

Vashon Needs **Volunteer Firefighters**



Volunteer Firefighters train in a controlled burn - Courtesy Photo

Vashon Island Fire and Rescue is currently accepting applications for Volunteer Firefighters. To apply, qualified applicants will be at least 18 years of age, possess a valid Washington State driver's license, have a driving record which meets our minimum qualifications, and will have passed a "CPAT", Candidate Physical Ability Test, from National Testing Network (nationaltestingnetwork.com). VIFR is specifically looking for Maury Island residents who live within five road miles the Dockton Fire Station (26319 99th Ave. SW), to increase the emergency response on Maury Island. Ideally the District is looking for six Maury Island residents who meet the above qualifications and could successfully pass the screening and training process.

Completed applications should be submitted via the website (vifr. org) no later than 8:00am on April 18, 2019. Those that pass the application screening will move onto an interview, background check, psychological exam and medical exam. Upon successful completion of this screening process recruits will be provided uniforms, bunking gear and classroom materials. Orientation will be held on June 13, 2019 with regular classes beginning on Tuesday July 2, 2019. Classes are held at the Penny Farcy Training Center (10019 SW Bank Rd.) on Tuesdays and Thursday from 5:30pm-8:30pm, Saturday from 8:30am-5:30pm, there will also be Continued on Page 4

The Road to Resilience

The Onus Of Containment

Since I went on a rant about coffee and teacups last time, I thought I would explore further the frustrating and complicated problem of containing stuff without using new, single-use containers. Mostly we are talking about food, which needs to be

By Terry Sullivan,

used to be the standard for keeping things fresh. It's probably more expensive to use it, but I think it is time for us to just suck it up and pay what it costs to stop the global inundation of plastic.

Cans are problematic. About half the s you find have a questionable plastic coating on the inside, either bisphenol A (BPA) or polyvinyl chloride (PVC). Cans seemed to do all right without the plastic before, and cans otherwise are a pretty good container: light, hard to damage, tamper-proof, and easy to recycle.[look into why they started using the coating on the inside.] In non-food stores the crimes are more egregious. Many items we use to grab loose out of a bin are now mounted on cardboard and encased in plastic blister packs, some of which provide a real challenge getting into. You could ask the store to talk to their suppliers, but a more immediate impact might be to ask them to remove the packaging from the article you wish to buy before you leave. Might be more constructive to suggest new legislation to your reps. As for home strategies, for some years now, one quart and one pint plastic dairy Continued on Page 6

Vashon Lit Con

Vashon Lit Con is a four-day celebration of literary arts that will take place at Vashon Center for the Arts and other Vashon Island venues. Lit Con will feature award-winning authors from Vashon, Seattle, and Tacoma with 75 events for writers and those who love to read.

When asked about her inspiration to produce the conference, VCA's Artistic Director, Angela Gist, responded "We are very fortunate to have so many wonderful writers in our own PNW backyard. I imagined a gathering from the full spectrum of seasoned, professional authors, those who are exploring the craft, and those who write for their own enjoyment. I wanted to create an event where writers of every category could come together and enjoy each other's company as well as learn from and inspire each other. Alongside the comradery of the writers, we the readers will celebrate their work and be inspired as well. Lit Con is also featuring a number of visual artists who will be exhibiting their incredible one-of-a kind art books, broadsides and text art."

A Full Pass is available for purchase, and there will also be two free events: The Friday Lit Crawl and The Children's Lit Con

Friday Lit Crawl - FREE

• Friday, April 12th at 2-11pm

 All takes place within walking distance in Vashon Town.

 Host Venues: Snapdragon Bakery, Relish, Gather Vashon, Vashon Brewing & Community Pub, Vashon Bookshop, Voice of Vashon, Island Quilter

• 20 local and regional authors will be reading selections from their writing throughout the day

 Check out the schedule of readings and "crawl" from venue to venue.

Children's Lit Con - FREE

 Activities for all ages taking place April 12-14 at Vashon Library and the Blue Heron Education Center

 Includes 2 Teen Workshops and a Poetry Slam

• In partnership with KCLS, Friends of Vashon Library and Humanities WA

• Participating Authors include:

o Merna Hecht- Nationally known storyteller and teaching artist, current Vashon Poet Laureate

o Judith Adams- Humanities WA Speaker Series, Poetry workshops for

children and adults

Workshops (Thursday)

• 50% discount on tickets for the Pearl Django Concert (Thursday Evening). Quantities are limited.

• 25% discount to the Sunday Brunch at VCA. Quantities are limited.

 Participating Vashon Merchants are offering pass holder discounts throughout Lit Con weekend.

Your purchase of a Lit Con Pass supports the conference and our amazing local and regional authors and artists. For a full schedule, speaker and author information, please visit

www.vashonlitcon.org Author and Presenter Highlights



Gary Lilley

Gary Copeland Lilley is our honored poet for the Mainstage event Saturday evening, who will be presenting The Medicine Show, a reading from his collection of work. Gary will also be conducting a hands-on writing workshop (Your New Poems) earlier on Saturday and a talk on Sunday (Poetry of Witness.)



kept clean, disease-free, and, of course, transportable.

In the grocery store, try not to take another plastic produce or bulk bag if you can avoid it. Use your old bags as long as you can. Cloth bags will hold stuff, but they don't solve the drying-out problem. I'm open to ideas. For bulk wet products, you can bring your own jar, but weigh it empty at home and write the weight on a label on the jar, so the checker knows how much to subtract. The checkers will also be glad to weigh your container on the way in.

For the prepackaged stuff that you need to have, check the bulk food isle and see if you can get the same there or ask the store if they can provide it in bulk or ask the manufacturer to back off on the packaging. When you find a cardboard box covered in cellophane with another plastic bag inside, you can be fairly sure that there is room for improvement. Those old enough will remember that wax paper

o Eric Ode- National award-winning children's singer/songwriter

o Karen Cushman- Newberry awardwinning, Vashon writer of historical novels for young people

o Anna Witte-Professor of Spanish and Latin American literature, children's author of the Tikitiklip Precolombino series

o Linda Ernst- Children's librarian for 40 years, written 4 books on early literacy programming

o Daemond Arrindell- Performer, Playwright, Poet, Teaching Artist

o Drego Little- Instructor at Rainier Scholars Program

o Tom Llewellyn- Children's and YA author

You can purchase a Full Pass to Lit Con for \$85 and here's what you get:

• Priority seating for all sessions.

• The Full Pass for the conference provides access to all Friday, Saturday, and Sunday activities, not including the Sunday brunch.

• 50% discount on Writer Intensive

Michael Meade

Michael Meade's keynote talk: Awakening the Soul: A Deep Response to a Troubled World, will close out the conference on Sunday afternoon.

Art Books, Broadsides and Text Art

The weekend will also feature the unique and compelling visual art of Claudia Hollander-Lucas, Jesse Johnson, Annie Brule, Jessica Spring, Chandler O'Leary, Melody Bush, Nancy Leavitt, Barry Moser, Suzanne Moore, and Don Glaister.

Photos: Barry Moser, Dead Feminists Series, Melody Bush

Vashon Lit Con April 11 - 14, 2019 www.vashonlitcon.org



The island home experts



WESTSIDE CRAFTSMAN - Nestled on 1.2 acres, this home features 3 bdrms, 2.5 baths, open living areas with wood beams and bonus room above garage.

#1426306

\$675,000

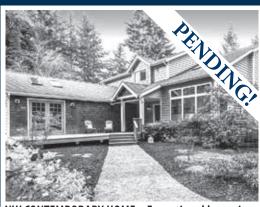


DOCKTON HOME- Sunny pastures roll away to a lovely overlook of Sound & city. Private & light-filled, this traditional home sits on 6.41 acres of field & forest. #1418398 \$695,000

WRE Vashon-Maury Island, LLC



IN TOWN HOME - Modern single-level 2 bdrm home in the heart of Vashon. Built in 2017, this home features elegant design & finishes, solar power & large garage. #1425938 \$510,000



NW CONTEMPORARY HOME - Exceptional home in desirable Westside neighborhood. Tranquil setting on 1.23 acres with lovely views of mountains & sunsets. **#1415345** \$779,000

www.windermerevashon.com



BURIEN CONDO- Fantastic top floor condo with spectacular views from wrap around deck. Spacious great room. Convenient location near everything! #1429697 \$525,000



MANZANITA LAND - Imagine building your home on this secluded 3.5 acre parcel with peek-a-boo winter views. CAD done and septic design has been approved. #1432274 \$150,000

17429 Vashon Hwy SW

206-463-9148



17618 Vashon Hwy SW 206.463.5959

Restaurant Hours: Mon - Wed, Fri & Sat 11:30am-9pm. Sunday & Thursday 11:30am-8pm, Bar Hours: Sun, Mon, - Thur 11:30am-10pm Friday & Saturday 11:30am-12am

Live Entertainment

One More Mile - Friday, 4/5, 7:30pm Blue Monster - Friday, 4/26, 8:30pm *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

Snowflake Needs a Home

I'm glad the snowflakes are long gone and April showers have arrived. Before I



Now Playing How To Train Your Dragon: The Hidden World



Coming Soon

The Vashon Loop

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

Original art, comics, cartoons: Ed Frohning

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

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

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was trapped, I always lived outdoors on my own so spending last winter in the shelter was a big improvement. Being around people was a big change for me, too, and I'm still working on feeling comfortable with them. Who knows, maybe I will someday. It's hard to predict the future. How did your March Madness brackets turn out?

