

Shook Twins “Some Good Lives” Album Release Tour

Open Space for Arts & Community and Debra Heesch present ... The Shook Twins! Touring their fourth album, Some Good Lives, they will be playing Open Space April 13th, 2019. It is a delight to know they are returning to Open Space and Vashon Island on this tour.

“I love the harmonies of the Shook Twins, the dreamlike songs that seem somehow permeated by the American Folk tradition, without actually being part of it. They make music that twines through your soul the way vines cover an abandoned shack in the woods.” – Neil Gaiman, New York Times – Best-Selling Author

“The Shooks will Shake you. These ladies have been keepin’ it real since the day they were born and that was only seconds apart from one another I think. Do yourself a favor and check ‘em out. I do declare, ya won’t be sorry.” –

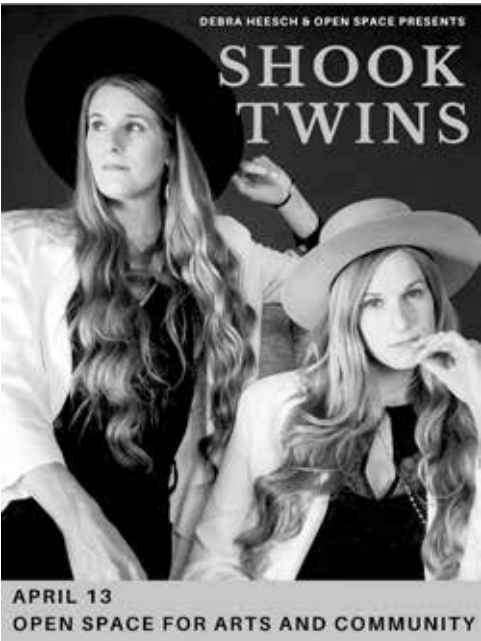


Photo credit, Jessie McCall, photographer

Langhorne Slim

“The Shook Twins put on a heck of a show. Keep your eyes on these folks. I’m excited to hear what they do next.” – Tucker Martine

“A unique, personal music that lights up the stage with its joy and enthusiasm.” – Mason Jennings

\$15 Advance Ticket / \$18 at the Door
\$30 Table Seat
Date: Saturday April 13, 2019
Doors: 6PM
Showtime: 7PM

The Road to Resilience Soils R Us

By Terry Sullivan,

There are two incubators of life on this planet: the oceans and other bodies of water and the soil. All of the oxygen and food on Earth is created in those two media. In the oceans, lakes, and rivers, it is the phytoplankton that make about 50 percent of our oxygen. The larger plants do the rest, in conjunction with a living soil, which is made up of a sea of microbial and fungal life. Given sufficient sun, water, minerals, and interaction with a plethora of plants and animals, soil will grow and thrive. Our stewardship of those soils is what I want to discuss.

If we haven’t had the opportunity to really interact with soil, say in a garden or a farm, soil is “dirt,” and if we get some on us, we are “dirty.” This is a very poor frame to use to characterize what is one of the most important and critical substances to our existence.

We affect the soil by either what we put in it or what we do to it.

As we put things in our soil, we have to understand that if we eat the plants that grow in that soil, we also eat the substances that we put in the soil. If those substances are herbicides, pesticides, or chemical fertilizers, you will be eating them. They may be very limited amounts, but many of them will accumulate in your body as

well as in all the land, plants, animals, and bodies of water that come in contact with it. Those toxins also kill the soil itself. Remember that soil is not an inert medium the plants stand in. As you stand on the ground, it is literally as alive as if you were standing on the back of a huge whale.

The other way that we kill the soil is by disturbing it. Soil does not like to be exposed, so, if we scrape the vegetation off of it, weeds will quickly appear to fill the void. If we poison those weeds so as to leave the soil bare, it will decline and die. If we turn the soil, as in tilling, cultivating, or plowing, we are upsetting the physical structure of the soil and it will suffer, just as you would if an earthquake occurred every few months and destroyed your house. You would soon get tired of it and move to Montana.

When the soil is dead, it will degenerate just as a dead whale would. With nothing to maintain its structure and loft, it will compact, turn to dust and will be carried away by the rain and wind along with all the toxins and other chemicals that were put into it. According to Alan Savory, a trainload of soil 116 miles long leaves the country every day. In the world, erosion accounts for the loss of about 1.7 billion tons of soil every year. The soil carries with

Visions of Vashon and Beyond

Photography by Richard Rogers



‘Visions of Vashon and Beyond’ during March at Café Luna, is Richard Rogers’ first one person show on Vashon Island. His photos vividly illustrate just how much he loves to observe and share moments of natural beauty. Since moving from Miami to Vashon Island ‘temporarily’ in 1989, whales, deer, birds, flowers, gorgeous sunsets, majestic mountains, interesting trees, intriguing clouds, and light dancing on Puget Sound have caught his eye.

His attraction to beautiful images has served Richard well as a graphic designer. He has art directed advertising photo sessions for Beall’s Roses in Miami and Bogota, tulips and daffodils in the Skagit Valley, tomatoes in Virginia, and exotic tropical fruits and vegetables in South Florida and the Bahamas.

Cooking, styling and photographing 50 recipes with his spouse Susan on their dining table for a Washington fruit grower was a satisfying and tasty project.

About his work Richard says “I have always been drawn to imagery, from taking photos of pets, the lights of Times Square and the New York World’s Fair as a boy, to developing film and printing in an attic darkroom in Ogunquit, Maine in the late 60’s, to capturing subjects as diverse as Presidents Eisenhower and Nixon, Abby Hoffman, the Black Panthers and leaping Orca Whales. Today my pocket camera and iPhone are instant sketchpads to record the extraordinary visual transcendence that occurs frequently here on Vashon Island, my home of nearly 30 years, and the beautiful world beyond.”

it pollutants that kill vast areas in our lakes and oceans and releases CO2 and more aggressive greenhouse gases like nitrous oxide into the atmosphere.

What all this means is that we need to treat our soil as we know we should treat our bodies. We mind what we put into it and protect it from harmful exposure or disruption.

This weekend, there will be a forum on gardening without the toxins Roundup, Weed and Feed, and Preen. It will run from 10 to 11:30 on Saturday at the Chautauqua school. Michael Laurie of Garden Green will begin by providing a summary of attempts to control toxins on Vashon so far. Diane Emerson, also of Garden Green, will discuss effective alternatives to toxins. Shannon Britton, Groundskeeper and Landscape Manager for Seattle University will talk about how she has managed 50 acres of lawns, athletic fields, trees, and

Continued on Page 8



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New Listing!

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CUSTOM HOME - Cozy Westside home on 5 wooded acres with loft spaces, vaulted ceilings and forest views. Large barn, outbuildings & fenced garden.

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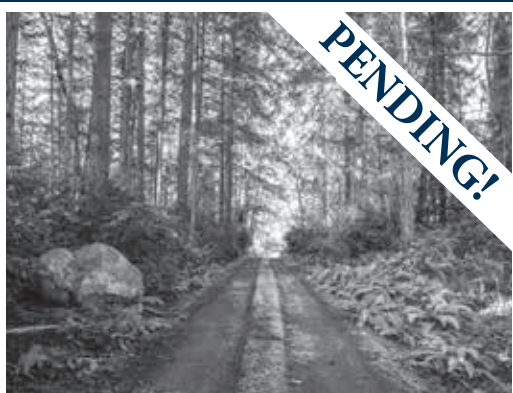
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VIEW LOT - Gorgeous lot in Glen Acres, one of Vashon's premier waterfront communities. Sun-dappled shy-acre lot with legal beach access just 500 ft. away.

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Sunday & Thursday 11:30am-8pm,
Bar Hours: Sun, Mon, Tues & Thur 11:30am-10pm
Friday & Saturday 11:30am-12am

The Red Bike Restaurant and Bar is closed on Wednesday

Live Entertainment

Society of the Silver Cross - Friday, 3/22, 8:30pm

Vashon's Got Talent - Friday, 3/29, 8pm

Happy Hour

Weekdays 2pm-6pm Weekends 11:30am-6pm

\$2 PBR Draft - \$3 All Draft Beers

\$3 Well Drinks - \$3 House Wine

Ladies Night Thursday
6pm to close

50% off All Glasses of Wine

50% off All Well Drinks

50% off All Draft & Bottle Beer

www.redbicyclebistro.com

Nutmeg Needs a Home

I'm one of the VIPP Spice Girls. My sisters are Cinnamon and Curry. When we were tiny kittens last summer, someone found us living under a house. Since then we've learned that living indoors where it's safe and warm is a whole lot better.

