



VASHON

# THE LOOP

Vol. 15, #5

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March 1, 2018

## “Whose Streets?”



*Whose Streets picture courtesy Magnolia Pictures*

Backbone Meaningful Movies, with support from Vashon Theatre and Island Green Tech, presents “Whose Streets?” an immersive documentary about the Ferguson Missouri police shooting of an unarmed teenager. Islanders can watch this “actual moving document of events” Tuesday, March 13th, at 6pm. Following the film, community organizer Anthony Rogers-Wright will lead a discussion.

“Whose Streets?” thrusts the viewer directly into the tense aftermath of Michael Brown’s death, when he was shot multiple times by white police officer Darren Wilson and left lying in the street for more than four hours. That August 2014 incident marked a breaking point for the Ferguson community. Grief, long-standing racial tensions, and

renewed anger bring residents together to hold vigil and protest this latest tragedy.

Tensions escalate. As the national guard descends on Ferguson with military grade weaponry, young community members become the torchbearers of a new resistance.

Directors Sabaah Folayan & Damon Davis say, “Every day, Americans experience a mediascape that humanizes whiteness, delving into the emotional lives of privileged white protagonists while portraying people of color as two-dimensional and mostly negative stereotypes. Nowhere was this more apparent than in the case of Mike Brown

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## Transportation budget would invest in Washington ferry system

A supplemental transportation budget passed by the state Senate on Feb. 23 would make a large investment in Washington’s ferry system, particularly in the 34th District. The House’s supplemental transportation budget proposal also includes this funding.

“Our ferries are a key part of life in the 34th district, and serve as many of our constituents’ connection to the rest of the Puget Sound region,” said Sen. Sharon Nelson, D-Maury Island. “It’s vital that this system works properly and efficiently.”

A \$25,000 investment would provide additional uniformed, commissioned officer presence to the ferry system in order to help with traffic control during the peak season.

A \$75,000 investment would fund a study of how to improve loading

procedure at the Fauntleroy dock in West Seattle. The study would be conducted by the Evans School of Public Policy and Governance at the University of Washington.

“I appreciate Sen. Nelson, Rep. Fitzgibbon, Rep. Cody and Transportation chairs Sen. Steve Hobbs and Rep. Judy Clibborn funding both a study of how to better process vehicles at the Fauntleroy Terminal and additional hours for police officers to direct traffic at the dock,” said Amy Scarton, assistant secretary of ferries for the Washington State Department of Transportation. “The study presents a real opportunity to add to the work of Washington State Ferries staff and the citizen led Triangle Task Force. I’m excited to see what the

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## Vashon Welcomes Renowned Activist Winona LaDuke



Vashon’s non-profit community is coming together to host Winona LaDuke; a leader and activist working on many issues including environmental justice, indigenous rights and local food systems. Ms. LaDuke movingly describes indigenous people’s resistance to environmental and cultural degradation and presents an inspiring vision, relevant to us all, of political, spiritual, and ecological transformation. She will speak at an event on Vashon Island Saturday, March 10th at 6:30pm at Open Space for the Arts and Community. The event is a fundraiser for Honor the Earth, the organization she co-founded in 1993. Tickets are \$25 for general admission and \$15 for students and seniors. No one will be turned away for lack of funds. A catered reception with LaDuke will be held before the main event from 6-7 pm. Tickets for this special opportunity are \$150. All tickets are

available at Brown Paper Ticket and the Vashon Bookshop.

Patrick Christie, a UW professor with prior links to LaDuke, convened the group in charge of organizing the event. “It is truly an honor to host such a prominent leader,” said Christie. “Winona LaDuke is one of the premier movement thinkers and actors of our time. We are so grateful that she is taking the time to come and bring her powerful message as we face our own regional struggles against the fossil fuel industry.”

The event will be a festive evening of music, community, drink and light refreshments, and, of course, a talk by Winona LaDuke. “We want to send her home with resources for Honor the Earth to fight the Enbridge Line 3 oil pipeline proposal, so we hope to bring the

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## The Road to Resilience

### Voting As If It Mattered

By Terry Sullivan,

You should bristle at that as well, but it is a fact. The money goes for media time, literature, and paid campaign staff.

A somewhat more encouraging precedent was set by the Sanders campaign in 2016. He proved that millions of individual small contributions from an enthusiastic base could compete with the donations from large contributors. That meant that a candidate could actually get elected without being beholden to the interests of the wealthy. Although Sanders stood alone in 2016, the message was heard loud and clear by every Democratic candidate running since then. Perhaps the same is true for some Republicans, although I’m not sure that the corporate agenda necessarily conflicts with the agenda of the average Republican voter.

At any rate, the net result is that I get about a hundred emails a day from Democratic congressional and gubernatorial candidates all across the country. Giving a \$27 contribution to Bernie is one thing, but giving even a \$5 contribution to each of a hundred or more candidates is out of the question. It has become a regular source of irritation for me as my first job when I go online is to delete all the donation requests as

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When we talk about the scourge of money in politics, we are generally talking about large contributions that drown out the importance and influence of small donations. The disproportionate share of campaign donations by the big donors has meant that, barring really significant public unrest, elected officials naturally consider their interest above ours. This has been scientifically proven (see Gilens and Page, “Testing Theories of American Politics: Elites, Interest Groups, and Average Citizens,” American Political Science Association 2014, doi.10.1017/S1537592714001595). The perception of those officials is that money buys votes, and, in fact, the candidate with the most money wins 90% of the time.

I’ve been wondering lately how corporate money actually produces votes for candidates. Most of us bristle at the idea that somebody has bought our vote, yet the results are clear. We, the electorate, are considered passive consumers, and the frequency of positive messages about a candidate and negative messages against the opposition candidate generally decides who we vote for: just like selling soap.



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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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Alzheimer’s Association Caregivers Support Group

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](mailto:Editor@vashonloop.com)

Find us on Skype  
Vashon Loop  
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### Next Edition of The Loop Comes out Thursday March 15

Deadline for the next edition of *The Loop* is

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### Water District 19 Meeting

The Board of Commissioners of Water District 19 have scheduled a special meeting to be held on Tuesday, March 6th, 2018 at 9:00 am, here in the district’s board room. The purpose of the special meeting is to continue discussion on the Comprehensive Plan and other business at necessary.

Water District 19’s next regular board meeting scheduled for Tuesday, March 13 at 4:00 PM in the district’s board room, 17630 100th Ave SW, in the district’s board room. This is an earlier meeting to accommodate a scheduling conflict with one of the board members.



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### Creative Relating For Two

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Creative Relating: 4 Playdates for Lovers, Friends & Roommates meets every other Saturday in March and April, from 2-4 PM beginning March 10th, at Hanna’s Barn. Facilitated by Kristina Turner, Creative Spark Coach certified by Kathlyn & Gay Hendricks, authors of *Conscious Loving*, *Learning to Love Yourself* and *The Big Leap*. Imperfectionists welcome. Leap in together, learn more and register for the series at [kristinaturner.com](http://kristinaturner.com). Questions? Call (206) 463-2068.

### Letter to the Editor

We are mourning another horrific school shooting. It’s time to demand that our elected representatives refuse donations from the National Rifle Association. How can one powerful lobby hold us all hostage as potential victims of under-regulated guns? Without NRA money, our representatives can begin listening to constituents and their consciences to protect us all. There is also the beginning of a boycott of the NRA to lessen their financial clout.

