

Franz Schubert and the Legacy of His Songs

On March 18th at 4 PM Vashon Center for the Arts will host lecturer Michael Tracy, a Vashon resident, amateur pianist and musicologist, exploring the songs of Franz Schubert. This is the first in a series of spring lectures: Frederic Chopin on April 15th, and Franz Liszt on June 3.

Amazingly in just 31 years Schubert wrote over six hundred songs and established the 'art song' ('lieder' in German) as a major new genre of 19th century music that continues today. While the whole world knows Schubert's "Ave Maria", the lecture will include live performances of equally astounding songs with singers Emily Belshaw, Hugh Davis, and Dr. Gary Koch. Pianists Christopher Overstreet and Michael Tracy will accompany these local Vashon singers. Preceding each performance Michael will discuss each song's poem in translation, its context, and its musical construction and metaphors.

Michael Tracy hopes with this lecture will entice people to further explore and enjoy Schubert's songs for



their lyrical beauty, their marriage of music and poetry, and their enduring relevance. With over six hundred songs, Schubert is an endless treasure chest of musical gems.

Hit's of the 70's Showcase

Vashon Events is pleased to present Songs of the Seventies - a fundraiser to showcase music of this awesome decade, performed by almost two dozen Island musicians. Join us on Friday, March 30th at 8pm at the Red Bicycle Bistro and Sushi. Proceeds from the event will support Vashon Events - Vashon Island's community arts, culture, and charity events website that highlights all things entertainment.

Take a journey with us, back to the 70's - a decade of some of the best music ever. Island musicians will either play the tune as close to the original as possible, or interpret the song in their own unique style. Proceeds from the event will support Vashon Events - Vashon Island's community arts, culture, and charity events website.

For many people, the 70's were arguably the best decade in living history.

The Beatles break up in 1970, but all four members continue to impact the decade with successful solo careers. The early seventies are marked by the deaths of Jimi Hendrix, Janis Joplin and Jim Morrison who all die at the age of 27.

Psychedelic music declines, but morphs into hard rock, progressive rock and heavy metal. Touring bands move from playing clubs and theaters, to playing sports arenas. Big time bands, many of them formed in the '60's, such as the Rolling Stones, Pink Floyd, The Who, Grand Funk and Led Zeppelin travel in private jets and play to thousands in arenas and outdoor stadiums.

A clear distinction emerges between Top 40 radio and FM album oriented rock radio stations. Car stereos become common, first with FM stereo radio, then 8-Track tapes, followed by cassette tapes.

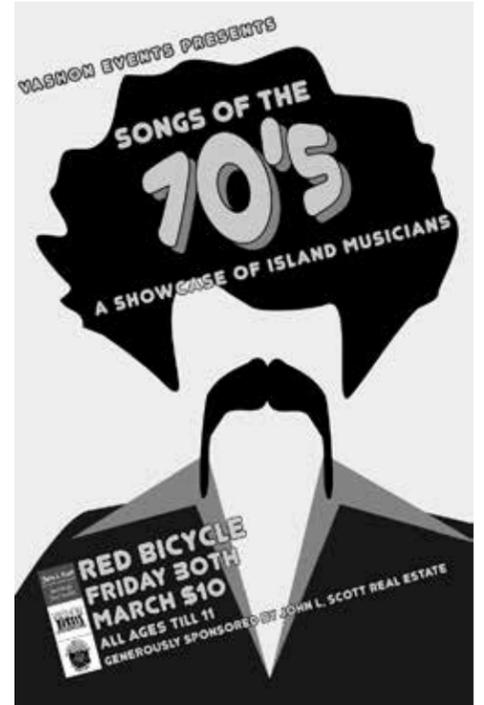
This diversity of music distribution channels, along with an expanding market allows for a wide variety of new rock styles to emerge. The early seventies are dominated by singer songwriters and soft rock. Glam or Glitter Rock shines briefly in the first half of the seventies. Live albums are popular, with huge hits for Rare Earth, Peter Frampton, and Kiss. Reggae moves out of Jamaica to become a world wide genre. Disco dominates the radio and dance floors in the late seventies. Punk rock, a throwback to sixties garage rock, emerges in the late seventies as a reaction to arena rock, progressive rock and disco. Punk becomes New Wave as bands move beyond guitars and drums, and begin incorporating synthesizers.

Elvis Presley dies in 1977 at age 42. Huge crowds begin flocking to his Memphis home, Graceland.

Although those of us who had the privilege of living through it might be a bit biased. I mean we did have David Cassidy pinned to our bedroom walls (and ceilings), got to wear bellbottoms, didn't wear seat belts and drank cordial out of cool coloured metal cups.

It was a also, however, a decade of massive change and divide. The Vietnam War consumed the nation, and large parts of the world, yet we still enjoyed picnics in the park and the Sunday night family roast.

So if you remember singing along to Dancing Queen, falling in love with John Travolta in Saturday Night Fever and being allowed to stay outside until the street lights



came on, then you'll enjoy this show with songs from the glorious 1970s.

