

John Browne for Mayor

John Browne is running for unofficial mayor on behalf of the Vashon Senior Center. Browne, a musician, farmer and local icon, is definitely what we call a “heck of a senior.” Tie die to overalls, guitar to washboard, chainsaw to native plants—John embodies the active life of an older adult and makes the livin’ look easy.

When asked why he wants to make a run for unofficial mayor, Browne replied with a twinkle in his eye, “I’m old, but I’m slow.” John is anything but slow. He owns and manages Judd Creek Nursery with his wife, Vicki, plays in a band with gigs from Vashon to Portland, and is a regular fixture at the Vashon Farmer’s Market. Browne, a Seattle native and a long-time Vashon resident, plays guitar, harmonica, and the washboard. He started his musical career in San Francisco’s Haight-Ashbury district in the mid-1960s, then lived off the grid on the Oregon Coast, raised a family, and started a garden before returning to Washington State. He’s been a bus driver, a logger, and a commercial fisherman, and for many years helped run Wax Orchard farm. Definitely a life well lived.

Browne said being unofficial mayor was on his bucket list. “I promised myself I’d run for something; seems like time.” Vashon’s demographics also played a role in his decision to throw his hat in the ring. Brown believes it’s important to remind people that Vashon has a history, a past—no matter your age or how long you’ve lived here. “When you get familiar with a place, age doesn’t matter; inclusion does. The Vashon Senior Center has a focus, and that focus is that no one is excluded.”

When asked why he wants to



raise money for the Center, Brown thoughtfully replied that to stay in his home as long as possible is what he wants down the road. The programs and support the Center gives to seniors to help them stay active and independent is personal. “There’s never enough money for the many good programs on Vashon and the good things people want to do. I want to help.”

Susie Kalhorn, President of the Senior Center Board of Directors, led the push to recruit Browne. “John encapsulates so much of what I think of as “old” Vashon. He lives modestly and close to the land. He values nature, music and human relationships. He lives thoughtfully with a good dose of humor. He’s a senior worth emulating.” A vote for John is a donation to support our mission of enhancing the experience of being an older adult on Vashon. Our membership has grown significantly over the past three years, yet our funding has gone

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Concerts In The Park

Vashon Events and the Vashon Park District have announced the lineup for the annual Summer Concerts in the Park. The extremely popular and free outdoor concert series will begin on Thursday, August 2nd and run through Thursday, August 30th. All concerts start at 7pm and are held in Ober Park on Vashon Island. Enjoy live music performances from today’s top talent in Celtic bluegrass, traditional Cuban, roots/bluegrass folk, country honky-tonk indie folk-rock and home grown reggae performing against one of Vashon’s most beautiful outdoor backdrops.

Bring the family! There’s plenty of grass and natural berms to spread out those picnic blankets and enjoy some wonderful music on a warm summer night. Families can come relax, let the kids play on the playground and enjoy the entertainment at these summer events.

Concerts in the Park are presented by the Vashon Park District and John L. Scott Vashon. The concert series is curated by Vashon Events. If you’ve never experienced the warmth of community at the cool nights of summer concerts in the park, you’re in for a special treat.

Please remember that there are no dogs allowed at Ober Park. Alcohol and smoking are also not permitted.



On Thursday, August 2nd, we are excited to bring you The Paperboys!

For a quarter century, The Paperboys have been touring the world and lighting up stages with their freewheeling blend of influences from Celtic and bluegrass, to Mexican son jarocho, brass bands, and Canadian roots. They have been called everything from Cajun slamgrass to worldbeat, they’ve received a Juno award (Canadian Grammy), plus two Juno nominations, two West Coast Music Awards, released nine albums,

and regularly play two-night bills in the Pacific Northwest. But that’s not what matters to musician Tom Landa now. “What means more to me than anything else is to receive letters, emails, or hear stories from people who tell me that our songs helped them through a tough time, or that they used one of our songs for their wedding, or that an album of ours was the soundtrack of their summer. At the end of the day, accolades are nice, but they are nothing compared to connecting with people.” Landa’s song ‘Better Than The Last’ has become somewhat of an anthem for people who have gone through hard times.



On Thursday, August 9th, we are excited to bring you Kiki Valera & Cumbache!

The oldest son of the famous La Familia Valera Miranda septet, Kiki is considered by many to be Cuba’s greatest living cuatro player. He is also a highly sought-after multi-instrumentalist (tres, guitar, bass, keyboards & percussion), composer, arranger, sound engineer & producer.

Kiki picked up the Cuban tres under the guidance of his father Felix when he was a child, and later attended one of the most prestigious music schools in Cuba, the Conservatorio Esteban Salas in Santiago de Cuba. By age 15 Kiki was touring internationally.



On Thursday, August 16th, we are excited to bring you The Warren G. Hardings Band!

The Warren G. Hardings are a high-energy stringband from Seattle, Washington. Heavily influenced by America’s roots and folk heritage, the band has a deep affinity for the music of legendary bluegrass pioneers as well as the countless artists following in their

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The Road to Resilience Paradigm Revisited

By Terry Sullivan,

Over the years, I have thrown around the word “paradigm” so much that even I am no longer impressed by it. I’d like to freshen that word up a bit, as well as a few others, because we need to think large when we see or use large concept words.

Theories about human affairs are just like religions, which are various ways that different people and cultures make sense out of the same cosmic information. In human affairs, we have different opinions about the validity of class distinctions, whether everybody gets what they deserve or are victims of circumstances, whether some groups are conspiring to control the world or it is simply chaos, and, as an extension of the “devil” theory, whether there are people or cultures that are inherently evil. The obverse of all those distinctions is that there are no distinctions: we are all the same, reacting to the circumstances that we happen to find ourselves in. We all have the same evidence to look at, but our experiences are different and our conclusions are all over the map.

Given that, there is a considerable

amount of agreement about how the world works. Otherwise, it wouldn’t work at all. A paradigm, as I use it, is an overall picture we all agree on that describes the way the world works. It includes a large and all pervasive set of assumptions that we all take for granted, and it takes a considerable amount of imagination to think outside of it. If you think of a paradigm as the room we live in, when we experience dissatisfaction, we usually consider changing something in the room. When a paradigm is no longer working or another more attractive appears, we may experience a paradigm shift; that is, we either decide to move into or are forced into a new room. The problem up front is trying to even imagine a new room! Our room may have become too small, too dark, too cold or hot, and the mistake we make is trying to correct it by moving the furniture. If we do not decide to leave the room, we will eventually be forced to move, and, when that happens, it is usually attended by a considerable amount of disruption because we don’t

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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.