Students from the Florida high school are speaking out admirably. I thought the killings at Sandy Hook Elementary School would tilt the laws, but no changes occurred. As a teacher at Gig Harbor High School, our back to school training after Columbine in 1999 was a police officer teaching us how to run from an active shooter and the lockdown drills began. I’ve been in multiple lockdowns and had students with loaded guns in backpacks nearby but fortunately nobody on campus was hurt. Specially trained dogs and robots search for weapons on the campus. I never imagined such circumstances when I began teaching.

Now the NRA and our president are advocating arming 20% of teachers. The Parkland staff who died shielded students with their own bodies. Elected officials who advocate more armaments should be voted out of office.

The shooter was trained by our system to be a great marksman: he was in Junior ROTC. He wore his ROTC shirt for the attack.

Let’s dig deeper and begin rooting out our culture of violence. American policies and weapon manufacturers have seeded the world with death, destruction and destabilization. The US trillion dollar budget for “fighting terrorism” in the last decade has shriveled budgets for education, health, infrastructure and other vital areas. And now we’re being exhorted to insanely “modernize” our nuclear arsenal, when we need to abolish nuclear weapons. Let’s stop acting as if violence solves a problem.

Find a group or way to contribute to ending violence and building peace: staying passive or silent only delivers more destruction.

Julia Lakey



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Next Loop comes out March 15



# Wheeling and Dealing



By Seán\_C.\_Malone

One of the roustabouts yelled at me from the other side of the ring where we were busy breaking down the merry-go-round, part of the Peach Festival. “Betcha twenty-five cents that you can’t pick up the spindle,” Shorty shouted. The spindle was the 12 foot long steel shaft that the merry-go-round spun on. The gear at the bottom of the shaft was three feet across and four inches thick, much too heavy to pick up, so I headed for the other end to prove or disprove the bet. They told me that the shaft weighed 800 pounds which I doubted since I was able to squat and pick one end up about two inches off the ground. “OK, OK, here’s your quarter,” said Shorty who ran the hammer game to find the strongest man who could ring the bell and win a stuffed bear. It took six men to load the merry-go-round spindle onto a waiting truck.

The Blue Ribbon Shows always came to Vashon and set up where the bus garage is now, just west of the high school. All that was there in the 1950’s was a gas shack. The Strawberry Festival was over and Kit Bradley, Gary Larson and I were making a little money helping to tear the show down and pack it on the trailers and trucks to head for the next town. I think we were paid seventy-five cents or a dollar an hour. We worked most of the night and at 4:00 AM they told us we would have to hang around till 8:00 o’clock for Mr. Girling, the owner, to pay us. One of the roustabouts had loaned me a pair of blue coveralls and when I complained about having to wait around for our pay, he pointed to the gas shack and told me I could take a nap in there. When I woke at 7:30, the show was gone along with my wages, nothing left but the sawdust on the ground that was there to hold the dust down. It was the first time I had ever been cheated out of my wages and it has happened only twice since. I was so mad, that I took the dirty blue coveralls off and threw them in the blackberries, much like the kids who tie their old tennis shoes together and throw them over the power lines. I had a pair of pants on underneath the overalls, the only thing that kept me from freezing in the gas shack.

It wasn’t until I was a freshman in high school and commuting to Seattle Prep that I saw Mr. Girling coming down the street at 5th and Pine, in front of Frederick’s. I stepped in front of him and told him he owed me \$8.00. He didn’t give me time to explain, but just shrugged his shoulders and walked on.

In 1952, I got a job working for Harry Larsen making Skipper Craft boats down at the Cove marina. For a 12 year old, 75 cents an hour was great and I could walk to work and not have to bother Mom for transportation. I learned how to chew snuff from the boat builders and loved helping to stain the mahogany veneer that covered the bow of the 14 and 16 foot kicker boats. Harry taught me how to not let the stain get too dry before rubbing the surplus away with a burlap sack, lest the stained wood look muddy. The finished bow piece was beautiful, with swirling patterns in the different shades in the grain of the

Mahogany.

The carpenters took their lunch sitting on the edge of the Cove dock which we often used to fish for perch and pogies. Winking to the other carpenters, old Sven Anderson offered his open can of snuff to me. “Take a dip,” he said and the other men smiled as if they had a secret. It was really strong and made the inside of my mouth burn but I kept it under my lip and went up to the second floor to sweep up and lost my lunch, due to the strong tobacco. I couldn’t face the guys downstairs to tell them. They were probably still laughing at me. I just didn’t take much the next time someone offered me Copenhagen. After work, I walked up from the dock to Mackie’s store and bought a package of Brown’s Mule because it wasn’t as strong.

Many years later, I was a night watchman at a small mine in Republic, North of Spokane. The Valley mine was started by Mr. Hougland and only employed a handful of miners and didn’t produce a great deal of gold, because the ore was only running about two ounces per ton.

John Sweetman was the county assessor and old friend who offered to help me erect a mast for my short- wave radio antenna. It was an ambitious endeavor as the mast was 40 feet long and weighed 400 pounds. I was going to chain the fir pole to the cabin and I put a 4x4 inside the attic to act as an anchor for a snatch block, which hung out the window. The mast was only half-way up when the back of the old cabin began to bulge from the strain and the 400 foot pole took off for East Jesus, lifting John off the ground as he hung onto the guy line. It swung from one side to the other as it was obvious that we had lost control. I gunned the engine of the old green Dodge to try to winch the pole to a higher angle and it crashed against the back of the cabin where it was chained to the back wall.

My illegal moonshine ran 130 proof and John and I both imbibed to get rid of the shakes from the near catastrophe. I say illegal, because the county prosecutor stopped me on the street one day in Republic and told me to stop drinking those miners; so he knew I was bootlegging.

When I worked there, the mine was leased out to a high roller from Salt Lake City who was hardly ever seen. The mine closed down and I remained as the watchman and was paid for about a year when the checks stopped coming. Even when the mine was operating, the miners would drop their shovels on payday and race to town because there was never enough money in the high-rollers account to cover all the checks. The mine manager told me then that the high roller had declared bankruptcy and shot himself with a 45 shortly thereafter. Mysteriously, two years later, he pulled up the driveway and stepped out of his rig. I was aghast and asked him for the back wages he owed me. “I don’t have the money,” the high roller said. I helped myself to some of their hand tools (it’s called compensatory wages) and then I quit the mine to move back to Vashon.

# All Artists VIVA Meeting at Open Space

For over 25 years, the Vashon Island Art Studio Tour (VIAST) has treated the Island to Studio Tour twice each year. Recently, to bring all the visual artists of Vashon under one roof whether Studio Tour participants or not, the Board of VIAST voted to change the name of the organization to Vashon Island Visual Artists (VIVA) and expand not only its purpose but its artist support services and educational goals. Morgan Brig, VIVA President, noted “Change is hardly ever a tidy affair, but the visual artists of this island now have a need, a kinship even, in diving in. Perhaps VIVA! will capture that, and we will have a creativity power-surge on our hands.”

For the first time since the renaming, the visual artists and their supporters are invited to a meeting at Open Space, Sunday, March 18, at 7pm.

In May 2015 VIAST formally received its designation as a 501 (c) 3 and, in addition to Studio Tour, launched an educational program, funding \$1000 in high school scholarships to emerging artists as well as educational programs for members. With the name change to VIVA and expanded purpose Studio Tour will now be but one of the key programs of VIVA. Tthe Board has been brainstorming new programs and services that the visual artists need and want- now it’s time to hear from the artists to learn how they can be best served. The Open Space meeting will cover the proposed programs discussed by the Board as well as recommendations from the artists that night to create the most inclusive vision possible.

