

Founding conductor to join the Chorale for its upcoming concerts



When the Vashon Island Chorale presents its “Legacy” concerts on April 21 & 22, Kendall Campbell Davis will be singing in the soprano section. Davis, who now lives in Arizona, was the conductor of the group when it began as “Island Singers” in 1989. She will also take the podium to direct the singers for one number at the concerts in the Kay White Theater at Vashon Center for the Arts.

Says Davis, “It means a great deal to me to sing with the Vashon Island Chorale again. I have always been amazed and humbled by the support that the Island gave me when I lived here and how incredibly supportive the community is of its resident artists.”

Tickets for the concerts are available online at vashoncenterforthearts.org or at the tickets desk in the VCA lobby.

The Road to Resilience

The Makerspace

By Terry Sullivan,

About eight years ago, Steve Graham handed me, and a few others, copies of the Transition Town Handbook in hopes that we might do something with it while he was off on a trip of many months. For those that aren’t familiar, the Transition Town movement started in Great Britain to increase local resilience in the face of general destabilization due to climate change and resource depletion. Some time later, at Cathy Fulton’s Food Summit, Margot Boyer announced that she wanted to start a discussion group based on the Transition Town Handbook. In fact, we realized that transition-type initiatives were already springing up in our community, and Cathy’s Food Summit was one such event. In the three or four years that Transition Vashon existed, I like to think that we helped move our community a little closer to sustainability. You may remember the Ingenuity Tours that we helped organize here. This column started as a project of Transition Vashon.

I think the Ingenuity Tour may come back sometime in the future when there are more people willing to work on it. We all discovered that there are a lot of creative and resourceful people here and their projects can be a real source of inspiration.

VIGA and our community credit unions are local initiatives that took hold here due to the independent actions of islanders. The Vashon Timebank was another that failed to take root.

Cathy Fulton went on to form the Food Security Group, which was all about growing and preserving our own food. They, too, failed to take root, but they had assembled a library of food processing equipment that now is located in the Vashon Tool Library.

A few years ago, Steve Graham set out to establish that Tool Library. He persisted, and it now appears to be a going concern with 700 members. Last year, another transition idea, the Fixit Café, quickly took hold on Vashon. Helped along by a King County program in the Solid Waste Division, the Tool Library, Zero Waste Vashon, a ready and willing group of fixers, and an enthusiastic clientele, the Fixit Café appears to be on its way to becoming a permanent fixture on the Island.

Now, a hard working group at the Tool Library has spent much of the past year developing a plan for a Makerspace, a community-owned workshop providing all members access to the knowledge, skills, space, tools, and materials they

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VCA First Friday Local Music Series With “Tim Couldn’t Make It”



Tim Couldn't Make It (Pete Welch photo)

Vashon Events is pleased to announce a new partnership with Vashon Center for the Arts to showcase local bands at the Katherine L. White Theater on First Fridays. In coordination with the First Friday Gallery Cruise, the concerts will be a fun conclusion for First Friday activities in town through musical performance. The concerts will run from 8:30pm to 10:00pm and were made possible by a generous gift from John L. Scott – Vashon, the sponsor of the First Friday Local Music Series.

We are thrilled that our local bands will now have increased access to use of the Katherine L. White Theater through this series that will feature local bands and musicians only. Typically, either a band will perform, or three solo musicians will perform in the round.

For the First Friday performance April 6th, we bring you Tim Couldn’t Make It!

Way back in the mid-1980s, bassist Tim Dahms was making a name for himself in the hip and happening Maui music scene. Much in demand, the tall good-looking Tim could pick and choose the bands and gigs he wanted to bless with his presence and prowess. The fact that most bass players have this luxury wasn’t the point. Tim joined a local rock-and-roll outfit called The Sharks. Playing guitar in the Sharks at the time was Doug Pine. Tim and Doug became friends and also became each other’s favorite musicians, so much so that Tim once asked Doug to tune his bass. Ten strings of mutual admiration.

One day in July 1989 Tim’s brother Rick appeared on Maui. A successful advertising executive with offices in the state of Connecticut, Rick brought his guitar along. Tim and Doug and Rick played on the beach one night and as is said, the rest is history. They booked a

gig and when it was time to play, there was no Tim. “Tim couldn’t make it”, Rick said. This happened twice more before Rick and Doug couldn’t get a booking. Thanks, Tim.

Rick went back to Connecticut and Doug left Maui and moved to Washington. Fast forward a few years and we find Doug working on the Vashon ferry. Loading a car onto the boat in Fauntleroy one day, Doug looks up and waddaya know, there’s Rick at the wheel. Turns out Rick lives on Vashon, but Tim, he couldn’t make it. So Rick and Doug play music together for about 20 years until it occurs to them that it might be fun to play out. So they did, and they do. With each other, and with others.

Unfortunately, Tim can’t make it to the Vashon Center for the Arts show, so Doug Pine and Rick Dahms will be playing without him once again. But... the good news is the group has grown to include Michael Marcus on bass, Wesley Peterson on drums, and Mike Nichols joining in on harmonica during very special occasions.

Friday, April 6th, 2018
8:30pm - 10:00pm
Vashon Center for the Arts
First Friday Local Music Series
With “Tim Couldn’t Make It”
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The Vashon Loop

Contributors: Kathy Abascal, Eric Francis, Terry Sullivan, Orca Annie, Seán C. Malone, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons:
Ed Frohning

Ad sales and design: Steven Allen
Phone 206-925-3837
Email: ads@vashonloop.com

Editor: Steven Allen
Email: editor@vashonloop.com
Publisher: Steven Allen
PO Box 1538, Vashon, WA 98070
Phone 206-925-3837

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Submissions to the Loop

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

Alzheimer's Association Caregivers Support Group

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

Vashon Progressive

Vashon Progressive Alliance meets the third Tuesday of every month. We focus on issues, activities and possibilities to forward the Progressive point of view. . All welcome. 19834 Vashon Highway - 6:00 to 8:00pm. Questions call 206-496-4174.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Next Edition of The Loop Comes out Thursday April 12

Deadline for the next edition of *The Loop* is Saturday, April 7

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VIPP will also hold our annual Nikki Champlin Neighbor to Neighbor Pet Food Drive. If you're able to contribute cat or dog wet and/or dry food please drop it off at the Bake Sale on the 14th. For more information please call Victoria 463-5381.



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WSF Performance Study sign up for survey

Starting next week, the Washington State Transportation Commission will be sending you and 20,500 other Washington State Ferry (WSF) riders, a link to a new Ferry Riders Opinion Group (FROG) survey that will ask for your input on WSF's performance this winter. To get as many people involved as possible, we are hoping we can enlist your help in getting more people to join the FROG and take the survey. The more people we hear from, the more impact your collective voice will have. If you know of any ferry riders, or people interested in ferry issues, who might want to participate, please pass this email along to them. All they need to do to sign up is click on the link below and fill out a short survey:

<http://www.ferryridersopiniongroup.com>

We truly do appreciate you taking the time to share your views via the surveys and also appreciate any help you can lend us in getting more folks to join the FROG community.