If adding three new kitties would be too much for your household, that's fine because we can be adopted separately. Any one of us will be happy to "spring forward" (it's that time of year) and spice up your life with our antics!

Go To
www.vipp.org

To view adoptable Cats and Dogs



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

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

Now Playing



Coming Soon

Bolshoi Ballet: Sleeping Beauty
March 10 @ 10:00 am
March 11 @ 3:00pm

The Reluctant Radical
March 12 @ 6:00 pm

They Shall Not Grow Old
March 15 - March 18

Caravaggio: The Soul & The Blood
March 17 @ 1:00 pm

Glass
March 18 - March 21

Vashon Theatre
17723 Vashon Hwy
206-463-3232
Call for Times

For show times and info check
www.vashontheatre.com

The Vashon Loop

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Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

Get in The Loop

Submissions to the Loop

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

Letter to Editor

It is universally accepted that “living wage” jobs provide a great solution for homelessness. Not only can the person with the job afford to have a home, she also creates opportunities for the workers who provide the goods and services she uses in her daily life.

King County is a good source of these jobs, with outstanding benefits, in addition to good wages. As mentioned in a recent Beachcomber article, it is interesting to note that King County Roads not that long ago reduced its workforce by 40%. With that in-mind, County Roads should consider rehiring those road crews.

Instead of spending millions of dollars on homeless initiatives with questionable results, using some of that money to create those “living wage” jobs would provide immediate, positive results.

As an excellent side benefit, King County taxpayers whose taxes pay those wages will get more potholes filled, and perhaps, a few extra miles of plowing during future snow storms.

Scott Harvey

Awaken Thyself

“Awaken Thyself”, an experiential class intro to Modern Mystery School, with Marnie Jones-Koenig. Take home some cool new spiritual tools! Thursday, March 7, 7pm (206)579-8994

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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Senior Property Tax Exemption Assistance

The Vashon Senior Center will be hosting senior property tax exemption specialist Hilary Emmer on March 15, 2019, at 1:00PM at The Center, 10004 SW Bank Road. Hilary will be providing information and assisting older adults on Vashon with applications for the King County Senior Property Tax Exemption. Hilary will help qualified taxpayers complete their application, and for those who qualify for the property tax exemption, Hilary will also prepare 2018 tax returns if the taxpayer has no self-employment, rentals, or sales of stock. Both services will be provided free of charge.

The Senior Center is grateful to Hilary for her generosity and expertise. The Senior Center would like to help older adults stay in their homes for as long as possible, and the tax exemption program can help. Hilary’s tax exemption assistance can save those who qualify thousands of dollars each year, and they may also be able to recapture property taxes paid in previous years.

The King County senior property tax exemption is for King County residents who were at least 61 years of age on December 31, 2018, or are disabled, who own and live in their house, and whose income is \$40,000 or under.

To process your application, you must bring the following documents with you:

1. A copy of your 2018 tax return
2. All 2018 year-end income documents:
 - a. Social security statement
 - b. Pension/retirement income
 - c. W-2s
3. Your driver’s license or other state identification with your address on it
4. Interest, dividend and investment statements

When determining your income, the county has identified the following deductions that reduce income:

1. Medicare payments
2. Out of pocket prescription expenses
3. Meals on Wheels
4. Caregiver costs

Washington State University Scholarship Fund

Claire and Robert Hollowell established a scholarship fund in 1994 for Vashon students wishing to attend Washington State University. Since it was established, \$100,000 has been awarded to 47 students with a GPA of at least 3.0.

Claire passed away in 2018 and her bequest added \$75,000 to the endowment, which now totals \$426,000. Robert’s desire is that more students select WSU and apply for the scholarship support.

Students wishing to apply must complete the WSU General Scholarship Application accessible at: <http://financialaid.wsu.edu/scholarships/>. The Application is due on January 31 of each year.

Turning Small Talk into Meaningful Big Talk

Fear of starting conversations is one of our top fears, right along with making a public presentation. Yet it is critical to our well-being at any age that we stay connected with others, growing our face-time with new and old friends. Learn how to master the fine art of small talk in a multi-generational workshop that builds your conversational confidence. Practice new skills to bring more meaning into friendships. With 20+ years of life coaching, Laura Worth, MSW is updating this workshop to intentionally include seniors. Call or email Laura to pre-enroll to allow her to customize the content. Join us for a 2-hour workshop; suggested donation \$30; no one turned away for lack of funds. Starting in February, various dates and locations (including Vashon Senior Center). Contact Laura at 206-463-9283 or laura@coachworth.com.

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Film Series on Living and Dying

Vashon Conversation for the Living about Dying is hosting a series of three powerful films. Fit is the second film offered on Saturday, March 9 at the Land Trust Building, 1:00 – 4:00. It is an intelligent, thought-provoking film that traces the last months of a brilliant professor’s life after being diagnosed with advanced ovarian cancer, starring Emma Thompson. The film will be followed with discussion about the challenge of accepting one’s death with courage and dignity. Suggested donation: \$5.00. Popcorn is free!

Vashon Fix-It-Cafe

Another Vashon Fix-It Café, dedicated to reducing waste and building community, is coming to Vashon-Maury Islands on Saturday March 30, from 10am to 2pm at the Vashon Eagles Club, 18134 Vashon Highway SW. Hosted by the Vashon Eagles, the Fix-It Café is a collaboration of Zero Waste Vashon and the Vashon Tool Library and Makerspace with support from the King County EcoConsumer Program and King County Library.

The Fix-It Café features generous helpful locals donating their skills to restore household items that are broken or malfunctioning. Island residents with items to be fixed are urged to sign up on the Fix-It Café website at <http://vashonfixit.com/>. Volunteer fixers are also invited to participate by registering there as well. In past Fix-It Cafes we’ve repaired blenders, clocks, sewing machines, turntables, lamps, toys, electronics, toasters and other small appliances, garden tools, bicycles, electric tools, and clothing.

Fixing and advice is free to the public but if parts are needed participants may be asked to go buy them in town. Items that are leaking, dangerous, contain gasoline, or have a strong odor are not welcome. You must be present while your item is being fixed so you can learn too. Please bring in only 2 items at a time.

Come spend time with your neighbors and learn how to do your own repairs.

Vashon Social Dance Group Monthly Dance & Lesson

Saturday March 9

Waltz lesson and music provided by Candy

All levels of dancers invited - No experience or partner necessary

Waltz is a lovely and fun partner dance - if you can walk, you can waltz

The music has a wide range of tempos for waltzing

Waltz lesson or Cross Step Waltz Lesson 7:00 - 8:00 pm

Variety dance 8:00 - 9:30 pm

Ober Park Performance Hall - 17130 Vashon Hwy SW 98070

No partner needed! Come alone or bring others

Suggested Donation \$10 No One turned away due to lack of funds.

Questions? Leave a message and I’ll call you back. 206 920-7596 Candy

Heritage Museum Gears Up for LGBTQ Exhibit

First Story Circle March 10, 4 p.m. at SPOKE

Did you know...

- That Vashon-Maury Island has had the largest per capita population of LGBTQ people in Washington State since they started counting?

- That gay men used to use code phrases like “Friends of Dorothy” to identify each other?

- That Lesbian softball games were big here in the 1980s?

- That one of the organizers of Seattle’s anti-gay Initiative 13 lived on Vashon?

- That there’s no cohesive LGBTQ community on Vashon because the Island is generally so accepting?

- That some LGBTQ people embrace the word “queer” while others find it horribly offensive?

The Vashon-Maury Island Heritage Museum is mounting an exhibit examining the Island’s rich but mostly hidden LGBTQ history, to open June 7, 2019.

Islanders Ellen Kritzman and Stephen Silha, are co-curating the exhibit, with help an unusually large advisory committee. Island historian Bruce Haulman is supervising the exhibit, and Jessica DeWire is the designer.

The committee is still seeking photographs, stories, artifacts and ideas to make the exhibit authentic and effective. In addition, the committee is planning a kaleidoscopic offering of events throughout the time of the exhibit: arts, music, literature, story collecting, and more; get in touch with the curators if you would like to participate.

A GoFundMe campaign has been created to raise money for the exhibit. It can be found at <https://bit.ly/2AqopIn>.

The first of a series of Story Circles related to LGBTQ Vashon stories will be held March 10, 4 – 6 p.m. at SPOKE. Please RSVP for this event at 206-819-3755.