Interested in financial assistance with workshops, residency programs or



personal emergencies? Want to know where to go funding for art projects? Need some training in photographing your art, creating websites, marketing and business skills? How about discounts from material suppliers? Have ideas on how to improve Studio Tour? Interested in being part of group VIVA exhibitions? Dreaming of an artists’ program or service no one has even thought of yet? VIVA Board member Kristen Reitz-Green commented that “At a time of heightened tensions between VCA and the visual artists on Vashon, I see VIVA emerging as a unified voice and advocate for the interests of the working artists of this island”. So, bring your ideas, immediate or visionary, to Open Space on March 18 at 7pm and be part of creating your organization- Vashon Island Visual Arts (VIVA!)

## Vashon Welcomes Renowned Activist Winona LaDuke

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community together to raise her a lot of money. And we plan to have a great time doing it” says Christie.

The evening will include diverse and inspiring music and visual arts for a multi-media immersive experience. To open the evening, subMerge, a Seattle-based art & music collective, will combine music with image projections of Winona’s work, pipeline resistance, and nature. Paul Cheoketen Wagner will offer songs on the Native American flute, accompanying salmon dancers. Some’tet, an improvisational Vashon jazz ensemble, will perform. After hearing from LaDuke, the evening will evolve into an after party led by subMerge, pairing house, techno, and electronica with visual and textile arts.

LaDuke is currently involved in stopping a Tar Sands Oil pipeline proposal that threatens the land, waters, and indigenous sovereignty of many Nations in Minnesota. The struggle is at a critical point and donations will be used to support efforts to stop this pipeline that would bring oil across tribal lands, including sensitive wild rice growing lakes, and on to ports in the Great Lakes.

Winona LaDuke is executive director of Honor the Earth [www.honorearth.org](http://www.honorearth.org) , which supports indigenous communities on the front lines of environmental protection in North America. She lives and works on the White Earth reservation in northern Minnesota, where she is founder of the White Earth Land Recovery Project, a reservation-based non-profit that works to protect native seeds, heritage crops, and indigenous foodways from patenting and

genetic engineering.

Hosting organizations include Vashon Nature Center, Vashon Maury Island Land Trust, Vashon Heritage Museum, Backbone Campaign, Fable Collections, Open Space for Arts and Community.

## Transportation budget would invest in Washington ferry system

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researchers find. As we continue our work, I’m hopeful it will address the challenge of modern traffic at this 1950s era terminal.”

“We have heard so much from constituents from Vashon and Fauntleroy about the challenges loading ferries at the Fauntleroy dock,” Rep. Joe Fitzgibbon, D-West Seattle. “I am pleased to see these new investments championed by Sen. Nelson moving forward so we can continue to make incremental progress in improving loading procedures in Fauntleroy and help our constituents get where they need to go.”

“I’m glad to see that this supplemental budget improves the traffic loading onto and disembarking from ferries,” said Rep. Eileen Cody, D-West Seattle. “I hope this leads to better options to get people through the ferry process faster and on with their day.”



# Island Life To Go Somewhere Else

Peter Ray  
pgray@vashonloop.com

It would have been a lot easier and way cheaper just to crack open a book. There would have been the same four walls and the random insistence of poking dog noses and the cat that likes to remind you that he is there by finding a small patch of bare skin to test the sharpness of his claws on while you're not looking. But there is also the tale of the curative catharsis that one can achieve by changing one's regularly scheduled scenery. And so it was that as the date for the film festival approached, that I actually paid attention to one of those TV advertisements and searched one of those sites that claim to get you the best room for the best price and I found something that seemed to be even better than I had expected, and so I booked a room and then purchased an all access pass and then kept a wary eye on the upcoming forecasts for Missoula, Montana, because that's where the fifteenth annual Big Sky Documentary Film Festival was soon to be happening, and was where I planned to be for its ten day run.

A part of my preparation for this adventure was the purchase of new tires for my car. Having been caught out in last fall's snow here, I knew that the four tires I had on there were not necessarily to be trusted, and they were even a bit slidey in the rain. I started swimming up at the Vashon pool, and was starting to feel like some semblance of shape was returning to my body. There was the regular regimen of ingesting vitamin C as a preventative for winter ailments. I spent time reviewing the film schedules for the five venues where groups of shorts and feature films would be playing, and then started to figure which workshops I might fit in around the various films I really wanted to see. And then it was time to go.

The seven plus hour drive went faster than it seemed, and I arrived in Missoula in the dark. After checking into my motel I went out for a walk around town to shake off the trip and get oriented as to where at least some of the venues were. Part of my plan had been to find a place to stay within reasonable walking distance of everywhere I needed to go. Because a river runs through it, Missoula has a number of bridges that span that waterway, and at night they are lit with multiple strands of white lights, which even in the dead of winter make for a festive appearance. It was not horribly cold, but I felt a bit of a chill as a slight wind passed over the water. Even in the dark I could see clumps of ice flowing fairly quickly by below- it was a bit dizzying to watch from above, so I carried on back across the river and headed back to the motel.

The next morning I checked the ten day forecast and noted a steep plummet predicted in the temperatures- it was possibly going to go below zero in two days, so part of my day's activities were directed to finding a warm coat. Once that had been secured I noticed a cough and a throat scratch coming on along with a growing tiredness that I thought an hour or so of napping would serve to resolve before the opening night screening. Three hours later things were not much improved, and since this film had other screenings scheduled later I decided to stay in and hopefully feel better as the rest of the festival got underway the next day.

As it turned out, I missed not only the Friday night opening, but everything else on both Saturday and Sunday. I'm

not sure what I had, but my overall lack of energy had me sleeping on and off around the clock for forty eight hours. As Monday rolled around I was on the verge of giving up hope, but when I stood up that morning I did not immediately feel like falling back down, so I got dressed, donned a number of layers and my new coat and headed out into the eight degree day. It actually took me a while to get going, not getting to my first screening until 3:15. I wound up briefly talking with the director of the first film of the day, 'Fail State', a piece about for profit universities and the various problems they are running into, and then stayed on to see a first person account of the rancher occupation of the Malheur Wildlife refuge titled 'No Man's Land', which wound up getting the Big Sky Award. Then it was on to a film I had been looking forward to, as it had a connection to an Islander. I was surprised to find out how much of an advocate and proponent Otto Silha had been for a domed, experimental city in Minnesota back in the late sixties and early seventies. While it had offered radical solutions to transportation, energy production, water and solid waste, it ultimately fell victim to politics and local opposition. Stephen Silha got a big credit for his help with the film.

The next day, the last film offered up a big surprise for me. 'Dirtbag: the Legend of Fred Beckey' was a fascinating look into a northwest mountain climbing icon and how Beckey had made an unbelievable number of first ascents throughout the western U.S. and Canada. And while he was based in the Seattle area, what came totally out of the blue was a story about how Beckey and his brother had built a raft out of scrap wood and logs and had paddled it to Vashon while avoiding freighters and other hazards as kids back in the forties, all of which was retold in one of the films animated recountings. And finally the next day, after spending the morning in a number of workshops, I stopped in one of the local eateries and noticed that one of the presenters had also stopped in to refuel. I had a brief conversation with him and even though he was based in New York, he knew of Vashon because he has relatives who live here. It seems that even though one can get away one cannot really get away from here, which was re-emphasized the next day in a conversation I had at a social media workshop with someone from Wenatchee with connections to Vashon as well.

