

Keeping the Island Connected



Harbor School students and teachers interviewed by Arlette Moody and Craig Beles on KVSH on GiveBIG Day. Photo by Richard Rogers

Voice of Vashon has been connecting islanders in their homes and cars for years. In fact, the station likes to say: "Voice of Vashon, your Island connection. Make us part of your day." That's the point of a new awareness and fundraising campaign launching in July: Your Island Connection Sweepstakes.

Since 2014 when Voice of Vashon got its FCC community radio license for KVSH 101.9FM, programming on the radio and TV stations has increased exponentially. Islanders have created a variety of radio shows unmatched by other regional community radio stations and even by some corporate outlets. Music and entertainment shows have blossomed. News and information shows have proliferated; VoV public service announcements and Morning

Scramble interviews showcase the dozens of Island non-profits and their activities...free. Professional volunteer journalists host topical talk shows and short Island Xtras throughout the broadcast day cover Vashon topics of the day. VoV TV records and broadcasts Town Hall meetings, government leader visits and community forums on major issues, making them available after the fact On Demand at voiceofvashon.org. And, VoV's Emergency Alert Service on 1650AM has been a critical community resource since 2009.

How does all this happen? Volunteers, nearly 50 of them, produce the on-air material. But the equipment they use to produce their shows and all the technology that connects the FM antenna to the tower, the video material

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The Road to Resilience Bad Behavior

By Terry Sullivan,

Last issue, I left the "good guys and bad guys" discussion incomplete. If I had more room, I would have went on to say that the absence of "bad guys" doesn't imply that nothing bad ever happens. People do bad things, but that doesn't mean they are bad. It usually means that there are negative consequences, usually for everyone involved, including the perpetrator. According to Buddhism, as I understand it, a sin is not so much an infraction that deserves punishment as bad practice that has bad consequences. Call it karma or the tail follows the dog; the punishment is not meted out by anyone nor need it be. The punishment is a natural consequence of the act itself. It may be instantaneous like sticking your finger into a flame, but it could be much more subtle. It may look like a clear win in the short run, but it will have bad consequences in the long run: kind of like eating a double fudge sundae everyday.

This doesn't mean that we shouldn't do all that we can to keep people from doing bad things. As with health problems, which behavior problems resemble, the cheapest and surest

solution is prevention. Fair and just rules and laws set the basic parameters for what kinds of behavior usually lead to bad consequences. They might keep us from having to learn everything by trial and error. On the other hand, laws that make no sense to us goad us into breaking them just on principle. It's practically written into our constitution (and the Constitution!). Laws need to be written knowing that, in the end, we each will be the final arbiters who decide whether we will obey them.

Another tool for prevention is to make sure laws are fairly and justly applied. If we feel that we are getting screwed, we may have no qualms about breaking the law, even if we know that what we are doing is bad. We're pissed and we don't care. That's how people decide to deliberately or randomly kill other people. If the people that are getting screwed and/or the people doing the screwing can be identified as a particular group, we think of them as "bad" people. That's how we make "bad guys."

Continued on Page 6

How to Visit a Sea Slug at Home



Moonsnail photo, taken by Rayna Holtz.

By Erin Durrett

July 14th will be a special day for us humans to get together with our seashore neighbors in their sandy and cobbly living rooms. There are hundreds of animals on Pt. Robinson beach waiting to welcome us - are we ready to be good guests?

So what is the proper etiquette when visiting a sea slug, a crab or a fish in its home? How do we politely greet an anemone or a moon snail?

The first and most important thing to remember is that, compared to our seashore neighbors, we are BIG! So we walk carefully, turn rocks over gently and touch the tiny little crabs, flatworms and sea snails with wet fingers - that's the proper handshake! If we walk on bare sand we can be sure we are not crushing anybody and we only walk up to the edge of the eel grass beds and gently part the grass with our fingers to see the hundreds of little creatures and thousands of tiny eggs that are hidden and protected there from the sun and hungry seagulls.

Remember - we are visiting our little neighbors at a time that is actually pretty tough for them. At low tide they are out of their element: the water has left them high and dry and they are feeling a little stressed, a little exposed and probably a little sensitive. But these amazing animals have evolved not just to survive but to thrive in this environment! Take our friend the moon snail. The tide goes out and leaves her on the beach two times every day! Yet she is able to glide under the sand, where she finds enough clams and mussels

to eat and is able to avoid being eaten by sea gulls for long enough to have thousands of babies in her lifetime. So when we see her on the beach we should leave her there and if we want to help we can pour a little cool water over her to help her skin stay hydrated and healthy.

Should we pick up animals we find on the beach? Most of the time we should let them be and take the time to get down close, touch them gently with wet fingers and just watch them for a while. This is a good way to enjoy the beauty of an animal and you will carry the memory of that creature away with you as you would remember a friend. And your friend will be much happier and healthier being left in their home so that they can continue on their way when the water returns.

But what about the animals we can't see? Looking out over the cobbles and boulders on the north side of the Point it may not look like there are any animals at all! But if we carefully venture out into their habitat and begin gently lifting up those cobbles and looking under the boulders we will find them waiting there - tiny crabs, piddock clams, dogwinkles, flatworms, anemones, bright orange sea cucumbers, periwinkles and, if you are very lucky, you might see the little green sea urchins. In fact, there are so many animals we could never count them all!

So come down to Point Robinson and be ready to walk into your neighbors' cobbly and sandy living rooms with open eyes and greet them with a nice wet handshake!

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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Addie Needs A Home

Did you have a happy 4th of July? I'm a domestic longhair, so you could say I'm an all-American girl. Living with a dog wasn't a glorious experience for me, but I LOVE people. As soon as someone touches me, I start to purr, even if we've just met. A good brushing sends me into ecstasy. I think I can make you happy, too. Let's meet!



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The Vashon Loop

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Get in The Loop

Submissions to the Loop

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

Alzheimer's Association Caregivers Support Group

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

Caring for someone with memory loss? Do you need information and support? Alzheimer's Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month, 1:00 pm to 2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at 206-355-3123.

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 19

Deadline for the next edition of *The Loop* is Saturday, July 14

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Vashon Strawberry Festival

This year Vashon celebrates its 109th Strawberry Festival. A celebration of all the things that make Vashon Island unique.

There is something for all ages and interests during the fun-filled, busy weekend! A grand-parade, classic car show and parade, several music stages, vendor booths, alternative carnival, local artists, and street dances are all part of the fun. Toss in pancake breakfasts, a rocking beer garden, a fun run and you will something to do morning til night!



