

Vashon Non-Profits Tell Their Stories on KVSH

By Lisa Breen

For the third year, Voice of Vashon will open its studio for GiveBIG Day. On May 8th, VOV will once again become Vashon's GiveBIG Day broadcast hub from 8:00 AM to 4:00 PM. All Island non-profits have been invited to be on the air to tell about their missions and ask for GiveBIG Day contributions. "We get up to two dozen non-profits who want to be stars for the GiveBIG Day broadcast on KVSH-FM101.9," said VoV Executive Director Lisa Breen.

As most people know, GiveBIG Day annually brings together more than 1,500 Puget Sound non-profits for a day of online giving. It's difficult for Vashon non-profits to break through the noise level so this Island exclusive broadcast has been designed to help amplify Vashon's special non-profit voices.

"We describe ourselves as 'Your Island Connection' and this special day long broadcast shows we really mean it," said VoV President Rik Reed. "We aim to be the non-profit that supports all other Island non-profits." Participants signed up for the broadcast include Vashon Community Care Foundation, Partners In Education, The Dove Project, Vashon Island Pet Protectors and many others.

This year will be extra special because, after many years, Seattle Foundation decided to move on from GiveBIG Day. This will be the first GiveBIG Day under



the auspices of 501 Commons.

Listeners can tune in to KVSH 101.9 FM on the radio, listen on VoV's free streaming app or go to the website, VoiceOfVashon.org.



The Road to Resilience Crunch Time

By Terry Sullivan,

I had a dream last night that I had gotten busted for speeding. Neither the actual infraction nor any people were part of the dream. What I knew was that I had been doing 28 mph in a 25 mph zone. What bothered me greatly was that my punishment was three days in jail, one for each mph over the limit. It seemed so unfair—especially since we all know that you can usually do 7 mph over the limit and get away with it. Three days was a big hole in my life, and it really grated on me that I would be out of the race for that long. (That, even though I am not actually doing much racing these days.) I then found that I would be doing my time out in the woods.

The allegory started to reveal itself as I sat in the woods. This was not a speeding violation as much as an intervention courtesy of Mother Nature. The first thing I realized was that even a small breach of our limits was not okay. The second was that the jail time in the woods was not punishment as much as sensitivity training. I was to sit there until I started to understand that there were other beings in my midst that I was not paying any attention to, something all too easy to miss when you are rolling down the road in your car with all the windows up and the radio blasting. That was the way I was

interpreting it in any case.

It seemed that my subconscious (or whatever it is) was telling me that I was being unintentionally rude to the others that I didn't recognize in my midst. I think we all want to be hospitable and accommodating with others when we can. If we are scared or insecure, we may not, but it may also be because we just aren't aware that somebody is there. If you walk into a room and turn the music up loud only to discover that somebody else is in the room, your immediate reaction will probably be to apologize.

What I'm getting at is that I think we have a hard time cutting back on the disproportionate share of resources that we humans use because we haven't personally granted "personhood" to the others in the room. "Personhood" is something that you grant to the old person next door that you check in on as opposed to your chainsaw, which you also attend to and care for. The old person next door may give you nothing but the satisfaction that they are well, but the chainsaw that does no work for you goes on the junk heap. There is a personal relationship that we all need to have with nature if we are going to willingly

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Spring into Art Tour!

By Liz Lewis

VIVA Studio Tour, May 4th-5th and 11th-12th, 10am-5pm each day, map/brochures available at most Island businesses or online at VIVArtists.com

Potter Estavan Roache's earliest memories of clay go back to his childhood in Schenectady, NY, on a sunny day scratching around in a pile of dirt. He felt a chunk of sparkly substance, and kept going, learning from the substance itself. From this young experience he grew into a life that "required" clay. As he moved into the bigger world he was continually "in awe of this material, dreaming into it, consulting it--and was never denied a rich experience". For her part, Renee Marceau began her artist's life beachcombing as a kid, finding objects from nature and having "conversations" with them. Her work for Tour will include assemblages in small frames, wearable pouches and rattles all including items from farm and nature and studio. Estavan and Renee are now inhabiting their new studio, "Roots and Dreams," (#7 on the Tour) and will be welcoming folks to visit during VIVA Studio Tour. At "Zuzko Jewelry" (studio #12) visitors can climb a stairway above



Zuzana Korbearova

scenic Quartermaster Harbor to visit jeweler Zuzana Korbearova. Zuzana got her start ten years ago when her husband, Jason, gave her the gift of 1 oz of silver wire, a set of pliers and a "wire wrapping" class at Fusion Beads in Seattle. She uses this intricate weaving and wrapping technique with gold and silver wire to make designs for which she creates names such as "DNA", "Defensed", "Jacks", "Coined" and "Riptide". Some of her pieces that she calls "transformers" can be manipulated to change the look, making them cool and interactive. Precious gems enter the picture too, procured from a gem show in Tucson. This studio visit is definitely worth the climb!

Brian Fisher began working with an etching press in 1997 at Vashon's Quartermaster Press and became completely enamored of print process, particularly monotype print and its infinite possibilities. He says, "All the art I make- print, oil on canvas, my garden sculpture, even my assemblage art, in



Margaret Smith

some way employs or is informed by monotype printmaking." His passion is story and his imagery is grounded in the lessons of classical mythology. "Myth is a subject without an end and monotype print is a wonderfully versatile medium for sharing myth's messages." Brian's studio is #16 on the Tour, down on Reddings Beach Rd.

Also on Reddings Beach Road is Margaret Smith (studio#17), for the first time opening her basket making studio to visitors for Art Studio Tour. Of her first introduction to her craft (a show at Seattle Art Museum), she writes: "My heart pounded and I wept when I beheld the baskets in the glass cabinet. The visceral connection I felt upon gazing at First People Salish baskets at the museum awoke in me a passion to make baskets." And later, "I love to stand or sit grounded and grateful among cattail, bulrush, cedar or sweetgrass feeling the presence of the many weavers who passed here before me. The process of gathering and preparing the fibers is integral to the making." Indeed, Margaret's excitement shines as she shows me her various plants in various stages of preparation. Maybe more excited before the making as after!

Visitors to Dockton Pottery, Gale Lurie Studio (#23 on the Tour), visitors will find a group show of skilled artists

Continued on Page 10



Potter Estavan Roache & Renee Marceau



Windermere

REAL ESTATE

The island home experts



New Listing!

LIFE IS GOOD - Sweet 2 bdrm/1 bath home on a pretty, shy acre minutes from ferry and town. Hardwood floors, bright updated kitchen and custom windows.

#1439872 \$499,000



New Listing!

BURTON VIEW HOME -Meticulously maintained custom home with gourmet kitchen, new wood floors, Pella wood-clad windows & lovely mountain/harbor views.

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WRE Vashon-Maury Island, LLC www.windermerevashon.com 17429 Vashon Hwy SW 206-463-9148



Live Entertainment

Parallel Lines, Little Creatures - Friday, 5/3, 8pm
The Van Redeker Band - Friday, 5/17, 7:30pm

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

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

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Avengers:
Endgame!



Coming Soon

An Evening with Patterson Hood
May 7 @ 7:30 pm

Met Opera: Dialogues des
Carmélites May 11 @ 9:00 am

Protecting the Sacred: An Evening
with Winona LaDuke
May 11 @ 8:00 pm

This Is Home
May 14 @ 6:00 pm

The Mustang May 17th-23rd!

Bolshoi Ballet: Carmen/Petrushka
Suite
May 19 @ 10:00 am
May 20 @ 4:00 pm

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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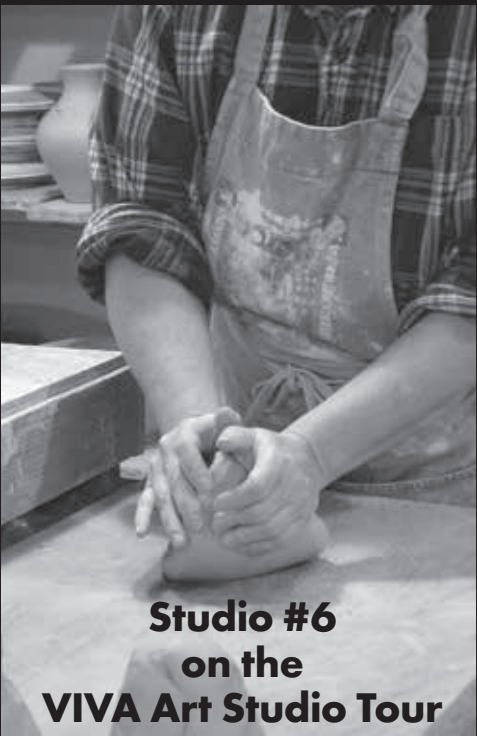
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Art & Music Events
Submit your Event on line at
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Liz Lewis Pottery
& Friends

Spring
Sale!

12714 SW Cemetery Rd
206-463-6691
May 4-5 & 11-12
10 am-5 pm
VIVArtists.com



Studio #6
on the
VIVA Art Studio Tour

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.

Water District 19 Meeting

Water District 19’s next regular board meeting scheduled for Tuesday, May 14th at 6:00 PM here in the district’s board room. Also as a reminder there still is a special meeting scheduled for Tuesday, May 7th at 6:00 to continue discussion on the comprehensive plan also in the district’s board room.

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

Grief Support on Vashon

Providence Hospice of Seattle Grief Support Services is offering a 6-week support group for those who have experienced the death of a loved one in the last year. This group will meet on Vashon on Monday evenings beginning April 15th through May 20th, from 6:00 – 8:00 p.m. This is a closed group and registration is required. Please contact Grief Support Services at 206.749.7702 for more information and to register. Space is limited.

