



# THE VASHON LOOP

Vol. 10, #11

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May 23, 2013

## Vashon Horse Expo



Day of the Horse, is planned for June 1st at Paradise Ridge Park on Vashon Island. Organized by the Vashon Maury Island Horse Association, the Expo promises to be fun for all ages with educational and entertainment components, as well as “shop opportunities,” great food and live music. Admission is FREE -- donations gratefully accepted!

Perhaps most exciting is the performance by international trick riders Jocke Bareback riders, of Cavalia and Ringling Bros. Barnum & Bailey fame, performing at 3:30 in the large outdoor arena.

The Cascade Vaulters, a nationally competing group, will demonstrate their sport of vaulting: gymnastics on horseback in the covered arena!

Dreamland Ponies professional pony

rides for kids will be ferrying over for the day! Four well behaved, safe ponies with professional handlers on a carousel. Photos of your kiddos riding, too!

Demonstrations will be performed and narrated all day in the arenas: the elegant sport/art of dressage, the exciting discipline of show jumping, biomechanics of horse and rider, trick horses, a Parade of Breeds with ponies to draft horses. Around the vendors booths one can find info on equine nutrition, land conservation, youth horse organizations, pilates for riders, new safety products, and much more will be presented by professionals from Vashon-Maury and beyond. Several nonprofit groups will be represented including Vashon Rock Riders 4H, Olympus Pony Club, King

*Continued on Page 8*

## Mukai House and Garden “Most Endangered”



*The Mukai family home, a designated historic landmark, has been deteriorating without proper maintenance. This photo shows plastic sheeting nailed on to the roof in an attempt to prevent water damage from leaks. Virtually no restoration has taken place since the site’s purchase was funded by government grants in 2000.*

### By The Friends of Mukai

The Washington Trust, a nonprofit organization dedicated to safeguarding the historic and cultural resources of Washington, has placed the Mukai house and garden on their “most endangered property” list for 2013. Announcement of the most endangered listing will be made this evening at the Washington Trust’s annual historic preservation conference being held in Vancouver, Washington. The Trust publishes the Most Endangered Properties List annually to raise awareness of at-risk properties in our state, with the hope that the community will respond and move the property toward revitalization.

The Friends of Mukai, a new nonprofit recently formed out of concern for the future of the Mukai Farm and Garden, nominated the historic resource to the 2013 List. The goal in nominating the property was to bring attention to inaction by the Island Landmarks organization that bought the site using government grants. In response to the nomination, the Trust considered the uncertainty over the long-term stewardship for the resource and decided to feature Mukai in this year’s list.

The Mukai site is a declared historic landmark because it includes a unique Japanese garden and was the home of the Mukai family, first generation immigrant strawberry farmers who were significant contributors to the Northwest’s agricultural heritage. Since Island Landmarks purchased the property in 2000, virtually no restoration has taken place. The roof of the house leaks. Many of the precious plants in the once beautiful garden have died and rock garden water features have crumbled. Although Island Landmarks was once based on Vashon, the principals moved out of state years ago and, when Islanders began expressing concerns about the property’s neglect and decline, the organization changed its bylaws so all control is now in the hands of a four person board, all of whom live out of state.

Friends of Mukai recognize the Most Endangered Property listing as validation of their concerns over the neglect of the property, as well as the lack of public access to the site. For the past year, a fence has prevented all access to the property and a sign in front says that it will be open only

two months of the year. In spite of the fence and challenges with the Island Landmarks leadership, Friends of Mukai continues to work to save Mukai from these many years of inaction.

### Stand Up for Mukai — This Place Matters

Recognizing the significance of the “Most Endangered Property” listing, the people of Vashon will have a public opportunity to “stand up” for the historic Mukai house and garden on June 1, 2013 at a This Place Matters event. Friends of Mukai, together with the Washington Trust for Historic Preservation, and King County 4Culture are co-sponsoring the Saturday afternoon event, from 1:00 to 4:00 on the street adjacent to the Mukai property. The event will include a mass photo event at 1:30 in front of the Mukai house, followed by speakers, music and a street fair.