Get information online
VashonStrawberryFestival.com

The 2018 Vashon Island Strawberry Festival July 20, 21 & 22

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Low Tide Celebration

A free event for families who want to explore the beaches and tide flats of Point Robinson with Vashon Beach Naturalists, tour the lighthouse with Captain Joe Wubbold, look at displays of shells, crabs, and native plants, visit the Children's Booth to enjoy beach-theme activities, welcome the Blue Heron canoe, and experience the low -3.5 foot tide with a Wade-In, paddleboards, and aqua-viewers. Orca Eats will sell food and a free shuttle will make circuits along Pt. Robinson Rd. to the lower parking lot. 10am to 3pm. For more information, call Rayna at 463-3153 or Erin at 463-0303.

Saturday, July 14th, 10am-3pm
13th annual Low Tide Celebration

"Friend and Family" CPR Class Scheduled for 2018

Vashon Island Fire and Rescue will be hosting a Friends and Family CPR class on Monday 6:00pm. This one hour course held at the Station 55 (10020 SW Bank Rd) will be taught by VIFR Volunteer EMT Don Cheyette and cover Adult Hands only CPR. Family & Friends is for community members who want to learn CPR but does not need a course completion card in CPR for their job or another requirement. This class is ideal for students, new parents, grandparents, babysitters and others interested in learning how they can help save a life. Preregistration is required; the payment of \$15 per person can be made at 10020 SW Bank RD.

For Healthcare Provider or CPR cards, please call the office at 206.463.2405 and ask for the list of local providers, or view it on our website VIFR.org. Registration Details: Mail payment with registration form to PO Box 1150 (be sure to call first to be on the list) or visit our Business Office at 10020 SW Bank Road, Mon-Fri from 8 a.m. to 5 p.m. Register early, class sizes are limited to 18 students. Classes may be canceled due to weather conditions and instructor availability. Fees are non-refundable unless the class has been canceled by VIFR. Class rescheduling is available with 24-hour notice; rescheduling is valid for 3 months from payment date.

Lisa Devereau for Senate Open House Fundraiser!

Host:Betsey Archambault
When: Tuesday, July 10 from 5:00 PM to 8:00 PM
Where: Carlo the Donkey's house 15539 119th Ave. SW Vashon,

Date: Tuesday July 17, 2018

Time: 11:00 am to 3:30 pm

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Bean-Hole-Beans



By Seán_C._Malone

There is nothing more fragrant than the steam from an open pit of bean-hole-beans drifting thru camp. There were three gold colored cans in the pit and each weighed 30 pounds loaded. They were used to pack frozen strawberries in before the scouts got them. It took two or three Boy Scouts with shovels to lift one of the cans of beans from the ashes in the 4 x 6 foot hole. By sliding a shovel under the can, one could drag the beans out the end of the pit and it was hot work. Bean-hole-beans took place every summer at Camp Thunderbird off Nicholson Creek. Before Camp Thunderbird there had been Lost Camp up Shingle Mill Creek. We looked for Lost Camp, but never found it. It’s probably still lost. The fire pit for the beans was dug the day before and filled with four foot logs and branches. It took hours for the boulders that lined the pit to get white hot. The lidded strawberry cans were set on the ashes and the hole covered. For hours it smoked and fumed while the beans cooked. By midmorning the smell of the ham and beans had drifted all over camp. The cooking of the beans took place at a jamboree of a local nature. Few of the Vashon scouts had money for uniforms. We stood out at the big Boy Scout Jamborees like the one at Three Tree Point, across the sound from the ferry dock on the north end of Vashon. It was where we learned to tie knots like the sheep-shank, square knot or bowline. In order to teach us that you can’t push a rope, the leader laid one out on the ground and showed us how it could be used to pull things. He then asked one of us to take the other end of the rope and push it back to where it was. The rope couldn’t be pushed. It just gathered itself in a series of loops. We were totally frustrated.

Near the campout, somebody shouted, “Stand back, the thing is losing its parts”. There was an old guy there who had built himself a gyro or helicopter out of lead pipe. I guess they called it a gyro because it gyrated. The old man wasn’t there because he was part of the jamboree. He may have come down to fly his gyro because he knew the Boy Scouts were going to be there or he just heard all the noise. We couldn’t see how the thing could ever fly. It had two little red-ram-jets, fired with a spark plug and made quite a racket as the jets twisted the home made rotor blades around in a circle. It made the lead pipe affair rock from side to side, but couldn’t get it up off the ground. It sounded like 50 elephants all breaking wind at once.

The Boy Scouts on Vashon weren’t much for rank, more like renegades who would rather make camp and cook than earn merit badges. There were more than 30 of us. When we stood for the colors, every three-fingered salute looked different.

If you have ever slept in a lean-to out in the cold, you will understand that the open front is an invitation to the wind. At

Camp Thunderbird each patrol had a lean-to and each lean-to had a name.

The Eagles were out on the snout of a ridge. You couldn’t even see the bottom of the canyon; the brush was so thick. The Panthers were on the same ridge about 100 feet toward the main camp with trails intersecting. The Bear and Raccoon patrols were on the other side of the camp from the Eagles, with the council hut in between. They didn’t get much sun. The council cabin was two or three times the size of the other cabins with a covered fire pit in front of it. The shake and pole cover was 10 feet high, if memory serves me. The gate to camp was a totem pole; the Thunderbird was on top with his wings outstretched.

There were 6 or 8 guys in each patrol and each lean-to had the same number of canvas bunks or more. Uncle Bruce was our Scout leader and he worked in a shipyard where they were taking apart ships from WW II. Troop ships didn’t have very fancy sleeping arrangements as the bunk consisted of a piece of canvas strung on pipes with rope. The canvas served our purposes well as we used a rectangle of poles to support it. Only the council hut had canvass bunks, the rest us slept on bare split cedar boards. Most of us had a blanket roll that couldn’t keep out the cold. One scout had a black Labrador that would sleep down at the bottom of his sleeping bag and keep his feet warm. It was tough when there was snow on the ground.

The scout meetings were held at the Youth Center, which was north of town where the county library is now. We always had a big fire in the stone fireplace. A field just north of the building was mostly filled with Scotch Broom and a good place to hide when we played capture-the-flag. We stormed the hill of our enemy, little white rags streaming out of our pockets, as we stealthily crept up to the place where the flag of the enemy was held. If one of the other half of the troop, the enemy, was to grab the white rag out of your pocket, you were considered to be dead and no longer of any use. Bruce Briton wasn’t called sergeant because they don’t have sergeants in the Scouts. To us he was Uncle Bruce; and he taught us most of what we knew about the outdoors and at the end of the evening, the scouts would all sit around the stone fireplace with a roaring fire and listen to Uncle Bruce tell stories of boys who lived in caves at the beginning of time and how they hunted mammoths on the ice. He learned the stories from books and would always come back to the next part of the story at the end of the next meeting.

When the beans were ready we had so many mouths to feed that the people coming back for seconds were waiting at the end of the line for more.

Sean@vashonloop.com

Dine Out Against Hunger and Help Your Neighbors Eat, Too

Here’s a new way to support the Food Bank. All you need to do is go out to dinner.

