednesday, June 13, 2018 at 7:00 PM baroque lutenist Oleg Tlmofeyev from Iowa City, Iowa and Jeffrey Cohan, on the one-keyed baroque flute, will play music by Silvius Leopold Weiss, the most

prolific and highly esteemed lutenist of the baroque, who worked frequently with flute virtuoso Gabriel Buffardin and wrote much music for obbligate, or fully written out, lute and flute.

The concerts take place at Bethel Church at 148th Ave SW & 119th Street on Vashon Island. For additional information please see www.salishseafestival.org/vashon. or call (206) 567-4255. Admission is by suggested donation: \$15, \$20 or \$25 (a free will offering), and those 18 & under are free.

Road to Resilience

Continued from Page 1

We couldn’t help but imagine what it would be like if we had to live with that fear. Her message was to get out of our bubble and think about the lives and issues of those that don’t share our privileged life, including of those that live here on Vashon.

Dylan Cate, who is an organizer for the Washington State Democratic Party, was there to advise us on how we can work on solutions. I got the impression from him that he and most of the new regime in the State Party are from and responding to the grassroots movement in the party. A lot of my skepticism with the Democratic Party stems from a clear opposition on the part of high level national Democrats to grassroots support for radical reforms like Medicare for All, a living wage, free college education, and serious spending limits for campaigns. Dylan gave me the impression that there is a strong and rising opposition to this faction, and the more that each of us gets involved, the greater our influence and the faster it will change. If you don’t know what Democrats to support, check with Indivisible, or The Working Families Party. These groups vet and support candidates that support grassroots issues.

Our third guest was Shaun Scott, a field organizer for Pramila Jayapal. We are very lucky to have such a capable and progressive representative in Congress as Rep. Jayapal. Shaun is of the same caliber. He is not what I would think of as a typical political apparatchik. He is quiet spoken, thoughtful, and

knowledgeable. I feel that both he and Rep. Jayapal are people that will not disappoint us.

The question is: will we disappoint them? Don’t think that we could never live in a country under martial law where our voting and workers rights are suspended and white supremacist groups run rampant. We absolutely have to get Democratic control of Congress this fall and maintain Democratic control in the state. Don’t think it doesn’t make a difference: don’t think that your vote doesn’t matter! Solutions are within reach, but it means we all have to get out of our comfort zone and participate.

As far as I know, we need Democratic precinct captains in Dockton, Portage, Burton, Quartermaster, and Tahlequah precincts. If you live in one of those precincts, give it a try. Contact Art Chippendale: Arthur.chippendale@gmail.com. If you just want to check out the 34th district: www.34dems.org. We will need people to doorbell for both state and congressional candidates. Dave Reichart is resigning, and we can elect a Democrat there if we work on it. We can set up carpools to other districts to make it easy and fun. It won’t happen without you.

Comments? terry@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

Grand Opening! Vashon Brewing’s Community Pub

Continued from Page 5

years of studying Transition Town models of living, Cliff was clear that whatever he did, it had to increase community connections. Consider Vashon’s collaboratively drafted “Sip Brochure.” Visitors who try a Cider or Perry at Vashon Brewing’s Community Pub will be encouraged to head on over to all the other tasting rooms where they can enjoy a wider variety of island-crafted beverages.

And then there’s the food. Pure YUM of the vegetarian, sausage loving, dessert, peckish & hungry variety is prepared regularly by an island chef in a local, commercial kitchen with a focus on utilizing island sourced

ingredients “where we can, with an eye on keeping the menu prices reasonable for customers.”

Whether you want to relax with your kids, meet up with coworkers, go out for a romantic date or quietly read a book on the patio, Vashon Brewing’s Community Pub’s friendly and relaxed atmosphere & staff await! For an intentionally created, cooperative (versus competitive), relaxed (versus rushed), bright (versus dim), fresh (versus internationally transported), “yes, we know your name” experience...just head to VBCP! North of town center, across from the library, in the Vashon Village.

Advertise in the Loop!
It’s a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out June 7

Conscious Cartoons Animation Festival seeks volunteers

For the past year, islander Bill Jarcho has been prepping to launch a new international animation festival devoted to themes that promote social justice, peace, equity and humanistic values.

The festival, called Conscious Cartoons International Animation Festival, will take place Sept. 14 to 16 at Vashon Theatre, offering multiple programs for audiences of all ages, as well as the chance for participating filmmakers to win cash prizes totaling \$20,000 in several categories.

“The time seems ripe for this kind of festival and Vashon is the right place for it”, according to Jarcho.

“Animation has the ability to tackle difficult stories and at the same time move people in ways that many mediums cannot,” Jarcho said. “This is a unique opportunity for people to see a group of award-winning films with a conscience that can’t easily be seen anywhere else.”

Right now, Jarcho and his collaborators are looking for islanders who would like to become involved in meaningful ways to help make the festival run.

Volunteers are needed throughout the festival to take tickets, sell merchandise, hang posters, greet and



Bill Jarcho (Courtesy Photo)

transport visiting animators and help with myriad other tasks behind the scenes.

Jarcho has also already invited a number of international animators to attend the festival and is looking for Vashon hosts to open their homes to them.

Finally, Jarcho said, donations of airline mileage/ or cash of any amount are also needed to help pay for international flights for filmmakers who would otherwise not be able to attend.

“These independent animators are making films on a shoe-string budget that have meaning for themselves and the greater world on a variety of important topics,” said Jarcho. “This is a chance for these talented filmmakers to visit our island, share their process and tell stories of why they made their films.”