P.S. Remember to come to the VIPP bake sale at Thriftway, Saturday, 4/13, 9 a.m. to noon.

Go To www.vipp.org To view adoptable Cats and Dogs **Apollo 11** April 5-8

Bolshoi Ballet: The Golden Age April 8 @ 4:00 pm

Woman At War April 12 - April 18

Us April 12 - April 18

Klimpt & Schiele: Eros & Psyche April 14 @ 1:00 pm Vashon Loop, Vol. XVI, #7 ©April 4, 2019

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

Compost the Loop The Loop's soy-based ink

is good for compositing.

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

For show times and info check www.vashontheatre.com Make a date with Vashon! www.VashonCalendar.com 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.

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 for more information.

Free Full Day Preschool

There are 12 openings for free preschool held at Chautauqua for the 2019-2020 school year. Children must be 3 years old by August 31, 2019 for the 2019-20 school year waitlist

HOURS: 9:05am to 3:35pm, Monday, Tuesday, Wednesday, Thursday. Chautauqua Elementary, Room 105. Family Center Room 130.

In English and Spanish Free BUS, and BREAKFAST, LUNCH and snack

We focus on learning language, art, science of the natural world, how stay healthy, emotional self-regulation and how to live in community through joyful play, art, songs and group learning experiences!

We serve families with the greatest needs and value diversity.

Developmental screening and assessment. Three conferences per year. Family support consultations.

Learning. Health. Nutrition. Family Support. Kindergarten Readiness.

To visit, apply, or obtain more info, please call Sally Adam at 206-463-8594



Household Hazardous Waste Collection Event April 12-14

Safely dispose of old car batteries, oil, paint thinner and many other household hazardous items at no cost by visiting the Wastemobile when it comes to Vashon-Maury Island, April 12-14.

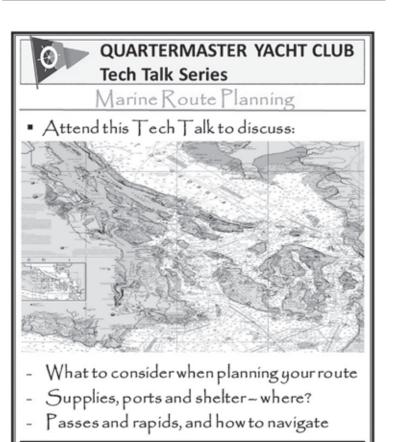
The Wastemobile will be in the old Tjomsland Gravel Pit, 17701 107th Ave. SW, Vashon, from 10 a.m. to 5 p.m. each day.

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

Free yard waste recycling April 6-7

April 6-7, King County residents can drop off storm-related yard waste free of charge at six King County Solid Waste Division locations that accept yard waste for recycling.

King County residents can drop off storm-related yard waste free of charge at Vashon Recycling and Transfer Station, Vashon Island. Facility hours vary by location, so visit kingcounty.gov/ solidwaste, or call the King County Solid Waste Division at 206-477-4466, TTY Relay: 711 for more information.



Where: Vashon Library Meeting Room 17210 Vashon Hwy SW, Vashon, WA 98070 When: Thursday, April 11, 2019, 7 to 9 PM Why: You want to go, let us help get you there ...

The Vashon Loop, p. 3

LOCK YOUR DOORS!

Vashon Island is experiencing a surge in home and vehicle burglaries. The people involved in the crime spree look for unlocked homes and vehicles to steal from. Your first line of defence against a home robbery is to LOCK YOUR DOORS. LOCK YOUR CAR.

King County Sheriff are aware of the group doing the break ins. If you suspect your house has been broken into and items taken, even if your home was unlocked, call 911 and report it. Making a report and prosecuting the individuals is the only way to send a message to the people doing this.

The days of leaving your home, garage, out building or car unlocked are gone. Even on Vashon Island. One reported robbery happened at night while the family was asleep. Even when home, especially at night, Lock Your Doors.

2019 Strawberry Festival **Performer Applications**

Strawberry Festival 2019 will take place on Friday, July 19th, Saturday, July 20th and Sunday, July 21st.

Musicians/bands can now submit their 2019 Performer Applications online at vashonevents.org. Just click on "For Musicians" at the top of our home page and then click on "Apply for Strawbery Festival".

We strongly prefer an electronic Performer Application through this site because it is more environmentally conscious and it's easier for us to manage. However, bands can still submit via snail mail by sending hard copy submissions to: Vashon Chamber of Commerce; Attention: Vashon Events; P.O. Box 1035, Vashon, WA 98070.

Deadline for completed 2019 SF Performer Applications is April 30th, 2019. The sooner you apply, the better your chances are at securing a spot on one of the seven outdoor stages.

Thank you! Vashon Events

The Vashon-Maury Chamber of Commerce

Vashon Island Pet Protectors Spring Bake Sale

Sat, April 13th 9 a.m.-noon. Between Ace Hardware and Thriftway. Stop by to purchase an array of goodies baked by some of the island's best bakers & support VIPP! If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 13th.

VIPP will also hold our annual Nikki Champlin Neighbor to Neighbor Pet Food Drive. If you're able to contribute cat or dog wet and/or dry food please drop it off at the Bake Sale on the 13th. For more information please call Victoria 206-463-5381.

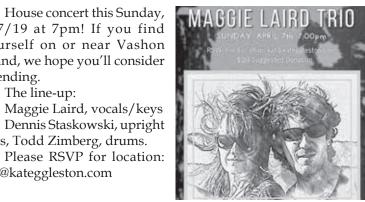
Vegan Potluck

Food starts about 6! If you'd like to use our kitchen to assemble or cook your dish, feel free to show up early. Everyone welcome! No trash bash....so please bring clean plate ...

Sunday, April 7 at 6 PM. Saul and Weslie's House 9508 SW Gorsuch Rd,

House Concert this Sunday

4/7/19 at 7pm! If you find



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

Your boat is in Roche Harbor. You want to cross into Canada tomorrow, no specific destination but Customs check-in will be required. The wind is blowing, out of the south, but not too bad. You make plans to leave for Sidney, BC in the morning.

The next day, wind is up and waves are building. Hmmm, another day in Roche or is there a way to keep this Canada boat trip on schedule? Worse, it looks like the wind is scheduled to pick up even more tomorrow.

Stop by this Tech Talk on Thursday, April 11 at 7PM in the Vashon Library meeting room to discuss important marine route planning considerations and how to evaluate route options to maximize both safety and enjoyment.

> Law Offices of Jon W. Knudson Parker Plaza * P.O. Box 229 Bankruptcy -- Family Law 463-6711 www.lawofficesjonwknudson.com

yourself on or near Vashon Island, we hope you'll consider attending.

The line-up:

Maggie Laird, vocals/keys Dennis Staskowski, upright bass, Todd Zimberg, drums. Please RSVP for location: kat@kateggleston.com

> **Next Edition of** The Loop Comes out Thursday April 18

Deadline for the next edition of *The Loop* Saturday, April 13

A Rusty Needle



By Sean Malone and John Sweetman

I was too rough taking my watchband off at the hospital and broke the little strap. It was only after I had got the new band that I realized that I had been wearing "genuine leather" watch bands for ten years. The Vashon girls at the drugstore really help a person out even to the most gracious escort I had to the front door at what was precisely closing time on Sunday. Anyhow, I asked if they could replace the old band with the new and the answer was that I would have to leave the two bands with them overnight and that I could pick up the watch in the morning. I didn't argue with them since it was closing time and told them that I would replace the band at home.

Well, I got home and let the problem present itself. I hate the small pins that hold the horns of the watch to the leather strap. I tried pushing the retractable top of the pin that holds the leather between the horns of the watch, using my little \$16 cigar trimmer and the pins and watch horns and the leather strap all in the other hand, when it all came apart and the pin shot into the keyboard of my computer.

