5th Annual Father/Daughter Dance

Proceeds from the event will benefit VAA’s Blue Heron Dance program. The theme for this year is Midnight in Paris, complete with the Eiffel Tower, albeit a bit smaller in scale. The dance will be semi-formal, with coats and ties for dads and dresses for the ladies. Desserts and drinks will be provided, along with a complimentary photograph, a small gift for each daughter, and memories to last a lifetime.

Photo courtesy of John Sage/FinchHaven

Age of the Fittest Lawn

Mary G. L. Shackelford in her commentary “What’s happened to the bees and why should we care?” made an urgent call for the elimination of petrochemical pesticides and herbicides everywhere - and now.

Setting down The Loop, I went out among the fruiting trees in my neighborhood to see the truth of the matter. Abundant blossoms of cherry, apple, pear, and plum trees were gracefully flouncing on the breezes. The purity of their color was a gift to the eye, and closer up their faint perfume was a gift to the nose.

But as I stood enthralled, I noticed that the sphere of space encompassing each tree was as empty of life and as silent as a death house. The moment darkened as I counted in my mind the thousands of honey and mason bees that were NOT thrumming amid the blossoms. The wind, fresh with promise, suddenly became sterile. The ripening fruit of a future season became a mirage and the bees themselves extravagant exercises in futility.

Blossoms without bees. Ovums without pollinators. Expectant trees awaiting the touch of beneficiation. All doomed to nullity for want of a humble insect to close the circle of procreation.

With typical pride and hubris, we humans continue to stumble and tumble along our exalted Path of Progress. As we go, we spew all manner of poisons made available to us to exterminate without thinking any other living thing we deem not worthy. We stride through time a toxic colossus, having ascended from Age to Age to become a race of lawn-tenders with a frenzied hatred for bugs, dandelions, and moles.

We inaugurated this Path of Progress by pounding one another, our animal victims, and some cereal grains, with the magnitude of killing and oppression. Were we not the fittest untouched.

With the discovery of fire and mallable metals, we pulverized and heated rock until it could be pounded into a blade. Thus we entered The Bronze Age, built cities, laid claim to the resources of the planet, and closer up their faint perfume was a gift to the eye.

Continued on Page 9

Road to Resilience

Feeding the Bees

Mary L. Shackelford

Photo courtesy of John Sage/FinchHaven

By Terry Sullivan, Transition Vashon

Last week, Mary Shackelford wrote a great article about how pesticides and herbicides are poisoning our bees. One more caveat, which I think is mentioned on many products, is that even organic poisons must not be applied to plants when in flower, and that, of course, is because bees will be visiting those flowers.

Maintaining a healthy population of bees also requires a steady food supply. What I would like to talk about is what you should grow if you want a healthy and vigorous bee population and a lot of local honey. Bees need forage from February until October. There are plenty of flowering plants with nectar from April through July, but there are often gaps before and after, which can mean the difference between a healthy hive and a dead one.

Bees forage over a 2-3 mile radius around their hive. That means they require millions of flowers. A small patch in one person’s garden or another isn’t going to make the difference by itself. It is important that we all plant to fill those gaps.

Our native chickweed gets special mention as an almost year round source of high quality nectar and pollen, so leave the chickweed in your garden. The bees don’t get out much in February, but for the occasional nice day, natives such as willow, hazelnut, and miner’s lettuce are also important sources of nectar and/or pollen. You should consider planting heather and crocus, both great early sources of nectar, heather being one of the highest in sugar content. March is not too bad as elder provides a huge source of pollen and big leaf maple provides both nectar and pollen.

During the main growing season, three of the most nutritious sources of nectar are also often unwanted species by humans, blackberry, clover, and dandelion. You might give them a reprieve, but if you must remove them, be sure to do it manually, not with chemicals! The same goes for buttercup, ivy, holly, and Scotch broom (no reprieve recommended there).

For the fall, one of the most prolific and nutritious sources you can plant is asters. Borage and poppies are good also, and your chickweed, clover and dandelions will still be providing.

My main recommendation would be to plant more flowers, but, in particular, to plant heather, crocus, and asters in your garden and sow clover in your lawn. The bees will love it and will provide us with pollinated fruit and “nectar of the gods”.

I want to thank Toby Nichols for his respectful and articulate response to my article on ferries. I think he mischaracterizes my position on our current easy access to good jobs and human’s more malleable toward the mining of less malleable ores, we refined and melted iron and then quenched it with water. Thus emerged The Iron Age with harder and sharper blades, polluted streams, and an even more desperate need to prove our fitness to survive. Our cities burgeoned into city states which required the gargantuan organization of hundreds of thousands of warriors in order to seize destiny and annihilate adjoining city states.

Eventually becoming disgusted with the magnitude of killing and oppression, human beings began to turn the technologies they had mastered as weapons into the tools of enlightened advancement. Thus began The Age of Faith. Swords became plowshares, horses drew plows instead of chariots, men carved less flesh, more wood, and hordes of marauders bent their spears into crooks and watched peacefully over their herds.

New developments in trade and literacy birthed The Age of Reason, which lasted until the synergies of mechanism, new sources of power, and the forced dissolution of millions of agrarians augured in The Industrial Age. Densely-crowded cities of commerce and finance wrapped themselves in clouds of toxic smoke and the flags of nation-states. Laying claim to the resources of the planet, these nation-states unleashed vast new levels of slaughter via steel guns and iron projectiles leaving only the fittest untouched.