Interested in performing? We would love for you to perform at this show! Here's the link to sign up: <http://www.vashonevents.com/formusicians/#/ve-specialevents/>

Performing so far:

Amanda Kelly
Amy Cole
Andrea Walker
Barry Cooper
Christine Goering
Dan Ellsworth
Dianne Krouse
Emily Burns
Gregg Curry
Jason Everett
Jenny Bell
Joleen McCauley
Jon Whalen
Kenny Alton
Loren Sinner
Melissa Feveyear
Rick Vanselow
Roger Taylor
Ron Hook
Rooster
Sandra Cooper
Sarah Howard
Scott Durkee
Scotty Hayes
Tim Norton

Songs picked so far:

A Song For You
I Am Woman
Ice Cream Man
I Wish
Just The Way You Are
Landslide/Dancing Queen
Laughing
Message In A Bottle
Sara
Surrender
Time
Won't Get Fooled Again

Song's of the 70's

The Red Bicycle Bistro & Sushi
Friday, March 30th, 8:00pm
All-ages 'til 11pm, 21+ after that
\$10 suggested donation

The Road to Resilience

The Art of The Imaginable

By Terry Sullivan,

"... Her enthusiastic two-hour presentation, punctuated with dramatic readings, wry humor, and songs, traces the evolution of the love story across the centuries. The emphasis is on the evolving role of women and the emergence of feminist sensibilities. The crowd is thrilled by the literary depth and intellectual breadth of the evening and rewards Katrín Jakobsdóttir with a standing ovation, which she graciously accepts before heading back to her day job—as prime minister of Iceland." (The Nation, Apr. 2, 2018)

One can't help having leader-envy when comparing Ms. Jakobsdóttir to the leader of our country. What a difference it would make to have a leader with a deep sense of history and understanding of the important issues of the day and a sense of what the future must bring. As much as I would like, I don't think such a person could step into our presidency today. We are the foremost protagonists of the status quo and too obsessed with empire. Only a small country with no reputation or position of power to defend could so easily accept that the status quo is no longer viable.

Aside from the need to counter a heavily patriarchal society such as ours, the rise of women has another distinct advantage. Women are a traditionally underrepresented group and are not so heavily invested in the status quo. In addition, Ms. Jakobsdóttir is only 45 years old, which means she is even less invested in the status quo.

If we have learned anything from the first year of this presidency, it is that this country has a lot of resilience. Having maintained some sense of order and purpose despite unprecedented incompetence and buffoonery at the top, we should be able to see that we could survive well thought out and critically needed change.

We need to start taking Ms. Jakobsdóttir's perspective. Where politics is traditionally considered the "art of the possible", she sees it more as the "art of the imaginable." I think that most of us can see that the future is coming at us a lot faster than we ever expected and that it is changing the grounds of all our assumptions. Just a few years ago the possibility of the demise of the internal combustion engine as our prime mover or the transition to 100% renewable energy were dim prospects in the foggy far future. Those are not nearly so world changing as the prospects for artificial intelligence and automation. Those will call into question our very basic premises of what it means to be a person, or people, in this world.

Given that we will be thrown out of our cradle whether we like it or not, why can't we use a little more imagination solving our immediate problems? I look at the recent planning process here in our community, and I see that once again, we visualized our future as an extrapolation of the present, as if climate change, resource depletion, automation, and who knows what else are just marginal factors. It's true that we really can't see where the rapidly changing trends will put us in the future, but we could at least use

Continued on Page 4

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

The Vashon Loop

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Live Entertainment
Friday, March 23, 8:30pm
One More Mile

Friday, March 30, 8pm
Hit's of the 70's Showcase

Friday, April 20, 8:30pm
Publish The Quest

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

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

Find us on Skype
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206-925-3837

Next Edition of The Loop Comes out Thursday March 29

Deadline for the next edition of *The Loop* is Saturday, March 24

Want To Get Rid of That Junk Car or Truck?
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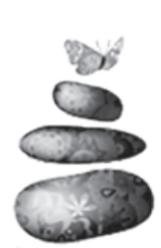
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Water District 19 Meeting

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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Cruising San Juan and Gulf Islands Tech Talk

Now that we have covered crossing the US - Canada border with your boat, and with sunny summer days ahead, it's time to talk about the world-famous cruising grounds right in our back yard - the San Juan and Canadian Gulf Islands. The barriers to entry are not insurmountable, but some knowledge of the straits, narrows and rapids in this area are necessary. The rocks and coves, picturesque and inviting, also represent hazards to be avoided. That is the beauty of this cruising area - be aware of and manage the risks and enjoy the rewards!

This Tech Talk will discuss routes, wind and weather considerations, dealing with currents and narrows and those ports of call and spectacular anchorages that grace the cover of cruising guides. We will cover the area from Anacortes to Nanaimo, and, if time permits, a bit of information about crossing the Strait of Georgia to Secret Cove and points north.

Be prepared to share your own San Juan / Gulf Islands travel tips at this Tech Talk on Wednesday, March 21 at 7PM in the Vashon Library meeting room.

