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July 19, 2018



Killer Whale Tees for LTC

By Orca Annie Stateler, VHP Coordinator

First Nations environmental educators and marine mammal stranding responders Odin Lonning and Orca Annie created a new t-shirt for the 2018 Low Tide Celebration (LTC). Yes, the LTC was on July 14, but the shirt order was, regrettably, not ready in time to publicize it in the July 5 edition of The Loop. These popular tees are timeless; they embody an elegant visual statement about a praiseworthy Vashon-Maury event devoted to our fragile marine environment.

Odin, an award-winning Tlingit artist, applied his Coastal Native



Low Tide Celebration killer whale design, © 2018, Odin Lonning, Tlingit Artist



design wizardry to iconic imagery that includes a killer whale (with a saddle patch!), a harbor seal, an octopus, forage fish, salmon, and the Point Robinson lighthouse. Have you ever witnessed the spectacle of a seal munching on an octopus?

The unifying theme is the Salish Sea nearshore ecosystem as one might experience it at Point Robinson. The 2018 design also raises awareness about the plight of our 75 critically endangered Southern Resident orcas. These limitededition shirts are available in Purple or Galapagos, a dark teal. This week's photo shows the purple model.

A small number of Odin's legacy Low Tide tees are still available, mostly in Jade Dome (light teal), but a few in Sapphire Blue (aqua) or Royal Blue. Shirt proceeds benefit several non-profit sponsors of the LTC.

With a plethora of conflicting summer events, many folks cannot attend the LTC. Most sales for Odin's previous Low Tide shirts occurred outside of the LTC. For now, to acquire Odin's epic

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The Road to Resilience By Terry Sullivan, Climate Leviathan

that man-made, catastrophic climate change was on the way and the degree to which we could avoid its worst effects would be determined by how quickly we could transition away from a wasteful, petroleum-based economy and to a localized, diversified, carbonfree economy. We were very late in reacting to this, and only a dramatic and comprehensive effort, on the scale of the mobilization for World War II, would be sufficient to maintain a reasonable semblance of the world we now live in. In 1942, the US completely stopped production of cars and many other domestic products and began producing tanks, bombers, and such. The total retooling of manufacturing plants was done in a matter of months! No situation since then has been compelling enough to allow change on that scale to occur in such a short time. Yet, that is the scale of change that is called for now.

When I started writing this percent annual reduction in green house column seven and a half years ago, gases to be on schedule. During the my purpose was to spread the word Great Recession of 2008-9, our carbon of about the Transition Movement, footprint fell by that much as a result of a debilitating loss of jobs and wealth. We lacked, and still lack, the political will to intentionally orchestrate a change of that magnitude in a controlled fashion. In my report on the UN climate change conference in Durban, South Africa in 2011, I mentioned that they were putting off a binding agreement until 2015. I also mentioned that, with no action, by that time the required annual reduction of carbon would be 5%, an unprecedented reduction that would be difficult to maintain without negatively affecting the world's economy. That deadline, and the Paris Agreement which was supposed to activate a binding agreement, is now 3 years in the past and, still no binding agreement. On the good side, the renewable energy industry has become competitive with fossil fuels far faster than anyone expected. Although we can now see the eventual demise of the fossil fuel Continued on Page 9

Keeping Jobs on Vashon

By Ward Carson

By now we have all heard a sad tale of some Mid-western or New England town that, for decades and through many generations, thrived on the jobs and revenue of a local business but, during the last few decades, under the pressure of the global economy, lost that resource and was left with only an empty factory as a reminder of better times. Vashon has a similar story to tell but, fortunately, thanks to Foss Miller, one part of it has a positive ending.

K2 Sports is the more famous business of our two-part story: founded here in 1962 it is known for pioneering the fiberglass ski and, through efforts of several innovators and the well-known world champions and Olympic medalist skiers, Steve and Phil Mahre, Debbie Armstrong and Christin Cooper, K2 and Vashon island became world famous as the source of the fastest skis in the 1984 Winter Games. By that time the island was benefiting with some good jobs, a decent revenue stream and a factory just south of town.

Foss Miller joined K2 as a young graduate, hired in 1972, to engineer skis and, soon afterwards in 1975, he founded Sawbones, another plastics-based company that has grown to become America's largest manufacturer of artificial bones. However, in the 1980s, these two companies started down different paths.

As we know today, all that's left of K2 on Vashon is an empty factory-the jobs and revenue left the island long ago. Their story is a familiar one: starting with a need for seed money in 1976, a large part of K2 was sold to Sitca, a group of Northwest investors. In 1982 the subsidiary, Jansport, was sold to another group of Swiss investors. Then Anthony Industries, a larger company listed on the New York Stock exchange, bought the controlling interest and began business maneuvers that ultimately resulted in moving K2's manufacturing to Guangzhou Province, China ("in order to remain financially competitive"). The corporate offices moved to Seattle in 2006 and, today, the company is owned by Kohlberg & Company, a private equity firm that Let's contemplate their relative merits.

PSE delivers both electricity and natural gas in our state and does a good job except in its production of massive amounts of greenhouse gases. Operating in this region known for its renewable hydroelectric energy resources, PSE stands out as a very big polluter – deriving 59% of its electricity from carbon-based fuels. Yes, they often emphasize (in their published image) their wish to "become green", and they do generate nearly 10% of their power from the wind, but the dirty facts are clear-the majority of their product continues to comes from burning coal and natural gas!

PSE is a wealthy company with a great deal of infrastructure-electric meters, poles, wires, vehicles, transformers, gas lines and electricity generating plants-but in several important ways they resemble K2. In 2009 all their outstanding stock was purchased by a private equity company and, thereby, was taken out of public ownership and control. The details are interesting-PSE's owners are organized under the Macquarie Global Limited company, based in Australia. They brought together the assets of three Canadian investment companies and an Australian Infrastructure Trust to provide the funds necessary for the takeover of our electric utility. (And, by the way, our Utility and Transportation Commissioners in their latest PSE negotiations approved their rates – the highest in Washington – and guaranteed their investors a 9.5% return on the company's equity.)

In short, PSE, although a company of great wealth (largely accumulated with income from our rate payments), operates in our community but is not 'of it'. In any final analysis they are, like K2 became, a global business controlled through the strategies of off-island investors with profit centers in another country.

Contrast that with the other 64 utilities that deliver electricity in our state. Over 40 of those are locally operated nonprofit companies. They own their poles, wires and transformers, and purchase power from the federal Bonneville Power Administration at a low cost. Only 3% of BPA's electricity is generated by burning fossil fuels! Those nonprofits employ local people and sell electricity at a rate that is, on average, 20% cheaper than what we pay PSE. All of which, it seems to me, contributes to a strong argument for KEEPING THINGS LOCAL with a Public Utility District!

In 2011, we were talking about a 3

tocuses on leveraged buyouts.

Sawbones continues today as a local asset, employing 160 workers in our community. And further, to both ensure the company's future and as an expression of his gratitude, Foss Miller and his business partner Denzil Miller have given ownership of the company to the workers who helped them build the business. Foss continues as the CEO and the employees remain here as healthy contributors to our economy. In contrast, K2, though exciting while it lasted, is little more today than an interesting part of Vashon's history.

So, what's the message in this story? Well, I believe that herein lay lessons that should be considered in the evaluation of our relationship with two other companies-one, Puget Sound Energy, a foreign-owned, for-profit utility that currently provides our electricity; and the other, a potential replacement: a locallyowned, nonprofit Public Utility District that could a provide that same service.



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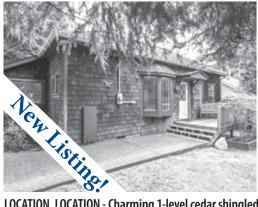


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The Vashon Loop

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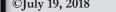
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Sunday - Thursday Bistro & Sushi service 11:30am to 9pm Lounge is Open 11:30am to midnight

Friday & Saturday Bistro & Sushi service 11:30am to 10pm Lounge is Open 11:30am to 2am

17618 Vashon Hwy SW 206.463.5959 www.redbicyclebistro.com Live Entertainment Saturday, July 21, 9pm Publish The Quest

Friday, July 27, 8:30pm Tim Couldn't Make It

Friday, August 17, 8pm Cherrywood Station

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 August 2

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!

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

Get information online

VashonStrawberryFestival.com



VIPP Needs Parade Walkers

Vashon Island Pet Protectors invites the public to walk with us in the Grand Parade on July 21. People of all ages are needed to carry photos of the 100+ cats and dogs that have found permanent homes in the past year, as well as those still waiting for their special person to arrive. If you adopted from VIPP since last year's festival, you can hold high (and take home) the photo of your new best friend! Contact Randy York at randykayyork@centurytel.net for details.

