

THE VASHON LOOP

Vol. 15, #12

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June 7, 2018

Garden Tour 2018



Vashon Center for the Arts is excited to bring you the 28th Annual Garden Tour on Vashon Island! This year's tour will feature 5 magnificent properties that truly epitomize the beauty of Vashon, thanks to the love, ingenuity, and mastery of the garden hosts. In addition, there will be a wonderful garden-inspired visual arts exhibition in the Koch Gallery, as well as a spectacular Art Bazaar in the Katherine L. White Lobby featuring some of the incredibly talented artists that grace our Island and complement the beauty of the Annual VCA Garden Tour.

◇ Tickets: \$30

Garden Party, Friday, June 22

5:30PM - Sunset, Froggsong Garden

Join us for a lovely evening of delightful wine, delicious food by Herban Feast, enchanting music, and exquisite nature at one of the most beautiful locations on Vashon. Enveloped in



the natural beauty of the acclaimed Froggsong Gardens, you'll spend a magical evening with like-hearted people who enjoy and celebrate all that the natural environment of Vashon Island gives us.

◇ Tickets: \$145

Wine Tasting & Lecture with Kurt Timmermeister

Saturday, June 22, 4:00PM - 6:00PM
Vashon Center for the Arts

Island author and farmer, Kurt Timmermeister will be giving a lecture at the Katherine L. White Hall to engage with us about his work and discuss his new book, *Farm Food, Volume 2: Spring and Summer*. Following the lecture, there will be a tasting of wines from Andrew Will Winery and Pollard Vineyards.

◇ VCA Members = \$20

◇ General Price = \$25

ALSO: Don't miss the Garden Party All Access Bundle, where you can get all of your tickets in one package for a 10% discount!

For more information and to purchase tickets, go to the event webpage at: <http://vashoncenterforthearts.org/garden-tour-2018/>

Or call the Katherine L. White Lobby front desk at: 206/463-5131

Upper Columbia United Tribes Present Film Screening



By Amy Morrison

Backbone Meaningful Movies presents "United by Water" Tuesday, June 12th at 6 pm at Vashon Theatre. The award-winning documentary tells the story of indigenous canoe journeys on the Upper Columbia River.

On June 14, 1940, thousands of Native Americans from throughout the Northwest gathered at Kettle Falls - thunderous waterfalls and one of the world's richest salmon fishing sites - for a three-day "Ceremony of Tears" to mourn the loss of their ancestral fishing grounds, soon to be flooded by Grand Coulee Dam on the Columbia River. "United by Water" documents the journey of five tribal communities to Kettle Falls, the fishing site of their ancestors, in the growing struggle to return salmon to the Upper Columbia and reclaim the lives and future for indigenous people.

The film, produced by the Upper Columbia United Tribes, headquartered in Spokane, shows breathtaking archival footage of the last salmon ceremony on the Columbia prior to the construction of the Grand Coulee Dam. It then documents the inspiring 2016 journey on the river - the building of the dugout canoes, the physical and spiritual journey on the Columbia River, and finally the emotional historic landing at Kettle Falls.

Representatives from the Upper Columbia United Tribes who appear in the film, D.R. Michel and John Sirois, will speak after the screening about their work, the renegotiation of the Columbia

River Treaty, the impact of the dams on salmon, and the annual canoe journeys on the River, utilizing dug out canoes.

The award-winning documentary highlights the need to recognize the importance of reconnecting to the Columbia River and restoring salmon runs. Not only does the film bring attention to the historic wrongs that blocked salmon from the Upper Columbia River, but it shares the current efforts by UCUT and other tribes to bring forward tribal traditions to help better understand what is lacking in our contemporary society. We need to forge a deeper connection to the waters that bring life to our communities.

"United by Water" comes at a critical time as the US government has begun renegotiating the Columbia River Treaty and indigenous nations are advocating to the U.S. State Department their rightful place at the negotiation table to give voice to the Columbia River, salmon, and people of the river.

For this film screening, Backbone Campaign has partnered with Upper Columbia United Tribes, Center for Environmental Law and Policy, Sierra Club's Columbia River Future Project, Save Our Wild Salmon, and the Meaningful Movies Project. The event is made possible thanks to generous support from Island Green Tech and Vashon Theatre. Admission is by donation to the Backbone Campaign, with no one turned away for lack of funds.

The Road to Resilience

Where There's a Will, There's a Way

By my back-of-the-envelope figuring, well over half of Vashon households now earn over \$100,000/yr. For perspective, a two-income household working full-time at about \$25/hr each, will make this bracket. If you earn below this income, your chances of purchasing a home are virtually nil. For an affordable rental (that means no more than 30% of your income), a household (one or more full-time incomes) would have to earn the equivalent of \$13 - \$25/hr for a low to moderately priced rental (I'm figuring \$800-1500/month). We have rentals in that range, although they are much in demand. Besides the impossibility of buying a home, there are two more problems: many single-income households earn less than \$13/hr, and the supply of low to moderately priced rentals is speedily diminishing. The result is that many households are under great stress, paying more than 50% of their income trying to hang on to a place to live on Vashon. If you want to live in a nice place like Vashon or anywhere in

By Terry Sullivan,

the Northwest, you will find it ever more difficult, if not impossible, unless you are amongst a wealthy minority who are competing for those same places.

Consider what would happen if Water District 19 decided to throw out its water share wait list and said, "From now on, the highest bidder gets the next share." You can see where this would get us. This is how we allocate housing.

Like water, people can't live without housing. Even the homeless need some way to be warm and dry, and they depend on the other amenities of housing, like food and hygiene, wherever they can get it. Housing is a necessity and a right, and basic housing should be allocated like a utility. When we founded and funded Vashon Household, we said yes to income, racial, and cultural diversity. As long as housing goes to the highest bidder, the income, and much of the racial and cultural, diversity will certainly be lost. We have to take sufficient land and housing off the commodity market! There is no other way to insure that the lower income

Continued on Page 6

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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Matthew Bourne's *The Car Man*
June 10, 1pm

Backbone Meaningful Movies:
United By Water
June 12, 6pm

Pope Francis: A Man of His Word
June 19, 6pm

Bolshoi Ballet: Coppélia
July 8, 1pm

Matthew Bourne's *The Car Man*
June 10, at 1:00 pm

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

Compost the Loop

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

The Vashon Loop

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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.

Vashon Social Dance Group Monthly Dance & Lesson

Saturday June 9
 Vashon Social Dance Group Lesson & Dance
 Swing Dance lesson at 7:00 pm
 East Coast Swing is an easy dance for beginner dancers. The music is a wide range of old swing tunes and modern music with a swinging beat.
 Variety dance 8:00 - 9:30 pm with Candy as your deejay
 Ober Park Performance Hall - 17130 Vashon Hwy SW 98070
 No partner needed! Come alone or bring others
 Suggested Donation \$10 No One turned away due to lack of funds.
 For you experienced dancers, please come and assist the new comers and meet some new dance partners!
 Questions? Contact Candy McCullough 206 920-7596

Mukai Farmstead and Garden Open House

Friends of Mukai welcome visitors to explore the house and grounds of the Mukai Farmstead and Garden, 18017 107th Ave. SW. Learn more about the history of the Mukai family, Marshall strawberry farming on Vashon Island, and the Mukais' innovative barreling process for shipping ripe berries to eastern markets. The Farmstead is open on June 3rd from 1pm to 4 pm. Friends of Mukai receive support for their activities from 4Culture.