With the near limitless extraction of coal, oil, and natural gas, The Industrial Age exploded into The Age of Global War. The first such war gifted us phosgene and mustard gas, and the second such war grace us with Hiroshima and Nagasaki. We then morphed into the Age of freshman. The atom and the hydrocarbon molecule were routinely blasted to smithereens a billion times and billion times and the deadly results allowed to waft the world over until not a farm, field, yard, garden, window box, or single childish dream could escape the kiss of contamination.

It’s a long, long way from crushing a skull with a rock to killing off all the pollinating insects upon which our food supply depends. Or is it?

What New Age should this one be called?
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.

Vashon Community Scholarship Foundation

The Vashon Community Scholarship Foundation (VCSF) Award Ceremony is scheduled for Wed. May 30 at 6 PM in the VHS gymnasium.

Caregivers Support Group

The Caregivers Support Group at Vashon Community Care is experimenting with a change of time. For the next few months, the group will meet at 1:30 in the afternoon, on its usual second Thursday of the month. This group is geared toward family and friend caregivers, as opposed to professionals. Interested in attending? We’d love to meet you and hear your story. Please leave a message for Jules at 567-4421.

Annual Kite Day

Annual Kite Day on the beach at Pt. Robinson sponsored by the Board of the Keepers of the Lighthouse, 10 am -3 pm. on May 19th. There will be music by Geordie’s Byre and all interested parties are invited to attend.

Vashon Drum Circle

Vashon Drum Circle meets Friday, May 11, 7 PM at Vashon Intuitive Arts. All ages are welcome to drum and sing with Buffalo Heart, our big community drum. Free event; donations gratefully accepted. Sponsored by Woman’s Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by reenlivening the sacred feminine in our communities.

Vegan Raw Food Potluck

Saturday, May 19, Vegan Raw Food Potluck at Linda Fox’s home on north end, 5:00-7:00… all are welcome… call 463-5566 for directions and potluck ideas. Please also bring plates and utensils.

Why are we eating like this?…because we remember the following, by Wendall Berry, and want to help continue the change… “People are fed by the food industry which pays no attention to health, and are treated by the health industry which pays no attention to food.”

Compost the Loop

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

Stamp Out Hunger Drive

On Saturday, May 12, 2012, Campbell Soup Company will again join forces with Vashon Rural Route carriers to Stamp Out Hunger across America.

To participate in the Stamp Out Hunger drive, Vashon residents are encouraged to leave a sturdy bag containing non-perishable foods, such as canned soup, canned vegetables, pasta, rice or cereal next to their mailbox prior to the time of regular mail delivery on Saturday, May 12. Local rural carriers will collect these food donations as they deliver the mail and take them to Vashon-Maury Community Food Bank.

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

KIDS-Turn Up the Heat on Summer Fun! Sign up for Camp NOW!

V.I. Junior Basketball Camp for 2nd to 8th graders, July 9 to 11

Kids Kayak Camp for kids age 11-17, July 9 - 11 or 16-18

Bruce Haulman Junior Sailing Program for kids age 8-14, six 4-day sessions, July 9 - August 16

Junior Crew Camp – Novice & returning rowers, age 13-18, three 4-day sessions, July 16 - August 2

“Beach” Volleyball & VolleyKidz for kids 4 to Adult, multiple sessions by age, July 23-26

Wilderness Camp x 2 for kids age 6-10, July 9-13 or July 16-20 & age 4-6, July 23-27

V.I. S.O.C. Camp for kids age 5-14, July 22-27

Kids Triathlon Camp, July 30-August 3

Circus Arts Camp for kids 8-14, August 6-10

2 sessions by age

Families Team Up to Meet the President’s Fitness Challenge, Saturdays, July 28-August 25

Tell Mom & Dad to sign you up online

www.vashoparkdistrict.org • 206-463-9602

Bible

Christian Oral Tradition

7th Day is Holy (Saturday)

1st Day is Holy (Sunday)

Feasts of Unleavened Bread, Shavuot, Tabernacles, Purim

Feasts of Easter, Halloween, Christmas

Torah in Heart = New Covenant (Jeremiah 31:30-33 and Hebrews 8.8-12)

Torah = Not for Today (Various theologies and doctrines of men)

Which do you believe: the Bible or Oral Tradition?

torahinmyheart.com

Next Edition of The Loop Comes out Thursday, May 24

Deadline for the next edition of The Loop is May 18
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The project is funded by a federal grant and the removal of roadside hazards. Shoulder rumble strips, warning signs involving the installation of centerline and regarding project elements. About the purpose of the project and receiving, will allow for more discussion along with additional input the County is additional questions and concerns about the Vashon Highway safety project and ask questions. The Vashon Highway safety project involves the installation of centerline and shoulder rumble strips, warning signs and the removal of roadside hazards. The project is funded by a federal grant designed to reduce collisions on county roadways that have a high incidence of run-off-road and centerline collisions. Approximately 30 percent of the crashes in unincorporated King County involve run-off-road collisions. From January 2009 through August 2011 alone (the latest available data) 34 accidents on Vashon Highway were reported. While the project is on hold, residents may see crews out in the coming days restriping sections where the centerline has been removed, and widening shoulders in spots to ensure four-foot widths are maintained for bicyclists. During the open house, residents will have an opportunity to hear more about the safety project and ask questions. The Road Services Division anticipates it will be able to update residents on the status of the project by mid-June.

For more information about the project, visit the County’s High Risk Rural Road Program website. For questions or comments about the open house, email community.relations@kingcounty.gov or call (206) 263-9770.