Tickets and passes for the festival will be available on Brown Paper Tickets. To find out more about the festival and get involved or make tax-deductible donations, visit consciouscartoons.org or email animate@consciouscartoons.org. or call Bill directly @ 206 9400821.



Trine Habjorg’s award-winning film, “When I Hear the Birds Sing,” tells the story of how war has affected children from the Ivory Coast. The film will be shown in the first edition of the “Conscious Cartoons,” and organizer Bill Jarcho wants to bring the Norwegian filmmaker, along with others, to Vashon. (Courtesy Photo)

Delaney Needs A Home

I’m a happy-go-lucky youngster in search of my forever home. Nobody knows where I came from, but I must’ve been very well-socialized as a kitten because shelter volunteers say I’m adorable and sociable. I like to play with people, and I do OK around other cats. If you’re looking for a BFF (Best Feline Friend), I’m your guy!



Go To www.vipp.org Click on Adopt

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

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



Aries (March 20-April 19)
You may feel as though you’ve stepped into some kind of unusual social situation that you just don’t understand. You may feel like you’re in over your head, or that elements from the past are driving you more than what is immediately in your environment. Yet you must maintain your confidence, while at the same time remaining aware of your perceived weaknesses. Pay special attention to any bad advice that may have come from your mother, or any attempt she may be making to control your life (whether or not she is in-body). Some of this may focus on an aspect of your sexuality that you’re concerned will, sooner or later, emerge into the light, at which time it must be confronted. Don’t spend your time waiting. Deal with your most intimate issues directly. Practice radical honesty (a book by that title is worth reading) with yourself first, then with others.

Taurus (April 19-May 20)
Mercury is cautioning you against exaggeration in any form. State matters in their most basic and elemental way, leaving out the emotional content. That may not be easy, though it will help if you make a list of the known facts, the suspected facts, and what you’re certain you do not know. Once you organize your thinking in a way that subjects things to logic, you will have a much clearer view of your situation. Financial matters are a high priority, though not so much as you may think. What’s more critical is that you spot the errors in your thinking, and do what you can to correct them, which is what the straightforward analysis I’ve suggested will probably accomplish relatively easily and painlessly. And once you’ve attained a state of clarity, be certain that you update your files regularly, and keep a flexible point of view. Nothing stays the same for long these days.

Gemini (May 20-June 21)
For you, at this moment, the truth is a matter of survival; especially professionally. Any short-term gain that may be had by frosting over some gritty aspects of reality will not serve you well, or serve you for long. You don’t need to spill your guts, though you do need to account for all of the available facts, and do so in a way that you’re prepared to support, and vouch for. Most days it seems the world has gone into the post-truth, post fact phase of evolution, though sooner or later there is accountability. The Sun entering your sign late Sunday puts a spotlight on you, making you more visible than usual and connecting you with many people in an unusual way. You’re about to discover that everyone is connected to everyone else; and that there is, in truth, just one topic of conversation that must be addressed. It seems like more, but that’s not true.

Cancer (June 21-July 22)
At all times, check in with your inner kid. For some people, he or she is deep beneath the surface. For you, your kid is likely to be right where you can see, feel and speak with. This facet of your being is not necessarily the one to make decisions, but it is someone whose opinion you should value on any topic. When I say child, I don’t mean impetuous child, but rather one who looks at the world more honestly than adults do; someone who is capable of being impressed, and also incredulous. Someone capable of curiosity, and of being real with others, and not worried what the consequences might be. Your child is probably in some kind of face-to-face relationship with your inner parent; though, in psychological terms, the inner parent is the least dependable, least reliable and least honest facet of the psyche. Trust your kid. Follow your curiosity.

Leo (July 22-Aug. 23)
The Sun has entered the friendliest and most social angle of your solar chart, which is Gemini. As this happens, you may find yourself in the midst of about 10 different conversations you were not expecting to be in, and some that you have no desire to be

in. However, you will also be in a fantastic negotiating position, particularly if you take the approach that you’re interested in every facet of the story. Don’t do this randomly or casually, only in situations where you’re truly committed and have some personal investment. It’s a helpful way to work out conflict, should that bubble to the surface. And where you must make decisions, take every opportunity to slow down the process and gather information from every available source. Information is your friend; knowledge is in actual fact power. You are responsible for what you know, and for what you don’t know. So, find out.

Virgo (Aug. 23-Sep. 22)
The Sun has entered the most visible angle of your chart: your solar 10th house, Gemini. This is your power angle; your reputation; and your ability to occupy two careers or professions at once. What’s so interesting is how many other planets there are in the very early degrees of the signs. This is something that influences everyone, though I’ll offer some details here. The Sun will be making aspects to Chiron, Uranus, Pallas, Venus, Transpluto, Typhon, Pholus and Mars; all within about 48 hours (through Wednesday). That is a lot of activity. Your ability to handle many things at once, and to process a vast amount of mental data, will come in handy. The place you want to stay grounded is on the level of earth and water: the feminine elements. You will be spending lots of time ‘in your head’, and you need to spend some time in water, near water, in nature and with critters.

Libra (Sep. 22-Oct. 23)
Venus and Pallas Athene are encouraging you to take charge; though you need to know which approach to take, with whom. All in all, the theme is friendly, though the difference is how much emotion to bring into the conversation. Some people will need a more matter of fact, brass tacks approach; others will need a little more coddling or seduction. Regardless, you can get what you want, though you must be aware that there are many moving parts, and the game board has been rearranged somewhat radically since where things were at even just two weeks ago; very little that applied then applies today. So you must do your homework, update your files, and make sure that in all respects you’re dealing with the most recent information. I was going to say recent and relevant, though certain factors that seem trivial could prove to be deeply meaningful. So take it all into account..