Vashon Friends of the Library

Vashon Friends of the Library will meet at 10:00 am on Saturday, June 9, in the library meeting room where coffee, tea, and refreshments will be provided. All islanders are welcome to come and participate. Friends of the Library is a group that supports library programs for all islanders from preschool age to retirees.

Introduction to Zen

Bring your curiosity, your questions, and a friend, and join us for our free Intro to Zen class this Sunday at 1pm at the Havurah, 15401 Westside Highway.

Whether you're a regular attender or you've never been into our Zendo; whether you're a long-time Buddhist practitioner or a Buddhist skeptic; whether you meditate frequently or you've never meditated before; whether you're wearing a black Buddhist robe or a ski jacket; your presence and your questions are welcome here.

Abbot Koshin Chris Cain and Elizabeth Fitterer will lead the program which includes:

Part 1: Why Zen?

-Introductions. Any questions about Zen?

-What we love about Zen and how we got into it

-What's the goal of practice at this Zen Center?

-How do I sit, using a chair, cushion, or bench?

-A brief sitting meditation

-Break: Questions, tea and unbelievably delicious gluten free vegan cookies

Part 2: Our Zen Center

-A Zen Service in brief

-Discussion and questions

Questions beforehand? Feel free to email Koshin (koshin@pszc.org)

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.



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**Visit the Vashon Chamber on line
 at www.VashonChamber.com**

Have a Story or Article

Send it to:
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Next Edition of The Loop Comes out Thursday June 21

Deadline for the next edition of *The Loop* is **Saturday, June 16**

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Early Attempts to Fly



By John Sweetman and Seán C. Malone

The second story window was partially open and the warm spring wind came wafting into Mrs. Van House's second grade class room as I slowly let my head fall to my folded arms and dreamed that I was flying out the window and the harder I beat my arms the higher I would go, passing over the tops of the bushy Cedars that were lined up against the wall of the classroom. I rose above the trees and around the corner of the school, so I looked in a different window to see the class listening to Mrs. Van House reading from a book. The birds outside were making such a racket that I barely heard her and only woke up when I felt the book connect with the top of my sleepy head.

We were lying on our backs in the orchard, gorging ourselves on windfall peaches. We weren't allowed to pick from the tree as Mom wanted only un-bruised fruit for canning. "Can you really split clouds with your mind," I asked John Sweetman? "Not all the time; wanna try?" "You have to stare real hard at the middle of the cloud and 'split' it with the power of your mind". "Look, look, my cloud is splitting," John called out and it was. I saw both halves as being different rather than reflections of each other. "What would it be like to fly?" John asked. "Well, we just need wings and a place high enough to jump from," I answered. "How about part of the old tent rolled up in the garage and I could borrow some of Mom's bean poles to make the wings flap and some bailing twine to tie it all together...Maybe it would be a good idea to have some wind."

We tried it alright and John crashed into a pile of horse manure up by the barn, all tangled in his lines, but unhurt.

We had been given an old navy target kite that was so big it took two of us to carry it. The body of the kite was made from a 1 x 3 piece of wood and the whole thing was heavy, so heavy that we couldn't pull it fast enough to get it off the ground; so John suggested bending a hemlock sapling backwards until the tip was touching the ground with the hopes that the little sapling would fling our navy target kite high into the wind; that didn't work either. Somebody told us later that the old target kite had been towed behind an aircraft carrier for gunnery practice.

We had a pet duck that could only fly if you threw her up in the air, not being able to get off the ground herself because she was too heavy. Ce Ce was just an egg with peeping coming from a little hole in the side, when I carried her up to the house for Dad to remove the shell and leave Ce Ce in a shoebox on top of the unlit oil stove. Ce Ce, short for caesarian, grew up in the

house and refused to acknowledge that she was neither cat nor dog. When they came close to her feeding dish, she always washed her food in water, Ce Ce shook her bill violently from side to side, scattering milk or water all over the cat or dog that came too close. The problems with her flying were her attempts to land in the front yard. One of us would launch Ce Ce with loud squawking as she beat her wings madly, to gain altitude and fly over the top of Cove Road. Ce Ce always came back to the yard in an awful crash that would send her tumbling for 15 or 20 feet, squawking the whole way, another victim of gravity.

River Otter use gravity a different way, having found a steep part of the slide down at the beach, they lined up at the top of the slide to come shooting down to the bottom which ended with a victorious crash into the bay. Sometimes, they didn't wait for each other and slid noisily down the slide together.

And finally, we jump out of airplanes, just for fun. I was sixteen and didn't need to see them pack my chute to assume that it would work. The plane was a Cessna, only this one had no passenger door and no passenger seat. The pilot told me to wait for last, so I waited for the two other jumpers to climb aboard. "Put your back to the instrument panel and clip your static line to the 'O' ring in the floor," the pilot told me. His name was Ed. The ride up wasn't rough and the day beautiful. The lack of a door was disconcerting as was my position in the cramped cockpit with nothing to hang onto. I didn't find out until afterwards what happened. Ed had missed the drop zone and did a "wingover" so as to return on the same course at the approximate altitude and put his plane over the drop zone again. I was first out but Ed didn't tell me what he was going to do when the plane suddenly rolled up on one side and I was looking straight down at the ground with nothing to hang on to, scared to death. I didn't fall out but I was shaking when I took a hold of the wing strut and kind of squatted on the step before the pilot signaled me to let go. I must have done something wrong and hit the side of the Cessna, causing me to turn upside down and the chute streamed out from between my legs. When the chute snapped open, I was snapped right side up; and would never jump again; my pride was my only injury. I can remember drifting slowly over the fields of Snohomish, dogs barked from every farmyard.

Sean@vashonloop.com

West Coast Self-Storage to Work with Island Security Self Storage

By Derek Hines

West Coast Self-Storage Group, a self-storage company, is partnering with Island Security Storage to manage their storage operation in Vashon, Washington.

The storage facility, now owned by WCSS Vashon Island 516 LLC, is located at 10015 SW 178th St. in the heart of downtown Vashon and features 40 different sizes of storage units with both drive-up access and inside units available. A large number of the units are climate-controlled and have radiant floor heating. The facility also features RV storage spaces ranging from 20' to 40'.

In addition to storage, the business also houses an onsite moving supplies store with boxes and other packing supplies. There are also plans to make the location a U-Haul Neighborhood dealer meaning customers will be able to rent moving trucks directly from the business making Island Security Self Storage a one-stop shop for all the moving needs.

Tom Davies, District Manager for West Coast, says he sees a lot of potential



for the storage operation. "Island Security Self Storage is a great storage facility with the best amenities on the island. We're excited to add to its products and services with our knowledge of the storage industry to best serve the Vashon community."

West Coast Self-Storage Group is a self-storage property management, acquisition, and development company headquartered in Everett, WA. The company currently manages or owns 53 stores in Washington, Oregon, and California. The links to their websites are WestCoastSelfStorage.com and SelfStoragePropertyManagement.com.

BACKBONE CAMPAIGN

FEAST for the FUTURE!