Let’s Talk about Living and Dying

These quarterly gatherings include featured speakers, focused conversations, local resources, book reviews and upcoming events. Conversations are confidential, accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. It is free from ideology -- with no definitive answers about life, death or life after death. It is a place to explore one’s own thoughts and feelings.

This quarter, we have Allsion Cox,,a Vashon freelance storyteller of 37 years across the U.S. and Canada, New Zealand, Denmark and Sweden. She co-edited and contributed to THE HEALING HEART books on storytelling for healthy communities and is a co-founder of the Healing Story Alliance. Allison organizes yearly storytelling events of world epics for the Seattle Storytelling Guild and tells stories monthly for UNDER THE RAINBOW, STORYTELLING FOR LGBTQ & ALLIES in Edmonds. She will be sharing stories with us that stimulate questions related to staying off- death, bargaining with death and is death a blessing or a comfort?

We are all going to die - but we can be hesitant to talk about it. By coming together to talk about death and dying, we also begin to talk about life and living. Join us, have a cup of tea and a snack, and discuss life and death. The event is free -- donations gladly accepted.

Let’s Talk about Living and Dying
Sunday May 5
1:00 PM - 2:30 PM
Vashon Land Trust Building
Please call Susan Pitiger at 206-818-4232, Jane Neubauer at 206-567-5404 or Kim Eckhardt at 206 678-2204 with any questions.

Chant as Spiritual Practice – A Workshop Open to All

This workshop offers an opportunity to try out chanting as part of individual spiritual practice, singing simple chants from the world’s great spiritual traditions for contemplation, comfort, and expansion of consciousness.

Chant has a long history throughout the world in widely varied cultures. Using chants from many traditions, this workshop will open up the possibilities of chanting: how chanting can be a part of one’s spiritual practice, how it can develop a sense of calm, and how it can become a form of meditation or prayer that’s easy to use. Attendees need not have any singing or musical experience.

Facilitator Erin Durrett has wide experience in chanting and in directing vocal music. She earned a degree in music and drama at Bennington College followed by studies at the Royal Academy of Dramatic Art in London, studies in Early European Humanities including chant at the University of Washington under Margriet Tindemens, and also studies at the University of British Columbia. She was trained as a cantor in the Roman Catholic tradition at St. James Cathedral in Seattle, has served as Eno (chant leader) at the Puget Sound Zen Center, and directs music at the Episcopal Church of the Holy Spirit on Vashon. She loves improvising, composing, and working with other artists to bring old chant, new music, poetry and art into public spaces and spiritual practices to promote deep understanding and appreciation among all religious traditions and cultures.

This workshop is the 5th in the series “The Gate of Heaven Is Everywhere” and will be held on Saturday, May 11, from 1:00 – 4:00 pm at the Episcopal Church of the Holy Spirit across from the Vashon Care Center, 15420 Vashon Highway SW. The workshop is free, but reservations are required because space is limited. To reserve a place, email Kit Bean, kitbean@gmail.com.

Law Offices of
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463-6711
www.lawofficesjonwknudson.com

Fundraising Dinner for Syrian Refugees

The Episcopal Church of the Holy Spirit will host an Iftar Dinner on May 9 in partnership with the Vashon Resettlement Committee with the purpose of supporting our new Vashon neighbors, the Syrian families who have settled here. The event will help islanders get to know our Muslim neighbors, learn about Ramadan, and then join the Iftar celebration at sunset. Iftar is the special meal when Muslims break their daily fast during Ramadan, this year occurring during the month of May.

At 7:30 pm, the guest speaker, Hazim Mohaisen, will clarify the meaning, customs, and etiquette of Ramadan. He will help the audience understand Islam, especially as it exists in the modern world. Originally from Syria, Hazim now considers the Pacific Northwest his home, having worked for Microsoft as a software engineer and having established startups. In addition, Hazim has been active in the community raising funds for the needy, the homeless, and the refugee community. He is active with human rights projects here and abroad, and he does outreach with the Muslim Association of Puget Sound.

At exactly sundown (8:32 pm) in accordance with Islamic tradition, we will begin the celebratory meal prepared by the Al Mustafa and Alati families. Mustafa Almustaafa and Iad Alati are known on Vashon for their delicious meals at the Sugar Shack, and Jamila Aldahir (Mustafa’s wife) is the Friday chef at the Senior Center. With us will be members of the Muslim community on Vashon, who will help us experience an authentic Iftar dinner. For those with children, child care will be provided.

All are welcome, but reservations for dinner are required as space is limited. Please email Kit Bean at kitbean@gmail.com. A donation of \$30.00 for adult and \$15.00 for children is suggested.

Letter to Vashon

To all who support HB 1638,

When I choose to not give my child the MMR, until he is 8 or 9 (as most parents delay, rather than skip entirely) there is this EXTREMELY MINISCULE chance that my child could somehow contribute to the spread of Measles in America.

Should I, as an elected official with power, vote for a bill that threatens millions of people, trying to force them to all use the same medical intervention, at the same time, on their toddler; it is scientifically guaranteed that my action WILL injure and kill children.

Compare “super small possibility” with “guaranteed to harm,” and the reason why this legislation is a terrible idea becomes crystal clear.

Sincerely,
March Twisdale
Resident of Redmond Plateau, West Seattle and Vashon Island, with two teen sons *voluntarily* vaccinated with the MMR in early adolescence, who stands for our Human Right to Informed Consent (which will be eliminated in WA state by HB 1638)...unless you reverse course now.

Vashon Climate Action Group General Meeting

Are you interested in doing something about climate disruption but not sure how to plug in? Do you have a project you are envisioning? After over two years of activism, the VCAG is now an official affiliate of 350.org and is launching an ongoing bimonthly general meeting. We will be joining the international network of amazing activism that 350.org groups are doing all over the planet! Agenda will include updates on current projects, short break out groups offering opportunities to get involved, and immediate actions to support ongoing campaigns. Snacks will be served. The first meeting is Sunday, May 19th at Vashon Cohousing at 10421 SW Bank Rd from 1 pm to 3 pm. Doors open at 12:30 pm. We look forward to seeing you there!

**Next Edition of
The Loop Comes
out Thursday
May 18**

Deadline for the next edition of *The Loop*
Saturday, May 11

Ferry Stories

By Sean Malone and John Sweetman

John and I were sitting in the front room of my quaint log cabin, on a cliff above outer Quartermaster, recalling ferry stories: when I remembered the “burnt out clutch.”

We were pulling away from the Fauntleroy dock too fast. The last dolphin was just racing by the open ports on the main deck. Not much later, smoke began to pour out the engine room door. We kids were scared that the ferry was going to sink and Dad was upstairs playing poker. Smoke continued to billow out on the main deck when one of the engine room guys appeared as a “ghost in the smoke,” yelling for us to get back in the car: “There is nothing to worry about,” he said. We felt some strange shaking coming from down below as the old Quinault slowed. Gradually the smoke lessened as we neared the Vashon dock and the Captain told us all to get off at Vashon as the Quinault was going to go no further. I learned later at school that the Quinault had “blown a clutch.”

John recalls the engine room of a ferry as a fascinating place for kids. Lots of dials ... sight glasses telling unknown mysterious important variables.. Open bearings, rods and pistons. Also arrayed were bronze drip cans for oil with glass sight containers that were continuously monitored. The noise and the steady mechanical action was a mesmerizing view for youngsters... The engine room was narrow and hot with ladders and steel walkways everywhere... as we would approach the dock the telegraph bell would ring and the revolutions change.. Then silence except for a hull vibration.. Engines stopped.. One man would jump up on a steel fairway above the main engine body and then pull a red lever.. At the sound of another bell.. And the noise would increase and one could hear water rushing past the hull.. Later we figured out this is how they reversed the prop and (mostly) avoided hitting the dock.

John was once lost in the engine room. An engineer had taken him down to see the engine.. He was fascinated by all the smells of hot oil and moving parts...and neglected to come up on time as the ferry docked. The Captain delayed the ferry while grandpa came down and roused him out.. John got a tongue lashing for that.. Grandpa was on the Winslow Port Commission and John had embarrassed him.



We both laughed at remembering, “Running for the ferry”...Sounds funny, unless your grades depend on your getting to school on time. Dad was often late for the ferry and would start blowing his horn halfway down the steep parking lot hill, signaling the Captain to hold the ferry. He hit the dock going 30 mph and the purser raised the gate to let us drive on.

I was just learning to drive, when I borrowed Grandma Corbaley’s 1941 Chevy to take the shortcut to the dock, down parking lot hill. It’s a very steep hill and I rode the brakes on the way down until they started to fade and smoke as I put more pressure to the brake pedal. My only hope was that there would be enough brake so as to stop me from shooting off the end of the dock to land in Puget Sound, as that happened occasionally.

We always got good and excited when we would wait at the dock and see the shinning gleam of the ‘Kalakala’... we kids called it the ‘Cacala’ because we thought that it was an old Indian name for bird poop.

Usually the art-deco aluminum ferry was on the Bremerton run but ferries being what they were and still are.. Broke down and others were sent to take over the runs. Mostly the Kalakala was sent to the Winslow run and occasionally to Vashon.

Adults despised the Kalakala because the vibrations of the thin aluminum skin were awful and it had clumsy doors at both ends that often failed at the dock..

However, kids loved it because of the noise and the snazzy restaurant/ lounge. We would run around pounding on the thin skin, as if the walls of the ferry were drums... until adults threatened to toss us overboard or tell our parents.