“The Mukai house and garden is an important part of our shared Vashon history and must be protected,” says Glenda Pearson, president of Friends of Mukai. “This event is an opportunity for those who support preservation and restoration of the Mukai property to come together and affirm their commitment to the revitalization of this important Vashon resource. Come to this fun event, bring your friends and neighbors, and together let’s Stand Up for Mukai!” For more information on the This Place Matters event, visit the Friends of Mukai website at [www.friendsofmukai.org](http://www.friendsofmukai.org).



*Fence/No Trespassing Picture (bottom): For the past year, this fence and no trespassing sign have blocked access to the property. The organization also did away with membership. Almost no public access has been provided since the principals moved out of state years ago.*

## The Road to Resilience Tipping the Balance

The global climate pattern we know is a historically stable phenomenon that we take for granted. Huge land, water, and air masses interact with one another in a very finely balanced way to produce the climate patterns that we have counted on for so long. The key word is balance; with two elephants balanced on a scale, it only takes one mouse to start several tons of elephant moving. It is not at all far-fetched to think that we have caused the world climate to change.

All life forms on the planet are finely attuned to and dependent upon both the climate pattern and each other. Small changes in any element of these systems can bring about massive changes in the whole. Take the Great Oxygenation Event about 1.8 billion years ago. This is the point at which oxygen, produced by billions of tiny cyanobacteria, began to accumulate in the atmosphere. These bacteria appeared and began cranking out oxygen about 200 million years before that. Initially, all the oxygen they produced was captured by dissolved iron and organic matter; in other words, iron rusted and organic matter oxidized. Only when those sinks were saturated did oxygen gas begin to accumulate in the atmosphere. At that point these

### By Terry Sullivan, Transition Vashon

tiny bacteria enabled the evolution of all animal life!

These systems are very complex and it is almost impossible to be able to predict what all the consequences will be for tiny changes that we make in them.

Our civilization, a subset of the life system above, exhibits similar characteristics on a much-abbreviated time scale. As we have experienced it in the US, it has been so stable and reliable over the last 60 years that few of us appreciate how fragile and finely balanced it is. We take for granted that we can always find almost any food we can imagine delivered within a short distance of our home. In fact, it is the miraculous result of centuries of organization and mutual understanding. The weather, global political and economic stability, availability and delivery of all kinds of resources to the proper places at the right time, and the cooperation of millions of people all have to line up flawlessly in order for us to receive our goods. It is further abetted by the uneven distribution of world resources that guarantees that we in the privileged first world will be the last to experience shortages.

Third worlders are far more likely

*Continued on Page 9*





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PANDORA'S BOX

Well, Cheryl wants a do-over/reboot/start over for May. Illness, break-in, flood. Yuck. And I thought I had a bad March, that was nothing. If I combine March and May I just may run off to Tahiti - which would then be swallowed by a tsunami.

Bo's Pick of the Week: Big Winner Bo!

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## 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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Cooking and Tasting Class at Mileta Creek

May 29th 6:00-7:30, Chef Chris Lueck will demonstrate three delicious gluten free dishes for you to sample and try at home. Enjoy great food and view at the Vashon Golf and Country Club restaurant.

\$15 for SUV members, \$25 for others.

To reserve a space, send check to Shape Up Vashon, PO 13527 Burton 98013 by May 23rd.

To join SUV, go to [www.shapeupvashon.org](http://www.shapeupvashon.org)

### Guest Bartender Nights at The Hardware Store



Photo by Charles Backus

Support Preserve Our Island's metamorphosis to Sound Action Thursday, May 23 6-9PM at The Hardware Store. It will be a lively evening in support of a living Puget Sound. Play Puget Sound in Jeopardy with Alex Trebec impersonators, Jeff and Cindy Hoyt. Celebrate our Salish Sea and enjoy Sound Action's coming out party.

### Shape Up Vashon Summer Kick Off Party

Saturday June 1 5:00-6:30, Join the Zumba demo by Sara Van Fleet, contests, prizes, Love Yourself Challenge Teams awards.

