

## It’s Garden Tour Time

This year’s Garden Tour will feature four stunning properties and the historic Mukai Farm and Garden that truly capture the beauty of Vashon, thanks to the love, ingenuity, and mastery of the garden hosts.

Start your Garden Tour at Vashon Center for the Arts to take in the wonderful garden-inspired visual arts exhibition specially curated by Georgetown’s own studio e, walk the native ecology field next door, and buy a few raffle tickets while you’re at it. And the Orca Eats food truck will be at the VCA on Saturday and Sunday for picnic fare and grab & go food!



June 22 and 23 | 10:00am – 4:00pm  
\$30 member | \$35 general

Visit [VashonCenterForTheArts.org](http://VashonCenterForTheArts.org) for information on the beautiful gardens in this year’s tour and to buy your tickets.

## Drama Dock presents The Who’s ‘Tommy’



*Choreographer Hallie Aldrich leads an all ages cast in Drama Dock’s The Who’s ‘Tommy.’ Photo by Peter Serko*

### Ciscoe Morris Lecture

Grab your garden gloves and sun hat, Ciscoe Morris is coming to Vashon! Ciscoe Morris, celebrated Master Gardener, actor and author, is joining us at the 2019 VCA Garden Tour! Always entertaining, insightful and provocative, Ciscoe will speak about “Gardening and Climate Change” while moderating a game of Garden BINGO in the VCA theater. This is one performance you won’t want to miss. Purchase an autographed copy of Ciscoe’s latest book for yourself or as a gift and enjoy a sampling of Vashon ciders and beer from Camp Colvos Brewing, Dragon’s Head Cider and Nashi Orchards

Sunday, June 23 | 4:00-6:30 pm  
4:00 doors open | 4:30 Lecture | 5:30-6:30 Tasting



\$25 member, \$30 general  
Visit [VashonCenterForTheArts.org](http://VashonCenterForTheArts.org) for tickets

Rock! Opera! Drama Dock! Vashon’s longstanding community theatre organization pulls out all the stops with its summer production of The Who’s ‘Tommy.’ The show opens June 27 for a two-weekend run at Vashon Center for the Arts.

Drama Dock’s all-island cast features Allison Shirk, Tony Mann, Haily Quackenbush, Chair Ste.Marie, Sarah Howard, Elise Ericksen, Julea Gardner, Matt Wilson, Anne Moses, Sue deNies, Gabriel Dawson, Lucy Rogers and Phoebe Ray. Musicians include Christopher Overstreet, keyboards; Andy James, guitar; Gavin Ford Kovite, bass; Jesse Whitford, percussion; and Mike Nichols, harmonica. ‘Tommy’ is directed by Elise Morrill. Choreographer is Hallie Aldrich and Musical Director is Christopher Overstreet.

Based on the iconic 1969 rock concept album by Pete Townshend, The Who’s ‘Tommy’ is an exhilarating journey of hope, healing and the human spirit. The story of the pinball-playing, deaf, dumb and blind boy who triumphs over his adversities has inspired, amazed and puzzled audiences for 50 years. Since Townshend first wrote and recorded ‘Tommy’ with The Who as a double album in 1969, it has had multiple incarnations - as a Ken Russell film fantasy starring Elton John, as a London Symphony Orchestra version, and as a wildly successful Broadway production,

winning five Tony Awards.

Like a rock ‘n roll rocket, Drama Dock’s ‘Tommy’ aims to accelerate the senses by offering the story as an explosive musical theatre piece, surrounded by one of the most powerful musical scores ever written. But there is also deeply thoughtful momentum at play in Vashon’s treatment of this rock opera for the ages. Director Elise Morrill, Musical Director Christopher Overstreet and Choreographer Hallie Aldrich, together with a talented cast of singers, dancers and musicians are creating a vital and vibrant work, with a significant artistic gesture towards empathy and healing. Vashon audiences will want to not miss this event! Drama Dock suggests parental guidance for children age 13 and under.

Dates for Drama Dock’s The Who’s ‘Tommy’ are Thursday, Friday, Saturday, June 27-29, at 7 pm; Sunday, June 30, 2 pm; Friday and Saturday, July 5 and 6, at 7 pm; Sunday, July 7 at 2 pm.

Tickets \$25 general; \$22 seniors, students, VCA and Drama Dock members, available at [vashoncenterforthearts.org](http://vashoncenterforthearts.org)

As a non-profit organization inspiring Vashon audiences since 1976, the mission of Drama Dock is to experience, enrich and express our community through the creation of theatre. Please visit

[www.dramadock.org](http://www.dramadock.org).

## The Road to Resilience

### Wetiko

By Terry Sullivan,

It is really difficult to get excited about doing what we need to do personally to address the climate crisis. I think a big part of the problem is that we see these changes as a net loss for us: loss of convenience, loss of mobility, more expense, less fun. This is especially true for us here in “fat city” North America where we have been reaping the benefits of industrialization more than anybody else in the world and by factors of ten over most of the third world. We know that since our prosperity has created more CO2 per capita than anybody else, we should have to shoulder the brunt of the costs of correcting it. Knowing and accepting are two different things. But maybe looking at what we truly value will help us envision a future in which what we lose becomes less important compared to what we gain.