At first I thought of sewing the buckle to the strap, but the space was too tight and no room for my rusty needle.

I gave up and went to find my magnifying head band with a battery driven lamp. The trick worked. Both pins went into their respective holes without an argument. I was rusty.

My eyesight from the desk is about even with the deck railing, where I feed the crow's high quality dog food from a tin plate that is nailed to the rail. They come in on "the attack." and fight each other for a place at the feeder. I did a shameful thing by offering the crows both half's of my old leather watch band covered with their food. I had a raven for a pet a long time ago and learned a lot about their habits.

My cat, Victoria, always gives me a warning-nibble right after I have been scratching her between the ear and the jaw, where the scent gland is. She offers me gifts of "our small friends of the night." Some days she deposits her prey at the top of the stairs, but today these offerings were left at the bottom of the thirty-two steps to the parking lot. Both bodies were left along with the two leather watch bands for the crows to ponder and feast. "Caw"

Sean@vashonloop.com

Too Much! Too Soon! Vote No on Prop. 1 Today!

I support Vashon Park District levies, but Proposition 1 is not the answer. Since ballots have been received, I urge everyone to Vote "NO" on Proposition 1.

Unfortunately, a fatally flawed Strategic Planning process led to a fatally flawed Strategic Plan and levy request. Instead of starting with the amount of money a reasonable levy request would generate and generating a Plan, the Park District Commissioners developed a wish list of budget items to be disbursed over an arbitrary timeframe, with the expectation that the tax payers would write a check to pay for these items, regardless of the cost.

According to the Park District Executive Director, Elaine Ott-Rocheford, Proposition 1 will increase levy income from the current record high amount of \$1,338,312 to \$1,844,413, a \$506,101 increase! This increase will not just be for 2020; it will be forever, since government agencies always find something new to justify their increased spending.

In reality, the Park District should have plenty of cash to address its needs without having to increase the levy by 38%. Before VES, the levy was less than \$1.0 million and the Park District was investing over \$400,000/yr in recreational programs, which now are gone. Then \$1,5 million of levy money was spent on VES over several years. After VES was complete, the District has built a permanent reserve of \$301,000, in a very short time, with total cash of \$511,000 at the end of 2018. It should be noted the Park District commissioners agreed this reserve is adequate, thereby freeing the funds used to build the reserve for deferred maintenance needs.

The problem is not a drastic shortage of money, but fiscally-irresponsible spending and a failure to listen to the island concerns. After spending \$30,000 for an island-wide survey, the commissioners ignored the results and chose to spend tens of thousands of dollars on lower priority items, including one item supported by less than 2% of the survey takers. Even though there was money in the 2018 budget, no new recreational programs for seniors, or anyone else, were funded. The other top priority, rest rooms at all the major parks, could have started two years ago, but only now is being discussed as part of the new levy cycle.

Most importantly, the survey revealed only 9% of the island thought the condition of the Park District facilities was in poor condition. As such, there is no urgency to address the deferred maintenance and new projects during the next 4 years. A \$0.45 levy would provide a generous 19% increase. These projects could happen over the next 8 years, and perhaps as little as 6 or 7 years, if the commissioners spend more responsibly, and the District has continued success with grants.

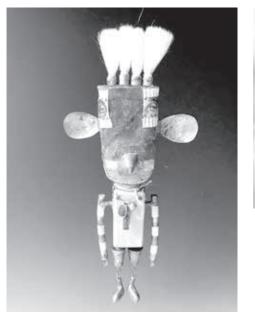
As identified in the community survey, the firm that conducted the survey stated the expectation would be for many of the larger deferred maintenance needs to be financed with a bond over a much longer period than 4, or even 8 years. Most people would agree that if you are planning a \$1 million construction project that will last 20 or 30 years, you should pay for it over 20 or 30 years, not 4 years. This would further reduce the need for a larger levy.

The Park District has provided facilities and programs for over 30 years while spending a fraction of the \$1.8 million requested in Proposition 1. The fact is no one on the island had their income increase 38%, and neither should the Park District. While the increased amount may seem minor in absolute dollars, you have to consider the cumulative effect. The fire district increased its levy again, the school district is seeking to address its shortfall, and then there is a possible hospital district. This is not Bainbridge or Mercer Island. Let's give a break to all islanders, especially those on fixed income, and Vote "NO" on Proposition 1.

Do not be deceived by the fearmongers who say a "NO" vote will shut down the Park District. The commissioners have plenty of time to come back with a reasonable request in November.

Scott Harvey is a longtime island resident who served on the VES Oversight Committee and was a Park District commissioner for 4 1/2 years, ending in 2018.

Invitational 3D show





Vashon Needs Volunteer Firefighters

Continued from Page 1

North Bend State Fire Academy as well as Hazmat training which will also be held off island at a location still to be

some Saturday/Sunday trainings at should they choose to leave the district prematurely.

The full details, including the current draft of the fire academy calendar, please visit the District's website, www. VIFR.org under Volunteer. To set up an appointment to get your questions

Night Owl, by Morgan Brig

Invitational 3D show at VALISE, an exciting array of sculpture, wood figures, painted boxes, ceramic and metal constructions, found and painted objects by invited guest artists: Morgan Brigg, Terri Fletcher, Lin Holley, Darcie Beck, John Hilding, Stan Elleflot, Bill Clever, Jeaneen Bauer, Bill Jarcho and Maxx Yamasaki. Member artists, most of whom usually only create 2D work have

Pascale Judet



John Hillding

ventured into new territory to create 3D work for the show.

Opening Friday April 5th, 6-9. Show runs through April 27th.

determined. Graduation will be held at Vashon Theatre November 16, 2019.

After graduation from Fire Academy, Volunteers will be required to attend bi monthly fire training on Monday nights, and respond to at least three emergency fire responses per month (house fires, automatic fire alarms, smoke investigations, etc.). Volunteers will be training how to map from home and respond in personal vehicles to emergency calls. Volunteers are reimbursed a small stipend for training they attend, as well as for each call responded to. As the cost of screening and training new firefighters is not without note, we require all Volunteers to sign a reimbursement agreement, in which the recruit agrees to volunteer for a period of no less than 18 months after completion of academy, or reimburse the cost of the screening and training



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

What is a Mystery School?

Part 2

In the last issue, I covered the very basics of what a mystery school is, that it provides the spiritual seeker with tools and experiences which allow a revelation of their truest self. The path is lit through an ancient map which has only been available to a few evolutionary people for thousands of years. Till now.

In this time of upheaval we are on the brink of either self-destruction or an evolutionary "new day". Some call it Shambala. There are signs of both in the streets and on every news broadcast. And in a lot of us! Look past the drama. There is something just beneath the surface. Are you ready to embrace it?

I have been looking for a comprehensive spiritual program my whole life. I tried various therapies, gurus, life coaches. Religions, A Course in Miracles. Everyone had a little piece of a larger puzzle. But there was always something missing.

Modern Mystery School provides the whole puzzle, with enough inclusivity and flexibility for the peculiar needs of all. Each initiate has a guide, and also the support of a whole international community! We all experience our paths differently, but with discrete steps, we share a journey in common. We watch each other evolve with the freedom to goof up and still shine as we address our challenges and victories.

The map is universal, because each unique human being is created with structures in common both physical and energetic. You are in control, on your own schedule, in your own frame of reference. Integrity is expected, but perfection is a process, never an absolute.

Life Activation (Vashon) is an important first step and for me was different than anything I had ever experienced. Afterwards, I wasn't sure it had any effect at all. The changes were subtle and gradual, but something was just "better". I felt more in the flow. I had just kicked out my husband and four and a half months later, he returned and we are still married. By then, I was an initiate and on my way to deeper studies. The Path was like home to me!

Here is some of what LA does: 1. Activates our DNA, both physical and spiritual. 2. Increases brain function. 3. Cleanses karmic patterns. 4. Charges up the immune system. 5. Opens doors to opportunities and helps us to let go of what no longer serve us. 6. Heightens our spiritual gifts.

LA works wonders on depression, the challenges of autism and other mental

issues. LA works on us energetically without engaging our intellect or our "story".

I experience the giving and getting of LA as a sacred and loving process between two divine beings. I feel the support of over 8,000 years of activators when I administer this blessed process. LA can be followed with a Full Spirit Activation (Vashon) and then a Galactic Activation, which will be brought to Seattle in August. I highly recommend all three!