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.

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:
Editor@vashonloop.com

Next Edition of The Loop Comes out Thursday July 5

Deadline for the next edition of *The Loop* is Saturday, June 30

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Public welcome at this Saturday's amateur radio 2018 Field Day!

Vashon Hams gather at our Field Day location atop the Swallow's Nest Bluff on June 23rd and 24th to compete in the largest single amateur radio and emergency preparedness exercise. It's a fun day to come out and meet club members, eat good food and play on a radio.

Field Day has been an annual event since 1933, and remains the most popular event in ham radio. Families and the public are welcome to this free event and tour Vashon Maury Island Radio Club emergency communication trailer. Learn about email over radio (without the internet!), digital operations with software-defined radios, and have the kids try their hand at hidden transmitter hunts.

Every June, more than 40,000 hams throughout North America set up temporary transmitting stations in public places to demonstrate ham radio's science, skill and service to our communities and our nation. It combines public service, emergency preparedness, community outreach, and technical skills all in a single event.

Your attendance will help us garner valuable points and provide a great opportunity to visit with local amateur radio volunteers who donate their valuable services to the community. Details on the club and the family friendly event follow.

We hope to see you next weekend,
John Cornelison
KE7KDDQ

Let's Talk about Living and Dying

We have changed from The Death Café to a format that includes featured speakers, focused conversations, local resources, book reviews and upcoming events. This Quarter we have a book review from Kim Eckhardt on "Being Mortal" by Atul Gawande. We are all going to die - but we can be hesitant to talk about it. By coming together to talk about death and dying, we also begin to talk about life and living. The way we think about living and dying has a profound influence on how we see our world. The fear of death can haunt us like nothing else and so we avoid talking about it. We will share stories and talk about death so as to make the most out of every day we are alive. No one is immune to this natural part of life. Quotes from past sessions include: "I want to live fully and I now understand that difficult conversations are sometimes the most liberating." "In this limited time I've got, I want to prioritize what I need to do." "Being here has really prepared me to go home and talk with my daughter." We want to continue to bring the conversations about death into mainstream culture. Our facilitated conversations will be focused on living and dying. There will be selected questions to stimulate our starting point. All conversations are confidential, accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. It is not a grief support or counseling session. It is free from ideology with no agenda towards any conclusion about life, death or life after death. Rather, it is a confidential place to explore one's own thoughts and feelings. Join us, have a cup of tea and a snack and discuss life and death. We will be meeting Sunday July 15 from 1-2:30PM at the Land Trust Building. Donations gladly accepted. Please call Susan Pitiger @ 206 818 4232 or Jane Neubauer 206 567 5404 with questions.

Passed by the Vashon Progressive Alliance on June 19, 2018

The Vashon Progressive Alliance dual endorses Shannon Braddock and Joe Nguyen for the 34th District Senate Primary election in 2018. We do this for the following reasons:

- 1) Shannon Braddock and Joe Nguyen are both good progressive candidates who will represent the 34th district's priorities well.
- 2) With eleven candidates filed for this position, our Top Two Primary has the potential to select two Republicans for the General election in November with as little as 10% of the vote each. The Democratic, Independent, and "No Party" vote could be evenly split among nine candidates with approximately 9% of the vote for each candidate.
- 3) Currently, there are two ways to prevent this loss of majority rule — obtain agreement from two or more Democrats to drop out of the race, or get progressive organizations to agree to endorse the same two or three candidates. To date no one has dropped out.
- 4) The 34th District Democrats have endorsed Shannon Braddock and Joe Nguyen at their June meeting. The Vashon Progressive Alliance finds it in everyone's best interest to endorse the same candidates. If most progressives vote for one of these two endorsed candidates, it will ensure that at least one Democrat will make it to the General election in November.

Melvin Mackey
(for the Vashon Progressive Alliance)

Invisible Girlfriends



By Sean Malone with the aid of his Muse, John Sweetman

The Holy Names Sisters had a summer house or retreat next door to our homestead at Portage. The Nuns called it Holy Names Villa where they all lived in little block houses you could hardly tell a part. The Villa had been built as a Tuberculosis sanitarium by our Uncle Bill Mattson who had been a surgeon in Tacoma. The Sisters were all dressed the same, in black habits, so you could hardly tell one from the other. We didn't talk to them much because their "retreats" were silent, or because Grandma Ada told all us kids just "Not to bother the Sisters". If we stepped into the madrona stand between the nunnery and the homestead, we could hear the nuns giggle or sometimes even sing as they did their chores.

They sure were "nice" unlike the nuns at catechism in Dockton where a person had to dodge a ruler if he stepped out of line. If Sister Benedict caught you knapping, you had to hold out your hands to her, palms up, as she whacked them several times with her wooden ruler. She wore a wide brown belt and her rosary beads went around her ample middle, which made her look even meaner. Cousin Kathy reports, "She wore motorcycle boots." She was fat, so she probably didn't swim, but the other sisters swam and we snuck into the woods to watch them in their heavy, black-wool swimsuits and white caps. Cousin Judy called them "penguins" because she didn't know better.

I didn't have a real girlfriend until the third grade and Pat Bradley was eighteen and our baby sitter, mainly because Bradley's lived right beside us and they had more than our five acres, I know that for sure. There was a tall board fence, mostly hidden in the bushes and a seven foot tall wooden gate right between the two yards, though most of the time "the gate" was open, except when our Labrador dog, Pan was in heat and Kit's collie couldn't get to her. Bradley's parcel extended across a steep canyon and to Joslyn's south border on the other side.

My brother Mike and Sister Molly and I bunked in a room right above the trash burner in the kitchen, so we had plenty of heat in the winter. That's where Pat would chase us when it was time to go to bed. We had been making too much noise again and I jumped to the covers for the protection the blankets gave me when Pat's hairbrush descended upon my rump. I yelled "bloody murder"; though it really didn't hurt at all. It was only a year later that Pat gave me her Girl Scout pin, so we were more than just friends.