THE HARDWARE STORE RESTAURANT

A benefit for Backbone Campaign

Thursday, June 14

The Hardware Store Restaurant

All evening long on June 14, diners at THS Restaurant will have opportunities to invest in the Artful Activism of Backbone Campaign. Join Team Backbone at this special Guest Bartender Night. Chip in to propel this urgent and important work. Enjoy a silent auction, raffle, special cocktail and more.

Make your reservation for anytime between 6-9pm at www.THStorestaurant.com

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Healing the Gut is Central to Optimal Health

By Lisa Morse ND

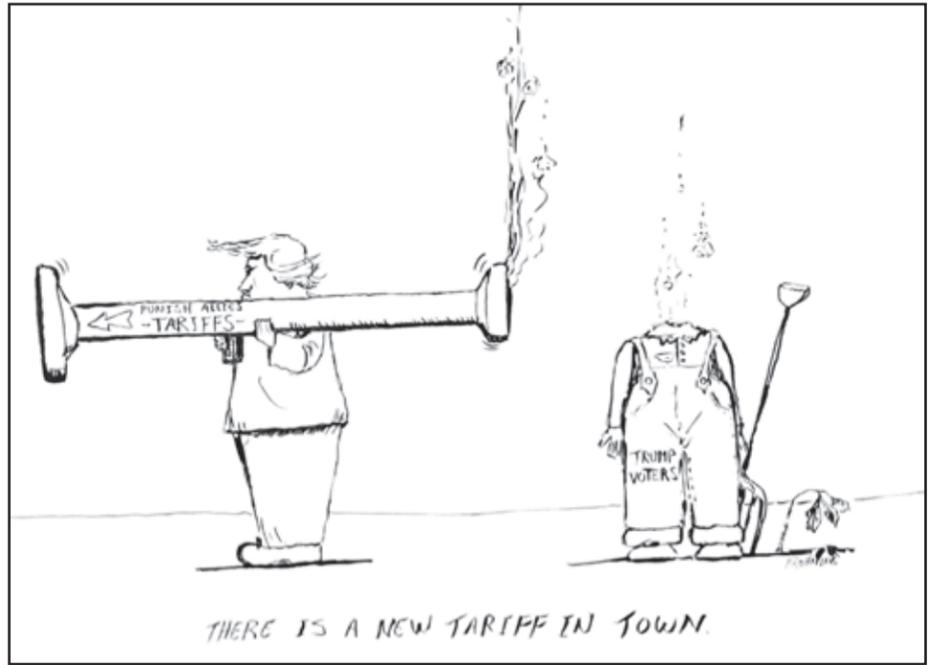
If you are at all interested in health, you've likely heard about the importance of the gut microbiome. Microbiome is the word used to describe the microorganisms (bacteria, yeast, viruses, parasites) present in a particular environment, one of them being the digestive tract but also the skin, respiratory tract, and urinary/vaginal tracts. It is becoming clear that our overall health is influenced by the microbiome, which is why it is so important to have a healthy digestive tract and microbiome. There are a lot of recommendations on the internet about what is best for your gut and the microbiome: More fiber, probiotics, fermented foods, prebiotics (the food for the gut bacteria), and specific diets. However, it is not as simple as a recommendation that you get from the internet or a friend. Each person is different and requires different methods to promote a healthy gut.

There are a myriad of health conditions that are related to an unhealthy gut and microbiome including arthritis, autoimmune diseases, rashes, acne, chronic fatigue, fibromyalgia, mood disorders, autism, and more. With mood disorders, such as anxiety and depression, it can be a result of low serotonin production. Serotonin, a neurotransmitter which is responsible for appetite, mood, sleep, and relaxation, is produced in the gut. In fact, 90% of the body's serotonin is produced in the gut, not in the brain. Serotonin is produced by certain cells of the digestive tract, but it has been found that these cells are influenced by having the right types of bacteria in the gut. Thus, anytime there is anxiety or depression, it is important to address the microbiome. In regards to autoimmune diseases such as Hashimoto's thyroiditis, multiple sclerosis, lupus, and rheumatoid arthritis, it has been found that these people have what we call a leaky gut. When the cells of the digestive tract do not attach tightly to each other, undigested food can enter the blood stream and this can cause the immune system to become overactive, leading to autoimmunity. Leaky gut has several causes, one of them being an imbalanced microbiome. If you have any

of these conditions, it is important that you address the health of your gut and microbiome.

You may be wondering how you could have an imbalanced microbiome. One of the main reasons that your microbiome becomes imbalanced is diet. Eating too many sugary or processed foods can feed the wrong types of bacteria as well as yeasts. In addition to diet, antibiotics, stress, and heavy metals also play a part in causing an imbalance of the microbiome. While antibiotics can be necessary sometimes, even a single course of antibiotics can kill a large amount of the good bacteria in the gut, allowing the bad bacteria and yeasts to thrive. It is said that it can take 2-3 years to rebuild the microbiome after a single course of antibiotics. Another factor disrupting the microbiome is constant stress in our lives. The hormones secreted in stressful times allow the microbiome to become imbalanced. Lastly, a lesser known cause of yeast overgrowth in the body can be an excess of heavy metals. When I am working with a patient who can't seem to overcome a yeast overgrowth problem, I will investigate heavy metal intoxication. In regards to your health, I encourage you to evaluate whether any of these factors may be causing an imbalanced microbiome.

Each person is different and requires different steps to heal the gut. While fermented foods may be great for someone who is trying to increase the diversity of his or her gut flora, they can be problematic for someone who has a histamine intolerance. Prebiotic foods such as onions, garlic, asparagus, jicama, yams, and Jerusalem artichokes can be great for those who are wanting to feed the good bacteria in the colon, but they can cause uncomfortable symptoms for those who have SIBO (small intestinal bacterial overgrowth). Thus, it is important to have an individualized plan to bring your body back into balance. I encourage you to find a doctor who can help you navigate your way to a healthy digestive tract and microbiome so that you can have optimal health.



Kevin Hoffberg named Executive Director of VCA

By Joseph Panzetta

Vashon Center for the Arts is pleased to announce the appointment of Kevin Hoffberg as Executive Director effective June 1, 2018. Kevin served on the VCA Board of Trustees starting in 2016 and joined the Executive Committee in 2017. He has been serving full-time as Director of Operations since March.

"In just four months as Director of Operations Kevin has made a huge difference to our organization," said Denise Katz, President of the Board of Trustees. "He has earned the respect of the staff and our donors, and has developed a culture of proactive communication with both Vashon artists and the broader community. We're incredibly pleased that he has agreed to continue leading VCA, but now in the capacity of Executive Director."

"At this point in VCA's development, the Board realized that we need a leader with solid expertise in strategy development, budget management, administration and finance." Katz added. "We also needed a skilled communicator, marketer and motivator. Most importantly, we wanted someone who has demonstrated a genuine commitment to supporting the arts in our community. It's a tall order, but we found it in Kevin," said Katz.

Hoffberg moved full-time to Vashon in 2013. During his nearly 40 year career, Kevin consulted with companies in the US, Canada, Australia, and the United Kingdom. He retired from Russell Investments in 2016 where he was a Managing Director running US retail marketing.