I just read an article called “If Life Wins, There Will Be No Losers,” in which the zero sum game we go by now is replaced by abundance achieved by working with nature rather than against it. The article opens with a quote from a man whose wisdom we have not yet grown to appreciate.

“You never change things by fighting against the existing reality. To change something, build a new model that makes

the old model obsolete.” – Buckminster Fuller

There is a predominant world-view today that I think is distinctly European. An Algonquin tribe had a term which best described for them the disease affecting the European invaders. The term is “wetiko,” literally meaning “cannibalism.” According to Martin Winiecke of the Tamera Peace Research and Education Center, “It translates as the alienated human soul, no longer connected to an inner life force and so feeding on the energy of other beings.”


“Wetiko is the psychic mechanism that keeps us trapped in the illusion that we exist separately from everything else. Within the isolated selfish ego, the pursuit of maximum personal gain appears to be the goal and meaning of life. Coupled with the chronic inability to feel compassion for the lives of other beings, violence, exploitation and oppression are not only justified, but appear logical and rational. If we resist only the external effects of wetiko, maybe we can win a victory here or there, but we can’t overcome the system as a whole because this “opponent” also sits within ourselves. It is from within that we

*Continued on Page 5*



*Pianist and Musical Director Christopher Overstreet rehearses with singers for Drama Dock’s The Who’s ‘Tommy.’ Photo by Peter Serko*







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*Sage*



*Rico*

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**The Vashon Loop**

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# Get in The Loop

## Submissions to the Loop

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

### Master Gardener

Bring your gardening questions, plant samples and/or plant photos for identification to the Vashon Master Gardeners in front of Vashon Ace Hardware and receive free, science-based advice every Saturday 9:30am-2:30pm from April 27-September 21, and first Fridays 9:30am-2:30pm June-September. Contact Vashon Master Gardeners WSU Extension at [mgvashon@gmail.com](mailto:mgvashon@gmail.com) for more information.

### 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 from 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Highway SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

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

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Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
[vashonorcas.org](http://vashonorcas.org)

### Open Poetry Group

The June session of the Open Poetry Group will be in the Vashon Library Meeting Room on Wednesday, June 19 from 6:30 pm to 8 pm. The workshop will be led by Linera Lucas, a published poet and retired creative writing teacher. Please come with 8 copies of your work. This is a positively-focused poetry critique group, suitable for both beginners and experienced poets. The Open Poetry Group is free and open to all Vashon poets.

Linera Lucas won the Crucible Fiction Prize and has had poetry and short stories published in Boomtown Anthology, Change Seven Magazine, Clover, Crucible, Elohi Gadugi Journal, Pindeldyboz, RKVRY, Spillway, VerbSap, VoiceCatcher Anthology and elsewhere. She has a BA from Reed College, an MFA from Queens University of Charlotte, and has taught creative writing at the University of Washington Women's Center, the Reed College Alumni Writers Workshop, and Hugo House.

### Zen Over Coffee

What's all the fuss about one hand clapping? Isn't that endless sitting boring? What do you mean - there's nothing to attain? Stop by Snapdragon on Saturday June 15 from 10 to noon, grab a coffee and snack and sit down for a chat with Puget Sound Zen Center's Abbot Koshin Christopher Cain about all matters Zen or otherwise. Bring your questions or just bring your knitting and listen.

Zen Over Coffee  
Saturday, June 15



10 to noon at Snapdragon Restaurant

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Next Loop comes out June 27

### Community Sound Bath

Vashon's Threshold Choir will share its soothing bedside songs with the Vashon community. All are welcome to relax in a zero-gravity chair, and listen to the group's soothing, calming a cappella harmonies.

Come on Friday, June 28 at 6:45 to 7:30 PM at Vashon Cohousing Common House, 10421 Bank Road.

### Syrian Refugee friends on the Island are deeply affected by what is happening in Syria

Twelve year old Yamama and ten year old Iylaf watch the wind in the trees from the safety of their home on Vashon. Behind them they hear their mother, Jamila, talking on the cell phone to Yamama's favorite aunt, also named Jamila, who lives in Idlib, Syria. It is Ramadan, and both families have been fasting sunrise to sunset. It is sunset in Idlib, and her aunt's family are getting ready to break their fast with an evening meal of lentil soup and perhaps bread. There is no money for the traditional foods of Ramadan. Suddenly someone shouts in Arabic, "watch out, the planes are coming!" and the terror crosses over two oceans and a continent, breaking the peace of Mustafa's home. Then comes the sound of bombs exploding. Yamama covers her ears and runs out of the room, not knowing if her aunt's house has been hit again.

The next day, Yamama's father, Mustafa, posts on Facebook the photo of a baby not two months old who was killed in the bombing. Yamama's aunt and family are OK - for now. Their house was hit two years ago, killing her son, who was married only 6 months. Now they are living under the trees, afraid to go home. The bombs will come again, and they are targeting homes, markets with people shopping, and hospitals trying to care for the wounded. Schools are closed, as they, too, are targets.

Today when I visit, Mustafa tells me, "Seventeen people were killed in bombing just one hour ago, and 40 were wounded."

Jamila asks me, "Why is the world silent while this is happening? Why is my country being destroyed and my family and friends murdered and no one speaks up to say Stop! Why?"