Wastemobile comes to Vashon

Wastemobile comes to Vashon for household hazardous waste collection, April 13-15. Residents can drop off household hazardous waste items including pesticides, oil-based paints, automotive products (oil, antifreeze, lamps, etc.), fluorescent bulbs/tubes and other items without a charge. The service is pre-paid through garbage and sewer utility fees.

Vashon Friends of the Library

Vashon Friends of the Library will meet from 10:00am to noon on Saturday, March 31, in the library meeting room where coffee, tea, and refreshments will be provided. All islanders are welcome to come and participate. Friends of the Library is a group that supports library programs for all islanders from preschool age to retirees.

Vashon Elders Respite Program

Vashon Elders' Arts, Activities and Respite Program has a few openings for clients with Alzheimer's or other conditions needing constant supervision. The program is held every Tuesday at the Lutheran Church, from 9 AM to 4 PM. A licensed caregiver and several volunteers provide a safe, supportive, stimulating environment for clients, so that family members/caregivers can have one day a week of respite. Clients participate in social and art activities, physical exercise, and the Music Mends Minds program. Cost is \$55 per day, and clients must enroll for a full month of Tuesdays. For more information, call Lynne Ameling at 206-552-1093 or Leslie Perry at 206-334-2843, or attend our Ice Cream Social/Informational Event on August 21 at 6 PM at the Lutheran Church.

Visit with Vashon Wilderness Program!

Experience a taste of their programs, meet their mentors, and receive priority enrollment in one of their 2018-2019 programs for 4-12 year olds. Visit on April 21st (for Saturday monthly programs) or May 10th (for late start Thursday program). Space is limited; for more info and to register visit: vashonwildernessprogram.org



Spring Break Camp for Girls Ages 7-10.

Vashon Wilderness Program's Spring Break camp is a celebration of the Earth's renewal, and a great way to help get your 7-10 year old girl outside to enjoy this special time of year. Camp takes place on a working medicinal herb farm on Vashon Island; details will be sent upon enrollment. April 9-13, from 10am-2pm. For more information and to register, visit vashonwildernessprogram.org

A Catholic Dog Tag



By Seán_C._Malone

The hair went up on the back of my neck when the mean old guy grabbed my scapular medal by the chain around my neck. A scapular is a Catholic dog tag and I was 12 years old and naked to the waist, as it was hot and I had just finished Mrs. Anderson’s lawn. I was walking by the church camp at Cove, on the flat above the old hotel, just mining my own business when the old guy came striding up from behind me, grabbed my scapular in his hand and told me that I was going to go to hell for wearing it. He had the fear of God in his eyes when he strode off to the church camp. I was more scared than insulted, besides it’s very difficult to insult a 12 year old with a dollar fifty in his pocket, as he headed for Mackie’s store for a bottle of well deserved coke. It didn’t matter to the boy if the man came from off island or not, though if he was mean or a stranger, he probably was off island.

Most of the Cove community was Scandinavian, mostly Norwegians and Swedes, some of them having the same name but spelling it differently, depending on which. It was either L-A-R-S-O-N or L-A-R-S-E-N and I can’t remember which. I don’t think we had many E-NS on Vashon. Our own great grandmother Mattson couldn’t read, speak or write English; signing her name with an “x”. Our people were farmers from Denmark and owned much of the North end of Maury Island. Some of the old people at Cove spoke only Norwegian and most of these people from northern Europe were neither mean spirited nor aggressive;

but the old guy didn’t fit that description by a long shot, and besides I’d never seen him before.

There has never been much theft on Vashon and most of the serious robbers came from off island. The sheriff would just shut down the ferries until the culprit was smoked out, a great deterrent to people thinking about coming out to the island to do us harm. Thus came the distrust of off islanders, you could spot them a mile off, strutting across the street to the Hardware Store or coming out of the only tavern on Vashon. That’s all the nine churches in town would allow us, was Cunningham’s, the only tavern on Vashon. There are ten times more people on Vashon now, whereas in the 1950’s most of us knew everybody else, making a stranger stick out. This knowledge turned on the local when one or more of us got caught stealing pigeons from Otto Therkelsen’s hen house. Somebody saw us and told. The sheriff made us return the pigeons to Otto and apologize for the commotion we had raised in the chicken house, because Otto’s hens didn’t lay for four days.

The county jail is just off Cemetery Road and rumor had it that when you were old enough for a driver’s license, all you had to do was to drive around the jail three times and not kill any of Otto’s chickens and the Sheriff would give you a license.

Sean@vashonloop.com

Celebration of Life Dorothy J. Johnson (1924-2017)



Saturday, May 12, 1:00 to 3:30 pm
Sunrise Ridge, Vashon.

You are invited to come, bringing stories and memories to share with the community. Finger food and desserts will be welcomed.

At Dorothy’s request, the event will also be a fundraiser for the Food Bank. Shortly before she died, Dorothy expressed concern for people on the Island who struggle with hunger.

Checks made out to the Food Bank are particularly welcome. Canned and packaged foods will also be happily received.

Dorothy’s inspirational work and the relentless efforts of many volunteers resulted in the establishment of the Medical Clinic and Granny’s Attic on the land that is now called Sunrise Ridge.

We look forward to spending this time with you on the land that belongs to the people of Vashon because of Dorothy’s efforts.



Exhibit on Vashon Japanese American History Opens April 6

“Joy and Heartache” Traces History of Japanese Americans on Vashon from 1900 to Present Day

On April 6, the Vashon Heritage Museum will feature an exhibit that traces the evolution of the Japanese American presence on Vashon Island. The exhibit addresses the early immigration of Japanese to Vashon in the early 20th Century, its subsequent growth into a vibrant island subculture, through the trauma of WWII incarceration, recovery and the evolving identity of Japanese Americans.

A community-based collaboration, the exhibition draws from oral histories, historic photos, arts and artifacts that will bring this history alive, including a special reproduction of an internment barrack and personal histories of Japanese Americans living on Vashon today. The exhibit was developed with the participation of many persons of Japanese descent who live on Vashon. Partner organizations are Friends of Mukai, Vashon-Maury Island Land Trust, Vashon Japanese American Research Project.

“The story of Japanese Americans

on Vashon Island is a complex legacy founded on the hope of a unique people and culture, nurtured with strength and struggle,” said Bruce Haulman, the exhibits lead curator. “The historical lessons of the Japanese experience, especially their imprisonment during WWII, are particularly relevant in light of the threats that immigrants in America face today.”