Kevin Hoffberg

Supporting the arts has been a lifelong devotion and passion for Hoffberg. "My mother created an arts-in-schools program, and my sister became a highly regarded visual artist. My wife is an artist here on Vashon, and our daughter is a well known professional dancer. I realize the importance of sustaining all the arts in any community. You could say it's in my DNA," says Hoffberg, who is also a photographer and published author.

"I am absolutely committed to showcasing and building relationships with local artists," Hoffberg added. "For example, this summer we will present Vashon Summer Arts Fest where more than 100 Island artists will display and sell their work. We are putting out a call for 2019 shows that will be juried by a group of respected Island Artists. We have island artists showing and selling their art every month through the end of the year."

Kevin graduated from George Washington University in Washington DC. He and his wife own a Vashon farm where they currently look after 75 chickens and more than 100 fruit trees. vashoncenterforthearts.org

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Lady DeBris Needs A Home...

Did you hear about that terrible hurricane down south last week? Well, I lost my first home after a hurricane. How I ended up on Vashon is a long story.

I'm a resilient girl and despite my ordeal, I'm friendly, playful and quite a beauty if I do say so myself. I have a lot of love to give someone. Will you give me shelter from the storm?



Go To www.vipp.org Click on Adopt

**Next Edition
of *The Loop*
Comes out
Thursday
June 21**

Deadline for the next
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Saturday, June 16

Compost the Loop

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

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

A One Night Stand with Tennessee

Civic Rep presents "A ONE NIGHT STAND with Tennessee" - a celebration and fundraiser at Open Space for Arts & Community.

Civic Rep, Vashon's new theatre company in residence at Open Space, hosts a coming out fundraiser to celebrate their inaugural season on Vashon. All are invited to lift a glass and toast the life and work of Tennessee Williams.

Enjoy live music, food and drink and performance. Experience an excerpt of Civic Rep's production of The Two-Character Play, directed by L. Zane Jones, featuring company members Robin Jones and Sam Read. Additionally, Los Angeles writer, director and actor, Doug Tompos performs portions of his one man show about Tennessee Williams, Bent to the Flame.

Civic Rep is dedicated to the art of theatre. We are committed to the craft and practice of compelling and intimate storytelling to cultivate empathy, gain insight into our shared humanity and form deeper bonds with our community.

We envision making vital work that will contribute to the cultural life of our community - work that is accessible, relevant and engaging for all involved.

Civic Rep was founded in 2015 by Thea Cooper, Angie Harrison, L. Zane Jones, Robin Jones and Sam Read. New ensemble members include Michael



Barker, Jeanne Dougherty, Tea Lee and Charlotte Tiencken and Anthony Winkler.

Past productions include A Streetcar Named Desire and The Two-Character Play (both produced at New City Theatre in 2015) and Caroline Bird's adaptation The Trojan Women (produced at The Slate Theatre in 2017).

A One Night Stand with Tennessee Saturday, June 23 at 7pm. At Open Space

Moody Little Sister performs at Open Space



Modern-folk and husband/wife duo Moody Little Sister bring their road-inspired sound to Open Space, Saturday, June 30, 8 p.m. Their 2015 debut album Wild Places, produced by folk-rock icon and Islander Pete Droge, captured audiences across the country. Drumming genius Jay Bellerose (Robert Plant and Allison Krauss, Joe Henry, Elton John) propelled Moody's album to even wilder places.

Described as "masterly" (Oregon Music News) and "earthy and approachable" (Bitch), Moody Little Sister has built a loyal community around their music the old fashioned way: one listening room, house concert, front porch and campfire at a time.

In the tradition of dynamic duos, Naomi Sparrow and Rob Stroup's music is strongest where pulled in two opposite directions. Celestial and down-home, confessional and big tent revival, dusty and delicate their sound captures the imagination of listeners. Sparrow's dexterous voice offers the familiar warmth and soul sensibility of

70's singer-songwriters like Leon Russell, and lyrical daring of folk-pop singers like Patti Griffin or Anais Mitchell. Stroup takes the road-worn, rootsy approach of John Moreland, Jason Isbell and early Ryan Adams.

Inspired by expansive landscapes of Alaska, Oregon and New Mexico, all home the past seven years, Moody Little Sister's New Folk of the American West captures dust storms and tsunamis of the heart. They've covered the ground traveling in their van (along with a big fluffy dog named Triton), making a near-constant life on the road between Anchorage and Albuquerque. Hear their connection in effortless harmonies and each resounding moment that emotes both confidence and vulnerability.

Some bands make big gestures. Moody Little Sister, in their music and kinship they share with their listeners, meets our 21st-Century Emergency with urgent intimacy.

Tickets are \$20/per person and are available at OpenSpaceVashon.com.

Road to Resilience

Continued from Page 1

members of our community have access to affordable housing.

You might say, "That's fine for you to say, but how are you going to pay for it? How do we compensate people for lost appreciation? Isn't this just a giveaway to people that can't pony up their fair share?"

I hope we can gain some perspective on this with another comparison. The Vashon Maury Island Land Trust is a much respected and successful institution. They have been able to leverage tens of millions of dollars to buy land on Vashon, take it off the commodity market, and preserve it in its natural state. We have deemed this a worthy investment for two reasons. We appreciate and value not only the aesthetic qualities, but also the very real goods and services it provides: water and oxygen for starters. The second reason is that we feel that the plants and animals that are native here have as much right as we do to live here (Some might say more, and we aren't even getting into the rights of native peoples).

We could decide for the same reasons that a diverse human community is both necessary and desirable as well. We might feel that being a microcosm of the multiracial, multicultural world without is preferable to being an isolated, wealthy, white community. We would definitely need to consider seriously the goods and services rendered by the people that may not be able to afford to live here: the people that teach our kids, take care of our parents, provide food,

run our stores, make art and music, and fix and maintain virtually everything we use. Let's consider one stark example. Without restocking, our grocery store shelves would be empty in three days! Imagine for a minute the huge amount of work that needs to be done continuously to insure that everything you want to buy is shipped in and stacked neatly in the proper spot. Don't these people deserve a secure, affordable place in their/our community? If we can exert the political will to preserve our natural environment, we can make affordable housing readily available to all our community members.

The past projects that we have created at Vashon Household have been valuable and necessary, but they are far from sufficient and have also warehoused our lower income people in isolated projects. Even on Vashon, there is a stigma attached to people in the "projects." The majority of our affordable housing is still scattered across the island as older single-family housing. It is disappearing fast because of appreciation and conversion to high value private homes. This is the land and housing that we need to take off the market! We need a sufficient and reliable stock of affordable rentals and, as with the Land Trust, we can find a way to do it.

If you want to see what can be done, go to: <https://www.psrc.org/housing-innovations-program-hip>, click on Development Types, and then click on Preservation and Rehabilitation.

Comments? terry@vashonloop.com

Advertise in the Loop!

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

ads@vashonloop.com

Next Loop comes out June 21

Kita Needs A Home

I'm Kita the kitty, and I'd like to meet you! I really love to be around people, but my person wasn't home enough. She wanted me to find someone who could spend more time with me.

Guess where's my favorite place to sleep? Under the covers. Now, I don't absolutely have to sleep like that when I go to my forever home - I just want you to know how much I like to cuddle.