Scorpio (Oct. 23-Nov. 22)
There are certain people who just cannot stop lying; to make sure you’re not one of them, hold yourself to a high level of truth in all that you say and all that you write. Yet there’s another side to this, which is what you accept as truth into your mind. Fraud and deception is a game that requires two players: a deceiver, and a believer. For a while, the believer is absolved of responsibility, since fraud is a self-concealing crime. However, at a certain point you will be working with enough information that you can easily assemble the parts and pieces, and align the layers. Pause before you make any decisions that are irreversible.

Sagittarius (Nov. 22-Dec. 22)
Actions have consequences, and you must be aware of when you’re being tempted to do something that is out of alignment with your personal truth. Don’t even bother. Walk the other way. Forget about how much money, sex or paradise you may be offered, or may seem available if you do this thing. Forget it. Stick to truth, justice and your personal constitution. That’s where the far greater rewards are to be found, whether spiritual or material — and for you, they are closely related. Yet it’s always wise to remember that yours is an economy that runs on love and not on money, particularly

now. That’s where to put your emphasis: on who and what you care about. If someone is close to you, draw them close, take care of them, share what you have, and allow an exchange to happen. Not online robotic fun, but in-person, human fun.

Capricorn (Dec. 22-Jan. 20)
Many factors in your environment will seem to provoke you, though it’s your option what to do. Much depends on whether you’re able to relax, explore and experiment. The alternative to that would be attempting to control, withhold, or suppress your energy. This is, in a sense, a test of whether you place a kind of false morality above your natural desire to live. You may be experiencing this as a titanic battle, though it’s between “sides” of a debate that do not exist. You are one unified entity. You don’t need reasons to allow yourself to be creative and breathe. You are alive. That is reason enough. What you might question are any reasons you’ve given yourself to hold back, to resist or to delay having the fun that you want to have. By fun, I don’t just mean the transient kind. I mean the life purpose, fulfill your dharma kind. If you are afraid, I would ask, what are you afraid of? Does it exist?

Aquarius (Jan. 20-Feb. 19)
Mars in your sign suggests that you are in possession of considerable power: you can throw lightning bolts if you want. What matters is the feeling behind them: is it passion, or aggression? Is it a friendly feeling, or a hostile one? Are you intending to create or destroy? You can do any of those things, and it’s imperative on you to choose. Yet these are decisions not often

made; they happen on what some people call the unconscious level, and that rarely leads to much that is constructive. As your power increases, so too does your level and intensity of awareness. You must be aware from moment to moment, and decide from moment to moment. As the next few weeks progress, this will evolve from being important to urgent to mandatory; so you may as well tune in sooner rather than later, and claim full possession of your strength as a matter of daily living. Because it is.

Pisces (Feb. 19-March 20)
You may feel uncertain whether to stay at home or go someplace, though you can do some of both. The Sun has just entered your solar 4th house, your private and most secure space; and you will feel better if you tend to, take care of, and spend time at home. However, Jupiter is also in your 9th house of travel, making a spectacular aspect to Neptune. So in a sense it does not matter what you do, as long as you have fun doing it. And remember the credo of all true travelers, which is wherever you go, you find yourself there. Your inner theme these days is getting clear about the true nature of fear, and how it originates inside of you. It’s difficult (but understandable) when you place the source of fear outside of yourself. Yes, there are factors in your environment that you must deal with, though that’s the point: how you address them largely determines what they are, and what they become, which is to say, what you are, and what you become.

Read Eric Francis daily at
www. PlanetWaves.net

New Yoga Studio is “HERE!”-- at Open Space

Ronly Blau, a longtime Vashon yoga teacher of almost two decades, is coalescing her various yoga classes and offering them in one location at her new studio HERE yoga and mindfulness center at Open Space for Arts & Community.
The intention of HERE yoga & mindfulness center is to support students in cultivating an awakened presence within a caring and inclusive community. The classes emphasize the inner yoga arts. Meditation, breathing practices and self-reflection are integrated with yoga’s physical practice.

HERE’s classes offer students: stress release, cultivation of a grounded center, physical strength and flexibility, inspiration, and community connection.
Ronly will be offering five classes/ week: three Mindful Flow yoga classes, a Yoga & Meditation class and a Yoga Bliss(restorative yoga) class. David Seborer, a new teacher to the island with 20 years of experience, will be offering Yoga Basics one day/week. The Mindful Flow classes integrate mindfulness with the asana practice. Students flow from one pose to the next slowly and deliberately with keen interest and care, pausing throughout class to notice the



Ronly Blau

effects the movement has on the mind and body and to adjust appropriately. Sometimes music is used to enliven the inner graceful dancer while at other times students simply flow with the breath. All levels are welcome, but some introductory experience with yoga is recommended. Yoga & Meditation, Yoga Bliss and Yoga Basics are all beginner-friendly classes. Starting in the fall, an on-going 8-week, “Mindfulness Lab” series will be offered with a rotation of experienced mindfulness teachers.

The studio is located on the 2nd floor of the newly renovated Open Space. Large, south-facing windows to the forested meadow allow beautiful, natural light to stream into the spacious room for an intimate and gracious space for your practice.

“We are delighted to have Ronly teaching her yoga classes in the Open Space movement room,” said Amanda Westbrooke, Open Space Executive director.

All are invited to an Open House Party on June 16th, 4-6pm upstairs at the Open Space with kirtan-- led by Tim Hulley and Joe Panzetta, door prizes, and snacks. All are welcome.