Although Life Activation(LA) can be a stand-alone session, for some of us, that infusion of Light shows us a deeper part of ourselves and stokes our appetite for more

The true gateway to Mystery School happens next: EMPOWER THYSELF, a two-day class and initiation (Vashon). You will learn a deeper understanding of the human structure, how we became human and our true mission, the basics of Kabbalah and daily practices which will help you to clear old patterns, regain control of your life and bring in your true identity as a unique spiritual being. Your initiation into the King Salomon lineage makes it all real. Empower Thyself is well-named, because this is truly the entry point into becoming enlightened.

At this point, new doors to this ancient school are open to you. Next, you might embark on the 10-month Universal Kabbalah ascension program (Seattle). This ancient archetypal teaching is sometimes called the "yoga of the west". In my first "climb" up the Tree of Life, there were times when I felt like chunks of my ego were falling off me onto the sidewalk. A real sorting, cleansing and rebirthing process!

From there, there are many higher classes, a few in Seattle and many more in Toronto, Canada. Topics include alchemy, sacred geometry, ritual mastery and healing modalities of great variety and use. There are many initiations, many opportunities to re-discover yourself in progressively deeper ways. As a student and now teacher, I have great respect for this lineage and honor the "handing down" and protection of these ancient, mystical teachings.

In my six years in Mystery School, I have become initiated and certified as a guide, teacher and healer. If you feel called to the path, I am here to serve you,.

Marnie Jones-Koenig StaroftheSea.Center (206) 579-8994



Once every four years, Vashon Park District renews its maintenance and operation levy. This year, ballots will be mailed to Vashon voters April 3rd and must be postmarked by April 23rd.

This levy will replace the District's expiring levy. It is the only money the Park District gets for maintenance and operations. The days of living on borrowed money are over.

The proposed four-year Maintenance and Operations Levy would authorize the collection of levy amounts estimated to be \$0.52 per \$1,000 of assessed property value in each of the years between 2020 and 2023. The tax rate from the levy is projected to add \$60 to current taxes on a \$500,000 property. Homeowners who are 61 or older, or disabled, may be exempt.

Vashon Park District has worked hard over the years to get on solid financial footing. VES field is completed with new lights. Vashon youth and seniors enjoy a year round pool.

This levy will result in an increase in Parks revenue of approximately \$450,000 over the four-year period. This will allow the Park District to tackle deferred maintenance on essential infrastructure projects to Agren and BARC fields; Lisabeula and Agren parking lots; major work on the Belle Baldwin house; the Inspiration Point wall; and various projects at Point Robinson. The Park District will also use this money to install restrooms at all parks, and work on invasive species remediation.

A Yes vote on Proposition #1 in April will ensure Vashon-Maury Island parks continue operating at current levels while maintaining Vashon's valuable parks.

Susan McCabe

"Flight of Fantasy" at Open Space's Burlesco Notturno

On Saturday, May 4, 2019, Burlesco Notturno's out-of-this-world "Flight of Fantasy" spectacular swoops into Open Space for a sensuous night of revelry and wonder. Doors open at 6:30pm, and at 7:30pm the evening's illustrious acts take center stage to transport guests on a vividly wild adventure of the imagination.

The sensational Mme. X (and her lovable, silent lawyer) will grace the audience with her captivating presence, guiding the crowd through "Flight of Fantasy," an evening of breathtaking awe and excitement.

The dazzling lineup stars The Atomic Bombshells, one of the world's most respected dance troupes. Founded by original members of the Shim Sham Revue in New Orleans' historic French Quarter, The Atomic Bombshells have been described as "Polished, clever, and glamourous!" by Dita Von Teese herself.

The renowned burlesque group stars the sensational, always-stunning INGA, the 2018 Reigning Queen of Burlesque (although Queen of the Universe may be more apt) and an internationally renowned burlesque star born and raised in Seattle. Her enchanting performances are shocking, mesmerizing, and magical all at once-INGA will whisk you away and envelope you in her galaxy of sensuous bliss.

Bombshell fame, was voted as #1 Burlesque Duo in the World in 2015. Described as "the wacky love child of vaudeville and club drag" (Australian Stage 2016) and as simply "GENIUS" (The Huffington Post), this thoroughly extraordinary duo has shared the stage with the likes of Lady Gaga and Tony Bennett. Accolades for the prodigious pair are as impressive at the show they put on-you'll simply have to see it to believe it! Burlesque artist extraordinaire, fantastical fashion designer, community builder: Jamie Von Stratton is a showstopping whirlwind in every way, and she's coming to Vashon to blow you away with her glitz, glam, and outrageous antics. Performing around the world in places like Australia, Portugal, and China have her constantly jetting around the globe, spreading her love of all things stage, fashion, and vintage.



queer lady Waxie Moon is known as a "boylesque" performance art solostripping sensation-we dare you to even try and look away when he takes the stage. Waxie is also the subject of Wes Hurley's award-winning documentary film Waxie Moon, and appeared in A Wink and a Smile directed by Deirdre Timmons.

He has headlined burlesque Kitten n' Lou, also of Atomic festivals from Vienna to Vancouver, and performance highlights include competing in the "best boylesque" category at The Burlesque Hall of Fame in Las Vegas (2013, 2015), being featured in Land of the Sweets, A Burlesque Nutcracker (Seattle, WA), and performing in and choreographing House of Thee Unholy #2, 3, 4 and 5 (Seattle, WA). Additionally, Waxie has been presented by On The Boards (Northwest New Works Festival and 12 Minutes Max), Bumbershoot (Seattle) and The Seattle Erotic Arts Festival (SEAF), and is a crowd favorite-he was voted "Best Burlesque Performer" by The Seattle Weekly Readers Poll in 2009, and was nominated for a 2010 Gregory Award (Excellence in Theater, Washington State). Live music is brought to you courtesy of The Love Markets, the incomparable black slip beret band inspired by the decadence and political transformation Continued on Page 10

Find the Loop on-line at

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The amazing, gender-blending

Jessika Satori Leads A Workshop On Grief And Loss at Literary Conference

Taking a line from Theodore Roethke's poem: Elegy for Jane: this workshop will explore how poets draw from their deep inscape to write poems that reflect different types of loss. Please bring a journal or writing materials for maximum effect.

Jessika Satori is a creative force, manifesting as a poet, songwriter, painter, film director and educator who has called Vashon home for 25 years.

Her new chapbook Come to My Dinner Party will be released this Spring. Her publishing company Twin Raven Publishing also produced the chapbooks I'm a Product of Thomas Jefferson's Seventh Generation and the Angle of Repose. Jessika created The Poetry Project for Harborview Medical Center when she was a chaplain there. She has also worked for Hospice.

In her other lives, Dr. Satori is a business consultant, speaker, workshop leader and professor who has taught marketing and entrepreneurship in the UAE, South Korea, Russia and Madagascar.

Please note: Poet and Performer Judith Adams will also be presenting The



Poetic Apothecary: Poems for Healing and Comfort on April 12th at 2pm at the Vashon Library.

If Only I Could Nudge You From This Sleep: the Poetry of Loss & Sadness Saturday, April 13, 2019

12:30pm – 2:00pm Kay White Hall – Conference Room

Shook Twins "Some Good Lives" Album Release Tour

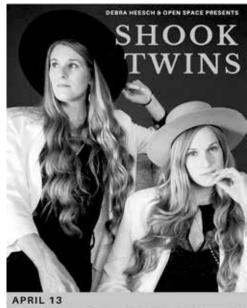
Open Space for Arts & Community and Debra Heesch present ... The Shook Twins! Touring their fourth album, Some Good Lives, they will be playing Open Space April 13th, 2019. It is a delight to know they are returning to Open Space and Vashon Island on this tour.

"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." – 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



OPEN SPACE FOR ARTS AND COMMUNITY

Photo credit, Jessie McCall, photographer

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

Jane: From a Notebook and Binoculars to 60 Years of Groundbreaking Work

Backbone Meaningful Movies presents JANE, an award winning documentary about Jane Goodall, on Tuesday, April 9th, 6pm at Vashon Theatre. Drawing from over 100 hours of never-before-seen footage that has been tucked away in the National Geographic archives for over 50 years, awardwinning director Brett Morgen tells the story of the woman whose chimpanzee research challenged the male-dominated scientific consensus of her time and revolutionized our understanding of the natural world.

Set to a rich orchestral score from legendary composer Philip Glass, the film offers an unprecedented, intimate portrait of Jane Goodall — a trailblazer who defied the odds to become one of the world's most admired conservationists.