This is why kids remember the old Kalakaka with nostalgia but our parents never had anything but a practical sense of wasted money and disdain for the old hulk when it was salvaged off the mudflats of Alaska and brought back to the sound..

Sean@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

Sophie Needs a Home

Happy Mothers Day in advance! I think I’m the only mother in the shelter right now. My son was adopted soon after we arrived, but I’m still waiting for my forever home. I’m calm, gentle and quiet. I like to rub my head against an outstretched hand. Other cats intimidate me, so I’d be happier as an only pet.

Speaking of holidays, May 5-11 is “Be Kind to Animals Week,” the oldest commemorative week in the country. What would be more kind than to give a lonely mother a good home?



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.

Washington State Ferries to host series of Community Meetings

This spring, Washington State Ferries will host a series of community meetings for each route it serves.

Topics will include proposed changes to passenger fares, implementation of WSF’s 2040 Long Range Plan and issues and projects specific to each route.

“We not only want to provide excellent service, we want to be good neighbors to the communities we serve,” said WSF Assistant Secretary Amy Scarton. “I’m looking forward to sharing

what’s ahead for the future of ferries and hearing from our customers about how we can continue to improve.”

Each meeting will include a brief presentation and then an opportunity for members of the public to ask questions or share comments.

The Meeting on Vashon Island will be held at the Vashon Island High School, 9600 SW 204th St.,
7 p.m. Thursday, May 30

An Evening with Winona Laduke

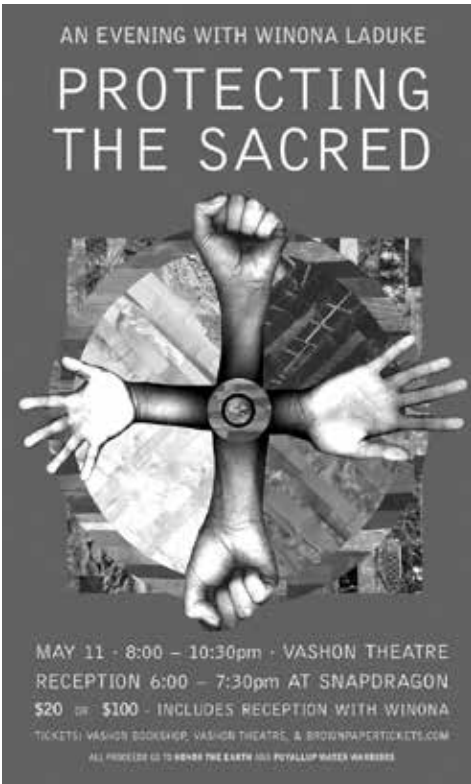
Please join us for an empowering and uplifting evening of live music, a welcoming by Puyallup tribal leaders, and an inspiring talk by internationally renowned environmental and justice leader, Winona LaDuke.

All proceeds go to Honor the Earth for their fight against the Line 3 Tar Sands pipeline expansion, and the Puyallup Water Warriors. Some’tet (Vashon) and Swil Kanim (Lummi) will provide live music.

Main event begins promptly at 8PM at Vashon Theatre (\$20 general admission). Preceding the main event will be an intimate catered reception with Winona from 6 to 7:30 at Snapdragon (\$100 reception ticket required, which includes entry to the theatre event)

An Evening with Winona Laduke at the Vashon Theater. Sunday, May 11 at 8pm.

Tickets available at brownpapertickets.com, Vashon Theatre and Vashon Bookshop.



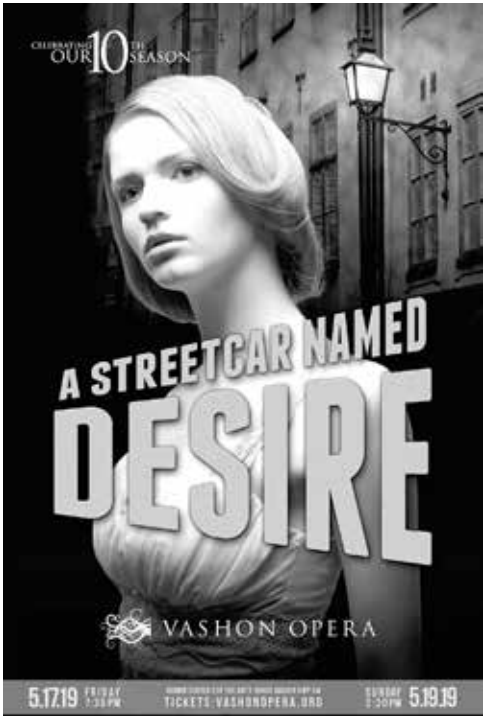
Vashon Opera presents: A Streetcar Named Desire, André Previn

“I have always depended on the kindness of strangers.”

Come be enthralled by the gripping drama of A Streetcar Named Desire as Vashon Opera presents this contemporary opera serving up two unforgettable characters, Blanche DuBois and Stanley Kowalski. Truth unravels the masquerade of a former life and the resulting descent into disillusion makes for an unforgettable performance. André Previn’s jazz-inspired score perfectly captures the sultry underworld of New Orleans, transforming Tennessee Williams’ gritty drama into a masterpiece of American opera.

Watch, listen and experience as Vashon Opera caps off its Tenth Season with this extraordinary opera. Featuring a cast of top-notch vocal artists from the Pacific Northwest and beyond, a stellar orchestra of fine musicians and intense drama presented in the intimate setting of the Katherine L White Hall, A Streetcar Named Desire is an event not to be missed!

Friday, May 17 at 7:30 pm



Sunday, May 19 at 2:30 pm
Katherine L White Hall at Vashon Center for the Arts

Tickets: vashonopera.org and The Vashon Bookshop

Island Life

A Face in the Crowd

By Peter Ray
pgray@vashonloop.com

There is a feeling I get sometimes- fortunately it is one that does not recur on a regular basis. It is a feeling that seems to start with a physical reaction in the stomach- not so much a gut punch as a sensation that a black hole has suddenly formed down there in the middle of things and it has begun to suck away motor function control as well as every ounce of what some might call hope. For a while its residual effects are quite paralyzing- it is one of those bodily functions that does not require a verbal prompt along the lines of “you’d better sit down”, as it tends to sweep one’s legs away without asking. Somewhere in there you begin to realize that your brain has become stuck in a loop, repeating the thing that came along to bring you to your knees, while still understanding somewhere at a basic level that the words and/or deeds that have taken you to this place make absolutely no sense in the general order of things.

Most recently this happened to me following the current United States’ attorney general’s feeble attempt at summarizing special counsel Robert Mueller’s investigation into Russian interference in the 2016 presidential election and the current so-called president’s reaction to it. There is more there, but I’ll leave it at that. I believe I have mentioned here before that I have become somewhat addicted to the weekly/nightly reporting that has been done on the cable channel known as MSNBC. While I have dipped into the land of Amy Goodman and Democracy Now! for a less corporate viewpoint on all of this, I have primarily been stuck in front of the teevee, tuned to cable 661 as if it were some sort of serialized, episodic drama that some nights find the spooling out of investigative journalism to be fascinating and appalling at the same time, as one wave of White House news breaks over the next. We sit and watch because we can’t believe what we are seeing, while at the same time we are waiting to finally see what seemingly could be the only, apparently possible outcome- the resignation or impeachment of a self-absorbed, national disgrace. And then we have the previously mentioned attorney general coming out to say that he has seen this Mueller report and that there is nothing there to see. This was the Wizard of Oz ducking back behind the curtain and Winston Smith’s memory hole at the Ministry of Truth all rolled into one. It was then that my stomach imploded, I suspended all belief and sat down for a session of multiple cans of Nice Day IPA, because in all of this I really needed to hold on to at least my sense of irony, having lost most everything else.

Part of my experience in this has to do with the old “walks like a duck” proof of postulate. With a litany of reports having come and gone on the nightly cable reality news drama that spoke quite to the contrary of Barr’s mysterious conclusion, it didn’t make any sense at all that this grand exoneration was anything but a fibbing fiction. And throughout all of this madness I was flashing back to the entire debacle with my now former female sibling and her indiscretion with the family so-called fortune that was discussed here a while back. There had been my blind trust in her handling of the estate, which had also been bolstered by the fact that my parents had also named a prominent lawyer as co-executor. I trusted in that process as I had no reason not to, until the reality of that situation reared its ugly head. That was one of the last times the stomach black hole came to visit, when the estate was accounted for and when what should have been there wasn’t, and what wasn’t there came to the fore, and the lawyer made the pronouncement that there ‘just doesn’t seem to be much cash left’, as if this was some sort of a surprise to him. As co-executor he should have known way before then about what was and wasn’t still around- that was his job. If he did or if he

didn’t know what had been going on, he still had not been doing his job either way. But we went to mediation and I didn’t have the money to fight and he got away without a scratch and my former sibling avoided jail time while half of what was still left to me went to legal fees taxes and penalties that otherwise could have been a help to my retirement.

So as it is, I do not see that law and justice mean a whole lot these days. As the Barr hearings grind on today I have been tuning in occasionally to see what twists and injustices might continue to prevail. I just found a thing on the youtubes of Mazie Hirono’s blistering questioning and roast of Mr. Barr. Her questions were all valid and to the point- his answers were evasive and mostly non-answers at best. And in the end I believe that it was Lindsey Graham who accused Ms. Hirono of slander because she accused Barr of lying. As had been established the night before on the news, after the release of Mr. Mueller’s letter to Mr. Barr in which he expressed concern over Barr’s revisionist version of Mueller’s work, it had then come to light that Mr. Barr’s statement to a congressional committee that he had no idea how Mueller felt about Barr’s characterization of that report was in fact untrue. It would seem that calling that statement a lie was the most charitable thing one could do.