More information and complete schedule at: Ronlyblau.com and OpenSpaceVashon.com

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Spiritual Smart Aleck

By Mary Tuel

Requiem for Steve Self

The second day I was on Vashon Island in April 1972 I went to the baptism of one of the people who had invited me here.

We parked down by the Jesus barn and walked up the hill to a copse of trees which surrounded a pond. Several women in long dresses and men with beards and long hair were gathered there. The Jesus freak movement had swept the island.

The pastor dipped my friend into the chilly pond and my friend came up whooping and praising the Lord.

There were a few musicians at the side of the pond, one of them an elfin young man playing the flute. I would find out later that his name was Steve Self.

After I moved here I got to know Steve as a musician and friend. He played in various bands, including the Portage Fill, and smaller combos that played gigs on and off the island.

He also loved to sail, going out on the Sound in a couple of boats he restored.

In the mid-80s, Drama Dock put on a couple of Gilbert and Sullivan shows, and I was the musical director for both. We rehearsed the orchestra in the music room of the late high school, and one night after rehearsal I was noodling away on the piano there, trying to find a chord for a song I was writing.

Steve was working as a janitor at the high school then, because being a fine professional musician doesn’t exactly pay enough to support a family. He happened to come into the room on his rounds, and we got to talking, and I told him what I was working on.

He said, “Try this,” and named a chord and told me how to play it. Then, “Try this,” and another chord and how to play it. Then he kept naming chords and telling me how to play them, and each one was a slightly different shading of the sound and tone I was looking for. I had always respected him as a musician, but that night I understood why he deserved all that respect and more. He was the real thing.

After the janitor job ended, he started working as a house painter. One year he happened to get a job painting the house of Julia Lakey. They hit it off. I was honored to sing at their wedding.

In 1998, when my husband Rick was recovering from his first round of kidney failure, if his potassium levels got too



high, he would become slightly delirious.

One morning Rick was slightly delirious, and my mother, who was partially deaf but wouldn’t admit it, was up from California visiting. I had one of them on either side of me, both talking nonsense. One of my sons had a doctor’s appointment, and eventually I had to go to work.

I was thinking, someday I’ll laugh about this, when Steve showed up at the kitchen door. He’d heard Rick was sick and was wondering if he could be of any help.

Could he!

Steve had everything straightened out in minutes. He took Rick and my son to the doctor, so they could both get what they needed. My mother settled down knowing she didn’t have to do anything. I went to my nice quiet job.

After that, no one could say a word against Steve Self in my presence. Not that anyone did. He was that good. He walked his talk.

Some years back Steve noticed he was having some tremors and movement problems. At first, he thought they might be caused by the paints and chemicals he used in his work, but then he got a diagnosis: Parkinson’s Disease.

The disease robbed him of the ability to work, and then to play music. He raged against Parkinson’s. Doctors tried various drugs. Some of them helped.

Then about three years ago he began having severe back pain and was diagnosed with multiple myeloma, a treatable but incurable cancer on his spine. Chemo brushed that back for a while.

He kept walking, he kept fighting. He went to the Athletic Club to swim, to the Roasterie to hang out with friends, and to the Senior Center for lunch, among other things. He kept living.

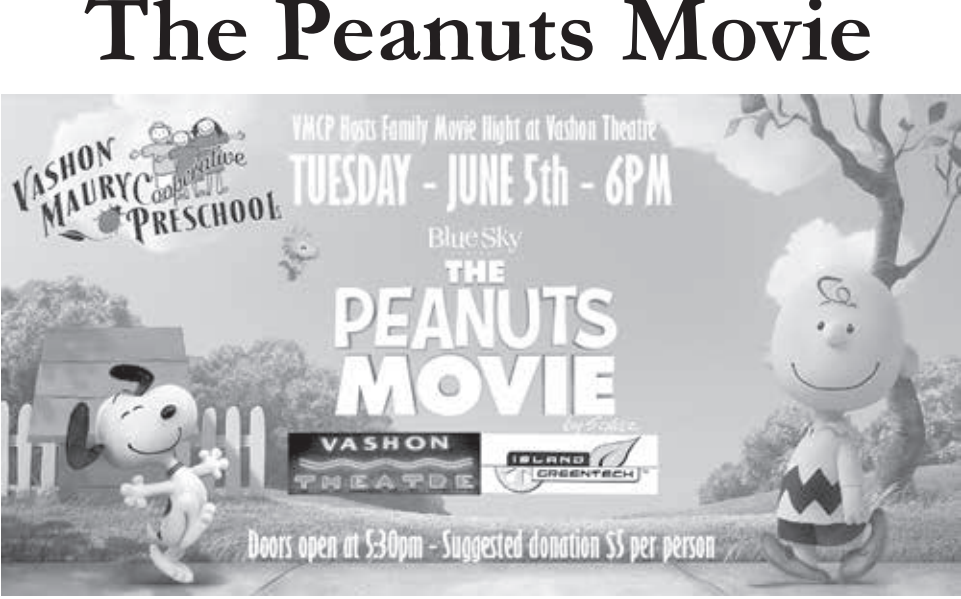
Parkinson’s is progressive. Steve knew that. The cancer also progressed, and recently his oncologist told him that chemo was no longer working.

In April, Steve said, “Enough.” “He was worn out by two unrelenting diseases,” Julia said.

Steve went into hospice.

On Sunday evening, May 20, Steve passed over into that fair land where the soul never dies.

Wishing you fair winds and following seas, Steve. How we shall miss you.



The Peanuts Movie. Tuesday, June 5th at 6:00PM at Vashon Theatre 17723 Vashon Hwy SW. Suggested donation is \$5 per person, but no one will be turned away due to lack of funds. Families of all ages welcome!