During July, August and September, three popular island restaurants have agreed to donate 10 percent of their food and beverage income from one night each month to the Vashon Maury Community Food Bank.

The initiative is called “Dine Out Against Hunger.” The three restaurants? The Hardware Store, May Kitchen + Bar and Gravy.

“We’re thrilled these three community-minded restaurants have agreed to join the Food Bank in this collaboration,” said Chip Wright, president of the Food Bank board.

“The beauty of ‘Dine Out Against Hunger’ is its simplicity. The restaurants will take care of getting the money to the Food Bank. All the public needs to do is eat out on the nights the restaurants are participating – nothing more.”

The three restaurants will donate part of their revenue to the Food Bank from 5 p.m. until closing on different nights, and on a rotating basis. If you dine at The Hardware Store on the second Wednesday of each month – July 11, August 8, September 12 – 10 percent of what you spend will go to the Food Bank.

The dates for May Kitchen + Bar are July 18, August 15 and September 19 – the third Wednesday of each month. Gravy will follow on the fourth Thursday – July 26, August 23, September 27.

The Food Bank distributed groceries to 1 in every 8 Vashon households in 2017 – working people with low-wage jobs, seniors, children, the disabled. Its summer “Picnics in the Parks” program provides free lunches – 4,400 last year -- to island children and teens, some of whom may not have access to enough nutritious food with school not in session and free or reduced-price school meals not available.

“We said yes immediately when the Food Bank approached us about participating in ‘Dine Out Against Hunger,’” said Gravy owner Pepa Brower. “Vashon is our community; this is a way for us to be involved in making it a better place.”

“A partnership like this between island restaurants and the island Food Bank is so obvious,” said Melinda Powers, owner of The Hardware Store. “‘Dine Out Against Hunger’ is a way for our customers to enjoy a nice meal and make sure others are fed as well.”

“Many of us don’t realize how many people on Vashon depend on the Food Bank,” said May owner Tom Schwaegler. “Hopefully this partnership will not only raise money, but also raise awareness.”

Wright, the Food Bank board president, said many long-time islanders are relying on the Food Bank more as the cost of living, particularly housing, continues to increase.

He urged islanders and visitors to patronize May, Gravy and The Hardware Store on “Dine Out Against Hunger” nights. “Their generosity deserves to be rewarded,” he said. “And the more you eat, the more you’ll be helping the Food Bank feed your neighbors.”

Keeping the Island Connected

Continued from Page 1

to Comcast, the website to the studios and ultimately to you, the audience, is operated and maintained by a small band of volunteers who earn their minimal stipends every day. And, all that equipment costs too. Voice of Vashon keeps all this going for about \$100,000 a year, a small fraction of the multi-million-dollar budgets off island stations spend.

Voice of Vashon exists as a community service, no big corporation or broadcasting giant or government agency owns VoV. All the operating dollars come from the Island community -- individual donations, sustaining memberships, underwriter support and...raffles! So, VoV will launch this year’s summer raffle July 1. It’s called Your Island Connection Sweepstakes, and it will run through the Strawberry Festival to July 31. The raffle prizes have been designed to cover the cost of making connections via Internet and smart speakers. But the prizes will be given in the form of cash and gift cards that winners may spend in any way they desire. Grand prize is \$1,000 cash which could cover the cost of a year of Internet service. Ten second prizes are \$50 Amazon gift certificates – enough to buy a smart speaker or anything else you want. Tickets are just \$20 each or participants can get a free ticket by buying five tickets for \$80. It all goes to maintaining your island connection – Voice of Vashon.

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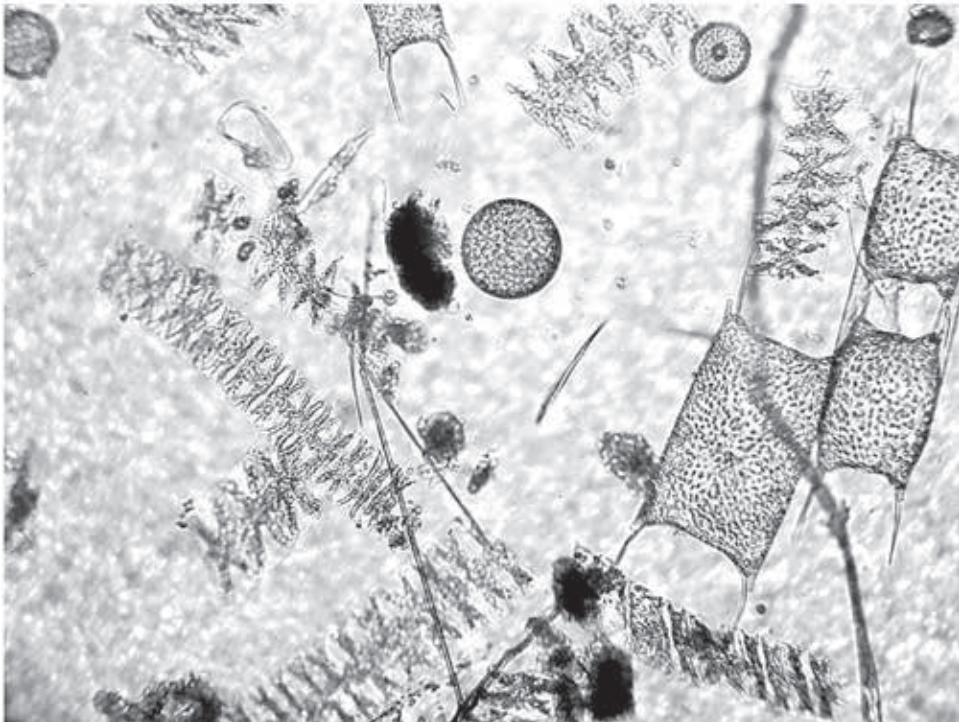
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Now taking Orders!

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

Plankton Plays a Starring Role at Low Tide Celebration 2018



By Rayna Holtz

Marine Plankton, by Chris Moody

Plankton are so tiny that most of us have never seen them. What an oversight! Their importance is way out of scale to their size! To dramatize their significance the Low Tide Celebration this year honors plankton with “Save the Plankton” shirts, plankton bookmarks, opportunities to see plankton in photographs and under a microscope, and – for a lucky few--chances to win a special set of Phyto cards as prizes for various activities sponsored by several booths. Come to the LTC Welcome booth on Saturday, July 14, 10am to 3pm, at Point Robinson and find out more.

When you ride the ferry or walk a beach, you are in the presence of millions of microscopic beings floating mostly in the upper layers of the water. Some, known as phytoplankton, are able to feed themselves on sunshine and the nutrients in water by photosynthesizing. These microscopic beings have been alive in the world’s oceans for three billion years longer than terrestrial plants, and we can thank them for generating the air we breathe. Even now, the land plants only generate about half our oxygen, while phytoplankton produce the rest in the course of photosynthesis.