Amma Vashon

Mata Amritanandamayi, also known as Amma and her connection to Vashon Island, Swami Dayamrita.

There has been a group of Amma admirers here on island who have met together to among other things, discuss her beautiful global charities for many years. I remember the day in 2009 when with Amma a young woman asked Amma if we could have our own Ashram here in Washington State and Amma said yes. It had taken several years but Amma did make it possible for us to have an Ashram in Washington. It is located in Maltby and is open for visitors and retreats. Amma's general manager is Swami Dayamrita and he has visited Vashon several times. In fact he was once seen at the Island Earth Fair and that was years ago.

Swami often visits Seattle and will be attending a special Satsang at the new Ashram in Maltby on March 19th from 10am-1pm. Amma's Ashram: 22404 134th Ave SE, Snohomish WA 98296 For more information, to volunteer for seva, and help getting here, please contact: Yayas at drenn108@gmail.com / 505.603.8487

Swami visits in the spring to meet with local volunteers to plan Amma's annual visit to Seattle in May, her first stop on her US Tour.

Since the opening of the Ashram and things seem more settled now our Vashon Amma group has been renewed with Swami's blessing. We are now meeting the first Saturday of each month @ Spoke Vashon from 3-5pm. All are invited, children welcome. It is a beautiful clean and warm space and our first meeting last month was made very special by a generous donation of roses from Vashon Thriftway's floral department, to which we are very thankful and appreciative.

Our goal is to create similar outreach programs as the groups in Seattle, serving the poor. One of my most powerful experiences has been volunteering for Mother's Kitchen downtown in the winter. The breakfast is prepared by volunteers and then transported to under the James Street Bridge to serve to long lines of cold people. The kitchen is then broken down, cleaned up and the volunteers are out start to finish within 2 hours. While it's wonderful that there are dinners served on island nightly, it is my understanding that there is a huge shortage of volunteers. So creating a free community breakfast on island may be challenging. It is my understanding that our churches need help, many hands make light work. Why not serve breakfast early, before church service? Would not that bring in more community for building congregations?

A question for the Interfaith Council for the Prevention of Homelessness perhaps.

For more information about Amma's beautiful charities:
amma.org

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

What is the difference between typical age-related memory changes and Alzheimer's disease? How do I know if I need to be concerned about myself or a loved one? What steps should I take if I think there might be a problem?

This class will answer these questions and more. We will discuss the 10 Warning Signs of Alzheimer's, why early detection is important, and how Alzheimer's is diagnosed. We will also touch briefly on risk factors for Alzheimer's and related dementias as well as the role of genetics in Alzheimer's disease.

This session is co-sponsored by Vashon Island Library, Granny's Attic, Vashon Rotary and Vashon Eagles.

WHEN: Friday, March 9, 10:30 to 11:30 a.m.

WHERE: Vashon Library

17210 Vashon Hwy SW, Vashon, WA 98070

HOW: For more information or to register call 206.463.0992

SLO-MO-SHUN



By Seán_C._Malone
with help from John Sweetman

Slo-mo-shun IV was out of control on the north end of the elliptical Gold Cup course on Lake Washington and coming right for us. The hair on the back of my neck stood up. Phil Perry and I were in his 12 foot runabout with a souped up Mercury engine, waiting for one of the unlimited's to break down or catch on fire so we could tow the boat off the course and away from the other boats going 100 MPH or more. We were volunteers who loved unlimited racing and carried an ax in case one of the boats crashed into the log boom and we had to cut loose boats that were moored there.

I stood up, ready to jump into the lake when Phil grabbed my arm. Slo-mo-shun IV sped by only a few feet from us. Phil explained how the boats slipped sideways coming around the corners, preparing to go straight. It only appeared that she was aimed right at us. I could see between her pontoons as they bounced clear of the water, finding less forward resistance in the air. Phil was a classmate at Seattle Prep and the next generation of Perry Brothers Eggs, the largest egg producer around. We were between heats and down in the pits while the crews scrambled to get the boats ready for the next race and we listened to the drivers as they described the vagaries of the race and the strategy for the next heat. Phil and I had special pit passes with a blue ribbon hanging from them. The less important passes were red and those people weren't allowed in the pits.

While in the pits, we ran into a tall man all dressed in black and packing a 6-gun. "Who are you supposed to be," I asked. "I'm James Garner and I play 'Maverick' in a new TV series," He said. It was as crowded in the pits as it was on the shore of the lake, you never knew who you might run into.

John Sweetman lived on Bainbridge Island in the 1950's and though he went to the unlimited races, we never knew each other until the 1980's in Republic. "I once built a flying machine out of 2 x 4's and cardboard, John said. "Naturally it failed; but so did the Wright brothers and they, like you and I, only had experience with ground based bicycles...an early lesson that 'gravity was not your friend.' Thank goodness that my 'invention' was too heavy to haul up to the barn roof... although I did try to fly it off a quonset hut. I was on the roof of the quonset and the wind was blowing so hard, I could hardly hold my wings down. A big gust came and I ran down the roof to jump into the wind only to land in piles of decomposing, aged horse manure."