The exhibit will open on First Friday, April 6, at 6p.m. at the Vashon Heritage Museum at 10105 Bank Road on Vashon Island. Museum hours are from 1-4p.m. Wednesday – Sunday or by appointment. All members of the public are welcome, and donations to the Heritage Museum are greatly appreciated. The exhibit is a joint presentation of the Vashon Heritage Museum, Friends of Mukai, the Vashon-Maury Island Land Trust and the Vashon Japanese-American Research Project. Sponsors include presenting sponsors Sound View Home Services and Vashon Center for the Arts as well as supporting sponsors Langeland Dental Associates, Vashon Ace Hardware, Hardware Store Restaurant, Islander Apartments, Puget Sound Energy, and 4Culture.

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Island Life Incarcerate

Peter Ray
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When I woke up this morning looking through the bars, I was reminded of the first time I ever spent any time in jail. It was a long time ago, and it was the only time I've been in jail- once was enough. The bars I just recently was looking through, however, were those of a dog crate we've set up in the living room. The dog that was on the other side of those bars had not been bad, and the only thing she had done wrong was to exceed the limit on her left rear anterior cruciate ligament to the point where a surgical fix had been highly recommended. And so it was that our rescued pitbull, who goes by the given name of Elle King (and answers also to Elle, Ellington, Buggy or "time for breakfast"), went under the knife last Saturday, and has now been put on restricted movement and "don't lick your stitches" watch. It has been an amazing process to watch, since she was mostly able to walk to the car a few hours after her surgery. She forged onward with her usual tenacity and with the help of an extremely slow pace on my part, and by helping her stay steady with the assistance of a belly sling that I held in one hand while slightly guiding her with the leash I held in the other.

Elle has gone from being a willing consumer of the battery of pills that came home with her, to being a master of epicurean sleuthdom in her ability to detect and reject her meds in whatever disguise we try to administer them in. At first it was margarine that was the highly successful agent of medicinal subterfuge, and everything just slid right down to the land of gastronomic juices and digestive action. And then a certain awareness came over her that suddenly triggered an enough is enough response that started with a tight jawed resistance and ended with a forceful tongued ejection of a drool-covered margarine ball that had the masked pill still firmly imbedded inside. This led to other attempts to deliver the goods in a variety of disguises- feta cheese, peanut butter, wet dog food, two flavors of doggie pill pockets and several frustrated and fruitless attempts at just jamming the pill as far back in her mouth as possible and holding her muzzle shut with my hands while waiting for the swallow reflex that never arrived until after the pill had left the building in the wrong direction, so to speak.

And so it was that this morning I reached into the cabinet below the kitchen counter and pulled out the marble mortar and pestle and ground the round, sedative pill into a fine powder and mixed that with a vegetable broth. I then sucked it all up with a needle-less syringe and made an attempt at squirting it slowly behind Elle's back canines in from the side. There was still quite a bit of resistance and a degree of slobbering, but for the most part this seemed to be a delivery system for which she had few defenses. While there are three other pills that she "should" be taking along with this one, it seemed that this was the most crucial, since the swelling is going down on its own, and she has shown almost no signs of pain or suffering that would warrant any further use of the codeine. What seems to be of most concern from the keeper and minder perspective is that in just four short days she has returned to the alertness and the aspiration-to-activity dog that was her pre-surgery self. And so it was that with the realized futility of a proper English explanation to her as to why previous raucous activity levels were unacceptable for now, it was deemed most important of all to bring on the knock out juice. This was the compromise we reached in the pleading-eyed negotiations, if she was going to be allowed to forego the



humiliation of the cone of shame and the isolation of the folding, black-wire prison while I was around to monitor all activities. Of course, the "prison" still stands in the middle of the living room where the coffee table used to be. This is both a good and a bad thing- good because if she has to be in there while we are around, then she is not far from our view and we from hers. The bad part is that while we are away she is on full view to the other three dogs and two cats, and at the moment with the stitches still a concern, Elle has to wear the cone so she doesn't just decide it's time for them to come out of her own accord. But with the crate that has just wire sides sitting in the middle of the room, it leaves wide open the possibility of unrestrained mocking sessions from the other pets from all sides. There is, however, no reason to think that any of the furry friends would engage in such acts of humiliation and chastisement, mostly since the only real emotions these pet buddies seem to be feeling for Elle right now are sympathy and empathy, if anything at all. A humiliation session while we were away by the rest of the animal gang seems mostly as unlikely as the possibility that the friends who were in the van with me when I was arrested for speeding in Virginia back in the seventies would have mocked me either while I was waiting to get bailed out by one of their parents, or afterward. I was, after all, giving them a ride home for a college break, and fortunately we were almost to their homes when I got pulled over.

I think of Bill's dad when I think about the secret side of the District of Columbia and our government. I remember Bill saying that he did not know where his dad worked or what exactly it was that he did. But he was in one of the agencies there that worked in the shadows to make things run. What I remember most about that night was how angry his dad was when he got there to find that they had locked me in a cell for speeding. He was fairly adamant that my being locked up for an hour was an act that exceeded the severity of my so-called crime. This must have been somewhere around the time of the "energy crisis" in the mid-seventies, when speed limits were dropped everywhere to 55mph to "conserve fuel". That would have meant that if I had been going 70 or 75, which had been the speed limit previously on I-95, then the penalty would have been a cash value that I and my friends would not have been carrying, and why were lucky that this happened close to their home. The judge (this was obviously a cash cow speed trap) would not take out of state checks and there were no ATM's at the time.

This would have been either just before or just after Nixon's resignation- with Ford's pardon we did not have much time to revel in thoughts of what sort of justice he might have met otherwise. There is at least some consolation in watching Robert Altman's little known film, 'Secret Honor', which portrayed the rumored emotional self-torture Nixon might have experienced during his exile at his San Clemente beach house. I thought about Bill's dad during the Cheney-Bush era years later, although chances are he had retired by then. I would like to have imagined that if he had been still in one of the agencies,



News from Drama Dock:

Spring play, "All in the Timing" opens April 20 - Auditions set for Summer play, "Noises Off!"

"All in the Timing," a critically-acclaimed series of six one-act plays by David Ives, deals with the paradoxes and absurdities of life. The show opens for a two-weekend run at The Bruce, Open Space for Arts and Community's new black box theatre on Friday, April 20. Directed by Michael Barker, this collection of short plays is all about writing, language and word-play. Shows are 7:30 Fridays, April 20 and 27; 4 and 8 Saturdays, April 21 and 28; 7:30 Sundays, April 23 and 29. Tickets are available at Vashon Bookshop and Brown Paper Tickets.