Festival parking

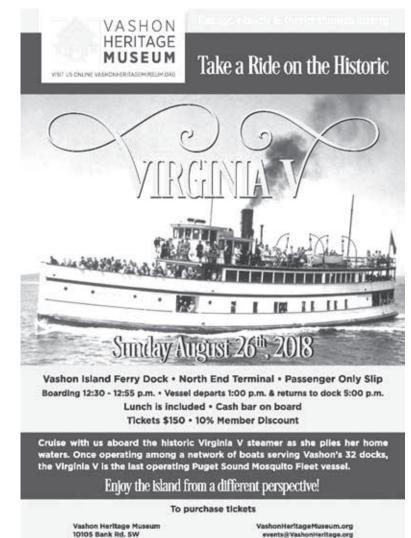
Festival Parking at Vashon Presbyterian Church

As a fundraiser for Vashon Youth and Family Services, the Vashon Presbyterian Church will offer reserved parking and chairs to facilitate ease of watching the parade. Please contact Beverly Skeffington at 206-354-8921 or beverlyskeffington@gmail.com to make your reservation. Spaces will only be held until 10:45am day of parade.

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Meaningful Pathways into Your Future: Facilitated by Laura Worth, MSW

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Deadline for the next edition of *The Loop* is **Saturday, July 28**

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The Lincoln Geranium



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

I'm getting pretty close to "old as dirt" now, and I'm not supposed to learn new things or so they say, but there are things I hear that I surely want to pass on, such as the real age of the Lincoln geraniums on my deck, which, while beautiful, are quite common.

They came by way of two old retired nurses, who had worked together at the air force hospital in Soap Lake in 1942. Soap Lake is and was known for its curative powers. Old Marie Tyson later nursed at the old hospital down at the bottom of the town of Republic. I say "old" because the driving examiner told her that she would have to take the "driving test" over again because she was getting too old to drive and that she would have to wait for the state examiner to come to town before she could take the exam. At 86 years old, Marie had retired from active nursing, but was being paid by the state to make sure all these old people got their pills and made their appointments, so when the driving examiner stepped into the passenger seat of Marie's car, she asked him, "Where to?" and he replied, "Whatever road would best show off your driving skills." They hit the first hump going down the steep courthouse hill at 30 MPH and the car "kinda" leaped sideways and when it landed, the Lieutenant careened off the passenger door. While the hill was rough and dirt, the car was upright at the bottom of the hill, and the lieutenant gave Marie her license, enabling her to continue hauling the old people around.

Take old Faye Davis for example, a retired wood cutter; He had broken his leg and then ruined the cast, trying to

cut and haul firewood from the woods, when he had no choice but to get wood. It was a hard country and hard Winter and Faye like many others did not like asking for help. Marie scolded old Faye for making her come back for him twice and Faye would only look at Marie with downcast eyes because she knew he couldn't drive.

It was in 1985 I believe when Marie's old friend and nurse showed up with the trunk of her car filled with blazing red, Lincoln geraniums all the way from an old homestead in Lincoln, Montana and not unlike the stories of "homestead climbing roses" came from early pioneer stock adapted by hardy individuals to harsh and unforgiving conditions.

A lot of rhubarb came to be developed that way and you can still see these immigrant plants growing in abandoned homesteads, such as the Dragnich's where I found two acres of rhubarb which I promptly filled my pack with and proceeded to can five or six quarts which was next to inedible because the plants were just too darn old.

The geraniums from Lincoln, Montana were beautiful. Years later, Marie offered me a piece of her geraniums to start in a pot of my own. In 2018, I have four or five survivors of that first plant on the front deck right now. They help me remember Marie and her cats. She did tell me about her grade school in Austria where the girls tricked an older boy-bully to lick the doorknob of the cathedral with his tongue in below freezing weather.

Sean@vashonloop.com

Hosting the first event of the Strawberry Festival

Hosting the first event of the Strawberry Festival is a tradition at the Vashon-Maury Island Heritage Association. The tradition continues with the eighth consecutive event named for the fifth Strawberry Festival queen, Melissa Lucy Jaynes, crowned at age 104.

This year's event, "Miss Lucy's Soiree," will be at the Vashon Heritage Museum will be an open house from 5 to 8:30p.m. featuring live music by the locally acclaimed jazz ensemble, "Some'tet," and happy hour refreshments. There will be a last chance to bid on the silent auction before it closes and an opportunity to enjoy the museum's exhibits and to purchase raffle tickets for a cash prize of \$1000.

The Heritage Association is continuing a two-for-one membership drive and hopes to welcome new members who come to the museum or join online via the website, VashonHeritageMuseum.Org. Members receive a ten percent discount for books and other items. The discount is applied to tickets for the Steamboat Virginia V Cruise, a signature event offering a historic perspective on the Vashon-Maury shoreline and sponsored by John L. Scott, IGA Fresh Market, Baron Construction, Island Escrow,



Miss Lucy, hostess for the July 20 event at the Heritage Museum, "Miss Lucy's Soiree." (aka Deb Phillimore Dammann)

Central Storage and Ojeda Construction. 4Culture, the King County Cultural Funding Agency provides operating and other funding for VMIHA and the Heritage Museum.

Strawberry Festival Goes Greener

By Marian Whited

Each year approximately 35,000 people attend the Strawberry Festival. This fun annual event creates a lot of garbage, totaling about 140,000 pounds of combined materials that is usually trucked off island to the landfill. That's not very "green"; we can do better.

A large portion of festival waste is recyclable. This year, Zero Waste Vashon will be managing 17 recycle and food waste stations to keep recyclables like food, aluminum, glass, and paper out of the landfill and used as a resource. ZWV needs volunteers to help monitor the stations, bring the recyclables and food waste to the central collection point, measure progress, and help Festivalgoers get everything in the right place. Please consider volunteering with Zero Waste Vashon to help make our Greener Strawberry Fest a success! The shifts are just 2-3 hrs. This link will take you to the vol-unteer sign-up page where you can learn more about the jobs and available time slots: http://signup.com/ go/uoHtsfR If you have any trouble with the link or prefer to sign up over the phone, please contact Marian Whited, Volunteer Coordinator at 206-909-3534

If you are unable to volunteer, you can still help by sorting your waste into the correct bins: Mixed Recycling, Food Waste and Trash. Keep an eye out for the "Waste Not Want Not" flags above the waste stations, and please stop by the ZWV booth in front of Hinge Gallery for some Green ideas and freebies.

Thanks to our partners Waste Connections, BioBags, King County Solid Waste, and the Vashon Chamber of Commerce for supporting this project to make Vashon even Greener!

For more information about ZWV, visit: www.zerowastevashon.org

Jack and Jill Need A Home...



Jack and Jill went up the hill ... actually, we went to the shelter when our people moved away. Originally they had wanted us to be barn cats, but we said, "No thanks," and got busy trying to sneak inside the house because we wanted human

Go To www.vipp.org Click on Adopt

attention. We're still getting over the sadness of losing our home, but soon we'll be back to enjoying petting and even massages. How's this for an updated nursery rhyme? "Jack and Jill went in your door, lived happily ever after!"





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Island Life Get Over It

By Peter Ray pgray@vashonloop.com

Perhaps you have noticed that I have not been appearing in this space for a while now. The reason for this absence was at least partly expressed in something I wrote here months ago about the end of words. It seems that evidence is turning up in a number of places that what has been passing as a form of verbal communication, at least in these supposedly united states, no longer holds sway in common discourse. Fairly strong evidence now points to the fact that a word, or a collective grouping of words once known as a sentence or even a paragraph may not actually represent what they seem. Instead, it seems that while a word based communication may now have an appearance of an intended expression of a certain fact or truth, in the end these word collectives may either mean just what they say, or something close to that, or a joke about that, or absolutely nothing at all. It kind of reminds me of a time back in my ancient college days when I was back at home with my parents and during one meal I decided I would point and grunt to communicate my dining wishes. It may have been I was acting out the role of the neanderthals in William Golding's book 'the Inheritors' which I may or may not have been reading at the time-I don't really remember. The neanderthals spoke to each other in mental pictures, which I thought was very cool, although my pictures were probably not getting through at the table that evening.

Regardless of my inspiration or intent, I did manage to get through dinner, receiving enough pointed at and grunted for food to sustain me for yet another day, and my parents didn't throw me out of the house in disgust and frustration. Nor did they decide to write me out of their wills for lunacy and insubordination. Instead, they did have a person of legal standing craft documents for me and my sister with the intent of providing something in equal shares for us when they were gone. If you cast your memories back to past columns here, you might recall that, at least for me, that did not go so well after my parents had left the planet, mostly because the words that had been left on legal papers in that regard were totally ignored by both my sister and the family lawyer, who both had jointly been named to ensure that those words were followed in a fair and legal manner. While words and their collective interpretations have never been for me a sure thing, this was the most pronounced and affecting disemboweling of the life force and sanctity of words in a string of recent memories.