I have no answer. I can only write or call my congress representatives to protest, and give money through Rita Zawaideh's fund (<http://www.lscmmmedicalmissions.org/donate> for food for families in Syria, Syrian refugees in Jorden, and Yemen. It is not enough, but it is something.

Iylaf asks people to stand up for the Syrian people's rights and help stop the war. But how?

**TRASH TALK**  
Reduce your carbon footprint by eating local, organic vegetables! Vegetables have a vastly smaller carbon footprint than meat. If they are produced locally, you avoid the fossil fuels that are used to ship them across the country or world. So be sure to visit the Saturday Farmers Market or take an afternoon visiting the farm stands. More info at [Vigavashon.org](http://Vigavashon.org)  
  
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**Next Edition of  
The Loop Comes  
out Thursday  
June 27**  
Deadline for the next edition of *The Loop*  
**Saturday, June 22**



# Humdurgan



Vashon Peach Festival parade in the 1950's Photo courtesy Vashon-Maury Island Heritage Association

By Sean Malone and John Sweetman

Brother Mike and Kit Bradley and Dale Bates and I were bicycling down to Colvos. We were going to see Craig Roen and his Father’s invention, the humdurgan.

“Come out to the shop,” Craig called and we followed him to the barn to see the humdurgan, an invention of Al Roen’s that ran on one fifteen-inch car wheel driven by a used three horsepower lawnmower engine, and a chain and sprocket that made so much noise as it clanked its way through the woods that it scared all the game away. Al Roen was an avid Vashon hunter who went to eastern Washington for his meat as did several others, including John Sherman, Clarence Fagley and Buster Stoltz. Buster Stoltz was called “Buster Bolts” because he ran a wrecking yard with a tall board fence, down Cemetery road where we could get cheap car parts for our old junkers. Buster had a lot of old cars and other junk because it cost too much to haul anything off the island. At our young age, anything we could afford to buy and drive was borderline junk in the first place. We were told never to buy a Vashon car; because they were all worn out. They can still be spotted today, with dented bodies and green mold.

John and I had over twenty cars apiece before we were old enough to own something better. We would buy some old junker from Buster and go back later for parts. When the junker finally failed, Buster got the car back at no cost and we claimed credit for being part of the first recycling effort on Vashon Island. I found an old Model A in an apple orchard in eastern Washington, loaded up the back seat with spare parts and drove to Utah to work at the ski area called Alta.

John Sherman recalls an incident of the “hungry thirties” when Al Roen bought a new rifle. “His wife didn’t like it,” John related. “Al was lucky that year

and got a buck the first day out. It was a seven-point and Al set his brand new rifle across the antlers and stepped back to take a picture and saw only a blur in the view finder as the buck jumped up and ran off into the woods with Al’s brand new rifle hanging in his horns.” After a brief search, Al found his rifle in the creek and the buck was nowhere to be found.

John Sherman also told of Otto Therkelsen shooting his own horse. Otto and John’s Uncle Fred Sherman were hunting from a horse and buggy in eastern Washington, or maybe it was two horses, when they stopped and camped for the night. With just an oil lamp for light, Otto saw the eyes of a buck not too far from the fire and shot and killed one of his horses. That was a bad case of buck fever. When they returned to Vashon, Otto told everyone that it was Fred that had shot his horse. Nobody believed him.

If you look at the photo up above, the picture is of Al Roen on the first set of handle bars and my Father, Ray on the second set. It was an early 50’s photo at the old mingle mint store and the telephone building across the intersection.

Gene Sherman and Peggy had a darkroom in their home where they processed their own color slides. The colors are Kodachrome; which was a popular slide format in the 1950’s. If you look closely, you can just see Al’s grizzly-bear rug and a couple of deer heads and all the people watching the parade are smiling. Al had shot a yearling and measured the footprint of the mother bear at twelve inches.

The only missing thing in the parade was Al Roen’s 30.06 rifle in the deer antlers.

Sean@vashonloop.com

# Spiritual Smart Aleck

By Mary Tuel

## Procyon Lotor: Hell Spawn of the Suburbs

The Latin name for the raccoon is Procyon Lotor. Procyon, for the star, because raccoons are nocturnal (allegedly), and Lotor, for “washing,” because they wash their food in water.

In the warm months I leave the kitchen door open so the dog and cat can go in and out at their leisure.

The other day I heard a noise in the kitchen. I went to see, and a raccoon was standing on its hind feet at the threshold of the open kitchen door.

The raccoon was about the size of a toddler and because it was standing up on its hind legs looking adorable it was difficult not to anthropomorphize it. Huge “aw” factor.

People have two different takes on raccoons. One group thinks they are so cute, and they put out food and baby talk to raccoons.

The other group thinks raccoons are indeed cute; and, vicious, destructive, disease-carrying, trash pandas.

I belong to the latter group.

Back at the kitchen: the toddler-raccoon did not stand down until I stepped forward. Then it got on all fours and ambled off the porch.

It stood up on its hind legs again in front of the porch, turned and looked back to see if I was still there. I reached for one of the ski poles I keep in an old trash can on the porch (I use them as walking sticks) and that’s when the raccoon rambled away, to the ravine, I thought, but more likely under the back porch.