"My older sister Liatrix and I built a trail to the creek...it was downhill.. She smacked my hand with a shovel...I still have a scar...Just before that, I had talked her into eating 'skunk' cabbage as a really good thing...I was just curious...I do not know if there was a causal relationship in the events..."

Sean@vashonloop.com

Road to Resilience

Continued from Page 1

our imagination and try to come up with creative solutions seeing that much of the status quo is no longer working.

As an owner-builder and an urban planner, what I find most frustrating about our plan and our current thinking is our inability to see solutions for housing all of our people regardless of income.

By privatizing all of our land, we have created a land commodity market that anyone could see from the very start would eventually exclude people with lower incomes. We can reestablish public lands simply by buying them back, as the Vashon Maury Island Land Trust does now for open space and vital natural functions. Community Land Trusts for all land uses, not just open space, are well established across the country, even here on Vashon. If the status quo model for development offers no solutions for affordable housing, the answer is not to just wring our hands, the answer is to

try something else. Why can't we look to secure the rental stock we already have so that it doesn't continue to disappear? Back in the 70's, the County offered to buy development rights to preserve agricultural land. The rights purchased then have preserved those properties to this day. We could do something similar for rental housing or we could offer to buy it outright. The institutions that brought us this problem are not going to give us the solution.

The housing market, the building codes, the financial institutions, and the building industry we have today are broken. The world does not need to revolve around the for-profit development model. We need to employ the art of the imaginable. The institutions are going to change, so let's build the new ones with people and Nature as the top priorities. I hope that women can lead the way.

Comments? terry@vashonloop.com

Spiritual Smart Aleck

By Mary Tuel

Tear Down the Walls

On November 10, 1989, we were driving south on I-5. "We" were Libbie Anthony, Velvet Neifert, and me. We sang together as Women, Women and Song, and we were on our way to Corvallis, Oregon, to do a concert that night.

We were in our usual configuration: Velvet driving, Libbie riding shotgun, me in the back seat.

Somewhere north of Portland Libbie asked Velvet, "Did you hear what's happening in Berlin?"

"Yes!" Velvet said. "Isn't it wonderful?"

"What's happening in Berlin?" I asked.

They told me that the Berlin Wall was starting to come down.

Amazing. Astonishing. I was gobsmacked.

The Berlin Wall went up in August 1961, enclosing West Berlin, which was surrounded by East Germany.

My husband's father was stationed in Kaiserslautern, Germany at the time and all the American military was on high alert at this perceived possible threat. What Rick remembered most vividly was that tanks were running down the autobahn, and he hitched rides to the swimming pool on the tanks that August. A kid's perspective on world affairs.

As we drove along I-5 on that November day in 1989 my astonishment began to take shape as a lyric, and I got out my pen and notebook and began writing it down:

"For women and men to live in freedom, tear down the wall

For brothers and sisters to stand together, tear down the wall."

The wall was built, first of barbed wire, then gradually of concrete almost twelve feet high, with a wide, empty "kill zone" on the East German side that troops guarded with machine guns. The official East German line was that the wall was to keep western fascists out.

Before the wall, West Berlin was the easiest place for East Germans to defect. The wall made it much harder, but people still tried to defect. Some succeeded. Some were killed in the attempt.

"We'll stop and remember the ones who died, tear down the wall

Trying to reach the other side, tear down the wall."

In June 1963, President John F. Kennedy went to West Berlin and gave his "Ich bin ein Berliner" speech, which inspired the people of West Berlin and annoyed the Soviets.



In 1989 there were revolutions in Eastern bloc countries, including Hungary and Poland. Civil unrest began to build in East Berlin. On November 9, 1989, the East German and East Berlin governments finally said, "Open the gates. People may pass freely between East and West Berlin."

And the people went through the gates, and the news went around the world.

"Open the gates, let the flood tides roll, tear down the wall

East or west, we are all going home, tear down the wall."

People from both sides were climbing on top of the wall, cheering. People were chipping away at the wall with chisels and hammers, breaking off chunks for souvenirs, opening holes in the wall.

One miraculous thing about the opening of the Berlin Wall was how quietly it happened. There were no battles fought.

"If the human heart will sing its song, tear down the wall

The music will right the ancient wrong, tear down the wall."

This is the song's chorus:

"Tear down the walls between us!
Brick by brick and stone by stone
If this winter is to end in springtime
Tear down the walls."

I told Libbie and Velvet, "Hey, I have a song." I wrote out the words, and we began singing the song and working out the harmonies as we drove down the Willamette Valley.

We got so involved in the song that we drove past the turnoff to Corvallis. At some point I saw a hill on our left and thought, uh oh. We're getting close to Eugene. So, we took an offramp around Brownsville, managed to get over to 99W, and drove up to Corvallis from the south, still singing.

That night we sang the song in our concert. The crowd went wild. After that we included the song in our repertoire for as long as we stayed together as a trio.

I thought "Tear Down the Wall" was a topical song about the Berlin Wall when I wrote it, but I have realized since that there is always someone wanting to put up a wall. It's all about trying to control people, keeping someone in or keeping someone out.