The call is out for actors/performers for Drama Dock's summer play, "Noises Off," with auditions April 9, 11 and 12 at 7 pm in the band room at McMurray Middle School. Susan Hanson directs "Noises Off!" Most recently, she directed Drama Dock's "Little Shop of Horrors" and "Chicago." Called "the funniest farce ever written," "Noises Off!" written by English playwright Michael Frayn, presents a manic menagerie of itinerant actors rehearsing a flop called Nothing's On. The show opens August 2 and plays the first two weekends in August at the Vashon High School Theatre. Performance dates are August 2, 3, 4, 5, 9, 10, 11 and 12. A script is available for preview at Vashon Library.

A big challenge of "Noises Off!" is building the complex set that makes the door-slamming and other physical theatre escapades possible. We are looking for people who have some experience building to join the team that will create this set, starting in March. If you are interested please contact Gaye Detzer, detzerubicz@comcast.net .

Tired of commuting?

Vashon Senior Center seeks Executive Director. 40-48K. Find complete job description at: www.vashonmauryseniorcenter.com or pick up application materials at the Center, 10004 SW Bank Road.

Applications must be received by 3PM April 9

that he wouldn't have had anything to do with the dark sites and the torture and the waterboarding and Abu-Graib, but I will never know. I still think about justice denied in the form of George W. Bush's current political rehabilitation and Dick Cheney's paranoid self-exile. Neither of them got what they deserved for what they did. In the light of all of that, it makes me skeptical of the outcome of all the current investigations and reportings regarding the Trump Swamp Thing. It just feels like, in spite of all that is wrong here, there will be no justice at the end. I just feel like this will end like the mess with my sister and the family lawyer. In spite of the fact that she grossly violated the terms of my parents' trust and would have certainly been prosecuted under the recent New Hampshire elder abuse law if she had done what she did a year later when the new law was enacted. As it was, she walked away from it all without so much as a slap on the wrist. And even though there was plenty of evidence that the lawyer was complicit in my sister's actions, my complaint to the N.H. attorney discipline board was turned down because they had a different way of determining when the statute of limitations

Continued on Page 7

Last Stand: The Vanishing Caribou Rainforest

Vashon Maury island Audubon Society presents Vashon premier screening of the film Last Stand: The Vanishing Caribou Rainforest .
At Vashon Theatre, Tuesday April 17th at 6 PM. Event is free and open to the public. Families welcomed.

Associate producer of Last Stand, Marcus Reynerson will introduce the film and discuss afterwards its impact. The film follows a team of naturalists on their journey to learn about the imperiled world of the mountain caribou in Washington, Idaho, and British Columbia – the southern most population of caribou anywhere on earth. The mountain caribou’s range is within the world’s largest remaining inland temperate rainforest. Current critical human choices will ultimately decide the fate of this stunning ecosystem.

With the failure of agencies in the U.S. and Canada to regulate industrial resource extraction effectively, honor the treaty rights of indigenous peoples, and protect the integrity of the natural systems of this region, this film gives voice to First Nations, scientists, foresters, conservationists, and recreationists attempting to chart a new path forward before it is too late.



Marcus Reynerson earned a degree in Environmental Studies from Miami University in Oxford, OH. Marcus went on to serve as a conservation programs director for Philmont Scout Ranch in Northern New Mexico and then as a lead naturalist at an outdoor education center in Southern California. He was drawn to Washington from Louisville, Kentucky, to attend the Anake Outdoor School in 2005. A year later, he served as an apprentice for the program before becoming an instructor in the fall of 2007. Marcus is also an Instructor with the Wildlife Tracking Intensive.

Cosponsored by Vashon Theatre, Island GreenTech, Vashon Maury Island Land Trust, Vashon, and Vashon Nature Center.

Ava Apple Steps Down

Ava Apple has decided to step down from the Executive Director position at Vashon Senior Center. She has relished working with seniors, her staff, volunteers and serving the community. Ava has accomplished a lot and is most proud of initiating the Neighbor to Neighbor program, BlueBird medical transportation, the lunch Care-a-Van and overseeing the Center’s building renovation. Ava says, “I really want to spend more time helping people directly,” so she will continue to work for the Senior Center as Neighbor to Neighbor (N2N) coordinator. The N2N program matches volunteers with seniors who need assistance with a variety of tasks like minor home and garden maintenance, shopping, or on-Island transportation.

Please help the Senior Center fill Ava’s bejeweled cowboy boots. A full job description and how to apply for Executive Director may be picked up at the Center on Bank Road M,T,W, &F 9AM-3PM or by going to the website: www.vashonmauryseniorcenter.com.



Ava Apple, right, with perennial Santa and former Senior Center Board member, George Eustice.

Scroll down to “Job and Volunteer Openings.” Applications must be received by 3PM Monday April 9.

Patsy Needs A Home...

I’m a unique combination of calico and Manx, possibly the only one on Vashon. My stubby little tail doesn’t seem to go with the rest of me. Did you know that some people think Manx cats are the hybrid offspring of cats and rabbits? That’s fake news. The Easter bunny is NOT my father!

Besides being very attractive, I have a great personality, too. I like to be close to people, and I think you’d enjoy having me around.



Go To www.vipp.org Click on Adopt

Road to Resilience

Continued from Page 1

may need to meet both their personal and business goals. It is supported as well by Vashon Be Prepared, Greentech, Vashon Center for the Arts, Drama Dock, and King County Library. You’ll notice that these organizations cover a wide range of interests from the very practical to the purely aesthetic.

The Makerspace idea was preceded by an effort by Greentech to make use of a large collection of costly woodworking tools that they were gifted with. A suitable location for the shop was never found. Hopefully, the larger scope of the Makerspace may be a more successful model that will provide a space for the Greentech tool collection.


As of now, the planners for the Makerspace envision four areas of focus: there will be a shop devoted to woodworking, one for technology, one for fiber arts, and one for educational use. To insure safe and proper use of the equipment in each shop, users will need to be checked out on each piece of equipment. Instruction will be available for all machines and tools. It is hoped that we can inculcate a sense of shared ownership and shared responsibility for proper use and maintenance of all tools. If we can avoid setting up an oppressive set of rules with fines, so much the better. There will be a monthly or yearly fee for membership, which hasn’t as yet been

determined.

When you think about it, this facility can be truly revolutionary. We all have “aha!” moments. We get ideas about things we would like to make that don’t exist, aren’t being made or are very expensive. You might think, “If I only knew how to work with wood and had access to tools, I would make what I’ve got in mind a reality.” That item could be anything from the purely practical to the purely aesthetic. The Makerspace will provide you the knowledge, skills, and equipment to do that.

Until now, only a few people could access the means to realize their ideas. With the Makerspace, we can all do this. There could be an explosion of new art, new devices, and new products as we build our knowledge, skills, and maximize our creative potential. I can see any number of new local businesses providing income and products for our own use or for export. But the ultimate value need not have any monetary reward. It may be the enjoyment and satisfaction of making things and the camaraderie of others doing the same. As a community project, it will require the investment of time and money by all of us. By sharing the capital investment, we have access to much more than we could possibly have on our own.