The next girlfriend didn't know it until the fifth grade, my having secretly admired the Doctor's daughter since the fourth grade. I always thought that Sharon was much smarter than I was and so when Mrs. Clarke nominated Sharon Osborne and me for the P.I Quizdown, which was a yearly affair for the smartest kids in school and put on by an old time Seattle newspaper. I was sure that she had made a mistake on my part and really meant to choose someone else. I missed my last question in that old P.I. building, the one that had the world on top. I told them, "The deepest part of the United States is Lake Superior;" when the answer was "Death Valley." I can only remember taking Sharon to the Vashon Theater one time for a John Wayne western when I didn't think she really liked westerns. Or, maybe she didn't like the way I put my arm around her shoulders, not having learned my limits yet, or maybe a young person's tendency to have "secret crushes."

John Sweetman: "remembers that it was a given that 'your girlfriend' was not to be known. John's old friend, Gene Anundson (island guy) betrayed him in the 6th grade, telling Marylyn MCKeever that 'I liked her'... so shameful and degrading ...no girl should EVER know that she's ... a ...girl friend!!! He got back at Gene for 'telling', but can't remember how."

Sean@vashonloop.com

New Community Acupuncture Clinic Open on Vashon



By Laurel Boyajian, L.Ac.

Island Points Community Acupuncture is open on Tuesdays 11:00-5:00 at Studio Lux, an easy uptown location between Subway and James Hair Design. In a community acupuncture clinic everyone is treated individually yet resting together in the same room. There is soothing music playing. Talking is done in whispers and is brief. You may notice a group "energy field" that becomes part of the healing atmosphere. The pricing is structured with a sliding scale so you can decide what to pay, from \$20 to \$40, no questions asked.

Acupuncture works best in a series of treatments. We'll figure out together what will work best for you and adjust as needed. More clinic hours will be added with the goal of daytime and evening shifts available to accommodate many schedules in order to provide people as much acupuncture as they need or want. Look for regular monthly specials.

Acupuncture works in ways that

medical science does not yet fully understand but there is plenty of clinical evidence that it helps many people feel better. Perhaps the interstitium, a "new" organ recently discovered by scientists, is one of the ways acupuncture has an effect on the body and mind. Read about it in National Geographic. <https://news.nationalgeographic.com/2018/03/interstitium-fluid-cells-organ-found-cancer-spd/>

Laurel is a member of the People's Organization of Community Acupuncture (POCA), a multi-stakeholder cooperative formed for the purpose of supporting and promoting community acupuncture clinics, practitioners, patients, friends, and volunteers in the United States and worldwide. Read more about them at pocacoop.com. <https://www.pocacoop.com>

At Island Points Community Acupuncture everyone is welcome.

Ralph Needs A Home...

Darn, I thought I'd found such a good hiding place that no one could find me to take a picture. I'm a real scaredy-cat. Nobody knows my history, but I act like I haven't lived around people before. One thing is for sure - I won't demand attention or be underfoot. If you're interested in a low-maintenance feline relationship, I might be your guy!



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Vashon Fresh is an online marketplace for locally grown and produced food. We make it easy for Island residents to buy local, sustainably grown food from 25 farms and food makers. You choose what you wish to buy, the amount, and the vendor. Then we put it all together for you to pick up at the end of the day. Or we will deliver it to you. Let us be your personal shopper!

To learn more about all of the vendors check out our Producer Profile page at VashonFresh.com

Fireworks Safety

By: Gabriel Felix,
Vashon Fireworks Company

It's that time of year again! If you are going to be celebrating Independence Day with fireworks, here are some tips that will help you prepare to do it safely.

Select an area that is free from flammable materials such as trees and plants. Many people safely use their fireworks on private beaches. On a beach, you can partially burry most products in the sand so that they don't tip over. Try to keep rocks away from the products in-case something unexpected happens.

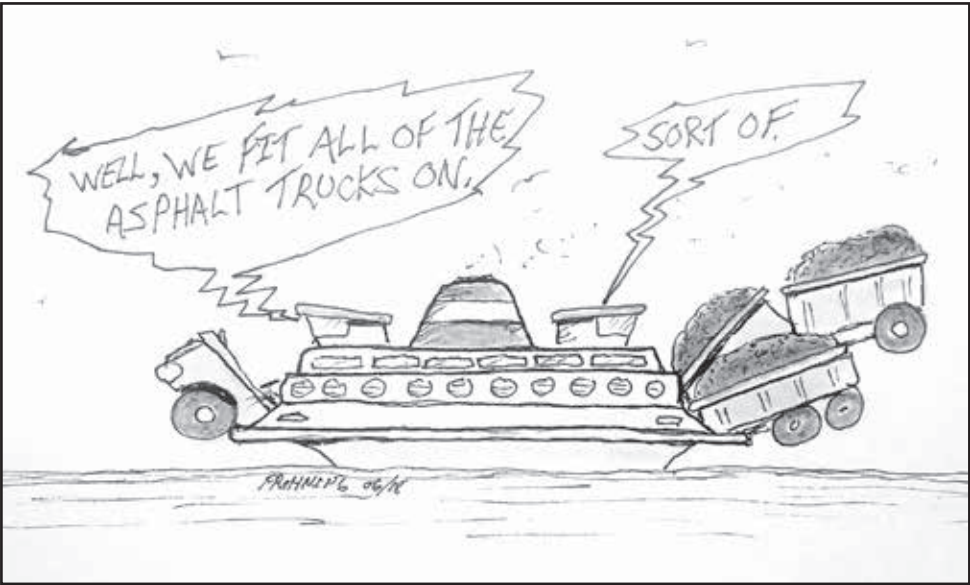
Be a good neighbor and talk to those around you about what you are planning to do. If you are shooting fireworks next to people with sensitive animals or children, please go elsewhere, or check with them to see if quiet fireworks might be an ok substitute. For those with pets you can get free canine relaxation treats

at Vashon Fireworks Co and Fair Isle Animal Clinic.

To prepare your property on the 4'th, it's a really good idea to water your yard a couple of hours before people start to use products, and have a charged garden hose ready just in case. Please remember that fireworks discharge is only legal on the 4'th of July and New Years on Vashon.