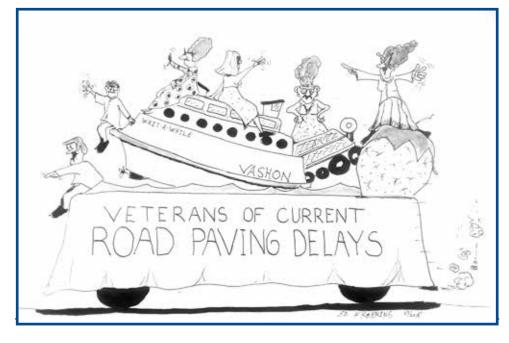
In the four year span between the passings of my mother and father, I sat in on the proceedings at the Vashon Park District which saw the egos and self-serving actions of two of the commissioners as they railed against fiscal responsibility while engaging in actions that were supposed to serve the common good of the community. As we went to Park meeting after Park meeting, words were twisted and strangled by these commissioners so as to render them virtually useless. The public in attendance at these meetings was treated as if they had no voice in decisions about their public park facilities. When the public did voice concerns over spending on the making of this athletic field which had doubled over its original construction estimate (and with no end in sight for completion), I believe on more than one occasion we were told to "get over it", as if that would simply solve the problems brought on by the board's fiscal negligence and make it all go away. That was over four years ago, and the park district is still struggling for its life and well being, and the offending commissioners were just allowed to walk away without any accounting or consequences for their incompetent and arrogant actions. David

Hackett and Bill Ameling got over it- the Park District did not, and seemingly will not any time soon.

In the late fall of 2015 I travelled back to New England to get a few things from my parents' house. After loading the rented minivan with my gathered family objects, while driving back across the country I was taken somewhat aback by the prevalence of yard signs supporting then candidate and now current diaper-clad, baby blimp in chief. It seemed then that there was more to this thing than I and the legions of pundits and supposed people in the know were even aware of regarding the electoral turnings of this populace. As we zipped forward to the election day reality, the protests began to spread and multiply on the left side, whilst on the right the familiar cry of "get over it" began to be heard on a regular basis. More recently we are being told to be civil while getting over it, in spite of the scores of resignations, dozens of indictments and a growing list of convictions surrounding what seems to be the most corrupt and universally disliked administration this country has seen. It is hard to even start to think about getting over something as bad as this while it to spirals downward on a path of deceit and embarrassment whose "getting" is only getting worse.

And so, in the light of all this we come to the latest tempest on the Rock. Due to spacial concerns we will skip over Mukai Gardens, the Fire Department, the Park District and Vashon High School and jump straight to the VCA, or as a friend of mine likes to refer to it- The Vashon Casket for the Arts- where the arts go to die. As I remember it, there was a public meeting years ago at the Penny Farcy Center to discuss the possibility of an arts center beyond the Blue Heron that would draw big names and acts to the Island. As I also recall, a number of people in the room pointed out that this would be contrary to the Island centric principles that formed the basis of supporting the work of Island artists which had been espoused by Vashon Allied Arts. There were many questions as to why people would come to the Island to see acts that could also be seen on the mainland without having to deal with ferry lines and fees. That if an act was a true draw to the facility and lots of people came, why should the rest of us bear the burden of dealing with more ferry delays throughout the ingress and egress of the event goers. There were rightful concerns about the actual need for any more arts and entertainment venues in a place that already seemed to have a more than adequate supply. And then there it was- the Arts Center-sitting on the corner at Center, with its county mandated sidewalk jutting out into Vashon Highway and obstructing and impeding the northbound bike lane, or shoulder, depending on who is doing the naming.

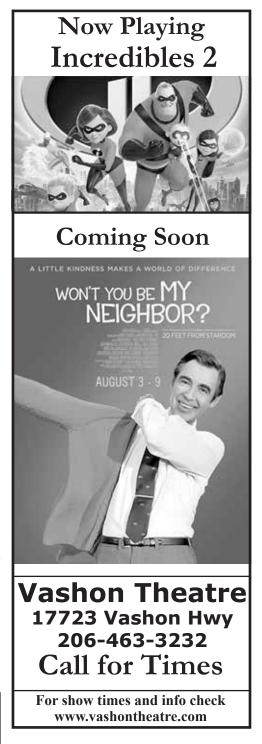
And now, just a short time later, we find that the Center for the Arts is in crisis, with staff leaving or being let go at a rate that rivals the 45 administration. There



twice passed its original cost estimate while sucking down millions of gallons of water so soccer can rule amongst Island youth. Perhaps the rest of the Island should take a lesson from the tear down that was and is the Vashon High School, since their country day school approach to financing their existence with off Island youth seems to be working- for now.

And so it is that we come to the tear down that is now the Vashon Center for the Arts, with all its mystery and hand wringing about its future. With operating expenses continuing to eat into their non-revenues, there is a valid concern as to whether or not the VCA can keep its doors open. In the true Island spirit of repurposing rather than tearing down, I would suggest that, since they already are in the moving mode, Island Realtors could just move all of their offices to the VCA- after all, their names are all over it already. It could become the one stop shop for trading properties of Vashon. The Kay could be used both for dramatic and musical performances as well as a venue for Island lifestyle presentations, with dramatic aerial photos and colorful shots of sunrises and sunsets around Mt. Rainier that even Norman Edson could never have imagined, and all to convince prospective buyers of what an idyllic existence awaits them here. There could be a VCA adult daycare there as well, where everybody already knows their place since their seats conveniently have their names on them. Participants could file in, sit down, and nod to each other while chanting the simple three word mantra: Get Over It. Then the curtain would rise and the daily performance of 'the Emperor's New Clothes' could begin yet again. You see, everything could be just fine.

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



Compost the Loop

are the gag orders and non-disclosure agreements that staff had to sign to keep them from talking about what is going wrong there, and there is the spent endowment that was supposed to buffer any financial woes encountered upon the high seas of the high end entertainment world. And who would have guessed that this could happen? In my memory there is the tear down experience of the Burton Inn, where classic old Island homes were removed so that the Inn would provide needed lodging for the area. This seems to have not been the case after all, given the multiple managements and models this space has gone through in the mean time. There is the tear down of the historic old gym where the VES field now sits. As I have understood it, the field was at least in part originally envisioned as a potential spot for world class soccer camps and maybe even professional teams to flock to with the big bucks in hand to pay back and justify its cost. Instead, it remains incomplete, having

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

Lost Cat Bam

Bam was lost from his new home on Pohl Road at the south end of Vashon. He's a 10-year-old brown tabby. If you see him, please call (206) 463-1979 or email cats@vipp.org.



Go To www.vipp.org Click on Adopt To view adoptable Cats and Dogs

Friday, July 20

Beer Garden Stage

6:00pm-7:00pm

The Van Redeker Band - The Van Redeker Band performs dynamic interpretations of music's greatest songwriters, including The Beatles, Bonnie Raitt, Stevie Ray Vaughn and Bob Dylan, as well as groove-infused originals by veteran songwriter Daryl Redeker.

7:30pm-11:30pm

Loose Change - Loose Change is one of Vashon Island's favorite dance bands. The band has been entertaining crowds at private parties, local festivals, and other venues for over 15 years, and is still going strong.

US Bank Stage

7:00pm-8:00pm The Bad Decisions (CANCELLED) TBD

8:30pm-9:30pm

The Jennifer Stills Band - Jennifer Stills has been a Singer/Song Writer for over two decades now. She has recently transplanted from Portland to her new nest on Vashon Island.

10:00pm-11:00pm

Subconscious Population - Subconscious Population...a band that everyone knows and is a huge part of Island history when it comes to music. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps...you might have heard wisps of "Jah Lee Kali", "Funkified" or "One in a Million" floating through the air...you just might have.

Snapdragon Stage 6:00pm-6:45pm

The Jamie Jackson Band - Jamie Jackson is a passionate singer/songwriter and multiinstrumentalist from Seattle, Washington. She picked up her first guitar around the time she could walk – strumming to Hank Williams and old rock 'n' roll tunes.

7:15pm-8:00pm

L & J Festival Shenanigans - Luke McQuillin and Jon Whalen have been deep up in each other's business since 2011 via early Church of Great Rain Shows. Since that time they have co-produced One Lucky Guy, a live music show with a full band and six female vocalists...and The KVSH 1st Birthday Bash Extravaganza.

8:30pm-9:30pm

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

10:00pm-11:00pm

Saint Ophelia - Saint Ophelia brings an Indie Folk Rock sound to the stage with their mixture of originals and select covers. Rebekah Bevilacqua Kuzma and Joseph Panzetta head up the band with their vocals and acoustic guitars.

Strawberry Festival Music

Brought to you by the Vashon Chamber of Commerce, Vashon Events, Bandstand Music & our generous Festival sponsors!

Saturday, July 21

Beer Garden Stage

1:00pm-2:00pm Gregg Curry/Ragged Glory (CANCELLED) TBA

2:30pm-3:30pm OneNiteStand - OneNiteStand is a longtime island band with more rocking tunes and incredible new vocals by Arlette Moody – and the good news is, they're ready to show off the new polish! This band is 'nothin' but rock & blues with the emphasis on classic rock tunes as well as some originals sprinkled in there.