As it is, I still feel like I am recovering from whatever it was that took me down when I first got there. The drive back was not too challenging, although the first couple of hours was over roads covered in snow and ice and in places lots of de-icing solution. I think that once I fully recover from all that transpired I will feel that it was all worth it- that going somewhere else was a necessary exercise in documentary film immersion and exposure. I'm struggling a bit at the moment in an attempt to maintain momentum- hopefully as the residuals of the crud finally pass out of my system I will be able to fully grasp what I have learned and go somewhere else with it from here.

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

Deadline for the next  
edition of *The Loop* is  
**Saturday, March 10**



## New Food Bank Hours Starting March 6th

In Fall 2017, the Vashon Maury Community Food Bank began asking our customers how we can better serve them. Our Director Robbie Rohr worked with Food Bank staff to host survey events such as focus groups, customer appreciation dinners, and more so we

In addition to the new, expanded, evening distributions, we have also add a second midday distribution to Thursdays which will replace the previous Tuesday afternoon distribution times. Doing midday distributions on both Wednesdays and Thursdays give

<i><b>NEW Schedule:</b></i>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<i>Home Deliveries</i>	Home Deliveries continue as usual	n/a	n/a
<i>Seniors/Persons with disability</i>	n/a	10:30-11:00am	10:30-11:00am
<i>General Public</i>	n/a	11am-1pm	11am-1pm
<i>General Public</i>	n/a	5pm-7:30pm	5pm-7:30pm

could collect your feedback. These efforts revealed the need for an additional evening distribution to accommodate customers who worked during the day, many of whom had been finding the single evening distribution on Wednesday nights overcrowded with long wait times.

In answer to this need, the Food Bank board and staff made the decision to add an evening distribution to Thursday nights, plus add a half hour to both Wednesday and Thursday evening distributions, to ensure better service for our community. The Food Bank receives weekly food drops on Tuesday and Wednesday mornings, so having this new schedule will not only answer customer need, but will also ensure that customers will have equal variety and quality of food on both Wednesday and Thursday evenings.

additional opportunities for seniors and persons with disability to shop while ensuring the same variety and quality of food that evening shoppers get is extended to the afternoon shoppers, too.

Tuesday home deliveries will continue as they always have.

We are excited to bring you this new 10 hour weekly distribution schedule starting March 6th. We expect this new schedule will give all shoppers shorter wait times and a more relaxed and equitable shopping experiences. And we want to fully acknowledge that we know this new schedule will not work for everyone. We apologize for that and are happy to work with individuals to come up with alternative plans. Please come to talk with us in the office, email us at [info@vashonfoodbank.org](mailto:info@vashonfoodbank.org), or call 206-463-6332 if this is the case for you.

## “Whose Streets?”

Continued from Page 1

who, despite being college-bound and well regarded by his community, was portrayed as a ‘thug’ and a ‘criminal.’

“... As all eyes turned to the protests, the Grand Jury, and the response to the non-indictment, people became desensitized to the scenes of chaos. The dehumanization of Mike Brown was perpetrated by his murderer, perpetuated by the media, and reinforced by violent police repression of his community. This was a modern day lynching.

“We are intimately aware of how we are portrayed in the media and how this portrayal encourages both conscious and unconscious racial bias. For this reason, it is essential that Black people be the ones to tell our own true stories.

We are uniquely suited to make this film because we ourselves are organizers, activists, and deeply connected to the events of August 9th and beyond. We are making this film, in part, as tribute to our people—our deeply complex, courageous, flawed, powerful, and ever hopeful people—who dare to dream of brighter days. This is more than a documentary...this is a story we personally lived. This is our story to tell.”

“Whose Streets?” is a powerful battle cry from a generation fighting, not for their civil rights, but for the right to live.

Admission is by donation to the Backbone Campaign, with no one turned away for lack of funds.



# Rise Up & Read!

Rise Up & Read was initiated one year ago by the Harbor School & Carpe Diem Race Equity Focus Group. It was created for children in kindergarten through 5th grade to inspire curiosity, social justice and race equity through cultural literacy and fun. Rise Up & Read book reading events are free to attend and open to the public – all are welcome!

Parent organizers select primarily nonfiction picture books. These are chosen with great care and deliberation, seeking those that are well written, beautifully illustrated and age appropriate. The books introduce topics and people that are typically underrepresented in children’s literature and often address tough and at times uncomfortable concepts. All the books chosen deliver content in a gentle and age appropriate manner. Movement and music are woven into the event to provide an active element to keep the littlest ones engaged. Community members with

direct experience to the topic are often invited and encouraged to share personal stories.

Rise Up & Read does not include an open discussion during the hour-long event; the organizers believe the best discussions for this age group take place in a setting where trust has been built with the child - at home or at school with teachers. The goal is to introduce ideas and concepts to children in the context of stories and to encourage questions and discussions beyond the event.

The next Rise Up & Read takes place on Thursday, March 29th, from 4pm to 5pm, at the Vashon Library. The March read aloud will feature stories of heartfelt experiences that challenge gender norms. Past themes have included: Civil Rights, Indigenous Peoples’ Day, Women’s History Month, Shogatsu/Japanese New Year, Refugee Experiences, Ramadan, and the Universal Declaration of Human Rights.

## Pickles Needs A Home...

I’m a sweet pickle, not a sour one. I love to meet and greet people so much, I get to live in the shelter lobby. When you arrive, I’ll be the first cat you see and really, you don’t need to look any further. I’m the best one in the place. My only hangups are that I’m not comfortable with other pets, and kids make me anxious. When I’m with grownups, I cuddle and talk a lot. Wouldn’t you “relish” having a new friend like me?



**Go To [www.vipp.org](http://www.vipp.org) Click on Adopt**

## Road to Resilience

*Continued from Page 1*

rapidly as I can. I’ve gotten to know the names and the “hooks” that they use so I can delete them without even looking at them. I actually do get talked into making a donation occasionally, if I’m convinced that it is important enough. I’m less and less inclined to do that because of the devious traps that Act Blue, the Democratic fundraising website, set up. First they ask you, “Could you just donate \$3?” but provide no button to click below \$10. I write in \$3 (it is a matter of principle!) and then I am required to cancel the check mark that would have me giving that amount monthly. Then I have to cancel the “leave a tip” checkmark or I will be paying that as well. The darker side of all this is that I suspect that on at least one occasion, they double-billed me on my credit card.

The only solution is to take all of the private contributions out of politics and to drastically limit the amount that can be spent. If the campaigns are limited to 6 weeks as they are in many other countries instead of literally forever as it is here now, it would severely cut back the amount of money needed. If all the media, especially TV and radio, were held to their obligation as users of the public airwaves to provide free and equal time to all candidates, most of the rest of the money now spent would not be needed.

Lastly, if we citizens took our responsibility seriously, we shouldn’t have to be goaded into paying attention to something that could very well decide whether we live or die. A zillion dollars spent on a campaign should not be enough to buy your vote if you are literate on campaigns and issues, and your fellow citizens did the same. Sadly, few of us

have any inclination to do that and the cleverest “dog and pony show” often wins the day. The good news is that it is our votes, not the money, that elects our leaders, and if we take time to study the issues and make a considered decision, we will earn back the democracy that our complacency has lost. Start now!