It has become clear through all of this that it is mostly impossible to say how all of this will end. While it may be a bit of an over simplification, I think it’s mostly fair to say that Bill Clinton got impeached for a blow job and because the Republicans needed any excuse at all to get rid of him. That didn’t work out so well for them. As of the latest accounting in the New York Times, the current occupant of the White House has told over 10,000 lies of varying degrees in two years of his so-called presidency (illegitimate at best because of both Russian meddling and Republican gerrymandering and polling place rule changes and manipulation), which should in some universe speak to what he has brought to the office. Somewhere in that dirty laundry list of prevarication there sits more than a few untruths that were told about dalliances with a porn star and a playmate as well as a recording about grabbing pussy, which for some reason is now all okay in this not so brave new world of hyper-partisan politics. Somewhere there is an answer as to why this is all now okay, but I have yet to find a way to understand it.

As a related aside to all the above, I get these announcements from the classic film group Criterion on occasion, and recently was made aware of a film they were offering on disc that I had not heard of before titled ‘A Face in the Crowd’ from Elia Kazan and Budd Schulberg. It tells the tale of the meteoric rise of one Larry “Lonesome” Rhodes, as played by Andy Griffith in his film debut. Griffith plays a singer and storyteller who was discovered by a small town radio personality named Marcia Jeffries as played by Patricia Neal. It is a fascinating character study, but also a prescient morality tale of sorts about media manipulation and the power of television, as television was just getting started back in 1957. It is even more interesting to think that the vision portrayed here is a cautionary tale about that medium that mostly went unheeded, especially in light of the current political situation. On the other hand, maybe it was the template for where we are now. It would have been interesting to see how this Griffith character might have been received in Mayberry as an evil twin doppelganger. One can only imagine our current president (in spite of his less than humble beginnings) in the role of Lonesome Rhodes- actually in many ways it’s not hard to imagine at all. In the final nighttime cityscape scene in the film we see a multitude of cars on the street, while the trademark script words spelling Coca-Cola glow in the darkness above. This shot does seem like more than just a product placement, given the arc of the film. In many ways it’s as if we are being reminded again that we are always being sold something- we don’t necessarily have to buy it.

Vashon Center for the Arts

May Gallery Shows

Vashon High School student artists and three amazing women artists take over Galleries at VCA

Vashon High School Biennial Art Show Every two years, VCA turns over a big chunk of its gallery space to showcase the Vashon High School Biennial Art Show. The latest edition of the show opened Friday, May 3rd .

A beloved tradition for 25 years featuring over 110 students, ranging from freshman to senior, including advanced placement art students, are participating. The art includes ceramics, drawing and painting (watercolor, acrylic, ink, graphite pencil) and printmaking from art classes taught by Kristen Dallum. Kate Dunagan’s advanced jewelry making students are showing their hand-crafted pendants, earrings, and rings. Photographers in James Culbertson’s class are displaying a sample



Rain McMillen-Walmsley - raku ceramics of their work.

Kristen Dallum, High School Arts teacher, “From my perspective I’m embracing the show as an opportunity to showcase the creativity and diversity of perspectives from our students - celebrating their enthusiasm for creating and ability to enjoy the process, their capacity for collaborating with one another, and their astute ability to create culturally responsive works that illustrate their values and ideals.”

Jewelry teacher Kate Dunagan, “I see transferable skills developed in jewelry making. Beside teaching students how to handle industrial tools, such as polishing



“Obama” River Gregorich, VSH student

wheels and casting torches, they learn problem solving skills.

“For every project, nothing is perfect or goes as planned. The student is constantly innovating, striving to solve the next curve in the road as it comes up. Plus, they take something out of their imagination, put it onto paper and then into a wearable piece of art - beautiful jewelry for themselves, their mom, dad, girlfriend.”

“3 Women Artists” is a showcase of astonishing work

“We’re excited about the diversity of expression in this month’s collection featuring the work by Vashonite Cyra Jane, Lynette Chambers from Olympia, and Heather Goodwind from Portland in our Koch Gallery,” says Gallery Business Manager, Lynann Politte.

Lynette Charters, “Missing Women” exhibition’s aim is to use the numerous images of women’s bodies, which are historically exhibited in paintings by mostly male partners, to highlight how underrepresented women artists are in history. (mixed media on board)

Heather Goodwind’s describes her work as “a slow reckoning of self-awareness drawn out in a series of improvised narratives.” She uses paint, ink, and graphite to create a personal anthology of archetypal images which she presents as a permanent record of her experience. She has received grants from the Pollock-Krasner Foundation and the The Ford Family Foundation, has attended residencies at Playa Summer Lake and Leland Iron Works, and her works are in the permanent collection of the Art In Embassies program at the U.S. Consulate in Monterrey, Mexico.

Cyra Jane brings us a collection of sculptures using a variety of stone (marble, chlorite) and steel. With these carvings, she dives deep, mapping content through the meditative practice of the art and reaction patterns on topics like the release of anger and the embrace of the self. (stone carvings). Almost all the stone carvings in Cyra’s exhibition have been carved here on Vashon at her studio.

Creative Action Art Circle Show in the Blue Heron Education Center Gallery

The Blue Heron Education Center is proud to showcase the work of students in the Creative Action Art Circle.

A collaboration between StudentLink and Vashon Center for the Arts, Creative Action Art Circle began at the start of the school year to connect student artists with professional teaching artists.

A group of 10 StudentLink artists began meeting weekly to make art, support each other’s creativity and share stories about how art makes a difference in the world.

The original plan was to learn from one professional teaching artist per month at the Blue Heron Education Center and to spend the remaining weeks working on a project in that month’s medium. Once the students began working with the artists at Blue Heron, something shifted, namely an awakening to the possibility of students teaching one another. The circle revised the schedule for the remainder of the year, alternating professional artist workshops with student-led workshops.

Teaching artists involved in the project included Britt Freda, Alisara Martin, Allison Trundle and Estevan Roache.

About Vashon Center for the Arts Vashon Center for the Arts is a collaborative and community-based organization that initiates quality arts experiences for all ages, creates opportunities for artists to perform and exhibit their work, and provides a center for the arts on Vashon Island.



“Gauguin’s Muse Holding a Fruit” Lynette Charters

History Contest Winners

By Jean Findlay

Five hardworking and creative Chautauqua fourth and fifth graders walked away with top honors in the annual Heritage Museum history project contest. Prizes were awarded at a celebration last Friday (April 26) at the Museum.

First place went to partners Abby Lillehaug and Ava Protzeller for their poster, “The Ferries.” The topic seemed to be an obvious choice for the two girls who commute to school from West Seattle. Ava is no stranger to the awards podium—she took second place in the contest last year. The girls learned not only how long the ferries have been around, but how to conduct an interview.

Abby is the daughter of Don and Krissy Lillehaug. Ava’s parents are Don and Michelle Protzeller.

Miriam Casad, daughter of Andrew and Michelle Casad, won second prize for her short story called “There and Quack Again,” about a family duck called One Hundred Dollar Bill. Bill escaped, and his adventures before being reunited with his family included many tidbits of history tucked seamlessly into the narrative. Miriam enjoys writing a good story.

Tying for third place were Ling Ling Ende Lin and Antoinette Guy with two very different projects.

Ling Ling created and performed on video a puppet show called “The

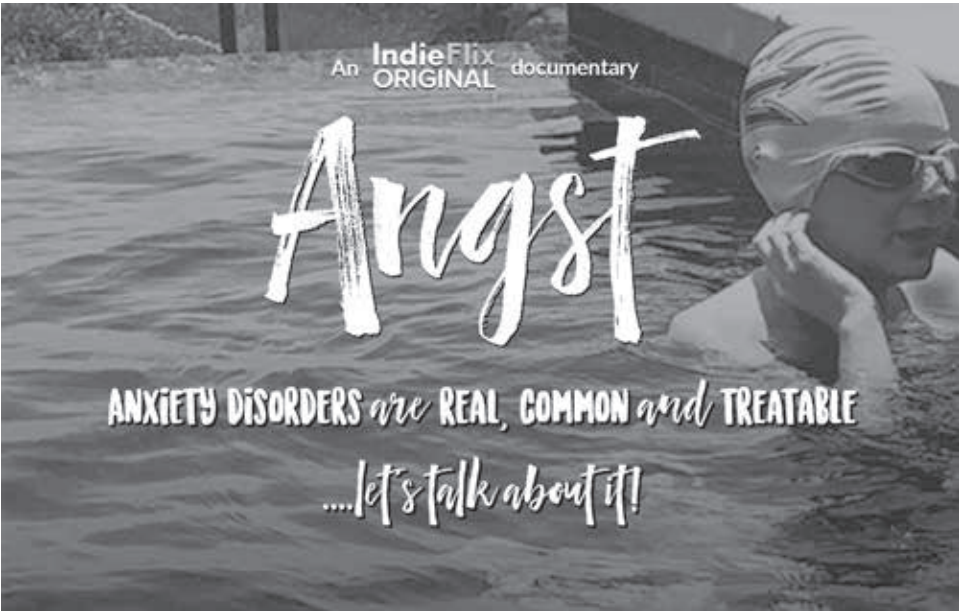


Incredible, Unbelievable, but True Story of the Portage Land Fill.” He has been working with puppets since he was two years old, and he is interested in the linkage of Maury and Vashon Islands at Portage. His story is about a rivalry between the two islands. Ling Ling is the son of Adam Ende and Yuchen Lin.

Antoinette, daughter of Matthew and Toni Guy, loves the Strawberry Festival because it is powerful when the community works together. She chose to present an essay on the “History of Vashon Strawberry Festival.” What she liked best was writing up her research.