Enjoy a light dinner before going to the evening Vashon events. Free for SUV members, Challenge Team Members, kids accompanied by adults

\$10 for all others (includes SUV membership)  
Chautauqua Elementary School

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### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

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

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**The Vashon Loop**

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**Next Edition of  
The Loop Comes  
out Thursday,  
June 6**

Deadline for the next edition of *The Loop*  
**Friday, May 31**

**Read The Vashon Loop  
online [www.vashonloop.com](http://www.vashonloop.com)**

Did you know the Vashon Loop has a world class website. Surf to [www.vashonloop.com](http://www.vashonloop.com) and discover the Vashon Loop online. For local Vashon headlines and weather surf to [www.VashonNews.com](http://www.VashonNews.com)

### Wolftown!

Vashon's community based 501c3 non-profit is a Fed/State Wildlife rehabilitation and education facility. We monitor the eco-systems of Vashon in conjunction with local biologists. The economy has put a great strain on our work load and the availability of volunteer help that we depend on.

We are planning on having an open house soon, rather than hosting tours. Time to be announced.

What we really need is help in fund raising and volunteer help. Volunteering gives a person the opportunity to help us, to learn, and to participate in our wildlife rehab and sustainable livestock program, which is our focus of activity. Our livestock program is breeding sheep suitable to the foraging work of clearing trails on island while providing food and clothing. We also are breeding cattle to combat the parasite load in our local pastures. Sadly no more goats as they were too delicate for our programs, they found a good home with local micro dairies. You can buy wool clothing and USDA and Locker lamb and beef from us.

Thanks to the many people and organizations that have provided strong support in the past and continue to support us.

Please contact us. Email: [wolftown@centurytel.net](mailto:wolftown@centurytel.net)  
Pete Yamamoto,  
Board President

### Meeting on Health Care

Vashon HealthWatch, the island group that organized a recent community meeting on health care, is inviting Islanders to a follow-up meeting May 30th.

"The affiliation of our clinic with Franciscan Health is a done deal, but there are still important steps Islanders might take," said Kate Hunter, member of Vashon HealthWatch.

The meeting to discuss and plan those steps will be held Thursday, May 30th from 7:00 - 9:00 pm in the basement multipurpose room at Chautauqua Elementary School.

The recent April meeting was informative but left questions in the minds of many. Mark Benedum, CEO of Highline Health and Dianne Kielian, a senior administrator with Franciscan Health, assured islanders that nothing will change in the range of health care options offered at the clinic or at Highline Hospital and that, in fact, quality will improve as they bring electronic record keeping on line here.

On the other hand, when Tim Johnson, President of the Vashon - Maury Community Council asked if the physicians at the Vashon Clinic would be required to sign a contract committing themselves to abide by the Ethical and Religious Directives of the United States Conference of Catholic Bishops. The Franciscan representative replied, "Yes."

The Directives forbid abortion, most birth control, most forms of pregnancy enhancement, and participation in Washington State's "Death with Dignity" Act.

"How does Highline/Franciscan get around the Directives?" asked Hunter?

At the April meeting, Mr. Benedum said Highline would welcome formation of a Vashon Island health advisory council to work with him. May Gerstle, a Vashon HealthWatch member, has been working on how such a council might form and, at the upcoming community meeting, will outline the work so far. "This is a positive step we can take to ensure open communication," she said.

The audience will be invited to propose other ideas. Vashon HealthWatch wants this to be a working meeting.

### Annual Kite Day at PT. Robinson Lighthouse Park

Kites for sale at the Ship's Store Lighthouse tours with Captain Joe. Music by Geordie's Byre. Food available for purchase.

Sponsored by The Keepers of Pt Robinson Lighthouse.

Saturday, May 25. 10am-2pm.



**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](mailto:Editor@vashonloop.com)**



# Vashon Beach Naturalists: Surrounded by water, sharing the wonder

Vashon Beach Naturalists serve as educators in our community. They offer a variety of programs for individuals and families interested in learning about life on Vashon’s beaches. Programs range from year round low tide interpretive beach walks to more intensive training courses that you can take to become a beach naturalist yourself.

Vashon Beach Naturalists are starting summer with a splash into these fun and informative all-ages events and activities:

On First Friday, June 7th, visit the Between The Tides: An Intertidal art show at Ignition Gallery between 6pm-9pm. Vote on your favorites and win prizes! A benefit fundraiser for the Vashon Beach Naturalists. Between The Tides: An Intertidal art show is on display throughout the month of June.

Join the Vashon Nature Center and the Vashon Beach Naturalists for the 2nd Annual Bioblitz!

Date: 3pm May 25th- 3 pm May 26th, 2013. Location: Fern Cove-Shinglemill Preserve

email: info@vashonnaturecenter.org to sign up.