Comments? terry@vashonloop.com



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Aries (March 20-April 19)
This may well be one of the most unusual and distinctive times in your life, if you would only notice. The difficulty in noticing is that the world is so chaotic, and at the same time, our lives are all so densely packed with activity and so-called information that there’s no time to think. We have little time to reflect on the past or the future, as we’re all so intensely involved with the seemingly urgent priorities of the moment. So the challenge you face is interposing some space between your thoughts, and some time: enough to feel and to reflect. At times this seems impossible; at times it seems dangerous, as there’s this not-so-subtle fear of losing one’s step and getting trampled. Yet you will only know yourself, and know what to do in the midst of our current maelstrom, if you slow down enough to feel who you are, and what you want. Concepts alone are not going to cut it.

Taurus (April 19-May 20)
One of the unusual qualities about Taurus is its inner dialog. Other signs are supposed to have this quality and perhaps they do, though I’ve never known people whose minds are so active as those born with the Sun in Taurus. This may mean you have a lot to say to yourself; particularly at the moment, as your ruling planet Venus is moving through the Uranus-Eris conjunction right now. That is the conjunction that sums up all the chaos of our moment, a situation that (despite only meek hints describing the issue) is rooted entirely in digital conditions. The digital world is “unreal,” and it’s having the effect of soaking into the physical world. You, however, are real. You are not an abstraction. You live in a body, and you love that you do. Whatever else you may have going on, do everything you can to stay connected to the physical world. Food, nature, yoga, sex, water and art all count.

Gemini (May 20-June 21)
Mercury, your ruling planet, is now retrograde. This goes on through April 15, for about three weeks. It’s happening in Aries, the angle of your chart where you project yourself into your community; whether that be hanging out at the local cafe, or through social media onto the internet. This is an opportunity to do several things, one of which is to experiment, and the other of which is to reshape both your image and your role in the world that immediately surrounds you. However, it will help if you slow down enough to figure out what is really happening, both within you and around you. This is essential because your role is secondary to your defined purpose. One very serious problem we face right now is that many people try to have a role without a purpose, which will lead nowhere. You have time to figure this out. Keep asking yourself, wherever you are: where am I, and what am I doing here?

Cancer (June 21-July 22)
For years now, there has been an event taking place in your house of profession and reputation: the Uranus-Eris conjunction in Aries. If your career has felt a little like a trip through the funhouse, you now have a clue why. Even though you may not be the computer type of person, every facet of your work, and your aspirations, are being filtered through digital consciousness. Right now, Venus is passing through the Uranus-Eris conjunction, which is bringing you right into the action. The upshot is that your perceptions about what matters now, and how to guide your work and your professional aims, are remarkably in tune at the moment. You can feel the otherwise invisible conditions of society; and that’s allowing you to be guided in a way that would be the envy of marketing executives everywhere. You have dreams and you have ideas. You have the potential to do bold and brilliant things. Keep your ears on — information is incoming, rapidly.

Leo (July 22-Aug. 23)
Lou Reed once said that it takes a busload of faith to get by. He was right. Nothing else works in our world, unless of course you count brute force; even that is only good as far as it goes — and you don’t make any friends. Cultivate faith: in yourself, in your vision for your life, and in the road ahead. It’s a modern scourge to live as if there is no future. There is one, and you have one. We are all currently being smashed by living under digital conditions: pushed out of our bodies, pushed out of reason and logic, and thrust into a world where everything is made of stolen data, fake news and a nonstop onslaught of very serious problems. We are all swimming in a sea of code that we don’t understand. However, if you pay attention, you will notice patterns. You will tune in to people, and experiences, you actually love. Not that you “like.” Not that make you type a smiley face, but which actually warm your heart. That is where to go.

Virgo (Aug. 23-Sep. 22)
Your solar chart at the moment looks like a Texas roller-rink on a hot Saturday night. Yet the subject matter is agreements, contracts, financial matters and — lurking beneath it all, like the biology that unites us — sex. As long as we deny this bottom-line factor — the one that leads to all existence, the thing that drives nearly all motives (in whatever form that may take, from denial to obsession to sublimation to violence to sincere desire) — the point will be lost. Your current solar chart boils down to an evaluation of your agreements with people. The full content of their subject matter needs to be considered, with nothing left out. Everyone’s motives must be considered, on the level of self-interest, altruism, and mutual benefit. The challenging part for you is a matter of identity: in order to re-evaluate your agreements, you have to consider who you are, who you have presented yourself to be, and who you want to be. This will take time and thought.

Libra (Sep. 22-Oct. 23)
With Mercury moving retrograde in your house of relationships, now is the time to wrap up various pending matters, and have one or two conversations that have been put off for the past few months. This is not about showdowns; or it doesn’t have to be. It’s more about coming to an understanding, and focusing on completion of pending matters. Meanwhile, you’re having a kind of revolution somewhere in your amorous life. You are going through a transformation that’s being spurred by your openness to someone, whether you’re intimately involved with them or not. The sum total of all of these ideas is about being in tune with the moment you’re living in, and not lingering around in the past. The present is much, much more interesting. That is both the risk and the reward: to really live, you will be living on the edge. To really love, you will be loving in uncharted territory. To feel at all, you will feel deeply.

Scorpio (Oct. 23-Nov. 22)
Work for you is much more than work. It’s your creative space, a place to experiment, and somewhere to explore who you are. If you have not managed to create a working life that meets this description, imagine how good it would feel to have one. Use all your influence, your will and your considerable powers of persuasion to make it so. If you have managed to shape a creative work environment, you are likely to be pushing it to a new peak, and you will indeed have an impact. I suggest, however, that you conduct the next three weeks of Mercury retrograde as an experiment. You can try ideas on a small scale, and see what happens. Do a little test marketing. Try new approaches, particularly where visual presentation is concerned. One last: you are

likely to learn something from a partner, colleague or loved one that could have a revolutionary effect on your thinking, and on the trajectory of your work. Be open to new ideas.

Sagittarius (Nov. 22-Dec. 22)
Times sure have changed since Saturn was in your sign. It’s as if you’re an airplane that dropped needless weight, and can now fly much higher, faster and further on the same amount of fuel. Mixed in with this experience is an ongoing creative revelation; or certainly such is possible. You can focus on talent development, which really is the fusion of experience and energy flow. However, speaking of energy, it would be wise to conserve some. Slow down your burn rate, and your pace, even if just a little. Adjust the trend from doing a little more each day, to doing just a little less. Just shifting that momentum from acceleration to deceleration will give you an improved sense of timing and control. Then, gradually, cool off a bit until you’re at a pleasant velocity. At a certain point you’re going to need to focus on one specific project, which you probably are aware of. Take some time and prepare your plans, your notes, and your ideas.