If we really do like having fireworks, we need to be responsible with them. Irresponsible use results in injuries, property damage and local bans on fireworks. Unfortunately areas with bans often have the highest injury and fire rates because supplies of safe, legal products aren't available.

From all of us here at Vashon Fireworks Co, we hope that you have a safe and joyful 4'th of July!



Joel McHale On Stage at VCA

Join us for an evening of hilarity featuring Joel McHale, one of the most sought after comedians and actors in the industry. He can be seen on Netflix playing former Community co-star Chevy Chase, A FUTILE & STUPID GESTURE opposite Will Forte, as well as starring in his new weekly Netflix show, THE JOEL MCHALE SHOW WITH JOEL MCHALE. Joel recently wrapped shooting THE HAPPYTIME MURDERS for STX opposite Melissa McCarthy. He can next be seen in the indie ASSASSINATION NATION for Sam Levinson, which recently premiered at Sundance and acquired by NEON/ AGBO.

In 2015 McHale wrapped the twelfth and final season of E!'s The Soup in which he satirized pop culture and current events. He is best known for his



starring role on the hit comedy series COMMUNITY, which ended its sixth season on Yahoo after five seasons on NBC.

Saturday, August 11, 7:30pm
Tickets: \$35-\$65, on sale now
vashoncenterforthearts.org
Click on Buy Tickets

John Browne for Mayor

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down despite an increased need for senior services. Seniors at the Center are technically anyone 55 years or older, but our doors are open to the whole community. The Vashon Senior Center has been serving older adults on Vashon since 1980 and continues to have an active and supportive presence in the community. Our senior-focused programming includes:

- *A nutrition program that provides hot, home cooked lunch four days per week, transportation to and from lunch for isolated adults three days each week, and houses the Meals on Wheels program.
- *An array of health promotion, wellness, and fitness exercise classes such as Zumba, guided meditation, and tai chi; chair massages and a low-vision support groups.
- *Education, recreation, socialization and personal growth-focused.
- * Social Services to connect individuals to aging network and other

benefits by bringing in experts in relevant topics such as Medicare enrollment, estate planning, and the Community Van Program.

- * Help for older adults to age in place with support from Neighbor to Neighbor volunteers who assist seniors with household chores, transportation, and errands.
- * BlueBird Medical Transport to drive seniors to off-island medical appointments.

The Vashon Senior Center also has fun! We have art classes, lectures, a book club, discussion groups, bridge and mahjonn. We go to museums, casinos, the local marijuana dispensary, and show entertaining movies several times each month. Talent shows, Rainbow BINGO, and our annual picnic are always well attended and lively.

We are thrilled to have Vashon icon, John Browne, as our candidate for unofficial mayor of Vashon. Vote early, often, and generously. Stop by

Embodying Ophelia



Just in time for Pride! Friday June 23 7pm-9pm. A performance by Lottie Love in conjunction with Rachel Guinevere LordKenaga's Submerged(Ophelia) art show at Valise Gallery on Vashon Island. 17633 Vashon Hwy SW.

Funds raised by this event will directly benefit the Vashon DOVE Project, an agency that serves and supports women in domestic violence situations. Tickets are pay-what-you-can

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

**Next Edition
of The Loop
Comes out
Thursday
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Deadline for the next edition of *The Loop* is
Saturday, June 30

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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 counry. 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.

This concert is a collaboration between Debra Heesch and Open Space. Ages 21+ only, tickets are \$20 at OpenSpaceVashon.org and Vashon Bookshop.

Road to Resilience

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understand what is happening and we are freaking out. On the other hand, if we recognize our situation beforehand and move knowingly and willingly into the new room that we have already conceptualized, we are much less likely to experience violence and chaos.

Another form of paradigm shift is “revolution.” I have friends that are very opposed to the idea of revolution. Bernie Sanders called for a political revolution and that resonated with some of us, and others not so much because the term invokes for them pikes, pitchforks, guillotines, and a river of blood. That is not the revolution Bernie was talking about. True, the fact that a group of people with far more power and resources than everyone else would have to relinquish their advantage is revolutionary, but not all revolutions are violent. We should respect the power of a revolution but not reject its necessity because it is a perilous step.

Consider that we are currently experiencing the digital revolution. Thirty years ago, none of us could have imagined the miraculous capabilities of a cell phone, nor horrors like identity theft, foreign interference in national elections, or hackers shutting down major systems in wealthy and powerful nations. We are finding more and more evidence of the magnitude of the implications of this paradigm shift. Still, we know that it is now the world we live in and we need to learn to manage it.

now is not technological, scientific, or even intellectual: it is emotional, moral, and ethical. The technological forces we have unleashed are simply too great to be in the hands of an immature species such as ours. At the same time, those same forces promise to forestall the desperation that drives our fear and angst of mortal competition for scarce resources and our drive to dominate and control.

When we talk about “good guys” and “bad guys,” we’re talking about a paradigm where fear and mutual suspicion are rampant. “We” are always the good guys and “they” are always the bad guys. Does anybody self-identify as a “bad guy?” I don’t think so. We resort to the theory that the “end justifies the means” to convince ourselves that we are always the “good guys.” “Good guys and bad guys” is a game we played as children, and, if we are to call ourselves adults, we better give it up.

That is the exciting challenge and promise of the world we find ourselves in. We have painted ourselves into a corner environmentally, politically, and economically and are just beginning to realize that there is an open door to the next room right behind us. Does it mean everything will then be magnificent? No, there will always be challenges, but we have to grow beyond the certain calamity we face now. We can choose a new paradigm with grownups that cooperate, love, and respect the world they live in.

The paradigm shift we need to make

Comments? terry@vashonloop.com

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Bam



Coffee

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Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

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Aries (March 20-April 19)
You must trust your intuition this week. No matter what other sources of information you have — and you should have plenty of them — in the end, your final choice must be about acting on what you deeply understand to be right. This is as obvious as magnetism. You might actually experiment with magnets and remind yourself what this feels like: opposite poles attract, the same pole repels — and this is as easy to feel as hot or cold, wet or dry. It’s true there are nuances and subtle points to the situation, and these need to be taken into account. Yet, in the end, a decision must be made; and you are the one to make it. One thing you’re divorcing yourself from is the need to be popular, or seen to be trendy. Following, joining, or any form of true believership is especially toxic these days.