Jane began studying the chimpanzees of Gombe in Tanzania in 1960, working for Dr. Louis Leakey. At that time, scientists had no idea how closely related human beings are to chimpanzees. Jane's research found a surprising number of similarities between chimpanzee and human behaviors and eventually led to a need to reexamine and redefine what it means to be human. Among her revelations were the use of tools, their emotional experience, social hierarchy, and parenting behaviors. The Vashon screening happens less than one week after Jane's 85th birthday. She still spends over 300 days/year traveling, educating people globally about the conservation, chimps, and speaking about the power of hope to build a more harmonious relationship between people, other animals and the environment. "Young people, when informed and empowered, when they realize that what they do truly makes a



Road to Resilience

Continued from Page 1

containers have been our "go to" container for leftovers or just about anything we wanted to keep moist and cool, and not stink up the whole refrigerator. In wanting to change our ways, we looked into other new containers that were meant for that purpose. First, we found out that they were expensive - especially the stainless steel ones. We also noted that our new stainless steel containers had glass on the inside and plastic inside the lids interfacing with the jar threads. Some ceramic ones we bought had no plastic at all but there was a rubber gasket on the top and they were REALLY HEAVY. We also bought some glass ones with metal lids for about \$5 each, and I noticed that they looked an awful lot like the 3lb. peanut butter jars I've been stashing away for years now. In the new paradigm, they are looking good. My wife likes to use canning jars.

There is still the problem of covering casserole dishes that don't fit in jars. We still have a box of plastic wrap that I'm now squeamish about using. I considered throwing it out, but that's where it will end up anyway, so we might as well use it first. There is also the aluminum foil option, and I like that better because, if you are careful, you can wash it and use it another couple times. Yeah, I know that there are those plastic containers with lids that do that job the best, but...more plastic, you know? We now use everything we've got on hand for as long as it holds up.

A few words about materials: Glass, ceramics, and metal should arouse no guilt feelings because they are from rocks and to rocks they shall return. And we all know that, in the natural scheme of things, rocks are mostly okay. Glass and ceramics are generally harmless and within the ability of any ambitious local person to set up shop and make. On the downside, they are breakable. Stainless leaches Chromium and Nickel when cooking acidic substances, but we're not discussing that here, and I haven't read that they will leach out much without heat applied.

For dry storage in the pantry, we swear by galvanized garbage cans. They are air, water, and rodent proof, and you can store a number of 40lb. bags of bulk foods in each can. Also glass jars for smaller quantities. We are lazy and have a number of plastic bags lying around in there just waiting for a rodent to make the bonanza strike. We find that not being perfect is humbling, and a more comfortable place to work from.

difference, can indeed change the world. They are changing it already."

After the film, several local women in science will talk about the challenges they've faced in overcoming sexism in their field.

The film screening is made possible thanks to generous support from Vashon Theatre and Island Green Tech.

Make a date with Vashon! www.VashonCalendar.com

Vashon Library Events Art & Music Events Submit your Event on line at www.vashoncalendar.org 1

Send me your ideas! terry@vashonloop.com

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



Plavet-Waves

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

Aries (March 20-April 19)

It's time to bring the full truth of who you are out into the light, for everyone to see. This revelation, dramatic as it sounds, might not require any sort of fanfare. In fact, it may well represent the culmination of a gradual process of evolution, in which you've come to recognize that you can no longer veil your power or your emotions so that others can feel unchallenged. That is progress. There is a purpose in causing discomfort, especially to those who are somewhat complacent, that could be described as sacred. What you are now discovering is along those lines.

Taurus (April 19-May 20)

There are times when denial has its uses, albeit as an expedient rather than a positive philosophy. To put it mildly, this is not one of those times. Your bullshit detector is currently turned up to 11, and it's pointed right at your most private of inner sanctums, the place where you keep your raw energy and some deep secrets locked up tight; often hidden even from yourself. You are likely already sensing that this arrangement is no longer sustainable. Instead, try being completely transparent and open with yourself. You may well find this brings a palpable relief, among other benefits.

Gemini (May 20-June 21)

While your ruler Mercury is still working its way out of its conjunction with Neptune, you may be well advised to keep a firm grip on what is real. Mirages can sometimes appear in the unlikeliest places: they may occasionally fool most, if not all, of your senses. Fact-check everything as if your reputation depends on it; be wary of trusting any one source specifically, and try to avoid relying on any internet content as far as you can manage that. Where possible, defer reaching a firm conclusion on anything for the next week or two, however certain you may feel.

Cancer (June 21-July 22)

Part of making strides in the ambition and career department involves leaving behind that which no longer serves you. You don't need to do today what you did yesterday, simply because it is the established path; be wary of maintaining rituals for their own sake. Moving forward has much in common with moving house, or with travelling: at some point during the process you have to de-clutter, so as to end up carrying with you only what you need. This may be a useful moment to clear out some items — literally, perhaps, as well as figuratively — that have become disposable.

Leo (July 22-Aug. 23)

Your philosophy of life and your

and make a point of knowing your own motives for acting; be entirely honest with yourself, even if you risk discovering something you'd prefer not to be true. Within a couple of weeks, everything will probably be much clearer.

Libra (Sep. 22-Oct. 23)

If someone close to you rouses your anger — especially if you've recently been involved in a dispute — it may be helpful to consider carefully how you act, and what your emotional response really means. The chances are it's something deeper than you realize, and not necessarily created by the present situation. There is enormous temptation just now to act immediately on our emotions, and to take our feelings as gospel truth, which goes far beyond a healthy reliance on one's instinct. Take as much time as you need to figure out what is really the case.

Scorpio (Oct. 23-Nov. 22)

Right now it seems you know pretty clearly where you wish to be, in terms of your current goal at least. Keep that vision close to your thoughts, and use each day to get a little closer to it. If it helps, you might even consider reviewing your progress on a daily or weekly basis, in order to help you organize and plan — though be sure anything of that sort inspires you, rather than wearing you down. Solve any challenges methodically and patiently. Ultimately, you know that what you seek is possible, and within your reach, no matter how long it takes to arrive.

Sagittarius (Nov. 22-Dec. 22)

Making use of your creative or imaginative abilities is one way to exercise your free will and determine your destiny. You can do this in small ways, and it would be just as valid as if you won fame or material gains through your gifts. The point is you are asserting your right to live on your own terms. If there is something you want to try doing, remember that many things worth accomplishing often don't involve outstanding success on the first try. They tend to require ongoing commitment and daily practice; the journey thereby holds as much meaning as the destination.

Capricorn (Dec. 22-Jan. 20)

Trust the original instincts you had about a specific project. If you are concerned that the effort you've put into it may have been to no avail, or that things appear to be turning out rather differently from what you envisioned, wait for more information before you give it up. There's a reason you decided to place faith and resources in this work initially; you might benefit from recollecting that first train of ideas. Consider what you have accomplished so far; it is likely you've made more progress than you know, and that some results have yet to emerge fully.



Free as in Freedom Free as in Beer



RadioVashon.com

Vashon Island Chorale Celebrates Its 30th Year!

Concerts on Sat. April 27, 7:30pm and Sunday, April 28, 3pm at Vashon Center for the Arts will celebrate the Chorale's 30th year of bringing fine choral music to the community. Under the direction of Dr. Gary D. Cannon, 75 singers, pianist Linda Lee and 24 orchestra members will offer a huge variety of music from well known composers Aaron Copeland, Leonard Bernstein, Gabriel Faure, Ralph Vaughan Williams, and Alexander Borodin. Music from the late Buzz Brusletten of Vashon Island is also on the program along "Lambscapes" from Eric Lane Barnes. The Vashon Youth Chorus under the direction of Julie Kangas will appear to sing with the Chorale and to provide their own musical selections.



Local soloists Jennifer Krikawa, Holly Boaz, Marita Ericksen, Lisa Peretti, Maya Krah and Alivia Jones, plus Seattlites Will Gardner and J. Scott Kovacs will add their voices to the concerts.

Pre-concert lectures will take place

aspirations have a way of being unique, and you may be about to find out how unique. Potentially, some among your contacts are encouraging you to adhere to specific beliefs, and to direct your life a certain way; yet you may realize rather suddenly in the coming days precisely where you differ from them and why. This is likely to spring from a deep place, indicating how fundamental these ideas are to your being, and to your connection with the divine principle, or with your higher self. You need not fear to stand out.