Capricorn (Dec. 22-Jan. 20)
Your current burst of confidence involves two factors: Mars in your birth sign, and the Sun in Aries. Both of these objects are well placed in their current signs; they add up to a feeling of belonging and inner accord. Remember this feeling, since you don’t have it all the time. Focus on what you feel in your mind, emotions and body, and try to stretch your memory and compare what you’re feeling now to a time when you did not experience this. It would help, at this point, if you introduced an extra layer of reflection into your consciousness. Track yourself, and notice how you’re traveling through your reality. Mercury is retrograde, and that’s designed to help you lay the groundwork for your long-term happiness. This is about going beyond the feeling of power or confidence, or the strength of your identity, and tapping into the spiritual current flowing up from the ground of your being.

Aquarius (Jan. 20-Feb. 19)
Aquarius is considered the sign of inventions and ideas; though, in my thinking, this is best described in having Aries (the sign of initiative) placed in your 3rd solar house (cognition, communication, community). The 3rd house is the mental engine; and many planets are gathered there now, including retrograde Mercury (innovative intelligence), and Venus (emotional intelligence), now passing through the zeitgeist aspect Uranus conjunct Eris. To borrow a common phrase, you are dialed in. Now, you need to connect this to focused, coherent workflow. This is brainpower that deserves to be documented and developed. Therefore, pace yourself, and be meticulous. You will find the solutions and create the inventions and see through the paradoxes that you perceive.

Remember that your best approach is part science, part art and part literature. Use your whole brain. It’s waiting eagerly for you.

Pisces (Feb. 19-March 20)
Current aspects describe you engaging something rare enough to find on our planet at this time: your sense of purpose. This is indeed a sense, like sense of direction, sense of humor, or even smell or hearing. It is less like eyesight, in that it does not necessarily follow “common sense” or strict rationality. It’s not as simple as turning down a street or even an alley; at least one knows those pathways exist, even if unsure what might be there. Purpose can be more like navigating in the dark. It’s easier if you realize that you’re navigating through yourself, through your inner environment. This is why self-knowledge and inner awareness are so crucial, and why it’s such a concern that for many, they are in short supply. You, however, are strongly guided at the moment. The events of your life at this time are a demonstration of your deepest values. You know what they are because, even if you feel challenged, you feel right. The more you feed this experience, the greater your awareness will become, and the better choices you will make.

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

Island Life Incarcerate

Continued from Page 5
ran out, and so the good old lawyer buddy boys gave him a pass, and the local college gave him a great lawyer award for services rendered elsewhere. So I am cynical and skeptical about how the Trump mess will play out. I guess though that I can still hope against hope, and in my extreme doubt that Trump will get anything but a pass, I may have a chance of being otherwise surprised if the special counsel nails him to the wall. As always, I will leave the so-called breath-holding to the free divers of the world, and otherwise just muddle along here on the surface. Getting back to my current pet dilemma, I am fairly to mostly certain that when Elle is in the crate in the middle of the room with the cone on, all the pets feel her pain. I’m just sorry I can’t tell her why I’m tying on the cone and locking the door, but I guess if I could I wouldn’t have to put her in there in the first place.

Have a Story or Article

Send it to:
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Sissy Needs A Home

I’m a mellow girl whose person moved into a nursing home. I have a lot of experience in being a good companion, but the kind that’s quiet and not demanding attention constantly. I’m friendly without being all touchy-feely.

My favorite cat accessory is a back scratcher. When the shelter volunteers use it on me, I’m in ecstasy. Although I want to continue living indoors, I hope that in my next home I can keep watching squirrels and birds from window lookouts. It’s a better show than “Animal Planet.”

Go To www.vipp.org Click on Adopt



Island Epicure



By Marj Watkins

Think Easter Eggs

You'll read this column on the brink of Easter. If you have kids, you'll be boiling eggs and dying or decorating eggs for Easter baskets. You'd think everybody knows how to make a perfectly boiled egg, but no! My son Steve, after many tries, still has not quite grasped the technique of cooking and cooling an egg so that it comes out of the shell easily, is solid inside, and has a golden yolk with no green rim. A large egg yields 6 grams of protein.

I am writing this column to post on my refrigerator as a tutorial for son Steve, and for anybody else who will benefit from it. Yes, this is the son who took his PHD at Yunnan University, and spent most of his adult life so far teaching in Chinese Universities. When he arrived last July looking absolutely skeletal, after 10 days in a Chinese hospital with intense pain and unable to keep food down. Chinese doctors had been unable to do anything for him except to give him pain killers and acupuncture. He hoped to see an American doctor who would give him a diagnosis and a prescription, gain enough weight and strength to get back to China within a month, and at least be able to do a little tutoring and earn enough yuan to live on. He didn't think he would ever be able to do classroom teaching again.

So he is here to enjoy foods he can digest and get well. I asked him, "What do you want to eat?" "Not stir-fries," he said, "That's all we get to eat in China." It didn't take long to see that he'd been seriously shorted on protein and salads. Chinese stir-fries usually feature 2 ounces of meat per serving, yielding only 10 grams of animal protein. Chinese do not eat raw vegetables. After 5000 years of eating little animal food and only vegetables with most if not all of the enzymes cooked out of them, the survivors descendants evolved to be

functional, on a little meat and on lightly cooked vegetables. Retirement age in China is 45 for women and 55 for men. And life expectancy is something like 60 years. Steve comes from a long line of meat, seafood, and egg eaters who live into their 90s and beyond.

We celebrate Easter because back when hens took long winter vacations it was about the time of year of the vernal equinox, in the spring, when the hens and the wild birds begin to lay eggs again.

Steve's first American doctor prescribed two large eggs (yield 12 grams complete animal protein) for every breakfast, 1 cup of low-fat yoghurt during the day, high-protein snacks, and a total of 60 grams of protein per day. A mere 4 ounces of sirloin steak gives a diner almost 21 grams; 4 ounces of salmon yield 28 grams of protein. A large Easter egg fits into the menu, and healthily, especially as at least a pair of eggs.

How to cook perfect Easter eggs: Put fresh eggs into a pan of cold water. Add 1 Tablespoon of vinegar. Bring to a simmer. (If the water boils madly, the eggs bump into each other and crack, the white that leaks out solidifies in strings, and the egg inside the shell has shape imperfections. Cook 20 minutes. At once scoop the eggs out of the pan and into metal bowl of very cold water. Leave under a faucet running a thin stream of cold water until the eggs are cold. Voila! Perfect "boiled" eggs that will come out of their shells easily. Dry and refrigerate them until you are ready to dye them.

What can you do with the colorful eggs left over after Easter?