Vashon-Maury Island Heritage Association would like to thank the Puget Sound Cooperative Credit Union whose sponsorship made this event possible.

Angst



According to the Surgeon General, one in every five Americans experiences a mental disorder in any given year and half of all Americans have such disorders at some time in their lives. One in ten children and youth has a serious mental illness condition. Do I have your attention here?

In a desire to open up the conversation about anxiety, the film ANGST will be shown at the Vashon Presbyterian Church on Saturday, May 18 at 9am. This will be free of charge. It is felt this is a film everyone should see whether or not anxiety is a part of one’s experience. As noted above, it is rampant in our society and many are walking next to us daily experiencing anxiety.

“Angst is a powerful and positive message for students, teachers and parents. The genuine and authentic comments from the young people as well as the professionals in the movie really resonated with our students and our teachers. Not only does ANGST name the many faces of anxiety, and offer tools for taming anxiety, it helps the audience understand that it is OK, we’re not alone, and we can change the narrative with the right supports. This movie needs to be seen by educators and parents so we can help our young people face their fears, and by all young people so they begin understand how to calm their fears, face their anxiety and thrive in life.

Heather Highet, Principal Bayridge Secondary School, Kingston, ON

“Angst is the most important, eye-opening documentary you will see this year. Through first-hand accounts and expert commentary, the film leads you with great care through the many facets of teen anxiety, a massive, misunderstood

and rapidly growing cultural epidemic. The teenagers in the film describe their suffering with stunning openness, grace and courage. I found myself reacting on two fronts. As a clinician, I was relieved that the filmmakers were able to capture what so many of my young clients are suffering in these complicated days: the bullying, perfectionism, panic, obsession, and too often, hopelessness.

I was also surprised at the degree to which the film felt cathartic for me personally. I suffered significant anxiety as a teen, and felt myself moved by, and grateful for, every story. And thankfully, the film ends with the notes of hope we so desperately need. Whether you are a teenager, parent, educator or a mental health professional, you simply need to see this movie, and soon. And every school needs to screen this film. It’s that important.

- Dr. John Duffy, Clinical psychologist, best-selling author of “The Available Parent”, parenting and relationship media expert

The film features children and young adults and how anxiety manifests itself in them. Perhaps you are thinking that you don’t have children, so it’s not something you want to see. EVERYONE in the community interacts with children in some way; whether you are a teacher, a checker at the grocery store, a clinic worker, a librarian, a neighbor, clergy, relative. We all need to get on board, so that we can respond with kindness and appropriate actions with children and adults experiencing anxiety and mental illness.

There will be time for discussion following the viewing of the movie. Light refreshments will be provided.

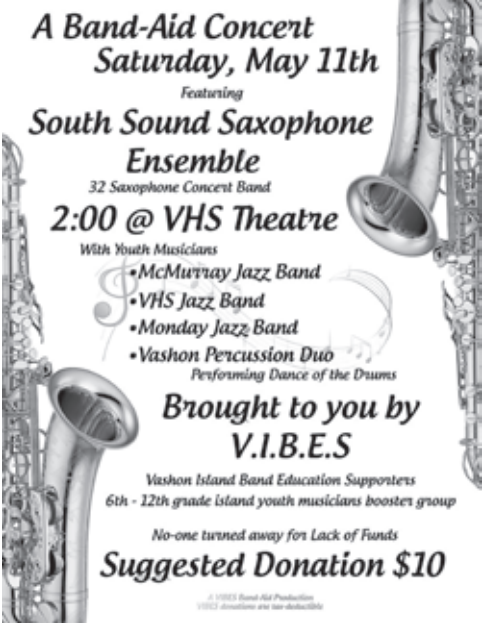
A Band Aid Concert

The South Sound Saxophone Ensemble (a 32-piece all-saxophone concert band!) will make their second appearance on Vashon to support the Vashon school band programs. The Ensemble will perform a range of classical band music.

As an added bonus, four student music groups will open for the Ensemble: the McMurray Jazz Band, the VHS Jazz Band, the Monday Jazz Band and the Vashon Percussion Duo. This afternoon of music is sponsored by the Vashon Island Band Education Supporters (VIBES) and all proceeds will benefit the 6th through 12th grade band programs.

Admission is by suggested donation of \$10 (but no-one will be turned away for lack of funds.) Come out and hear some fabulous music and support the school bands!

A Band Aid Concert
Vashon High School Theater
Saturday, May 11, 2:00 PM



Charlie Needs A Home

When I was a kitten, I didn’t have a home, but you’d never guess that from how I behave. I’m friendly and brimming with confidence. At the shelter I like to supervise volunteers. I’m kind of particular about how people pick me up and pet me, so a home without young children would be best.



My hobbies include watching both birds (from indoors) and running water. If you have windows and faucets and you’ll accept feline supervision (we do rule the world, after all), I think we’re a match!

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

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

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

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Planet Waves

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



Aries (March 20-April 19)

These days, your life is about what you have to offer, rather than what you get. It's true, the whole world is set up to accept credit cards, and it seems like half the people you meet wear a UPC or QR code on their forehead, the better to keep inventory of themselves. What you're being called to do right now is not part of the economy. Rather, it's an aspect of the global healing process, where you must essentially offer yourself for free. One challenge is that this happens entirely off the spectrum of the usual motives, and muggles tend not to understand that. The good news is that you don't have to do much to be helpful. One thing is to provide a sense of home, a refuge for certain select people who come to you seeking such assistance. They may not know it themselves; it may not be an established part of your relationship. You might know the person well; you might have never met them. You might not even like them. It does not matter; you are the place they can feel safe and welcome. So keep the home fires burning.

Taurus (April 19-May 20)

The way most people are dealing with sex these days is to not deal with it at all. Count yourself fortunate if you have a lover or intimate friend you can communicate with, and with whom you share mutual affection and goodwill. It's a jungle out there, and we're living in a strange, grievous time when any form of eroticism or affection can be weaponized. Notice this when you see it happening. By all means do what you can to never get involved with the games, and to never make sexuality, love or attachment a matter of power. The challenge is that when it's fair game to turn anything at all into a matter of power, it's difficult to make an exception. You don't need to be part of this whole trend or obsession. You have it in you to be impeccably balanced, honest and fair-minded. This is about serving a purpose larger than yourself, and it may feel that way. With Uranus in your sign, your role in the world is to be unequivocally true to your values, and not let anyone, anything, or any seeming social cause push you around.

Gemini (May 20-June 21)

Mars in your sign has just made a series of challenging aspects that have compelled you to honor your truth, and to speak the truth. Usually this is considered an act of charity or extreme courage. For you, it's a matter of basic survival. That comes down to a few elemental facts, one of which is that you cannot split your character. Yes, it seems to happen a lot — people are one person at work and think they are another person among friends and yet another at home. It's possible, for a while, to hold two competing sets of values: for example, to believe in truth and integrity, and then toss those values aside when convenient. Integrity means integration. That means being the same person all the time. The challenge here is that so many people are wearing masks, and most of them are terrified of or angry at anyone who has the gall to be sincere. That, however, is not your business. What other people do is what they do. What you do is what you do. Bank on that.

Cancer (June 21-July 22)

Your charts have a visionary quality early in the week, as if you will be able to glimpse the future, or see through certain situations that would otherwise be foggy or opaque. The question is what you will do with the information, and when you

will act on it, if you do at all. Knowledge has potency, even if you don't specifically use it. Just by maintaining awareness of your environment, you will be stronger and more influential. When it comes time to use your strength, be forthright and persistent. That does not mean pushy, impolite or angry. The truth has momentum, and that is what you want to let carry you. Do not play your whole hand at once. This is a "one card at a time" kind of situation. You will need to be aligned with the deeper elements of your spiritual path, values or commitments. It's crucial that you listen, and assess all of the available information that you have before taking action again. Context is everything. Keep a wide view, and know when to zoom in and look at the details closely.

Leo (July 22-Aug. 23)

On May 4, there will be an unusual New Moon in the vocation and professional angle of your chart. This is where the new focus is in your life. It's been brewing for a while, and the time — this time — has finally arrived. One caution first. You may seem like you have to make snap decisions, or seize opportunities the moment they arise. This is unnecessary and it can be detrimental. When an opening presents itself, get all the information you can, be open to residual facts and observations that come in, and then pause and set the scenario on a timer. Use the spontaneous manifestation quality of Uranus, while also using the patient, wait-and-see attitude of Taurus (that is the placement involved). Be sensitive to when something does or does not match your aesthetic. This may seem superficial — to consider whether an office is beautiful enough, or how a person impresses you with their appearance or the sound of their voice. Even if someone or something is a bit eccentric, you need to have a sensory alignment; the situation must feel good, and that will take some time to determine.

Virgo (Aug. 23-Sep. 22)

Mars in Gemini is moving across the most ambitious angle of your chart. Over the weekend, it passed through a foggy stretch of mental terrain, which you can now see a lot more clearly. If you're still struggling a little, the thing to get out of the way is anything that seems like a "matter of survival." Those are almost always exaggerated, and are often the result of a distortion. Step down the urgency and ask yourself what you really want, most probably in the form of what you want to do. The drive of Mars is a little more than you're accustomed to (being born under a Mercury-ruled sign — the approaches are rather different). There is, however, a Mercury angle: it's about collaborating. This begins with observing and seeking to understand where a partner, colleague or investor is coming from. You have the ability to do that, though make sure it's in words and not in some form of acquiescence or tacit agreement. Use language like, "This is what I hear you saying. Am I correct?" and, "Am I missing anything here?" Make sure you're understood as well. Feel free to ask people to state back to you what they think you just said.

