

Christine Andreas – "Piaf, No Regrets"



Mesdames et Monsieurs..... ATTENDEZ-VOUS! Christine Andreas returns to Vashon Center for the Arts to celebrate Edith Piaf...brought to life in the words of her friends, her triumphs and her music. An extraordinary portrait in song, performed in French and English"La Vie En Rose", "Hymne A

L'Amour", "L'Accordeoniste", "Milord", et "Je Ne Regrette Rien' (bien sur!)....

Haunted by Edith Piaf (1915-1963), Christine Andreas has for years presented iconic material associated with the little sparrow. Piaf – No Regrets is the illuminating and entertaining zenith of

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The Road to Resilience By Terry Sullivan, **Domestication**

I recently started thinking about domestication in conversations about the merits, or lack thereof, of eating meat. In considering the total elimination of meat eating by humans, I played the thought game of speculating what the consequences of that would be. The first thing that came to mind was what would happen to all those animals? How would they fare and where? As we know, our domestic animals have been intentionally bred over thousands of years, so the obvious question is, are they able to live independent of humans? What will they have gained and what will they have lost? The definition of domestication that I'm talking about is where one group of organisms assumes a significant degree of influence over the care and reproduction of another to secure a more predictable supply of resources from the second group. A new aspect recognized in domestication is mutuality-it is a two-way street. Both participants must make adaptations and both benefit in some way. The first animal thought to have been domesticated was the dog. As the most likely story goes, wolves hung around human cook fires in hopes of getting an easy meal, just as one predator does now when another predator has scored a kill. The wolves that overcame their fear of humans got fed more reliably, especially when they shared their own skills and resources which were

valuable to humans, such as acting as sentries, tracking animals with their keener senses, being cute, and, let's face it, offering their food and fur. Wolves became dogs, and we now know that it happened in just a few generations. After tens of thousands of years of breeding, we have dogs of all shapes and sizes bred for many uses or sometimes no use at all other than being cute. Some appear similar to their wolf ancestors, but it is thought that none would last long if left to themselves, especially those toy schnauzers. One wonders who domesticated whom? Perhaps some wolves made the decision to join the human pack and to accept the consequences of that as worthwhile. Maybe the union was a mutual decision. In retrospect, one can say that this arrangement was incredibly beneficial for the wolf/dogs because they have multiplied and now inhabit every corner of the planet. I would think that, to an evolutionary biologist, successful procreation is the ultimate in species

"The Detention Lottery" reveals immigration court in immersive theater experience



On March 7th at 7:00pm, the Immigrant/Refugee Rights Group of Indivisible Vashon and Open Space for Arts and Community are proud to present "The Detention Lottery." "The Detention Lottery" is an engaging courtroom theater experience with a cast of working immigration attorneys and eight audience members. This presentation, the first on Vashon Island, is designed to engage and inform the community about the unbearable difficulties detained immigrants and refugees face at the Northwest Detention Center, and to raise funds for Advocates for Immigrants in Detention Northwest (AID NW), a non-profit that supports detainees inside and upon release.

Immigration courtrooms hidden away in detention centers throughout the United States, decide the fate of hundreds of thousands of immigrants every year in the United States. Immigration judges, appointed as employees of the federal government's Department of Justice, are the sole decision-makers for the detained, eighty-four percent of whom don't have lawyers to represent them or explain the process to them. The public is not welcome to observe. Outcomes vary wildly depending on the judge assigned to the case, and the most recent Administration-mandated

Photo Credits: Karl E. Tolgu

interpretations of the law. For many, the Bill of Rights, which applies to all in the country regardless of immigration status, lies in tatters. Seattle playwright and immigration attorney Margaret O'Donnell wrote "The Detention Lottery" as part of an effort to open the immigration enforcement system to public witness. The show provides a firsthand look inside one such courtroom.

According to Indivisible Vashon Immigrant/Refugee Rights Group member Janie Starr, this show is designed to make an impact: "Having experienced 'The Detention Lottery' last summer, I can attest to the power of this immersive experience. It inspired me to want to do more, which included bringing this theatrical event to Vashon. My fervent hope is to fill Open Space on March 7th so that learn together, open our hearts (and wallets) in support of immigrant justice, and be inspired to act in solidarity with our friends and neighbors." Lending to the powerfully interactive nature of the performance, audience members are cast as actors on the spot. In order to simulate the reality of the courtroom setting, eight audience members are detained upon entry, assigned identities as immigrants, and must defend themselves against deportation as best they can in court, without preparation. The performance will be followed by a talk-back and Q&A with the actors and the audience, and a rousing Raisethe-Hand to procure much needed additional funds for Advocates for Immigrants in Detention Northwest (AID NW), a non-profit that supports detainees inside and upon release. Food will be available for purchase from Iyad's Syrian Grill and beverages from the Hardware Store Restaurant.

Domestication is not a uniquely human activity. One can wonder, what came first, the edible nut or the squirrel, the edible fruit or the fruit eating bird? It's hard to imagine how and why one could have evolved without the other. What I see happening here is a growing interdependence and cooperation with certain tradeoffs and concessions accepted for the long-term success of Continued on Page 6

success.



Vashon's Own Community Radio Station

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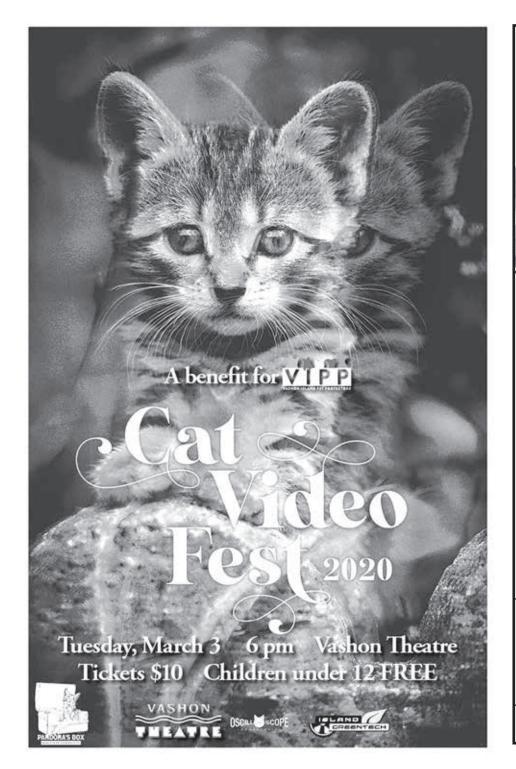


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The Vashon Loop

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March I @ 1:00 pm

VIPP Greentech: CatVideoFest2020 *March 3* @ 6:00 *pm*

Disney-Pixar's "Onward" Playing March 6 thru March 19

National Theatre Live: Cyrano de Bergerac - March 8 @ 1:00 pm

Backbone Greentech: Raise Hell -The Life and Times of Molly Ivins March 10 @ 6:00 pm - 8:00 pm

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

For show times and info check www.vashontheatre.com

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Get in The Loop

Submissions to the Loop

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

Low Vision Support Group

Marijuana Anonymous

12 Step Meeting Has marijuana become a problem for you or a loved one? Join us Starting October 1st. Every Tuesday 7-8 PM Vashon Lutheran Church,

18623 Vashon Hwy SW

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

Do you or a family member suffer from low vision? Do you have trouble reading? Have you skipped your regular eye examinations? Or do you have periodic treatments for your eye disease? Have you recently been told you may need surgery on your eyes? We talk about these and other issues such as: how we cope with visual limitations, visual aid equipment, the types of treatments we have, the effects these have on us and family members, plus community resources. Would you like to talk with other people with similar challenges about your concerns, and hear their coping strategies? If any of these apply to you or a family member, we invite you to our monthly meetings discussing these topics We will meet on the first Monday of the month, March 2 from 1 to 2:30 at the Vashon Public Library meeting room. We are looking forward to meeting you. People of any age are welcome. For further information contact Dorothy Napoli at 206-407-4833.

Vashon Elders seeks volunteers

Monday, March 9, Vashon Elders and the Alzheimer's Association present "The Ten Warning Signs of Alzheimer's." The free education program begins at 10:30 am, Vashon Library Conference/Meeting Room. Free and open to the public, presentation will cover the difference between Alzheimer's and dementia, the importance of early detection, how to approach someone with memory concerns, the diagnostic process and resources & Respite Program available to with time for Q&A. Refreshments provided.