Due to the success of “Sing”, Vashon Maury Coop Preschool is going to show another family film. The Peanuts Movie, while being animated, still appeals to a wide audience. The classic cartoons turned into a full length film is a delightful story of our good friend, Charlie Brown. This is a shorter film, that we believe will allow many of our youngest views to stay engaged.

This event is intended to give parents of small children the opportunity to come together as community and enjoy a movie, although people of all ages are

welcome to attend. Doors will open at 5:30pm. The children are encouraged to sit and watch the whole film, but it is not expected that all children will.

Join us for a family movie night, and hear about how VMCP can support your family!

Synopsis: Snoopy embarks upon his greatest mission as he and his team take to the skies to pursue their arch-nemesis, while his best pal Charlie Brown begins his own epic quest back home to win the love of his life.

Rating: G
Runtime 1 hr. 28 min
Special thanks to Island Greentech and Vashon Theatre for sponsoring this fundraiser! We hope this proves to be a fun family movie night to wrap up the end of the school year.



Love the Sheepdog Classic? Be More Than a Spectator!

Join the fun at the 2018 Vashon Sheepdog Classic, **June 7-10**, and support Vashon Partners in Education (PIE) by being a **PIE Smart Dog Sponsor**.

PIE Smart Dog Sponsorships include:

- Two four-day passes
- Meet & Greet your dog and handler
- Raffle prizes including a three-night stay in Whistler!
- Feel like an insider ... and more!

The \$100 sponsorship fee is a partially tax-deductible donation to PIE, enhancing the learning environment in our public schools. Visit www.VashonPie.org for complete sponsorship benefits and to sponsor your dog today!

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Saturday, June 2

Loose Change

R&B Band

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

Advertise in the Loop!

It’s a great time to get back in the Loop.
ads@vashonloop.com Or call (206) 925-3837

Mango Needs A Home...

I’m as sweet as a tropical fruit! People say I’m affectionate and friendly. I grew up with a child and I like to talk, so I’ll entertain you with lots of stories.

You can’t tell from this photo, but I’m a Russian Blue mix. Pretty fancy, huh? I’m very well-behaved in the house, including litter box use, so don’t worry about that Russian golden-showers-thing.



Go To www.vipp.org Click on Adopt

Island Epicure



By Marj Watkins

Easy Chicken Dinners

Everybody likes chicken, it seems, though vegans and vegetarians skip it. Some people don't eat pork for religious reasons. Some people don't eat fish, or are allergic to specific seafoods. But you are generally safe in serving chicken regardless of who is coming to dinner. The recipe you choose may be a complicated gourmet dish that you'd only make on rainy weekends. Or a simple but somewhat exotic dish like the one below. It has Ajubaidzani roots and the only accompaniments it needs are rice or quinoa cooked in the rice cooker and zucchini or summer squash cooked in your microwave, plus a salad of lettuce, spinach, arugula, and chopped red or yellow bell pepper for color contrast, served with a dressing of extra virgin olive oil and vinegar.

CHICKEN WITH PEARS
AND TARRAGON
4 servings
4 chicken thighs, bone in and skin on
2 Tablespoons coconut oil
1 to 2 teaspoons dried tarragon
Salt and pepper to taste
1 (15 oz.) can pear slices in pear juice

In a wide skillet that owns a cover, heat the coconut oil. Put the chicken thighs in skin side down. Brown that side. Turn the thighs over. Sprinkle with tarragon, salt

and pepper. Add juice from pears. Cover. Reduce heat to medium low (Mark 3). Add a little water as needed to keep the meat braising, not frying.
Cook until meat is tender, about 45 minutes. Tuck pear slices among and between chicken thighs.
Put the cover back on the pan just long enough to heat the pear slices through. Serve promptly, accompanied by brown rice, brown fettucini or quinoa. Quinoa is the only grain that yields complete protein, 8 grams per serving. The average chicken thigh yields 16 protein grams. Adding quinoa to the meal brings the total to 24 grams.
We try to average 20 grams of protein per person per meal, but both Steve and I are people of small body mass; you are probably larger. You can add protein to this meal by finishing with a choice of several cheeses as the French do.

GOLDEN QUINOA
4 servings
1 Tablespoon extra virgin olive oil
1 1/3 cups quinoa
2 2/3 cups hot water
1 teaspoon turmeric
3/4 teaspoon salt

Plug in your rice cooker, add the oil and then the quinoa. Stir to coat each grain of quinoa with oil. Add turmeric, salt, and water. Stir. Cover. Push the lever down to start cooking. A nine-year old child could almost cook this with his or her eyes shut. When the quinoa is done, in about 20 minutes, the rice cooker will switch from cook mode to warm mode. It cannot over cook.

Note:, Turmeric boosts your brain power and lessens pain perception as well as coloring food yellow.