4:00pm-5:00pm

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.

5:30pm-6:30pm

One More Mile - Road worn, but not weary, the latest incarnation of the blues band "One More Mile" includes talent from some of Vashon's most celebrated musical groups. Individually they have all performed on stages throughout the Northwest.

7:00pm-11:00pm

Bill Brown & The Kingbees - Bill Brown just got back from Mexico where he performed with several groups. The rest of the Kingbees have many other projects and continue to play as The Tonze, a very exciting 4 piece group that plays dance-your-shoes-off music, when Bill is not there.

US Bank Stage

1:30pm-2:30pm

Island Jazz Cats - Island Jazz Cats is a small jazz ensemble in the spirit of Miles Davis, Dave Brubeck and Stan Getz. With West Coast/ Cool Jazz in their blood, this Vashon Island born band including Barry Cooper on trumpet & flugelhorn, Michael Whitmore on guitar, Tim Kehl on keys and Stephen Cooper on drums.

3:00pm-4:00pm

Jamie Nova Sky - JAMIE NOVA SKY Following her 6 years dedicated to the All Female AC/DC tribute, Hell's Belles (Seattle, WA), Jamie Nova set out to create the music that was manifesting itself within her soul.

4:30pm-5:30pm

Long Day On Mars - Long Day On Mars is a 3 piece original rock band located in Seattle, WA. Members include: Chuck Van Norman on main vocals and guitar, Fletcher Andrews on drums, and Darren Van Norman on bass. Our sound and energy are high, building on music we love from the 70s, 80s, on up. Island connections.

VARSA Youth Stage 2:00pm-2:30pm

RISK - RISK (Rock Island String Kollective), based on Vashon Island, is one of few ulti-generational, tring ensemble playin traditional, folk and rock musi. RISK welcomes a range of string instruments including Violin, Viola, Cello, Guitar, Ukulele, Mandolin, Banjo and Harp.

3:30pm-4:00pm

Petrichor - Petrichor is a Vashon teen band composed of Dimitrius Brown (17) and Iris Sackman (17). They started playing together two years ago, with Iris on guitar and Dimitrius playing bass. Since then, they have expanded their skillsets and can now play either instrument.

5:00pm-5:30pm

Down To Funk - Down To Funk is a group of high school and college musicians with members from Vashon and Seattle who play funk music with elements of jazz and soul. Several members of the band have jazz training and all members draw inspiration from wide influences of both classic and contemporary artists.

6:30pm-7:00pm

Tambo - Originally started in 2014, Tambo started performing cover songs for a few years and later developed their own taste and began writing original tunes. A rock band from Maple Valley, Washington, they identify as alternative rock with undertones of blues, hard, and classic rock.

8:00pm-8:30pm

Ouch Pouch - Ouch Pouch was formed in the winter of 2016, bringing together bassist and lead singer Joziah Cladoosby, guitarist Isaiah Montemayor, and drummer Chick Green. Ouch Pouch original music has a distinctive alt-rock sound

9:00pm-10:00pm

Snuff Redux - Snuff Redux was made in the rain of Fall 2013 while Vashon's own Skyler Ford and Daniel Chesney were struggling artistically within the Seattle city limits. Thrown from their living situation the two artists reshaped and took control of their lives with rock music.

Ober Park Stage 1:00pm-2:00pm

Portage Fill Band - Vashon Island's Portage Fill Big Band has been making music since 1974, and is a perennial Strawberry Festival favorite. The seventeen piece big band features musicians both amateur and professional, most being members of the band

7:00pm-8:00pm

Little Deer - "Little Deer" is Lawson Cannon on guitar, Alex Sturbaum on accordion, and Brian Lindsay on fiddle. Together they have over 30 years experience in the Celtic and American Old-Time genres.

Pandora's Box Stage 1:30pm-2:15pm

John van Amerongen - Singer/ songwriter John van Amerongen has been developing his personal style and sharing his musical talent on Vashon Island for more than 40 years -- ever since he stepped up to the mic to share his signature tune "Truckstop Chili" and perform with his bluegrass band of the same name.

2:30pm-3:15pm

Steve Itterly - Steve Itterly is a Coloradobased singer-songwriter who draws from a deep well of American musical traditions to create distinctively personal music that is timeless without being overly nostalgic.

3:30pm-4:15pm

Ron Hook - The man, the myth. Mysterious, captivating.....ever so talented, this man will lay down his funky grooves and make you forget about your troubles.

4:30pm-5:15pm

Rachel Harrington - Rachel Harrington's albums have garnered 4-stars in Mojo, features on the BBC, and Q Magazine hails her as, "The queen of gothic Americana."

5:30pm-6:15pm

John Browne - Progressing from college sophomore to folk-music groupie-worshiper of Tom Rush, Fred Neil, Buffy St. Marie & Bob Gibson in early-60s Miami, John's musical career has been what he jokingly refers to one long, downward spiral to this present time...... but we all know differently.

Snapdragon Stage

1:15pm-1:45pm

Jon Whalen - As a long time in-your-face island resident, performer, family man and contractor, Jon has made no attempts to simplify or dumb-down his ways of being. Almost to the point of fascination.

2:00pm-2:30pm

Alex Davis - Raised on Vashon Island, now based out of New Orleans, Alex Davis is a singer songwriter that blends the sounds of classic country, traditional folk, and blues.

2:45pm-3:15pm

Amy Cole - This past spring season, Amy Cole has appeared as soprano soloist for the Chorale, alto soloist for the Chamber orchestra,



6:00pm-7:00pm

OurDeadFathers - OurDeadFathers travels the musical roads that speak directly to the heart. A voice and lyrics to grab you by the inner poet, and a musical landscape to thrill and please your ears with it's mellow vibe, and a semi-orchestral rhythm section sure to please.

9:00pm-12:00am

The Great Divide - The Great Divide is a Vasn institution. The all-islander band was formed in the early '80s and played locally for many years before hitting the "big time", touring with blues guitar great Elvin Bishop.

Portage Fill Street Dance

7:00pm-9:00pm Portage Fill Band - Vashon Island's Portage Fill Big Band has been making music since 1974, and is a perennial Strawberry Festival favorite. The seventeen piece big band features musicians both amateur and professional, most being

members of the band for over 15 years, all with

for over 15 years, all with Island connections.

2:30pm-3:30pm

Carnival Knowledge - Vashon based Carnival Knowledge has been capturing listeners with their melodic sounds, horns and harmony for about 3 weeks now. The members of Carnival Knowledge have been playing together in some capacity for years in genres ranging from rock to ska to zydeco crunk.

4:00pm-5:00pm

RiverBend - RiverBend, the popular island band of Paul Colwell, Peter Larsen, Dave Lang, Rochelle Munger, Cliff Simpson and Chuck Roehm will be performing once again at Strawberry Festival!

5:30pm-6:30pm

Sharlet Crooks - "Sharlet Crooks embodies the sound of the modern romantic west. The Portland based, four-piece band began with songwriting duo, Corinne Sharlet and Zach Hinkelman in the early winter of 2017. a contestant on the Voice of Vashon, Showcase shows at the Red Bike, and in the Opera's production of the Magic Flute.

3:30pm-4:00pm

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

4:30pm-5:30pm

Rooster - Rooster plays their own unique take on an eclectic mix of "free range" rock, blues, pop, new wave, soul, and funk, along with many new Rooster originals from their upcoming album release.

6:00pm-7:00pm The FieldHands - *A fixture in the Vashon*

Continued on Page 7

July 19 '18

Saturday, July 21

Continued from Page 6

Island music scene, this four-piece plays only occasionally and bring brand new music to the show every time! Jon Whalen on rhythm guitar, and Dorsey Davis on bass, share the lead vocals and song writing duties.

7:30pm-8:30pm

Rabble - In spring of 2017 three island raised friends found themselves all living on Vashon at the same time in several years. Dom Wolczko, Brendan Bric, and Nick Hyde began playing and writing music together and over many months the music and idea of Rabble began to take shape and sound.

9:00pm-9:45pm

Slingshot Around The Sun - Slingshot Around the Sun is the Vashon based techno project of Jason Dean, a veteran of the Seattle music scene. Inspired by the techno sounds that have been prevalent in clubs and on labels like Tresor and Berghain based in Berlin Jason brings tracks that could easily fit in peak time club sets.

10:00pm-10:45pm

KINGSLEY - KINGSLEY is the solo alias for producer and composer Kingsley Northcott. Raised in London England and now Vashon resident, Kingsley will guide you through a journey of different genres throughout the Electronica & Dance Music Realm.

Strawberry Festival Music Sunday, July 22

Beer Garden Stage 1:00-2:00pm

Hot Rod Red - Hot Rod Red is a neobilly band that has been taking the Seattle area by storm - including a blistering show at Snohomish Blues Invasion, and most recently at Pub 282 on Camano, where they had the place packed and folks dancing through the whole show.