Arts, Activities

Growing through Grief

Providence Hospice of Seattle Grief Support Services is offering a 5-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 Wednesday afternoons, March 4 through April 1 from 1:00 - 3:00 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.

Vashon Island Dog Classic **Call For Artist**

The 2020 Vashon Sheepdog Classic is running June 11 through Sunday June 14, 2019 at Misty Isle Farms on Vashon Island, WA. Artists are invited to participate in two different art shows celebrating this eclectic Vashon Event. Take your inspiration from the dogs, the sheep, the Misty Isle Field or the fun had by many. Art shows will May 1 - June 26. Deadline for submissions is April 21, 2020.

SHOW #1: Mixed media & photography show at Puget Sound Community Credit Union (PSCCU). With People's Choice contest.

SHOW #2: Design a "Shep" - artists are invited to design a wood cut out of our beloved border collie mascot. Art show at Our Community Credit Union (OCCU).

Submit your artwork using the downloadable form at https:// www.vashonsheepdogclassic.com/call-for-artists.html

Contact vashonsheepdogclassic@yahoo.com with questions.

Founded in 2009, the Vashon Sheepdog Classic entertains, educates and captivates spectators. Come and enjoy local fare, fiber arts, and other artisan crafts while you experience this highly regarded national competition. Proceeds from the event benefit island organizations that work on enrichment of education and health for Vashon youth. There is no other place like the Misty Isle fields, and no other herding event that embraces the history and beauty of this sport quite like the Vashon Sheepdog Classic



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2020 Strawberry Festival Performer Applications

The 2020 Vashon Island Strawberry Festival takes place this year from Friday, July 17th through Sunday, July 19th. For those who would like to perform on one of the six outdoor stages this year, the Performer Applications are up on the Vashon Events website here: https://www.vashonevents.org/2020-strawberryfestival-application

Deadline to have your application in is April 30th. Every effort will be made to accommodate everyone, but it will depend on how many applications are received. Applications will be reviewed and selections will be made no later than June 1st, 2020. Those selected will be notified at once.

Law Offices of

2020 Spring Fix-It Café

The Vashon Fix-It Café, dedicated to reducing waste and building community, is coming again to Vashon-Maury Islands on Saturday, March 28, 2020, from 10am to 2pm at the Vashon Eagles Club, 18134 Vashon Highway SW. The Fix-It Café features helpful locals donating their skills to restore household items that are broken or malfunctioning.

The public is invited to bring items needing repair including bicycles, lamps, vacuums, fans, chairs, tables, tools, computers, music players, TVs, blenders, toasters, toys, pants, dresses, bags, electronics, and lots more! Fixing and advice are free to the public, but if parts are needed participants may be required to acquire them at cost. Do not bring any items that are leaking, dangerous, contain gasoline, or have a strong odor. You must be present while your item is being fixed so you can learn too.

To pre-register, sign up on the Fix-It Café website at http:// vashonfixit.com/. People wishing to volunteer as fixers are also invited to participate by registering there as well.

The Vashon Fix-It Café is hosted by the Vashon Eagles Aerie # 3144 and staffed by members of the Vashon Tool Library, Zero Waste Vashon, and Vashon High School Green Team, with support from the King County EcoConsumer Program. For information on other repair events in the Puget Sound area see: https://kingcounty.gov/depts/dnrp/solid-waste/programs/ ecoconsumer/repair-events.aspx

Free to the Public See: http://vashonfixit.com/

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your summer parties. We have dates available Call Troy @ 206-794-9451

Next Edition of The Loop Comes out Thursday March 12

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

4 Sacred Pauses: Spiritual Practices for Our Day: "Mystical Chant"

Many rich traditions of spiritual and contemplative practice are available to contemporary followers of Jesus. Come to the 3rd * of four day long retreats March14, 8:30am-4:45pm at Vashon United Methodist Church Fellowship Hall. Featuring Erin Durrett in "Mystical Chant", you will be immersed in medieval and contemporary chant. Come to any or all of the retreats. There will be a \$30 fee for each retreat to cover the costs of the presenter, lunch included. The day will begin with Morning Prayer and conclude with Evening Vespers. Invite a friend. Follow us on FaceBook. Let Pastor Paul know you wish to attend. pastor@vashonmethodist.org

* Save the date: The fourth and final retreat, "Visio Divina" is May 16.

A Bag of Silver Dollars

By Sean Malone and John Sweetman

Sean and I were sitting in front of his window facing out to quartermaster. "Well what are we going to write about

this week"... i asked.. ? Just then Sean's marine bell sounded

6 bells.

"Sounds like a train whistle to me! " i said.

I was twirling sean's world globe around.. We talked a bit about where we had been and then the subject of 'train' rides came up

because my wife and i had recently taken the train from Chicago to Seattle to bring back young grandchildren.. a most memorable experience.. Well, that started a conversation about our various experiences with train travel.

Sean is one of the few people i know that have traveled the length of the 'trans' Siberian railway. Yes ... both of us have read Agatha Christie and the 'murder on the orient express'.. but Sean actually went totally across asia to europe in cold war Times..

Sean related his experience in the early 70's and as he tells it, well it's quite a story. Here is what he experienced:

"I had studied documentary film under Susumu Hani in Japan and worked under the Korean director, Yang Chong Hae on the island of Cheju, smack dab between the two countries. After several months in Korea we, my wife and I, had returned to Yokohama to sail for the east coast of Russia and the port city of Nahodka in Siberia. The travel agent told me that the Russians had questioned my application for a visa and sent me to the Russian Embassy to apply. The massive wooden door to the embassy had a smaller door with bars on it at eye level which opened after several knocks and I was asked what my business was? The embassy official and I had a few good laughs and I left for the 137 ft. long ship that was going to take us to Russia, or the USSR.

The band on the ship was straight out of a Tommy Dorsey tour and two Aussies and I were bored and I didn't like the way the Captain was dancing with my wife. We took our shirts off and proceeded to do a Maori war dance, complete with horrific faces, much widespread pounding of feet, and the sounds of war. The effect on the dour Russians was captivating as they cheered and yelled for more.

We docked in Nahodka and they told us not to go outside the gate, but to wait for the bus for the train station; for an hour or two. They didn't want us going into the village outside the wharf, the CCCP only allowed our travel between a certain number of cities and only then with visa approvals.

About that time, I looked down the wharf to see that the gate was partially open and I stopped at a little store by the side of the road, to practice my Russian; when I can only say "thank you" but can't remember "good-bye." I had never been on Russian soil before. There were several students in the store as I surmised from their boisterous behavior. When one asked: "Do you practice English?" His friends laughed at his grammar and another asked: "Could you teach us English." When I left the store an hour later, I was saddled with three full bottles of Russian wine that was to be drunk in the back of the tourist bus that was taking us to the train. The "aussies" and I were singing old drinking songs as we navigated the corridor between the drab two story cinder-block buildings on the way to the train, one was a New Zealander. We couldn't understand the tour guide's constant bragging about the accomplishments of the CCCP when



there was nothing apparent to be seen of it, out the window. We had drowned out the tour lady's propaganda with our drinking songs and when I stepped off the bus, she asked: "What is wrong with my English, you don't understand me?" And ever since, I've wondered why I brought politics to the Russian tour bus; possibly the inherent need to fly the flag as in the "Ugly American."

The train was like a pullman car with an aisle and small compartments. There was a red army guard in every car and I wanted his knee-high black boots as a trophy of the red army. He refused for obvious reasons and we became friends.

I'm remembering that there was a Russian school teacher in our compartment between Leningrad and Helsinki who had witnessed me trying to beat our Russian guard out of his beautiful knee high-black-Russian army boots. I had brought several pounds of "juicy-fruit" gum with me from Japan because I heard it was good trading material. I supposedly could get five or ten times what I had given for it. Also short sleeve button down collar shirts were in big demand in the underground urinal under the red bricks of Red Square. I tried to explain the hole my pet chipmunk had made on the shoulder of the shirt that i was trying to sell or trade, but the Russian would have nothing to do with it and gave me fifty rubles for the holy shirt. I wasn't able to do much with my "juicy fruit" gum and had some left over. I offered the school teacher a package of gum, which she graciously put in her purse, but when we were approaching the border with Finland, I noticed that she took the package of gum out and laid it on the table between us. When the Russian customs guard came into the compartment and wanted to know why I was leaving Russia with more money than I had come in with. I couldn't very well tell him that I was playing the black market underneath Red Square; all of a sudden, the red-army soldier grabbed the customs agent, while jabbering in Russian in his ear and they both left our compartment together and that was how I left the dour Russians to face the beautiful women of Helsinki

A Wedding or Vow-Renewal Ceremony and Reception Venue Giveaway

Open Space for Arts and Community is giving away the rental cost of our venue for a wedding ceremony and reception to a lucky couple who sends us a short, written piece about their love story.