Sounds of Silence



By Sean Malone and John Sweetman

Mrs. Van House was our second grade teacher when all three of us kids were trying to get out of going to school so we could play in the snow. Molly was the only one that Mom let stay home, because she was too sick. Mike and I just had the sniffles. If you started coughing in class, Mrs. Van House had you cover your mouth so as not to spread the germs. “Don’t use a hankie because washing won’t take the germs out, but get a rag from home and then throw it away after you are done using it,” she lectured us. Mike Kennedy and Bobby Billings were the only ones who converted to using rags in lieu of hankies. Mom said she just didn’t think it was proper not to use hankies.

Fifty years later and John and I were both working for logging contractors up in Ferry County north of Spokane where the temperatures in the winter could be 30 or 40 degrees below zero. It only got that cold in February when winter was about over. At night, the moon and stars were so bright, a flashlight was useless. Smoke poured from the chimney and trailed down the roof to flow along the ground, as if it were too cold for fire. At 20 below, the Spruce trees were so full of water; John could hear them explode in the fields behind his house, like dynamite going off in the woods.

I was cutting wood on the side of Cougar Mountain where Bill Bangs and his crew were logging for the mill in Republic. Bill had graduated from being an American Airlines pilot to being a logging contractor in the mountains of Ferry County. He always wore a WWII pilot’s helmet and the wind would blow the flaps up so it looked like Bill was flying. One of Bill’s fallers had a stack of cotton gloves on the floor of his pick up, right under the heater that was a foot high, because the gloves would get wet and required constant changing. The cold was intense and by the afternoon your face would start to freeze where you couldn’t smile and the sound of the logging trucks changing gears as they navigated the switchbacks could be heard coming up the mountain from far below. We all wore the same boots, Canadian snow-packs, rubber bottoms and leather uppers with heavy felt inner-boots and sheep’s wool trim. I had frozen my feet walking out Gold Creek one day because I had worn rubber boots. My legs felt stiff, with no feeling below, like I was plodding along on what were stumps of feet, which have suffered from the cold ever since. The fact that when it got this cold, even a wedge would occasionally shatter and anything metal

turned traitorously reluctant to perform to regular standards. If you left hot coffee in one of those expensive green Stanley thermos jugs in the pickup, it would be frozen to ice crystals by noon where hot coffee was the only thing that was a pleasure.

John had bought a new Ford truck in 1977 and sold it to me in 2000. When the temperatures went below zero and you could start the old Ford as long as the block heater had been on, but the oil in the transmission was so thick that a person had to ride the clutch, while in neutral, until the gears were moving freely.

We were both falling trees but never were on the same crew. John was running two saws and one wouldn’t work because of the cold, so he heaped up the coals in the fire pit and set his saw down on the fire until it would start. It was about that time that God spoke to John and told him to get a new job where it was warmer. John started looking and got work as the assistant assessor for Ferry County. They gave him a little cubicle where the coffee was brewed. The auditor’s office was right across from him and run mostly by women.

One day, John went down to the post office to pick up a crate of baby chicks which would die if he left them in the cold truck. The chick’s peeping in John’s cubical could be heard all over the floor, annoying the women in the auditor’s office. In John’s own words, “the chicken thing meant that I would be a lot more fun than anyone else...nothing to do with basic talent except I did know computer stuff.” It was only shortly after that, that the county voted him county assessor. John told the ‘assistant’ auditor...tongue in cheek that he was planning on raising chicks in the courthouse...‘at least till everything got above zero.’ “One of them took me seriously! And caused a ruckus...with the commissioners who could barely keep from laughing...of course, I was kidding.”

The ice in the creek shifted and cracked, like singing as the water bubbled over the top. In the great cold northeast, the stars don’t twinkle and they come down to kiss the earth.

Take the nine inches we had two weeks ago, it was wet and a tremendous burden to tree limbs up high. In the black of night they popped and crashed like dynamite and you could hear tires screeching alternately as John tried to snake his way up Pillsbury.

Sean@vashonloop.com

VIPP Volunteers Keep Cat House Purring During February Snowstorm



Once the Great Snows of February began to melt away, VIPP’s volunteer coordinator, Victoria Rolfs, circulated an e-mail to the organization to make known the heroic measures undertaken to care for the cats at the shelter, reminding us all how dedicated VIPP’s volunteers are. VIPP would like to publicly recognize these amazing volunteers and thank them for going above and beyond to ensure that the cats in VIPP’s care were fed and well cared for, despite the difficulty negotiating nearly every road in the deep snow.

Randy York walked an hour and a half one way to work her shift.

Ginny Young braved the roads and almost reached the shelter before getting stuck

Leah Lomax drafted her dad Steve and his 4WD truck to get her to the shelter and then put him to work helping her with her shift duties. Teresa Siebold’s husband provided taxi service for her shift.

Bob Smueles, our fabulous facilities volunteer, made multiple trips to the shelter to ensure the generator was operating and to keep the deck shoveled.

Anne Woodward and Jennifer Zeisig shoveled the entrance to 243rd from Old Mill and cleared a wider path in the shelter area so people could get in more easily once the snows abated.

All of the “shifties” did their best to get to the shelter, but in many cases it just wasn’t possible as many driveways and side roads were simply impassible. Coming to the rescue were VIPP’s Snow Angels: Beth Macbride, Diane Crawford, Jennifer Zeisig, Virginia Wolfe, and Sheila Eckman. These (mobile) Snow Angels covered multiple shifts for those who could not make it to the shelter, ensuring that the cats were well cared for.

VIPP is lucky to have a large and dedicated volunteer corps no matter what the weather, but we truly appreciate the extra effort made by those mentioned above. Thank you!



The Cats do their part during the recent snow fall warming volunteers Hearts and Hands.

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday.

Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

Advertise in the Loop!

It’s a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out March 21

March 7' 19

Island Life

Lost Content

By Peter Ray
pgray@vashonloop.com

"There is a widespread legend which has been handed down for many thousands of years which is called The Golden Age. This is said to have been some period in human history when the mass of mankind showed more intelligence than now."

James Churchward

A week and a day ago I was in Montana waking up to five degrees and blowing snow and an email from New Zealand about a claim of racism in the Vashon Theatre- this is the world we live in now. I would like to think this is the future that Hanna- Barbera and the Jetsons never envisioned, the future where houses and cars did not have to float on air in order for us to be amazed. On this trip to Montana where I was immersed for ten days, twelve hours a day, in films and filmmakers and filmmaking, I had also revived my mini-printer that spits out four by six inch color prints by battery power. From this printer I can produce an image on paper of something I had recorded hours or minutes before and to which I could then affix a stamp and address and some sort of cryptic message and then drop it in a mail slot. Then that small envelope-less epistle is made to vanish into a vast system only to appear days later and perhaps quite far from where one was sending it from and to some specific place you had instructed it to go. To me, even now, mail is somewhat magical.

To be able to produce one's own travel postcard while one is traveling remains for me to be a bit of magic. It is also magical to be able to make a photograph by means of what might be considered a small obelisk but is also a phone as well as a camera. To then have the capability of editing this image in a multitude of ways in terms of color, tone and brightness of the image by means of a process that rests inside this hand held box so that all that remains to be done is to tap on the box's glass screen as one might have applied a magician's wand to the brim of a top hat so that this same image might travel into the ether and appear on someone else's hand held box on the other side of the planet. This all to me is equally magical. It gives the impression that we are moving along, moving ahead.

For me, the whole art thing, from the final product on back through the process of creation to the initial inception with its flash of discovery and inspiration all involves a bit of magic. One of the most fascinating things to

come out of my time at this year's Big Sky Documentary Film Festival was to hear from various directors the ways in which they came to make each film. More often than not, it was some sort of quirky personal connection or tip from a friend or side bar discovery while working on something else that lead them to take a deeper, closer look at what was to become their focus of investigation and revelation- hopefully. That is a part of the process- you dig into an idea and you are not always sure what is going to be the result of one's decision to roll camera.

Not long after I came to this Island back in the early 1980's I found myself sitting in the semi-dark of the Vashon Theatre. Through the dim light I noticed and began to study the murals that bracketed the screen. At the time, there was a curtain that hung over the screen, and each time as the films began to roll, that curtain would be raised to reveal the screen behind, and at that point I would be distracted from the curious dancing figures and the snake and the Easter Island head that reside on either side of the stage, and direct my attention to whatever film it was that I had come to see. The murals would always be there to gaze at and speculate about, whereas the film would pass on and be replaced by the next feature that always was just passing through.