Libra (Sep. 22-Oct. 23)

Pallas Athene, the asteroid of politics and diplomacy, is making a long visit to your sign, and is fully engaged at the moment. There are a number of situations you're in or about to encounter where your skill as a negotiator will be exceedingly helpful. However, you're

going to need to dial this in as a fully conscious act, rather than as something you can just count on happening. You have to ask for help, and access your skill intentionally — and then use it. There are many people in your life right now, probably too many, and it's been difficult to discern what they are doing, what they want, or what their role is. My suggestion is that you maintain silence and not reveal your opinion or point of view. You may feel like everyone knows what you think or believe; however, you're far more inscrutable than you may imagine. Just set aside the notion that people can hear your thoughts or that your opinion is written all over your face. The idea here is not to be secretive, but rather to give yourself some space to be objective, and to listen well even to those you disagree with vehemently. Eventually, you will see a point where you may need to speak up, but it's unlikely to be for a while.

Scorpio (Oct. 23-Nov. 22)

You may be struggling with the question of whether you're leveling with yourself. You may be wondering whether others are acting in good faith. You learned something, maybe a few significant things, over the weekend, and it will help if you take some time, pause, and evaluate what you now know. Matters that were murky and uncertain may have become more transparent. You may have a better idea where you stand with someone. One potential factor is sexual feelings and feelings of attachment crossing and overlapping. It will be helpful if you sort this out. Another potential factor is that you may feel two ways about a person or situation. While this might seem normal, it's a sign of inner conflict or denial, and you would be wise to address it. You actually do have underlying feelings that point to one position, not two contradictory ones. You may need to work through some layers to get there, though not if you're honest with yourself. That is the place to start, and the place to keep your focus.

Sagittarius (Nov. 22-Dec. 22)

Take a creative approach if you feel challenged or like someone is stirring up conflict with you. First, though, consider whether that is really their intent, or whether you're just perceiving it that way. A lot of controversy is in the eye of the beholder, and we live in tense, contentious times. Set aside the expectation of being attacked in some way. Dial that back and get yourself off of hair trigger. Yes, notice what you're feeling, and pay attention to clues for how others are feeling, but slow down your reaction time, and go more into a responsive emotional frame. One thing I've noticed again and again is that people who are oriented on conflict are generally not being productive. The first thing you can do about that is make sure that you, at least, are doing your work or your art. If you're in a position where you have influence over the choices of others, guide them in this direction. In intimate situations (and some others), sexual frustration is also a factor. Note this if you observe it in yourself. And though you may not be able to say much to someone else, if you think it's a factor, address it appropriately.

Capricorn (Dec. 22-Jan. 20)

Pluto recently stationed retrograde in your sign, and Saturn is about to do the same. This will set the advance of the Saturn-Pluto conjunction on pause for a while, and give you some room to address certain pressing situations in your life. Make sure you use your time well. Address any important plans that you've set aside during the past six months, and do your best to catch up with yourself. It's

less important that you invest your energy in relationships and more important that you emphasize the meaningful tasks that you have at hand right now. Please don't allow yourself to be distracted by people and their agendas. You need far less socializing than you may think. It's irrelevant what people think of you, or what you think they think. You can use your time productively if you keep your priorities in order. Some of them may involve your family, though beware: those, too, may be a major distraction. Stick to what you know you simply must do.

Aquarius (Jan. 20-Feb. 19)

The most significant forces "outside of your control" are the ones in your own mind. And while you may not be able to control your mind or your feelings, you can have an influence. That influence begins with focusing your awareness inwardly, and being honest with yourself about your motives. The inner process work you're doing, most of which involves certain family and ancestral situations you've inherited, is directly connected to your ideas about power, and in particular, how it was wielded over you and certain people you grew up with. Yet this is on a primal level (like one of those apes discovering he can smash a skull with a stick in 2001: A Space Odyssey). That's the problem: on the core level, the level of what you might think of as machine language, this is all rather crude. The responses that people had around you, and that they may have displayed, were associated with their feeling of powerlessness. Most of the "reasons" they felt that way don't apply to you. You have many more resources to work with.

Pisces (Feb. 19-March 20)

For the past week or so, Mars has been making a square to Neptune in your sign, which has been something of an antagonizing influence. This may have challenged your confidence. It's probable, though, that you're feeling like you're on much more solid ground. Now, at least, you can see someone or some situation for what it really is. There is likely to be a financial factor involved, and coming from a place of perceiving reality, and knowing the actual, underlying facts, you're in a much better position to negotiate a fair result. Yet do not falter in your position. Be persistent and insist on above-board communication. This is particularly important in all matters where your home or security is concerned. Don't fall for the delusion that you are in any way threatened. It's not that simple, and you have more potential influence over the situation than you may be aware. This is one of those scenarios where, after we address the essential topic of honesty, that it's all about money, so keep your eye on the facts and figures, and make sure they add up to the same total calculating up the column, and down.

Read Eric Francis daily at
www.PlanetWaves.net



Spiritual Smart Aleck

By Mary Tuel

Making Set Lists

In a world gone mad – well, not all the world, but a few people with power disproportionate to their ability to handle power – it is consoling to find something that has remained the same.

What I have in mind is the making of set lists.

Throughout childhood I sang songs accompanied by my mother playing the piano. One song was the limit at the PTA Music Festival, and the 4-H and County Fair Talent Contests.

When I got to college, I began singing and playing with other musicians and doing gigs for which I had to make set lists.

Making a set list is both an art and a craft. You must have in mind your audience, your tempo, key changes, moods, and tunings, if you play the guitar. All these things go into making a set.

You want to start with a song that grabs people’s attention, then you want to pace the songs deliberately while traversing the middle of the set, and then you want to end on a high note, always keeping in mind that you must read every audience and be prepared to shift one direction or another if necessary, so keep that master list nearby.

In my twenties while performing solo I put together a collection of original songs, love songs, story songs, country songs, folk songs, funny songs, and of course my baby done left me/men are no damn good songs.

In 1974 I met Malvina Reynolds, a truly great songwriter and a truly great human being. She was a socialist – a real one. I knew her long enough and well enough that when people shriek “Socialist!” about somebody these days, I think, you wouldn’t know a real socialist if one bit you in the butt.

Anyway. I added some of Malvina’s songs to my repertoire, and my sets perked right up.

So this was great. I was traveling to gigs in Oregon, California, and British Columbia as well as Washington, and I worked hard on my sets.

I sang on the island frequently. In those years I often played at Sound Food on a Saturday night.

I suppose I must explain for some of you newbies (if any newbies read the Loop) that Sound Food was a restaurant on the corner of the Main Highway and SW 206th Street. It opened in 1974 with



high hopes and a hippie ambiance. Some of the waitresses wore halter dresses that didn’t even cover their aspirations to do something besides waitressing, and older customers clutched their pearls when young moms nursed their babies right there at the table. Ah, the good old days.

Sound Food went through many iterations, and, sadly, closed permanently a few years ago, but in the seventies, the joint was jumping.

The restaurant was noisy, and cheerful, and usually there were toddlers who got up to dance and run around.

The live music was background noise.

After making careful set lists for the first year or two when I went to play at Sound Food, one day I thought, nuts. I began singing the songs from my master list alphabetically.

No one ever noticed. I kept singing and making set lists for most of my adult life, as a solo act and in groups, in between being a mom and having dead end jobs to support my music and child-feeding and clothing habits.

The kids grew up and left, and a few years later my husband Rick became ill. I spent five years being his caregiver before he died. No music in those years.

Now I sing with Listen in the Kitchen, five women (including me) who are brilliant and talented musicians, not to mention women with the wild sense of humor you want in the friends who accompany you in this life. We sing marvelous harmonies. We play toe tappin’ tunes. We have fun.

We work hard on our set lists. Sometimes these days I sing solo. More set lists.

You know, when I lost Rick, it felt like my world had burned to the ground and I had lost everything. There were times I thought I was going to die or wondered why I didn’t, with life so empty. Times when I wondered why I was still here.

Unfortunately for that attitude, after a few years I decided that I might not know why I was still here, but I might as well do the two things which I seem to do well, singing and writing, and see how that goes.

So far, so good. I’ll be singing at the Farmer’s Market on Saturday, May 18, from 11 a.m. to 1 p.m. That’s a busy place, with lots of people walking around. Noisy, crowded. Maybe I’ll sing my songs alphabetically.

Just kidding. I will make set lists.

Vashon Library events for May

Children & Families

May the 4th Be With You
Saturday, May 4, 11am
All ages welcome.
Celebrate Star Wars Day AND Free Comic Book Day at the library.
11am-2pm: Star Wars Crafts
12-4pm: Lightsaber Battlefield at Ober Park (Ober Park is reserved for outdoor play, no supervision provided by library staff. Lightsabers must be pool noodle material, no plastic or real Lightsabers allowed.)
11am-4pm Free Comic Book Giveaway
1:30pm: Costume Contest (Costumes can be from any comic book, movie/TV show, or your own imagination!)
2:15pm: Movie

Free Comic Book Day
Saturday, May 4, 11am
All ages welcome.
Join us for the national Free Comic Book Day at the library.
Free comics while supplies last.

Brick Builders
Monday, May 6, 13 and 20,, 4pm
Ages 5 to 12.
Build a stunning creation all your own, or collaborate with a friend and make something spectacular.

Infant & Young Toddler Story Times
Tuesday, May 7, 14, 21 and 28, 10:30am
Ages newborn to 24 months with adult, siblings welcome.
Stories, songs and fun!