We Bring the Beach to You, June 8,



Saturday, 10:30-12:30, Lisabeula (-1.5’ at 11:29am) – for less mobile folks, elders, and families. Not feeling frisky these days? There’ll be a chair in the shade waiting for you on the upper beach. Vashon Beach Naturalists will roam the tide line in search of beach life. Kids and naturalists will carefully bring sea creatures for you to look at. They’ll tell about the animals’ lives and return them to their watery homes. For more information call Rayna 463-3153 or Erin 463-0303.

Low Tide Celebration, June 23, Sunday, 10am-3pm, Point Robinson (-3.4’ at 11:20am).

# How It Was

## Vashon women share fascinating stories of life on old Vashon

Have you ever wondered what it must have been like to grow up on old Vashon? What was this Island like during World War II? If you didn’t grow up here, what drew a person to move to Vashon Island in the early 1950’s?

At the next Telling Stories talk, you will have a chance to hear from a panel of Vashon women who will share their fascinating stories of what life was like on old Vashon. They will share their wisdom learned from spending their lives on Vashon and raising their families here. Guest speakers will include Elsa Mae Williams, Barbara Steen, Dorothy Johnson and perhaps one more guest speaker will join the panel. And in the fall, you will have the chance to hear from a group of Vashon men who have been long-time residents of Vashon Island.

How It Was featuring Vashon women sharing stories of life on old Vashon will be at 4 pm on Sunday, June



2, at Bethel Church. This talk is part of the Telling Stories Speaker Series, by and about Vashon locals put on by Vashon Community Care. Ticket sales are by donation and are available in advance at Vashon Book Shop or VCC. All proceeds from this talk benefit Vashon Community Care. The Telling Stories Speaker Series is made possible by a generous donation from the estate of David W. and Catharine A. Carr.

# Zombiez One Year!



We made it! ZOMBiEZ (or what we’re realizing will forever be known as “the old Dairy Queen”) turned one this month. We would like to give a big heart felt “Thank you” to everyone who has supported and encouraged us through this roller coaster ride of a first year. We still feel a little wet behind the ears in some ways and in others we feel like old pros. Old worn out pros :) It’s been a year of many hurdles, lots of lessons learned and most importantly bonds formed with many of you. We feel connected to Vashon in a way we didn’t our first 4 years on the island and we feel a strong responsibility to “get it right” so that we can celebrate many more birthdays with all of you.

In that spirit we are taking a step back to focus on what’s working and adjusting or eliminating what’s not. Starting this weekend we will be taking a hiatus from our Mon-Fri Morning Espresso & Smoothies as well as our weekend breakfasts. Though we have a few loyal diehard patrons for both of these there just isn’t enough interest to continue offering them for the time being. That said, these are only temporary changes while we focus on training, improving our menu and continuing to give you the quality you expect from us.

We are excited to get into our summer months and already have

some great things planned. Our outside seating area will be fenced in so you can enjoy beer al fresco and know where your little ones are all while “escaping” in our island oasis. Extended summer hours are coming and more treats and great eats are being developed as we write this. You can keep up with our happenings and announcements on facebook: zombiezvashon, we are also working on our website which will be up soon. So stay tuned.

As always, your input, questions and comments are welcome and encouraged. You can utilize our orange “Comment/Suggestion” Box on our front counter or contact us via: zombieburgerz@gmail.com

And for those of you who haven’t given us a try, we’d love to get to know you. Don’t let our skeleton “Skelly” scare you, he’s a pretty friendly guy and a great listener. Between our house ground meat, hand cut fries, hand dipped corn dogs and Fish n’ Chips we’re sure you’ll find something to love and take comfort in knowing there are no actual “brains” on the menu.

Cheers! Here’s to a great summer on Vashon and to many more birthdays to come.

With gratitude,  
Jim , Corlean, our Staff and family

# Vashon’s Largest Flea Market

GOT STUFF? WANT STUFF?

Sell it! and Buy it!  
Vashon’s Largest Indoor Flea Market at Open Space for Arts & Community - we are throwing open the Grand Hall doors and inviting Vashon in to sell its wares and hunt for treasure.

Collectibles, art, clothing, tools, strange things in your attic, treasures / junk - if you own it, you can come sell it.