Virgo (Aug. 23-Sep. 22)

Prior to finalizing any sort of commitment, take some time to re-read the small print, and make sure you're not signing up for something you may later regret. Confirm that your understanding of the situation is congruent with that of all others involved: that you are, so to speak, all on the same page. Meanwhile, check in with your thoughts and emotions,

Aquarius (Jan. 20-Feb. 19)

After what you've experienced in recent months, it would not be astonishing if your emotional center had the approximate strength and imperviousness of titanium. This, however, does not require you to maintain a stiff upper lip if you should find yourself needing support. While that's a useful survival strategy at times, it's crucial to retain your ability to trust, even if that seems difficult right now. Acknowledging when you need to be vulnerable is a wise and courageous act. Everyone has the right to seek help, and to use the support available to them — including you.

Pisces (Feb. 19-March 20)

Keep a handle on your self-esteem, and do everything you can to fend off

30 minutes prior to each concert. Tickets ranging in price from \$20 - \$5 are on sale at the lobby desk at VCA or online at vashoncenterforthearts.org.

challenges, whether internal or external. In particular, try to recognize when an idea you have about yourself comes from an imposed narrative that should long have been consigned to the trash. This may manifest in you taking on responsibility for other people's expressed anger or similar emotions that are not in fact yours to own. Be careful about a response or train of thought that feels 'right' — it could turn out to be simply a familiar pattern wearing a different mask. For now, take every individual case on its merits.

Read Eric Francis daily at www. PlanetWaves.net



Spiritual Smart Algek

By Mary Tuel The Earth Will Be Fine

"Save Our Species"

In 1965, as a college freshman, one of the general education courses I was required to take was Biology.

The man who taught the course was obviously angry that he had to teach this bonehead science class, and clearly of the opinion that everyone should be majoring in the sciences.

His name I do not remember. What I do remember is that he was the first person I ever heard use the word "ecology."

He spoke of how human beings were, through carelessness, ignorance, arrogance, and greed, ruining the ecology of planet Earth. He spoke of a coming environmental apocalypse and painted a dire picture of species extinctions, famine, rising sea levels, and crazy weather.

It was a doomsday scenario and it scared me, I can tell you. I was seventeen, though, and that doomsday seemed so far off – if it was even real - that it was easy to forget.

In the 1970s ecology popped up again. We began to have Save the Earth rallies. There was talk of recycling, and how what we did affected the environment.

By 1973 I was living here on the island and waiting in line for gasoline. We were being told to drive more slowly to conserve gas. A national speed limit of 55 miles per hour was made into law. Oil was a finite resource and we were running out.

We have short attention spans. The 55 miles per hour speed limit is long gone. Oil is still a finite resource, and it is now being acquired in ways that no one would have considered years ago – e.g., fracking – because it was so easy to drill a well and strike oil.

Now many of us would like to see our country turn to energy sources other than oil: solar panels, wind turbines, hemp oil, and tidal energy are all possible energy sources. But there is still too much money to be made in oil. Those who profit by it will not release their death grip on those profits, regardless of what that means for their children and grandchildren.

For years we heard about "global warming," and then at some point the term "climate change" began to be used instead. Many people did, and still do, call climate change a hoax, and treat the idea with contumely.



fire smoke last summer, and people were burned out of house and home in California and other Western States. People died in those fires; people died from bad air.

What we are now calling "Fire Season" (remember when we didn't have a Fire Season?) has already started this year.

Could fire happen on Vashon? It has in the past. It is still moist enough here that we are in slightly less danger of wildfire than dry locales but clear the brush from around your house if you are worried. Seriously.

Then there are those pesky hurricanes (cyclones, typhoons) that are devastating the Caribbean islands and the southern and eastern states of our country, as well as countries in other parts of the world, destroying homes and people and infrastructure, and new storms striking before people have recovered from the last one.

This winter there was something called a "cyclone bomb" of snow in the Midwest, which along with the heavy rains that followed contributed to flooding of a magnitude people say they've never seen before.

If it is your opinion that climate change is a hoax, fine. Believe whatever you wish.

You, and climate change believers, and people who have no opinion on the subject, will still need to roll up your sleeves and deal with the results of the fires, floods, droughts, snows, hurricanes, tornados, rainfall, drought, polluted air, rising sea levels, and accompanying diseases, famines, wars, homelessness, and refugees, and whatever else is thrown at us, because reality does not care what your opinion is.

Reality is impartial and fair that way.

Right now it seems that almost everyone except the people presently running this country understand that we are in deep kimchi and we need to live responsibly if our species is to survive.

I believe that part of being responsible is to vote for people who have more sense than God gave a goose. If anyone like that runs for anything. If not, maybe we should turn our government over to the geese.

My college biology teacher knew what he was talking about, the old curmudgeon, so he really did contribute to my general education, even if I cannot remember zip about biology. Mind you, we have not even mentioned what happens in Pugetopolis when the Cascadia Fault shifts, or Mt. Rainier erupts. Let's face it: life on earth is not for sissies.

Vashon Library April Events

Children & Families

Brick Builders

Monday, April 1, 8, 15, 22 and 29, 4pm Ages 5 to 12. Build a stunning creation all your own or collaborate with a friend and make something spectacular. All materials provided.

Infant & Young Toddler Story Times Tuesday, April 2, 9, 16, 23 and 30, 10:30am Ages newborn to 24 months with adult.

Stories, songs and fun! Playtime follows

Preschool Story Times Tuesday, April 2, 9, 16, 23 and 30, 11:30am Age 24 months to 6 years with adult. Stories, songs and fun!

Treasure Hunting Saturday, April 13, 10am

Ages 3 to 10 with adult.

Creating poetry, stories and songs is all about discovery. It's about searching for what's hidden and uncovering what we didn't even know we were looking for. Writing is all about surprising ourselves! Join author, poet and award-winning songwriter Eric Ode for a music and poetry-filled workshop that digs into writing as a process of discovery.

Journal Making with Recycled Materials Saturday, April 13, 1-3pm

Presented by Seattle ReCreative. Ages 8 to 18. Drop-in to learn about a variety of journal styles and uses. Students will create their own journal from recycled materials to take home during this dropin session.

Teens

Study Zone

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

Game On! Monday, April 8, 1:30pm

Grades 6-12. 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.

Turn Cards Sideways Friday, April 19, 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! Untap and get ready to cast some spells! Conversations Book 1: The Secret Sharer by Joseph Conrad Monday, April 1, 6:30pm

One-On-One Computer Help

Tuesday, April 2 and 16, 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, April 4 and 11, 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.

Vashon Friends of the Library Book Sale Saturday, April 6, 10am

Great selection at bargain prices! Donations of gently used books for the sale are also accepted on Friday, April 5, 11am-3pm.

Proceeds support programs at the Vashon Library throughout the year.

The Poetic Apothecary: Poems for Healing and Comfort Friday, April 12, 2pm

Poet and performer Judith Adams explores poetry's restorative powers by reciting and exploring poems that help us understand grief, fear, sadness, loss, and much more. By sharing her love of poetry, Adams encourages audiences to share poems that have deeply touched their lives and discusses how writing poetry can be a potent medicine for us all.

Just Around the Next Corner: Where are you from? Where are you going? Friday, April 12, 4pm Presented by Merna Hecht. All ages welcome. Explore these questions while you create lively, upbeat poems in your own voice, speaking for yourself!

Children's and Young Adult Literature: Excellence in Literature for Young People Panel Discussion with Karen Cushman, Anna Witte, Tom Llewellyn and Linda Ernst. Saturday, April 13, 11am All ages welcome. Discuss the process of writing for a young audience, what makes good children's lit and the award committee process.

Rap Battle of the Books! Sunday, April 14, 1pm

Even if you think it's a hoax, you can't deny that we were choking on forest

The Island's Business Center VASHON PRINT & DESIGN

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17627 Vashon Hwy SW • Vashon Island • WA • 98070 Phone: 206.463.6100 • Fax: 206.463.6137 • vpd@vashonprint.com Teen Cinema Fantastic Beasts: The Crimes of Grindelwald Wednesday, April 24, 3:30pm Grades 6-12.

Teen Late Night Friday, April 26, 6:30pm Grades 6-12 only.

Games! Games! Games! Use the computers, play video or tabletop games, make crafts or just hang out. Free snacks and raffle prizes all night long. Teens must be picked up by 9pm.

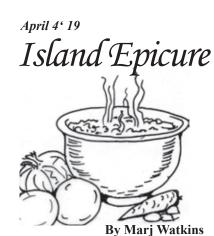
Adults

Great Books Discussion Group Eleventh Selection of Great All ages welcome.

Demonstrate your rap skills by freestyle rapping a children's picture book. Watch Ludacris' take on Llama Llama Red Pajama for inspiration!

King County Public Health Visit Wednesday, April **17**, **1***pm* You can apply for Orca Lift (Metro reduced fare program), food stamps, health insurance, sign up for Apple Health or fix any problems you may have with qualified health plans. Se habla espanol.