Wanted - Executive Director

The Vashon-Maury Island Chamber of Commerce is seeking a dynamic individual to lead the organization as Executive Director. This individual will be self-motivated, a proven leader and communicator, and will foster strong relationships with King County and State organizations, as well as with local businesses. To view the complete position description, visit the Chamber website at http://www.vashonchamber.com and follow the link for the Executive Director Position Description. To apply please email your cover letter and resume to applications@vashonchamber.com

Wishes May 18, 2011.

Better Decisions?
Better Outcomes?

Vashon College is offering two courses, Ethical Decision Making and Competent Communication & Learning Styles, which could change your life. Ethical Decision Making (4 sessions beginning Wednesday, June 6) will take the participant on a historical journey while introducing a model that allows the user to actively choose personal wins in his or her life. 5/6 will gain an understanding of how individuals, couples, families, communities, and entire nations find themselves in trouble or, conversely, living in harmony. This exciting and interactive course teaches the student how to explore his or her personal ideas about ethical behavior, how we make decisions, personal responsibility and how we take unnecessary risks in our personal and professional lives; often with no idea how we found ourselves in difficult, even dangerous (emotionally or physically) situations.

The text for this course is The Reader, a #1 National Bestseller, New York Times Notable Book and A Times Book of the Year. In cooperation with our community, the book will be offered as special reading by the Vashon Bookshop. And the Vashon Theatre will host a free showing of the movie so participants and their families and friends can see what will, undoubtedly, be a particularly topical topic of conversation as those in the class discover just how much people are willing to do to keep secrets and hide personal shame – in whatever form that takes.

Competent Communication and Learning Styles (4 sessions beginning on Thursday, June 7th) will open doors to powerful personal discovery for the participant in terms of how s/he learns. For many, the course will open windows for them that they never knew existed, exposing them to new ideas about how they learn. At the same time, they will find themselves throwing away personal judgments regarding how they take information in and process it. This wonderful self-exploration and awareness leads the participant next into a new awareness of how the things s/he shares life with in the home and at work.

Our learning styles affect how we communicate, work, learn, teach, interact with one another, love, build, lead...all of it. From personal discovery to learning why and how we are different, the student will, in the end, understand exactly why we need each other.

The Vashon Island School District has approved these courses for clock hours for its teachers. Other professionals should check with their associations to find out if they may quality for clock hours.

The instructor for both courses is Donna McDermott, MMPA. She is a sociologist who has designed curriculum for over 300 courses, trained hundreds of instructors and led courses and seminars for departmental leadership teams, entire organizations from clerical to top management, leadership staff, fiscal professionals, instructors and led courses and seminars for over 100 courses, trained hundreds of teachers, and troubled young adults.

Ethical Decision Making and Competent Communication are two of many courses that she has taught dozens of times. Ms. McDermott consistently receives outstanding reviews. She is past president of the Southern Counties Training Association in California, and is a “gifted, dynamic” teacher. She holds a Bachelor of Arts in Sociology and a Master’s degree in Public Policy and Administration. Go to www.vashoncollege.org to register.

Vashon Island Pet Protectors

Adopt A Cat Day - Saturday 11:30-2:30

Our VIPP shelter is open for adoptions every Saturday from 11:30 - 2:30 Please come on by and meet our sweet cats, hang out and get to know how great they are. Visit our website www.vipp.org Click on Adopt for Directions and Information. Or give us a call 206-389-1085

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For show times and info check www.vashontheater.com, best seat in the house. Enjoy the show!

Eagle Eye

Proofreading and Editing

Nancy Morgan
morgan@eagleedit.com

206/567-5463
206/819-2144
I am not an ambulance chaser by any stretch of the imagination, so it was a bit odd and out of character when I found myself grabbing my camera and bike helmet to pedal up to the scene of a car crash on the main highway this past Saturday morning. In doing this, I was responding to a friend who had just called to say that there was a car in the ditch, and the running-off-the-road that had landed it there had happened within the hour. Even though my spin on two wheels took less than ten minutes of travel time, the scene had already been cleared of the crash by the time I reached the spot where muddy skid marks and torn up turf indicated a vehicular departure from the roadway. My arrival coincided with that of a Puget Sound Energy truck, and a conversation with its driver revealed what was not otherwise very obvious, that the driver had clipped the power pole by the side of the road on the way to what in most any other situation would have been considered greener pastures. Other than some broken car window glass in the bike lane and a detached missing cat poster, scratch or breakage evidence of any contact with the pole was not readily evident. Beyond general observation and back to our conversation, I learned from the PSE guy that there had been two people in the minivan and neither one had been injured.

What was hurt in all of this was the credibility of any argument pertaining to the safety benefit of our rumble strips on our highway. Within an hour of my posting photos and basic accident information on the BikeVashon discussion list, reports came back of another car going off the road northbound out of town on the day before. As both of these accidents happened in daylight and in areas where rumble strips have already been etched into our bikeways to “prevent inattentive drivers from departing the roadway”, a reasonable person might question the rationale behind just what has happened to what were once unfettered bikeways, and all done in order to protect distracted car drivers from themselves. It was interesting, if not ironic, to note that one of the two people that spoke in favor of the rumble strips at a meeting with County officials at the library last Wednesday, claimed to have been a former Driver Ed teacher. Although it is ancient history for me, to remember being told innumerable times during my driving tutelage to pay attention at all times while behind the wheel. At that time, dreams of inattentive driving were only described in articles on sensor equipped highways in Popular Mechanics, or through fantasies played out in futuristic highway exhibits at the latest world’s fair.