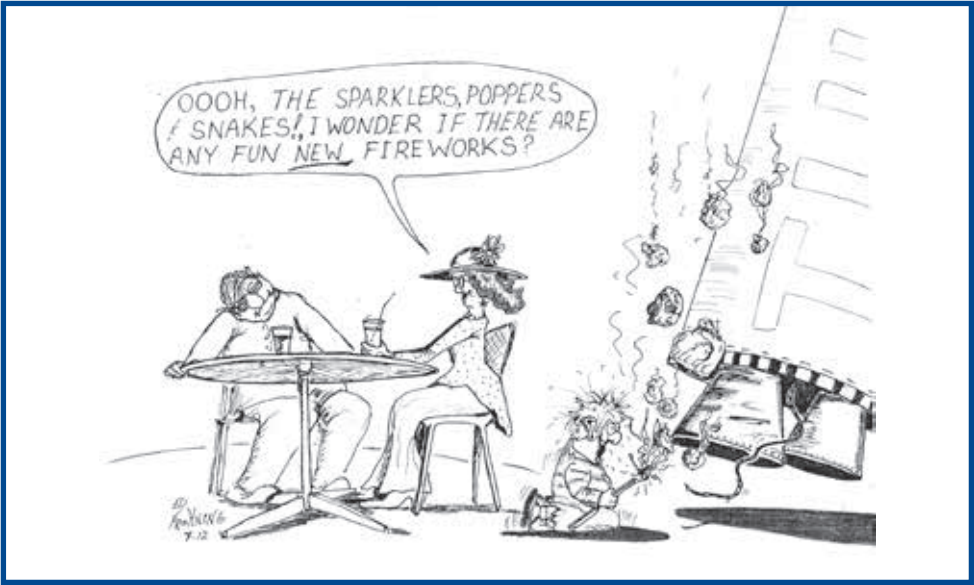
During the long ages of plankton life and death--before fir trees and dogs and humans even thought about starting to evolve--the residues of the primordial plankton underwent slow transmutation into oil, which in the tiny wink of time of 150 years has come to be so important to modern humans for transportation and industry.

But more important than that, is their role in the great chain of being. They form the foundation for the food webs

in all the world’s oceans and freshwater bodies. Tiny zooplankton feed on the photosynthesizing phytoplankton. Present among the thousands of species of zooplankton are the larval stages of most of Vashon’s shoreline life, from barnacles and limpets to shellfish, crabs, snails, anemones, seastars and fish. These float in the soup of plankton feeding and growing. If they aren’t eaten themselves, they finally settle out onto rock or sand to begin adult life. Little fish become bigger fish able to shelter and feed in more specialized ways. At the upper end of these food chains are humans, herons, orcas, and other top predators. Not to say that some pretty large animals don’t skip the middlemen: baleen whales just feed directly on the tiny plankton-eating krill, a shrimp-like species whose total biomass (almost 380 million tons) is among the largest of all Earth’s creatures.

Scientists are busy studying how plankton influences oxygen levels and sequesters or releases carbon. They are concerned by signs that as ocean water quality deteriorates because of human-made contaminants, higher pH, and rising temperatures, there have been parallel declines in populations of plankton. To protect the world’s oceans!

To learn more, you and your family can participate in any of several Low Tide Celebration activities and talk to experts like Karlista Rickerson. Watch for “The Plankton Chronicles” at Vashon Theatre. You can also vist youtube and watch the brief but enlightening “The Secret Life of Plankton.” Or Google “Why We Should Thank Plankton.”



Catch Us While You Can! 25+ Years Making Art on Vashon

By Christine Beck

One of the first questions Islanders ask each other is “how long have you lived on the Island”? For an artist or performer, there are some slightly humbling ways to quantify that question- if you run into your work at a “collector’s sale” aka yard sale or (yikes) Grannies’ Attic or if you’re a performer, your work dates back to (and sometimes beyond) vinyl, reel to reel, 4 tracks or cassette tapes! Catch Us While You Can, with visual and performance exhibitions during the month of September at Open Space for Arts & Community seeks to nail that question down- if you lived and worked in the arts on Vashon for 25 or more years, you’re in!

Hosted by OSpace and sponsored by VIVA, Vashon Events and 4Culture, for the opening on September 7 the veteran visual artists of Vashon will take over the Atrium, Black Box and Gallery at O while the equally well aged musicians will fill the Grand Hall with sound. The party will continue throughout the month with gallery hours each weekend except the 14th-16th, salon discussions with venerable visual artists once a week, and a final weekend festival of visual and performing arts. Such a show is bitter sweet as our Island art icons age and a special memoriam section will be devoted to honoring those artists who are no long with us. Suggestions for this section are most welcome.

Each visual artist should be prepared to submit a piece that reflects their early work (or image thereof) that is not for sale, a current work for sale, and a photograph of themselves and bio. Musicians are asked to submit a recording of early work for playing during the exhibit run, their bio and photograph, and be prepared to perform. Visual art is being coordinated and



curated by Christine Beck and Kristen Reitz-Green while musicians will work with Vashon Events to best meet their scheduling and sound needs.

Deadline for submissions is August 15, 2018 and will be accepted at OSpace. There is no size restriction on work as OSpace’s generous walls can accommodate small to large and there are no entry fees for either visual or performing artists. A grant received from 4Culture will assist with honorariums to musicians. Visual artists should contact Christine Beck, cdbeck@yahoo.com, and Kristen Reitz-Green, reitzgreen@comcast.net, and performers contact Vashon Events, vashonevents@gmail.com.

So mark your calendar and join us throughout September and Catch Us While You Can!

Homer Needs A Home...

D’oh! I went into a trap a while ago and ended up at the shelter. I’m very shy, and I hide from the volunteers. I do get along with another scared kitty, though, so I could probably live with another cat in a forever home. Maybe someday I’ll learn to like people - I sure like the regular meals they bring me. Keep ‘em coming!



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The Loop’s soy-based ink
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VCA announces Vashon Summer Arts Fest

By Joseph Panzetta

Vashon Center for the Arts announces a free two-month summer arts festival slated to open Friday, July 6, and run through Sunday, August 26. The festival will showcase and sell artwork by more than 80 Vashon Island visual artists in 45+ individual and collaborative exhibits, workshop, demonstrations, and special events held in the Koch Gallery, the Katherine L White Hall lobby, and various spaces on the Center’s campus.

“We are beyond excited to be launching the Vashon Summer Arts Fest,” Director of Operations Kevin Hoffberg said. “The idea first germinated during a conversation I had with island artist Bruce Morser in mid-March. A week later, a bunch of local artists and our staff kicked around the idea of a two-month arts festival featuring Vashon artists. Lo and behold, we are making it happen thanks to the outpouring of interest by our local arts community, the hard work of our staff, and the great support of our sponsors: Windermere Real Estate, Caffe Vita, the Chamber of Commerce, and The Lodges on Vashon.”