Tabletop Gaming Sunday, April 21, 11am Ages 12 and younger 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.



Lentils for Lent

We're still in Lent, the period of six weeks before Easter. This is the season in which devout Christians give up something they like very much--chocolate for instance, or red meat. We can still eat fish, and sockeye salmon is on sale as I write. But it's so good that one might feel morally obliged to give up sockeye, one of the tastiest and best textured kinds of salmon. We could specifically deny ourselves sockeye and eat Atlantic salmon instead. That to me would be close to punishment.

We may allow ourselves to choose cod, a rather bland fish, but not always. There are as many varieties of cod as there are of salmon. If you are fortunate enough to find Alaskan cod you'll find it excellent in texture and in flavor. If we're giving up something we really enjoy, we could deny ourselves this.

The vegetarians and vegans among us have been getting their protein from lentils and beans all along. If we were to give up all fish, not just our favorite fishes, I think the lenten ethic of eating could be served, and we would still get our needed iodine, by choosing other seafoods. Oysters are at their best through April, and

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a top source of zinc, which helps prevent colds. Shrimps of all sizes, crabs, lobsters and prawns are always good iodine sources.

For the sake of the vegans and vegetarians among my readers, I suggest a few meals featuring lentils for protein. They come in brown, red, or yellow and whole or split. You can enjoy variety in your lenten meals. Don't even think of pressure cooking lentils, nor beans. Here's how you cook lentils:

Brown lentils: rinse, drain, soak in warm water until they swell a bit. put in a kettle with water to cover plus an inch or so. Bring to a boil, cover, cook 30 to 45 minutes.

Red or yellow lentils: Soak an hour or so, then cook in a covered kettle for 15 minutes.

Split lentils, prepare and cook as above, but for only 8 to 10 minutes.

Lentil Cakes

2 cups cooked lentils 1 fat garlic clove, peeled and minced

> $\frac{1}{2}$ teaspoon salt or to taste Black or white pepper to taste 1/2 teaspoon ground sage 1/2 cup almond meal ¹/₂ cup barley flour 1/2 teaspoon baking powder 2 eggs Coconut oil

Combine dry ingredients. Beat eggs and stir in. Add lentils. Stir. Heat and oil a griddle or wide skillet. Drop by tablespoonfuls onto hot oiled griddle or wide oiled skillet. Bake as you would any pancakes, turning when the bottom is firm and brown and continue baking until fully cooked.

Serve hot, and pass the butter.

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0000 **TRASH TALK** 201

Recycling is great, but that's just the start. As consumers, we can help create markets for recycled materials by buying products with recycled content. A quick internet search can help you find patio furniture, carpets, clothes and running shoes made from recycled plastic. Paper towels and TP with recycled content are a great way to make a difference every day

ZERO WRSTE VASHON www.zerowastevashon.org TTTT



The Vashon Loop, p. 9 Pearl Django – Gypsy Jazz

Pearl Django has been an audience favorite at the Blue Heron for years, and now we are excited to invite them to the big stage at Kay White Hall!

With a performance history spanning more than two decades, Pearl Django endures as one of the most highly regarded Hot Club style groups working today. Although the band's roots are firmly in the music made famous by Django Reinhardt and Stephane Grappelli, its extensive repertoire includes traditional jazz classics and original compositions. Pearl Django has performed at festivals, dances and nightspots throughout the U.S. and abroad. They have played at the prestigious Festival Django Reinhardt in Samois sur Seine and have been featured on NPR's "All Things Considered." The band's signature style is marked by pristine and dexterous string work, colors of Bal Musette, the steady pulse of rhythm guitar and an unmistakable swing that delights audiences of all musical sensibilities. Throughout the years, Pearl Django has cultivated a devoted



Pearl Django - Courtesy Photo

and enthusiastic following and they continue to play to packed houses wherever they perform.

Received the Golden Ear Award for "Northwest Acoustic Jazz Ensemble of the Year" 2018

Voted favorite area jazz band 2003, by Seattle Weekly readers!

"Pearl Django play(s) gypsy jazz...and they do it with such verve, skill and pleasure that

they're pretty much irresistible to jazz and non-jazz listeners alike."

> -Seattle Weekly "Pearl Django: The gypsy

jazz of Django Reinhardt done to perfection!"

-Paul de Barros, The Seattle Times (2002)

Members:

Tim Lerch , Guitar; Jim Char, Guitar; David Lange, Accordion; Michael Gray, Violin; Rick Leppanen, Bass

Thursday, April 11 | 7:30pm Advance Tickets: \$10 Students, \$20 Members, \$22 Seniors, \$24 General. All Tickets at the Door: \$24

Tickets available at VashonCenterForTheArts.org

Max Hatt / Edda Glass

Described as "Elegantly Funky" by Wilco's Nels Cline, Max Hatt / Edda Glass have a unique sound comprised of Glass's unmistakable voice and Hatt's lyrical guitar. Their awardwinning original compositions and wistful interpretations of Jazz standards, Brazilian Bossa Nova, and Americana Jazz have taken them coast-to-coast from New York City's Lincoln Center to NPR Mountain Stage, DC's Kennedy Center and the Sundance Film Fest. In their first visit to Vashon, the duo will be joined by Seattle bass virtuoso Clipper Anderson and drummer Mark Ivester.

"...like hand-printed photographs that speak and sway, the material is hypnotic..." – Lizz Wright

THURSDAY, APRIL 18

Get In The



7:30PM

\$60 Member, \$65 Senior, \$70 General Individual Advance Tickets: \$15 Student, \$28 Member, \$30 Senior, \$32 General Tickets available at VashonCenterForTheArts.org



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

Next Edition of The Loop Comes out Thursday April 18

Deadline for the next edition of *The Loop* Saturday, April 13

Advertise in the Loop!

It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out April 18

Blue Monster

Blue Monster is a five piece instrumental funk band from Vashon Island that has been playing venues and festivals in the Northwest since 2005.

Known for their live performances which combine heavy funk grooves laced with psychedelic improvisation, the group frequently invites local musicians to collaborate for onstage jams.

The rhythm section lays down tight beats which combine intricate bass lines with deep pocket drumming while the keyboards deliver syncopated funkiness. Sonic guitar mayhem embodied by funky licks and mind bending solos to take your ears on a journey to another dimension. Blue Monster is guaranteed to make that ass shake and open your mind.

Blue Monster is Ken Jacobsen (Guitar), Nigel



Browne (Drums), Tony Mann (Keyboard) and J.P. Ouellette (Bass).

Blue Monster

The Red Bike Friday, April 26th, 8:30pm All-ages until 11pm, 21+ after that. Free cover!

Michael Whitmore Performs Solo Vashon Farmers Market



Michael Whitmore is a nylon string guitarist, occasional vocalist, and the leader/ composer of Vashon's jazz ensemble Some'tet. Saturday, April 6th starts the new season at the Vashon Farmers Market and he'll be performing a solo set there from 11am to 1pm.

Whitmore's guitar playing tends towards the frayed edges of jazz -- post-jazz, avant-jazz, free-jazz, with a hint of samba and American primitivism. A veteran of the Los Angeles new music scene, he moved to the Northwest about a decade leader, collaborator or sideman, including a project composing music for Pulitzer Prize winning poet Franz Wright. He is also a music historian, very often a DJ, and always a record collector. Currently he hosts the Friday Morning Scramble on Vashon's KVSH 101.9FM.

Saturday morning April 6th, expect a bit of musical adventure, as one reviewer wrote about Michael Whitmore--"always intriguing, insinuating mysteries but never resolving them."

Vashon Farmers Market

Storytelling Art, Photography and Poetry

First Friday Opening, April 5th, Vashon Center for the Arts galleries launch you into the world of art, stories, literature and poetry. Doors open at 6:00pm

The Koch Gallery presents photography exhibitions by Mark Milroy, Ed Holmes and Marguerite Garth.



Stairs - Hallways and Caverns of Ft. Worden, by Mark Milroy

Mark Milroy explores the hallways and caverns of Ft Wordens Kinzie Artillery Battery (Port Townsend, WA) in creating abstract photographic images. Over time the decay of the building along with rust and mold and the layering of paint have created a multilayered patina of surfaces that are curious, rich and strangely artistic, and from which appeared the beginnings of abstract paintings shrink wrapped over architectural elements.