- EGG SALAD
4 servings
- 4 hard-cooked eggs, peeled and chopped
3 Tablespoons chopped bell pepper
3 Tablespoons sliced green onions
3 Tablespoons sliced black or Kalamata olives
¼ cup mayonnaise
2 Tablespoons green pickle relish or to taste
Lettuce leaves, washed and dried

Combine all ingredients. Serve on lettuce leaves, use as sandwich filling, or as stuffing for hollowed out medium size tomatoes.

Her Story: Film Festival Showcase

The first annual Her Story Film Festival Showcase will make it's worldwide debut at the Vashon Island Theater, on Vashon Island, WA, April 7, 2018, followed by several other coast to coast screenings at select theaters. This festival is unique in a multitude of ways including that it will benefit the Times Up movement — 10% of ticket sales will be donated to the cause of prohibiting sexual harassment and general disrespect of women in the film and entertainment industry. The overall theme of the production will be supportive to and sympathetic with the experience of women in today's world, in a multitude of genres. The showcase will include the screening of four independent short films, the majority written and directed by women, showing the stories of women navigating the turbulent waters of sexual harassment and domestic violence.

The final and feature presentation of the showcase will be the premier of Behind Closed Hearts, an indie short film based on the award winning screenplay of the same name by Anthony DiBartolo, which is up for a number of awards on the US film festival circuit for 2018. It too shows a brief snapshot of domestic violence and dysfunctional love.

The production team selected Vashon Island as their official first opening for two main reasons. One is the historical artistry of the community; Vashon is a very special artist's community where creativity is lauded above almost all else.



There are more art galleries per capita than bars on the island and the century-old theater has seen its fair share of unique performances and shows. The island populace is made of a fabric of writers, painters, and artists among other creatives and this exclusive premier is aimed to honor that spirit of art and progress. The second reason is that leading actress of Behind Closed Hearts, India Everett, has an intimate connection to the community having grown up in the Vashon Island School

system from a young age and having been involved with the Vashon art community for years to follow.

The Her Story Film Festival Showcase will also include a brief reception with a selection of the cast and crew from the films following the screenings.

Her Story: Film Festival Showcase

The Vashon Theatre
Saturday, April 7th 5:00-7:00PM. ickets \$9 general, \$8 honored citizens

a first-come, first-seated basis.

EVERYONE'S TALKING ABOUT IT
Cycling the Pacific Coast
Sunday, April 15, 2pm
In this presentation, travel the Pacific Coast border to border with author Bill Thorness as he discovers crashing surf, rocky headlands, epic coastal climbs, deep forests, wide sand beaches, seaside burgs and vibrant cities. 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!

Yoga in the Library
Saturday, April 21, 10:15am
Ages 11 through adult.
Instruction provided by Island Yoga Center.
Yoga is a wonderful practice of self-care for a healthy body, focused mind and sense of well-being. Gentle stretches, strength building and basic meditation techniques for de-stressing and centering from the inside!

Tabletop Gaming
Sunday, April 22, 11am
Ages 12 and younger with adult.
Unplug and enjoy gaming with other adults. Feel free to bring your own games to share as well.
Featured game of the month: EXPLODING KITTENS

Opera Preview: Aida
Sunday, April 29, 2pm
This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts.

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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.

The Lasses & Kathryn Claire

Portland, OR based musician, Kathryn Claire, met Margot Merah and Sophie Janna (Amsterdam based folk-duo, The Lasses) at a singing session in Amsterdam in 2013. Sharing a love for harmony singing and story-telling through music, they soon realized that together they could deliver both heartfelt ballads and foot-stomping songs with equal measures of joy and musicality. After playing several concerts together in The Netherlands and Germany in 2014, Kathryn offered to help bring The Lasses to the Pacific Northwest for their first US tour in the Spring of 2015. It was a huge success and the three realized they had begun not only a strong musical collaboration, but also a network of touring between the US and Europe.

By 2016, the Pacific Northwest tour and the European tour had established fans not only for the co-bill of The Lasses and Kathryn Claire but for the music they created as a trio. After being



asked frequently when they were going to make an album together, they decided to finish their European tour in 2016 with a sold out live album recording at De Parel van Zuilen in Utrecht. The result is a deeply personal and heartfelt album featuring original and traditional songs. The album highlights each woman’s unique style of songwriting and singing while weaving in the trio’s highly acclaimed three part harmonies and engaging performances on guitar, fiddle and bohdran.

The album has been praised in the UK and Europe as “a treat for the audience” (Irish Music Magazine), “a pearl in the crown of folk music” (OOR), “sublime” (fRoots).

Most recently this trio met up in Japan for a 10 day tour, sharing their music with Japanese fans and shortly after, connected for shows back in the Netherlands and Belgium. As they prepare for their 4th tour in the US, this trans-continental musical collaboration is excited to share new songs and stories from their time together on the road and around the world. This trio is proof that music truly is a universal language. This show is presented by Debra Heesch.

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Or give us a call 206-389-1085

Fresh - Vashon Farmers Market Music



The Vashon Island Growers Association offers locally grown produce at the Saturday Market, in the heart of Vashon's town. At the Saturday Market, you'll find about 30 to 50 vendors of food and arts and crafts, along with live music. At the market, you can buy Island grown organic produce, meats, even wines, bread and cheese...and special gifts for your loved ones.

Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market. The music is almost always from 11am until 1pm, in the northwest corner of the Village Green.