“I’m incredibly grateful to our great island business partners for jumping in while this thing was barely more than a dream,” Hoffberg added.

The festival will kick off with an opening party, including live music and a multi-discipline performance of ReWild on the first Friday of July at 5:30 p.m. Everyone is welcome. New artists will be rotated in and out of the show each Friday for an ongoing series of three-week exhibitions. Special events are Saturday and family friendly.

“I’m looking at this as giving both exposure and commerce to our Vashon artists,” said Lynann Politte, the producer VCA retained to manage the festival. “We are proud to offer a showcase of this magnitude of the talent we have on the island to our Vashon community and also the greater Seattle and Tacoma communities.”

Artist exhibits will be hung in 10 or more “mini galleries” throughout the Koch Gallery and lobby, adjacent hallways, breezeway and patio plus the parking lot for demonstrations and participatory activities. All artists are



Vashon locals.

Politte offered a taste of what’s to come:

A curated group exhibition will explore myths, metaphors and taboos about the significance and history of the color red through the ages, in particular red shoes; a collection of collages by several Island artists, a number of photography exhibits, a curated show of Vashon High School art students, a ceramic group show with 23+ artists, a multi-discipline installation with sculptural furniture, including a 1500 pound cement chair; and a mural that will be created over the course of the festival in the breezeway. Other projects will include a community weaving project, hanging mobiles and a composition of sounds recorded in and around VCA buildings, with an accompanied choreographed dance piece.

Add to that mix about 60 additional artists, new exhibits every week plus a few surprises, and the Summer Arts Fest promises to be a grand celebration of the remarkable community of artists who create art and live on Vashon Island.

Chasing Coral Film Screening & Conversation with Climate Scientist



Trevally at Lady Elliot Island - Photo By The Ocean Agency_XLCatlin Seaview Survey_Christophe Bailhache

By Amy Morrison

Backbone Meaningful Movies presents the documentary “Chasing Coral” for one night only at Vashon Theatre, Tuesday, July 10 at 6 pm. Following the film, Judy Twedt, doctoral candidate in Climate Science Communications at UW and former Islander, will speak about ways people can take action on climate change.

The film features stunning underwater videography and the fast pace of the film is in the style of the team’s previous collaboration, Chasing Ice.

Coral reefs are the nursery for all life in the oceans, a remarkable ecosystem that sustains us. Yet with carbon emissions warming the seas, a phenomenon called “coral bleaching” – a sign of mass coral death – has been accelerating around the world, and the public has no idea of the scale or implication of the catastrophe silently raging underwater.

A team of divers, photographers and scientists set out on a thrilling ocean adventure to discover why and to reveal the underwater mystery to the world. The film took more than three years to shoot and is the result of 500+ hours of underwater footage, coral bleaching submissions from volunteers in 30 countries, as well as support from more than 500 people in various locations around the world.

“Chasing Coral” taps into the collective will and wisdom of an ad man, a self-

proclaimed coral nerd, top-notch camera designers, and renowned marine biologists as they invent the first time-lapse camera to record bleaching events as they happen. Unfortunately, the effort is anything but simple, and the team doggedly battles technical malfunctions and the force of nature in pursuit of their golden fleece: documenting the indisputable and tragic transformation below the waves. With its breathtaking photography, nail-biting suspense, and startling emotion, “Chasing Coral” is a dramatic revelation that won’t have audiences sitting idle for long.

Following the screening, Judy Twedt will lead a discussion on the latest research in climate communication, strategies for resisting despair in the face of catastrophic climate change, and insights from her experience working with diverse stakeholders in the first phase of the I-1631 campaign.

She holds a masters degree in Atmospheric Sciences from the University of Washington and is doctoral student in Climate Science Communication. She is a 5th generation Washingtonian born and raised in Tacoma, a leader in the King County Labor Council’s Climate Caucus and a steering committee member of the Alliance for Jobs and Clean Energy, the diverse coalition of community groups leading the carbon fee initiative, I-1631.

Road to Resilience

Continued from Page 1

Our bad behavior may be helped along by a religious or political ideology, in which case the “bad guys” are clearly defined, and we may actually feel positive euphoria while committing the greatest of evils. This is about as close as we can get to calling a group of people inherently evil, but we need to remember that by doing so, we put ourselves in the same basket. This is the difficult situation where people are raised in a culture that sees all others as evil or unworthy. Most religions and cultures have some degree of patriarchy as well as negative judgments relating to race, ethnicity, or class. We can’t punish people for what they have been brought up to believe, but we can’t ignore their behavior either. That’s where laws and ample demonstration of proper behavior is warranted. Even so, it takes a long time to root out these misperceptions.

Before we get too self-righteous, I want to point out that we are all equally capable at any time of good and bad behavior. It is hardwired into our emotional makeup. You are familiar with the idea of good and bad angels who sit on each of our shoulders. I think we are consulting them all the time, sometimes going with one, sometimes the other. Sometimes a situation calls for some anger and confrontation even though most of the time, we’ve made the wrong choice. So, it isn’t a simple matter of always listening to the one and never the other. Our choices are never as simple as that.

A lot of the time, we use the behavior of those around us as a yardstick for what is right (or at least acceptable, which is often good enough for us). This is why I’m greatly troubled by the brutish culture that our president is modeling for the rest of us. We are all capable of that kind of behavior, and we can see it more and more all around us because it is considered now to be acceptable. Don’t think you are immune because you see it as despicable. There is ample historical evidence of neighbors turning on neighbors because of something that has nothing to do with their immediate social environment. This is a dangerous situation that is not normal even though the media try to rationalize it as business as usual. We need to impeach and remove this president. Then the most important thing we can do is to provide counseling and mental and emotional support for the many damaged people among us. Next we need to support compassionate, nonjudgmental people, especially those running for office now all over the country. The next most important thing is to avoid being violent. We may have to defend ourselves at times, and we definitely will need to put our foot down and tolerate no violence from others. Being nonviolent requires more courage than resorting to violence. This is a touchy situation and will require courage and presence of mind for us to get past it.

Comments? terry@vashonloop.com

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Spiritual Smart Aleck

By Mary Tuel
You Never Know

There are people who claim the name of Nazi in our country, but most of the people who are steering our decline are not Nazis. To paraphrase the immortal words of Paul Anka, we’re doing it “our way.”

We need a new word, a new name, for our fascism. The first thing that came to my mind was the ICE age, but that doesn’t really do it. I’m open to suggestions.

What is happening is not simply about the Executive Branch. It is the entire gang – Executive, Congress, and Supreme Court, and their backers – which is presently deconstructing our constitutional republic as fast as it can.

Checks and balances? Not when you control all three branches of the government. Medicare and Social Security? Hah. The billionaires need that money. Let the sick and elderly die off and stop being a burden to rich people.