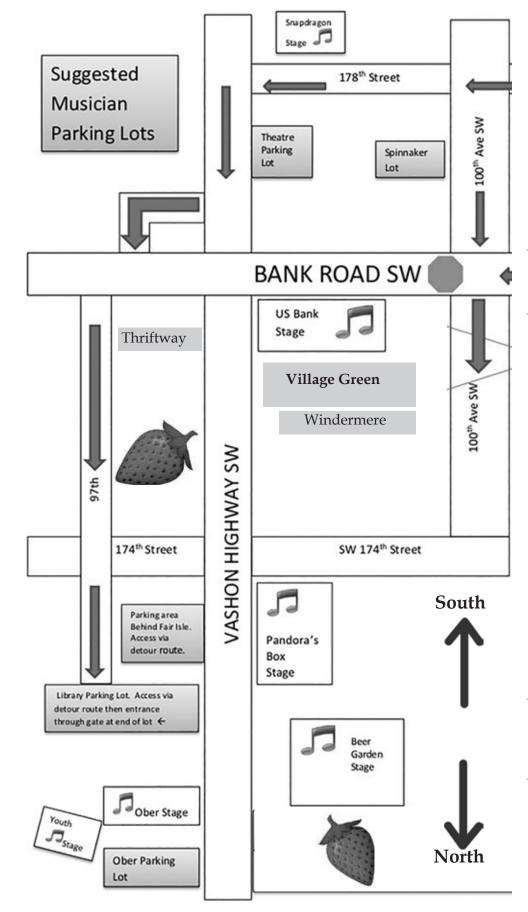
2:30-3:30pm

The Curvettes - The Curvettes (formerly the S Curves) came together in the summer of 2013 as a result of a fun and funky traveling performance party called "The Swamp Bottom Jamboree." Their debut performance included cocktail dresses under hip waders in the middle of a pond by candlelight, accompanied by the boisterous bass of a croaking bullfrog.

4:00-6:00pm

Poultry In Motion - Poultry in Motion, a collection of molting personalities that could hardly be more diverse, do in fact share one common goal, which is: Passing a Good Time together. Best described as a "Drinking Club with a Music Problem", our Band Charter demands only that we have a "Coop over our heads."

Strawberry Festival Music Stage Map



US Bank Stage 1:00pm-2:00pm

Water Teacher - Water Teacher is a lesson in chemistry. Start with a base of love, friendship, and hand-crafted originals. Slide a rock-solid rhythm section underneath, sprinkle with an eclectic mix of classic and modern keyboard sounds, and top with soaring, heartfelt vocals.

2:30pm-3:30pm

Blue Monster - Blue Monster is an instrumental jam funk band specializing in booty-shaking dance grooves, and deep pocket riffs. Founded on Vashon in 2006, all band members are either current or former island residents who have also played in many other local bands over the years.

4:00pm-5:00pm

Jason Sees Band - Jason Sees Band's fifth installment has essentially re-defined their sound. A light hearted, electric guitar driven, rock collection. It sharply contradicts Jason's usual themes of solace and introspection. Troubadour roots be dammed, Jason rocks here and Seattle's indie music community is finally showing signs of coming to life.

VARSA Youth Stage

11:00am-11:30am

Ava Adams - Ava Adams is a sixteenyear-old singer-songwriter from Gig Harbor Washington. She has been performing since age eleven and has gained quite a following with her heartfelt, original music and unique arrangements of classic rock and pop tunes.

12:30pm-01:00pm

Jonah Winter Cole - You may have caught a set from Jonah Winter Cole before: performing his originals and grunge/punk covers at one of the last two Strawberry Festivals, at the Red Bike for the Youth Opener program.

2:00pm-2:30pm

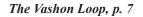
Paper Moon - Paper Moon is a daughter/ father acoustic folk and country duo whose complex vocal harmonies and deft guitar work remind the audience of the musical heydays of the 60's and 70's. Suitable for families, rainy front porches, or intimate coffeehouses

3:30pm-4:00pm

Abigail Neilson Band - Abigail Neilson is a 17-year-old singer/songwriter from Tacoma Washington. Storytelling through music is what she does best. Influenced by artists such as Taylor Swift, Carole King, Stevie Nicks and Tori Kelly.

Ober Park Stage 11:30pm-12:30pm

Michael Shapiro & Jim Burke - Michael Shapiro, a 40+ year veteran professional guitarist and multi-instrumentalist, has recently returned to Vashon and joined longtime Portage Fill guitarist, Jim Burke, to create an exciting and fascinating blend of traditional Americana





has been entertaining crowds at private parties, local festivals, and other venues for over 15 years, and is still going strong.

Pandora's Box Stage

11:30pm-12:15pm

John Schuh - John Schuh released his solo acoustic CD "Showtime" in 1994. He has performed with a variety of bands over the years, including the Seattle groups Skinwalkers and The Free Radical Quartet.

12:30pm-01:15pm

Henry Perrin - Henry plays a mix of acoustic rock, folk, and blues, ranging from classics to obscure gems, with an occasional original thrown in to keep it interesting. "If there's a better music on the island, I haven't herd it." - Bandit T Goat, 2015 Unofficial Vashon Mayor Candidate.

1:30pm-2:15pm

Jim Marcotte - Soulful, Bluesy "Eclectric" Rock- Jim Marcotte brings elements of multiple musical genres to delight your mind in his original music and his interpretations of his favorite artists songs.

2:30pm-3:15pm

AnR - AnR, locally sourced on Vashon Island, generally performs as a duo with powerful female vocals, electric guitar and whatever enhancements are needed to render some of their favorite pop tunes in a palette pleasant to your ears.

Snapdragon Stage 12:30pm-1:00pm

Some Hat - Phil Rosenbaum and Jim Ferrari who are lifelong friends, have been collaborating musically for over 35 years and are a mainstay in the Vashon music scene.

1:15pm-1:45pm

Annie O'Neill - Annie O'Neill is a Singer Songwriter based in Seattle. Her music is sultry, original acoustic & electric blues, roots,folk & soul- Annie is a dynamic performer with powerhouse vocals that will knock your socks off & soothe your soul at the same time!

2:00pm-2:30pm

Erika Lundahl - Erika Lundahl is a Seattle writer, musician, and activist. She employs her classically trained voice and distinctive "tapping" guitar style to create an enveloping, earth-centered musical space. Her poetic, often autobiographical lyrics employ poignant and powerful imagery to deal with contemporary social issues.

1:00pm-2:00pm

The Flying Mandolinis - The Flying Mandolinis all live on Vashon Island, WA. They perform exclusively on various instruments from the mandolin family.

2:30pm-3:30pm

Annie Vergnetti Band - Annie Vergnetti's music can be described as "edgy folkrock with a twist of slide and grit. Mix in whiskey sprit, folkster sensibility and a pinch of playful banter; shake, stir, slip in a beer back and serve with careful abandonment."

4:00pm-5:00pm

Loose Change - Loose Change is one of Vashon Island's favorite dance bands. The band

2:45pm3:15pm

Catbird - Playing a fun mixture of Old Time music and Jazz Standards, CatBird will take to the stage. Mary Shackelford and Jim Burke are a husband and wife duo who have been playing together for over four decades.

3:30pm-4:00pm

These Guitars Say Sorry - These Guitars Say Sorry moved to the US from England at the turn of the century bringing echoes of the music he grew up listening to with him. Now an established performer in Washington State with spots at Northwest Folklife and several hundred shows around the state to his name.

Spiritual Smart Algek

By Mary Tuel It Takes Courage to Live in This World

A couple of decades ago an elderly friend's son who was in his late forties committed suicide. She commented that she was sorry that he would not live to know the joys of old age.

I understand what she meant now more than I did then. There is a perspective that comes with age. Life doesn't get easier, but you realize that things you thought were important, aren't, and you savor more the things that are important.

People who committed suicide used to infuriate me. Idiots, I thought. I struggled with depression, but even in my hours of deepest despair, suicide was never an option for me. No one has permission to throw away their precious life.

But there came a day, a few years after my husband died, when I felt so tired, and like the pain had gone on for so long, and I wanted the pain to end. For a split second, suicide bloomed in my mind as a solution.

Whoa, Nelly! Scared the crap out of me. I went to my church, and my priest happened to be there, and dropped everything to listen to me. I thank God for him and his response.

I went into therapy after that wakeup experience, and therapy did me a world of good. It's good to be told that you're going through something that's not unusual for an exhausted and grieving person.

After that my attitude toward people who commit suicide changed. I realize now that they are so, so tired of carrying their burden, and suicide seems like a way out.

What gets me, in retrospect, is that the impulse hit me so out of the blue, and how good it made me feel in the moment. There it was, a visceral response to years of living beyond my tolerance for physical, mental, and emotional pain.

I was fortunate. I knew I did not want to do that, and I knew I had resources. I got help.