Feria, an evening of Flamenco



Seattle-based Flamenco dancer, Savannah Fuentes brings her latest show, Feria, an evening of Flamenco, to Vashon Island
The Spring Fair or Feria is a week-long celebration of music, dance, food, and wine that embodies the joyful aspects of Andalusian culture. Savannah has taken inspiration from this colorful festival. She will be joined by acclaimed Spanish-Romani guitarist Pedro Cortes and singer/percussionist Jose Moreno. The 7:30 p. m. performance will take place June 10th at the Vashon High School Theater. This concert will be the fourth stop on a 23-date tour of Washington, Oregon, and California.
Savannah Fuentes, born in Seattle to parents of Puerto Rican and Irish ancestry, is one of the only touring artists in the Pacific Northwest region with strong links to Flamenco culture. She studies both baile(flamenco dance) and cante (flamenco singing) and has toured throughout the states of Washington, Oregon, California, Nevada, Utah, Montana, Idaho and Arizona. She has independently produced over 200 performances and workshops featuring internationally recognized Spanish Flamenco Artists such as Jose Anillo, Saray Munoz, Jesus Montoya, and Juanarito. She has studied with artists such as Guadiana, Joaquin Grilo, Eva Yerbabuena, El Farru, and Isabel Bayon. She attributes her formation as an artist to her most significant mentor, Maestra Sara de Luis. She continues to evolve as an innovator and performance artist.
Pedro Cortes, Comes from a family of Spanish Gypsy guitarists and began his studies with his father and the esteemed Flamenco guitarist Sabicas. Having toured professionally since the age of 17, he is gaining international recognition as a soloist and composer. He has premiered his work En la oscuridad de las minas at the Teatro Albeniz in Madrid, he had works premiered by the Carlota Santana Spanish Dance Company at the Joyce Theater in New York. He has two books on Flamenco, El Dron del Faraon and Cruzando el Charco, published by the American Institute of Guitar. Mr. Cortes, was commissioned by the Cohen Brothers to compose music for the film Paris Je T'Aime .He also wrote music for a childrens program on H B O called Fairy tale for Every Child. He has toured with Jose Greco and Maria Benitez, La Conja and has performed with such artists as Farrucita, La Tati, Merche Esmeralda, Manolete and the late Lola Flores. He has been guest artist with the St. Louis Opera and the New York Grand Opera, and has been commissioned by and performed as Musical Director with the Guthrie

The Great Manolete, Joaquin Ruiz, Pastora Galvan, Jose Cortes "Pansequito", Jose Luis Rodriquez, Roberto Castellon, Pedro Cortes, Jose Valle "Chuscales", Basilio Garcia, Paco Heredia, Elena Andujar, Jesus Montoya, Zorongo Flamenco Dance, La Tania, Miguel Vargas, Nelida Tirado, Antonio Hidalgo, Curro Cueto, Ruben de Maria, Gonzalo Grau, Edwin Aparicio, Amparo Heredia, Antonio Granjero and Omayra Amaya. In 2001, Jose choreographed and performed a collaborative work with his mother Estrella Morena, and with renowned flamenco singer Carmen Linares with the New World Symphony Orchestra at Lincoln Theater in Miami. In 2007, Jose performed with the internationally known Isabel Pantoja as a cajón percussionist, alongside flamenco guitarist Jose de Luna. Also in 2007 With David Bisbal in "Premios lo Nuestro" Also performed in 2010 in the 7th annual Panama Jazz Festival, and Carnegie Hall in New York City...
Feria, an evening of Flamenco
June 10, 7:30 p,m,
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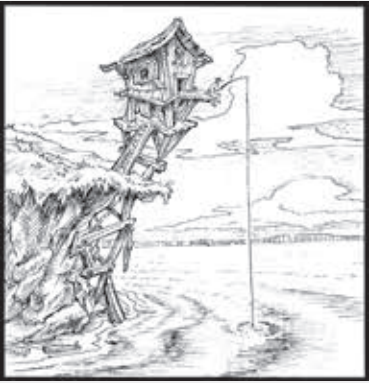
The Hastings-Cone Gallery - “Oils & Inks”

Oil Paintings by Paula Hendricks and Steffon Moody. Also, Steffon will be showing 31 ink drawings from his 2017 Inktober Series.

Opening/Reception: First Friday, June 1st, 6pm. Through the month of June.

Paula Hendricks, is a long time islander, who graduated from the San Francisco Art Institute with a BFA in painting. After moving here in 1992, she plugged into the art scene with some set design and painting for the Vashon Dance Academy and the Blue Heron. Paula has painted in oil for decades, while raising her son and working full time as part of the island based hospice team. “This opportunity and challenge to bring a body of work into focus and finish, has felt like a breath of fresh air amidst the daily grind”, Paula says. “It has brought more meaning to my practice, and to my paintings.”

Steffon Moody – Steffon Moody is a landscape artist that began his career as a theatrical set painter at the age of 16. He worked at the Muny Opera in St. Louis under the tutelage of his father, Robert Moody.



Steffon Moody, Ink

As a landscape artist, Steffon blends the dramatic flair of a scenic artist with the reverence for the environment he paints. “Painting outside is a form of communion”, he says. “You bond much more with a place when you paint it.” He does not use photographs, preferring to paint on site. “A photograph is too static. I like how the landscape and light changes.”

Only three colors are used in his work: Cyan, magenta and yellow; known as the CMY color wheel. All other colors are derived by mixing those three, plus white.

Steffon currently teaches drawing and design at DigiPen



Paula Hendricks, Oils

School of Technology, an animation and gaming college, populated with a faculty of stellar artists from Disney, Pixar, the gaming industry and the fine arts world.

The INKTOBER CHALLENGE -The students at DigiPen inspired Steffon to take the “Inktober Challenge”, where he did an ink drawing every day of October. Each day had a different word prompt to inspire the image.

Steffon has a BFA in painting from Washington University in St. Louis, Missouri , and currently lives on Maury Island with his wife, Arlette, daughter, Louisa, and son, Giacomo.



Jasper Merril



(the Ophelias) by Rachel LordKenaga

Puget Sound Cooperative Credit Union

Artist: Jasper Merrill
Collection of photographs called SPECTACLE, representing moments in life leaving something to behold. Jasper is senior at Vashon High School and has been featured in many group shows within the community.