Preschool Story Times
Tuesday, May 7, 14, 21 and 28, 11:30am
Age 24 months to 6 years with adult, siblings welcome.
Stories, songs and fun!

Tinker Tots: Plants
Monday, May 13, 1pm
Ages 2 to 5 with adult.
Sing songs, read books and learn about how plants grow from a master gardener. Then plant your very own sunflower seed or two to take home or to grow right here at the library!

Hawaiian Lei Making
Thursday, May 16, 4pm
Ages 5 to 12.
Experience Hawaiian culture through music, pictures and stories and then learn to make a Hawaiian lei to take home!

Library Lab: Bugs
Tuesday, May 21, 4pm
Ages 5 to 12.
Make a temporary house for bugs to befriend and study before releasing back into nature! Then craft a dragonfly to perch on your windowsill or fly through your house.

Teens

Turn Cards Sideways
Friday, May 3, 17 and 31, 3:30pm
Grades 6-12.
Come play Magic The Gathering and other trading card games.

Game On!
Friday, May 10 and 24, 3pm
Grades 6-12.
Come play video games at the library!

Teen Cinema: Wonder Woman
Wednesday, May 22, 3:30pm
Grades 6-12. Rated PG-13.

Study Zone
Mondays and Wednesdays, 4-6pm
Grades K-12.
Drop in during scheduled Study Zone hours for free homework help from volunteer tutors.

Adults

Introduction to Pastels
Sunday, May 5, 1pm
Designed and facilitated by Silver Kite Community Arts, LLC.
Learn how to use pastels to draw a simple still life inspired by the colors of spring flowers.
All supplies provided.
Registration required beginning April 21, 206.463.2069.

Great Books Discussion Group
Twelfth Selection of Great Conversations Book 1: The Theory of the Leisure Class (selection) by Thorstein Veblen
Monday, May 6, 6:30pm

One-On-One Computer Help
Tuesday, May 7 and 21, 6-8pm
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

King County Public Health Visit
Wednesday, May 15, 1pm
You can apply for: Orca Lift (Metro reduced fare program), food stamps, health insurance and sign up for Apple Health or fix any problems you may have with qualified health plans. Assistance also available in Spanish.

Side Hustles for Creative Types
Saturday, May 18, 1pm
Presented by Jeff Leisawitz.
Looking for a sweet gig that could make you some extra dough? Ready to be your own boss? Time to step out with your creativity? Creating a fulfilling and potentially profitable side hustle is the way to go.
Learn to identify the intersection between your passion and profitability, create a basic plan to point you in the direction of your dream and take actionable steps to get your side hustle off the ground.

Tabletop Gaming
Sunday, May 19, 11am
Ages 12 and younger 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.

Sit there for an hour, a day, three days with fasting—however far you want to get into it. Empty your mind, observe, be open to receive, get to know your neighbors. The more you invest in it, the more you receive. If we all did that, we would have a different world. I think the Wilderness Awareness School and the Cedarsong Way/Huckleberry Kids preschool are on the right track.

Comments? terry@vashonloop.com

Road to Resilience

Continued from Page 1
and happily share what we have, up to now, claimed for ourselves. We’ve been treating nature more like our chainsaw. The benefits of sharing with the rest of nature may not always be immediately apparent, but if we realize that its welfare is our welfare, it shouldn’t matter.

Many Native American tribes seem to have a strong acceptance of the personhood of sister raven and brother beaver. I think we have all intuitively understood the value of their cosmology in being much more environmentally respectful than what our popular culture goes with. How can we incorporate that into our lives? One way

might be something similar to what some tribes call a “vision quest.”

As I understand it, adolescents are sent off alone into the wilderness to seek a vision, which might reveal to them a totem animal, which may inform the nature of the life they will lead. They usually go alone and may fast and be exposed to the elements for several days before they receive their vision. This can be a difficult and scary trial, but the very difficulty is probably what lends weight and authority to the experience.

This brings me back to my dream. My three days jail time seemed to have some resemblance to a vision quest. I’m

Island Epicure



By Marj Watkins

Wild Veggies for Soups and Salads

The roadsides and the trails in the woods are lined with wild vegetables that the Indians who were on our beautiful island before us harvested and ate. We can enjoy them, too. My son Steve picked wild vegetables this sunny afternoon. He brought back lambs quarters and dandelion leaves and flowers for our supper salad. He took along rubber gloves and several plastic bags to put nettle tops in. If the horsetails had been still young and looked like white fingers, he would have brought a few of them for our supper vegetable. But no, it’s already too late in the spring.

Our high protein main dish is to be fishes, but we won’t haul them from Quartermaster Harbor nor the Sound. For one thing the dearth of sea birds tells us the fish are not there either. We’ll thaw and cook fish from our fridge. It will supply iodine as well as protein. Iodine is a necessary nutrient the American diet is notoriously short on, hence many thyroid problems, says Dr. Mark Stengler.

To harvest nettles, wear thick rubber gloves, take along scissors

to snip the tender tops from the nettle plants. If you get nettle-stung anyway, chew up some dock leaves and apply the chlorophyll-rich paste to the site. Dock and nettle plants usually are found near each other. Lacking dock leaves, as soon as you come home, make and apply to the stings a paste of water dampened bicarbonate of soda. (That works for bee stings, too) When that paste dries, put some more on.

NETTLE SOUP
Makes 4 to 5 cups

4 cups nettle tops
2 (10 oz.) cans condensed chicken broth or vegetable broth
2 1/2 cups water
1 small potato (if allergic to nightshade vegetables, choose a sweet potato)

Using tongs, wash the nettle tops. Put them in a 6-cup saucepan with the liquids. Bring to a boil. Cook covered for 15 minutes. The sting cooks out. Meanwhile, nuke the sweet potato. When it’s cool enough to handle, peel and dice it. Puree the nettles in a blender or in a food processor with a little of the broth and return that to the saucepan. Puree the sweet potato with some broth and stir that into the broth, too. Sample the soup and add salt and pepper to taste.

Lambs quarters may be cooked as greens or eaten raw in salad. Dandelion leaves with the bitter center rib removed can augment your lambs quarters, or be the base of another salad. Dandelion petals make a nice garnish. Olive oil and vinegar with a dash of salt and pepper make a simple vinaigrette.

This is Home:
An Intimate Portrait of What It’s Like to Arrive in the US and Find your Footing in Eight Months

Backbone Meaningful Movies is bringing the Sundance Award Winner “This is Home” to Vashon Theatre, Tuesday, May 14th 6pm.

The documentary is an intimate portrait of four Syrian refugee families arriving in America and struggling to find their footing. With only eight months of help from the International Rescue Committee to become self-sufficient, they must forge ahead to rebuild their lives in a new home: Baltimore, Maryland. They attend cultural orientation classes and job training sessions where they must “learn America” — everything from how to take public transportation to negotiating new gender roles.

When the newly imposed travel ban adds further questions and complications, their strength and resilience are put to the test. Through humor and heartbreak, this universal story illuminates what it’s like to start over, no matter the obstacles.

Film Director and Producer Alexandra Shiva says about the making of the film:

“This Is Home began when someone involved in refugee resettlement asked me to make a film about refugees in a similar style and tone as my previous film, ‘How To Dance In Ohio.’ I understood immediately why my style of filmmaking would be effective for this subject matter. The approach I took with my previous documentary was to foster connections between film and audience by creating an opportunity for the viewer to be with the subjects, to walk alongside them, rather than looking at them from a distance. Part of the strategy was to stay personal and away from the political.

“My approach with ‘This Is Home’ is similar. No expert talking heads or political advocates explaining why you should care or believe one thing or another, but rather direct human connection through vérité and interviews with our subjects. What does it feel like to be uprooted from everything they know and start over, after intense trauma? How does it feel to come from a rich culture and

adult life and in some ways, feel like a powerless child, having to learn the details of basic living all over again? What is it like to be a child, trying to develop a sense of rootedness and sense of self, while watching your parents – your role models – struggle with their own sense of identity and belonging?

“By bypassing the highly charged political aspects of this enormous crisis (while still allowing for the context) and landing the viewer in the intimate worlds and the drama of everyday life, struggles and triumphs, I hope to pierce the veil of indifference. To find a way in, so that we see all our common humanity and similarities instead of an intense focus on difference.

“I believe that people want to connect and care about the current refugee crisis, but that fear, indifference and alienation, borne out of a complete lack of exposure or understanding, stands in the way. Refugees have been reduced to statistics or nameless faceless

millions. I think that by focusing in on a few individuals and making the story as personal as possible we can create a bridge to the universal and shed light on a larger issue.

“As the daughter of an Israeli immigrant father, I have a very up close and personal interest and understanding of issues around displacement, alienation, identity and belonging – all the more reason why I wanted to tell this story.”

Only 21,000 Syrian refugees out of 5 million have been accepted into the US since 2011. “This is Home” goes beyond the statistics, headlines, and political rhetoric to tell deeply personal stories, putting a human face on the global refugee crisis.

Following the screening, Mary Rose, President of the Vashon Resettlement Committee, will give an update on their work. The screening is made possible thanks to generous support from Island Green Tech and Vashon Theatre. Admission is by donation.



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Next Loop comes out May 16

Dance Party with The Van Redeker Band!

Get down with the Van Redeker Band on Friday, May 17th, 7:30 PM. Vashon’s popular dance band is preparing a new batch of groove-infused numbers especially for this party, with over a dozen songs presented at the Red Bike for the first time.

Known for their energetic performance style, lush vocal harmonies and non-stop boogie – the group will present a set honed over years of playing island dance events. Expect classics by The Beatles, Michelle Shocked, Creedence Clearwater Revival and ZZ Top along with tasty originals by songwriting team Daryl Redeker and Sam Van Fleet.