Just a reminder about the Fixit Café! It’s happening again this weekend, Mar. 3, 10am-2pm at the Eagles Hall just south of town on the east side. This is an event where you bring broken items such as lamps, furniture, appliances, bicycles, clothing, jewelry, etc. and dedicated fixers try to fix them for you for free. The more exotic the item, the more enticing it is for compulsive fixers. Other than implicit satisfaction, what we get out of it is less junk in the landfill. Also, since you must watch and learn so you might be able to do it yourself next time, we make more savvy and resourceful owners of stuff.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

**Next Edition  
of *The Loop*  
Comes out  
Thursday  
March 15**

Deadline for the next  
edition of *The Loop* is  
**Saturday, March 10**

# The Work of SR3



Vashon Maury Island Audubon Society presents on Tuesday March 8 at 7 PM: The Work of SR3 (Sealife Response, Rehab, and Research). The event is held at the Land Trust Building on Bank Road, and free and open to the public. .

Veterinary nurse Casey Mclean will discuss the mission and work of SR3: Providing response and rehabilitation capacity for stranded or injured marine animals through the creation of a world-class hospital, rehabilitation center, and oil spill response facility for marine mammals, sea turtles, and sea birds. Rehabilitating wildlife which helps monitor the overall health of marine ecosystems and wildlife populations. Building a leading research and teaching facility to provide an accessible, bio-secure laboratory for conducting marine science and large-scale marine

conservation. And finally, Involving the community by providing a place for scientific and cultural gatherings that support and inspire conservation

Casey is a licensed veterinary technician who has a degree in marine biology and a long-standing passion and experience in marine animal medical care, rehabilitation, and conservation. She has worked in areas of sea turtle rehabilitation, wildlife rehabilitation, and marine mammal rehabilitation for over 12 years. She is an active member of the Marine Mammal Stranding Network in the Puget Sound and works on a variety of marine animals. Casey is also a trained oil-spill responder.

The event co-sponsored by Vashon Maury Is. Land Trust and Vashon Nature Center.

## Vashon Opera presents Limmie

Critically acclaimed tenor Limmie Pulliam returns to Vashon for a matinee program of operatic greatest hits on Sunday, March 4 at 2:30 pm at the Vashon Center for the Arts. Sharing the stage with pianist Spencer Myer and a troupe of Vashon Opera favorites, Limmie brings his powerful, dramatic and sensitive voice back to Vashon in this one showing concert!

Vashon audiences remember Limmie’s heartfelt and soul wrenching portrayal of Canio in Vashon Opera’s recent production of I Pagliacci and the glorious ringing rendition of “Nessun dorma”.

The afternoon will feature guest appearances by many Vashon Opera favorites including José Rubio, Julia Benzinger, Jennifer Krikawa, and Andrew Krikawa as they join Limmie on stage for operatic duets and trios. And, soprano Kim Giordano makes her Vashon Opera debut singing the duet ‘Vicino a te s’acqueta’ from Andrea Chenier with Limmie.

Come be uplifted by the glorious



sounds of one the greatest tenor voices in the world. You’ll hear arias and duets from La Bohème, Carmen, Otello, Eugene Onegin, The Pearl Fishers, Les Troyens, and much more. It promises to be a wonderful afternoon of beautiful opera and an event not to be missed. Tickets can be purchased at [vashonopera.org](http://vashonopera.org).

Tenor Limmie Pulliam in Concert  
Sunday, March 4, 2018 at 2:30 pm  
Vashon Center for the Arts

**Local Weather**  
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**Local Rain Totals**  
**Temperature hi/low**  
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**Aries (March 20-April 19)**  
It's good to honor the mystery that is your life. Existence on our planet comes with far more uncertainty than it does assurance. We have no idea how we actually got here; all we have are a bunch of made-up stories. Short of certainty, or false certainty, it's healthy to stand face-to-face with the mystery of who you are. This will soften the edges of your personality. Your false confidence will soften into a gentle kind of assurance, and you will be less defensive. Your life is a gift to you, though we don't know from whom. If you live that way, you'll be more conscious of receiving the gift and taking a positive approach to existence, and a helpful approach to your fellow humans. There's that aspect of life that's all about you, and the other, more pervasive idea that life is about existence, which you get to experience.

**Taurus (April 19-May 20)**  
When there are lots of planets in Pisces, life is usually good for Taurus. Pisces is the 11th house of Taurus, the house of what you might call "all good things." Right now, Mercury, Venus, the Sun, Juno, Neptune, Chiron and many smaller points are in Pisces, which is your house associated with the people you care about, and the good things in life. This is the time of year to be out among your community, to make new friends and to try on new ways of being. As the Northern Hemisphere starts to warm up again, it's time to get outside the house and into the woods or your garden or out for a walk next to the river. Though you are good at customizing your digs, you're not an indoor person at heart, so get your hands into the dirt or at least some fresh air into your lungs.

**Gemini (May 20-June 21)**  
This is a great week to make headway on career plans, especially if you're in a creative line of work, or want to be in one. Though Gemini is ridiculously adaptable, your natural tendency is toward creating art, love and beauty. Your idea of power is the ability to help people. This is associated with having Pisces on your house associated with achievement, reputation and responsibility. Now, one thing you should know is that success in the style of Pisces is not the usual kind of thing we see in a capitalist country. You have much more interest in collective progress than most people, and you don't see your success as necessarily competing with that of someone else. So you need your own concept, and you have your options open. I would propose that you aspire to the life of a dog: bring out your passion for participation, service and community.

**Cancer (June 21-July 22)**  
You have the power to guide events and developments in the direction of wholeness and stability. Let any blips or misunderstandings give you ideas for just how you can make your life a better place. Now is the time to enact certain long-standing plans and intentions that the busy world has made difficult to engage. With the Sun and many planets traveling through the most visionary angle of your solar chart, you are blessed, and you can claim that as a resource. You stand a better chance of success in enterprises with long odds than you usually do, and if you're reminded today of a goal or aspiration that you've long set aside, make some moves to put it into action. This is likely to involve international travel, a publishing project or an endeavor you consider art or pleasure for its own sake (clothing optional).

**Leo (July 22-Aug. 23)**  
Not everyone is into sex. If you are, particularly the deep and intimate kind (or whatever you want the very most), you're likely to be able to create that for yourself, if it doesn't create itself for you. Speak to those for whom this would be an

appropriate discussion. Wade through a little embarrassment if you have to; that will only make it better. Note that the way your chart is set up, these experiences might not enter your life "the usual way" — rather, the "unusual way" is more likely to be the one. That said, if you have no interest in anything erotic, your chart is set up perfectly for that thing known as sublimation — transferring or reassigning sexual energy into something creative, like embroidery. If you do that, just make sure it's what you really want. Opportunities like you have now don't arrive often.

**Virgo (Aug. 23-Sep. 22)**  
From the look of your solar chart, everyone wants to marry you. Proposals should be coming in like bouquets of flowers flying toward the stage during a curtain call on opening night at the opera. Tinder, Grindr and OurTime crashed and needed to be reinstalled. However, you cannot always take what astrology says literally. It's true that your relationship house is populated with so many planets you should have no problem getting at least some attention — as in, very positive attention. If you're in a committed relationship, you might at least expand your social horizons. If you're in one of those situations where commitment means avoiding socializing with even a potential suitor, you might consider the true, underlying nature of that jealousy. What your chart really is saying is: have fun with people. Be bold about having actual, face-to-face conversations where you say something, and learn something.