Music: The Tab Tabscott Trio
A nice mix of Happy Little Sad songs and Sad Little Happy Songs, coupled with fiery and emotional slide guitar sounds. Delightful vocals and soothing sounds and the bass guitar magic of Jasper’s grandfather, Ron Frombach, formerly of Vashon’s own Plymouth Rockers! Not to be missed!

Valise

Opening June 1st 6pm-9pm at Valise Gallery: Submerged (the Ophelias) by Rachel LordKenaga

Ophelia is a woman that is overwhelmed by her environment. Since the presidential election Rachel LordKenaga has been identifying with her and creating work that will be shown throughout the month of June along with some live performances. 10% of all proceeds will go to the Dove Project of Vashon that supports and empowers women in domestic violence situations.

Deadline for the next edition of *The Loop* is
Saturday, June 2

VCA Shows and Events

Vashon Center for Dance - Spring Concert
“Pictures at an Exhibition” & “Alice in Wonderland”

Pictures at an Exhibition is an idea brought to Vashon Center for Dance by Islander, Artist, and Dance Dad Jonathan Kuzma. It is based on the paintings by Viktor Hartmann and the suite of music written by Modest Mussorgsky. The unique choreography for “Pictures” is the result of a student and teacher collaboration, and showcases our advanced Ballet and Modern Students.

Alice in Wonderland is a contemporary ballet based on Lewis C Carroll’s well known classic, and is set to Joby Talbot’s beautiful score. Alice follows the White Rabbit, and meets many interesting characters danced by Ballet, Tap, Modern, Hip Hop, and Creative Movement students from Vashon Center for Dance.

June 1, at 7pm | June 2 at 1pm & 7pm | June 3 at 1pm

Advance Tickets: \$12 Member/student | \$14 Senior | \$16 General

Tickets at the Door: \$18 for all tickets

Koch Gallery at VCA
“Landscapes”

Ted Kutscher / oil painting
Janice Wall / pastel
Terry Donnelly / photography
Eddy Radar / acrylic painting
Jon-Eric Schafer / ceramics
Michael D. Maher / water color

Rose Belknap / oil painting
Opening Receptions June 1, 6-9pm

VCA Lobby
“In Your Face: Portraits of Bold Women”

Kate Thompson / Oil on board or canvas

Opening Receptions June 1, 6-9pm

Local Music Series - The Allison Shirk Band

Allison Shirk is a singer-songwriter/guitarist whose music blends her Texas country roots with her love for vocal jazz and rock. She has a soothing voice that draws you in with its sincerity and soulfulness.

The Allison Shirk Band includes Tony Mann on keys and vocals, Doug Pine on guitar and vocals, Chuck Keller on bass and vocals, and Wesley Peterson on drums and vocals. The evening will feature Allison’s new original songs plus some cover tunes. The music will be rich with vocal harmonies and inspired solos from these impressive backing musicians. Allison’s two albums will be for sale as well as other merchandise.

VCA is excited to host this series of local musicians performing at the Katherine L White Hall in partnership with Vashon Events, and generously sponsored by John L. Scott.

Friday, June 8 | 8:30pm
All ages
Free admission



Gary Stroutsos “Remembering The Songs”

Flute Performance and Exhibition, “Remembering The Songs” is a music and lecture performance based around the same-titled documentary film and musical album. The project provides a unique look at the musical traditions from Zuni, Navajo and Salish communities and the importance of songs to these people. The program includes screening of a 30-minute documentary, live performance of storytelling and music by Gary Stroutsos. Following the concert a Q&A, reception, and viewing of Gary’s one-of-a-kind, hand-made Native American traditional cedar wood flutes will be held.

Saturday, June 9 | 2:00 pm
Members \$10, Seniors \$12, General \$14, Students 18 and under Free



Concert & Music History Lecture with Michael Tracy

Franz Liszt
Join Vashon resident, musician and musicologist, Michael Tracy for a multi-media presentation on Franz Liszt that includes a lecture, slide show and a live piano performance.

Injust 10 years of touring Franz Liszt would be the first pianist to play a concert from memory, play a solo recital, champion other composers works and amass a fortune from concertizing, a first in the history of music.

Michael will be joined by Mark Salman at the piano. Mark Salman has been hailed as a “heroic virtuoso”, and “a dazzling performer”. He performed in ‘A Chopin Celebration’ – a series of three recitals celebrating the composer’s 200th birthday in 2010, and in five recitals in honor of Liszt 200th birthday in 2011. Marc recently released a recording of the late Schubert sonatas and “Chopin’s Intimate Art: the Mazurkas”.

Mark Salman, a native of Connecticut, began his studies at age eight and made his first recital debut at eleven. A graduate of The Julliard School, Mark also studied at MIT for two years concentrating on chamber music and composition. Mark lives and teaches in Seattle.

Sunday, June 10 | 4:00pm - 6:00pm
\$14 VCA Member, \$16 Senior/Student, \$18 General

Fresh - Vashon Farmers Market Music

The Vashon Island Growers Association offers locally grown produce at the Saturday Market, in the heart of Vashon’s town. At the Saturday Market, you’ll find about 30 to 50 vendors of food and arts and crafts, along with live music. At the market, you can buy Island grown organic produce, meats, even wines, bread and cheese...and special gifts for your loved ones.

Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market. The music is almost always from 11am until 1pm, in the northwest corner of the Village Green. We’d like to thank Nan Wilson at Manage Ad Music for generously sponsoring the music again this year!

On Saturday, May 26th, we bring you Some Hat!