Tearing down walls is always topical. So, I have started singing the song again.

Of course, once you've torn down a wall, you have won the right to tear down the next wall. So lively on up, people. We got some wall tearing down to do.

PANDORA'S BOX

The daffodils indicate spring is upon us.

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Bo's Pick of the Week: LOVES the new Nutro Duos wet food. Scarfed it up in record time.

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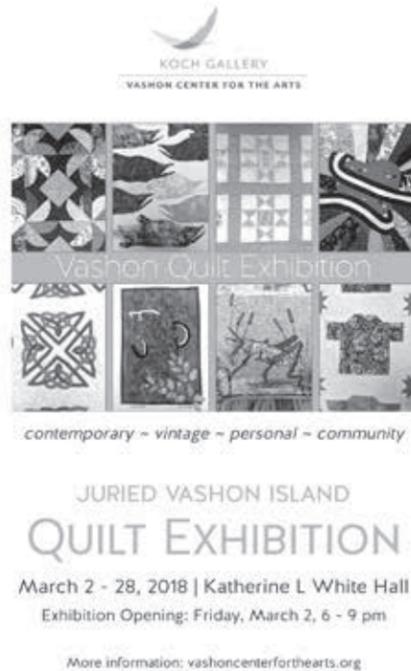


Vashon Island Quilt Exhibition

The Vashon Center for the Arts will hold the All Island Quilt Show highlighting all types of quilts - personal, community, vintage, to contemporary quilts will be exhibited at VCA during the month of March.

Quilts, like other art forms provide a creative medium for fabric artists to communicate a message, tell a story, and evoke conversations. Historically, quilts were created by hand for practical reasons. Today quilting has evolved into a medium for artistic expression. Fabric artists today have access to a variety of technologies, historical, contemporary, and cutting edge, to use in creating their art. The result is a rich variety of diverse quilts that explore various mediums and technologies as part of their process. One constant is the role quilts play in American Art History. It is this rich history and variety of techniques currently explored by local fabric artists that will be on exhibit during the show.

For more information, go to the Koch Gallery webpage at: <http://www.vashoncenterforthearts.org/gallery/koch-gallery/>

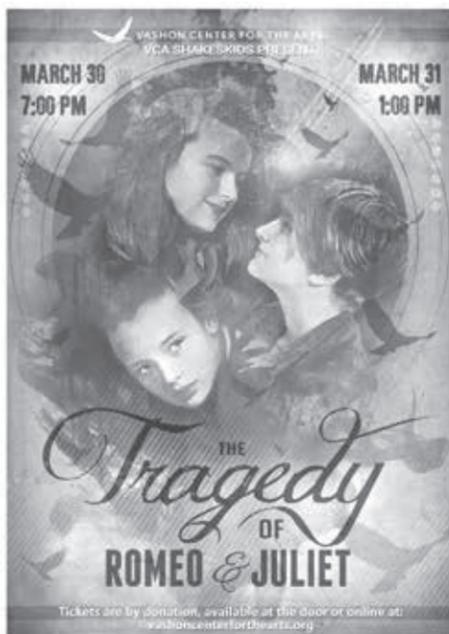


Romeo & Juliet

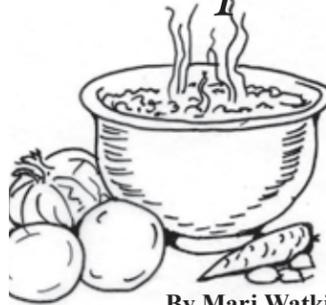
The Tragedy of Romeo & Juliet, by William Shakespeare, is reimagined in VCA's new student production—edited into a one-hour, no intermission play, by teacher and director, Aimée Nicole Lewis van Roekel (ShakesKIDS!). More than twenty students, ranging in age from eight to 16, compose an ensemble retelling of Romeo & Juliet in modern, current times set on a high school campus. Every aspect of the production is collaborative—from set design to costumes and makeup, character development to choreography. All contributing to an imaginative, dynamic experience for performers and audience alike.

Romeo & Juliet Friday, March 30 at 7pm, Saturday, March 31 at 1pm.

For more information and to purchase tickets, go to the event webpage at: <http://www.vashoncenterforthearts.org/event-cal/romeo-and-juliet/>



Island Epicure



By Marj Watkins

Seafoods Extraordinaire

I've written about oysters as Lenten food already, but not smoked oysters. They're good on an hors d'oeuvres tray just as they come from the can, presented with toothpicks for eating them. A little ingenuity to add more flavor and a bit of piquancy, and then a whirl in a food processor or a blender makes a dip my son Steve proclaimed a recipe "keeper" that I should produce again for the next family gathering.

This dip goes well with corn strips, tortilla pieces or potato chips or with snap peas, bell pepper strips and sticks of fresh carrots. Here is my recipe, inspired by one in Sharon Montoya-Welsh's book, Oyster Cookery.