When someone has killed themselves, people ask why, and there are never any satisfactory answers. Even when there is a suicide note explaining a suicide's rationale, no one says, "Oh, well, now I get it."

Instead people search their hearts and souls for answers, and blame themselves or other people, and still they are left with terrible grief and mystery. Why? Why didn't you reach out to me? We could have made it through this.



Even people who study suicide don't really understand. Some suicides plan the method of their demise ahead of time, and sometimes they kill themselves on an impulse. Some suicides, we learn, had some form of mental illness or struggled with addiction or some physical illness for years. Others, we learn, seemed to be fine. No one had a clue.

Suicide is epidemic among our war veterans. Twenty-two suicides every day is the number I hear quoted. War is all hell.

Not two months ago two famous people, Kate Spade and Anthony Bourdain, committed suicide within days of one another. For a week or two there was a lot of talk about suicide prevention, and then the news cycles moved on to children in cages, tariffs and trade wars, the World Cup, and Trump being a jerk in Brussels and England.

This is the world we live in, and it takes courage to live in this world. If you think your life is hard, you are correct.

If you see someone who looks like they are hurting, ask them how they are, and then listen.

If you have a suicidal impulse, or you are thinking of suicide, talk to someone you can trust – a friend, a parent, a teacher, a pastor or priest, a counselor, a family member, someone! And if you don't have someone at hand to listen to you, here's the number to call: 1-800-273-8255, National Suicide Prevention Lifeline, available 24 hours every day.

I called that number to see what happened, and here's what you can expect: you get a recording (oh, great, I thought, but don't hang up) that tells you that you've reached the Suicide Prevention Lifeline and the Veterans' Crisis Line, and same as when you are calling a doctor, you are told that if you have an emergency, hang up and call 911.

Then there is some information for Veterans who are calling, and then you get the usual message that everyone is busy talking with other callers and you are put on hold with music playing.

DON'T GIVE UP. DON'T BE DISCOURAGED.

I stayed on the line to see how long it took, and my call was answered by a nice man named Mason in under two minutes.

Put that number in your contacts. Write it on the wall if you have a land

Plavef Waves

by Eric Francis http://www.PlanetWaves.net

Aries (March 20-April 19)

Self-discovery is ultimately a process of trial and error; while society as it is now seems loath to forgive the latter part of that formula, false starts and restarts are a factor in being human. You are outside your comfort zone and feeling your way around this unfamiliar territory; this is how people grow. Consider any blunders or scrapes as learning experiences. Also, note that the answer to the question of who you are cannot be crowd-sourced. Friends, family, lovers and the spider in the corner of the ceiling can offer their thoughts, and you can by all means listen; remember, though, that you have the casting vote.

Taurus (April 19-May 20)

Everyone has creativity, however that manifests, and it seems you're about to take some steps forward in claiming and expressing yours. The astrology of this week and the next in particular is offering you a special forum in which you can bring your love of beauty into the world in an especially tangible and immediate way. One possible medium for this is writing; another could involve moving your body. On one level, this may be a culmination of years of growth, at least some of which will have been about learning to be unashamed of who you are. Let your light shine, and stand in it proudly.

Gemini (May 20-June 21)

If you're noticing any form of challenge with bringing your ideas into manifestation – that is, getting concrete results – you may need to revise a certain process. This would seem to involve letting go of a particular habit of thought or communication, which is somehow holding you back from expressing the full splendor of your vision. If you don't see a way at present to realize a specific concept, I suggest you don't sweat it too much, or try to push the river. Any needed revelations will likely emerge during the next few weeks; be patient with yourself and let your mind work in its own time.

Cancer (June 21-July 22)

The season of eclipses in your birth sign, which comes around approximately once every nine years, began last week. This is likely to be an important period of transformation in your understanding of yourself and your closest relationships. We often inadvertently imbibe ideas from our elders (and those in our present lives who represent them) who had particular views on who we were, and who we should be. The current set of eclipses may give you a way to subvert what might feel like an immovable diktat. There is no such thing; as an adult, you have ultimate control of your personal narrative. Find the one that's real.

Leo (July 22-Aug. 23)

Over the next week or two, you would probably benefit from putting forth your best, in a behavioral sense. Treat everyone you meet as if they might one day be your boss, because at some stage you're likely to run across at least one person on whom you'll want to make a good impression. Keep your communications as gentle and polite as possible; if you wish to persuade anyone of anything, try doing it with kindness. Taking an inflexible position means that others are just as likely to be unmoved. Instead, be prepared to listen and be open to what you hear. It's an important ability, and will undoubtedly distinguish you.



already glimpsed the extent to which you can transform your way of thinking. Keep going. You may have to revisit some difficult former experiences in order to understand them in a new light; yet this is a means of extricating yourself from their influence in a way you might not have known before, and thus becoming free to go on with the business of actually living.

Libra (Sep. 22-Oct. 23)

To say the least, you may be starting to experience some broad changes in perspective regarding your career path. This is one of those times at which you are most sensitive to messages from the unseen realms, so pay attention to what comes to you in dreams, as well as in flights of fancy. Yet at the heart of this shift is the basic truth that your job cannot simply be something you do for pay. Ultimately, you need a profession that inspires and encourages you to develop the skills that mean the most to you, to a level of artistry. There are various ways of making that happen, and you're discovering some of them now.

Scorpio (Oct. 23-Nov. 22)

Mars retrograde has precipitated something of an internal revolution for you, helping you to see and understand alternative perspectives to beliefs you have perhaps held firm for a long time. This may feel unsettling; however, it's a process vital to personal growth for anyone. As the eclipse zone prepares to move into your place of spirituality and higher learning, give yourself the space to change your viewpoint — especially in the direction of greater compassion and of thinking in more dimensions. You may find whole new ways of being that you hadn't previously considered, or possibly even imagined.

Sagittarius (Nov. 22-Dec. 22)

Recent weeks (or possibly months) may have felt unusually intense for you, such that you might feel challenged to recount your experiences in a meaningful way. Yet it's worth trying, especially with friends you trust. Even if what you have to say sounds unbelievable to you, those who know you well are aware you don't make things up or exaggerate too wildly. Naturally, it will help if you talk while in possession of your faculties; preferably entirely sober. You need the relief of letting go any inhibitions you might be harboring of your own free will. Those who love you best will surely listen and offer their support.

Capricorn (Dec. 22-Jan. 20)

If you have a particular ambition that's close to your heart just now, you may be anxious to view your chances in what you consider a realistic light. Yet, if the fulfillment of your aim requires movement from you, it's important that you allow yourself to dream and imagine in as wide a field as possible. You can trust your sense of caution; the effort needs to go into keeping up your spirits. Draw on whatever resources you have available, including the encouragement of those you love best, and the guidance of your inner compass. Be determined that you will succeed, and success should not be too long in coming.

ts line.

Stick around for the joys of old age, dear hearts. Connect with one another, and be encouraged.

Blessings.

Next Edition of *The Loop* Comes out Thursday August 2

Deadline for the next edition of *The Loop* is **Saturday, July 28**



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

Virgo (Aug. 23-Sep. 22)

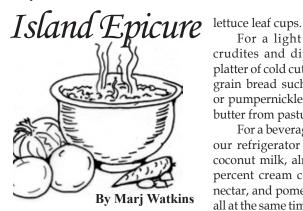
Next week's eclipse on July 27, in the most private house in your chart, takes place with your ruler Mercury having just stationed retrograde in the same region. This points to a powerful shake-up that has the potential to move some deep material; possibly you've

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

Aquarius (Jan. 20-Feb. 19)

Recent experiences may have you feeling as if you're being rebuilt from the ground up, to put it mildly. Yet this transformation is giving you the opportunity to celebrate the person you're becoming. It's almost as if you're enjoying a new romance, but with yourself. In fact, it might be a good idea to respond to yourself as you would to a new lover. Get in a good deal of 'you' time. Go to favorite places, or where you've never been but really want to see. Perhaps take in some fine food and wine. Above all, simply be willing to love yourself — and to receive the abundance others are offering, also.

Continued on Page 9



Cook or not to Cook

That is the vegetable nutrition question. Some vegetables, carrots for instance, yield us more of their vitamins and minerals when we boil, fry, bake, or grill them. Others lose nutrients to the cooking water when we cook them. That's fine if we're making soups or stews, but not even an option when summer's high temperatures make my small kitchen feel like an oven without anyone turning on a burner, let alone the oven.

One summer many decades ago when my husband was stationed in Texas and I got to join him, I'd get up at dawn, wash a load of clothes, cook something for supper that could be eaten cold or briefly rewarmed at suppertime, or make a high-protein salad and stow it in the fridge. Once the clothes were drying outside in the scorching sun, and supper chilling, I was free to spend the rest of the day sitting on the cool kitchen floor sipping iced tea.

It's good to know the vegetables that actually give you more nourishment if eaten raw or cooked very lightly. Beets boost your brain best when eaten raw. You get more folate from them when not cooked.