And if you need it, chances are you’ll find it - even if you aren’t sure what you’re looking for!

Sunday, June 2. Doors open 10am to 3pm (vendors may choose to stay until 4pm).

Customer entrance fee will be food donation to Vashon-Maury Food Bank or \$3.00 (will benefit scholarships to The Art



*This is a photo of a large flea market. It is not the actual “Vashon’s largest Flea Market”. To be a part of the actual Largest Flea market on Vashon, email maria@openspacevashon.com to reserve your space. Or show up ‘O’ Space, 18870, 103rd Ave SW, Vashon, Sunday, June 2 at 10am to shop.*

of Physics & Comedy Summer Camp)  
Edible yumminess from La Biondo Pizza and more will be available for sale on site - plus buskers and music.

**VENDOR INFO:**  
Vendor set-up starting at 8am.  
Booth Space fee from \$35 to \$65.  
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Vendors, please email Maria at maria@openspacevashon.com to reserve your space, or call (206) 408-7241





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The Dorsal Spin

# Week in Whales

By Orca Annie Stateler, VHP Coordinator

One foggy morning in mid-May, I stepped outside to listen for blows. VHP associate Mark Sears had seen a humpback and a gray whale off Lincoln Park just days before, so I anticipated that some type of cetacean visitor would soon wander by Chez VHP. The multiple blows I heard penetrating the fog on May 16 proffered an unexpected bonanza -- roughly eight Transient orcas gliding toward Point Defiance, ghostly and scarcely visible.

While I ascertained that the killer whales slipped into the Narrows, a reliable observer reported three orcas simultaneously traveling south in East Pass, near the Fauntleroy ferry lane. This thoughtful call from the ferry greatly influenced the success of the day's research effort. Dear readers, as I repeatedly emphasize: direct, timely reports to your on-Island whale geeks at 463-9041 are enormously helpful!

From West Seattle, Mark scanned for the three orcas in East Pass. I called Brad Hanson, a veteran NMFS whale biologist. With multiple Transient groups roaming Puget Sound, the odds seemed decent that researchers could gather data on some of the orcas. The NMFS research boat deployed that afternoon.

My seal neighbors have trained me to look for impending killer whales. Seven hyper-vigilant seals paced along the beach, reluctant to go east of the Tahlequah dock or west of Point Dalco. Their behavior suggested that the East Pass orcas would emerge in due course. Our pinniped pals appeared more stressed-out than usual when Transients loom.

At Chez VHP, we scanned diligently from Brown's Point to Gig Harbor, waiting patiently for dorsal fins to materialize. The research boat would not return empty-handed if we could help it. Finally, six hours after the morning report from the Fauntleroy ferry, I saw a male dorsal slowly rising, mid-passage against the Tacoma skyline. I later learned that the male, T186, was with his mother's family: the T185 group, new to the neighborhood.

The T185s surreptitiously resurfaced near Owens Beach. An eruption of lunges and tail lobes signaled that they might be harassing or killing a seal. Two seals logged a few feet off our beach, gazing across at the potential extermination of a compadre. Odin and I wondered what they thought about the traumatic event.