Those interested in participating are invited to write a 250-word-or-fewer piece about the first time you met your love, your unique personalities, your love story, or piece of your relationship that you want to bring to life on your special day. On March 1st, 2020, Open Space staff will select an entry as the winner. The winner will receive the use of our venue for themselves and their partner to have a wedding or vow renewal ceremony and reception on either Sunday, June 7th or Saturday, June 27th 2020.

The available space features a charming pine grove and meadow, which captures majestic mountain views. The urban-designed facility features a diverse collection of indoor spaces including The Grand Hall, The Gallery Room, The Lobby, 2 bridal suites and the Black Box theater. Open Space can provide accommodations for up to 100

he was from Chehalis in Lewis county. My grandfather gave me a large silver coin, i suppose maybe 50 cents or maybe a silver dollar and explicitly instructed me to hand it to Mr. Jones at Thompson Falls. Mr. Jones gave me.. a small child, constant attention throughout the train trip. He and I read books together and he checked up on me with precise regularity. I remember the grilled cheese sandwiches he brought me and then shared.

At that time there were giant steam engines that assisted the regular engines. The passes over the mountains were steep and windy in addition to being slow, but slowness brought great scenes into being. We had to stop because of a derailment, but that just meant i could stand outside while Mr. Jones brought me a nehi orange soda and a hot dog..

I remember the great clouds of steam and enormous chugging of the slow passes such as 'fourth of July' leading down to Missoula.

When i got off the train in Montana I presented Mr. Jones with the silver coin and he shook my little hand and made sure my aunt was there to meet me. guests during this offer.

Submit your written work to Open Space for Arts and Community by the deadline of February 28, 2020.

Exchange your vows, say your "I dos," and dance into the night. Open Space will help you get the details right! Visit www.openspacevashon.com/ lovenotes to learn more and submit your writing contest.



Coming back later, my cousin and i had made so much money from gold panning, selling lemonade and mowing lawns with an old push mower, that i could barely carry my bag of silver dollars back home. I had converted all my profits to silver as it was a montana thing to do. The summer was hot but late rain made lawns grow.

We also had enough time, extra time to fish and run along the railroad tracks looking for neat rocks lost from cars heading to the smelters. We placed pennies in the tracks and picked them up later as they would squash down to the size of quarters. That was entertaining fun but pretty much useless as nobody was interested in our 'Great Northern' flattened pennies.

As a result of a hard and fun summers work, Christmas was good for my siblings that year except for what I spent in comic books and my newly found affection for stamp collecting.

Sean@vashonloop.com

Bernie Needs a Home

parading in front of jewelry stores, selling Finnish silver.

My story is earlier and not so adventurous as Sean's one, but like his.. a story that could not occur in these times.

It was 1951. I was not yet eight years old and was invited to go visit my cousins in Montana. I had earned money by peeling and drying cascara bark from local logging operations and had quite a stash drying in our quonset hut shed. It was enough to buy a train ticket To Thompson Falls Montana and then on to Helena in the same state.

My mom and dad took me to The big city of Seattle where i stayed with my grandparents. My grandfather and grandmother from Bainbridge then took me to the Great Northern station at King street and carefully placed me in the train. Only later did I realize that a generous tip was given to a porter, whose name I remember as 'Jones', and was the first black person i really met. He told me "Feel the Bern!" Once we've gotten acquainted with each other, I'll be happy to let you pet me. I like to spend time in high places where I can keep an eye on everything, but I come down to talk to people with my strong purr. There are plenty of other cats for you to choose from, but I'd like to believe I rank in the top 1%. (Being among the elite is not always a bad thing!)



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February 27' 20 Island Life A Documentary Runs Through It

By Peter Ray pgray@vashonloop.com

It was a mostly uneventful seven hour drive home from Missoula the other day, after immersing myself once again in ten days of short and feature length documentaries, as well as workshops looking at and instructing in many aspects of documentary filmmaking, all at the 17th annual Big Sky Documentary Film Festival. I say mostly uneventful because there was one thing that still kind of sticks out. I was almost to the Montana- Idaho border, just before Lookout Pass, and I had a sudden urge to visit a rest stop. Pulling into the parking lot, the five or so inches of snow from the night before was just beginning to be tended to by a lone driver on a snowplow-equipped ATV. After spending not very much time in the restroom I headed back to my car (which was the only car parked in front of the restrooms at that time), only to find snow all over the hood and a newly formed bank of snow completely obscuring my front bumper and grill. I needed a couple of cans of water from the back of my car, and as I was getting them, the ATV driver plowed another load of snow into my front left fender, while I was standing there a bit perplexed.

Closing the hatch. I walked to the driver door which was still snow-unobstructed and retrieved my cell phone from the front seat, and then snapped a photo of the front end of the car. As I was standing there, snowplow guy delivered another load of snow to the front end of the car as I was taking a picture of him doing it, and without looking at me, he waved his arm in the air and yelled for me to get out of the way. I briefly entertained the thought of getting the metal baseball bat I have in the trunk out to at least threaten some frontier justice, of sorts. But I opted for leaving and checking in with the Montana DOT when I got home. They sent an apologetic response saying that they contracted out the maintenance of that rest stop and asked that I send along the two pics I'd snapped, saying that they would be helpful in attending to the matter. The rest of the trip home was most strikingly event free, which is a preferable state of travel to be in. Having just seen somewhere over fifty short and feature films that were there to record and display a variety people and events of varying degrees of notoriety and importance, uneventful from there on out was fine with me.

But, what about those films that were there to display a variety of recorded events, you might say? To that, I would respond that to get to any of these films one must first address choice. This particular festival this year had four venues, nearly 150 films and an entire five day schedule of workshops. I arrived in Missoula on Thursday night, and spent most of the time Friday until the first block of shorts at 7pm that evening, sorting through the list of selections and constructing a matrix of times and films in order to maximize my viewings. It is a bit like navigating a maze, where one gets to a point of impasse, and then you take a step back to see if the choices you are stuck on are playing at other times and venues. If there is no other option, one then has to decide what is seen and what is missed. There is also the problem of buzz or curiosity sneaking in and causing a re-thinking of priorities, at which point one does have the option of x's and arrows applied to one's best laid plans whilst confronting the additional, deciding factor of whether one is to stay on for the Q&A with the director and whether that leaves enough time to speed walk from the Roxy, over the Clark's Fork to the Elks Lodge in time to avoid the line at the door and the possibility of a sell

out. If you get any of those wrong you are left with the choice of moping about it or going to have the dinner you would have otherwise skipped instead. Sometimes it is the universe telling you to chill out and have a beer and give your brain a chance to sort some files before the next cerebral bombardment begins. But what about the movies, one might ask once again?

I went into the festival, having looked at the selections list on their site before I got my printed program, with a few films that I really wanted to see. 'American Factory' was somewhere at the top of that list, both because of the buzz it had from its recent Oscar win, as well as the fact that directors Steven Bognar and Julia Reichert would be in attendance, since they were both being honored with retrospective screenings of their work, and because they were giving a master class workshop- all aspects of this did not disappoint. It was an amazing film about a Chinese company going to Ohio to reopen a closed General Motors plant and retool it for auto glass production. It dealt with cross-cultural bonding and conflicts between the American and Chinese workers, a struggle to unionize and surprise insights into how management tries to drive production while questioning the relevance of the trappings of their success. A much simpler but insightful film was 'Oliver Sacks: His Own Life', which took an all-encompassing view of his career as a neurologist and writer, and followed him up until the time of his death a few years back.