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



Planet Waves

by Eric Francis <http://www.PlanetWaves.net>**Aries (March 20-April 19)**

There is a place for both rational and intuitive thinking: the discipline of astrology, for one, uses them both. Each likewise has its limitations. Pure logic risks being twisted as unspoken biases make themselves felt under the surface. Feeling-based methods potentially lead to delusion. Being able to apply either one judiciously helps balance these things out; and, as Dion Fortune noted, moderation tends to be what works, whereas extremes are where things go wrong. Aim to be measured in your judgments, and watch especially for mental pitfalls in the era of truthiness.

Taurus (April 19-May 20)

If you read these pages frequently, you're probably aware by now of some ramifications of having Uranus in your sign. While the constant new developments might well be causing you to feel somewhat bewildered, doubtful or annoyed from time to time, on the whole you seem to have a pretty firm grasp on what's happening. In all probability, you're more ahead of the game than you think. Focus on what you actually know about yourself in tangible, solid terms, and play to your strengths. Remember that you alone can be the centrifugal point in your own life. You can draw on that safely in moments of uncertainty.

Gemini (May 20-June 21)

This week, some ground would appear to be shifting at your place of work: either someone is trying to deceive or manipulate, or goalposts are being moved; or you may simply be viewing your career path in a new light. Whichever is the case, at the core of who you are is a resilient, clever and flexible mind, which is capable of navigating any quick turns. It's possible others will be looking to you for leadership and guidance; this may be an opportunity for you to show your mettle. If you do that, offer your skill in a way that's truthful, and avoid simply playing the role of manager for its own sake.

Cancer (June 21-July 22)

JP Sears' brilliant satire series, *Ultra Spiritual Life*, perfectly captures the hypocrisy around wanting to appear profound or enlightened without actually dealing with one's shadow or difficult emotions. Underlying this, there's a fear of not being seen to conform to various social expectations of piety (in all senses of that loaded term). Yet the fact is that your spiritual path and beliefs are between you and whatever divine entities or other beings you subscribe to. Other people's agendas are their business; no-one has the right to impose their own system on you.

Leo (July 22-Aug. 23)

The quest for identity and meaning is a perennial one, and it's important to treat this matter with the nuance it deserves. Yet sometimes it can be helpful to answer the question of who you are by describing what you do – not just professionally, but in your community, or among your peer group, and in your daily interactions. What are you bringing to the table at this present moment? This is a part of your character that should be taken into account. Notice especially if it conflicts with narratives imposed by others; this is a point only you can truly resolve for yourself.

Virgo (Aug. 23-Sep. 22)

Make sure, this week, that your aspirations place you firmly at the center.

You can be prone to crises of confidence, and thus to yield authority where others really have no business being in charge. You may also discover that you've been telling yourself a story, which is now being contradicted by facts that possibly emerged only recently. Though it takes a form of courage to accept a position of mastery over your own life, and the responsibility for ensuring things go well, this is what you need to do now. It's necessary for your self-respect and personal integrity.

Libra (Sep. 22-Oct. 23)

Acts of heroism as shown by Hollywood are usually of a somewhat glamorous quality, and often involve the use of an improbable superpower. Meanwhile, back on Earth, courage is generally rather more of a day-to-day affair. Most of us have good and noble intentions; carrying them out, and becoming the person we wish to be, means making small, everyday choices: being kind to someone, working on that long-term project, or saying how you really feel. You might not become an overnight viral superstar; but you can help make a better world, one piece at a time.

Scorpio (Oct. 23-Nov. 22)

You could probably benefit from a more methodical or logical approach to your creative work, and to expressing yourself in it, this week. True, there's something compelling and romantic about the idea of getting lost in one's art. Sometimes that has to happen. Yet it's also necessary that you hold sufficient focus and discipline to get something actually onto the page, or the canvas; and that you don't burn yourself out. Make a point of taking care of your health, both physical and emotional. Time may be flying faster than ever, but you have more than you realize.

Sagittarius (Nov. 22-Dec. 22)

A spotlight on your relationships this week suggests that you may become aware of a pattern from your early life that's repeating in the present. Most of us do this to some degree, because the programming we receive as children is hard to shake off. The first step, however, is knowing about it. That makes it easier for you to recognize when certain buttons are being pushed, and how it's happening. You might want to talk things over with your partner (or with someone else you trust); they may have valuable insights or ideas to share. Have the courage to open up and be vulnerable.

Capricorn (Dec. 22-Jan. 20)

It would seem there's a lot going on around you at the moment. If you feel particularly agitated or confused, take the time to relax yourself before doing anything else. Your wellbeing is an important part of ensuring you can carry out whatever you need to do. It's unlikely the world is going to end because you spent a few minutes meditating, or an extra half hour in the bath. Additionally, if you start to feel overwhelmed, organization and discipline will probably be your best friends; make a task list, set your priorities, and complete one thing at a time.

Aquarius (Jan. 20-Feb. 19)

One might describe the process you've undergone recently as akin to that symbolized by the Tower tarot card. You've been compelled to question many

Matthew Bourne's The Car Man

A sensational new dance event for cinemas from the internationally acclaimed choreographer Matthew Bourne and his Dance Company New Adventures, *The Car Man* is loosely based on Bizet's popular opera (*CARMEN*) and has one of the most thrilling and instantly recognisable scores in classical music, brilliantly arranged by Terry Davies.

The familiar 19th Century Spanish cigarette factory becomes a greasy garage-diner in 1960s America where the dreams and passions of a small-town are shattered by the arrival of a handsome stranger. Fuelled by heat and desire, the inhabitants are driven into an unstoppable spiral of greed, lust, betrayal and revenge. Lez Brotherston's epic design, Chris Davey's evocative lighting and Matthew Bourne's vivid storytelling take in a wealth of cinematic references, creating a powerful and uncompromising vision of small-town America.

The Vashon Theatre, Sunday, June 10th at 1:00PM, \$15/\$14

things you thought you knew, and to relinquish what no longer served you, even if it felt important. This is a tough assignment, and you may be proud of having weathered it. This week, look around you and notice what is there and what is absent. You'll likely find that as you begin rebuilding, the resources that remain with you make a far more solid foundation than before. You can safely turn your gaze to where you're headed.

Pisces (Feb. 19-March 20)

You're now reaching a point where you can begin to assess past events with increased clarity and impartiality. Much of this is about understanding when other people are projecting onto you, and refusing to own that material. Be as clear as possible in recognizing when this happens, and stand firm in that knowledge. Construct psychic or even physical boundaries if you need to. You're not obliged to engage with anyone; certainly not people who are unwilling to listen or treat you with basic respect. It's safe to trust your wisdom and your instincts; you know who you are.

Read Eric Francis daily at www.PlanetWaves.net

Make a date with Vashon!
www.VashonCalendar.com

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

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Spiritual Smart Aleck

By Mary Tuel

Here Be Irreverence

My older son in recent years has become a born-again atheist. The other night he posted an infomercial on Facebook that featured Jim Bakker selling buckets of freeze-dried food labeled "Staying Alive." Bakker is marketing this product to evangelical Christians in case they get hungry in the End Times.

I thought, wait a minute, won't they be raptured up before they get hungry?

In case you missed the class, the Rapture will sweep all Christians up into the air with Jesus, first the dead and then the living. There will be seven years of Tribulation, extremely hard times on earth. At the end of the Tribulation, there will begin the Millennium, a thousand years of heaven on earth, at the end of which the Final Judgment will occur.