Taurus (April 19-May 20)
For you, a creative approach usually begins with the details. Some like to sketch their idea in broad strokes. Some like to use a drafting pencil. Just be aware that any idea you come up with will go through many revisions, so you can hang loose and keep your ideas flowing. With Uranus in your birth sign, the unexpected is your best friend. You might experience a revelation as a flash of light, which will give you a glimpse of a possible future. Look carefully and remember the details, and don’t expect that particular light to come back on. You will get one opportunity to look and to see. Turn your head from left to right and notice what is on the periphery of your vision. Then, take special care to begin manifesting your intentions immediately. Whatever you discover this week will expire sooner than you think if you don’t put it into tangible form.

Gemini (May 20-June 21)
Sunday and Monday, the Sun in your sign is aligned with the core of our galaxy. I recently read a description of galactic energy by an astrologer I trust, who said it relates to Ray IV in the Theosophical system: “Harmony through conflict.” That means being present on Earth, amidst all the insanity and madness, and creating something beautiful. The time to focus on what is loving, what is true, and what is necessary is precisely the time that you may be feeling the most tension or doubt. Step up to the challenge. Use your abundant talent, particularly your unusual gift for self-expression, and create beauty in all that you do. You can consider your life an art project, treating everything more or less equally as a canvas to paint on, as stone to sculpt or, most likely, as a story to tell us.

Cancer (June 21-July 22)
We are now in the final approach to the summer solstice, when the Sun enters your birth sign. This is the longest day of the year, and that fact has something to do with you. You were born at the noontime of the solar year, and you have it in you to live boldly, and to live for purposes beyond your own personal needs. You will be getting information as if by chance over the next few days; and, as the Sun makes its opposition to the Galactic Core from Sunday into Monday, you may find yourself having insights that you know will make your life easier. Keep a pad and pencil handy, and write clearly. The thing about the galactic door is that it closes as easily as it opens, and it does not leave a paper trail. You have to do that yourself, and these will be ideas well worth knowing and using.

Leo (July 22-Aug. 23)

You need to find a balance between being spontaneous and being consistent. This is easily enough done, if you understand where you need to apply one method or the other, and then add a dash of the opposite. For example, certain elements of your relationships require that you keep all of your promises; yet there is almost always room for negotiation and a fresh approach. Professional situations may call for constant dependability and consistency, yet benefit from trying a bold idea that’s never been attempted locally. The way you’ll know doing something different is the right idea is that it will only seem a little unusual, a bit interesting, or like you’ve never heard of anything quite like it before — and still make sense. In most areas of your life, you thrive on consistency. That will still work brilliantly, as long as you experiment on a regular basis.

Virgo (Aug. 23-Sep. 22)
You’ve gone through a good few options trying to solve a particular problem, or get a result on some project where you’ve got a leadership role. If you haven’t had the results you want, now is the time to dust off the options you were saving for last. They won’t be valid for long, and you currently have an opening to try something unusual. Here are a few tips, though. The most important factor in this equation is your devotion, so what works is likely to be an extension of what you have already been doing. That, or it will depend on what you’ve learned so far. Second, less effort, energy, influence or input is preferable to using more. It’s a little like adding salt to broth: start with a little, and then if necessary add a little more. The idea with salt is you want just barely enough to do the job. You don’t want salt soup. Whatever it is you’re using is more potent than you think, and will have effects beyond what you’re anticipating.

Libra (Sep. 22-Oct. 23)
When the goal of relationships is stability, many factors can shake them up. If you allow space for your intimate experiences to bend, flex and be transient, you may find that they flow more smoothly and are less subject to the various surprise factors of the world. This approach is not an easy one at first; though, in the end, you will discover that it’s really all about going with the flow. Accept the fact that people grow and evolve. Accept that you change, and that the seasons change. In any event, a development this week that may seem to change your plans contains a gift. Take any opportunity to focus inwardly rather than on another person. You are far more independent than you imagine yourself to be, and the key to your happiness will be experiencing your freedom with compassion for yourself and for others.

Scorpio (Oct. 23-Nov. 22)
The whole world is struggling to feel safe now, even people who are facing no specific threat of danger. We might well ask where this is coming from and what we can do about it. These are themes it will help you to focus on, at the most personal level. One of the most significant elements of what “Scorpio” means is that there’s a deep integration of your mental patterns and your emotions. Sometimes it’s difficult for you to tell the difference, as they morph into one another so seamlessly. Yet this calls for extra discernment, which you now have access to with Mars slowing down to a station-retrograde, conjunct the South Node. When you identify a pattern, notice how it manifests first, as a mental or emotional phenomenon. Then find the counterpart. If something is an idea, find and consider the corresponding emotion.

Lit Lounge

On Saturday, June 23rd, Vashon’s Lit Lounge returns in an intimate new setting... Gather.

Island storytellers and writers are invited to come with a true short story, 5 minutes or less, around the theme of HEAT. People who bring a story will drop their name in a hat at the door when they enter - and names will be drawn as the event unfolds. If your name is drawn, up you come to tell your story. Between 10 to 12 names will be drawn - and it’s up to fate and the storytelling gods and goddesses to determine whose names those are...

Lit Lounge is an open forum – the participants who share, and the audience who comes to listen, create the tone and flavor of the night as it unfolds. HEAT can be interpreted in so many ways, heat in the kitchen, heat in the air, the heat of battle, the heat of chemistry and attraction... an element that is life-giving and life-threatening, dependent on the temperature involved.

The brainchild of Islander Cara Briskman, Lit Lounge was inspired by similar events in other parts of the country and by programs like the Moth Radio Hour. Cara began working with island writer and performer Maria Glanz to launch this program in 2016 at Open Space. After taking a hiatus from producing, Cara realized that the new Gather space in downtown Vashon would be an ideal setting for the debut of a new, more intimate Lit Lounge.

Stories are one of the most ancient



ways of gathering, of making sense of life, of sharing oneself with others. Join us to share your own story, or simply to listen to others.

Admission is \$10 Suggested Donation at the Door. No one will be turned away for lack of funds.

All ages are welcome, but the event is not intended for children. Stories may include mature language or themes.