Perhaps the racists currently holding the reins and their supporters would like to make this country the lily-white paradise they imagine it was in the beginning, having conveniently dismissed the natives living here when Europeans arrived.

We are far from being a white country. In the 2010 census, 63.7% of the country was counted as white, which left 36.3% of the population as non-white.

In America we have a significant population of people of African descent, and we have a population of people who are Muslims, and many Muslims are people of African descent whose parents and grandparents became Muslims in the 1960s and the years since. Those people are Americans.

As for Hispanics – they are not a race or a religion. They are people who descend from people who come from Latin America, Spain, or Portugal. As of the 2010 census, there were about 51 million Hispanic people in the United States, which makes them the second largest group in the country after whites (197 million, 2010 census). All those Hispanics are Americans.

Fun with numbers. Meanwhile, back at the fascism, it is looking grim for those of us who were fond of having rights and freedoms.

Don’t people who support He Who Shall Not Be Named realize that they are losing their rights, too? Don’t they realize that after the government has come for the people of African descent, and the Muslims, and the Hispanics, and the LGBTQA people, and the union



members, and the Jews, and the uppity women, that they might be targeted? Maybe they had a Jewish grandmother. Maybe their church isn’t conservative enough.

It is my hypothesis that supporters of the current regime have Not Thought Things Through. For example: in 2016, some people voted on the single issue of making abortion illegal.

Now, I do not believe that abortion should be made illegal. Why? Because I thought it through. Once the government has set the legal precedent of forcing women not to have abortions, if at some later date it becomes expedient to, for example, control our population growth, the government will be able to pass a law that makes abortion mandatory.

Think it through, people. Some days it feels like hope is slipping away, but then I remember an experience on my church’s prayer chain.

We received a request for prayers for a man who was terminal. Sadly and solemnly I passed this request along. Well, son of a gun if the guy didn’t perk up and start taking nourishment. He recovered and lived for several more years. It taught me a lesson: you never know. I never say anyone is terminal now.

So I’m not going to say our country is terminal. I won’t kid you – we’re in a bad way. It will likely get worse before it gets better. I don’t know how long it will take for adults to get control over these entitled spoiled brats; I don’t know what the process will be; but I think there’s life in the old republic yet. At least I hope there is.

Meanwhile, live well, laugh often, and don’t let the bastards grind you down. I remind myself every so often that if there is no joy in life, what is the point of fighting for freedom and justice and liberty for all?

Okay, you’re right, it’s good to have those things even if you are miserable, but I believe we’re in for a long haul reclaiming our country. I do not expect to live to see a victory of common sense and rational behavior. I believe that good human beings can start out with the best intentions and principles in the world and be derailed by the desire to make a fast buck and control other people. Look at where we are.

Still, I didn’t expect a lot of things that I’ve seen.

You never know.

Vashon Library July Events

Children & Families

Soup Opera Drop In Musical Theater
Monday, July 2, 2pm
Ready, Set, Perform!
Come be part of a very simple performance of The Soup Opera by Jim Gill, a story of a man who just can’t seem to eat his soup, and the people who help him eventually solve the problem. Come at 2pm to choose parts and rehearse. Performance will be at 3:30pm.

Vashon Rocks!
Monday, July 9, 1:30pm
Presented by Dr Steve Bergman.
Ages 5 to 12.
Learn about the geology of Vashon and how your favorite rocks were formed in this hands-on and engaging presentation by a local scientist.

African Music & Dance Showcase
Thursday, July 12, 4pm
Presented by Gansango Dance Company.
Family program, all ages welcome with adult.
You won’t be able to resist dancing and enjoying yourself at this program! A talented group of musicians and dancers will entertain you with contemporary and traditional West African dance, drumming and songs.

The Ear & the Brain Science Workshop
Tuesday, July 24, 4pm
Presented by Witty Scientists (Mariola Kulawiec).
Ages 5 and older with adult.
Sounds are all around us and our ears can detect most of them. But it is our brain that collects, sorts, separates and compares them. Learn all about the mechanics of hearing and how your ears and brain work together to recognize sounds!

Teens

Game On!
Monday, July 9, 16 and 30, 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.

Mastering the Art of a Great Book Cover

Wednesday, July 11, 1pm
Presented by Gerri Russell, author.
Grades 6–12.
Let’s be honest, we often judge a book by its cover. Books with compelling graphics and eye-catching fonts sell more copies than those without. Learn techniques, tips, tricks to create amazing book covers for your self-published work.

Self-Publishing for Teen Writers
Wednesday, July 11, 3pm
Presented by Gerri Russell, author.
Grades 6-12.
Are you interested in publishing your own book? What should you consider before you self-publish, and how do you prepare your manuscript for converting it to a document for Kindle, Nook, Apple and Smashwords? Come find out!

Felt Food Maker Workshop
Monday, July 23, 1pm
Presented by Lisa Keller.
Grades 6-12.
Felting is so much fun, especially when you are creating food art! Use felt and embroidery to create felt food such as donuts, cookies, sushi, pizza and more – that can be used as a toy, decoration or prop.

All supplies provided.
Online registration begins July 9.
Squirt Gun Art
Wednesday, July 25, 1pm
Grades 6-12.
The title says it all. We are heading outside to Ober Park to get crafty with water guns!

Adults

One-On-One Computer Help
Tuesday, July 3 and 17, 6-8pm
Have computer or software questions? Tech Tutor Volunteers provide basic level help to you. You may bring your own laptop, but Tech Tutors cannot provide hands-on or hardware assistance.

Tabletop Gaming
Sunday, July 15, 11am
Ages 12 and younger must be accompanied by an adult.
Unplug and enjoy gaming with others. Learn new games from our experts or play old favorites. Feel free to bring your own games to share as well.

**Next Edition
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Comes out
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July 19**

Deadline for the next
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Saturday, July 14

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Island Epicure



By Marj Watkins

Memory Enhancers

Do you ever walk into a room and not remember why you went there? Open your refrigerator and find only that you can't remember what you meant to get from it? Struggle to introduce a newcomer to someone you've known for years and suddenly come up blank on your old friend's name? Or be introduced to someone and within five minutes forget that person's name?

You are not alone. The fact is, they say, memory dwindles with age, especially your short term memory. It's also said by audiologists and neurologists that lack of sleep interferes with brain function. While you are fast asleep, entertained by dreams, your brain does it's housecleaning. If you have insomnia or just can't get to sleep and stay asleep at least seven hours, for some people up to ten hours, trash piles up in your hippocampus, the part of your brain where your memory resides. It's right behind your forehead. Have you ever smacked your forehead and exclaimed, "How could I forget that?" Well, it could be because you had insomnia.

Dr. David Perlmutter, a neurologist and author of two best selling books about the brain, says in "Brain Maker" that if your hippocampus is large and healthy, you'll be mentally sharp. And if your diet contains probiotic foods, your hippocampus will be well nourished and healthy.