'Martha- A Picture Story' tells the story of Martha Cooper, who in the 1970's was attracted to photographing the graffiti that bloomed and proliferated on New York City's subway cars. Having grown up with the yearly trip into the city from the burbs, I remember being stopped in my tracks as the first cars I saw painted by rogue taggers rolled into the station. I was merely amazed- Martha Copper made recording these works her obsession, and she didn't realize until years later that the book she published on subway art had become an international cult guidebook for graffiti artists everywhere. 'Feels Good Man' has a look at Pepe the Frog, who was the creation of Matt Furie back in the early 2000's. This doc is the story of how this cartoon drawing of a stoner frog who hangs with three, close animal type friends and likes to pee in the bathroom with his pants pulled all the way down, because it feels good man, became a meme and eventually an internet symbol of hate for the alt-right. I was not originally going to see this and then something came along to inform me that I should go-I don't recall what that epiphany was, but I'm glad it changed this particular life course.

Another film along the lines of switching my scheduling around to attend a screening was 'Rewind', a film by Sasha Neulinger. It told his own story about childhood sexual abuse, through a series of twists and turns and revelations. It was also one of those films where I was planning to bolt to the next screening on my list when I realized after the lights came up at the end that the director was present and was available for questions. I staved, and I think I actually did make it to the next film elsewhere. 'The Story of Plastic' was one of those films that I almost didn't go to because, from all that I already know about the worldwide plastics plague, I had a feeling that it would leave me angry and frustrated and hopeless, which it did. But it was still worth seeing because of the breadth and depth of its scope, and that it is an affirmation of sorts for my titling my latest photo series 'Life at the End of the World', which may or may not be a good thing. There was the film 'Public Trust', which further exposed the ongoing assault on national parks and monuments and refuges by the current orange offense in the oval office. 'Common Ground, the Story of Bears Ears', doubled down on that scary Continued on Page 6

"Come Together" Songs of the Beattles



It's our first fundraiser showcase of 2020 and we are thrilled to host it once again at the Open Space for Arts & Community! Enjoy musicians and bands from the Pacific Northwest as they perform songs of the Beatles. The evening follows a crowd-pleasing format, developed over the years by organizers Pete Welch and Allison Shirk, of inviting homegrown talent from Vashon and beyond to take the stage to pay tribute to giants of popular music. The Beatles shows are high on the request list, so we're bringing it back once again!

Get there early for a good seat, doors are at 6:30pm. Mingle with friends before the show, then musicians will take the stage as solo, duo, or ensemble performers to interpret one Beatles song. Throughout the evening, 21 songs will be performed, each by a different act. Together, the performances create an unforgettable journey of experiencing an immense variety of local musicianship and interpretations of the Beatles' library of works.

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

We would love your support by coming to the show and enjoying the music!

Vashon Events also regularly books shows at island venues, Strawberry Festival and co-presents Vashon's popular "Summer Concerts in the Park" series along with the Vashon Park District. Our nonprofit website, vashonevents.org, includes an up-todate calendar of cultural happenings on Vashon, as well as directories of local music teachers and a free lending library of musical instruments. The website will Bank Vashon, Heidi Grimsley of John L. Scott Vashon and 4Culture. Thank you all so much for your support!

> Performing at the show: Allison Preisinger Allison Shirk Andy Doussett Animal Poet Ara Lee Brenda Xu Chai Ste Marie Christopher O'Brien Christine Patterson Daniel Oliver Davin Michael Stedman Erin Rae Murray Jaal Mann Jamie Stillway Jeff Fielder John Van Amerongen Josh DeHaven JT Wingett Julia Hanowell Ken Widmeyer Kristin Chambers Loren Sinner Martin Feveyear Matt Strait Nell Coffman Quinn Sky D'Artell Ray Hanowell **Rick Dahms Rick Doussett** Rob Hotchkiss Ryan Hotchkiss Stephen Cooper **Tanner Montague** Tekla Waterfield Tony Mann

Reserved Table Seating \$25 advance, \$35 at the door (if available) General Admission: \$15 advance, \$20 at the door Ticket Link:

www.vashonevents.org/supportus/beatles2020

Doors and Lobby Lounge open at 6:30pm for an 7:30pm start, Friday, March 13th at Open Space for Arts & Community. Wine, beer & soft drinks available.

expand to include much more in the coming year.

Allison Shirk will emcee the night, keeping songs and jokes rolling in the Grand Hall of Open Space. A bar stocked with offerings from Camp Colvos Brewing and Palouse Winery, as well as non-alcoholic beverages and snacks, will be open throughout the evening. Expect to see the wonderful folks from Iad's Syrian Grill outside cooking up some delicious food as well.

And once again, our musicians will be in good hands with Martin Feveyear behind the board for this show.

If you'd like to volunteer at this event, here's the link: VOLUNTEER

These events are hugely popular, so plan to arrive early to get a seat. Reserved seats are available for those who want to sit up close.

This Beatles Showcase is sponsored by Sue Carette of Windermere Vashon, Diane Stoffer of John L. Scott Vashon, US

"Come Together" is the first of four showcases planned for the year by Vashon Events. On June 12th, Vashon Events will host a show called "Bread & Roses", where local musicians (both men and women) will perform songs written by women. On October 16th, there will be a release party and concert for "Vashon Calling II", our second annual Vashon Events-produced album of music by local bands. Lastly, on December 11th, Vashon Events will hold its hugely popular annual event, "Will Sing for Vashon," a benefit for all the island's nonprofits. All the showcases will be held at Open Space for Arts & Community. Doors at 6:30pm.

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

Purim Carnival



Come celebrate Purim with full blown revelry! We are thrilled to have Seattle based klezmer band Klezmer Local #206 for the evening, as well as the Syrian food truck, food, hamentaschen, drinks, a no-host bar and games for all to play. We will also present the Purim Shpiel (a play acting out the Purim story) for all to enjoy at 5 PM! Dress as Queen Esther, Mordechai, Haman (boo hiss!!), or any mysterious and creative costume you desire.

The Vashon Loop, p. 6

Listen and dance to the music of Klezmer Local #206! In a brand new configuration, members of Seattle's sizzling klezmer band Malke and the Boychiks join with the sparkling klezmer duo Kesselgarden to make joyous (and sometimes pensive) traditional Yiddish music.

Klezmer Local #206's members have played together in different combinations for over 35 years. Trumpeter Peter Lippman founded Seattle's first klezmer

band in the 1980s. Violinist Kim Goldov has played with accordionist Laurie Andres and clarinetist Carl Shutoff in Freylakh Klezmer Band. Carl and Laurie have been playing together as the duo Kesselgarden for 16 years.

Klezmer Local #206 performs a wide selection of traditional klezmer music and Yiddish song including shers, freylekhs, bulgars, zhoks, doinas, kolomeykas, terkishers, and even an occasional waltz.

Kesselgarden: https://sites.google. com/site/kesselgardenhomepage/

Malke and the Boychiks: https:// www.facebook.com/malkeboychik

Tickets are \$12 in advance and \$15 at the door for non-members, \$12 at the door for members and seniors. Kids are free!

Sunday, March 8th, 4 to 7 PM Vashon Havurah, 15401 Westside Hwy SW

Road to Resilience

Continued from Page 1

each species. When humans entered the picture, the ability to form ideas and plans supercharged the process. We could selectively breed plants and animals to suit our needs and tastes. In the process, we bred out of many the ability to survive on their own but, in exchange, made them far more numerous than they likely would ever have been.

So, the big question comes to this: what trade-offs have domestic meat animals made, and was it worth it? Millions of animals are raised, but most of them are killed and eaten. In exchange, they get food, security, and the ultimate goal, assurance that they will survive as a species. It is not unlike the Eloi in H.G. Well's novel, The Time Machine. They were the innocent and lovely branch of humanity from far in the future that lived wonderful short lives only to be eaten by their cousins, the Morlocks.

a reliably good trait.

It is hard to say what exactly is the difference between selective breeding and genetic manipulation. The former seems to have passed the test of time while the latter fills me with foreboding. While nature does make random genetic modifications, they are not as frequent or as extreme as our modifications. Genes in nature never cross between species, yet our scientists do that all the time. What could possibly go wrong? There may be some justification for doing it at some point, but I don't think we have the knowledge or wisdom to be messing around with it now, especially when the main motivation is profit.

Not only the food we eat and clothing we wear but the cities we live in and most aspects of our culture are all affected by our plant, animal, and human domestic relationships. We are culturally connected and physically dependent on the relationships we have set up between species and within species, and any thoughts to alter that system should be considered carefully, regardless of our feelings about eating other creatures.