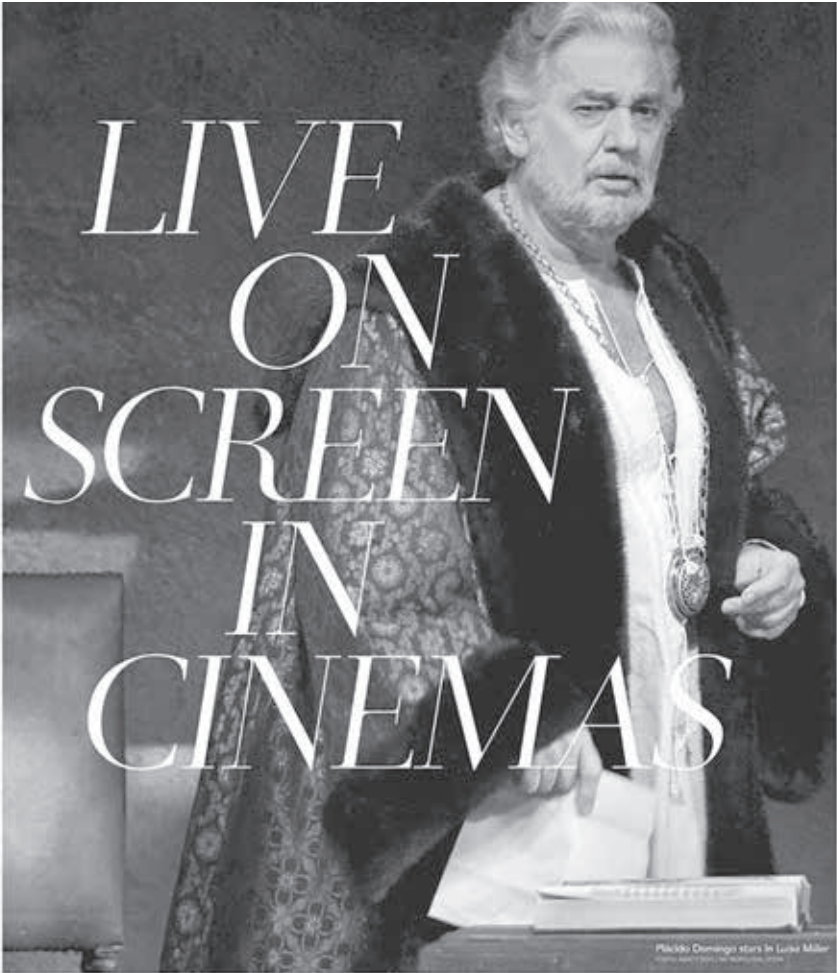
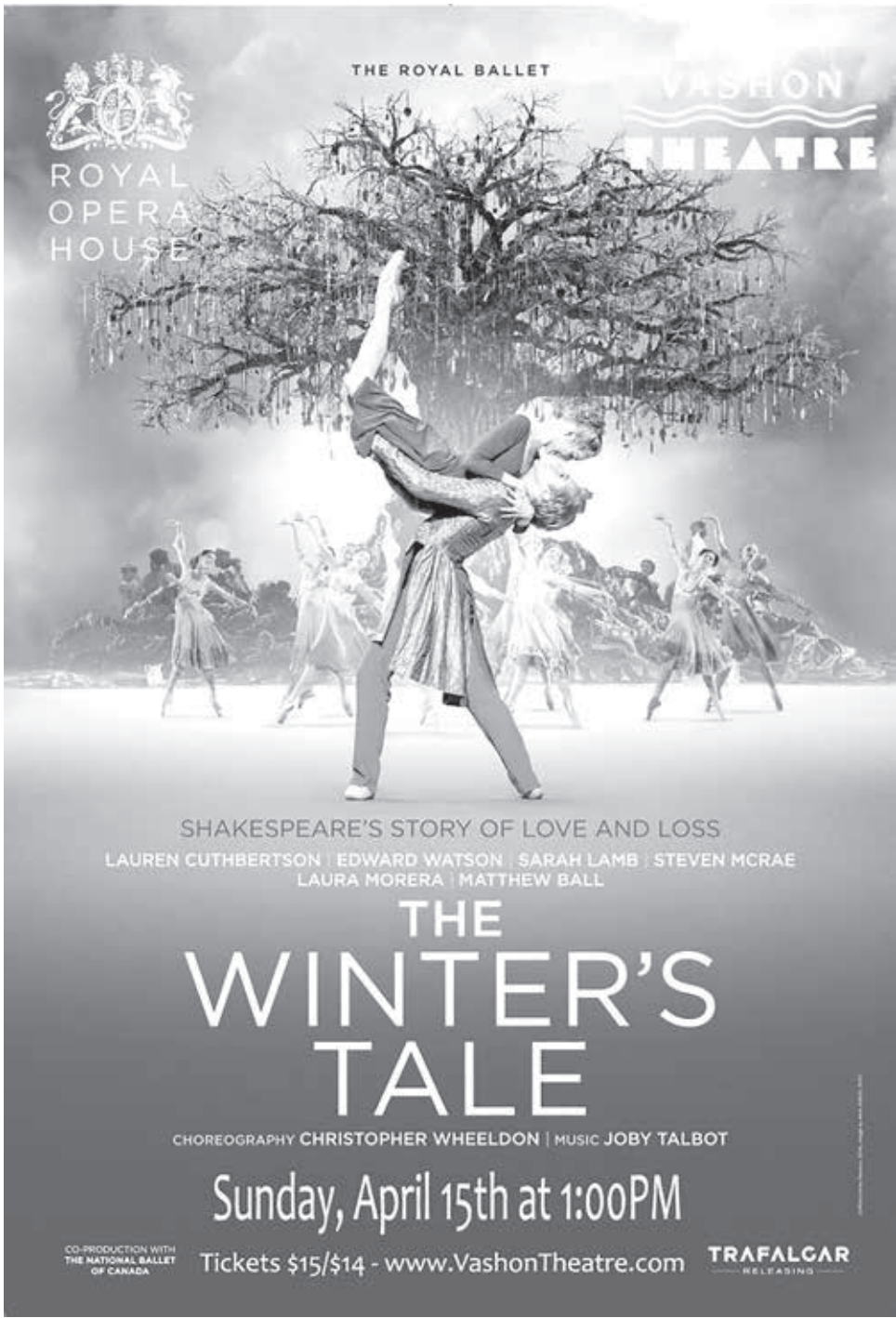
On Saturday, April 6th, we bring you Abigail Sloane and Bob Goering!

Abigail Sloane grew up on Maury Island – “born and raised fourth-generation Kranjceovich,” she said. Family lore says the musician was humming before she could speak and wrote her first song at age 8. Home schooled until she attended high school at Life Christian Academy in Tacoma,

Sloane took piano lessons from island teachers, but she said she always heard the music in her head a certain way, which was not always the classical sound her teachers wanted. She studied music in high school, attended two years of college in California without pursuing her craft, then traveled abroad before returning to Vashon, where she focused once again on her music.

Bob Goering has played in many bands in the past, most notably The Great Divide, an all-islander band that was formed in the early '80s and played locally for many years before hitting the “big time”, touring with blues guitar great Elvin Bishop. In 1987 the band won the Marlboro Country Music Talent Roundup, with a \$5000 grand prize, and the privilege of opening for Alabama, The Judd's and George Strait in the Tacoma Dome before a crowd of 20,000. Bob's got that classic country voice that everybody loves.

Sat, April 7th, 10am-2pm





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Next Edition of The Loop Comes out Thursday April 12

Deadline for the next edition of *The Loop* is **Saturday, April 7**

Loose Change

R&B Band

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

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Deadline for the next
edition of *The Loop* is
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PANDORA'S BOX

The calendar says that Spring is officially here.
We shall see is Mother Nature agrees.
In an odd twist of fate, April Fool's Day
and Easter all rolled into one.
How shall we celebrate?

Bo's Pick of the Week: Not one, but two new
foods for you to try! Bo likes them both.

(206) 463-3401
\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch





TRASH TALK

Plastics, the focus of Earth Day 2018, remain forever. They break down into small, invisible micro-plastics. Micro-plastics come from tiny fragments of discarded plastic bottles and bags or from fibers of synthetic clothing in laundry. They are now everywhere in the natural world: in the water we drink and fish we eat. Decrease micro-plastics in the environment by reducing, reusing, and recycling them.

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