Beet salad, 2 servings: Wash, peel, and slice a whole raw beet. Grate in a food processor, sprinkle it with vinegar and oil. Serve it in 2

For a light lunch, present crudites and dips, along with a platter of cold cuts, a hearty wholegrain bread such as Bavarian rye or pumpernickle, and real organic butter from pastured cows.

For a beverage to cool off with, our refrigerator holds lemonade, coconut milk, almond milk and 4 percent cream cow milk, papaya nectar, and pomegranate juice, not all at the same time--our fridge isn't that large. The pomegranate juice is too strong to drink straight. I put two or three ounces into a glass and fill it the rest of the way up with filtered water. I credit pomegranate juice with keeping my arteries clear.

Crudites: Cherry or grape tomatoes, strips of bell peppers, celery sticks or pieces stuffed with goat cheese or peanut butter, and carrot sticks.

Dip A: 1 cup sour cream combined with 1 Tbsp. minced parsley, 1/4 teaspoon salt, 1/8 teaspoon curry powder, and a dash of paprika.

Dip B: Hummus - 1 can garbanzos (drain and save the liquid to be added back as needed), 1/3 cup tahini, 3/8 cup lemon juice, 1 garlic clove, pressed, 1 tablespoons sliced black olives. Combine in blender or food processor to a smooth paste. Makes about 1 1/4 cups. Double the recipe to serve 4.

Tomatoes, always delicious just sliced and topped with minced parsley for a simple French salad, give you more of their anti-cancer lycopene when cooked. This salad of protein-rich beans can be served cold or heated for a main dish.

Red Bean Salad: Combine in a 2-cup bowl: 1 15.5-oz can red kidney beans, rinsed and drained; 2 green onions, sliced; 1/2 cup canned diced tomato, 1 teaspoon ground cumin, ! Tablespoon extra virgin olive oil, and 1 Tablespoon red wine vinegar or lemon juice. Males 3 servings as is or 4 if served on lettuce leaves.

A to Z opens second in trilogy of galleries on Vashon Island

A to Z Galleries (Aspidistra to Zebra), will open its second space on Vashon Island, called Rosebud, on Saturday, July 28th. After a ribbon-cutting at noon this niche boutique will be officially open to the public.

In celebration, a private invitation "Cocktail Capers" party begins around tea-time with master mixologist and coowner of Ruby Brink, Jake Heil wielding the shaker, followed by live music in the courtyard for all, by Seattle's jazz age jitterbug combo, GoodCo from 6pm onwards. The Vashon Brewing Community Pub, next door to Rosebud in Vashon Village, is a jolly co-conspirator in Rosebud's opening festivities and will be pulling its taps and dishing out fair-price bar snacks from noon until nine.

Rosebud is the Northwest's first and only antique/vintage/ retro shop focusing exclusively on men, and all things once considered gentlemen's pursuits during the 19th and early 20th centuries: motoring, aviation, fly-fishing, shooting, hunting, exploring, drinking, smoking, gambling, womanizing, empire-building, and all manner of socalled "manly" mischief.

The antiques at Rosebud are the result of over 50 years of collecting by the late antiquaireextraordinaire, Bruno Piazza (b. Milan 1941, d. Bali 2011), who was Rosebud-owner Susi Johnston's husband and business partner. His famed former gallery of the same name on the Grand Sablon in Brussels is now reincarnated on Vashon Island, with its original inventory augmented by a range of fine new (but traditional) men's necessities, appurtenances,



grooming items, objets de vertu, implements and gifts.

"Rosebud is a unique place for delving into the myths and realities of manliness and concepts of masculinity in daily life, the arts, politics, travel, pastimes, literature and all manner of shenanigans during the Victorian, Edwardian, and early modern eras," says Johnston, "while at the same time, it's here to give men, and people who love them, a dedicated place to shop for the unusual, the essential, and even the unimaginable – all of it with that ineffable elegance and style of

days gone by." She acknowledges that old-fashioned ideas about gender have been superceded, of course. "This place is actually for everybody, regardless of anatomy, identity, ethnicity," she explains, then adds, chuckling, "or shoe size!"

The boutique's name, of course, derives from Orson Welles' iconic film, Citizen Kane. Go to Vashon and let Johnston tell you why! Rosebud will be open from noon until 9 pm daily except Tuesday and Wednesday. Also by appointment.



Planet Waves

Continued from Page 8

Pisces (Feb. 19-March 20) You don't need to think of the concept of seeking pleasure and fun as an impossible or hopelessly extravagant luxury. We all need these things in our lives. While some will no doubt turn pale with horror at the very thought, you can get busy eating, drinking and being merry. In case you actually need an excuse, remember that most people are brought up amid a miasma of existential guilt and shame. Accepting your right to enjoy life is a way of hacking that code, and paving the way for a more reasonable way of being. Loving life means loving all that lives; and there is nothing the world needs more of at this moment.

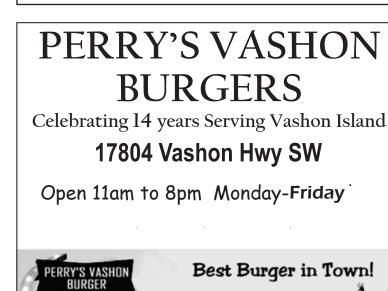
Road to Resilience

Continued from Page 1

industry, the question is, will it happen soon enough? Given our inability to take climate change seriously so far, there is a general unspoken resignation that we will be extremely fortunate if our climate does not warm more than two degrees Celsius (3.6 degrees Fahrenheit). Much of the focus now is on climate change mitigation, that is to say, climate change is already happening and will

deal with a game changing future. Ironically, it is the very freedom and liberty we revere and the capricious guiding hand of the Market that have gotten us into this mess. Whatever the political and economic flavor we choose, laws will need to be strictly enforced because we will mostly not like what they will require of us. You can think of this like Martial Law.

The most likely scenario



Read Eric Francis daily at www. PlanetWaves.net

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eventually completely alter life as we know it, so how do we adapt to it?

This requires a fundamental change in our thinking. Up until now we have been discussing what dramatic and unprecedented changes we need to make to lower our carbon production and avoid climate change. Now, given the most likely scenario that we will be unable to avoid life-changing climate change, the question is, what political and economic institutions will we need to make and enforce decisions on a global scale that will minimize the damage and suffering?

In a book called Climate Leviathan, authors Geoff Mann and Joel Wainwright explore several scenarios to

that they see they call Climate Leviathan. It is an extrapolation of the current global market into a global governing body. Another option is Climate Behemoth, which is a fascist, nationalist movement that will secure life for some at the expense of others. You know that one. The third scenario is called Climate Mao. This would be a regional or global leftist authoritarian regime. Understand that in all these scenarios, the primary feature has to be a governing body that can impose and enforce laws that will arrest carbon production and fairly distribute limited resources. Some may be more fair and just than others, but the main selling point will be keeping a lid on things.

There is a fourth option that



they call Climate X, which is an as yet undeveloped scenario that elicits compliance with necessary laws less by threat of punishment than by a general knowledge, awareness, and respect for living systems, such as indigenous cultures maintain. Let's call this the "wishful thinking" option that is well worth pursuing, but not likely a first option because there will be no time for changing minds.

Mann and Wainwright see all of these scenarios likely to be in play at one point or another, but let's hope that the Climate X scenario is the one we eventually end up with.

Bring your blanket, chairs, and some food to the "Picnic in the Park with the Candidates" (competing for Sharon Nelson's State Senate seat), on Wednesday, July 25, 6-8 pm, at Ober Park. Think of it as one of the things we need to do to show that we are still interested in governing ourselves.

> Comments terry@vashonloop.com

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!

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

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VCA Shows and Events

Special Events:

July 28 Sat 2-4pm Rachel Lordkenago **Memories**

Learn how to make art from your old photos. Rachel will demonstrate her process and guide you in using your photos to create your own original piece of art. You will use paper and pencils and watercolor paints. Learn how to highlight the moment and feelings you have from your old photograph by editing and placement. No need to replicate the photo - you already have that! Instead, learn to become inspired and use the photo to tell the story you want to tell. We are not going for photo realism, instead we want to highlight your experience of the photograph.

July 28 Sat 2-4 Paul Clark Using Your Artists Eye

See what you can create with framed driftwood and a mirror.

Using our innate ability to see art. Each person will create a unique piece of art, combining a frame, driftwood, and mirror. This will be your creation, I will guide the entire process to enable each person to create well. Using the ability that is present within each of us. All materials and fasteners will be provided. Supply fee \$30 and all artists take home their work.

Opening July 27th and continuing to Aug. 12th

INDIVIDUAL SHOWS

Andrea Bellon: AB INTRA (FROM WITHIN) - abstract paper collage that explores shape, color and texture to create compositions that express internal thoughts and emotions, both conscious and subconscious

Britt Freda: COUR*AGE - acrylic and graphite works on panel address endangered species, gender equality, environmental impact and the courage it takes to persevere.