"What foods are probiotic?"

you may ask. Dr. Perlmutter's answer to that is every vegetable that grows above ground and low-sugar fruits. He also names fermented foods: sauerkraut, kimchee, pickled herring, et al. There are historical precedents: The Persians fermented grape juice into wine 7,000 years ago. The Chinese fermented cabbage 6,000 years ago.

Vegetables Dr. Perlmutter approves of include bell peppers, bok choy, broccoli, cabbage, cauliflower, kale, chard, spinach, green onions, green beans, fennel, leeks, cucumber, parsley, also garlic.

Low sugar fruits: avocado, tomato, squash, pumpkin, zucchini, eggplant, lemons, limes.

Healthy fats: extra virgin olive oil sesame oil, coconut oil, pasture fed butter, ghee, cheeses except blue.

Seeds: chia, pumpkin, sesame, sunflower, pumpkin.

Here's a recipe containing many probiotic ingredients, and it's cold and refreshing on a hot day.

CAMPECHANA

Serves 4 to 5

- 1/4 pound boneless white fish
- 1/4 pound small scallops or large scallops halved crosswise
- 1/4 pound large cooked shrimp sans shells
- 2 cups clam juice or fish stock
- 1/2 cup tomato juice
- 2 small red ripe tomatoes, diced
- 1/4 cup diced green bell pepper
- 1 jalapeno, seeded and minced
- 2 green onions sliced thinly, tops included
- 1 garlic clove, minced
- 2 Tablespoons minced cilantro
- Cold Water

Cut fish in bite size pieces. Poach all seafood in the stock in a covered pan 5 minutes or until opaque. Add remaining ingredients. Add cold, filtered water to taste. Chill. Serve in glass bowls so all the ingredients can be admired.

Low Tide Celebration 2018

You are invited to attend the 13th annual Low Tide Celebration on Saturday, July 14th, and explore the Point Robinson beach while the water subsides to a very low -3.5' tide. Beach naturalists will help you learn about the many species you find peering from the sand and wriggling out of sight under cobbles, eelgrass, or sugar kelp. Up on the grass by the lighthouse there will be an array of booths with information and activities to draw you into the stories of Vashon's beaches and how they function to host healthy marine ecosystems with myriads of fish, shellfish, graceful anemones, colorful sea stars, and other marvels.

Vashon Nature Center has been leading citizen science studies of Sea Star Wasting Disease and forage fish spawning for several years and their booth will display results. They will also host U. of Washington expert Dr. Tessa Francis for a period of time to help answer questions about spawning runs of herring, surf smelt and sand lance locally and all over Puget Sound. They have been collaborating with the Wa.DNR Aquatic Reserve Program folks, King County Basin Steward Greg Rabourn, and the Vashon Land Trust on some very special studies of Vashon forage fish spawning and more. The WDNR AR booth and Greg Rabourn's booth will describe a number of shoreline sites in the Maury Island AR that have been purchased through the efforts of King County and the Land Trust. These sites over the next year will have their natural shorelines restored through removal of bulkheads. The studies coordinated by DNR's staff with data input from VNC and Americorps volunteers will answer questions about how the recovery process impacts these beaches over the coming years: More sand or less? More forage fish spawning, wrack, invertebrates-- or less?

At the Vashon Hydrophone Project booth there will be information about the southern resident orcas and opportunities to see Odin Lonning's Tlingit crafts. Best of all, Odin will have a brand new Low Tide Celebration shirt for sale, featuring the lighthouse together with orca, octopus, harbor seal, sea star, and herring. If asked, Odin will share information about Traditional Ecological Knowledge.

Under the new leadership of Anna Sander, the Children's Booth is planning special beach-related crafts along with the familiar games from past years. Everyone will have opportunities to create lovely mementoes of the



day and add their flourishes to a grand community-made giant jellyfish. There will be a few new prizes too. Families can also visit Vashon Watersports along the sandy beach south of the lighthouse, where Doug and Erin Kieper will have paddleboards and aquaviewers available to try out.

Information about the water of Puget Sound will be available at Karlista Rickerson's booth, along with photos from her scuba dives. She will have information about toxic algal blooms and other plankton, as well as a deep history of learning about the water quality and currents around our island (also see separate plankton story in this issue). In addition, she has invited Julie Masura from UW Tacoma to bring her microscopes and lead an activity to examine sand for microplastics. What are they, why are they in our sand, and what effects will they have on marine life?

Once again Mallory Clarke will be present, to demonstrate and teach about deciphering animal tracks. And the always fascinating COASST folks will be returning after several years' absence to show how to identify a dead bird on the beach even if there's only part of it left, maybe a foot and/or wing plus some feathers. They will also tell you about their amazingly successful and fun citizen science project involving participants all over the west coast including Alaska, who submit information about dead birds after regular surveys on their adopted beaches, and

thus enable scientists to see from the species and their locations where there have been problems in the pelagic (ocean) ecosystems. They plan to hold a training class on Vashon July 29 for people interested in joining the project.

Mike Evans has sent word that he will once again bring his Blue Heron canoe and crew to Point Robinson for this event, and his support team will sell a range of native crafts to help raise funds for this year's Canoe Journey. They often tell stories, sing traditional songs, and dance, and Mike usually offers to take children on rides for a little while in the afternoon, after his crew have eaten lunch at the Orca Eats food truck. You can nibble on a lunch from there too, and watch the children play nearby in the shade of the Children's Booth canopy.

Captain Joe and our crew of planners have learned lessons every year, and we expect this to be the best ever LTC. Please come and share the fun. The event is 10am to 3pm, and a free shuttle bus will patrol SW Pt. Robinson Road to pick up people who park along the sides of the road. We thank all our sponsors, including Keepers of Point Robinson, Vashon Park District, King County Basin Stewards, Washington Dept. of Natural Resources, Americorps, Vashon Beach Naturalists, Vashon Hydrophone Project, Orca Eats, Vashon Watersports, Vashon Nature Center, Sound Toxins, and Honeybee Playschool, and Vashon Audubon Society.

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

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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Valise Gallery - Flora & Fauna

Installation by Adrain Chesser and jennifer hawke Campbell Bard is a reclusive amateur naturalist who had a moment of epiphany while sitting at his desk. He has not been found since...

But he left behind an extensive collection of photographs documenting local flora. Adrain Chesser has brought forth a portion of this collection to be seen in public for the first time as well as ephemera from the abandoned



estate. Accompanying this exhibition are works by jennifer hawke primarily consisting of detritus harvested specifically from Quartermaster Harbor. A reflection of the intersection of human, nature, and spirit this exhibition explores native and domestic flora in relationship with the invasive species called human. Valise Gallery July 6-28

Tim Couldn't Make It



Tim Dahms has been called "one of the finest bass players to come out of the islands" and has played with music icons from Steely Dan to Willie Nelson. Now, only making the rare guest appearances, "Tim Sightings" have been known to draw music lovers from around the globe hoping to catch a rare set with this elusive modern music master. Unfortunately, Tim can't make it to this Red Bike gig - so Doug Pine, Rick Dahms, Michael Marcus, Wesley Peterson, and Mike Nichols will be playing in his honor.