All in all, the initial meeting with King County DOT officials was not that informative. What it told most like to me was one of those prescription drug commercials - the ones that tell you the problem the drug is going to fix, and then underneath those warm and fuzzy shots of people going on with their happy lives, they proceed to tell you about all the side effects that could kill you while you’re “getting better”. If you haven’t guessed it by now, I didn’t drink their Koolaid. What I’ve lived to tell is that you can indeed sample the KCDOT rumble roadshow for yourself. An Island wide meeting on the rumble strip “road safety” project has been scheduled for Monday, May 21st from 7 to 8:30pm at Chautauqua Elementary. You can come and voice concerns, ask questions, and otherwise be entertained by the machinations of the public-private partnership. I don’t know if they are providing refreshments, but if they do I’d stay away from the pitcher with the smiley face on it.

Two videos of our first meeting with the folks from KCDOT can be found here
www.youtube.com/ Watch?v=BoPY-p65PLQ and here: www.youtube.com/ Watch?v=gHdTe1s6FhG
And as always, you can contact me here: pgr42@att.net

We would like to celebrate all the events and classes that have been held here at Vashon Intuitive Arts. Dream Group, Yoga, Medicine Wheel, Art Walk, Reiki Jam, Women’s and Men’s groups, Qi Gong, Book Club, Drum Circle, Channeling Events, Hosting a dinner for Grandmother Margaret of the 13 Indigenous Grandmothers, Ascended Masters Study, Drum Making workshop, Wisdom Circle, Kabbalah 101, Kirtan, Crystal Bowl Ceremonies, Goddess Songs, Dance of Universal Peace, Mankind Project, Conscious Language, Healing Happy Hour, Laughter Workshop, Robin Fritz and Fallon, whale Communications, Sky Lanter Ceremony, Girlez Gone Wild Dance, Sacred Body/Sacred Voice Class, Circle of Sound, solstice and Equinox Ceremonies, and Tarot, Astrology and Intuitive Readings have all happened here or been sponsored by Vashon Intuitive Arts.

On our anniversary we will have Astrology Readings, Tarot Readings, Reiki, Massage, Intuitive Readings, Tantra Consults and more. We are having a raffle for healing services. Free gifts, cake and drinks for all. Please join us Saturday May 12th from 10AM to 6PM at Vashon Intuitive Arts, 17331 Vashon Highway 463-0025.

Rats are visible in the grass where a Mini Van left the road on Vashon Hwy, on the north end of Vashon Island. Peter Ray Photo
Sunday. It is the first beautiful day, almost like summer. The sky is clear, the sun. Brief time travel to the past. There were no such things as weed eaters are abroad in the land. It is a day that makes you feel like you’re young and anything is possible. It’s fun to think of what I’d worked pulling weeds at the church for an hour and came home and sat down for a while. When I moved again my joints had set up like concrete, and when I stood up to walk my knees and my back spoke to me. They said, “What are you, crazy? Making the work in a garden? You know better than that. Send down the aspirin, NOW.”

It was “Grub Sunday” at church, which means that everyone is supposed to wear their grubby clothes and go out and work on the grounds after the service. In the past I have adopted the “let someone else do it” attitude, but today, I don’t know, the sun was so bright, and the air was so warm, and I saw people out there with rakes and shovels, so I came home and got into my grubbies, grabbed some garden tools, and went back to put in a little effort. Well, I felt like that until after I’d made a dump run, and I figured out here at Casa Tuel, and the glorious day seemed to recover.

It was “Grub Sunday” at church, which means that everyone is supposed to wear their grubby clothes and go out and work on the grounds after the service. In the past I have adopted the “let someone else do it” attitude, but today, I don’t know, the sun was so bright, and the air was so warm, and I saw people out there with rakes and shovels, so I came home and got into my grubbies, grabbed some garden tools, and went back to put in a little effort. Well, I felt like that until after I’d made a dump run, and I figured out here at Casa Tuel, and the glorious day seemed to recover.
The sky is warming up to a series of rare, amazing and most of all beautiful life-affirming emotions they are the ones that people provide both reflection and space, and start the project that you can choose what you want from among those, there are a few of which you're interested in or not. One reason you might hesitate to decline the many opportunities we extend this to mixed-race situations, why so many people seem to have heart exclusion. For example, imagine you've taken at least two or three occasions and put something vividly real about yourself -- what you consider your best creative work, your true vision or your deepest fear. You feel about the world where it's going, Share your talent for the pleasure of doing so. We are in the midst of some rare astrological conditions that will put you in a living environment as if it's your body -- nobody will care). Practice gratitude for your own doubts. You can play with this to your heart's desire, and then by some process say something to a friend, admitting you're a magnet for potential. One key is authentic, large, or larger than you might. I'm always surprised by how small many people's concept of big turns out to be, so I suggest you amplify the scale of your idea beyond what even your closest friends and closest people work for you, and what always has, is to stay close to the core of what your life means, and what you want to express. There is nothing inherently wrong with being dependent. The way that says you can only choose one of those people, to the exclusion of the other. Into them. The beauty of life can, at any time, be complicated by self-doubt. And if you're someone who digs the Internet, and stand in your confidence as you much time as you can out of the house. Your best asset. Keep looking at things superior skill of human adaptability is make flexibility a way of life. There's surround yourself with people who you may just be feeling the approaching worry if certain elements of your life events accelerating? I suggest you not. Your self-confidence as a leader. What you're leading with is concept of what actually matters to you the most -- so remember to put that first, foremost and perhaps, only.