Van Redeker Band shows

have become community events, with the dancing spilling out onto the street. The group loves playing music to all the island’s movers and groovers, with the dancers becoming a vital part of the show.

Daryl, Sara, Sam and Dodd invite you to join them for the dance party of the year!

The Van Redeker Band are:
Daryl Redeker on lead guitar and vocals
Sara Van Fleet on bass, guitar & vocals
Sam Van Fleet on guitar, harmonica & vocals
Dodd Johnson on drums & percussion

Scott Cook



A roots balladeer with a rare personal warmth, Alberta’s Scott Cook has distilled the stories collected over a decade of near-incessant touring across Canada, the USA, the UK, Europe, Asia, Australia, and elsewhere into straight-talking, keenly observant verse. He brings humour, years of roads, a disarming honesty, and a deep love of humanity to his songcraft and storytelling. He is equally at home alone on stage, accompanying himself with fingerstyle guitar and clawhammer banjo, or backed by his acoustic trio the Second Chances. He has made his full-time living touring since 2007, and independently released six albums along the way. All the hard miles notwithstanding, he still believes that songs can change your life, and your life can change the world.

May 9 @ 7pm @ Snapdragon
Tickets are \$10 at the door or online at brownpapertickets.com

Presented by Debra Heesch

Next Edition of
The Loop Comes
out Thursday
May 16

Deadline for the next edition of *The Loop*
Saturday, May 25

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Next Loop comes out May 16

Spring into Art Tour!

Continued from Page 1

offering paintings, stained glass, jewelry and weavings brought together by potter Gale Lurie. Asked how she found her way to clay, she responds: “Right after I moved to Seattle upon graduating from college and getting my first job through the mail with Seattle Public Schools, I walked past a community center near my school and decided to peek in. I was immediately hooked by the pottery class. I thought, “If I take this class, I can make a set of dishes.” Now, many, many years later, I still haven’t made the set, although I have the skills to do it. I love almost all the aspects of being a studio potter, from wedging to forming, trimming, glazing and firing my work. Recycling clay is still not my favorite! I’ve tried so many different clay bodies, glazes and firing techniques, but there are always more to keep me excited about pottery. My work is almost all one of a kind functional pieces, although I also do quite a bit of Raku work as well as teach workshops in this technique and have been published in several books about Raku ware. I even dream about pieces I’d like to make!”

Parallel Lines Little Creatures

Parallel Lines features Alex Drissell bringing the Deborah Harry on some vintage Blondie numbers. Backing her are Andre Sapp and Andy James on guitars, Rosie Jefferson on drums, Stephen Buffington on bass, and Erin Rubin on keyboards and backing vocals. Expect the punk sounds of CBGB and dance pulsations of Studio 57 to fuse in your soul.

Little Creatures takes the music of Talking Heads from their early minimal days to the full funk band and beyond. Rick Vanselow and Andy James play guitars, Stephen Buffington and Dorsey Davis anchor the rhythms on drums and bass, respectively, and Jon Whalen and Alex Drissell fill out the band with percussion, keyboards and vocals.



Vashon Events Presents:
Parallel Lines
Little Creatures
Friday, May 3rd, 8:00pm
The Red Bicycle
All-ages ‘til 11pm
21+ after that Free cover!

This is just a sampling of what VIVA Studio Tour visitors will find on this season’s Tour! Look for a map online at www.VIVArtists.com or pick up a color brochure with a map at most Island businesses. Grab a friend and enjoy this free event, May 4-5 and 11-12, 10am-5pm.

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VCA Arts Education Presents: Willy Wonka Jr.

The delicious adventures of Willy Wonka’s chocolate factory light up the stage in this captivating adaptation of Roald Dahl’s fantastical tale. Featuring the catchy songs of the 1971 film, plus a host of fun new songs, this is a musical that is guaranteed to delight both kids and adults!

May 2nd (5pm Open Dress),
May 3rd (7pm), May 4th (1pm & 7pm)
(Open Dress: By Donation)
\$10 Student, \$12 Senior/Member, \$14 General, \$16 Day-Of-Performance



Cinco de Mayo Fiesta



Vashon Center for Dance will be hosting a Cinco de Mayo Fiesta with performances from our Baile Folklórico dance group and festive music from the Mariachi de Guadalajara band. After the performance in the Kay White Hall, the fiesta will continue in the atrium with more mariachi music, dancing, food and fun!

Performance on stage 2-3pm, fiesta (music, dancing, food) in lobby 3-4pm
Sunday, May 5 | 2-4pm
Tickets: \$5

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Security Project at Open Space



“Expect the Unexpected” from the Security Project as they bring the timeless masterpieces of Peter Gabriel’s plus Genesis into the 21st Century

Featuring Jerry Marotta, the drummer from Gabriel’s classic line-up (1977-1986), plus Trey Gunn from King Crimson, on a 10-string touch guitar. The addition of Happy Rhodes, with her 4-octave vocal range, fulfills the band’s promise of re-envisioning the music of Peter Gabriel. Rounding out the band from Shriekback and Sky Cries Mary is Michael Cozzi on guitar and co-founder of Gig Performer and computer scientist David Jameson on keyboards and Eigenharp

Happy Rhodes – Lead Voice
Jerry Marotta – Drums, Vocals
Trey Gunn – Touch Guitar, Vocals
David Jameson – Keyboards, Eigenharp
Michael Cozzi – Guitar, Vocals

May 18, 2019, Security Project will be performing at Open Space. Doors are at 7pm, and the show starts at 8pm.
\$20 Advance Ticket / \$25 at the Door / \$35 Table Seat
Get your tickets at
OpenSpaceVashon.com

Leave your expectations at the door

Living Room Concert Series

Join us in the Bruce Black Box Theater at Open Space at 7:30pm on May 6, 2019 for an intimate evening of music from Kate Copeland and Kirsten Maxwell.

Kate Copeland (LA based) writes soft, acoustic music with a soulful, Americana flair. She has shared the stage with folk legends Jim Page and Baby Gramps, and has performed at the Appel Room at Lincoln Center (NYC), The Bitter End (NYC), The Hotel Cafe Mainstage (LA), The Neptune (Seattle), and the main stages at the Oregon County Fair and the Falcon Ridge Folk Festival.

Kirsten Maxwell (Nashville based) brings a classic, warm poeticism to her music, reminiscent of the Lilith Fair. She has played the Garde Arts Center in (CT)



where she opened for Melissa Etheridge, City Winery (NY) opening for Ferron, and The Cutting Room (NY) where she shared stage the stage with Paul Shaffer.

Advance tickets are available for \$11; day of tickets are \$14. Get your tickets at OpenSpaceVashon.com.

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Patterson Hood of Drive-By Truckers



Patterson Hood. Photo by Andy Tennille

“Patterson Hood Is able to dig through the blood and guts of songs, pulling levity and life out of some of the darker corners. His unapologetic celebration of his southern roots also opened a lot of doors for smart, creative music that followed his band, the Drive-by Truckers, lead. It’s a real honor to have him playing on Vashon!” - Ian Moore

An Evening with Patterson Hood May 7th (7:30pm) at the Vashon Theatre. Tickets are \$35.00 (first four rows). \$22.00 (general admission advance) and \$25.00 on the day of show. Purchase online at VashonTheatre.com or in person at the box office. Presented by Debra Heesch.

First Friday at PSCCU

Friday, May 3rd, PSCCU is have a special Art & Photography Exhibit celebrating the 10th anniversary of the Vashon Sheepdog Classic with music by John Dally accompanied by some very talented fiddlers & whistlers!

Local artists were invited to submit artwork celebrating this iconic Vashon Event, their inspiration taken from the dogs, sheep, Misty Isle Farm and fun had by many. The work will be shown From May 3rd thru June 28th. All pieces are eligible for the People’s Choice Award with voting at PSCCU or online. The Artist receiving the most votes will receive a \$500.00 prize! Come on in to vote and show support for your favorite artists!



Carole Meriam



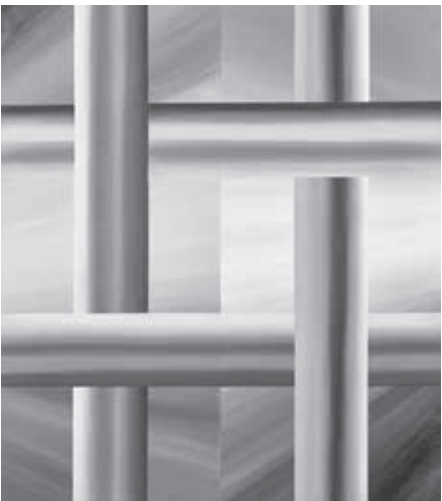
Ivy Stacks

VALISE First Friday

In May, VALISE Artist Collective and Gallery is showing 12 Studios. Twelve member artists each with a unique vision and a distinctive style have packed the gallery floor to ceiling with their art: Leonard Yen, George Wright, Bonnie Wilkins, Sharon Shaver, Jiji Saunders, Robert Passing, Rachel LordKenaga, Pascale Judet, Jesse Johnson, Jennifer Hawke, Dot Church and Gregory Burnham.

The opening of “12 Studios” is First Friday, May 3, 6 to 9 pm. Hours during the month of May will coincide with the Art Studio Tour plus Fridays 11 a.m. to 5 p.m. then return to normal hours of 11 a.m. to 5 p.m. Fridays and Saturdays for the rest of the month. VALISE is located at 17633 Vashon Hwy SW.

ValiseGallery.com



www.VashonEvents.org

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