**Libra (Sep. 22-Oct. 23)**  
This may be one of those weeks when you wish you didn't have a job. If you love what you do, and look forward to coming to work (breaking news — these people exist), this will be a positively lavish week for getting things done, beautifying the office, and clearing up old, lingering business. It's worth reminding Libras on a regular basis that you need to be one of these people who shows up every day someplace you actually like to be. This is far more important than having power or making a lot of money — if your happiness, health and sanity matter to you. Every chart element that describes your career and profession comes back to this theme: working in a caring, nurturing environment. Starting where you are, do your part to make it so. Put beauty into whatever you handle. Be a font of good vibes, and help people get through their challenging days.

**Scorpio (Oct. 23-Nov. 22)**  
Yours is a water sign, and like your cousins Cancer and Pisces, you feel better when the tide comes in, and there's a little rain. And right now all three water signs have their cisterns full. One fact of Scorpio is that it benefits from an abundance of Pisces, which you have now on two accounts: Jupiter (the ruler of Pisces) is in your sign, and six other planets are in Pisces. That adds up to a bold invitation to set your worries aside and to have some fun. Do what gives you pleasure, hang out with people whose company you adore, and dive into your creativity. If you feel a touch of "should I really be doing this?" then you're headed in the right direction; you will benefit greatly from overcoming any pleasure anxiety you might feel. Where work and projects are concerned, remember: a little creativity saves a lot of effort.

**Sagittarius (Nov. 22-Dec. 22)**  
You have an unusual event happening in your sign right now: a conjunction between Mars and the asteroid Vesta. This uncommon pairing brings together the planet of action, assertion, aggression and self-serving acts, with an asteroid related to taking some distance from your passion. Vesta's influence is often about doing things for their 'higher purpose' or some purpose

## Seattle Times Newspaper Carrier = \$2200/month

Be your own boss as an Independent Contractor for the Seattle Times and make \$2200+ monthly. We need you to deliver newspapers starting March 1, 2018 on Vashon Island approx. 2-3 hours per day. Yes.. we do publish 365 days per year but our carriers love what they do and the relationships they build with their customers. Our Newspaper will be available for pick up daily in downtown Vashon at 1:30 AM. There is no inserting or collections and most deliveries are made to customer driveways and mailbox tubes. Successful candidates must have reliable, economical transportation, Valid WA DL and insurance, flexible schedules and a desire to exceed customer service expectations. Call our State Area Manager Steve Mendes at 206-369-8493 or email [smendes@seattletimes.com](mailto:smendes@seattletimes.com) to arrange an interview.

other than what is obvious. You might need to stand guard over someone else's interests, such as their privacy, or their business affairs. You may need to hold open the space for the right thing to happen, which is a form of protecting others. Set aside your personal desires and let your energy and choices be directed toward selfless service. This conjunction would seem to indicate there's something specific that needs your attention, knowledge and warrior energy. Take up the task; your personal agenda will not suffer for helping someone else.

**Capricorn (Dec. 22-Jan. 20)**  
You need dependable ways to vent steam: physical energy, ideas, creativity, sexual desire, anger and every other form of passion. The usual vent provided by society is swilling down a few drinks. If you've ever wondered why so much alcohol is consumed every day, the world over, that's my theory. However, this is both a special temptation for you now, and something to avoid. I'm not suggesting being a teetotaler, but rather not using alcohol specifically as a pressure release — or as your only one. You need to be able to work that valve yourself, and to direct your abundant energy in sane, healthy and productive ways. It will help if you get good at relaxing enough to have fun with minimal lubrication necessary. It will help if you have the ability to process anger and frustration in ways that resolve them rather than push them back under the surface of your psyche.

**Aquarius (Jan. 20-Feb. 19)**  
You're going through a vitally important growth phase that involves balancing out your life. There are many aspects to this, one of which is seeing the ways that your

habits of thought don't serve you. Part of this is recognizing that you do, indeed, think in patterns, and that to be free, you need to let go of crusty old ones and establish some new ones. This will shift your relationships; in particular, by helping you experience common ground rather than rugged individualism. There's a potentially helpful indicator in your chart, which offers a clue. As a child, you had to develop certain strategies to deal with the all-powerful adults who surrounded you. Those tactics worked for a while, though they need to be identified and questioned now. The upshot is that you need to respond to people as they actually are, not as stand-ins for the roles of your early caregivers.

**Pisces (Feb. 19-March 20)**  
It's your birthday season, and many planets have joined the party. Among others, Venus and Mercury are in your sign, which bestow a natural charm and ease of communication. You can say less rather than say more. Notice how others perceive you, and play with that, rather than trying to correct them. All this Pisces energy is likely to have you feeling good, like life is worth living, and like you have enough resources to go around; enough to be able to afford to ease back just a little and have some fun, despite the extremely busy days that have subsumed the world. You will need to do this as a conscious act: that is, as a choice. Saturn and other factors have you in a mode where you're highly responsive to your calling and your responsibilities. But your ability to do your best work will only benefit from doing a little less of it, at least this week.

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

**Make a date with Vashon!**  
**[www.VashonCalendar.com](http://www.VashonCalendar.com)**  
**Vashon Library Events**  
**Art & Music Events**  
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**[www.vashoncalendar.com](http://www.vashoncalendar.com)**

## Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

## Molly Needs A Home

I'm a calico kitty who is just too cute! Did you know that the calico is the official cat of the state of Maryland? Washington doesn't have a state cat, but I think someone should look into that.

Here's why I should be YOUR cat. I've lived with another cat, dogs and young children. Although I'm not too fond of being picked up and held, I love to be petted. I should live indoors because my front feet have been declawed.

If you'll excuse me, I need to research how to become the state cat. Don't tell the tabbies what I'm up to, OK?



**Go To [www.vipp.org](http://www.vipp.org) Click on Adopt**







Island Epicure



By Marj Watkins

Delicious Lenten Foods

The six weeks of Lent feature fasting from animal foods, but not from good eating, and not from good nutrition. A yummy pairing of grains and beans creates complete protein and a helping of magnesium in a dish to satisfy an artist's eye. Magnesium is a mineral that the average

American's diet notoriously lacks. The USDA recommended intake of magnesium is 320 milligrams (mg for short) for women age 31 or over, 420 mg for men of that age range, 360 mg for girls 14-18, 410 mg for boys 14-18 years old, 400 mg for men 19-30, for babies 6 months old, 30 mg, 12 months old 75 mg, and for little kids of one to three years 80 mg, four to six years old, 130 mg. Seven to fourteen years old, sliding up to 240 mg.

Plainly, my Nutrition Almanac is giving us averages. People of any age come in many different sizes, nutritional levels, and tastes. Also, we don't get much good out of, say an "average" parsnip's 67 mg of magnesium unless we pair it with some food that contributes calcium. Magnesium and calcium work together to the advantage

of both. Almonds are a good example. They give us almost equal amounts of magnesium and calcium. Another example: cooked navy beans provide 95 mg calcium and 107 mg magnesium. Quinoa yields 102 mg calcium, but a hefty 357 mg magnesium.

Rice gives you little of either mineral, but it pairs well with beans to form a complete protein.

Here is a main dish for Lent that uses navy beans. Steve and I like it, and I trust you will, too.