Libra (Sep. 22-Oct. 23)
I suggest you be open to receiving. There is plenty coming your way, though you may be unsure of whether the offer is in or not. One reason you might hesitate is because vulnerability means you would have to be open to any possibility, and while you sense many wholesome ones, there are a few of which you're somewhat less trusting. You can still be aware of your vulnerability without being aware without being suspicious. You can choose what you want from among the many options -- though I suggest you be aware that you truly desire. For that to happen, it will help if you make some decisions, or at least refine your identity. I mean, you're going to move to the central point of your astrology, it will help if you're open to the generosity of others. It's true that there always may be some fear of rejection, but if you want to be aware that anything is possible, and right now you're a magnet for potential. One key is authentic, large, or larger than you might. I'm always surprised by how small many people's concept of big turns out to be, so I suggest you amplify the scale of your idea beyond what even your closest friends and closest people work for you, and what always has, is to stay close to the core of what your life means, and what you want to express. There is nothing inherently wrong with being dependent. The way that says you can only choose one of those people, to the exclusion of the other. Into them. The beauty of life can, at any time, be complicated by self-doubt. And if you're someone who digs the Internet, and stand in your confidence as you much time as you can out of the house. Your best asset. Keep looking at things superior skill of human adaptability is make flexibility a way of life. There's surround yourself with people who you may just be feeling the approaching worry if certain elements of your life events accelerating? I suggest you not. Your self-confidence as a leader. What you're leading with is concept of what actually matters to you the most -- so remember to put that first, foremost and perhaps, only.

Virgo (Aug. 23-Sep. 22)
What is the difference between religion and spirituality? Usually, religion is about itself, and spirituality is about exploring the nature of existence, and in particular, of your existence. Religion is about the values that are put on you, or enforced by some form of authority, whereas spirituality is about you determining what is meaningful in your relationship to existence. Yes, it takes a lot of bravery to give up the practice of religion and to decline the many opportunities we have every day to sell our power, our passion, our deepest values. You can choose to reject one of these and cultivate a dependable relationship to life. Said another way, you have built a solid relationship to yourself. Anytime you feel guilty for doing what is right for you, you can be entirely certain that you're hearing an amplified voice of authority trying to convince you out of what is not just rightfully yours, but what is in truth all you actually have: existence itself.

Aquarius (Jan. 20-Feb. 19)
...the more conventional, the more fun you're attracted to, or who is attracted to you might have about who or what you're doing that, keep your ears on and listen for what comes back to you.
The Road To Resilience
Continued from Page 1

the best of big city culture and entertainment. What’s not to like? My position is that there is a very good probability that we will have a low energy future whether we like it or not. As I stated, and Toby did, there would be serious consequences for us here without our ferries. We are utterly dependent on our ferries, and that is precisely why we need to consider how we can be more resilient as a community should such a thing occur. We have accepted Vashon Be Prepared’s warning that we need to be prepared for short term ferry interruptions; we need to build systemic resilience into our community that would greatly facilitate our response in an emergency situation. It’s just common sense.

I admit that I do like the idea of being more self reliant and producing more of what we need right here on Vashon, and I would like to see us do that just because it’s the right thing to do regardless of the energy supply in the future. I also feel that regardless of whether resource scarcity forces us to cut back, we still need to do it to try to keep climate change 40 years down the road from making our planet uninhabitable for our grandchildren. In any case, choosing to make changes now will be far less traumatic and may turn out to be an engaging challenge that produces many benefits that we don’t currently foresee. Again, I thank Toby for opening the dialogue; let’s keep talking about this.

Speaking of climate change, Transition Vashon will be presenting a skype (interactive teleconference via the internet) presentation on the latest on climate change on Saturday, May 19, at 3pm at the Land Trust Building. The Climate Awareness Project, the organization that Al Gore started, is bringing the presentation to us. We are excited about learning to use this technology! The possibility of accessing speakers from all over the world for interactive sessions with a live audience is really promising. Come see how it works and bring your tough climate change questions.

Comments:
terry@vashonloop.com

By Marj Watkins

A Food Pyramid for Health
If you were to draw your personal food pyramid, what would the bottom layer, the one with the food you eat the most of, have on it? My five-layer pyramid would be constructed like this:

Layer One, on the bottom: Vegetables low on the glycemic index. The most colorful ones in the produce section of the store because we believe their color tells us which have the most nutrition. Broccoli, carrots, leafy green and red lettuces, tomatoes, spinach, collards, kale, zucchini, cucumbers. I’d include green tea and all my favorite herbs and spices – marjoram, basil, oregano, red pepper flakes.

Layer Two: Protein foods – beans of all colors, wild salmon, tuna, lean pork, chicken, lean ranch-fed beef, eggs, cheese, milk, occasionally tofu, miso for soup.

Layer Three: Whole grains – brown rice, barley bread (see my Irish soda bread recipe that ran in my Loop column of March 15, 2012). We don’t use wheat products because I and most of my descendants are sensitive to gluten. Barley has a little gluten but not enough to bother us. Anyone with celiac could opt for whole grain rice bread.

Layer Four: Fruits – apples, citrus fruits, avocados, pears, watermelon and cantaloupes in season.

Layer Five: Starchy vegetables – yams, parsnips, sweet potatoes, pink potatoes, red wine (Its sulfites give some people a headache; if that’s you or you prefer to avoid alcohol, join me in a small glass of pomegranate juice.)

Eggs fit well into the menu for breakfast, lunch, or dinner. Here’s a vegetarian dish for any of those meals. My mother called it Danish omelet. She learned it from her Danish stepmother, born Kraga Jansen, though she preferred to be called by the English version of her name, Clara.