Saturday, June 23rd, 7pm
GATHER, 17600 Vashon Hwy S
Email: litloungevashon@yahoo.com
<https://www.facebook.com/litloungevashon/>

If something shows up as an emotion, identify the corresponding idea. This will make it easier to morph, adapt and grow.

Sagittarius (Nov. 22-Dec. 22)
You have an opportunity to complete something that you left unfinished earlier in the year. Not only that; you have the extra resources you need to get it done. I suggest you take a minimalist approach. Plenty has changed since you set down whatever this project is, and — if you size that up — you will see that the effort will not be nearly as daunting as it seemed earlier in the year. It would seem that most of your focus would be best invested in gaining an understanding of where you stand, particularly in the context of previous generations who faced something similar and just could not pull it off. You are not them; you don’t have their debilities, and you have many extra abilities and resources that they never even dreamed of. Most significantly, you know yourself a lot better, or you have the specific goal of doing so. That is the key.

Capricorn (Dec. 22-Jan. 20)
You’re in the midst of a much deeper re-evaluation of yourself than you may imagine. It will become easier to see once Mars stations retrograde later this month, though the process is well underway. The focus is your 2nd house, which covers three themes, mainly: your perception of your talents and resources; your self-esteem; and your available cash. Think of these things not only as being related, but potentially as one and the same thing. Work on one and you are working on another. The focus right now is on unlearning. You were taught many things about yourself — most of them by example before you were old enough to filter it out — that simply were not true. So you must go on a hunt for all those things. You don’t need to look for love; only for the thoughts, ideas and habits that block your awareness of love’s presence.

Aquarius (Jan. 20-Feb. 19)
You have two main learning processes in motion, at the moment. One is an incremental reassessment and re-evaluation, of a particularly intense kind, that spans the second half of the year. Then you have going on the kind of growth that comes in jolts, sometimes by surprise, often arriving in unexpected ways. Both are related to the same process, which is about challenging what you take for granted. This will push you to the edge of your confidence, and to the outer limits of your comfort zone. That’s just where you want to be, hanging around on the edges of your reality, and venturing into the unknown any chance you get. Sometimes you will be drawn there, sometimes you will get lost and end up there, and sometimes you will be pushed. So you may as well hang out with all that is unfamiliar, and learn to love the feeling because being in this place offers you so much.

Pisces (Feb. 19-March 20)
The Sun is about to move into the area of your solar chart associated with pleasure and play, which I reckon will not just come as good news, but come with good news. You can take this approach and apply it to your whole life. You’re in a position where you can have fun doing just about everything. The way to do that is to take a creative approach to whatever you’ve got going on. If there are some areas of your life that don’t respond to a creative approach, particularly certain matters associated with what you think of as your job, you need to push that; or you may want to consider being in a different line of work. Doing this will require creativity, which you have in abundance all the time — and especially now. And you might take as your mantra something my Aunt Josie loved to say: Nothing attempted, nothing gained.

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

Spiritual Smart Aleck

By Mary Tuel

Vote

As I hear of children being separated from their parents, and parents and children being put into different detention centers; and see our country’s friends being insulted and made into enemies, and our country’s enemies being greeted as friends; and see editorial cartoonists being fired for portraying the truth of the madness; I stop and ask myself, where did we cross the line?

I was listening to Noam Chomsky the other day. He explained in his calm, reasonable voice that Trump is a distraction to keep us from noticing that the Republican Party is the greatest danger to the continuing existence of humanity. They might end us with nuclear weapons, or by their refusal to do anything about manmade climate change, which they know is real. In the Republican/billionaire/corporate universe, money and power are more important than leaving a world for their children and grandchildren.

After listening to him I felt the same way I did the first time I read that the mega volcano that is Yellowstone will erupt someday and destroy all life on the planet. Also the first time I heard that the sun will get bigger and burn earth to a crisp some billions of years from now. Also that when the Cascadia Fault finally slips, we are all going to be in deep, deep kimchi.

A little history. In my early adulthood, President Richard Nixon’s pettiness and paranoia led him to sanction illegal espionage. On the night of June 17, 1972, at the Watergate office complex in Washington, D. C., a security guard named Frank Wills noticed that a basement door had been taped to stay open. He called the police. When the police came, they found five intruders in the office of the Democratic National Committee.

The break-in eventually was traced back to the White House. Nixon resigned in disgrace on August 8, 1974.

I have often wondered if many of the guys involved in the scandal at that time felt mortified by the contempt in which they and the Republican party were held. I have wondered if they have been seeking revenge ever since.

In 1980, Ronald Reagan was elected. All it took was the congenial actor and a little treason. I saw Reagan as a figurehead surrounded by a dark posse.

The first Bush was a steward for the Republican party.

Bill and Hillary Clinton made the Republicans lose their minds. First,



they had to bash Hillary and her health insurance reform plan, and then they had to spend millions of tax dollars making Bill out as Satan incarnate for his sexual transgressions.

That was a case of many pots calling the kettle black.

And then eight years of George W. Bush, an affable dim bulb, smart enough to get elected and be dangerous. A guy who called himself a Christian as a campaign strategy. Another figurehead surrounded by a dark posse.

Looking back, I see that by the time W was in office, we had crossed the line. 9/11 happened, and that event was the pretext for everything that followed. I will not go into any conspiracy theories here. 9/11 happened, and it was horrible, and the Republicans made hay on the horror.

We went to war in Iraq. The Patriot Act was passed. Our rights were rapidly eroding.

By 2006, some people were beginning to compare the United States to 1930s Germany. At the same time survivors of the concentration camps during World War II were saying that it was already too late to leave America.

With the election of Barack Obama the racism that runs deep in this country rose up, loud and ferocious and out in the open and ugly as it ever was.

And now - the country is becoming safer for white supremacists, and bullies, and liars, and polluters, and people who think they can use the bible to justify ripping children away from their parents.

I saw a video of Jeff Sessions saying he was reading the “wisdom of Paul” from Romans 13, verse 1: “Let every person be subject to the governing authorities.” (NRSV) He was grinning like he’d just beat us at checkers.

This is the problem with ignoramuses quoting single Bible verses out of context to prove their points. If you go back eight verses to Romans 12, verse 13, Paul says, “Contribute to the needs of the saints; extend hospitality to strangers.”