For me the murals were just another fascination of this Island- they turned what was an otherwise boring, cinder block building into a special place, which I'm fairly certain is why the original owner, Lloyd Raab contracted with Islander Jac Tabor to paint something there that would enliven the space. It took me almost 20 years to get around to looking into what the murals were all about. It was when I was writing for the paper that spawned this one (the Ticket) that I first started inquiring about what meanings and interpretations could be found regarding the murals. From Mary Mathews I got a sheet of paper that had a quirky description of the murals' meanings as written by the artist himself. I was also loaned a copy of the book titled "the Lost Continent of Mu" by James Churchward which was the first of five books Churchward wrote in the mid 1920's into the '30's about what he claims to have discovered regarding the Pacific Ocean version of the Atlantis story from years of deciphering symbols that had been inscribed on golden tablets that he had been given access to. And it was from at least one of these books, obtained at a science fiction convention in Portland in the late 1940's or early '50's, where Tabor was introduced to Mu and its inhabitants through Churchward's writings.

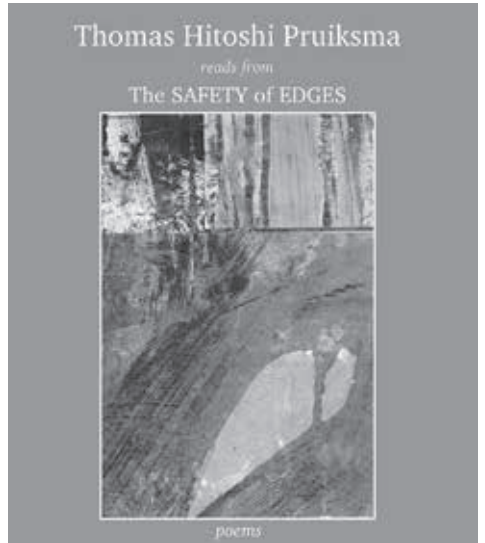
And now we see in the letters section of a recent edition of the other Island paper that these murals need

Thomas Hitoshi Pruiksma to Read from “The Safety of Edges”

Thomas Hitoshi Pruiksma will read from his first book-length collection of poems at the Vashon Bookshop on Thursday, March 14, at 6pm.

"It's a book I hope can speak not only to poets, but also to those who don't usually read poetry," Pruiksma said in a recent interview. "Taken together, the poems form a kind of story, making connections between the past and the present, childhood and adulthood, what is here and what is there—all the edges of experience that offer their own paradoxical protection."

The 6pm reading will be followed by a Q&A and book signing.



to be addressed. The writer claims to have harbored ill feelings about the murals and what they had perceived from their first viewing 12 years ago to be a cartoonish and racist portrayal of black men in the mural. As I see it, their physiques are portrayed as strong with the musculature of dancers, as is the female figure on the opposite wall as well. The mention of blackface in the letter makes no sense at all- if you do not imbue the characteristics of that which you are painting into the representation on the painting itself, then how does one discern, in most basic of terms, even an apple from an orange?

As I understand it, all three figures in the mural are intended to be representations of the long passed inhabitants of the lost continent of Mu. In the stories of Mu, that place was seen as the actual cradle of civilization, having spun off offspring cultures around the Pacific rim before sinking beneath the waves in the same fashion as Atlantis, but in a catastrophe that occurred some 35,000 years ago. In Churchward's writings he states that the people of Mu were of all colors, so one might give a progressive nod to Mr. Tabor for portraying the Naacal peoples of Mu as people of color, especially coming from the mind of a white person, four years out of Vashon High School and from provincial, white Vashon in 1952, when these murals were painted. The only physical human features I see here that might be considered "hyper-exaggerated" are represented on the stone head sculpture that is meant to signify Mu and its connections with Easter Island and other Pacific rim countries. I have tried to decipher the iconography on the medallions worn by the male dancers through Churchward's "Sacred Symbols of Mu" book, but they do not resemble anything I can find there. On the other hand, the earring worn by the female dancer is adorned with the

symbol in the book that signifies the continent of Mu.

For many, a trip to the movies is a way to escape one or another reality. Tabor's theatre paintings, titled "Tree of Life" on the left and "Specters of Romaha" on the right are a combined vision of escapism and a departure from reality, so in many ways they are more than appropriate for the context of the space in which they reside. In getting back to my original mention of my sojourn to Montana and my viewings there of a variety of harsh, inescapable realities as seen in the almost 100 docs that I saw while there, what I am drawn back to in this instance is a discussion I had with one of the directors that I met at the festival about Werner Herzog's "Cave of Forgotten Dreams", which screened in the Vashon Theatre in 3D not long after the digital conversion of a few years back. As we wander here through the Chauvet Cave of southern France and see some of the oldest known paintings by ancient man, there is no way to truly know the essence of what those cave artists were trying to portray on those stone walls thousands of years ago. You can put any interpretation on them that you like, but there is no way of truly getting to their actual meanings, and yet they are being protected and cherished because they exist as a connection with a time long ago. The Vashon Theatre murals are a vision of an Island artist who, by all accounts from people I've spoken with about him, was the farthest thing from being racist. All art is subjective, but coloring it in with unwarranted politicism or inference of implied bias or prejudice without knowing its actual origins and intent serves no one's best interest. While we have seen all around us in recent years the normalization of false narrative and fake news, it would seem that we should be able to rise above that here.

**Next Edition
of *The Loop*
Comes out
Wednesday
March 21**

Deadline for the next edition of *The Loop* is

Saturday, March 16

Make a date with Vashon!
www.VashonCalendar.com

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

Have a Story or Article

Send it to:
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Local Weather

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Weather forecasts

Compost the Loop

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

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Call Troy @ 206-794-9451**

Spiritual Smart Aleck

By Mary Tuel

Keep Your Eye on Easter

Lent was never mentioned in the Baptist Sunday school I attended as a child, so when I came to the Episcopal Church as an adult, I had to learn about Lent.

I grew up in a town with a large Roman Catholic population, and I had this idea that Lent was about giving something up. It seemed like chocolate was a popular choice for my Catholic friends.

You can give up whatever you think is appropriate in Lent. It is a season of prayer and fasting. I’ve heard it said that it doesn’t count if it’s too easy. For example, if I said I was giving up pickles, that would not count. I hate pickles. So not much self-denial there, is there?

You need to give up something you’ll miss.

Chocolate, cigarettes, video games, Facebook – the possibilities for self-denial are endless. If you’re going on a weight loss diet for six weeks and calling it your Lenten fast, some would say that’s not exactly the spirit of Lent, but I would not judge. Discipline is discipline.

The other part of Lent is self-examination.

How hard is it to look at yourself honestly? How hard is it to see yourself clearly, without doing a bash job on yourself, or repeating all the lies you were told about yourself, or denying your gifts and strong points? Or thinking you are such a good person that nothing about you needs any work?

Answer: Hard. Really, really hard. In my youth, I was one of those, “I’m a good person. It’s everyone else who’s screwed up,” types.

This is a terrible way to go through life.

I look back at that young woman now and think, oh, the force was weak with that one. My life was based on being a goody-two shoes victim. I had been wronged, therefore I could do no wrong.

I had to learn that I wasn’t as bad as I had been told, nor as great as I liked to fantasize, that I was not the only person who’d had some hard knocks, and that everything wasn’t all about me.

What a relief. I will not tell you how many years and sorrows it took me to arrive at the knowledge distilled in that one



paragraph. You might get discouraged. Suffice it to say I did not achieve enlightenment in the six weeks of the first Lent I observed in the Episcopal Church.

To be honest, I found 12-step programs much more efficient than the church in introducing me to myself. They say, “Here are the tools.” It’s up to you to do the work, and they’ll support you all the way, but the only heavens and hells involved are the ones you make of your own life.

But I digress, as usual. So, here we are in the season of Lent. When it comes to self-examination at my age I look at myself and say this is probably as good as it gets. It’s not that I think I’m done and don’t need improvement, I always need to keep walking that way, but I’m old and I’m tired, and I’m not shooting for perfection here.

I try to behave, I do. Kindness is my rule, and it’s a good rule, because by nature I am easily annoyed and can go from zero to unhinged in under a second. Because of that reactivity, I try to maintain a calm demeanor, even when I or anyone else would be saying, “Are you bleeping kidding me?” I try to keep that sort of language where it belongs, in the home.

It never hurts to check in with yourself and some trusted friends or guides and see how you’re doing. One of the attractions of church for me is having people around me who can help me keep on track. I love solitude, but I need reference points and perspectives that I don’t have here on Planet Mary.