Sometime in this process, Christ will come again.

As in all things church, there are disagreements about these events.

Does the Rapture occur before, during, or at the end of the Tribulation? Before Christ returns, or at the same time? Does Christ return before or after the Millennium? Is the Millennium literally one thousand years, or is it "a really long time?"

I am an Anglican. We believe the Millennium is now, and it will go on until the second coming of Christ. We do not subscribe to the doctrines of the Rapture or the Tribulation. Neither do the Roman Catholic Church, the Eastern Orthodox Church, Lutherans, or many Calvinists.

Anyway, Jim Bakker is making money from evangelical Christians who believe they will be hungry during the End Times, and my atheist son finds that hilarious.

FYI, back in the 1980s Jim and his then wife Tammy Faye had a televangelism empire. They made millions of dollars, had mansions and cars and an air-conditioned dog house, and they built a theme park called Heritage USA.

Alas, Jim was weak. He kept two different sets of books. He paid his secretary, Jessica Hahn, \$290,000 hush money so she wouldn't divulge that he and another pastor drugged and raped her.

The Assembly of God dropped him as a pastor in 1987. He was investigated, indicted, tried and convicted of mail fraud, wire fraud, and conspiracy, and served almost five years of an eight-year sentence.

Tammy Faye divorced him and built a new life.

Bakker still owes the government \$6



million, if you can believe the internet. He's gone back to making money on television in the name of Jesus. Jim Bakker is the kind of person to whom my son points when he's ranting about there being no God, and religion being evil.

I do not defend the perversions which have arisen from religion. I only point out that these perversions arise in the disarrayed minds and desires of human beings, not in the mind of God.

I speak of perversions ranging from Jim Bakker's corruption to the horrible murders and atrocities that have been committed in the name of God, in Christianity and other religions, over the centuries. There are no excuses and I offer none.

Atheists often ask, "What kind of a God allows ...?"

I think their point is that an all-wise, loving God would not allow war, famine, or diseases like ebola or AIDS, for example.

In my mind, I had to accept the randomness of creation - I don't think everything is predestined. I think accidents happen. I think viruses are amoral, and like the boll weevil, are just looking for a home. I think that human beings are a chaotic mix of good and evil.

Human beings flatter themselves that they are the end-all and be-all of creation. "Made in God's image," and all.

Have you looked at the sky lately? Do you really think that we little scraps of DNA on this tiny rock are what everything is all about? If you truly believe in God, and that God created everything, and you realize that we human beings are incapable of wrapping our heads around everything, do you really think we're the main act in the circus?

Maybe in God's mind we're on a par with viruses and trees and dogs. Maybe God's true image is a Golden Retriever.

I don't argue with my son about the existence of God. There is no point arguing with someone whose mind is made up.

To me, God and reality are the same thing - too big, too beyond my imagination or mind to comprehend. The word "God" is a little box to contain the idea of something that is too immense to contain, or even imagine. Accepting that I'm not in control and I don't know much is peaceful. If I can also do a little good, and avoid doing harm, bonus.

Peace be with you. May we all someday enter the kingdom of Dog. I mean God. Maybe.

Vashon Library June Events

Children & Families

Brick Builders

Monday, June 4, 11 and 18, 4pm

Ages 5 to 12.

Build a stunning creation all your own, or collaborate with a friend and make something spectacular.

All materials provided.

Infant & Young Toddler Story Times

Tuesday, June 5, 12 and 19, 10:30am

Ages newborn to 24 months with adult.

Stories, songs and fun! Play time follows.

Preschool Story Times

Tuesday, June 5, 12 and 19, 1:30pm

Age 24 months to 6 years with adult.

Stories, songs and fun!

Summer Perler Palooza

Tuesday, June 5, 4pm

Ages 6 to 12.

Get ready for summer with some fresh new perler designs! Try out patterns or think up your own wonderful creation.

Readers' Lounge

Thursday, June 7, 4pm

Ages 5 to 12.

Pull up a cushion, grab a snack and read awhile! We'll have a selection of picture books, chapter books and graphic novels around holidays and special remembrances for each month, as well as bringing out some new and interesting books just for fun. In June, read books that celebrate families of all kinds!

Yoga for Kids

Tuesday, June 12, 4pm

Ages 7 to 10, ages 5 to 6 with permission.

Join Beth Tuttle from Island Yoga Center to move through some yoga poses and learn about breath while being still and present. All materials provided.

Foam Sword Party

Saturday, June 23, 2pm

All ages welcome.

Find your inner hero and learn some history through exciting simulated battles. Discover what it might have been like to be a warrior in ancient times.

Activities are organized in a safe and fun environment with instruction and all equipment provided.

Pan Leggo-Steel Drum Party

Sunday, June 24, 1pm

Presented by Ian Dobson, musician and performer.

All ages welcome.

Translated from Caribbean English, Pan Leggo means "steel drum party." You will feel like you're sitting on a sunny beach when the music starts playing and your body starts swaying!

Book Exchange

Sunday, June 24, 2pm

All ages welcome.

Bring a book, take a book! Got a book you've read and would like to pass on? Need a new summer read? Bring up to three books per person to the meeting room to exchange for new ones from others.

All leftover books will be donated to future Friends of the Library book sales.

Teens

Teen Late Night

Friday, June 8, 6:30pm

Grades 6-12 only.

NERF GUNS are back! Use the computers, play video or tabletop games, make crafts or just hang out. Free snacks and raffle prizes all night long.

Teens must be picked up by 9pm.

LAST DAY OF THE SCHOOL YEAR!!
Game On!

Friday, June 22, 1:30pm

Grades 6-12.

Come play video games at the library! Hone your gaming skills with Wii U, PS4, Xbox one, and the NES. Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

Sponsored by the Vashon Friends of the Library.

Game On!

Wednesday, June 27, 1:30pm

Grades 6-12.

Come play video games at the library! Hone your gaming skills with Wii U, PS4, Xbox one, and the NES. Not a gamer? Come hang out and eat some snacks, do a craft or play a tabletop game.

Adults

By A Lady: A Look at Jane Austen's World, Sunday, June 3, 2pm

Tames Alan of Living History Lectures will appear dressed for a day during the Regency period. She will give an engaging description of what it was like to be alive during the time Jane Austin wrote her books, including such topics as food, entailment of estates, and how a girl was ranked based on her fortune. She will then change into an evening dress and talk about how the assemblies and balls were more about husband hunting than dancing.

Great Books Discussion Group

Monday, June 4, 6:30pm

Contact the library for book title.

Tech Tutor

Tuesday, June 5 and 19, 6-8pm

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

Vashon Friends of the Library

Quarterly Meeting

Saturday, June 9, 10am

Join us for our quarterly meeting to see how the Vashon Friends of the Library are working to support libraries and literacy, and how you can become a member and help them do it!

Upstream: Searching for Wild Salmon, from River to Table with Author

Langdon Cook

Monday, June 11, 7pm

Take a tour of salmon culture in the Pacific Northwest, from tribal nets to scientific labs to restaurant plates as Langdon presents the region's most iconic natural resource and its uncertain future.

Tabletop Gaming

Sunday, June 17, 11am-5pm

Unplug and enjoy gaming with other adults.

Learn new games from our experts or play old favorites.

Feel free to bring your own games to share as well.

Ages 12 and younger must be accompanied by adult.