Marj's Smoked Oyster Dip
Makes about 1 cupful

- 1/2 cup sour cream
- 1 (3-ounce) can smoked oysters with their oil
- 3 dashes onion powder or garlic powder

- 1 dash cayenne or to taste
 - 1/4 teaspoon salt
 - 2 Tablespoons lemon juice
 - 2 Tablespoons sherry wine, optional
- Combine all ingredients in a blender or food processor. Process until you've achieved a smooth puree. Decant into a small serving dish. Present with corn strips or potato chips or the vegetables mentioned above.

Asian Style
Salmon in a Packet
Serves 4

- 1 1/2 pounds wild Pacific salmon
- 1/2 cup chopped green onions

- Whisk together in a small bowl:
- 2 Tablespoons soy sauce
 - 2 fat garlic cloves, minced
 - 1 Tablespoon sesame oil
 - 1 tablespoon minced fresh ginger root

Preheat oven to 350 degrees. Place a large piece of aluminum foil on a baking sheet. Put the salmon on the aluminum foil and turn up the foil's sides. Sprinkle the chopped green onions over the salmon. Pour the four combined ingredients in the small bowl over the salmon. Bring the sides of the foil together over the fish. Close them by folding them. Fold the ends of the packet the same way. Bake the packet 15 to 20 minutes. Carefully open the packet and see that the fish flakes easily. The exact cooking time depends on the thickness of the fish.

Halibut may be substituted for salmon in this recipe.

National Theatre Live: Julius Caesar

Ben Wishaw (The Danish Girl, Skyfall, Hamlet) and Michelle Fairley (Fortitude, Game of Thrones) play Brutus and Cassius, David Calder (The Lost City of Z, The Hatton Garden Job) plays Caesar and David Morrissey (The Missing, Hangmen, The Walking Dead) is Mark Antony. Broadcast live from The Bridge Theatre, London.

Caesar returns in triumph to Rome and the people pour out of their homes to celebrate. Alarmed by the autocrat's popularity, the educated elite conspire to bring him down. After his assassination, civil war erupts on the streets of the capital.

Nicholas Hytner's production will thrust the audience into the street party that greets Caesar's return, the congress that witnesses his murder, the rally that assembles for his funeral and the chaos that explodes in its wake.

National Theatre Live: Julius Caesar
Thursday, March 22nd at 4:00PM
The Vashon Theatre



Deadline for the next edition of *The Loop* is **Saturday, March 24**

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Next Loop comes out March 29

Fletcher Needs A Home...

I'm a happy-go-lucky young guy who's looking for a lap to sit on - or if you're moving around, I'll follow you. I have to live indoors because I'm FIV+ (feline immunodeficiency virus), but you would want me to be close by anyway because I'm so darn affectionate and cute. With my soft gray fur, I look like a plush toy.

I need to see a veterinarian twice a year, eat good food and avoid stress so that I keep feeling fine, but that's not much to ask, is it? I'll give you lots of love in exchange!



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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"!