Friday, July 27th, 8:30pm
Tim Couldn't Make It
The Red Bicycle Bistro & Sushi.
All-ages 'til 11pm, 21+ after that. Free cover!

BOLSHOI BALLET
COPPELIA

Sunday, July 8th, 1:00PM
\$15/14

Buy tickets at [VASHON THEATRE .com](http://VASHONTHEATRE.com)

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July 10 -12

VASHON THEATRE

VCA Shows and Events

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



Poultry in Motion
July 6 | 8 - 9:30 pm
Free Admission

Don your dancing shoes and prepare for anything from Country to Motown, Rockabilly to Zydeco, Rock-n-Roll to Folk-n-Rock, Cajun to Swamp Pop. Poultry in Motion on the VCA Stage is not to be missed! The Poultry are:

Wilson Abbott on Dobro and Lap steel.

Steve Amsden plays acoustic guitar and mando-like things.

Chris Anderson does lead and rhythm guitar duties.

Gib Dammann whackin' the drum kit.

Bob Kueker laying down a solid bass line groove.

Dave Lang, on accordion, fiddle and mandolin.

VCA is proud to stage the Local Music Series in partnership with Vashon Events and thanks to the generous sponsorship of John L Scott.



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.

Get In The Loop
Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.
Send To: Editor@vashonloop.com

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Cash & Checks Welcome

Read The Vashon Loop online www.vashonloop.com

Deadline for the next edition of The Loop is **Saturday, July 19**

Fresh - Vashon Farmers Market Music

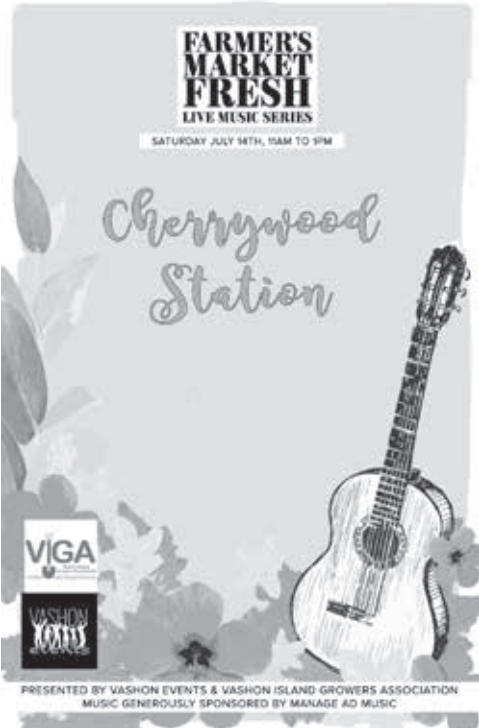
The Vashon Island Growers Association offers locally grown produce at the Saturday Market, in the heart of Vashon’s town. At the Saturday Market, you’ll find about 30 to 50 vendors of food and arts and crafts, along with live music. At the market, you can buy Island grown organic produce, meats, even 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, July 7th, we bring you Tim Couldn’t Make It!

Way back in the mid-1980s, bassist Tim Dahms was making a name for himself in the hip and happening Maui music scene. Much in demand, the tall good-looking Tim could pick and choose the bands and gigs he wanted to bless with his presence and prowess. One day in July 1989 Tim’s brother Rick appeared on Maui. A successful advertising executive with offices in the state of Connecticut, Rick brought his guitar along. Tim and Doug and Rick played on the beach one night and as is said, the rest is history.

On Saturday, July 14th, we bring you Cherrywood Station!



Cherrywood Station is Gus and Camille Reeves. The duo met in Portland, OR, and, after singing gospel tunes together a capella the first night they met, they never stopped collaborating. Both Gus and Camille are prolific songwriters who carry the torch of American music by performing classic and original numbers with the acoustic sounds of soul, country, blues, and folk. They’re first E.P., Soup Can Telephone, is available for purchase and includes five original tracks. Gus and Camille live on Vashon Island.

Publish The Quest



Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is going to play the Red Bike on the busiest, craziest night on Vashon...Saturday of Strawberry Festival, July 21st.

Jacob Bain, front man for the group and also a founder of the all-Islander ensemble Trolls Cottage, grew up on Vashon and lives here now. Publish The Quest plays an energetic and danceable mix of blues, rock, ska and world pop.

A passion for social and musical outreach has taken the group around the globe. Working with a nonprofit called Learn Africa, Publish the Quest has made several recent trips to Cape Verde, Zimbabwe, Mali, Poland, Portugal and Spain, where band members have played in festivals and music halls, recorded with local artists, and conducted music workshops and jam sessions with under-

privileged children. On a recent trip to Zimbabwe, the band brought along a trove of donated instruments and soccer balls to give to kids in Harare and Hatcliffe Extension, a slum just outside the city.

An impressive roster of international stars has collaborated with the band — Femi Kuti, Nneka Lucia Egbuna, Matt Chamberlain, Eyvind Kang, Radioactive, Oliver Mtukudzi and Vieux Farka Touré have joined forces with the group on recordings and in concert.

Bain said he has found great inspiration in working with kids and musicians in Africa — people he said had “an insatiable appetite for music.” To share the healing aspects of music with children in Africa, he said, has been a joy.

The show starts at 9:00pm at Red Bicycle Bistro. It’s an all-ages show until 10:30 p.m., and for ages 21 and older after that. I.D. is required.

The Spotlights at Sportsman Inn

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It's time for a Quilt Show

It's time for a Quilt Show on Saturday, July 14 and Sunday, July 15 in the gym at Vashon High School. The “Quilted Island Heirlooms” Show will offer many beautiful quilts and other items to admire. The “pop-up” fabric store of Island Quilter will be open for business along with Kai Scissors and the Quilt Guild’s own “Show Store” for eclectic shopping. The Vashon Seals will hold a fund raising bake sale on Saturday. Enjoy special demos, raffles and fun for children, too. Hours are 10am to 4pm both days and suggested donation is \$5.





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TRASH TALK

Vashon now has a gleaning program. If you lack time to take your abundant produce to the Food Bank, Vashon's new gleaning program is ready to do the harvest and share the extra vegetables or fruit with Vashon neighbors. To contact gleaners, call Sam Carp at the Food Bank, 206-463-6332. Gleaners will gather and distribute your home grown food.



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PANDORA'S BOX


We have a new cbd for pets section!
It's the hot new item in the pet industry.
Legal in Washington as far as I know.

Bo's Pick of the Week: Definitely not Tammy's new kitten. He is such a snob. Tolerates dogs, hates other cats.



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