A dear friend has announced that she is giving up malice for Lent. Malice, resentment, and grudges. That sounded great to me, and an example of true self-denial. What is more enjoyable than going over the sins others have committed against us, and feeling that self-righteous affirmation of our own innocence and goodness? Giving that up – man, that takes some grit.

Lent is the season when last summer’s stores have run low. Keep your eye on Easter. Life shall rise again. It always does. Bulbs are already blooming.

A blessed Spring to everyone. Except my friends in Australia, where it’s Autumn.

Congratulations to Clare, Xavier, and Cora on the arrival of Rowan Samuel Blakemore Mayes. It’s a big name, but I think he can handle it.

Secrets I Can’t Remember



“Secrets I can’t Remember” is an exploration of memory loops, both in the air and on the ground. Esther Edelman directs this aerial acrobatic dance evening of blurred lines and edges, where characters have near misses and experience the spaces between remembering and forgetting. Fabrics abound, painting the space above and below, as performers Edelman, Glenn Easley, Julie Gibson and Nehara


Kalev collide, meld and search for that epiphanic AHA moment.

Secrets I Can’t Remember: Ariel Dance and Theater all mixed up, at Open Space for Arts & Community. Thursday March 21 @ 7:30pm Friday March 22 @ 7:30pm Saturday March 23 @ 2pm Sunday March 24 @ 7:30pm Tickets \$20: <https://secrets.brownpapertickets.com>

Norris Needs A Home

My sister Chloe and I want to find a home together because we’re very attached to each other. Sometimes she even sits on top of me! Because we weren’t socialized when we were young, it takes us a while to make friends with people, but we’ve made a lot of progress.

St. Patrick gets all the publicity, but I bet you didn’t know that March 17 is the feast day of St. Gertrude, the patron saint of cats. Chloe and I wish you a Happy St. Gertrude’s Day!



Go To www.vipp.org

To view adoptable Cats and Dogs

MARCH MADNESS

BINGO

AT THE SENIOR CENTER

SATURDAY MARCH 23RD

DOORS OPEN 5PM

GAMES START 6PM

SNACKS, WINE, BEER, JELLO SHOTS, NON ALCOHOLIC BEVERAGES

AGES 21+ ONLY. MEMBERS, \$15; NONMEMBERS, \$20

TICKETS AVAILABLE AT THE CENTER.



SHE’S BAAAACK! Join Sylvia O’Stayformore for a wild and wacky March Madness night of Rainbow Bingo at the Senior Center on March 23rd. Doors open at 5PM for snacks and libations. Bingo balls roll at 6PM. Get your tickets at the Senior Center in advance, M,T,W&F 9-3. Costumes encouraged!



Aries (March 20-April 19)
Chiron newly in your sign will take a surge of energy from Uranus entering your neighboring sign Taurus. These transits are directly related, as the two planets are traveling in parallel over a long phase of time – about 18 years (depending on what orb you use). Chiron is directing your inner awareness; Uranus entering Taurus is urging you to act on your personal truth. Altogether, you may experience a radicalizing effect that awakens you to a new sense of mission, purpose or reason for your existence. It would be fair to call this a liberating effect. Yet there is an issue you need to be aware of: humans don’t always respond well to freedom or opportunities to experience it. The main problem seems related to taking responsibility for one’s existence and for one’s choices. The prevailing theme of society right now is “you are a victim,” and it’s coming in from just about every direction. You cannot have it both ways, so you will need to choose one.

Taurus (April 19-May 20)
Uranus changes signs every seven years, and it does so Wednesday. Last spring there was a brief preview of this transit; it now takes hold for the next seven years, and becomes the primary feature of your astrology. While the stability and seeming predictability of Taurus may appear to be the least compatible with the revolutionary drive of Uranus, the two will provide you with motivation and courage to find out who you are. The essence of Uranus in your sign is reinventing yourself, so that implies finding out who you want to be. This does not happen all at once; it comes in waves and peaks, one of which is likely to commence early in the cycle. You can do your part by considering what you want, what you want to do, or what possibilities you want to explore. Give yourself permission to be different from who you were yesterday. Allow yourself the privilege to live outside the expectations of others who are not entitled to an opinion.

Gemini (May 20-June 21)
Amidst much other astrology, Mercury stations retrograde Monday. (This will be the first of three Mercury retrogrades this year.) Along with the Pisces New Moon, this happens in your 10th house, associated with your responsibilities and reputation. Several factors are urging you to make sure you take care of yourself before you take care of others. This is not one facet at the expense of the other, but rather your order of priorities. You may not be fully aware of just how much responsibility you have; certain circumstances are making it blend into the background. You may not know completely how much is being asked of you; it’s more than you think. If you’re feeling this but have not wholly acknowledged it, you could be avoiding or eluding certain duties. And you might feel some need to be less visible when you’re being called to be more visible. It would be better if you consider all of this rather than let it slide. Mercury retrograde will be working to get your attention.

Cancer (June 21-July 22)
Chiron’s change of signs two weeks ago has awakened you to certain necessities related to your professional obligations, including renewing your dedication to your calling. Yet for this, you must get out of the office, off of the internet, and into the real world of people, places and things. Yes, you will have plenty to do online, yet the balance piece is essential: the need for direct experience and in-person

contact for your full impact, charisma and leadership to be felt by others. There may also be decisions you need to make, especially about how you present yourself to the public. You have been altogether too cautious in recent years, and would benefit from experimenting and shaking things up a little. This is not about being different for the sake of impressing anyone, but rather for the purpose of liberating yourself from what is too familiar, and from what you consider safe. You have little choice but to be unabashedly yourself.

Leo (July 22-Aug. 23)
For many years, nearly all of your astrology has been coming from the angle of where you are affected by the world, rather than where you have an impact. The world’s changes have acted on you, and you’ve had few opportunities to make your mark on the planet. That’s about to change with the ingress of Uranus into Taurus on Wednesday. This, combined with many other factors, is about you opening up new territory in life, especially where your goals, aspirations and ideals are concerned. For a long, long time, you’ve considered things in theory, and wondered what would be possible if you could fully apply yourself. That time has arrived. This is partly about you discovering a new perspective on the world, but closer to the heart of your personal quest, a new perspective on your reason for living. You need the courage to dare, and to make mistakes. You are different, yet what distinguishes you comes from inside, not from appearances of any kind.

Virgo (Aug. 23-Sep. 22)
You can afford to slow things down a little; this is time for a review of your relationships, your commitments, and your needs. Though life is not always a game of even-steven, this is a good time to ask whether those you’re involved with are aware of your needs, or are interested in meeting them. It’s time to ask whether you’re investing your energy into what you actually want; and whether you can see a potential desirable result manifesting. You need to bring the power of vision to whatever you do. That means using your mind to envision what is possible, and then envision the steps to getting there. It’s best to work from a potential destination backwards to the present, rather than taking steps without being sure where they lead. This may be the part that takes guts: looking through the chaos and fog the world is spewing out right now, and seeing better options. And then, whether anyone else seems to care or not, choosing consciously.

Libra (Sep. 22-Oct. 23)
When dealing with work-related subject matter this week, pay special attention to what is necessary and what is not. This will help you avoid solving problems that don’t really exist, or doing what ends up being unnecessary. It will help if you’re sensitive to resistance or any sense of being caught in a bog. That feeling may be subtle, so you will need to pay attention. Look at the clock and notice how long something is taking; is the intended result worth this much commitment? What is the intended result, anyway? Pay special attention to agendas, both your own and those of other people. If there is any kind of persistent disruption or delay, where is it coming from? Is it accidental, coincidental, or part of a plan? Rather than accuse anyone of anything, get the facts, and seek an understanding with people. You need your Libra negotiation and peace-making

Vashon’s Got Talent

“Come show off your talent - whatever that may be - at a Fundraiser for Vashon’s own Tasha Therapeutic Riding Center.
Join us for a friendly local competition based on the popular show America’s Got Talent. Only this time it’s even better because it is Vashon’s Got Talent! We still have spaces left for performers and anything (within fire and health code!) goes from singing, dancing, magic, spoken word, hula-hooping, or whatever your favorite party trick is!
If you don’t want to be on stage, come watch the show at the Red Bike on March 29th at 8pm. We’ll have local Vashon Islanders as judges and some fun prizes. The restaurant and bar will be open and serving as normal. \$10 requested donation at the door.”
Vashon’s Got Talent
Friday, March 29th, 8:00pm
The Red Bike
\$10 suggested donation at the door
All-ages until 11pm



skills now more than ever. And remember, you’re a master of tying up the loose ends.