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

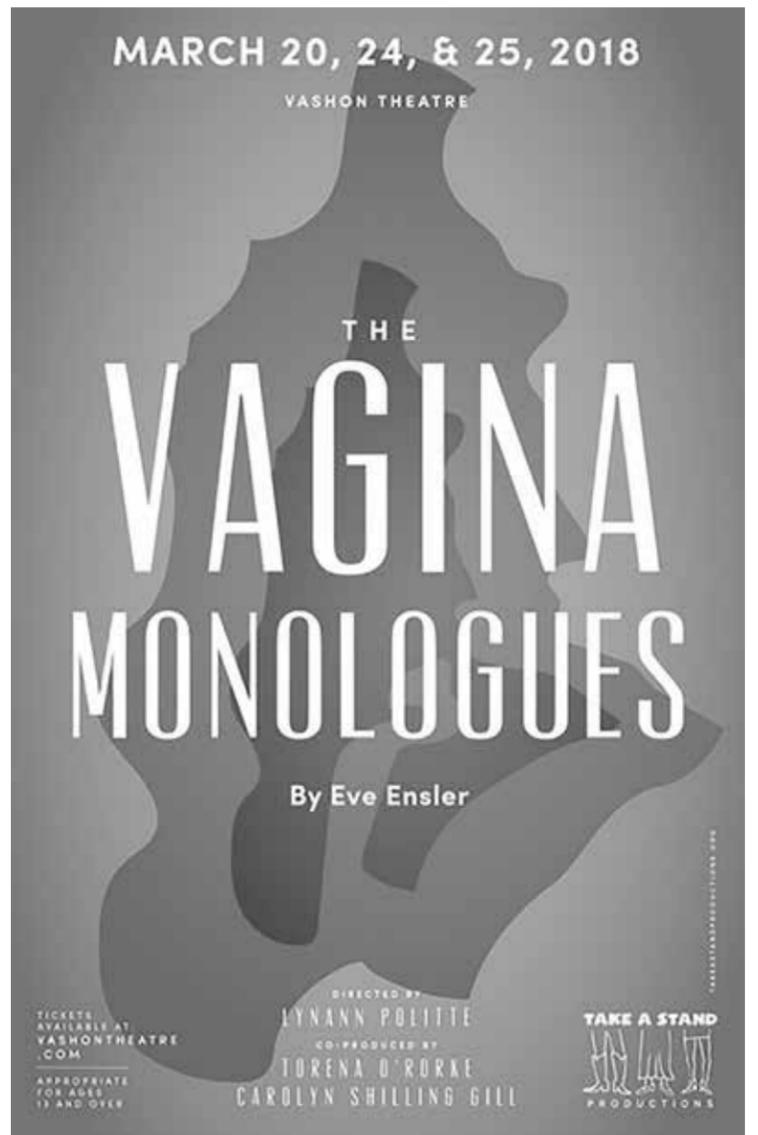
The Vagina Monologues Returns to Vashon

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. 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, Torenna O'Rorke, Cate O'Kane, Samantha Sherman, Chai Ste Marie and Jennifer Sutherland Potter.

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)

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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 coming home to Vashon on 4/20.

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. The group 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. A single, "Sodade," was recorded with Cape Verdean vocalist Laise Sanches, with all proceeds from the sale of the song going to benefit the cause of arts education in Africa.

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.

Opening for Publish The Quest will be Island band Rabble, a new Island band consisting of Dominick Wolczko, Brendan Bric and Nick Hyde.

The show starts at 8:30pm at Red Bicycle Bistro. It's an all-ages show until 11 p.m., and for ages 21 and older after that. I.D. is required. There is a cover charge.

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Planet Waves



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

Aries (March 20-April 19)

If there's one solution to all problems, it is: proceed with irreverence. Make sure you notice the utterly ridiculous social conventions people are expected to follow, then do what you want. There may be some use (to others) in what seems useless (to you), and this may be about the ridiculous games people play. However, to break the rules, you must proceed in the right spirit, which would be irreverence in the spirit of reverence and respect. There's a whole tradition devoted to this approach, in the Lakota culture called the Heyoka; and, in societies more familiar to us, the Trickster. Those are the people who can get away with anything and enlighten us in the process: the South Park guys, everyone at The Onion, Stephen Colbert – but, as Steve said, you can only pull it off when your material is good. Therefore, aspire to excellence.

Taurus (April 19-May 20)

You may recognize that partners or someone you love is coming from a very high place: you know they are doing work as directed by the light. This is worthy of your respect and cooperation; but more than that, your participation. You may already be directly involved, in a supporting role, as a trusted friend, as a lover, or confidant. Your contribution is more important than you may imagine, though you don't need to do more than recognize that you are indeed valued. Upcoming aspects may lead you to doubt that very fact. Don't fall for it. Proceed without any reassurance if you must, motivated purely by faith, love and respect for existence. In the kind of process we're talking about, there are not necessarily immediate rewards. But you can look around at the world and recognize that, mostly, it's in a very different state compared to the sphere that you inhabit.

Gemini (May 20-June 21)

Your chart is the perfect blend of out and about, having fun, and the potential for serious business to come up. So, when you set foot out the door, be ready for anything. And when you're home, be open to anything, because this setup describes an intimate situation that will help you get underneath your public persona and reveal more deeply who you are. There's quite a bit of interplay between the public you and the private you. I once had a client claiming to have this situation in her life. She was a real estate broker whose face was on ads on shopping carts in all the local supermarkets. I did my best not to laugh. Your situation is more interesting than that, and much more fun. Get out into the neighborhood, ring some bells, push some buttons, and nudge your friends into having some actual fun in our all-too-stuck-up world.

Cancer (June 21-July 22)

You seem like you're about to make contact on an important professional matter, after a good few near-hits and near-misses. Proceed slowly and carefully, checking your work as you go. Say what you mean, only considerably less. Stop and ask questions, and get whomever you're talking with to draw themselves out. If you have to slow down the movie, follow the wisdom of Kasia Urbaniak: repeat the last thing the person said to you. Don't interpret it; just repeat it, like that's just the thing to do. Then, don't make any commitment immediately. Read all the fine print in any written document, and give things a day or three. Remember: you're the one with the talent. The other guys may have the building, the lights, the seats, the box office and the tickets, but it's all useless without someone to look pretty and sing brilliantly on the stage, and that would be you.

Leo (July 22-Aug. 23)

Being stuck is not an option, and freezing up and being unable to move or make a decision is not a sign of integrity.

It would be better if you didn't sell it to yourself as such, or use that as a cover; if you're feeling blocked, say so. You contain all the building materials necessary to be a strong, balanced and integrated person, though flexibility is what makes any of this meaningful, or useful. That includes allowing your viewpoint to move, rather than thinking that you know something for sure. Be leery of certainty, or the feeling of absolute clarity. If you think you know for sure, set out to disprove your own theory, or at least to come up with two or more alternative possibilities. When an approach to a topic starts to feel dangerous, or like some comfort level is threatened, then you know you're on the trail.