RED RICE & WHITE BEANS  
4 servings

- ½ cup red rice
- 1 ½ cups chicken broth

Cook in covered rice cooker or saucepan until grains are soft, about 40 minutes. Meanwhile, in a skillet, stir-fry until soft and shiny:

- 1 cup chopped onion
- ½ bell pepper, any color, chopped
- ¼ teaspoon dried thyme

- Add:
- 2 cups cooked navy beans
  - Dash red hot pepper flakes
  - 2 cloves garlic, minced
  - 1 bay leaf, optional

Bring to a boil. Reduce heat, cover and simmer 15 to 20 minutes. When rice is done, stir it into the skillet. Remove from heat. Discard bay leaf if you've used it. Transfer to a serving bowl.

If not keeping a strict lent, you might improve the flavor and nutrient content of this dish by sprinkling on top:

- 1/2 cup grated sharp cheddar cheese

Lucky Leprechaun Bingo!

Creative costumes and general tomfoolery encouraged at our St Patrick's Day themed Bingo. Local madcap eccentrics Tim Johnson of Granny's Attic and Jim Marsh from Vashon Chamber will vie to call the numbers out to the revelers at the Senior Center on Saturday, March 17th.

\$20 (Center members \$15) includes 10 Bingo games with a chance to win \$25 per game. Snacks will be available for purchase as well as beer, wine and appropriately themed Jell-O shots. Purchase tickets at the Senior Center on Bank Road M, T, W and F between 9 am and 3 pm.

Doors open at 6pm, games begin at 7pm. Buy multiple tickets, call your friends and make it a party night but do book early because we likely will sell out.

Come and support the Senior Center's fundraising efforts and get your Bingo fix on St Patrick's Day. Slainte! To Your Health!



Lucky Leprechaun Bingo!  
The Senior Center

Saturday, March 17th  
Doors at 6pm, games at 7pm

Italian Canzonas

The Salish Sea Early Music Festival presents Italian Four-Part Canzonas with renaissance transverse flutist Jeffrey Cohan, dulcian (baroque bassoon) player Anna Marsh, violinist Courtney Kuroda, and violist Stephen Creswell.

This program explores a unique language of expressive nuance from an all but forgotten musical arena, performed on instruments including the renaissance transverse flute and the dulcian, or renaissance bassoon, that are extremely different from those used just a few decades later and that bring this music to life. This quartet of flute, bassoon, violin and viola is representative of ensembles, made up of both

stringed and wind instruments, which were common place throughout Europe between 1580 and 1628, when the Italian instrumental four-part canzona, inspired by vocal four-part songs, blossomed in print and performance. Among the composers to be represented are Giovanni Paulo and Andrea Cima, Giovanni Bassano, Girolamo Frescobaldi, and Fiorenzo Maschera.

This concert takes place on Wednesday, March 7, 2018 at 7:00 PM at Bethel Church at 148th Ave SW & 119th Street on Vashon Island. For additional information please see www.salishseafestival.org/vashon. or call (206) 567-4255. Admission is



Marsh Anna

by suggested donation: \$15, \$20 or \$25 (a free will offering), and those 18 & under are free.

The Metropolitan Opera: Semiramide

This masterpiece of dazzling vocal fireworks makes a rare Met appearance — its first in nearly 25 years — with Maurizio Benini on the podium. The all-star bel canto cast features Angela Meade in the title role of the murderous Queen of Babylon, who squares off in breathtaking duets with Arsace, a trouser role sung by Elizabeth DeShong. Javier Camarena, Ildar Abdrazakov, and Ryan Speedo Green complete the stellar cast.

The Metropolitan Opera: Semiramide  
Broadcast LIVE in HD  
Saturday, March 10th at 9:55AM  
The Vashon Theatre



Find us on Skype  
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Continued from Page 8  
popular imagination. Literature and film scholar Lance Rhoades discusses how Shelley addressed some of mankind's greatest concerns with a creation that took on a life of its own. It's the start of a new year, and there's no better time to join meaningful conversations and programs at your local library! From film screenings and discussions to hearing from

authors of your favorite books, you will find many opportunities to learn, connect and have fun! Vashon Friends of the Library Quarterly Meeting Saturday, March 31, 10am Join us for our quarterly meeting to see how the Vashon Friends of the Library are working to support libraries and literacy, and how you can become a member and help them do it!

Deadline for the next edition of The Loop is  
Saturday, Feb. 10



# The Van Redeker Band

If you were on the dance floor the night of The Van Redeker Band’s electrifying Red Bike show in September, you know you’ll want to be there again as the group returns for another evening of Rock ‘n Roll love.

Known for their energetic performance style, lush vocal harmonies and non-stop boogie – the group will present a set honed over two years of playing at the Bike, including classics by The Beatles, The Rolling Stones, Bonnie Raitt, Eric Clapton and our very own Daryl Redeker.

Van Redeker Band shows have become community events, with the dancing spilling out onto the street. Daryl, Sara, Sam and Dodd invite you to join them for another night of fun at our beloved Red Bike.

Come party with The Van



Redeker Band – grooving harder than ever before.

This is an all-ages free event until 11pm, then it will be 21+ after that.

The Van Redeker Band  
Friday, March 2nd, 8:30pm  
The Red Bicycle Bistro & Sushi

*The Island's Business Center*

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# 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.

Over the course of their varied careers, “One More Mile” band members have played many genres of music, while being ever committed to the roots of the blues. Now the five Journeyman players are joining forces to put their unique stamp on Blues classics by Cotton, Muddy, King, Wolf and Wells, while throwing in some funky surprises just for good measure. You’ll hear in their music there’s a strong kinship, and that these guys have a mutual appreciation for each other’s styles.

This band enjoys playing out live and strutting the Blues. So its safe to say this group is sure to keep the memory of the music ringing in the audience’s ears long after the show has ended. “One More Mile” loves to groove...and like the song says, It’s a “Boogie Thing”!

One More Mile

Live @ The Red Bike  
March 23rd  
8:30pm

Folks, Keep an eye out for this band. They’ll be bringing their version of Rockin the House Blues and Funk to the Bike soon! How many miles left to go? Just one more.....See ya’ll there!

One More Mile is:  
Jason Lollar : Guitar  
Mike Nichols: Harmonica  
Michael Marcus: Bass  
Tony Mann: Keyboards  
Wes Peterson: Drums  
John Sparks: Guitar

**Espresso**  
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To Go

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**Saturday 7:00am - 3:00pm**  
**Sunday 8:00am - 2:00pm**

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# The Vagina Monologues Returns to Vashon

In celebration of the 20th anniversary of the V-Day Movement, a non-profit organization created by playwright Eve Ensler to stop violence against women and girls worldwide, Take A Stand Productions presents The Vagina Monologues March 20, 24 and 25 at The Vashon Theatre.

Ticketson sale Now

The Vagina Monologues is an episodic play written by Eve Ensler that addresses women’s resiliency, sensuality, and the social stigma surrounding women in relationship to their body image, bodily functions, sexuality and sexual pleasure.

When playwright Eve Ensler had completed tens of thousands of interviews with women worldwide, she wrote The Vagina Monologues and began to perform it at the Westside Theatre in New York City in 1996. The New York Times hailed her production as ‘probably the most important piece of political theater ever performed.’ Both sexually and physically abused by her father, Ms. Ensler was determined to make a lasting difference in the world. In 1998, she was inspired to create V-Day (www.VDay.org), a global activist movement to stop violence against women and girls. Raising funds and awareness through annual benefit productions of The Vagina Monologues, The V-Day movement has raised over 100 million dollars resulting in the opening of domestic violence shelters in the US, the Middle East, Africa, and Asia. She has won countless awards for her work and The Vagina Monologues has been performed in over 48 languages in 140 countries.