Scorpio (Oct. 23-Nov. 22)
Uranus enters your opposite sign Taurus this week, which will be some combination of shocking, refreshing and awakening. Be open to the ideas of others. That doesn’t mean doing what they say, or accepting their opinions as true. Rather, it means sounding, feeling and being open-minded. Consider everything. It’s easy to dismiss ideas because you know they may not be 100% valid. Yet it’s only a little more effort to pause and find the useful bits among the ideas that others may bring to you, or the plans that they may have. The sign Scorpio ranges from zero all the way to 10 on the “easygoing” scale, and you could naturally fall anywhere along that line. The chances are you want control, and you’ll need to guard against the sense that you’re in some way sacrificing that if you listen to what others think. In reality, you will only gain influence by engaging others with dialog on their own terms. People will be happier if you include them in your decision-making process.

Sagittarius (Nov. 22-Dec. 22)
Current planetary movements reveal that you’re especially emotionally sensitive these days, a quality almost never attributed to those born under your sign. Yet it’s true, and you may find yourself contemplating whether you’re really doing the right thing in life – and whether you can change much at this stage of your existence. There are two sides to working out this equation: how you feel, and what you express. They may seem to be unrelated; and how you feel may drown out any desire to say or do much. Yet you might let the expression side take the lead. Amid much other astrology, Chiron is now in your 5th house of creativity and play. This is an invitation not to get hung up or bogged down in your emotional reality. Let it be what it is; it will take care of itself. Find some area that you consider to be a frontier, and push forward a little. Challenge some idea about who you are with tangible action that keeps you busy.

Capricorn (Dec. 22-Jan. 20)
You may feel like the pressure is mounting, and like you have little clarity to even determine what is necessary. That is a good sign; if you know you’re having difficulty making decisions or even evaluating your options, that’s far better than driving quickly in the rain and fog. Slow down and make a list of the basic facts and figures that you think influence or affect you. Then study and revise the list over the next few days, and evaluate each point. Is it true? Do you really want

or need that, and does it really have an influence? Your perspective will change over the next three weeks of Mercury retrograde. Rather than being certain or conclusive, keep your possibilities open. If you notice you’re trying to convince yourself of anything, pause and take a step back; evaluate slowly, consciously and most of all, gently. Be sensitive to changes in your environment, inner and outer, that render certain previously valuable facts to now be irrelevant.

Aquarius (Jan. 20-Feb. 19)
Venus is now in your sign or rising sign, which will seem to tune up this thing called “intuition.” Here’s a theory – intuition is really a response to what you feel, what you think and what you know, in approximately equal measure. Feeling means tuning in to a body sense that is deeper and calmer than an emotional reaction. It’s rarely that sense of totally certain, gung-ho, let’s go. Notice when you encounter resistance, whether inner or outer, and consider what it’s about. Take any opportunity to step outside your usual safe zone of what works for you, and try different approaches to matters related to work, your finances, or your family. It’s not so much that everything is up for re-evaluation. What is changing, though, is how you evaluate, and how you make your choices. Pay attention to new information that may present itself, seemingly out of nowhere, over the next three or four days.

Pisces (Feb. 19-March 20)
This week’s extraordinary New Moon in your birth sign is calling on you to appreciate all that is not ordinary in your life. At this time, very little is “as usual.” This is partly coming from the prevailing chaos and strangeness of the world. But mostly it’s the result of challenging influences that are entirely internal and self-oriented. You are currently experiencing a realignment with yourself. The recent ingress of Chiron into Aries is compelling you to be somewhat brutal about enforcing your values, which means investing your energy only into what directly matters to you. To know that, you have to think and reflect carefully, and listen to yourself when you say “this is important to me” about the same thing or few things every day. It will be too easy to con yourself out of what you want the most, though that would be impossible if you did not possess some sense of needing to sacrifice yourself for others. It’s not about them; it’s about you.

Read Eric Francis daily at
www. PlanetWaves.net

Vashon Library Events

Adults

A Birthday Party for Dr. Seuss!
Saturday, March 2, 2pm
 Family program, all ages welcome with adult. Join us for a Seuss-tastic birthday celebration! Listen to some favorite Dr Seuss books, play some games and make a fun craft!

Infant & Young Toddler Story Times
Tuesday, March 5, 12, 19 and 26, 10:30am
 Ages newborn to 24 months with adult.
 Stories, songs and fun!
 Enjoy 20 minutes as a group and then
 have 20 minutes of play.

Thursday Theater: Gnomeo and Juliet
Thursday, March 7, 4pm
 Family program, all ages welcome with adult. Rated G. Run time: 84 minutes.
 Snacks provided by Vashon Friends of the Library.

Tinker Tots: Colors
Monday, March 18, 1pm
Ages 2 to 5 with adult.
Learn about rainbows and try on glasses
that will show you rainbows everywhere!
Mix and fizz colors together and make
something new!

Teens

Turn Cards Sideways
Friday, March 1, 3:30pm
Grades 6-12.
Come play Magic The Gathering and other trading card games with resident super-nerd and card game enthusiast, Cyrus Morosoff. Learn everything from the basics to honing your skills for tournament-level play! No cards? No problem. We have you covered.

Come play video games at the library!
Not a gamer? Come hang out and eat
some snacks, do a craft or play a tabletop
game.

Teen Cinema: Venom
Wednesday, March 20, 4pm
 Grades 6-12. Rated PG-13.
 Run time: 112 minutes. Snacks provided
 by the Vashon Friends of the Library.

Study Zone
Mondays and Wednesdays, 4pm
Grades K-12.
Drop in during scheduled Study Zone hours for free homework help from volunteer tutors.

Great Books Discussion Group
Tenth Selection of Great Conversations
Book 1: Thoughts for the Times on War
and Death by Sigmund Freud
Monday, March 4, 6:30pm

One-On-One Computer Help
Tuesday, March 5 and 19, 6pm
Have computer or software questions?
Tech Tutor Volunteers provide basic level
help to you. You may bring your own
laptop, but Tech Tutors cannot provide
hands-on or hardware assistance.

AARP Tax Help
Thursday, March 7, 14, 21 and 28, 10am
Free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits. Bring picture ID, documented proof of Social Security number and last year's return as well as any current tax documents.
Drop-in service, registration not required.

Music for Wellness
Sunday, March 10, 1:30pm
 With Meg Harmon, music therapist.
 Through this interactive workshop, learn tangible skills and techniques to enrich your life, health and well-being with music. Explore music through relaxation, movement, singing and drumming. No previous music experience required. Registration required beginning February 24, 206.463.2069.

King County Public Health Visit
Wednesday, March 20, 1pm
You can apply for: Orca Lift (Metro reduced fare program), food stamps and health insurance.
Sign up for Apple Health and fix any problems you may have with qualified health plans. Help available in Spanish.

Yoga in the Library
Saturday, March 23, 10:15am
 Ages tween through adult.
 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!
 Instruction provided by Island Yoga Center.

Getting Answers: Using Your Intuition to Discover Your Best Life with Aimée Colette Cartier
Saturday, March 23, 2pm
What if you could ask and receive the answers to the burning questions of your life? What if the formula for getting answers to any question you wanted to ask was so simple anyone could do it anytime, anywhere?
In this talk, Aimée shares the simple formula with you. Through example and personal stories she'll show you how to lead you to a happier and more joyful life. Books will be available for purchase.

Tabletop Gaming
Sunday, March 24, 11am
For teens and adults, ages 12 and younger attend with adult.
Unplug and enjoy gaming with others.
Learn new games from our experts or play old favorites. Feel free to bring your own games to share as well.

Vashon Friends of the Library Quarterly Meeting
Saturday, March 30, 10am
Join us for our quarterly meeting to see how the Vashon Friends of the Library are working to support libraries and literacy, and how you can become a member and help them do it!



Road to Resilience

Continued from Page 1

shrubs without toxins for the last 20 years. Rob Peterson and Joanne Jewell, owners of Plum Forest Farm, a USDA certified organic farm on Vashon, will talk about how they manage their farm without pesticides or herbicides. John Yates, of Ace Hardware, will talk about why they still carry these herbicides and alternatives they also carry. Tanner Yelkin, of Island Home Center, will explain why they decided to remove these products from their shelves, what they sell to replace them, and what reactions they have gotten from their customers.