Virgo (Aug. 23-Sep. 22)

You may suddenly unravel a deep connection between your early family relationships and your adult intimate relationships. Everyone knows there's a connection, though due to various blind spots, many of them induced by insecurity, it's often difficult to see the association, much less do something with it. Here's the main thing, following the themes of your solar chart: in truth, your family is far less important than you may think, both as an early influence and as a current one. Your origins go much deeper. Your connection to source is more relevant than the psychology and politics of any household. Once you have that message in your body, it will be much easier to address the concerns of your worldly emotional affairs. Your presence is a kind of collective reference point for everyone else feeling safe. But this is not really about you; it's about something coming through you.

Libra (Sep. 22-Oct. 23)

Discussions in the early part of the week may take on a serious cast, though you can remain positive, which also includes curious. You'll give yourself an advantage if you take every opportunity to put yourself in the position of other people, and try to see the world from their point of view. You cannot do this 100%, as you cannot get into the mind and body of others; but you can, in a sense, sit in their seat, or walk a mile in their shoes. You can use your imagination and consider their concerns, feelings and complications. And you can imagine how they might see you. Just your willingness to do this will be helpful, because sometimes a little willingness is all it takes for the greater truth to come in. It always helps to listen, and in any conversation, to say, "This is what I hear you saying." Then, listen and see if anyone thinks you got it right.

Scorpio (Oct. 23-Nov. 22)

Jupiter has stationed retrograde in your sign, which will give you an opportunity to make some observations about the seemingly chaotic nature of your life. One thing to track is the fact that you're in a state of discovery, and that can be disruptive to what you thought you previously knew. Given the makeup of your psyche, a little shaking and quaking of the status quo is one of the more dependable ways to get through to you. To keep your mind fresh, you must question your beliefs; and to do that, you need to know what they are, and notice their effects. This is where the ripples of Jupiter retrograde, and its current aspect to Eris, will come in handy. Notice when things get a little weird, and ask yourself how and why that happened. Be observant any time one of your presumptions is challenged; for example, any time you make an incorrect guess.

Sagittarius (Nov. 22-Dec. 22)

Mars in your sign is now conjunct the Galactic Core. It's also square Chiron, for one of the grand and glorious Sagittarius alignments in recent memory. In my highest reading of this aspect, you can feel the edge-like nature of existence, and of your own

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presence in the world. It's way too easy for us humans to troop across the city and take for granted the many unknowns about our experience here. With Mars, Chiron and the homing signal at the center of our spiral island in space all aligned, you can see and feel things that are seemingly impossible to perceive. Take slower, more careful steps. Breathe consciously, and feel, and listen. Imagine your body clinging delicately to the planet's surface, held down only by gravity. Walk like you're on a tightrope rather than on solid ground. Feel the vast expanse of space below our tiny planet. Notice where you are.

Capricorn (Dec. 22-Jan. 20)

You may decide that it's time to outgrow your insecurities. That would be a worthy goal, though it will help to understand where they come from. When you identify with something strongly, and invest your identity there, you give it power over you. It could be a relationship, it could be your family, it could be your social status. Then, if there is some change in that extrinsic thing, or if you feel like it's not working out, or not fully accepting of you, that has a way of bouncing back onto you and making you question your worth. This is the thing that has to end. Fortunately, you're now stronger within yourself, and you don't have to fall for the illusion that your identity is in any way threatened. You might even retire from identifying with things (movements, brands, opinions) and exist as your own independent critter. You do not need a master.

Aquarius (Jan. 20-Feb. 19)

The only way to learn how to say difficult things is to say them, and listen back, or read them over, and make revisions,

and try again. This could relate to anything, whether some deeply intimate matter, or writing a sales presentation, prospectus or pitch. You just keep doing it over till you get it right. Often, the feeling of being blocked or uncertain is the feeling to work with rather than to retreat from. If you plunge in and dare to say what you really mean, you have a chance of getting it right. Just remember: if the feeling is there, don't edit yourself to death. Stay close to the original, and develop it a little – remembering that these days, brevity is gold. Remember this in your thought process with yourself. The truth of how you feel and what you want is usually pretty simple.

Pisces (Feb. 19-March 20)

This week's aspects will bring out the best in you. We are nearing the end of Chiron in Pisces, which has driven your growth, maturity and awareness for the past seven years. Saturn has successfully passed through your 10th house, demanding that you take total responsibility for your affairs. You are still learning; though you've learned a lot, and now is the time to put that experience to use. This week you're likely to encounter a series of discussions about your professional advancement, which you must approach with modest confidence and a cool head. Know that you have something valuable to offer, and remember that you set your own goals. Prod the conversation along, and don't fall for anyone bluffing you or feigning ignorance. You know who you are and what you're capable of – and so does everyone else. Now, you must get everyone onto the same page.

Read Eric Francis daily at www.PlanetWaves.net

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Have a Story or Article

Send it to:
Editor@vashonloop.com

Henry Ricky Needs A Home

I love people and dogs, so if you have a dog, we could be buddies. Unfortunately, I can't be around other cats at all because I have the feline leukemia (FeLV) virus. My future home will have to be strictly indoors, but that's OK because as long as I can be around people, I'll be happy. I also need to avoid stress, eat high-quality food and see a veterinarian twice a year.

I'm young and active; you should see how I chase the balls and toy mice that my foster mom tosses.



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