No bible verse is an island.

“Do what we say because God says to be subject to governing authorities.”

“I was only following orders,” did not cut much ice as a defense after World War II.

Vote this November. If we vote overwhelmingly for change, and it does not happen, we shall all understand better the nature of our situation, and, I hope, act accordingly. We aren’t dead yet.

Park District Meeting June 12

By Scott Harvey

Nearly 5 years ago, I started attending Park District meetings because I was concerned with the District’s financial mismanagement, and ultimately. spent 2 years on the Board being publicly humiliated at nearly every meeting, during which 100% of my motions were defeated, because I had hope that a new Board would be elected to represent everyone on the island.

Last year I had hope that having accumulated an adequate reserve to avoid the wasteful use of a TAN, avoid borrowing for capital needs and have funds available to address unexpected income shortfalls we could begin responding to the many Part District Survey recommendations.

Then this year I had hope when the Board voted to invest \$100,000 in recreation programs in 2019.

Then tonight, I lost all hope when the Board voted to ignore the wishes of the island and make a fiscally irresponsible commitment to the Park District staff.

When the previous Park District Board voted to proceed with VES it too had substantial financial reserves, a false sense of urgency and, based upon historical levy receipts, and way too optimistic estimates of cost, it believed VES made sense.

Regretfully, this Board does not even consider what will happen to our income stream if the Fire District raises it levy again next year, or a Hospital District is approved. When VES started our parks were in much better condition. Now we have needs of nearly \$4 million in deferred maintenance, and nearly half of that amount cannot be funded by grants. Over the next decade, the increased wage motion passed tonight, will dwarf what the Park District had to fund for VES. And unlike VES, we will nothing to show for it, not a soccer field, or ball field or even a covered pool.

There will be an eventual shortfall. I expect the Board will seek to delay the this shortfall by financing equipment that should be purchased for cash, underfunding recreational programs, continuing to ignore deferred maintenance and increasing user fees.

Both times when I ran for election, I campaigned on a platform of transparency, fiscal responsibility and representation of all islanders. I had no agenda. I was not advocating for a dog park, even though I have two dogs or more trails, even though I regularly run on them.

My first Board had an agenda only to serve the several hundred fields user and their families, and the rest of the islanders lost. I had hoped this Board was different, but alas it is not. This time the rest of the island lost to two special interest groups. As was the case with VES, three Board members implemented an incredibly costly plan, while not only hiding their planned actions from the public, but even from other Board members. When confronted with facts that contradicted their rosy assumptions, none of the three supporters even wanted to discuss their flawed numbers. As Board members, we must make tough decisions, not just popular ones.

One of my fellow Board members stated we had a “moral responsibility” to

vote for this wage increase. That implies that to oppose such a motion might be immoral. I have my own opinion on what truly is immoral. More to the point, what is irresponsible.

- Irresponsible is wasting \$30,000 on a survey and totally ignoring the results.

- Irresponsible is allowing me to represent to the community that we plan to invest \$100,000 in recreational programs next year, when this group had no intention of doing so. Keeping in-mind that investment would be less than the cost of 2 new employees.

- Irresponsible is preparing a Strategic Plan that calls for the District to reduce the list of deferred maintenance, starting in 2018, then voting to eliminate all money needed to perform this task.

- Irresponsible is expressing a need to hire a maintenance worker in April, then returning in May to say the person is no longer needed and the proposed cost now should be divided among the remaining employees.

- Irresponsible is basing the wage increases on the earnings of off-island entities, with zero discussion regarding what Vashon employers, especially the school district, actually are paying. For the record, the school district maintenance staff earn \$43-45,000/yr whereas the Park District is paying \$43-49,000/yr.

- Irresponsible is proposing to increase Park District property taxes by 28% in order to fund a 39% increase in staff wages with a total cost of \$249,000, after staff compensation increases totaled 17% the previous 3 years. All this is occurring during a time when social security benefits are increasing 2.0%, the Armed Forces received its largest increase in 9 years – 2.6% and our own local school district is giving 4% raises.

The District’s ability to float a Bond to address deferred maintenance and less controversial capital needs was based upon its ability to demonstrate it has been fiscally responsible and can be trusted. Since that is no longer the case, I now would oppose any such Bond request.

I continue to have the greatest respect for the Park District staff, especially Jason and Elaine who have done excellent work in challenging situations. It has been a true honor and pleasure to serve on the Board with Doug Ostrom, who supported me on every key vote these past 4 ½ years. I appreciate the support Captain Joe, CC Stone and the vast Vashon community has given me over the years. Unfortunately, with no transparency and a total disregard for the wishes of the greater community this Board’s fiscal irresponsibility has made it impossible for me to fulfill the tenants upon which I sought this office. Therefore, it is with great sadness I am resigning as Park District commissioner effect immediately.

Scott Harvey

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Island Epicure



By Marj Watkins

Cool Meals

With mid June temperatures of 80 degrees and up, even with a light breeze off Quartermaster Harbor there is no impulse at all to turn on the cookstove in my tiny kitchen. We still get hungry, though. Here are some menus and recipes for this unnaturally warm June and beyond.

Lunch No. 1

Spicy Cold Mushroom soup
Salad of lettuce, diced tomatoes and diced cucumber
Cheese tray
Cider

Recipe for Spicy Cold Mushroom Soup:

1 box readymade Mushroom Soup from supermarket. Chill in fridge.
2 Andouille sausages, halved lengthwise and sliced
Dash cayenne, optional
Yogurt

Divide the soup among four soup bowls. Distribute the sausages among the bowls. Sprinkle a wee bit of cayenne in each bowls. Stir. Add a dollop of yogurt. If anyone finds his or her soup now too spicy, pass the

yogurt. It's cool, bland flavor will calm the spice.