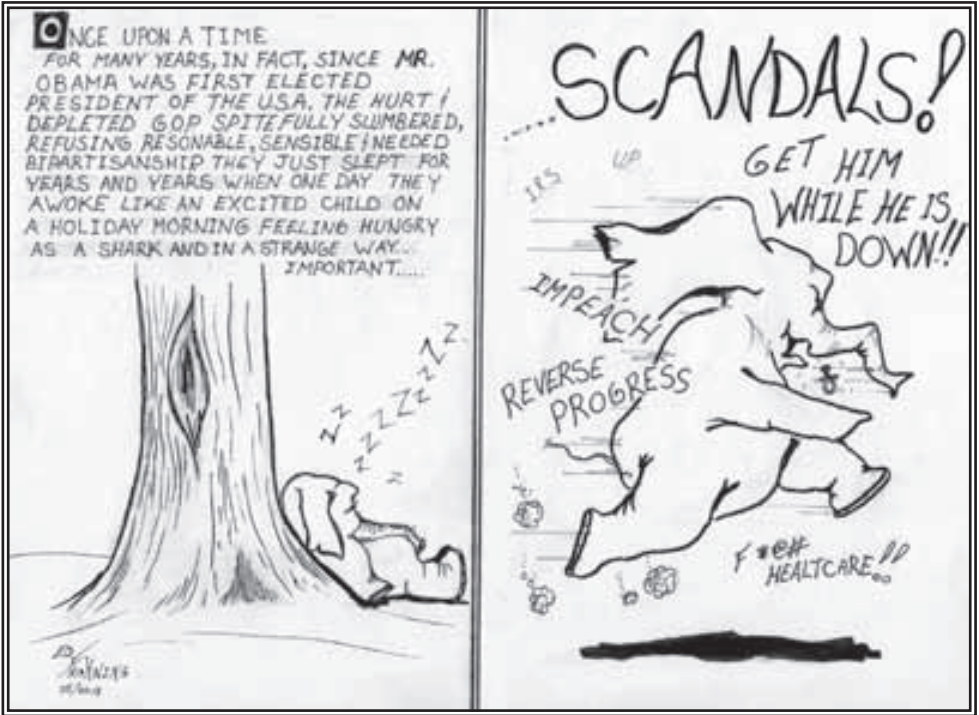
The NMFS boat was down by the Narrows Bridge searching for other Transients when I called Brad again to tell him we had action off Point Defiance Park. The researchers came back to document an encounter with the T185s, who cavorted about their boat briefly before meandering toward Gig Harbor. After several direction changes, the T185s crept into the Narrows.

The T185s have been observed off the Washington coast and in Haro and Juan de Fuca Straits. On a coastal research cruise several years ago, scientists spotted the T185s participating in a Steller's sea lion kill with a large contingent of Transients. To our knowledge, no previous verified encounter with the T185s inside lower Puget Sound exists.

Though the NMFS researchers did not locate any other Transients on the 16th, they made extraordinary discoveries. Not far from the Narrows Bridge they found a minke whale, some harbor porpoises, and two legendary Risso's dolphins that have been cruising innermost Puget Sound for months. The minke had cookie cutter shark scars -- somebody was in warm tropical water. This cetacean bounty traversed Vashon-Maury waters at some point.

Rounding out the week in whales, a juvenile humpback, perhaps the one Mark saw, visited briefly on May 17 and abruptly vanished after several blows and one tail fluking. This elusive whale may be roaming around the lower Sound. On May 18, I looked up from brewing the Vashon Island Coffee Roasterie's delectable Orca Blend and spied five more Transients, westward bound. Boats converged on the orcas as they approached Point Defiance. They pulled a sly evasive maneuver, ostensibly going south but reappearing to the east 30 minutes later. These killer whales evidently found something riveting in Commencement Bay. They lingered there for hours before committing to East Pass in the late afternoon. Whale world, party on, excellent!

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite the vital data collection efforts of Mark Sears and other researchers, and sustain an accurate record of whale sightings for Vashon-Maury and Central Puget Sound initiated three decades ago by Mark. Check for updates at [Vashonorcas.org](http://Vashonorcas.org) and send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).



# Community Cinema Vashon Presents “The Revolutionary Optimist”

Community Cinema Vashon's free monthly screenings and moderated discussions of documentaries from the Emmy Award-winning PBS film series Independent Lens are presented thanks to the generous support of ITVS (Independent Television Service), Voice of Vashon, Island GreenTech, and the Vashon Theatre.

THE FILM: Amlan Ganguly empowers children to become activists and educators, with powerful results. The Revolutionary Optimists follows him as he attempts to replicate his work in the brick fields outside the city, where children live and work in unimaginable conditions.