Kraga Jansen Stanbrough’s DANISH OMELET
2 small servings or 1 large 2 or 3 eggs
1 to 1 ½ cups milk
½ teaspoon salt
½ teaspoon vanilla, optional

Heat a heavy-bottomed skillet, iron preferred. Melt butter or heat 1 Tablespoon of olive or canola oil. Pour in the egg mixture. At once turn the heat to low. Cover loosely. Let cook gently until the eggs set the mixture. It should look like a stove-top custard. Serve at once.

Warm muffins or toast with butter and jam go well with this.

By Mary Carlson

Vashon audiences have a not-to-be-missed treat in store this spring. In perhaps its most ambitious production to date, Vashon Opera is presenting the Russian master piece, “Eugene Onegin”. It’s an unforgettable opera that brings together the work of two Russian cultural giants – the lush, dramatic music of Tchaikovsky and a compelling story by Russia’s greatest poet, Alexander Pushkin, that sets loyalty and friendship against the power of enduring love.

The challenge of presenting one of Russia’s classical masterworks hasn’t deterred Vashon Opera’s artistic director Jennifer Krikawa. “We’re giving our audiences a full cultural experience,” she says. Costumes, music, story and language reflect an historic but timeless Russia. The opera will be sung in Russian with a running English translation. Vashon resident Maria Marvy, a native Russian speaker, is the production’s language coach. Baritone Andrew Krikawa sings the title role of the arrogant aristocrat, Eugene Onegin. Tenor Tony Kalil is Lensky, Onegin’s best friend who meets an untimely end. Cynthia Cook will reprise her role of Olga. Lena Krikawas’s betrothed, Jennifer Krikawa sings the demanding soprano role of Tatyana, whose agonizing choice between honor and love forms the opera’s unforgettable climax.

James Brown, who directed Vashon Opera’s “Carmen” to rave reviews last year, returns as “Eugene Onegin”’s musical director, orchestral arranger and conductor of the 24-member orchestra. The stage director is Island Charlotte Trienchen who is the Managing Director of Seattle’s Book-It Repertory Theater.

Performances of Eugene Onegin are Friday, May 18 at 8pm and Sunday, May 20 at 2:30pm. The venue is Bethel Church. Tickets are $32 and are available on line at vashonopera.org and at Vashon Bookshop. Reduced price student and family tickets are available for the dress rehearsal Wednesday, May 16, at 7pm. Save the dates and buy your tickets early! Vashon Opera’s productions are always sell outs and “Eugene Onegin” will be no exception.
Blumeadows

Blumeadows was gifted by God and the Earth mother. He is a descendant of the Mississippi Choctaw Nation and is a 'magda vehu', which means 'Black Indian'. He discovered the magic of music through his voice and guitar, which he picked up left-handed, at an early age and has been determined to follow an unbeaten path. Listening, learning and playing with all of his timbre he ventured out into the rock and roll clubs as a teenager touring with Rudy Hunter and the Fabulous Tones, a show band. Blumeadow’s appetite to perform blossomed but he was summoned by his mother to finish his formal education. Moving from Iowa to Seattle he completed the three R’s ‘reading, ’riting, and ’rithmetic. He already had rhythm. When he completed the mandatory chores he ventured out into the world of creation at the Cornish Institute of Performing Arts where he studied musical theory and composition. It was a blessed time where Blumeadows combined what was in his heart and head so he could reveal his soul.

Friday, May 18, 8pm. At Sportsmans Inn, 17611 Vashon Hwy - 206-463-0940

Subconscious Population

Subconscious Population...a band that everyone knows and is a huge part of Island history when it comes to music. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps... you might have heard wips of "Jah Lee Kali", "Funkified" or "One In A Million" floating through the air...you just might have. Yes, one of the island’s most mysterious and captivating bands ever is back at it and having a blast blazing through their classic songs, as well as creating their own spin on some very cool covers. Like Pink Floyd’s “Wish You Were Here”...or Jimi’s “All Along The Watchtower”. These boys are having some fun and if you’re lucky, you’ll hear some of that from your porch, if the wind carries it just right. They’re back in full force and tighter than they have ever been. Now it’s time we call them out for one of their captivating magical mystery shows....

This is a free all-ages show ’til 11pm, then 21+ after that.

Saturday, May 12, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Father Daughter Dance

Continued from Page 1

lifetime. The dance will take place from 7 - 9:30pm. at VIGCC, and Vashon’s own Dan Brown will D.J. the event. The evening will kick off with some helpful group instruction provided by March Twisdale. John Sage graciously returns for his fifth year to provide the photography (check out finchhaven.com to view prior events). This year, we are again offering a dinner option before the dance, starting at 5:30 p.m. Three choices of entree will be available to select from. Girls – grab 3 or 4 of your best friends and their dads, and make an evening of it.

Tickets - are $20 per person for the dance and $15 per person for the optional dinner; can be purchased in advance at VAA and the Vashon Bookshop; are limited to 110 participants, and we expect to sell out fast. Tickets for the dinner need to be purchased at least 7 days in advance. Dads and daughters alike will always remember this special evening. Daughters of all ages are welcome - regardless of age, we know you’ll outlast your dad! Financial assistance is also available. If questions, please call the VAA office or Jeff Sayre 463-2150.

Saturday, May 26, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Shark Biscuit

Emerging like the phoenix from the flames of the New World Shambolics, SHARK BISCUIT is your Vashon Island Surf Band! Shark Biscuit plays surf and rock instrumentals from the golden age of the 1950’s and 60’s, plus a few surprises! This all-Vashon ensemble is six strong, and parleys reverb-soaked guitar stylings, tribal drumming and rumbling bass lines with a powerful horn section and a rockin’ keyboard. Their music is highly danceable and brings smiles to all ages. The classic Shark Biscuit sound evokes total memories of Dick Dale, the Belairs, the Chantays, the Ventures and Herb Alpert & TJB.