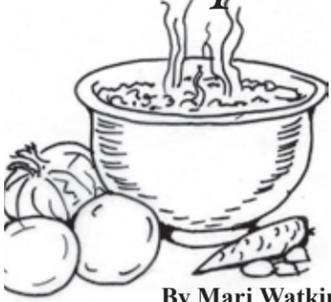
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Island Epicure



By Marj Watkins

Vinegar's Virtues

One of vinegar's first and best uses in the past was, and still is, as an antiseptic. Back in 400 B.C. Hippocrates doctored his patients with "oxymel" which was vinegar mixed with honey. Germs and viruses had not been identified yet. People blamed evil spirits or night air for their sicknesses. Hippocrates had his patients sleep on covered porches. The only medicines he administered were his oxymel, fresh air, simple nourishing food, and lots of rest. His fame for curing the patients at his hospital has endured for 2418 years!

During the plague years of the 1300's when a huge percentage of Europe's population died, monks stayed healthy because they washed their walls, floors, bodies and clothes with vinegar. They even took part in gathering and burying the bodies of people who died of bubonic plague without themselves perishing or even getting sick. Let's remember next winter in flu season to wash our hands often and rinse with half vinegar, half water, and to wash kitchen counters, door knobs and drawer pulls with vinegar. For cleaning purposes, I use distilled vinegar bought by the gallon.

Vinegar kills mold, too. In hot, humid weather mold proliferates. Let's not forget to turn on the fan to keep the air in our bathrooms moving and to dry it after we've showered, lest we invite unsightly--and to some folks allergenic--mold to bathroom walls and ceilings. I go over the metal window frames in my house with a vinegar dampened rag or sponge to prevent mold and to remove any black mold that appears.

Vinegar trounces dust mites. My floors are washed with a basin of water augmented with a cupful of vinegar. It cleans and sanitizes floors throughout the house and may be as instrumental in preventing colds as the magic potion and magic tinctures I've mentioned often in my column.

Nutritionally, vinegar contains potassium and several vitamins, depending on which fruit's juice was the basis of the vinegar. I keep several vinegars on hand: apple cider vinegar, rice vinegar, red and white grape wine vinegars, and light and dark balsamic vinegars.

More virtues of vinegar:

Fights fat; keeps weight down
Balances blood pressure
Boosts immune system
Reduces risk of heart attack
Helps prevent cancer
Slows aging
Aids digestion
Eases joint pain

A few drops of vinegar in your pet's drinking water prevents fleas.

I start the day with a teaspoon of vinegar and a teaspoon of honey in a cupful of hot water. My doctor says I look twenty years younger than my chronological age. I think she flatters me, but even so, the vinegar and honey combo help prevent fatigue and contribute to keeping my body hydrated.

An easy way to treat yourself to vinegar's advantages is to use it as an ingredient in salad dressing such as this one:

VINAIGRETTE DIJONAISE
Makes about 1 cup

¼ cup vinegar
¾ cup extra virgin olive oil
½ teaspoon salt
⅛ teaspoon coarsely ground black pepper
½ teaspoon, or to taste, Dijon mustard

Place all ingredients in a jar. Lid it and shake it well. Refrigerate until ready to serve. This goes well with a vegetable salad.

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 Theater In Garcia Lorcas BODAS DE SANGRE. Mr. Cortes is artistic director of his own Flamenco group, and also Musical Director of Palo Seco. Cortes is a third generation Flamenco guitarists and uses the experience passed



down to him by his family to maintain the purity of Flamenco while creating new compositions.

Jose Moreno, born into a family of famous flamenco artists Estrella Morena (dancer) and Pepe de Málaga (singer), Jose began his flamenco career at an early age, His debut was at the famous Tablao Costa Vasca in Miami. Jose continued his studies with the Great Manolete, Farruquito, and Andres Marin and Cajon Percussion with Manuel Soler. Jose has been invited to perform in various companies, and worked with distinguished artists such as: 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,
VHS Theater
9600 SW 204th St
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Come Together Beatles Showcase

Vashon Events will bring the house down at the Red Bicycle Bistro & Sushi on Friday, June 22nd with the return of one of their Showcase Events featuring the jaw-dropping, inspiring, and sometimes hilarious performances of local musicians. This June, the showcase will feature all songs of the beloved band, the Beatles.

Beginning at 8pm, musicians will take the stage as solo, duo, or ensemble performers to interpret one Beatles song. Throughout the evening, over twenty songs will be performed, each by a different act. Together, the performances create an unforgettable journey of experiencing an immense variety of Island musicianship and interpretations of the Beatles' library of works.

The event is a fundraiser to support Vashon Events, a nonprofit organization whose mission is to inspire and connect the community by promoting and producing extraordinary music experiences and supporting musicians by providing access to instruments, education,



resources, and opportunities for paid performances.

Do YOU want to perform at this showcase? We want you to as well! Here is the link to sign up: <http://www.vashonevents.com/formusicians/#/ve-specialevents/>

These events are hugely popular, so plan to arrive early to get a seat.

This Beatles Showcase is generously sponsored by John L. Scott Vashon.

Songs picked so far:
Dear Prudence
HELP
Hey Jude
I'll Cry Instead

Isn't It A Pity
I've Just Seen A Face
Let It Be
Mother Nature's Son
Norwegian Wood
Paperback Writer
She Came in Through the Bathroom Window
Sun King
Tax Man
Why Don't We Do It In The Road

Come Together
Beatles Showcase
Friday, June 22nd, 8pm
The Red Bike
\$10 suggested donation

Clinton Fearon & The Boogie Brown Band

Always a crowd pleaser on Vashon Island, Clinton Fearon & The Boogie Brown Band is coming back to the Red Bicycle for another amazing performance of his roots reggae music. If you like roots reggae, this is a show you won't want to miss. Clinton Fearon has quickly won the hearts of many an Islander and will pack the dance floor with dancing bodies! Clinton hasn't done a show at the Red Bike in a very long time...he's overdue and make no mistake about it...this show will sell out fast!

Much like quite a few other reggae musicians who came of age in the late 1960s and early 1970s, Clinton Fearon was a country boy who migrated to Kingston as a teenager in order to seek his musical fortune amongst the proliferating studios and sound systems of the big city. He was born in St. Andrew in 1951 and moved around the countryside with his father and stepmother before relocating to Kingston in 1967; he immediately organized a singing group with some friends, but it never amounted to anything and broke up before it could record. It was around 1970, when he joined Albert Griffiths and Errol Grandison to form the Gladiators, that he hit his stride as a musician, and began what would be the most significant and commercially successful association of his career.

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

When asked about his music, Clinton states that "...our sound is roots, its roots, lovers rock,



rock steady. It's not too far from the root. I'm not trying to branch off into anything I'm not totally relaxed with," he continued. "A lot of (other bands) try to follow the market. I try to follow my creativity more so than follow the market. It's what's in your heart; you have to follow your heart."

Clinton Fearon is counted among Jamaica's most talented musicians by peers and professionals in the Reggae music industry. His infectious bass riffs have always led the way, whether he is playing bass, guitar or percussion, singing lead vocals or providing background harmonies.