Island Life

Continued from Page 5

enlightenment, but just focused on that sacred Indian land in the southeast corner of Utah that was put into official preservation by the Obama administration, and which then, of course, put it in the cross hairs of Hair Twittler and his extraction cronies. Both of these films made me so angry I had to walk twice as fast to the next Missoula Brew Pub afterwards. On the complete other hand, there was the adventure film 'Race to Alaska', which was on my list before I left home. Some of you may have heard of the 70/48 human powered vessel race from Tacoma to Pt. Townsend which Islanders Bruce Morser and Bob Horsley participated in last summer. Race to Alaska is kind of connected to this in that it starts a few days after the finish of 70/48 (70 miles

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

in under 48 hours), and involves human powered as well as sail powered boats, but requires the removal of any engine from any vessel participating, which can then be replaced by oars or any human powered or pedal powered contraption one could dream of, as well as get to work properly for the 750 mile trip from Pt. Townsend, to Victoria, BC and then on to Ketchican. This film was a salve and a balm for the psychological, emotional and environmental beatings one had to wade through elsewhere. All in all though, this festival is a worthwhile experience that I plan on going back to Missoula for next year. Maybe this time I will have something they'll let me show. We'll see.

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

Petey and Smokey Need a Home

One thing I think we can say with certainty is that, if we are to keep animals for pets or food, we must treat them kindly and with respect. I hesitate to use the usual term, humanely, as that is not

Comments? terry@vashonloop.com



We're the Blues Brothers! Well, we're brothers and our eyes are blue - is that close enough? We love to snuggle together and can entertain each other when left alone, but we also crave attention from humans. One of our favorite things is getting belly

> rubs. Despite being part Siamese, we're very quiet (not like those other Blues Brothers). If you're looking for a pair of handsome, calm and friendly kitties, give us an audition!

Go To www.vipp.org

To view adoptable Cats and Dogs



Plavef Waves

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

Aries (March 20-April 19)

There are times along the way to learning how to be yourself that you have to exaggerate a little. That might mean speaking a little more loudly, dressing in bright colors, or seeking more attention for something you've done or are doing. It might mean sifting the emphasis of a relationship to your agenda. This is not a 'permanent' state but rather a test run, like trying something on. Then you might reflect and make some adjustments. This seems to be happening on a deep level for you: both the trying on, and soon, the adjustment process. You are likely to be discovering a kind of inner power you were only dimly aware of previously. Over the next week or so, this goes from an external experience (something you share) to a deeply internal one (what you feel, how you are challenged to grow, and letting go of who you no longer want to be).

Taurus (April 19-May 20)

You can put yourself out there announce your existence, make a statement, take a position - though there are no assurances of how your message will be received. Particularly now, with the world so polarized and everyone so confused, anything could be taken as meaning anything. That said, you seem determined to get your message out, or to make your presence known. While Mercury is retrograde in the public angle of your chart, I suggest you conduct little tests. Float ideas both on social media and during in-person conversations, then see the results you get. Do your best to state your idea in as neutral a way as possible just to explore the ensuing discussion. You're likely to hear things you never would have expected. I suggest you start on a small scale, and carefully study the results. You may apply this approach to any communication puzzle you may be facing in your life, whether personal or professional.

Gemini (May 20-June 21)

Proceed with caution and patience on any moves related to your career. There is way too much room for error, illusion and misunderstanding at the moment, which pretty much assures you're likely to get it wrong, for now. Let's prevent that. Therefore, place yourself in research and fact-finding mode. Do a lot of listening. Track multiple sources of data, and figure out what is actually going on. This will help you build a strategy that you can begin to put to work some time after Mercury stations direct on March 9. If, meanwhile, you are doing something related to a career change, a new job, or some role where you must take authority, tune in like an owl watching a forest at night. Take your time and don't make any sudden moves! Information will come to you by way of unusual, invisible or seemingly impossible means. When in

have found vexing in the past. You have some extra penetrating vision to see past lies, deception and disinformation in any form. Use your talent well.

Leo (*July* 22-*Aug.* 23)

Now is the time to focus on any sexual healing projects you've had on the back burner. You may make a discovery or connection over the next few days to a week, which will seem like a veil being dropped off of the hidden truth. Take this gently. You have no need to act at this point, only to be aware of your feelings and how you're responding to them. If you're inclined to discuss this topic with an intimate partner, make sure that you have a sense of where you're coming from before you do. Sit with your impressions until you get some clarity. Now is not, however, the best time to take action within major partnerships, be they sexual or financial. It is, though, a more appropriate moment to carry on a conversation at a low simmer. Expand your awareness to where those with whom you have commitments are coming from: how they feel, about themselves, about you and about your shared circumstances.

Virgo (Aug. 23-Sep. 22)

Mars making its way across Capricorn, your solar 5th house, is heating up your creative/experimental zone. This transit is inviting you to indulge your needs, desires and talents. You may feel if you do that, you will go out of control, though in a sense that is the idea. You tend to be a bit compressed and over-cautious where your self-expression is concerned. Even small gestures can seem like a big deal, though now you're being fired up by Mars, in its sign of exaltation. This is about the love you make as much as it is about anything else you might design, draw, sculpt, fabricate or scribble onto a napkin. Stay in territory that feels a little dangerous, and where you're not sure the outcome. Draw on the past at least a little - to do something new is often seeded with a bit of the old yeast. What you're going for is the feeling of connecting your ideas to physical expression. Let it happen.

Libra (Sep. 22-Oct. 23)

It would seem that the only way to let go of the past is to immerse yourself in whatever you're feeling. You seem to be working to resolve old anger and insecurity. Mercury retrograde may throw a fog over that basic fact, making it seem like something else is worrying you - one of your usual health complaints, for example. Yet these always tie into what you're feeling on the most elemental level: hungry, thirsty, confident, insecure or others on that level. So keep it basic and notice what your body is telling you, rather than what you think it's telling you. Down at the root level, you are doing two things in one: you are claiming something, and you're letting something go. There is an exchange involved. Identify what you don't want, feel it deeply, and choose to release your attachment. Then feel what you want the most, and claim it as your own. This involves what motivates you.

actual things you do, and then make sure you did right, and re-do if you need to, until you get yourself to a new level of stability.

Sagittarius (Nov. 22-Dec. 22)

Your finances are not the only priority that you need to drive at the moment, though they are a meaningful one. Your life right now is a study in what you value the most; what you hold dear; what you actually live for. Some people know this, and others have to figure it out. Don't assume you know. The world (and the astrology) is too confused for easy answers, which rarely tell us anything anyway. It is often extreme events that teach us what matters. People tend to learn the most by loss or threat. I would encourage you to take a gentler approach, and make a true inquiry. Here is a clue. There were certain things that really, really mattered to you, which no longer hold so much energy. There are new ideas you have and want to pursue, though the ultimate test is whether you act on them. And there is one thing from the past that is reminding you it still matters – a lot.

Capricorn (Dec. 22-Jan. 20)

Mars in your own sign is encouraging you to confront your fears. They certainly have their way with you often enough, to the point where you can barely move or make a decision. I suggest you be more curious about this. What happens when you strive to choose something for yourself? How long can you sustain your motivation? Then what typically happens when you act on your decision? By this, I mean when you decide on something that actually matters. Have you noticed a pattern, whether related to your feelings or to what manifests in your environment? Be particularly vigilant about feelings of guilt, and notice where they are coming from. Take note when it seems others move to dissuade or block your movement. This can take the form of anyone or anything appearing to be in the role of an authority figure. Guilt is a sure sign you think someone is trying to run your life. I suggest you be more curious about this.

Aquarius (Jan. 20-Feb. 19)

For many moons, the past has seemed as real as, or more real than, the present. This must be annoying, though it has the advantage of being familiar. After a while it ceases to be a comfort zone and is more like living a film loop that gradually deteriorates but keeps repeating. The question you might ask is, is there some element of your personal history that is trying to get your attention? Do you mistake it for something else? It's unlikely to be the thing you keep assuming it is. What is hemming you in is something other than you believe. So, start with a list of what you think your limitations are, and then cross them all off and look for the things you have not thought of. And remember that sometimes when you feel corralled, you have to break the fence. Even donkeys know this.