This is an all-ages free cover show until 11pm, then 21+ after that.

Saturday, May 19, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Poultry In Motion

Poultry In Motion was formed a few years ago and hangs out at the Coop (The Society for Miscreant Musicians Music Hall on the North End of the Island) every Tuesday for rehearsal. The music swings around all kinds of styles from Country through Cajun to Rock.

Singer and multi-instrumentalist Steve Amsden (known as number one) brings his colossal knowledge of music to the group in many forms. Randy Bruce, local choral maestro, plays both piano and fiddle. Gib Dammnonn, from the East Coast, is the drummer who has played with a number of unknown musicians from Virginia to Seattle. On bass, they have Doug ‘rock star’ Ringer, well-known bass player on the island. Dave Lang plays accordion, fiddle, and mandolin and is known as the patriarch of the local Cajun band Rip Tide Ramblers. Wilson Abbott brings his Dobro slide sound to the group. Last and least is that odd fellow Chris Anderson. No one in the group knows what he does. He just seems to show up and stand in one of the corners with a guitar on his head.

The only thing that can really be said about Poultry is that no one, especially the group itself, knows what songs will appear when they play....

Poultry In Motion will be celebrating Steve Amsden’s birthday at this show and has invited some special guests to come perform...expect to experience some fun and hijinks for sure! FREE COVER

This show is an all-ages free cover show ’til 11pm, then 21+ after that.

Saturday, May 19, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959
Through the Garden Gate
By Janice Randall

Audience members will be transported into an other-worldly garden when VAA New Works recipients Patricia Kelly and Pat Churchill stage their co-produced/co-directed performance at the Blue Heron. Through the Garden Gate, inspired by Island author Terry Hershey’s book Soul Gardening, showcases multi-media talents of more than 20 Island performers. Theatre in the round, gallery walls will move to accommodate production and seating. Pick up your tickets early, as seating will be limited.

VAA New Works
Through the Garden Gate
Saturday & Sunday, May 26 & 27, 5 pm
Saturday, May 26, 8 pm
Tickets: $12/$15 VAA, Heron’s Nest, Vashon Bookshop, BrownPaperTickets.com

Through the Garden Gate - Cast

Marsha and Mirabel, wacky, warring garden goddesses (Tami Brockway Joyce and Jennifer Sutherland) pose with author Terry Hershey. Photo by Diedre Grace

Church of Great Rain Revival!
By Richard Rogers

Church of Great Rain will present a special Through the Garden Gates show on Sunday, May 20 at Open Space for Arts and Community. The show’s musical guests will be Seattle based world-soul-pop band Luc and the Lovingtons. The show will feature the Church House Band and the Holy Roller Radio Players will be performing some of the best skits from the early days at the Red Bike and the first year at Open Space. Audience members are invited to join in the fun by writing on a topic to be read aloud during the show.

Luc & the Lovingtons was created as social project in 2007. Luc Reynaud, while doing relief work in New Orleans after Hurricane Katrina, met a group of displaced kids with whom he collaborated to create the international anthem, “The Freedom Song”. The song caught the attention of many, including two-time Grammy award winning artist and activist Jason Mraz, who released the song as a single off of his “LOVE is a Four Letter Word” album.

Luc then met Felicite Catete, a Chilean artist living in Seattle and thus began the story of Luc & the Lovingtons along with keyboardist Jake Shaw and drummer Loren Boley. With a social emphasis on their music and with the word “LOVE” as an essential inspiration for their songs, they started a musical journey, which became bigger than they had dreamed by benefiting projects through community involvement and outreach.

Their first recording “Feel the Warmth” was released in 2009 with musicians from France, Senegal, Chile, Chicago, New Orleans, New York and Seattle combining their efforts and talents to create an album full of musical and cultural diversity. The lyrics are a call to cultivate brother and sisterhood among all people and to respect our planet as a place of peace and harmony.

By Jane Berg

The dynamic film Strong! comes to Vashon co-sponsored by Core Centric and Shape Up Vashon. This is the final FREE monthly Community Cinema event of the 2011-2012 season. Community Cinema Vashon is hosted by partners Voice of Vashon and Welcome Vashon. Strong! will be screened at the Vashon Library on Sunday, May 13th at 2pm. Sandi Sigal of Core Centric will facilitate the after film discussion and guess speaker Victoria Smith of Vashon will share about the Seattle program Girls On The Run.

Strong! allows us the pleasure of meeting the young woman named Cheryl Haworth with a big dream: to be the strongest woman in the world, a world where larger women are not readily accepted. She is an amazing athlete and a unique, compelling character defending her weight lifting titles. Cheryl’s integrity and her way of navigating challenges offers a model for moving through life’s opportunities as well as life’s disappointments and setbacks.

We are excited to present this excellent film about an elite athlete which invites conversation about how our society views body image and health. This is a topic which is increasingly affecting young men. The filmmaker, Julie Wyman, expresses that negative topics and exploring ways to make actively in the bodies they have. She intends for Strong! to provide girls and young women - was well as people of all sizes - with a sense of empowerment the possibility of feeling pride in their bodies and excitement about being active at whatever size - and at whatever level - they can be.

We invite you to join us to talk about topics including media representation of women, non-traditional female roles and femininity, the role of sports and exercise in health and character-building, and healthy diet in our community. How can we support sound options and healthy actions of the youth and adults of our community?

We realize that the unfortunate scheduling of this event on Mother’s Day also conflicts with with several other popular events. Because many who had wished to participate in this event will not be able to attend, we hope to schedule a second screening and discussion in the near future.