The dog and cat food bags are just inside the kitchen door. Raccoon must have thought she hit the jackpot until I ruined it all.

The next day my housemate was sitting out on the kitchen porch when she spotted the raccoon heading her way. Mayhem ensued. She yelled and threw things at the raccoon. It took the hint and headed back the way it came. It went under the back porch. Rats.

Well, not rats. We got the exterminator to get rid of the rats ten years ago. My housemate chucked some rocks through the openings between the stairs of the back stoop to discourage the raccoon further.

Next afternoon, one of the many times my cat wanted in and I opened the door, I looked outside, and saw the raccoon trundling up the hill.

By now I was speculating that someone was feeding this pest. It seemed so bold and unafraid.

The next day was a warm sunny day, and I went up to town in the afternoon and drove home with the window of the car open. When I got home, I forgot to roll up the window.



Cue the music from Jaws: da-DOM.

The next day when I went to run errands, I noticed that one of my shopping bags was on the front seat. Hm, I thought. Cat?

Shows you how naïve I am.

I headed to town, and I was almost there before I saw the raccoon prints on my windshield.

When I parked, I looked at the shopping bag and found that it was torn to shreds. The paper bag I’d been using for garbage for a couple of weeks had been gone through and its contents distributed.

We were not amused.

Did a little research. Washington state has a law: RCW 77.15.790: “Negligently feeding, attempting to feed, or attracting large wild carnivores to land or a building— Infraction.

“(1) A person may not negligently feed or attempt to feed large wild carnivores or negligently attract large wild carnivores to



Raccoon (Procyon lotor) skull preserved by Rick Tuel, 1994

land or a building.”

Raccoons qualify as large wild carnivores – or large enough. They are wild, they spread parasites (roundworm) and disease (rabies), and they will attack your animals and you. I don’t know what the penalty is for this infraction, but I wish it was enforced.

Feeding raccoons makes them unafraid of us, makes their population grow, and keeps them from foraging, which is how they are supposed to survive.

Vashon is lousy with raccoons. I cannot remember a time when it wasn’t. Don’t feed them. Yes, they are cute, but they are hell spawn.

I’m closing my car windows and the kitchen door now. The Procyon Lotor is the worst kind of guest: uninvited, dangerous, destructive, disease-bearing.

Out in the yard a few minutes ago I was enjoying the bucolic serenity of late afternoon. The flowers, the greenery, the birds, the raccoon emerging from between the porch steps.

I came toward it yelling and it went back under the porch. I threw a fir cone at it under the porch, and it walked over to sniff it. Argh. It was expecting food. I kept yelling, and it didn’t move.

Finally, I began barking like a dog. That made it leave.

Whatever works. Please don’t feed raccoons.

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# Island Epicure



By Marj Watkins  
The Ultimate Stir-Fry

The best of all possible stir-fry dishes meets these criteria: Contains assorted vegetables and a high-protein source, looks beautiful, and tastes great. If it’s quick to prepare as well as cook you’ve got the ultimate stir-fry.

For vegetables, I like to choose colorful ones. Color tends to indicate nutrition and flavor, freshness, and pleasure to the eye of the beholder.

Some combinations that combine a range of nutrients and do all the things mentioned just now. The thickening gives the dish an attractive glaze and makes sure the liquid gets eaten.

- BEEF STIR-FRY**
- 4 servings*
- 12 ounces (0.75 lb) thin-sliced beef or bison, cut in small strips
- Flour for dredging
- Salt and pepper to taste
- 3 Tablespoons olive or canola oil, divided
- 3 to 4 garlic cloves, minced
- 4 slices gingerroot, minced
- 1 (5-ounce) package Spinach
- 4 to 6 green onions, cut in 1 ½ inch lengths, tops separate
- or 1 small yellow onion wedge-cut in ¼-inch wide strips
- 1 red bell pepper, cut in strips
- 2 or 3 ribs celery, optional
- 1 cup beef broth
- Thickening:
- 1 Tablespoon cornstarch
- ¼ cup cold water

Prepare everything but the thickening. First, the beef: Dredge it well in flour. I like to use half barley flour and half cornstarch, but any mild-tasting flour will do. Press the flour in, both sides of the beef strips. Heat 2 Tablespoons of the oil in your widest skillet, or in two skillets using 1 Tablespoon oil in each. Brown the beef strips on each side, adding more oil if needed. Remove meat and reserve. Wipe out the pans.

Second, the vegetables: Mince the garlic let it breathe while you cut up the rest of the vegetables.

Glaze the skillet/s with the remaining tablespoon of oil and heat them. Stir-fry the rest of the vegetables, reserving the green onion tops, about 5 minutes.

Add the broth. Bring to a low boil. Cover and cook 5 minutes. Scoop the vegetables into a bowl. Add the broth to the pan. Increase the heat under it. Let it come to a boil. Combine the cornstarch and water in a small cup. Slowly add it to the boiling broth while stirring. When it thickens and clears, add back the meat and vegetables. Stir. Add green onion tops. Cook until heated through. Stir again. Transfer to serving bowl.

Serve with steamed rice of your choice. We like brown rice goldened with a few pinches of turmeric.