Pisces (Feb. 19-March 20)

Your assignment the next few weeks is to make your mark on the world. You will know you're doing this when you feel the friction. There is energy involved, and some adventure, and a sense of quest. Basically, your chart describes a time of doing the ground work and the one-to-one retail sales of getting your idea going. Mars is moving through the social angle of your chart, which is Capricorn (this alone suggests that for you, social and professional have a strong affinity for one another). Now is the time

Hinamatsuri (Girls' Day) Open House

Join us at Mukai for the March Hinamatsuri Open House on Saturday, March 7th.

"Hinamatsuri" also known as "Girls' Day" or the "Doll's Festival" – is normally celebrated on March 3rd each year to pray for the health and happiness of young girls in Japan. The Japanese celebration is marked by families with a display of hina dolls in the house and special food delicacies.

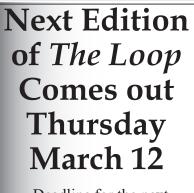
The Mukai open house will feature both Hina dolls and origami Hinaningyo making. Adults, children, boys and girls, all are welcome. Come visit us at Mukai Farm & Garden on Saturday, March 7th, 1-4pm.

Visit our website for more information: mukaifarmandgarden.org

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

to work this angle. But remember, with Mars, you need to be persistent, and have a thicker skin than usual. You might come across to someone as annoying, to someone else as pushy, and to others as determined. Keep going and form bonds with those with whom you feel an affinity, though you must ensure it's productive and collaborative. This is not a time to compromise on your goals and aspirations. Rather, it's the time to be originally and exclusively you.

doubt, break out the three-column method for the assessment of a situation or fact pattern: 1. What you know for sure; 2. What you don't know; 3. What you suspect. Work on that for a while and see what happens.

Cancer (June 21-July 22)

Your best new plan may be a dusted-off old one. So take a little while, and retrieve and review a number of possibilities you considered high priorities in the past. Ruminate on them a bit and see what you come up with. No doubt they will need a little modernization, though it's the central idea that counts. Meanwhile, whatever you're involved in at the moment has the potential to be done in an interesting way. First of all that means interesting to you: exciting and engaging of your curiosity. This is especially true of any communication-related venture, such as writing or broadcast or even music. You're also in a brilliant moment to turn supposedly spiritual teachings on their ear, and set yourself free from ideas that you

Scorpio (Oct. 23-Nov. 22)

Humans seem to have a hard time changing their minds, even in the face of overwhelming information. You've been confronted with many reasons, both urgent and subtle, to rethink several vital matters in your life. They may pertain to family, they may pertain to business, they may pertain to where you live. You probably know what they are: the topics that come up persistently. You now have a new burst of energy that will help you not only to think things through but also to engage the previously missing step, which is taking action. What we are losing track of in our era is that choices must often be enforced by sustained and disciplined movements:

Read Eric Francis daily at www. PlanetWaves.net

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Saturdays 11:30-2:30

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Spiritual Smart Algek

By Mary Tuel

Being Enough

Having arrived at a certain age and come through a bout of cancer, I find myself taking stock.

Some decades ago I decided that one of the shortest roads to happiness would be to lower my expectations. In retrospect, it would have been more accurate to say I needed to get in touch with reality.

Check out the lyrics of this beautiful iconic entry in the American songbook: "There's a someone that I'm longing

to see,

I hope that he

Turns out to be

Someone to watch over me."

© 1926 George Gershwin and Ira Gershwin

Boy, did that, and almost every other song I heard, give me the wrong idea. That's the trouble with exposing children to things that they don't understand and can't handle - song lyrics, Bible verses, loaded guns.

It sounds good, doesn't it? Someone taking care of you and all your worries for the rest of your life? Who does that? No one.

By the time I was in my late twenties I knew what I wanted: a partner, a friend. Someone who did not lie to me or cheat



on me.

Against all odds, and after several Mr. Oh-Hell-Nos, Rick and I got together, and we were friends, and we were partners, and we played music together, and we took care of each other, and we drove each other crazy, and we laughed a lot, and we raised a couple of great kids.

Our marriage wasn't a fairy tale name me one that is - but it was a good if sometimes hard life. There wasn't a lot of money most of the time, and that was the hardest part.

Then, before Rick and I could share our old age together, he died.

So "happily ever after" was a crock from the get-go.

Yeah. I was raised with a ton of unrealistic expectations, or as I think of them now, lies.

What about you men? What was the crock you were fed about your place in life and relationships?

Do you like women? Do you resent and fear women? I think that a lot of men resent and fear women. That is made clear by how women are treated, and how some men speak about women when they think we are not around.

When I was young I accidentally overheard men talking about women a few times. It was enlightening. It didn't

Continued on Page 9

Raise Hell: The Life & **Times of Molly Ivins**

Backbone Meaningful Movies presents a one night screening of "Raise Hell: The Life & Times of Molly Ivins" on Tuesday, March 10th, 6-8pm, at Vashon Theatre.

Molly Ivins was a nationallysyndicated political columnist and author, who remained cheerful despite the state of politics in this country and her own physical trials. She was known for her firebrand style of journalism that took on Good Old Boy corruption, with razor sharp wit.

She knew the Bill of Rights was in peril, and presciently remarked "Polarizing people is a good way to win an election and a good way to wreck a country."

Ivins' early journalism work was not unusual. Her first newspaper job was in the Complaint Department of the Houston Chronicle. She rapidly worked her way up to the position of sewer editor, where she wrote a number of gripping articles about street closings. She went on to the Minneapolis Tribune and was the first woman reporter in that city. In the late 1960s, she was assigned to a beat called "Movements for Social Change." Ivins returned to Texas as co-editor of The Texas Observer, a sprightly, muckraking publication devoted to coverage of Texas politics and of social issues. She roamed the state in search of truth, justice and good stories -and found her uniquely strong political voice by bringing out the hilarity in those stories.

In 1976 Ivins joined the New York Times, first as a political reporter in New York City and Albany: she was then named Rocky Mountain Bureau Chief,



chiefly because there was no one else in the bureau. For three years she covered nine mountain states by herself. Ivins won many awards too numerous to list for her writing, courage, and truth telling.

The Roger Ebert film review website wrote about the film, "There was never anybody like Molly Ivins before, and never will be again, and this documentary does a fine job of capturing what made her special."

Come learn more about this celebrated Texan. Following the screening we will have a conversation about the state of media in 2020, facilitated by Susan McCabe. The event is made possible thanks to generous support from Island Green Tech and Vashon Theatre. Admission is free; donations to Backbone Campaign accepted at the door.

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Island Epicure



By Marj Watkins

Cups of Comfort

The damp windy, chilly weather we get at this time of year calls for hot foods and warming beverages. Coffee with a dash of cinnamon. Tea with ginger in it; ginger as an aid to digestion of spicy foods. Chamomile tea to ward off insomnia.

C h a m o m i l e e a s e s indigestion and counters inflammation besides acting as a calmative. Alas, some of us are allergic to it. Its virtues don't come through to us. Don't read any farther in this paragraph if you are allergic to ragweed, celery, or alliums, i.e. onions, If you have no such allergy, chamomile tea would be a pleasant after dinner drink.

Chamomile Tea 2 servings 1 chamomile tea bag 1 cup water, boiled and cooled a little

1 teaspoon honey

Put the tea bag into the first teacup. Pour hot water over it. Steep no more than 3 minutes lest it turn bitter. Transfer the tea bag to the second cup if two people are participating, otherwise reserve it for later use or toss it. If you misjudged the three minutes and your tea tastes bitter even with a teaspoon of honey, add more hot water.

Ginger Tea 1 serving About 2 inches of fresh ginger root, sliced and slivered. About 1 cup boiling water Honey or coconut sugar to taste

Place the slivers of ginger in an 8-ounce cup or mug. Pour boiling water over the ginger and up to ½ inch from the cup's rim. Put a lid or saucer over the

Salish Sea Soiree -An Evening to Benefit Vashon Wilderness Program

Islanders can look forward to the Salish Sea Soiree - An Evening to Benefit the Vashon Wilderness Program from 5pm-9pm on Saturday, March 7th, at Camp Sealth - the non-profit's 400 acre outdoor classroom of the past 13 years.