Lunch or Light Supper

Tuna salad sandwiches
Sliced tart apples
Cold milk

Recipe for Tuna Salad Sandwiches: Two cans chunk light tuna in water, drained. Sweet pickle relish. Mayonnaise to taste. Combine all ingredients. Divide among four slices buttered 9-grain bread.Top with lettuce. Top lettuce with four more slices of 9 grain bread. 4 servings

Supper No. 1

Quinoa and Chia Seeds
Cold smoked chicken or ready cooked chicken from deli
Salad of raw spinach, sliced tomatoes and sliced cucumber
Almond milk

Recipe for Quinoa and Chia Seeds: 1 cup white quinoa, ½ cup chia seeds, 1 Tablespoon extra virgin olive oil. Plug in your rice cooker. Put the olive oil in the bowl. Add the quinoa and chia seeds. Stir with a wooden spoon or chopstick until all grains and seeds are coated. Add 2 ½ cups water. Put cover on rice cooker and push down the lever until a red light goes on. Cook 15 minutes. Stir and add a little more water. Cook 5 minutes more. The chia seeds swell and become a glutinous mass that holds the quinoa together and adds more protein. When the red light goes off and the yellow light goes on, the cooker is signaling that the food in it is done. 4 servings

Concerts in the Park

Continued from Page 1

footsteps who have helped progress the genre to the rich and diverse art form it is today. Drawing on this legacy and other contemporary influences, The Warren G's belong to a generation of young musicians that continues to evolve and adapt these acoustic traditions for the 21st century.



On Thursday, August 23rd, we are excited to bring you The Sarah Jane Scouten Band!

At age 5, Sarah Jane Scouten was sitting on the dining room table, singing "Lace and Pretty Flowers," by Canadian country-folk musician, Willie P. Bennett. Hank Williams and Stan Rogers were her greatest inspirations, both a staple at Sunday morning pancake breakfast and afterward, while singing bluegrass and gospel music with her father on Bowen Island, BC. Her talent for performing came naturally, and as chance would have it, so emerged a knack for songwriting. Bringing us up to date, Sarah Jane Scouten is an internationally touring songwriter, loved by audiences across the Northern Hemisphere.



On Thursday, August 30th, we are excited to bring you Trolls Cottage!

Trolls Cottage is hypnotically simplistic; music soaked in lyrical contemplations. The energy this band brings to a performance is exhilarating and most certainly compels the audience to get up and dance. With intoxicating genre-bending music and lyrical depth, Trolls Cottage has withstood the test of time. Nearly twenty years after their inception, Trolls Cottage returns to the Island for their first public show on Vashon in four years.

VIVA Offers Summer Artist Salons

Meet other artists working in your discipline! New, VIVA meet-and-greet artist salon summer series offers six opportunities to share casual conversations around your artistic interests. Salons, free, take place at Gather Vashon (17600 Vashon Hwy SW next door to Blooms). Bring wine, snacks, work sample and enjoy. Share your ideas and dreams for future VIVA classes and events. Salons are organized by discipline for professionals, enthusiasts and all who want to learn more! Drop in, no registration necessary.

*Schedule

June

27-Wednesday: Sculpture and fabrication/Cyra Jane & Morgan Brig

July

11 - Wednesday :

Photography/Terry Donnelly
19-Thursday: Pottery & Ceramic/Chris Beck, Lin Holly, Marla Smith

24-Tuesday: Printmaking & Illustration/Jean Echevarria August

9-Thursday: Paint & Watercolor/Jeff Good & Valerie Willson

22-Wednesday: Woodwork & Carving/John Moore

*All salons begin at 7 pm.
More information available at VIVArtists.org

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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:
Across The Universe
Dear Prudence
HELP
Hey Jude
I Feel Fine
I’ll Cry Instead
Imagine

I’m Only Sleeping
I’m So Tired
Isn’t It A Pity
I’ve Got A Feeling
I’ve Just Seen A Face
Let It Be
Mother Nature’s Son
Norwegian Wood
Tax Man
While My Guitar Gently Weeps
Why Don’t We Do It In The Road
You’ve Got To Hide Your Love Away

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

VCA Garden Tour, Saturday & Sunday, June 23 & 24

We are 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 garden-inspired 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 are on sale now! Online at <https://tickets.vashoncenterforthearts.org/TheatreManager/1/tmEvent/tmEvent1351.html>



The Total Experience Gospel Choir, On-Sale Now

The award winning and world renown Total Experience Gospel Choir bursts with love, joy, and enthusiasm – humanity! It is hailed as one of the Pacific Northwest’s finest soulful ensembles. Pastor Patrinell Staten Wright started the group as a gospel music class at Seattle’s Franklin High School in 1973. Since then, the choir has grown to become a nationally and internationally known gospel singing group. Come celebrate Pastor Pat’s 45th and final year of conducting this fabulous choir.

Saturday, July 14 | 7:30 pm
(Lobby opens at 6:30, Theater opens at 7:00)

Advance Tickets: Youth \$5, VCA Members \$10, Seniors \$12, and General \$14. All tickets at the door: \$18



VCA Shakeskids Presents A Midsummer Night’s Dream

William Shakespeare’s famous comedy is reimaged by teacher/director Aimee Nicole Lewis van Roekel and performed outdoors at Ober Park by VCA students ages 8 to 16.

Free admission.
Ober Park
Friday, June 29 at 7 pm
Saturday, June 30 at 3pm



Vashon Summer Arts Fest July 6 - August 26
Family friendly, something for all ages.

We’re excited to announce the launch of a free two-month Summer Arts Festival showcasing artwork of more than 80 Vashon Island artists in 45+ individual & collaborative exhibits, workshops and demonstrations.

New show openings will happen each Friday, and workshops and demonstrations each Saturday.

Deadline for the next edition of *The Loop* is
Saturday, June 30

Find us on Skype
Vashon Loop
206-925-3837



Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm
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Share Garden Produce
If you have extra garden produce—peas, kale, berries or other fruits or veggies—share with other islanders. Drop it off at the Food Bank on Sunrise Ridge Tuesday afternoons, all day Wednesdays, or Thursday mornings. Or take it to the donation station at the Saturday Farmers' Market from 10:00 to 2:00. Make a gift of nature's bounty.


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→ **Dan Hardwick**
oldredtruck@comcast.net

PANDORA'S BOX

Sheep Dog Trials, check. Graduation, check. Garden Tour, check. Instagram account, check. Website underway, check.

Next up - Cheryl goes to Superzoo in Vegas looking for the best deals and new products just for you!

Bo's Pick of the Week: Revitalizing his twitter account. Follow him at: @BoTheShopCat

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