Nutritip: Turmeric is good for your memory. Brown rice has a better cadmium-zinc balance than white rice, plus B vitamins.

No actual frying required for this dish. A wide skillet cooks the ingredients quickly and evenly.

- GARLIC SHRIMP**
- 4 servings*
- 1 ½ cups chicken broth or clam liqueur
- ½ pound large shrimp, cooked and shelled
- 6 cups nappa cabbage cut in 1 ½ inch squares (never mind if they aren’t all perfectly square)

- 4 to 6 fat garlic cloves, minced, about 2 Tablespoons
- 1 long carrot, whittled to thin strips, or julienne\*
- 1 green bell pepper cut in shrimp-size strips
- 4 green onions cut in 1 ½ inch lengths, tops separate
- Thickening
- 1 Tablespoon cornstarch or Mochiko rice starch
- ¼ cup cold water

Heat the broth or clam liqueur. Add everything but the shrimp and thickening. Bring to a low boil. Cook 5 minutes. Add thickening. Stir-cook until the broth thickens and clears. Add shrimp and green onion tops. Cook about 3 minutes more, just until the shrimp are heated along with the rest of the ingredients.

\*Julienne carrots in a food process or if you have no mandolin. Cut them in about 1 ½-inch lengths and stack them horizontally in the feeder tube. Process. Yields thin sticks. This is faster and easier than whittling thin strips.

Any left-over stir fry serves as the basis for a delicious noodle dish or light soup. This is Cordon Bleu type cooking. All quantities depend on what’s on hand, and what seems right to the cook.

- SOUP OF THE STIR-FRY**
- Thai rice noodles, or any leftover cooked pasta
- Chicken stock or beef broth
- Leftover Stir fry
- Small handful cilantro or parsley
- ½ cup thin bamboo shoots, optional
- Soy sauce to taste
- Soak the rice noodles if using in hot water for 15 minutes.
- Combine all ingredients. Bring to boiling. Test noodles for doneness. Enjoy!

- VEGAN STIR-FRY**
- 4 servings*
- 2 Tablespoons canola oil
- 1 small head broccoli, florets cut off, stems reserved for later soup
- 1 sweet onion cut in bite-size pieces
- ½ cup thinly sliced carrot
- ½ cup thinly sliced celery
- 1 yellow bell pepper cut in bite-size pieces
- 1/3 cup raw peanuts, almonds, or cashews
- Broth:
- 2 cups water
- 1 Tablespoon soy sauce, or to taste
- 1 teaspoon coconut sugar

## Road to Resilience

*Continued from Page 1*  
constantly feed and support this monstrous system.”

To heal ourselves of wetiko, we need to address our racial, gender, class, and religious wounds and end the pattern of oppression, guilt, and blame. Balancing patriarchy with an ascendancy of feminism would greatly aid this process. We also need to abandon the hubris of thinking that in 10,000 years, we have discovered a better model for life than what nature has evolved over 3 billion years. We have lost our sense of connection with not only the totality of humanity but with all of life. In thinking that we are isolated and separate, competing with other life for limited resources, we are blowing holes in the boat that floats us.

It is significant to me that the word “sustainable” is being replaced by the word “regenerative.” Sustainable implies something that will allow the status quo to go on indefinitely. Regenerative, however, implies a healing process, which implies that our world is sick and we need to heal it. My first exposure to this concept was in reference to regenerative agriculture, through which attending to the health of the soil reaps wins for all. Restorative justice, in which perpetrator and victim work together to heal the rift caused by the crime, is another application. No fighting, no assigning blame—just heal the wound.

So what about those bastards that are stealing from us and all of creation and

# Ham Radio Field Day

JUNE  
22  
BEGINS 11 AM

HAM RADIO'S OPEN HOUSE:  
FIELD DAY  
PUBLIC WELCOME!

SWALLOW'S NEST - BLUFF TOP LOCATION - 6030 SW 248TH ST.

Tour the Vashon Maury Island Radio Club  
Emergency Communication Trailer.

Discover Digital Operations with  
Software-Defined Radios.

Learn about email over radio.

Take Part in Hidden Transmitter Hunts!

Every June, more than 40,000 hams throughout North America set up temporary transmitting stations in public places to demonstrate ham radio’s science, skill and service to our communities and our nation. Field Day combines public service, emergency preparedness, community outreach, and technical skills in a single event. Field Day has been an annual event since 1933 and remains the most popular event in ham radio. PUBLIC WELCOME to tour Vashon Maury Island Radio Club emergency communication trailer. Learn about email over radio (without the internet), digital operations with software-defined radios, and hidden transmitter hunts.

## June Show at VALISE

In June, “The Danny and Dot Show,” a feast of art, homey and wildly original, arrives at VALISE. Food paintings on reclaimed Pacific Northwest wood by member artist Dot Chersch are each inspired by the memory of an important person and a comforting eating moment. Burien artist Danny Mansfield’s fabric constructions are stitched by hand and by sewing machine in abstract patterns and images of faces, trees and hands. His grandmother inspired his sewing and got him started making art. The show opens June 7th and runs through June 29. Hours: Fridays and Saturdays 11-5. Opening: Friday, June 7, 6-9 p.m. VALISE is located at 17633 Vashon Hwy SW. ValiseGallery.com

ruining the planet? That’s the crux of the matter, isn’t it? Look again at the Bucky Fuller quote up near the top. We do need to stand in the way to prevent harm and protect life, but we also need to be thinking in terms of creating the better alternative and moving into it.