There was going to be a regenerative agriculture panel after that consisting of farmers from Regenerate Nebraska, who were going to describe their efforts with no till, cover cropping, planned rotational

grazing, and their contribution to climate change mitigation. Apparently, Costco decided to invade Nebraska with a mega corporate chicken production operation that would be wholly controlled by them. The farmers decided that they needed to stay on the home front to fight Costco. We will miss their discussion but perhaps there time is better served back home.

At least the gardening without Insecticides meeting will give you some insights into how to manage what is probably the most important resource in your life besides oxygen: your soil.

Hope you can make it.

Comments? terry@vashonloop.com

Island Epicure



By Marj Watkins

Happy St. Patrick’s Day

March 17th celebrates St. Patrick, patron saint of Ireland. Roman-named Patricius was a British sixteen year old lad in 403 AD when Irish pirates kidnapped him and carried him off by sailboat to Ireland to be a slave shepherd. He had to learn to care for sheep and the language and culture of Eire all at the same time. The Irish called him “Padraig” Did he get homesick? Did his ears long for the sound of English voices? Or did he get really, really tired of a diet of cabbage, leeks, and lamb?

Legend tells us that after six years of shepherding he heard a voice in his head saying, “Go back to Wicklow. There will be a ship there that will take you to England.”

He did escape his slave masters, find his way to Wicklow, the Irish port where his captors had brought him into Ireland. At Wicklow he found the captain of a ship bound for England and talked his way to free passage. He and a group of other people disembarked at an English port, but he was still far from his home and family. Twenty-eight days of walking brought him home, no longer a teenager but now a sturdy young man of twenty-two. He credited and thanked God for helping him get home, and joined a monastery. Presently he found himself in France and training to become a priest. He must have

reasoned that the Irish who had many gods and goddesses, but only the mystic Druids to look after their morals and spiritual welfare, needed Christianity and there wasn’t anybody but himself who could teach them. After being ordained a priest, and then a bishop, Patrick a.k.a. Padraig returned to Ireland bringing a few other Christian missionaries.

The Christians also brought better seeds for Irish farmers. Patrick’s ability to speak to the Irish in their own language, and the seeds that produced better vegetables and oats than they’d ever had before, opened the way for Christianity to take root in Ireland, Patrick is said to have lived 120 years; born in 387 AD, he died in 507. The cabbage, potatoes, and leeks or green onions must have agreed with him.

The first time I ever ate the Irish cabbage and potato dish Colcannon was when my Oregon daughter Jeannie served it and gave me the simple recipe. Her husband Don is of Irish descent. It may be an old family recipe. Try it. You’ll like it.

Colcannon
4 servings

- ½ pound green cabbage, finely shredded
- 1 bunch green onions, chopped
- ½ cup milk
- 2 pounds potatoes, boiled, peeled, and mashed
- Salt and pepper
- Butter

Boil the cabbage. Simmer the onions in the milk. Beat into the mashed potato. Drain the cabbage and stir into the potato. Stir in the onions and milk. Transfer to a serving dish. Make a dent and put a gob of butter in it, Let each diner add another dab of butter to his/ her serving.

Unplugged at the Havurah Building on Vashon’s Westside

Drivers, bicyclists and pedestrians on the Westside Hwy near Colvos can’t miss the white building with blue trim and the prominent Star of David just under the gable. However, what they may be missing is the building’s growing recognition in the music community as a perfect venue for acoustic music.

The historic light-filled sanctuary has a spare elegant appeal, which is totally consistent for a building that started out as a Lutheran church, providing a perfect setting for acoustic music of many kinds.

The structure dates back to 1926 when members of the Golgotha Norwegian Lutheran Church erected the building. Decades passed, the building changed hands, and in 2001 the Vashon Havurah purchased the property for the island Jewish community. In May 2015, the Havurah Board of Directors unanimously approved a space-sharing agreement with The Puget Sound Zen Center, who also embraced the clean lines, ample light and Nordic esthetic.

In late 2014 Rowena Hammill and Doug Davis of Vashon Chamber Music approached the Havurah about using the venue for a concert to commemorate International Holocaust Memorial Day on January 26, 2015. Vashon Chamber Music, Tri Parlodote



Vashon Havurah Music Stage
Stephanie Anne Johnson, singer-songwriter, with Dan Tyack, pedal steel guitar Mar 15th 7:30 pm

and the Girsky Quartet became regular performers in the next two years.

Meanwhile the building’s reputation continued to attract singer-songwriters and traditional Irish musicians. Islander Kat Eggleston continues to be instrumental in partnering with the Havurah to bring performers to the venue.

Since 2015 an eclectic mix of Vashon’s own musicians – and performers from around the country – have brought world music, traditional Irish tunes, and folk and roots music to the Island.

Friday March 15 brings Tacoma native Stephanie Anne Johnson to the Havurah stage. Stephanie will be accompanied by Dan Tyack on pedal steel guitar. Inspired by her life in the Pacific Northwest and the strong women who raised her, Stephanie writes and sings the way she lives: strong, boisterous and full of emotion. From national television to intimate house concerts, she can rock your night, make you fall in love, bring you to tears,

or inspire you to do good in the world. Classically trained, Stephanie’s repertoire extends from Americana and R&B to arias and rock and roll. She brings vibrant life to every performance and takes the audience on an unforgettable ride.

Past performers include Stephen Inglis, Hawaiian slack key guitar; Teresa Tudury, actress, singer songwriter and comedian; John Whelan and Haley Richardson, Irish button accordion, fiddle; Open the Door for Three, Liz Knowles (fiddle), Kieran O’Hare (uilleann pipes), Pat Broaders (vocals, guitar and bouzouki); JD Hobson, singer songwriter; Fire & Grace, Edwin Huizinga (fiddle) & Bill Coulter (guitar); House of Waters, Max ZT (hammered dulcimer), Moto Fukushima (electric bass) Ignacio Rivas Bixio (drums); Deobrat Mishra, Sitar; singer-songwriter Freedy Johnston; and Flamenco virtuoso, Savannah Fuentes.

Ticket information: <https://havurahmusicscene.com/>



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Society of the Silver Cross & Loose Wing



Society of the Silver Cross is led by husband and wife duo Joe Reineke and Karyn Gold-Reineke of Seattle’s famed recording studio Orbit Audio and includes Sebastian Brown Glad on bass and Tim Nurczyk on mellotron and shahi baaja. Society of the Silver Cross draw inspiration from their many trips to India, it’s rich musical textures, traditional chanting and spiritual wisdom. The core instruments are 12-string acoustic guitar, harmonium, rare and esoteric synthesizers, B3 organ, mellotron, and shahi baaja (Indian autoharp). Everything about Society of the Silver Cross is heavy with mystery: they lure the listener into their sound, and their world, like ghost lights in a dense forest. Follow, if you dare, and what you’ll discover is a band that has developed a singular style – one that draws from darker, more cinematic moods, textures and cosmic atmospheres resulting in an otherworldly blend of musical bliss. Seattle band Loose Wing’s sound is a swirling blend of psychedelic Americana and old-school college rock, dark and haunting yet rooted in indie-pop tradition. Songs are written by Claire Tucker, whom you may recognize as guitarist and vocalist from local psychgaze

mainstays Black Nite Crash. Claire is joined by her husband Jack Peters (Mindie Lind, Battle Hymns) on bass, and the lineup is filled out by local greats Rusty Willoughby (of Flop, Pure Joy, Cobirds Unite) on drums and Bill Patton (Fleet Foxes, J. Tillman, Gold Leaves) on pedal steel and guitar. The songs are informed by a broad history of rock fandom and experience as performers. Claire draws songwriting inspiration from Kate Bush, Nick Cave & the Bad Seeds, Low, Beach House, R.E.M., and 60’s girl groups. Loose Wing recently recorded several songs at Seattle studio Crackle & Pop with engineer/producer Johnny Sangster. Their full-length album will be released in early 2019. Loose Wing recently recorded several songs at Seattle studio Crackle & Pop with engineer/producer Johnny Sangster. Two tracks from this session were released in October of 2018 as 12" single. Their full length album might just be ready for this show at the Red Bike! Fingers crossed! Friday, March 22nd, 8:30pm Society of the Silver Cross and Loose Wing The Red Bicycle Bistro & Sushi. All-ages ‘til 11pm, 21+ after that. Free cover!