Community Cinema Vashon will return in September with the 2012-2013 season of documentary films from the PBS series Independent Lens. We look forward to many more community discussions about important current topics and exploring ways to make Vashon a more inclusive healthy place to call home.

By Richard Rogers

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In 2010, the Lovingtons toured Chile and South America and were warmly received by enthusiastic new fans who connected with the dynamic of cross-cultural messages and welcomed the Chilean flavor in the band’s sound.

Last fall Luc & the Lovingtons released their second full-length recording, “Send My Love”, says Luc Reynaud about the album “As constant learners of the many shapes of love, this album reflects both the greater love we wish to propel ourselves into, as well as the one we are living in. We want our listeners to join us in a love that moves, a love that gives.”

Churchgoers are encouraged to get tickets in advance and arrive well ahead of show time, as recent performances have been standing room only.

The Church of Great Rain Revival show begins at 4PM and the doors open at 3PM. There will be beer, wine, soft drinks and snacks available to enjoy, Church Cherub and Fupps Beer apparel will be for sale.

Advance tickets are $10 at Vashon Bookshop and brownpapertickets.com. Show information and video is at churchofgreatrain.com and on Facebook.
Giselle and other works come to VHS stage
By Janice Randall

Giselle, played by senior dancer Camille Kappelman, accepts a gift from Princess Bathilde, at VAA, Heron's Nest, Vashon Bookshop and brownpapertickets.com.

The evening is hosted by local humorist and provocateur, Steffen Moody, and features an All Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

We will announce the lineup once it’s finalized!

Expect the usual ribald, tasteless, eccentric, and life transforming experience that is regularly delivered at this bi-annual Yuk fest. These island comedians will sink or swim in death defying comedy routines. That’s right! Death Defying Comedy! Please don’t try this at home folks. Only untrained amateur professionals are qualified to run the gauntlet of a notoriously ruthless Vashon audience.

Cover charge is $5, and the show starts at 8pm, but show up early and get a seat, because it is always packed! (Also note, that children may be altered in unknown ways as a result of exposure to Comedy Night. If you feel they need to be altered, you may want to bring them. Just sign the liability release at the door.)

This is an all-ages free cover show until 11pm, then 21+ after that. See you then and there!

Friday, June 1, 8pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

An Evening with Wilhelmine

The Salish Sea Early Music Festival presents An Evening with Wilhelmine, with John Schneiderman on baroque lute, cellist William Skeen and baroque flutist Jeffrey Cohen on Thursday, May 27 at 7:30 PM at Vashon United Methodist Church at 17928 Vashon Highway SW. The program revisits the musical establishment of the court of the later 17th century and sister of the famous composer of Operas, the Margrave of Bayreuth (who also played the flute) completely transformed that city into the important cultural center that it is today.

The suggested donation, a free will offering towards expenses, will be $15 and $20. Youth 18 and under are free. For further information the public is requested to call (206) 463-9804. Please see www.concertspirituel.org for further information about this and other Salish Sea Early Music Festival performances in Tacoma, Bellingham, Seattle, and on the San Juan Islands.

Molly’s Revenge with champion Scottish fiddler Rebecca Lomnicky and very special guests Kat Eggleston, John Dally and Wally Bell will be performing at Bethel Church on Vashon Island on Saturday May 26, 2012, at 7:00pm.

Molly’s Revenge is a dynamic, acoustic Celtic trio known for its unique and infectious enthusiasm. The classic combination of bagpipes, whistle, and fiddle is set against a backdrop of guitar, bodhran, and mandola accompaniment, which guarantees an enjoyable experience for all fans of Scottish and Irish music. Their arrangements of traditional jigs and reels bring these dance tunes up to date with a driving, hard-edged accent that always leaves audiences shouting for more.

Molly’s Revenge has performed at many of the top folk festivals and performing arts events in the USA, and prestigious events in Australia, Scotland, and China.

Scottish fiddler Rebecca Lomnicky started violin at the age of five, and soon after found her calling. By 2005, she had won the Junior Division of the U.S. National Scottish Fiddle Competition, and in 2009, Rebecca won the Glentifidich International Scottish Fiddle Championship at Blair Castle in Scotland. She was the only non-Scott, and the youngest person to have ever won the championship.

Kat Eggleston is one of the most accomplished guitarists and singer-songwriters in the fells, Celtic and traditional music genres. Eating, moving, and amusing audiences with her beautiful blend of sweet melodies, gentle honesty and searing humor, Kat’s music reflects a wide range of life’s experiences with unusual clarity and authority. She has toured in Europe, Australia, Ireland, England, and Scotland as well as the U.S.


Tickets are $15 advance, $17 door (kids 12 and under, plus seniors: $10 advance, $12 door) available at Vashon Bookstore and Bethel Church (206) 567-4255, and online at www.mollysrevenge.com.

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The Vashon Loop, p. 12

Loopy Laffs

The Annex here is Vashon’s favorite living room! Kids play in the toy department while adults peruse hardware, or sit on their choice of sofas and go thru the $.25 bin. Now that it’s warmer, you can hang out on the lawn outside at Big Blue the picnic table.

Feels good, ya know?

~Granny’s Attic~
Where no matter what the season, the raindrops sound like Reggae........

Granny’s is located at Sunrise Ridge
10030 SW 210th st, Vashon Island
206-463-3161
www.grannysattic.org

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May 10, ’12

Make a date with Vashon! www.VashonCalendar.org
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Submit your Event on line at www.vashoncalendar.org

Loopy Laffs