The Thousands of people who have begun to practice regenerative agriculture are finding that tending to the needs of and protecting the microbiome that is soil is reaping abundance in the form of better and more abundant crops, minimal pest damage, greater water retention, carbon sequestration, increased wildlife habitat, all at much reduced costs. This, alone, and barring war or other human interference, could go a long way toward saving our world. I believe the other shoe, ending fossil fuel use, will also fall as the renewable

alternatives are seen as far superior. How much better could it be if we apply this approach across the board?

A good rule of thumb going forward for judging what we personally do or what we collectively do is to answer the question, does this activity result in a benefit to all or does it involve a non-restorative expense to some part of the system? When we understand that we are an inherent part of that system, these decisions should be easy to make.

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



# The Pat Reardon Band

From various incarnations as neighbors & roommates in West Seattle during the 1990’s, these friends/ musicians gelled and molded into who they are now: one groovaliciously synchopated unit. In the 20 years of jamming & laughing together – they’ve found the perfect pathways to roam through Pat’s eclectic array of originals. You’ll hear rock folk country jazz funk bluegrass tinged songs with enough clever lyrics to make a dictionary AND a thesaurus jealous. It’s as if someone keeps changing the radio station – and that’s the way they like it.

Come ready to dance!  
The Pat Reardon Band  
Friday, June 28th, 8pm  
The Red Bicycle  
All-ages ‘til 11pm, 21+ after that  
Free cover!



# Come Together

Vashon Events is hosting their first showcase of the year at the Open Space for Arts & Community in the Grand Hall! Enjoy island musicians and bands as they perform songs of the Beatles. Tickets are \$10 in advance and \$12 at the door. All ages!

Vashon Events is notorious for their showcases, featuring the jaw-dropping, inspiring, and sometimes hilarious performances of local musicians. Get there early for a good seat. Doors open at 6:00pm, Friday, June 21st. Tickets \$10. Mingle with friends before the show, then musicians will take the stage as solo, duo, or ensemble performers to interpret one Beatles song. Beer, wine and other beverages will be available for purchase. Throughout the evening, 12-15 songs will be performed, each by a different act. Together, the performances create an unforgettable journey of experiencing an immense variety of Island musicianship and interpretations of the Beatles’ library of works.

The event is a fundraiser to support Vashon Events, a nonprofit organization whose mission is to inspire and connect the community by promoting and producing extraordinary music experiences and supporting musicians by providing access to instruments, education, resources, and opportunities for paid performances. We would love your support by coming to the show and enjoying the music!

A Showcase of Island Musicians



Performing Songs of the Beatles  
Friday, June 21st, Doors at 6pm  
Open Space for Arts & Community  
If you are interested in performing at this showcase, the application is available at: <https://www.vashonevents.org/formusicians#/showcaseapplication/>  
This Beatles Showcase is sponsored by Sue Carette, AJ’s Espresso, The Rock Island on Vashon and 4Culture.  
Tickets are available at [vashonevents.org](http://vashonevents.org) or at the door the night of the show.



A play, set as an audition for a fictional, future production on Vashon Island of Oh Brother Where Art Thou, featuring various island performers and their renditions of songs made famous in the soundtrack from the movie. Some of the arrangements are traditional to the soundtrack, others will be original arrangements. Dotted with foolery and some Vashon-centric lore, the story breathes some fresh air into the music.

Featuring performances by Jon Whalen, Arlette Moody, Adrienne Selvy Mildon, JD Hobson and many more!

What do modern versions of old-timey music, a feral Llama and Father’s Day have in common? Vashon Island of course! Oh Brother, a production based upon the music made famous in the movie O Brother Where Art Thou, will be performed on Father’s Day this summer, Sunday June 16th at the Vashon Center for the Arts. Long-time performer, director, musician and dabbler in vocal sound effects, Jon Whalen, is once again pulling island performers together in a show of music and Vashon whimsy! A veteran cast member of the live music, comedy and variety show Church of Great Rain, Jon fell into the vast community of island performers that is one of the facets that make this island so wonderful. Since then he has created and produced two music shows, One Lucky Guy and The KVSH Birthday Exxxtravaganza! by building a band to back up some amazing voices. This time he’s bringing together many various performers with their interpretations of the songs. Some of them favorite island names; Arlette Moody, Adrienne Selvy Mildon, Lyn McManus, Paul Colwell, John Browne, all of whom have performed with Jon before. JD Hobson, Marita Eriksen, and some newer faces and voices; Chai Ste Marie, Steve Itterly,

Margo Tantau, plus the band Listen in The Kitchen, will be featured in the show.

Although incorporating the music, Oh Brother will not recreate any part of the story from the film but meld some Vashon interpretation and lore with the songs. A fresh story will lead the audience thru the music to a sweet finish.