Guests will celebrate the 4,500 people of all ages who have benefited from VWP's transformative deep nature connection mentoring programs and community events, and proceeds will ensure VWP can expand to meet the demand for their programs and services, including providing scholarships to those in need.

Vashon Wilderness Program is on a mission to ensure a deep connection between humans and the natural world. "We carefully tend relationships with ourselves, each other, and nature based on peace, compassion, reverence, and reciprocity," says VWP's Executive Director Stacey Hinden. "All our programs honor Nature as Teacher and Healer. We help our students fall in love with the Earth so that they will protect it!"

Research has shown that spending time in nature improves health and well-being, including increased cognitive, social-emotional, and physical health. Combined with VWP's cultural practices of gratitude, peacemaking, compassionate communication/conflict resolution, inquiry-based learning, and nature-based communitybuilding skills, youth also develop leadership qualities that will prepare them for an uncertain future.

This year's theme - Salish Sea Soiree - is inspired by our vital relationship with the waters and and sea creatures surrounding our Island home.

Guests can look forward to foraged and farmed delectables artfully prepared by Chef Chris Koerber of Earthen; delicious drinks crafted from Vashon's own forest and herb gardens; and scrumptious desserts at the Sweet Treat Trot prepared by professional and volunteer bakers

to wounds to avoid infection and speed healing. In my novel "Rotaida and the Runestone" Rotaida, as a kitchen slave in Charlemagne's castle, cuts her hand while cutting up a game bird, Head cook Truda puts honey on the wound and then bandages it with a strip of cloth torn from her apron. If Rotaida's skin had not been pierced, Truda could have used vinegar as the antiseptic of choice, and her apron might still be intact. The pastry cook used honey in his baked desserts. It kept them most. Try stirring a tablespoon of honey into your muffin batter. You'll never break a tooth on a leftover muffin that has a moisturedrawing smidgin of honey in it.



with the sea theme in mind!

Hosted by the warm and witty Marth Enson, the Salish Sea Soiree will help ensure VWP's legacy of never turning any family away. Guests will have an opportunity to "Raise a Fin" and donate to VWP's Scholarship Fund, which has awarded more than \$207,000 in tuition aid to over 34% of their students.

Be sure to bid at the Silent Auction tables, full of natureinspired items and experiences to help you connect more deeply with yourself, the community, and nature. There's a one-of-akind evening among the stars in a tree-top woven net overlooking Mt. Rainier; a custom Beyond the Bay Kayak Tour for 6 by Vashon Adventures; an Italian Wine Tasting Party replete with land maps and rich stories by local officanado Chris Zimmerman; and dozens of other special items for adults and kids including art, clothing, wildcrafted herbals, massages and bodywork, and so much more. Of priceless value will be Earth Candles lovingly prepared with the small hands of VWP's youngest students (ages 4-6)

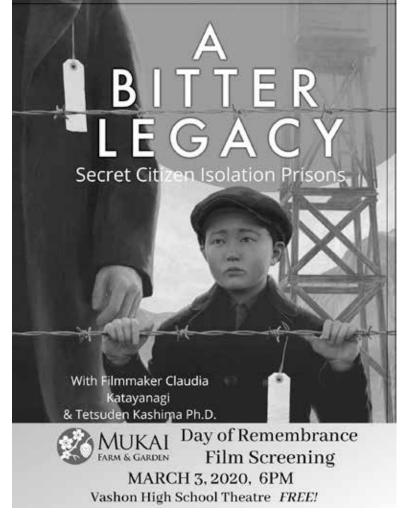
Everyone is encouraged to dress up in aquatic attire: A Squid skirt? A Jellyfish jumper? A Goeduck. Ample parking is available at Camp Sealth and shuttle service will be available on site to drive guests to and from the event hall at the waterfront.

Tickets are \$65 per person/\$650 per table (early bird price through Feb 7th); \$75 per person/\$750 per table. Admission includes appetizers, a complimentary alcoholic beverage and dinner. Tickets are available online at vashonwilderness.org

"The Detention Lottery"

Continued from Page 1

Day of Remembrance Film Screening



Tuesday, March 3rd - Day of Remembrance Film Screening Day of Remembrance Film Screening "A Bitter Legacy" with Filmmaker ClaudiaKatayanagi & Tetsuden Kashima Ph.D. Tuesday, March 3, 2020, 6PM @ Vashon High School Theatre (9600 SW 204th St, Vashon, WA)

Free Admission Visit our website for more information: mukaifarmandgarden.org

Spiritual Smart Aleck

Continued from Page 8

make me feel like men saw me as an equal human being. It made me feel like a piece of gum stuck to the bottom of a man's shoe.

I say that in sadness, not anger. I burned through my anger at men as a class decades ago. I know how many good men there are, by which I mean decent people doing the best they can. Now I think someone is an asshat when I experience them as an asshat, regardless of classification, by gender or anything else.

There were dreams I had in this life.

I meant to spend my

stay-at-home spouse to mind the family, and it is mostly male singer/songwriters who have that arrangement. Rick did his best when I was out playing music, but he was not a stayat-home spouse. That was one reason I left the trio in 1991 and went home. That was the end of my touring days.

Most of all, in my youth I hoped to make a difference for the better in the world. I worked hard most of my adult life trying to prove to the mean voice in my head (my mother's, it turned out) that I had worth, that I could make a difference.

So now, at a certain age,

cup and let it steep for a few minutes. Remove the cover. Stir and sip the tea. Add honey or coconut sugar if desired.

The virtues of honey are that it's sweetness comes from fructose, not sucrose, and it gives you enzymes and vitamins given to it from the flowers the honey bees plundered. The virtues of coconut sugar are that it registers only 35 on the glycemic index and it's a flavorful brown sugar. White cane sugar has a glycemic index number of 100 so you feel any aches and pains more acutely. The glycemic index lists 11 kinds of honey. Their glycemic index numbers range from 32 Australian to 87 Canadian. They average 55,

Honey is also antiseptic. Anciently, honey was applied P.S. My books "Rotaida and the Runestone" and its sequel "Royal Spy" are available at the book stall at Saturday Market. 00111111011 J. 0111 I 480 I

The Hardware Store Restaurant and supported by local individual donors. All ticket sales and additional donations will support the Tacoma nonprofit Advocates for Immigrants in Detention Northwest (www. aidnw.org).

The event will take place at Open Space for Arts and Community on March 7th. Doors open at 6:30. The program will begin promptly at 7:00. Tickets are available at www. openspacevashon.com and are \$12 in advance and \$15 at the door. Students are free. This performance is recommended for middle school-age and above. For more information, contact immigration@ indivisiblevashon.org. adult life touring all over the country as a singer/songwriter, eventually ending up doing it with Rick.

I started out doing it solo in my twenties, and in my thirties and forties did a lot more of it in the trio, Women, Women & Song. We went up and down the West Coast a few times and had a lot of fun. Wrote a lot of songs, did some radio, did some television, made some recordings, played the Northwest Folklife Festival every year.

But then I had these children.

Being childless is an asset in the life of a traveling singer/ songwriter; that or having a having had cancer, looking my life over, what do I see?

I did the best I could. Sometimes great, sometimes tragically wrong, mostly somewhere in between.

Now I write, and I sing, and sometimes make people laugh, and sometimes I listen, and I love people.

I am beginning to think that I am enough, at last.

You are, too – enough, I mean. Who you are, what gifts you have, what you bring to your life. You have nothing to prove.

Funny how it's easier to say that to the whole wide world than to myself.





Chandler O'Leary & Jessica Spring – Dead Feminists: Speaking Volumes

It started as a collaboration between two Tacoma artists who created a series of colorful broadsides featuring quotes by historical feminists tied to current political and social issues. The letterpress poster series was so successful that O'Leary and Spring created Dead Feminists, Historic Heroines in Living Color, a 2018 Pacific Northwest Award winning book using the original broadsides with archival photos and ephemera to describe the accomplishments of women like Eleanor Roosevelt, Rachel Carson, Harriet Tubman and Shirley Chisholm, with an inspiring foreword by writer Jill Lepore. Join us as they tell the story of this extraordinary collaboration, which continues to provide hope and inspiration through challenging times.

Sunday, March 1, 7:00 pm Tickets: \$10 in advance, \$15 at the door | \$5 for youth

T i c k e t s : VashonCenterForTheArts.org



Pub Music

Vashon Events is really excited to be working with Cliff Goodman at the Vashon Brewing Community Pub to bring you live music at the Pub on Friday and Saturday nights!