"A Door is a Story Untold", by Ed Holmes expresses the idea of a doorway being more important than a door itself. A door is a boundary of what resides inside. It is a passageway between life's events. Imagine what a Door knows; overhearing gossip, beholding your first goodnight kiss, slammed in anger, left ajar where secrets are



Cigarette Break, by Ed Holmes

exposed, yet it doesn't tell. All taken place silently, witnessed by the door.

Roman Zlobin's "Nude Debut" is a study of the female form in various environments



Demilitarized Zone, by RomanZlobin

and with the use of different photographic processing techniques. "The shape and form of a female body takes a special place in my work as I am forever fascinated and inspired by a woman's beauty, both as pure form, but also as form held by the state of nature – light, time of day, weather, and the changing seasons."

goodnight kiss, slammed in In the Fong-Wheeler Atrium, the Lexicon of Light

art project, curated by Michael Elenko, aims to integrate the storytelling power of poetry and photography. The resulting interplay of poetic verse and photographic imagery exhibition is on display during which is National Poetry Month and also during VCA's 3-day Literature Conference. The Lexicon of Light aims to turn the traditional practice of ekphrasis inside out. Ekphrasis involves a poetic interpretation of a visual work of art, whereas, the objective of The Lexicon of Light is to transform personal



Lexicon of Light, photo Peter Serko

impressions of poetry into photographic images.

Vashon poets composed original poems and photographers set out to transform their impression of the poetry into photographic images. Both will be displayed in the exhibition. Poets: Catherine Johnson, C. Hunter Davis, Susan Lynch, Ann Spiers, Thomas Hitoshi Pruiksma, Linera Lucas, Mary Rose O'Reilley, Cal Kinnear, Lynn Carrigan, Robert C. Leung, Margaret Roncone, and posthumously Ina Whitlock. Photographers Mary Liz Austin, Crystal Culp, Dawn Stief, Rebecca Cullimore, Terry Donnelly, Claudia Hollander-Lucas, Will Lockwood, Kent Phelan, Keith Prior, Shelley Hanna, Andrew Johns, Michael Elenko, Peter Serko, Kate Munson, Sherry Lee Bottoms, Anne Gordon.

WORD & IMAGE... The marriage of words and

ago. Highlights in a long career include a NEA California Composers Grant, dozens of album & soundtrack credits as a - 1:00 pm. 17505 Vashon Hwy SW, Vashon, the Village Green

"Flight of Fantasy"

Continued from Page 5

of 1920s Berlin. The Love Markets deliver a delectable blend of playful mastery in their tunes – follow them down winding alleyways into forbidden speakeasies, and raise your glass to this merry band of outcasts: they here to welcome you into the world of Burlesco Notturno.

Advance tickets are \$30, or \$35 at the door.

This evening's VIP hor d'oeuvres and dinner is brought to you by Chef Lia Lira of Bramblehouse. Sip on one signature cocktail or glass of Prosecco, and indulge in one bottle of wine per 4 guests. Cocktail hour takes places in The Bruce from 6:30-7pm; dinner seating at 7pm.

Gold Star tickets (SOLD OUT) includes exclusive access to a postshow party with the burlesque artists, a signed photo from The Atomic Bombshells, a dessert tasting table by Chef Lia, and reserved parking.

Ages 21+. Tickets at OpenSpaceVashon.com or 206-408-7241.

images to tell a story

VCA's eclectic collection "Word & Image" includes broadsides, postcards and book sculptures. Broadsides are, in their original meaning are large sheets of paper with printed art and words on one side. Historically they were used as posters, announcing events or proclamations, commentary in the form of ballads, or simply advertisements. Today they include letter art, poems, political statements and more. This exhibition of broadsides vary in sizes, from postcard to 18x21" and includes digital print, limited edition press prints and hand painted originals by Suzanne Moore, Annie Brule

and Chatwin Book Publishing, Claudia Hollander – Lucas, and the "Dead Feminists" series by Jessica Spring and Chandler O'Leary.

Melody Bush's book sculpturing exhibition revitalizes used books into art and gifts. Book sculpturing is a form of mixed media artwork that changes a book from its original form into a different form, altering its appearance and/or meaning. Melody uses folding and hand cutting techniques, meticulously altering each individual page by page.

Two Art Book exhibits are displayed to offer examples of

original hand crafted illustrated books. "Adventures of Huckleberry Finn", illustrations by Barry Moser, is an exquisite example of block printing for his character portraits. Nancy Leavitt's "Floating Through the Desert" is a more contemporary presentation of her hand painted images and text to tell the story of her travels.

First Friday Opening 6:00pm – 9:00pm. Show runs April 4th – April 27th. Gift Shop and Exhibitions in Gallery & Atrium. Gallery hours are Tuesday through Friday 10:00am – 3:00pm and Saturday noon – 4:00pm. Closed on Sunday and Monday.

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 One More Mile The Red Bicycle Bistro & Sushi All-ages 'til 11pm, 21+ after that Free cover!



Patsy Needs A Home

I'm a unique combination of calico and Manx, possibly the only one on Vashon. My stubby little tail doesn't seem to go with the rest of me. Did you know that some people think Manx cats are the hybrid offspring of cats and rabbits? That's fake news. The Easter bunny is NOT my father! Besides being very attractive, I have a great personality, too. I get along with all kinds of people (but not dogs or other cats), and I think you'd enjoy having me around.



The artwork of Swaneagle Fitzgerald

Puget Sound Cooperative Credit Union is pleased to show the artwork of Swaneagle Fitzgerald honoring Missing and Murdered Indigenous Women on April 5, 2019. Swaneagle is a human rights activist working to protect human rights in the Northwest, Southwest, Border and Beyond.

Music will be Mary Tuel playing the beloved Island folk music.

Swaneagle Fitzgerald: Artist Statement and Biography

As I prepare for an art exhibit with my customary limitations, I wonder if my work will be valued for my efforts to seek justice with all my being as a deep resister to this pervasive system of normalized genocide that props up mainstream society. The culture at large is drenched in blood propelling people who have no value because they are poor, Indigenous, black, brown, marginalized & voiceless to flee from horrors caused by US, corporate pillagers and militarized death squads to the very source of their misery BECAUSE the US is supposedly safe for those of us living here. There is nowhere safe to be. Nowhere. All that exists for marginalized are various levels of lesser misery. How can anyone of privilege thrive if truth presents itself calling for compassion, love & solution with a growing global jack boot looming over all humanity? I resist fake okness. My art says so.

Born in Spokane in 1950, I was raised in California from age 8 returning to Washington in 1971. I have been drawing since i could hold a pencil. I had several art classes during my school years and several classes in college. I am largely self taught. I have been primarily using India Ink and Prismacolor pencils enabling me to construct very detailed imagery. These mediums allowed me to easily transport my work once i began traveling doing human rights work and activism.

My experiences as a marginalized single mother sensitized me to the immense suffering i have witnessed in this country from homeless struggles, racism against those i love, and genocide continued against traditional Dine'

> Local Weather www.vashonweather.com Local Rain Totals Temperature hi/low Wind Speed & Direction Barometric Pressure Weather forecasts



(Navajo). It was living off and on at Big Mountain, from 1984 thru 2016, with a Dine' grandmother that taught me how to be a human rights observer. My art and writing informed many activists of the serious situation involved in resource extraction and ongoing theft of Indigenous ancestral lands. This was furthered by my participation on a human rights delegation to Chiapas, Mexico after a massacre of 45 Mayans, mostly women and children, by death squads trained at the School of Assassins in Fort Benning, GA and by US Special Forces in Guatemala. Many other situations have captured my heart, commitment and art for nearly 40 years. Among them are fully addressing the atrocity of Missing and Murdered Indigenous Women, a free Palestine, food, clothing an shelter for all, an end to prevailing patriarchal abuse and a livable children's future. I am grounded in attaining justice.

It is my belief that the most important function of art is to make human conscience visible, tangible. Consequently, i have had my work censored several times. It does not deter my goal.

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Go To www.vipp.org To view adoptable Cats and Dogs

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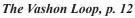
It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out April 18 Find us on Skype Vashon Loop 206-925-3837

Next Edition of *The Loop* Comes out Wednesday April 18

Deadline for the next edition of *The Loop* is **Saturday, April 13** Find *the Loop* on-line at www.vashonloop.com.



www.VashonEvents.org







flavors can he try? So far, only one he doesn't like.

Bo's Pick of the Week: How many of the new Weruva

ANDORA'S B

(206) 463-3401 \$8 Nail trimming with no appointment

April showers will be bringing much more than flowers

this year! Congratulations to all the Pruett children. New job and new opportunities for all. New things here at the

store as well. Food and toys galore. Come smell the new

rubber toys. Really, I wouldn't lie about that.

17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



5

HD TV's

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