Sunday, June 16 | 7pm  
\$20 General, \$18 Senior, \$16 Member, \$10 Student  
Visit [VashonCenterForTheArts.org](http://VashonCenterForTheArts.org) for tickets

# 18th Century Quartets

In the sixth and final Salish Sea Early Music Festival performance in 2019, harpsichordist Jonathan Oddie, violist and violinist Stephen Creswell, baroque cellist Caroline Nicolas and one-key baroque flutist Jeffrey Cohan perform quartets stretching through the 18th century by Telemann, C.P.E. Bach, Joseph Haydn and others in “18th-Century Quartets” on Sunday afternoon, June 16 at 2:00 PM at Bethel Church at 148th Ave SW & 119th Street (14736 SW Bethel Lane) on Vashon Island.

The program will range from one of the most well known quartets for these



Cellist Caroline Nicolas

instruments by Georg Philipp Telemann from early in the century to a quartet for obbligato keyboard with flute, viola, cello by Carl Philipp Emanuel Bach (1714 – 1788), a quartet by Joseph Haydn and other rarely heard quartets by little-known late 18th-century composers Tommaso Giordani (c. 1730-1806), J. Schmittbauer (1718 – 1809) and Johann Gottlieb Naumann (1741 – 1801).

Please see [www.salishseafestival.org/vashon](http://www.salishseafestival.org/vashon) for additional information or call Bethel Church at (360) 445-5396. Admission is by suggested donation: \$15, \$20 or \$25 (a free will offering), and those 18 & under are free.

Deadline for the next edition of *The Loop* is **Saturday, June 22**

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# Planet Waves

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



**Aries (March 20-April 19)**  
Face any emotional challenges head-on this week. You have the option to deceive or obfuscate your way out of any uncomfortable situation. You can use smoke and mirrors and do a disappearing act, though you will still be left in the same basic position. What may seem confusing is that it keeps manifesting as someone else — either as their problem, or the seeming solution being in their hands. This is where you need to take ownership, and rely less on others. The more willing you are to take hold of your circumstances, particularly in domestic environments, the more you will find that your own original approaches come to you. One thing to track is the extent to which your emotional situation infuses your physical environment. This happens through both the filter of your mind and feelings, and the influence that your mood has on others. The more you notice when and how this happens, the easier it will be to get a handle on yourself.

**Taurus (April 19-May 20)**  
It takes considerable maturity to understand that you don't have to live the way others expect you to live, particularly where your most intimate relationships are concerned. Not only is there no 'normal', what is counted as such is usually forced onto people unwillingly. The 'normal' thing to do changes like the tides, the seasons and the fashions, even when life is less frenetic than it is today. Vesta in your birth sign is here to teach you to be bold about who you actually are, no matter what others may think. It's nobody's decision but your own who you love, how you love them, or why you do. How to conduct a relationship is entirely the choice of the people involved. There are many who are not suited for any 'normal' form of relationship that society seems to make mandatory, and if that is true of you, take full possession of your values. Every person on the planet has their own original sexual and emotional orientation.

**Gemini (May 20-June 21)**  
Don't defend your values; live them freely. Your solar chart is a study in what motivates you. Do you know what it is? Do you allow yourself to connect with your true drive? One thing you may experience this week is the desire to do just that, and some anger at yourself for not having done so in the past. Yet your astrology is all about what you choose now, based on what motivates you now. This calls for emotional independence from others, and keeping the past in its correct place, so that it does not bog you down today. You may experience a "clash of the cultures" between what was true for you in the past, and what is true for you currently. You might ask, however, whether your truth from the past had anything at all to do with you, or whether it was all about what your parents expected of you. When you really engage this discussion, it will seem like a confrontation of the first order. When you are past it, you will feel like you were just living your life.

**Cancer (June 21-July 22)**  
Mars in your sign describes you as someone determined to do what you gotta do — and it's high time you figured that out. Be prepared, though, for those with lesser imaginations, and less courage, to resist you. More significantly, be aware of your own psychological resistance that you may attribute to your family background or any element of your past history. While it's true that there are plenty of zombies staggering about, as if we live in the world of the undead, you are alive. And being

alive is not about shooting zombies or changing the opinions of your relatives (or your partner or boss or whoever might seem to have power over you). Being alive is about living. Most resistance that you feel is a facet of your own psyche, though this can be the most challenging substance to move. It helps if you know what you're doing; your life is about you, not about them.

**Leo (July 22-Aug. 23)**  
It's healthy to confront your deepest fears; this way you can decide if you want to do something about them, rather than have them run your life from behind the scenes. I suggest you do something bold, which is put your fears into words. Not on Facebook please. Not in email or anywhere near the internet. Use an old-fashioned notebook and give yourself an opportunity to cleanse your soul. Do this at the moment you're having the experience, whether late at night, at your desk, while you're eating, or wherever. There's another side to this: articulating your deepest desires. Reach in and pull them out. Be bold — be truthful with yourself about whatever they are. The action of Mars this week is especially encouraging of a certain kind of raw honesty about your sexuality. Work your way past any shame, guilt and embarrassment to the point where you feel a breakthrough. Once again, your notebook is your best friend. No computers, no internet. Private.