Lifelong friends, Phil Rosenbaum and Jim Ferrari have been playing together for over 40 years. Their first appearance at the Vashon Strawberry Festival was in 1996, and when asked by the music coordinator what the name of their group was, Phil answered, “Some Hat”. Neither of them knew where that came from, but the name stuck, and before long they were the house band at the Blue Heron for Friday night art openings, and were regular performers at the the Art Auction. Some Hat opened for Pearl Django several times at the Blue Heron, and for Greta Matassa, and Grammy award winners Tingstad and Rumble. The duo are versatile musicians, with Ferrari playing flute, tenor, alto, and soprano saxophones, while Rosenbaum plays keyboards and guitar. Their music is all original and has evolved and matured over the years. We can’t wait to hear what they have in store for us this year, but the word ‘Fusion’ came up. Don’t miss Some Hat. These guys always bring it.

On Saturday, June 2nd, we bring you RiverBend!



RiverBend is the popular island band of Paul Colwell, Peter Larsen, Dave Lang, Rochelle Munger, Cliff Simpson and Chuck Roehm.

Paul is well known for playing with many Island groups as well as the “The Colwell Brothers” and the “Up with People” groups. Chuck & Peter, played for many years as part of the island band, “The Garage Boys” and have played at Festival over 25 years now. Dave is known for his popular family Cajun band, the Seattle based band Cajun band “How’s-Bayou” and many other Island groups. Rochelle and Cliff, who are well known on the Island and have played in many venues and styles of music rounds out the group. With instrumentation ranging from Guitars, Banjos, Mandolins, Fiddle, Accordion, Harmonica and Upright Bass this band has a wide breadth of musical experience and talent, they are fun to listen to and enjoy.

Delilah Pearl & The Mantarays

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 event until 11pm, then it will be 21+ after that.

Delilah Pearl & The Mantarays
Friday, June 1st, 8:30pm
The Red Bicycle Bistro & Sushi

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Vashon Center for Dance Spring Concert “Pictures at an Exhibition” & “Alice in Wonderland”



Vashon Center for Dance (VCD) will present “Pictures at an Exhibition” and “Alice in Wonderland” at 7 p.m. Friday and Saturday, June 1 and 2, and at 1 p.m. Sunday, June 3, in the Katherine L White Hall.

Pictures at an Exhibition

Set to the music of Modest Mussorgsky and Maurice Ravel, “Pictures at an Exhibition” is a collaborative work between island artist and “dance dad” Jonathan Kuzma, VCD Artistic Director Vadne Domeika and her senior dance students. The idea for the production came from Kuzma whose longtime intrigue with “Pictures at an Exhibition” began after he learned how it came to be: In 1874, Mussorgsky wrote a collection of piano solos in honor of artist/architect Viktor Hartmann by imagining he was walking through a posthumous exhibition of his friend’s work. Nearly 50 years later, Ravel completed an orchestration of the piano collection.

“I see a thread of inspiration (in this story) running from artist to artist. Friendship and grief inspired Mussorgsky, and his creation, in turn, inspired Ravel,” Kuzma said. “My fascination with ‘Pictures’ grew with the years, and I imagined small scenes to accompany each of the eclectic sections. (The score) has such a memorable opening theme, many sections of widely varying moods and textures, and a thrilling finale —perfect for dance.”

Domeika agreed and saw it as an exciting vehicle for her advanced students.

“This is contemporary ballet en pointe,” she said. “We have a great love and respect for classical ballets, and we train in the classical way daily, but this music and the art it is based on called for something different. After seeing what our advanced dancers created for ‘Original Works’ in March, I decided to make this a collaborative effort. We have some fabulous choreographers, and I would

be remiss if I didn’t help them hone their craft. I am so impressed by what they came up with, and I am sure our audience will be, too.”

The piece will showcase three graduating students, Kelsey Morrison, Grace Derrer, Emma Rose DeSantis and

honorary graduate Marisa McTighe plus feature Kuzma’s daughter, Mia Giovanna, 15. Large reproductions of Hartmann’s art will be incorporated into the set. Kate Guinee created original costumes, and Ethan DeLorenzo is the lighting designer.

“I’m excited to see my love of Mussorgsky and Ravel come to life on stage through the talents of Vadne and the young dancers,” Kuzma added.

Alice in Wonderland

This contemporary ballet based on Lewis C. Carroll’s eponymous work is set to Joby Talbot’s beautiful score.

When Alice follows the mesmerizing White Rabbit down his rabbit hole, she meets a variety of characters danced by VCD’s ballet, tap, modern, hip-hop and creative movement students.

Domeika said she chose the ballet as it “allowed us the freedom to incorporate all our styles of dance, and the music is fabulous.”

While Domeika choreographed most of the dances, she had help from tap teacher Crissy Baker, who she said “wears more hats at VCA than I can list,” and also from Rico Lastrapes, a working performer and “fabulous teacher.” Longtime VCD dancer, teacher and choreographer Kathleen Bonner choreographed the Mad Hatter’s Tea Party, which Domeika said “is a hoot.”

Costumes are by Kate Guinee and lighting design is by Ethan DeLorenzo.

June 1, at 7pm | June 2 at 1pm & 7pm | June 3 at 1pm

Advance Tickets: \$12 Member/student \$14 Senior, \$16 General

Tickets at the Door: \$18 for all tickets

Vashon Center for Dance (VCD) has served the Vashon community for more than two decades. The spacious studios are located in the historic Odd Fellows Hall, now called the “Blue Heron Education Center, and have sprung floors with regulation-height barres. Classes are taught with both live accompaniment and recorded music. VCD faculty includes 10 instructors who teach 32 classes per week for 250 students. VCD presents three full-scale productions annually on the sprung stage in the Katherine L White Hall.

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