Opening up for Clinton Fearon will be Sum Band, consisting of Chai Ste Marie, Josh DeHaven and Vor Hostetler. Long-time fans of Clinton Fearon, they've always been in the crowd and on the dance floor, but tonight...they'll be on stage performing. Chai got her inspiration and perhaps her chops from her dad at an early age - he is a musician with a great voice and encouraged her to sing at Karaoke events when she was only 11 years old. Josh picked up the guitar under the watchful eye of his good friend Liam, who started him on Nirvana songs. He was hooked and now he

writes a lot of his own material. Chai and Josh first met here on Vashon 15 years ago and after two weeks, they were inseparable. Josh serenaded Chai with music and it wasn't long before they were collaborating together. The first real performance by the two together was in December of 2014, where they sang Train's "Shake Up Christmas" at the Vashon Events showcase "Will Sing for Food". Right out of the gate, they were flat out amazing. Chai is inspired by people like Vashon's Sarah Christine, Saritah, Andra Day and Tracy Chapman. Josh is inspired by musicians like Clinton Fearon and closer to home, his friend Liam and Ron Hook.

Sum Band will perform four songs before Clinton takes the stage. Make sure you get there early and see this performance, you'll be pretty happy that you did.

The show begins at 8:30pm, the cover is \$10.00 and it is an all-ages event 'til 11pm, 21+ after that. The Red Bike has experienced sold-out shows with Clinton in the past and anticipates the same for this one, so it's highly advised that people buy tickets in advance.

Friday, June 29th, 8:30pm
Clinton Fearon & The Boogie Brown Band
Opening: Sum Band
The Red Bicycle Bistro & Sushi
All-ages 'til 11pm, 21+ after that
Only \$10 cover!
For tickets to this show, click this link:
<http://www.vashonevents.com/support-us/clinton2018>

VCA Shows and Events

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.

In just 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

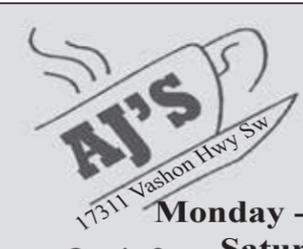


of three recitals celebrating the composer's 200th birthday in 2010, and in five recitals in honor of Liszt 200th birthday in 2011. Marc recently released a recording of the late Schubert sonatas and "Chopin's Intimate Art: the Mazurkas".

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

Deadline for the next edition of *The Loop* is **Saturday, June 16**



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To Go

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm

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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, June 9th, we bring you Gregg Curry!

Singer-songwriter Gregg Curry brings the energy of his full band to his solo performances as he performs his powerful original songs and a selection of covers that says so much about his musical roots. His music can best be described as Americana, as he mixes rock, country, blues, folk, bluegrass, and gospel ingredients into a delectable musical stew.

On Saturday, June 16th, we bring you Some'tet!

Some'tet and all its jazz, post-jazz, outsider music, torch songs from Mars, kit and caboodle, evolved from a weekly jam on Vashon during the summer of 2015. The overall sound is almost west coast cool -- but with some wicked curves. One part composed, one part improvised, a hint of



neo-bossa rhythms, touches of free jazz, plus a bit of old-school soul. Some'tet gigs every Sunday at Vashon's Snapdragon Café and regularly throughout the Puget Sound region. Last year they were one of four bands selected for the annual EarShot 2nd Century Jazz Festival in Seattle.

Some'tet is:

- Michael Whitmore - nylon string guitar
- Barrett Cooper - trumpet & flugelhorn
- Christine Goering - vocals
- Patrick Christie - upright bass
- Ambrose Nortness - tenor sax & bass clarinet
- Wesley Peterson - drums

Silvius Leopold Weiss with Oleg Timofeyev

In "Silvius Leopold Weiss", the final performance of the 2018 Salish Sea Early Music Festival on Wednesday, June 13, 2018 at 7:00 PM at Bethel Church, baroque lutenist Oleg Timofeyev from Iowa City, Iowa and Jeffrey Cohan, on the one-keyed baroque flute, will play reconstructions of music by Silvius Leopold Weiss (1687-1750), the most prolific and highly esteemed lutenist of the baroque who rivaled Johann Sebastian Bach in improvisational skill and worked for more than three decades at the court of the Elector of Saxony in Dresden with flute virtuoso Pierre-Gabriel Buffardin (1689-1768). Although he wrote much music for obbligato, or fully written out, lute and flute, the flute part has unfortunately been lost but has been reconstructed for this performance. The program will also include music for obbligato lute and flute by Ernst Gottlieb Baron (1696-1760) and Friedrich Wilhelm Rust (1739-1796).

Admission will be by free will offering/suggested donation (\$15, \$20 or \$25) with those 18 & under free. For more information please see www.salishseafestival.org/vashon.

Originally from Moscow and now living in Iowa City, OLEG TIMOFEYEV holds an M.A. in early music performance from the University of Southern California (1993), and a Ph.D. in performance practice from Duke University (1999). He taught himself to play the guitar as a child, supervised by his mother (a professional cellist) and his grandmother (an excellent pianist). From 1981 until 1983, Mr. Timofeyev took guitar lessons from Kamil Frauchi, the most influential guitar teacher in Moscow of the time and the father of the internationally-known guitarist Alexandr Frauchi. Since 1983, Oleg Timofeyev has been performing early music on lute and guitar. In 1989 this interest brought him to the U.S. where he studied with Patrick O'Brien, James Tyler, and Hopkinson Smith. Besides his eminent background in Russian guitar music, Timofeyev has been rediscovering his musical Jewish and Gypsy roots. The recipient of several Iowa Arts Council grants to produce recordings and tours of this music, Timofeyev currently performs a program of Russian Jewish music with his mother. In the fall of 2004, Timofeyev founded a nonprofit organization dedicated to fostering international awareness of Russian culture, the International Academy for Russian Music, Arts, and



Culture. The organization helps foster international visibility of the best of Russian cultural traditions including music, music pedagogy, visual arts, architecture, theater, literature and Russian language.

JEFFREY COHAN has received international acclaim both as a modern flutist and as one of the foremost specialists on transverse flutes from the renaissance through the early 19th century. He won the Erwin Bodky Award in Boston, and first place in the Flanders Festival International Concours Musica Antiqua for Ensembles in Brugge, Belgium with lutenist Stephen Stubbs. First Prize winner of the Olga Koussevitzky Young Artist Competition in New York and recipient of grants from the Martha Baird Rockefeller Fund for Music and the French Government, he has performed in more than 25 countries. The New York Times has heralded his ability to "play several superstar flutists one might name under the table".

The Salish Sea Early Music Festival is proud to be a new affiliate organization of Early Music America, which develops, strengthens, and celebrates early music and historically informed performance in North America.

For the eighth year the festival features some of the finest period instrument specialists from North America and Europe, presenting seven contrasting performances on Vashon Island and all around the Salish Sea of chamber music from the Renaissance through the time of Beethoven on period instruments. The festival has presented countless first performances in modern times of period instrument renditions of early works. Additional information is available at

www.salishseafestival.org/vashon.

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oldredtruck@comcast.net

PANDORA'S BOX

June is here. Wow. Well, we are happy to report that Jenny is back where she belongs. If she squints just right she can see you with her one good eye. Bettie continues to ease back into it and there is great happiness all around.

Bo's Pick of the Week: Cheese for lunch. Aside from that he is enjoying Natural Balance green pea and duck.



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