**Virgo (Aug. 23-Sep. 22)**  
Burn off the fog, and be real about what you intend to do with the opportunities that are in front of you. You are not deciding "what to do with the rest of your life" but rather what to do with your opportunity to live, now. There are many distractions; conflict abounds on the planet right now, all around us, and within most people. The way conflict potentially manifests for you is on the level of your priorities. This will be the most pervasive when you don't consider the question of what matters to you — that is, matters most, or at all. The problem of commitment does need to be recognized for what it is, since the implication is that you will devote yourself and, at the same time, let go of lesser priorities that don't serve your real goals. The question to ask, though, is: in what ways do those lesser priorities serve you? Do they "protect" you from what you truly desire and need?

**Libra (Sep. 22-Oct. 23)**  
You may be taken on something of an odyssey this week, though give yourself enough emotional distance to see any drama for what it is. The world is a setup right now — for triggers and disasters and disappointments, all of which amount to a tornado in the blender. You have genuine aspirations, and cannot afford to be distracted by all the world's excuses. You believe in justice, which is not going to be litigated on Instagram. There are places you want to go, and you're not going to get there in a movie theater or by watching Netflix. And more than anything, you are ready to take the risk of connecting to people with depth and meaning, which will necessitate courage. That is the whole point; there is no other way to meet the world honestly in our time in history than to be courageous, which means to have your heart open and be willing to take a chance.

**Scorpio (Oct. 23-Nov. 22)**  
You need some new ideas about your existence, and this week's astrology is like an atom smasher that will create new

## Parker Posey Needs a Home

Here's the deal - I didn't have much experience living around people before coming to the shelter, and I'm very shy. You certainly wouldn't have to worry about me pestering you for attention - a high-maintenance cat I'm not! Shelter volunteers have noticed that I'm more comfortable around them than I used to be, though. Who knows, maybe someday I'll be a true companion to a special person. Stranger things have happened!



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#### To view adoptable Cats and Dogs

elements, new subatomic particles and, possibly, a window into a new reality for you. Yet this will come at the "cost" of being willing to challenge your old ideas about yourself, and your life. In order to do that, it's necessary that you encounter them directly. You will know you're doing this because you experience their density firsthand. You may be so accustomed to this that it seems like part of the landscape, though developing planetary patterns are describing something unusual. If you feel in any way lost, or trapped, or hung up, or frustrated, you may experience an impact of some kind that shakes you loose. This impact is likely to come from your own mind: as an idea you have that "threatens" the mental security structures of the past, which have come to be the single greatest factor undermining your peace of mind.

**Sagittarius (Nov. 22-Dec. 22)**  
Handle a financial situation with care, caution and most of all awareness. There may be a great temptation to sign away your rights, or to take on a commitment that's too big for you to handle. Be mindful of this. You don't need to impress anyone. You don't need to take additional responsibility for anyone other than yourself, and you could probably benefit from handing back to a good few people their responsibility for themselves. Be conscious of what you do for the sake of image: for how you want to be seen, or how you think people will judge you. Do not confuse private, intimate matters with public ones. Image is worthless unless it comports with your deepest, underlying values. This is where the conflict may enter. And if you find yourself in conflict, be real with yourself when you evaluate what it's about.

**Capricorn (Dec. 22-Jan. 20)**  
Others may seem to challenge or provoke you, though you will experience that provocation on your density level at the time. Everyone knows there are days when we can allow something truly offensive to roll off of us, and other days when some minor social infraction is taken as a capital offense. That's about your density level. There used to be this useful concept called "expanded consciousness," which is another way of saying "opening up one's mind." You will have a series of opportunities to expand your consciousness and open your mind over the next few days, as Mars opposes a cluster of planets and points in your sign. Step one is to not take things so personally as we are conditioned to do these days. Avoid the "sport" of being offended, which is a hot item at the moment. Stay away from abstract concepts like social justice, and do the right thing in any situation where you find yourself. That would be plenty helpful for all involved.

**Aquarius (Jan. 20-Feb. 19)**  
Be mindful of your stress level this week. You don't need to take anything new on, and there are many superfluous matters

you can set aside. Focus on what matters, and give it what you've got. Remember your time, your labor and your ideas all have value, and that of the three, your ideas are the most efficient. That's because they can save both time and labor. Start by investing your energy there. Take up the difficult questions. Do not be satisfied with simplistic answers; stretch your intelligence. Do all of your calculations in long form. Look at the history of any problem you encounter, and ask yourself a real question: is the problem being defined in a way that it can be solved? To this end, be mindful when you encounter futility in any form. You are probably not asking the question the right way, or not asking the right question. Set some clear goals for yourself; three will suffice, the better if they are in some way related. Then proceed mindfully.

**Pisces (Feb. 19-March 20)**  
Stay focused on what you know matters: your core mission, and core principles. While you're doing that, think in terms of what else you are interested in. Your astrology is describing an apparent conflict between what you want and what appears possible at the moment. It may seem to you that very little is possible, and that your dreams don't carry much potency. Even if that is true, your creativity, your curiosity and your passion are concentrated and powerful at the moment, and that is the place to focus. Be gutsy about experimenting, and open-minded about evaluating the results of your various explorations and trial runs. Whatever may be going on in the world, your mind is the thing through which you filter everything you experience, perceive and feel. No matter what the world may look like, the place to focus your energy is on your own consciousness and what you do with it. Keep your paint wet, your knife sharp and your heart and soul hungry for more.  
Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

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

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