Swing by and enjoy one of many tasty craft beers or if you can't decide which one to order...try a flight of tasters! The Pub also has Palouse wine, Kombucha, Cider and organic root beer available. You'll also find some tasty pub bites to nibble on.

For your live entertainment, on Friday, March 6th, we bring you Steve Amsden!

A warm, talented performer, Steve Amsden is widely acknowledged as an exceptionally creative musiciansongwriter. Over the years he developed the strong voice and powerful presence for which he's now well known.

Steve consistently works on new material, performs, records, jams and rehearses, produces



Community Pub, 17205 Vashon Hwy SW. Free cover!

For your live entertainment, on Friday, March 13th, we bring you The Pat Reardon Band!

The Pat Reardon band are fine purveyors of blue-eyed soul, rough-sanded with a



double humbucker guitar and propped up with a Boston back-beat. Original songs by band leader Pat Reardon tell stories that are heavy on the one, with a funky disposition that can distract the casual listener from the tender-hearted core. Sentimental country twang and hep-cat jazz chords are all part of the mix. It's not a straight line from the head to the heart to the booty. Friday, March 13th 6:30-8:30pm The Pat Reardon Band

Free cover!

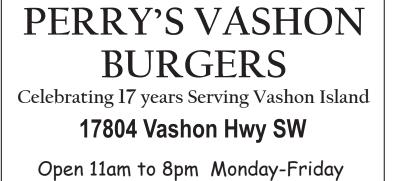
For your live entertainment, on Friday, March 20th, we bring you Tres Huevos!

Tres Huevos is a trio of seasoned musicians that really just wanted to jam together with a few friends around. Join the circle of friends at the Pub as you listen to Rick Dahms, Loren Sinner and Matt Strait!

Friday, March 20th 6:30-8:30pm Tres Huevos, Free cover!

For your live entertainment, on Friday, March 27th, we bring you Gregg Curry!

Gregg Curry's songs dig deep into the roots of American music to create his original sound. He has traveled America, absorbing influences from rock, soul, and blues to country, bluegrass, and gospel. Drawing from hundreds of original songs and numerous recordings, he seamlessly knits those American traditions into his unique musical tapestry of lyrical, catchy tunes. Those songs, plus over 20 years of performing, make him a compelling presence on stage. Friday, March 27th 6:30-8:30pm Gregg Curry, Free cover!









Open Daily 9am to 7pm "Last load in at 6:15pm" 17320 Vashon Hwy SW (Located across from Pandoras Box) music events and supports other musicians. He plays many types of music—folk, bluegrass, country (and Western), rock and roll, blues and jazz standards. He is a mainstay in a community that joyfully integrates the arts. Friday, March 6th 6:30-8:30pm Steve Amsden V a s h o n Brewing Have a Story or Article

Send it to: Editor@vashonloop.com

Find us on Skype Vashon Loop 206-925-3837 Read The Vashon Loop online www. vashonloop. com

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

An Evening with Nikkita Oliver

Culture survives and thrives on the breath of our storytellers and cultural workers. Our stories tells us who we've been, who we are and help to inform who we become. Join Nikkita Oliver for an evening of poetry, music and storytelling exploring identity, Black hxstory, and our shared struggle for liberation.

> Friday, February 28 | 7:30pm \$5 Student, \$25 General Tickets: VashonCenterForTheArts.org



Iris Dement



Iris DeMent is an acclaimed singer/ songwriter whose 1992 debut Infamous Angel was hailed by Rolling Stone as "an essential album of the 90's". Combining elements of folk, gospel and country, her rich lyrical landscapes and captivating music have earned two Grammy nominations and the respect of many of her peers such as John Prine, Emmylou Harris and Rodney Crowell. and The Boston Globe heralded her 2012 album Sing The Delta to be a "work of rare, unvarnished grace and power...".

Iris Dement, alone on the baby grand piano in the intimate Kay White Hall.

You won't want to miss this! Sunday March 8, 2020 7:30pm \$30 Member, \$32 Senior, \$35 General, \$40 first two rows

Tickets:

Vachan Contor For The Arts and

Roger Fisher of Heart



The music of HEART has captivated radio and live audiences for decades. Original member Roger Fisher co-wrote many of the band's early hits including, "Barracuda" and "Crazy on You" which have stood the test of time and been covered by countless artists and featured in film, television and the video game Guitar Hero. Inducted into the Rock & Roll Hall of Fame in 2013, Fisher has played in every major city in North America many times. He has also toured Europe, Japan, Australia, Uzbekistan and Russia, and performed at massive events in the Czech Republic, Japan,

Canada and the United States for more than 300,000 people at a single rock show.

Experience a night of HEART classic rock favorites and new music with Roger and a world-class band featuring the vocal talents of Carol Ann Wood in the intimate Kay White Hall.

Saturday, February 29th | 7:30pm \$35 VCA Member, \$38 Senior, \$40 General

\$50 Premium (first 4 rows and a meet and greet event after show)

Tickets: VashonCenterForTheArts.org

Make a date with Vashon! www.VashonCalendar.com

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Local Weather

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

www.VashonEvents.org

Free Range Folk Choir



NPR has called her "one of the great voices in contemporary popular music"

VashonCenterForTheArts.org

Christine Andreas – "Piaf, No Regrets"

Continued from Page 1

those forays. Andreas sings in impeccable French, as well as English, peppering the concert with well-selected quotes and Piaf's own words in monologues by dramaturge Drew Harris. The resulting portrait is respectful, not reverent, admiring not worshipful.

She has sung in concert in Carnegie Hall, Avery Fisher Hall, Town Hall, the Kennedy Center Jazz Festival and the Caramoor Festival to name a few. Symphonic work includes the Boston Philharmonic with Ben Zander, the Tulsa Symphony with Peter Nero, the Detroit Symphony, the Richmond Symphony with Charles Strouse, the Palm Beach Pops, and The Silicon Valley Symphony. And now she'll return to the Kay White Hall with her multi-talented husband, composer-arranger-musical director Martin Silvestri.

Saturday, March 7 | 7:30pm \$20 Students, \$30 Members, \$32 Seniors, \$35 General, \$50 Premium Tickets:

VashonCenterForTheArts.org

Save the date! Saturday, March 7th, 7pm at the VHS Theater. Come enjoy the music that brings us together in community and gives us the courage to Keep On Walkin Into Freedom Land. Including guest instrumentals of Celtic Harp player Tim Hulley and Viola by Shane jewell, as well as Rich Osborne on guitar. Music of the US Civil Rights movement, South Africa, and Bulgaria.

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It's a great time to get back in the Loop. ads@vashonloop.com Next Loop comes out March 12

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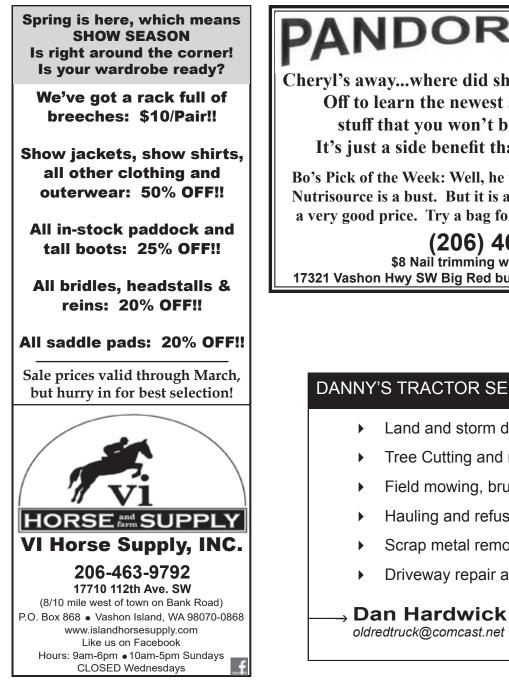
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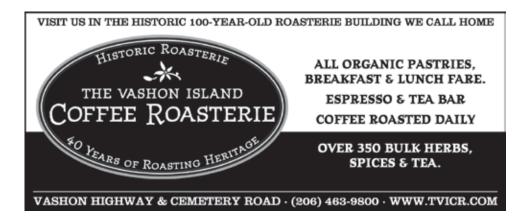
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