Brian Doyle Remembered and Celebrated on March 9 & 10 at VCA

The prodigious writer Brian Doyle, whose humorous and poignant prose earned him several prestigious awards and a national reputation, died of brain cancer in 2017 at the too-young age of 60. His voice lives on through his far-ranging stories, essays, and novels that are brimming with

perfectly to the spoken word,” says co-producer Gerry Feinstein. “His insights and humor pierce straight to the heart. He makes us laugh and cry, and we come away with a deeper understanding of the human condition.” Also on Sunday, March 10 at 4 pm will be the Arts &

we got to know Brian as a modest, fun-loving guy who had an enormous appetite for stories about people and for life itself. His memory lives on in his work, which continues to inspire and delight us. In conjunction with these events, VCA will be featuring a



Paul Shapiro



Jeanne Dougherty



Cate O’Kane
The Actors



David Mielke



Kat Eggleston

universal, life-changing truths. Islanders, Gerry and Mike Feinstein, who knew him personally, are co-producing two events at the Katherine L White Hall to remember their friend and explore his genius. “Kissing the Joy as It Flies: The Wit and Wisdom of Brian Doyle” will be a lively and provocative dramatic presentation featuring the late writer’s best essays and writings, performed on March 9 at 7:30 pm, and 2:00 pm on Sunday, March 10. The production has been adapted for the stage by Gerry and Mike Feinstein and directed by Charlotte Tiencken. Actors will include Jeanne Dougherty, David Mielke, Paul Shapiro, and Cate O’Kane with original songs and musical interludes provided by Kat Eggleston. “Doyle’s writing lends itself

Humanities program, “Story Catcher: The Life and Writing of Brian Doyle,” which will feature a panel discussion with three of Doyle’s close friends: Oregon nature writer Robin Cody, University of Portland English professor Father Charles Gordon, former director of the Lake Oswego Library William Baars, and Brian’s wife, artist Mary Miller Doyle. “I first met Brian through my work with academic institutions in Portland more than 20 years ago,” Mike said. “He was a superb writer and editor of Portland Magazine. At first we didn’t realize what a following he had here in the Northwest, but when we invited him to be a speaker in the Arts & Humanities Series in 2015; we had an enthusiastic sold-out crowd. That weekend

pop-up exhibit of paintings by Mary Doyle in the Katherine L White Hall Atrium. There will be 15 paintings displayed as part of a series and she describes them as “a very spiritual exhibit, about faith, and trying to use color to rise above darkness.” Kissing the Joy as It Flies: The Wit and Wisdom of Brian Doyle Saturday, March 9 | 7:30pm Sunday, March 10 | 2:00pm Advance Tickets: \$5 Student, \$14 Member, \$16 Senior, \$18 General All Tickets at the Door: \$18 Story Catcher: The Life and Writing of Brian Doyle Sunday March 10 | 4 pm Tickets: \$18 Member | \$20 Student & Senior | \$22 General All Tickets at the Door: \$24

Monday & Thursday Nights Pub Music

Vashon Events is really excited to be working with Cliff Goodman at the Vashon Brewing Community Pub to bring you live music at the Pub on Monday and Thursday nights! Swing by and enjoy one of many tasty craft beers or if you can’t decide which one to order...try a flight of tasters! The Pub also has Palouse wine, Kombucha, Cider and organic root beer available. You’ll also find some tasty pub bites to go along with your delicious beverage - the menu changes and they have specials too, so come check it out! For your live entertainment, on Monday, March 11th, we bring you Catbird! Playing a fun mixture of Old Time music and Jazz Standards, CatBird will take to the stage. Mary Shackelford and Jim Burke are a husband and wife duo who have been playing together for over four decades. With Mary on the mandolin and Jim backing her up with guitar and banjo good time tunes are a natural. Get ready to do some toe tapping or even a bit of the old soft shoe. For your live entertainment, on Thursday, March 14th, we

bring you Pat Reardon! Pat Reardon has been writing and performing his songs since 1981 when he began busking in his hometown of Burlington, Vermont. Pat plays clever original songs woven within “what-did-he-just-say?” yarns; wrapped up in blankets of word-play and squirming vibrant images; all nestled within poignant lilting melodies and snug toe-tapping grooves. March 18th, we bring you Phil Royal! Phil Royal washed up onto Vashon Island at the turn of the century. Along with his family and a book of cherished photos, he carried a small box of fingerpicks and a couple of old guitars. After hundreds of hours of solitary play he now has the temerity to climb onto a stage to share what he’s learned, to try to withstand the high amperage terror of performing, and to



generally enjoy laying down a finger snapping groove. Don’t be fooled by his humorous bio... this man is an amazing guitar player...come check it out! March 21st, we bring you Steve Itterly! Steve Itterly is a Colorado-based singer-songwriter who draws from a deep well of American musical traditions to create distinctively personal music that is timeless without being overly nostalgic. Vashon Brewing Community Pub 6:30pm-8:30pm 17205 Vashon Hwy SW Free cover

Advertise in the Loop!
It’s a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out March 21

Bach Sonatas for Flute & Harpsichord

The Salish Sea Early Music Festival presents an extraordinary opportunity to hear Johann Sebastian Bach’s sonatas for flute and harpsichord on period instruments with German harpsichordist Hans-Jürgen Schnoor from Lübeck, Germany and flutist Jeffrey Cohan on Sunday, March 10 at Bethel Church on Vashon Island.

Hans-Jürgen Schnoor, formerly organist at the St. Marien Kirche to which Bach walked for three days to hear Dietrich Buxtehude, has performed the Goldberg Variations more than 120 times, perhaps more than any other living harpsichordist, and has been working with flutist Jeffrey Cohan for more than three decades.



Hans-Jürgen Schnoor ~ harpsichord



Jeffrey Cohan ~ baroque flute

– Cecelia Porter, THE WASHINGTON POST

“Hans-Juergen Schnoor”

“A stunning account of Bach’s monumental “Goldberg Variations”.

“An expressive freedom illuminating the music’s subjective beauty.

“As Schnoor hurtled through Bach’s contrapuntal labyrinth, the harpsichordist absorbed the audience in the rising emotional tension, culminating in a final burst of keyboard fireworks.”

Please note our remaining 2019 performances through June at www.salishseafestival.org/vashon

All concerts take place at Bethel Church
148th Ave SW & 119th Street (14736

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- suggested donation \$15, \$20 or \$25
- 18 and under free

One More Mile



One More Mile is a blues group from Vashon Island WA fronted by “The Principal” Jason Lollar (vocals/ lead guitar) and “Lonesome” Mike Nichols (vocals/harmonica) – a musical brotherhood going back decades. This partnership of tone wizardry is dedicated to rocking the joint in the old school way- playing inspired original grooves and classic blues, funk, and rock and roll covers in the vein of James Cotton, Albert Collins, Little Walter, and The Meters.

“The Principal”

Jason Lollar is a local treasure and veteran of the blues. He is the founder of the Lollar Guitar Pickup Company and cut his teeth playing with the Shakey Jake band throughout the 80’s and 90’s. Over the years Jason has opened for greats such as John Mayall, Mick Taylor, Curtiss Salgado, Isaac Scott and William Clarke. Well known by guitarists worldwide, he brings his whiskey vocals and smoky guitar tones to the stage with a funky

and soulful bent.

“Lonesome”

Mike Nichols electrifies the air with ripping harp solos and preaches with the vocal stylings of a classic bluesman. A former member of The Great Divide, he has opened for the likes of Elvin Bishop and Commander Cody and the Lost Planet Airmen. Lonesome brings his own special style and swagger with a tip of the hat to his chief muse Ronnie Van Zant.

Rounding out the band are keyboardist/ vocalist Tony Mann (Massey Ferguson, Memphis Radio Kings), bassist/ vocalist Chuck Keller (Virgin Islands, Our Dead Fathers), and drummer/ vocalist Wesley Peterson (Saint Ophelia, Glen Cannon Trio).

Friday, April 5th
7:30pm <-Early start time
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Makana

A protégé of the Hawaiian slack key guitar legends, including Bobby Moderow Jr. and the late master Uncle Sonny Chillingworth, Makana has dedicated his life to perpetuating as well as evolving the traditional Hawaiian art form.

From this slack key tradition Makana has evolved his own dynamic, high-octane style, coined “Slack Rock”: slack key infused with elements of bluegrass, rock, blues and raga.

Described as “dazzling” by The New York Times, Makana has become an internationally acclaimed guitarist, singer, composer and activist who is widely known for lending his musical talent for social change.



Makana
At OpenSpace for Arts & Community
Sat, March 23
7pm show time
\$20 advance sales
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Tickets Online www.openspacevashon.com/event/makana/
Presented By Open Space and Debra Heesch

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Next Edition of The Loop Comes out Wednesday March 21

Deadline for the next edition of The Loop is Saturday, March 16



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