Carol Schwennesen: ART OF CAROL SCHWENNESEN a retrospective collection of her artwork from the last 60 years.

Kris Pedrin: WINTER IN

2-D work inspired by old photos and memories that can bring out emotions through visual exploration and excavation.

Robin Jones: THE HERE AND AFTER oil paintings, both figurative and of animals in the natural world, created to raise awareness of endangered species through her activist art.

Group Shows (Opening July 27th and continuing to Aug. 12th)

COLLAGE GROUP "CUT & PASTE" curated by Donna Romero. Includes: Donna Romero, Sheila Eckman, Sharon Hines-Pinon, Janice Mallman, Suzanne Moore, Tara Snowden, John Schuh. A collage collection by Vashon artists showing an array of different effects created out of the simple mediums of paper and glue

THE RED SHOE GROUP SHOW curated by Kathleen Kinney, Includes: Anne B. Theiss, Irene Otis, Brian Brenno, Kristen Reitz-Green, Debi Shandling Crawford, Christina Nichols, Edith Sehulster, Eddy Radar, Morgan Brig, Brian Fisher, Suzanne Hubbard, Peter Mantle, Pat Churchill, Kathleen Kinney. A group of island artists explore (and play with) myths, metaphors, stories, lessons and taboos about the significance and history of the color red through the ages, red shoes in particular and what it means to all of us.

Showing Through July 29:

INDIVIDUAL SHOWS

Scott Durkee: ART IN MOTION -Ten artistic mobiles that will hang from the ceiling, moved by the air that breezes through the lobby and gallery.

Suzanne Hubbard - The beautiful Swedish tapestry loom will be on display while the "Big Weave" slowly takes shape over the next two weeks. Come and participate in one of Suzanne's three instructional events (details below) or come and appreciate and/or add to the community weave project any time.

GROUP SHOW

different mediums - painting, illustration and sculpture. The three forms balance and complement each other to resonate a particular mood.

Christy Marsh: VENUS RISING - A collection of oil and oil/cold wax paintings by the self-taught artist who began painting four years ago at age 56.

Ethan DeLorenzo: ARCHITECTURAL **INSTRUMENTATION - A** multi-media installation which uses the VCA buildings as instruments. Ethan recorded the sounds of the buildings, created a musical composition, then collaborated with Vashon Island native Maeve Haselton who choreographed and performed to the sound pieces. His installation consists of video monitors for visitors to watch and hear the final art experience of dancer and composition.

Gretchen Hancock: VASHON VIEWS-Oil paintings of Vashon and Northwest scenes that allow viewers a moment of recognition and connection when seeing something they know transformed into a painting.

Karlista Rickerson: BEYOND THE SALTWATER'S EDGE - Scuba diving photography, with images of the marine life in Tramp Harbor, Sandy Shores and Maury Island Marine Park.

Kevin Taylor: FORCED **INTERACTION - Paintings** assembled from hundreds of precisely-made parts, using MDF, resins and automotive paint to create disparate elements of geometry and expressionism.

Lori Walters and Margo Tantau: VASH(ON) MY MIND - Paintings and mixed media inspired by the magical beauty of Vashon.

Louis Luechtefeld: ANIMATIONS BY LOUIS -Storytelling through a collection of videos using techniques such as stop motion and time lapse. The 11-year old animator will explore a myriad of themes, using both realistic and abstract expression.



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Open Daily 9am to 7pm "Last load in at 6:15pm" 17320 Vashon Hwy SW (Located across from Pandoras Box)

THE NORTHWEST SERIES winter-themed photographs honoring the inspiration and beauty of the Pacific Northwest, especially Vashon Island.

Mark Beaudien: WORLD PHOTOGRAPHY - a collection of photographs from the artist's travels to over 30 countries on six continents that includes wildlife, landscape and underwater images.

Paul Clark: MIRRORS, DRIFTWOOD & YOU - 3-D collage using mirrors, wood and other common elements to create art that is a reflection of both ourselves and our world.

Rachel LordKenaga: MEMORIES - an installation of

Vashon Wood Artists Group show, curated by Steven Caldwell and Shawn Nordfors. A variety of wood sculptures, both artwork and functional pieces, that exhibit the various techniques woodworkers use in their art and craft. Includes: Hans Nelsen, Shawn Nordfors, Steven Caldwell, Israel Shotridge, Curt Minier, Steve Schlossman, and **Rick Paquette.**

Showing Through July 22:

INDIVIDUAL SHOWS

Allison Trundle: REWILD - Large paintings themed around nature and technology, dreaming and animal tracking.

Brian Dempsey: MYTHOS - Art displayed in three

GROUP SHOWS Vashon Photographers Group Show, curated by Kim Farrell: EVERYDAY ABSTRACTS - A group exhibit

with eight photographers showing abstract images (not altered by Photoshop) to demonstrate how photographers uniquely "see" the world.

Deadline for the next edition of The Loop is Saturday, July 28

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.

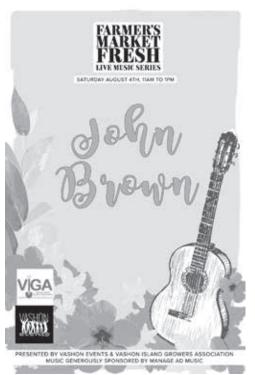
Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market. The music is almost always from 11am until 1pm, in the northwest corner of the Village Green. We'd like to thank Nan Wilson at Manage Ad Music for generously sponsoring the music again this year!

On Saturday, July 28th, we bring you Scott Durkee & Andrea Walker!

Andrea Walker and Scott Durkee both from greater Boston -play rock, folk, and blues covers from Pink Floyd to Blind Melon. They met on Vashon Island after both raising their children here. Andrea picked up the flute again after putting it down to work full-time and raise her daughter. Scott, a juke box of songs and lyrics, inspired her to try improv to rock and roll after some classical training. This is an acoustic set of Scott on guitar and vocals and Andrea on flute.

On Saturday, August 4th, we bring you John Browne!

Progressing from college sophomore to folk-music groupie-worshiper of Tom Rush, Fred Neil, Buffy St. Marie & Bob



Gibson in early-60s Miami, John's musical career has been what he jokingly refers to one long, downward spiral to this present time.....but we all know differently.

In the guise of 1/5 of the Ph Phactor Jugband in the 'Frisco of '66, John was present (if stupefied) as an opening act for a number of notable performers- many of them dead- including Frank Zappa, Lenny Bruce, Dan Hicks, The Dead, The Doors, The Quicksilver Messenger Service, Blue Cheer, The Byrds, The Airplane, Lightnin' Hopkins, Mance Lipscomb, Country Joe & the Fish, Art Linkletter, The Congress of Wonders, and others.

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.

Killer Whale Tees for LTC

Continued from Page 1

killer whale t-shirt, call him at 206-463-9041 or email OdinShark@aol.com. Weather permitting (not 90 degrees!), you might catch Odin demonstrating and selling his art at The Vashon Island Coffee Roasterie/Minglement. We are currently exploring additional venues for marketing the killer whale shirts – maybe Strawberry Festival?

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS & STRANDINGS ASAP TO 206-463-9041. Seal pup season is here. When reporting a sighting or stranding, be specific: date, time, location, travel direction, species description, number of whales/seals/etc., and behavior observed. We prefer phone reports, but if email is the only way to coax you to report to us, send sightings and photos to Vashonorcas@aol.com. Your photos of marine mammals are valuable for ID purposes. Do not assume we will randomly find stuff posted online. We are grateful to everyone who reports directly to us.

Earlier this summer, while we were on San Juan Island, panic arose regarding abandoned river otter pups – now thriving in off-Island rehab. Wow, do we ever miss Wolftown. Strange as it may seem, WDFW handles river otters, not NOAA. Sea otters – quite rare in Vashon waters -- are under the purview of NOAA stranding response. We highly recommend that you read about coexisting with river otters at https:// wdfw.wa.gov/living/river_otters.html.

Concerts in the Park

On Thursday, August 2nd, 7-9pm, 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



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. We'd also like to thank Vashon Center for the Arts, our in-kind sponsor for Concerts in the Park as our backup venue in case of bad weather! A big thank you to Kevin Hoffberg and Angela Gist for this insurance plan! 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.

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people who have gone through hard times. Bring the family! There's plenty of grass and natural berms to spread out those picnic blankets and enjoy some wonderful

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





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TRASH TALK

A first step to eliminate waste is conservation. Try buying food in bulk, bringing your own containers and bags. Plan meals so that you only buy what is needed. Avoid single-use plastics and excessively packaged items. Bring your own container for leftovers when going out to eat and your own coffee mug for that latte. Each step = change.







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RAARA

DINE OUT

AGAINST HUNGER

Restaurants will donate to the Food Bank 10% if what you spend on these nights

The Hardware Store: uly 11th, August 8th, September 12th lay: July 18th, August 15th, September 19th Gravy: July 26th, August 23rd, September 27th Jan Hardwick oldredtruck@comcast.net

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