Performance Times:  
Tuesday, March 20 at 6:30p;  
Saturday, March 24 at 3pm;  
and Sunday, March 25 at 1pm.  
Tickets go on sale February 1st at the Vashon Theatre box office or online at [www.vashontheatre.com](http://www.vashontheatre.com). Prices are \$20 for students and seniors, \$25 for general admission and \$40 for reserved block seating. This event is for mature audiences, and not appropriate for children under the age of thirteen.

The 2018 production cast consists of thirteen Vashon women. Some of whom are experienced performers and musicians, some have never been on stage, and all have a passion for the empowering message of Eve’s work. Performers include (alphabetic order) Devon Atkins, Dona Bradley, Emily Bruce, Antonia Greene, Sarah Howard, Linda Nygaard, Alexa Moncrief, Bonny Moss, Toren O’Rorke, Cate O’Kane, Samantha Sherman, Chai Ste Marie and Jennifer Sutherland Potter.

Island newcomer, Toren O’Rorke is spearheading this year’s production, having obtained the rights for the play and then was joined by Carolyn Shilling Gill as co-producers. Lynann Politte rounds out the

MARCH 20, 24, & 25, 2018

VASHON THEATRE

THE  
**VAGINA**  
MONOLOGUES

By Eve Ensler

DIRECTED BY  
LYNANN POLITTE

CO-PRODUCED BY  
TORENA O’RORKE  
CAROLYN SHILLING GILL

TICKETS AVAILABLE AT  
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APPROPRIATE FOR AGES  
13 AND OVER

TAKE A STAND  
PRODUCTIONS

team as director.

This performance is presented by Take a Stand Productions, a non-profit organization whose mission is to provide artistic experiences that entertain, educate, empower and inspire change. Take A Stand was founded in 2017 by Toren, Carolyn and Lynann.

Toren O’Rorke, a mental health therapist in Eastern Washington for over 30 years, worked with high-risk clients including juvenile offenders, sex-trafficked survivors and other PTSD clients. Additionally, she has written curriculum, worked as a program director, facilitated workshops and is the author of The Astrology Mystery series.

Lynann Politte, directed and produced The Vagina Monologues on Vashon in 2002 and 2003. She mounted her original one-woman show Eve

Was Framed in 2009. Having worked 25 years in the US and Europe as a corporate planner and marketer, Lynann currently is a brand strategist and promoter for experts, authors, thought leaders, and creative folks.

After her career as the General Manager of an international women’s organization on the East Coast, Carolyn Shilling Gill, CPA, brings years of facilitation, mediation, strategic planning and corporate and non-profit management experience to Take A Stand. Her passion is advocating for women and girls, as well as artists.

Take A Stand Productions envisions producing more social commentary plays on Vashon as well as film documentaries, and local theatrical workshops for teens. ([www. TakeAStandProductions.org](http://www.TakeAStandProductions.org))

## Adopt A Cat Day!

Vashon Island Pet Protectors

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Our VIPP Shelter is open for adoptions every Saturday.

Visit our website [www.vipp.org](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption.

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VASHON CENTER FOR THE ARTS

# Art History Talks

with Rebecca Albani



AGAINST THE GRAIN:  
ANDY GOLDSWORTHY



Sculpture has traditionally been associated with permanence: ancient marbles, bronze monuments, steel girders. Goldsworthy has chosen to make sculpture from the most ephemeral materials – autumn leaves, stones, twigs and snow. Many of his works exist only in the stunning photographs he makes before nature consumes them.

For more information and to purchase tickets, go to the event webpage at: <http://www.vashoncenterforthearts.org/event-cal/art-history-talk-andy-goldsworthy/>

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

## Spring Concert at Vashon High School



Vashon High School presents its Spring Band Concert. This is the second “home” band concert of the school year and will feature the culmination of work from the High School Percussion Ensemble, Jazz Band, and Wind Ensemble. This event is FREE and open to all. Wednesday, March 7, 7 p.m.,0 at the VHS Theater. Come out to support the island’s young musicians.

### Local News

[www.vashonNews.com](http://www.vashonNews.com)

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# Become “The Voice (of Vashon)”

Become “The Voice (of Vashon)” at VoV’s second annual singing contest. To enter, perform one of your favorite covers at a live audition in the VoV Storefront Studio Saturday, March 10, 9AM to 3PM or Sunday, March 11, 9AM to 1PM. Sing a capella or bring an acoustic instrument as accompaniment. Categories are ages 14-18 and 19 & older.

Selected contestants in each category will perform before a live audience at Open Space for Arts & Community on Saturday, May 5, 2018.

VoV’s celebrity judges will choose four finalists in each category. The audience will pick the winner in each category, so pack the house with your family and friends!

Winning Voices will receive “The Voice (of Vashon)” Golden Microphone trophy - and you know you want one, the



Become “The Voice (of Vashon)”  
Enter VoV’s 2nd Annual Singing Contest!  
★ AUDITIONS MARCH 10 & 11 ★  
CONCERT AT OPEN SPACE MAY 5  
Details at [VoiceOfVashon.org](http://VoiceOfVashon.org)


opening spot at the VoV Birthday Bash in October, and a solo gig in the KVSH studio at First Friday Live on the Highway.  
Details at [VoiceOfVashon.org](http://VoiceOfVashon.org)

# Vashon Chamber Music Presents: Dvorak’s “Dumky Trio”



A special Seattle Symphony Ladies’ Night features principal second violin Elisa Barston and associate principal cello Meeka Quan-diLorenzo, each performing a solo repertoire with Jessica Choe and then joining forces for Dvorak’s Dumky Trio for piano and strings.

For more information and to purchase tickets, go to the event webpage at: <http://www.vashoncenterforthearts.org/event-cal/vashon-chamber-music-presents-dvoraks-dumky-trio/>

Vashon Chamber Music Presents: Dvorak’s “Dumky Trio”  
Sunday March 11, at 7:30pm  
Katherine L. White hall  
Or call the Katherine L. White Lobby front desk at: 206/463-5131



DVORAK DUMKY  
Sunday, March 11 | 7:30pm





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VoV TV ~ 21

1650AM Alerts

[VoiceOfVashon.org](http://VoiceOfVashon.org)

VoV Smartphone App

## Voice of Vashon

### Next Edition of The Loop Comes out Thursday March 15

Deadline for the next edition of *The Loop* is **Saturday, March 10**



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

### Compost the Loop

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

Find *the Loop* on-line at [www.vashonloop.com](http://www.vashonloop.com)



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Vashon Island Satsang  
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Spring is trying to arrive.  
We are celebrating the doldrums of late February  
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Bo's Pick of the Week: LOVES the new Nutro Duos  
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TRASH TALK

Cloth diapers could save 7.6 billion lbs of waste a year. Disposables for one baby for one year create 1,000 lbs of waste and use 300 lbs of wood, 50 lbs of petroleum, and 20 lbs of chlorine. They contain the carcinogen Dioxin and toxins harmful to both babies and the environment. And the total two year cost for cloth diapers, reusable for another baby, is only \$450, far less than the \$1,500 for disposables.



ZERO WASTE VASHON

www.zerowastevashon.org