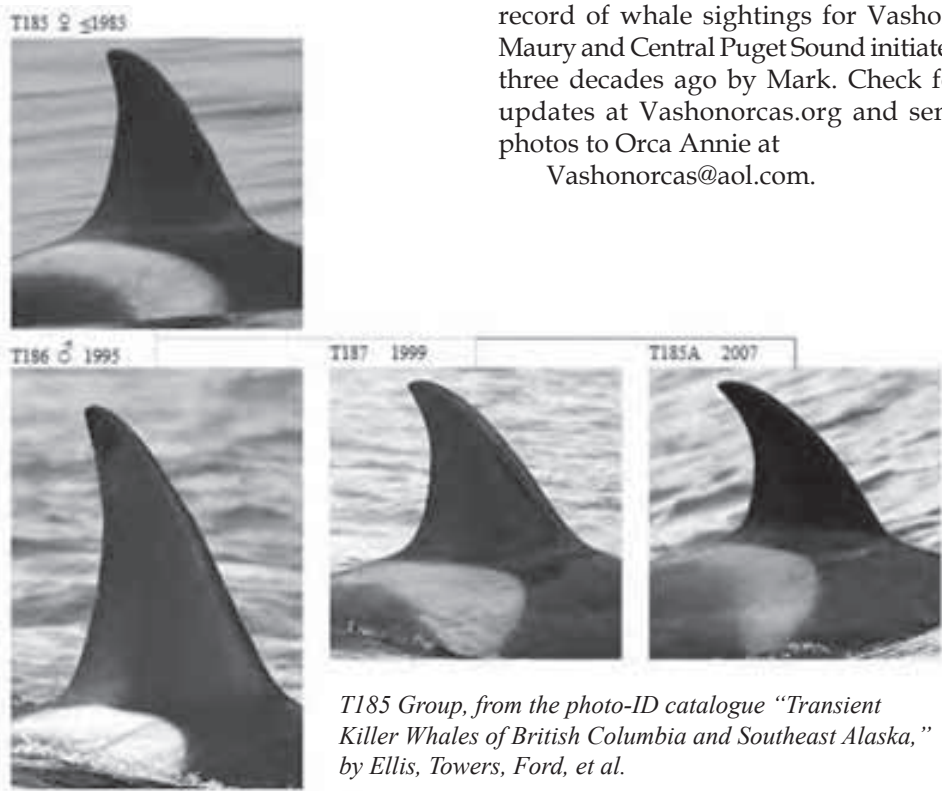
Using street theater, puppetry, and dance as their weapons, the children in Calcutta's slums have cut their neighborhoods' malaria and diarrhea rates in half, and turned former garbage dumps into playing fields. Now, pushing at the limits of optimism, Amlan is attempting to take his work into the brickfields outside Calcutta, where children spend their days making and carrying bricks using methods unchanged by centuries.

*The Revolutionary Optimists* proposes a workable solution to intractable problems associated with poverty, including preventable diseases and ineffectual governance. Ganguly's story suggests that education and child empowerment are crucial keys to lifting entire societies out of hopelessness.

Community Cinema Vashon's free screening of *The Revolutionary Optimists*, Tuesday, 5/28 from 6pm-8pm at the Vashon Theatre, free of charge. [www.itvs.org/films/revolutionary-optimists](http://www.itvs.org/films/revolutionary-optimists)

Mark your calendars for June 25th and join in the free Community Cinema Vashon screening of "LOVE FREE OR DIE", 6pm at the Vashon Theatre.

For further information, please visit [www.ccnw.tv](http://www.ccnw.tv) and [www.communitycinema.org](http://www.communitycinema.org)





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# Positively Speaking

## The Proper Place of Hope

By Deborah H. Anderson



Dear Kids, -- adults you can read this if you want--

The intent of this column is for you to have something to cut out and put in your wallet for when you are feeling like you've made the unforgiveable screw up, aren't as good as anyone else, don't like feeling different or are scared that life is going to be so much worse after high school.

First of all I want you to know that you are a lot stronger, smarter, more resilient and talented than you think you are.

High school is a really bad indication of what the rest of your life is going to be like. The failures you experience you will find you've learned from. The successes might not be repeated and you will cherish them always.

Maybe you have friends and maybe you're a loner. You are only just beginning to develop your social skills. How many friends you do or don't have is not an indication of the future.

High school is like a giant experiment in exploring what you like, what you can do, what kind of learner you might be. It is not the definitive statement on life.

For some off you who are having a great time and fitting in like the missing puzzle piece those statements might not feel comfortable. But then again maybe all that success and achievement is putting intense pressure on you and you cut loose in ways that might harm you every once in a while.

Here's what's the best you can do in high school. Bravely state your own ideas. Stand up for yourself. Be young and adventurous. Learn to be the mistress and master of your emotions. That's important. Practice making good

choices under duress.

Most of you have parents who are in their forties. That means your parents are only just beginning to figure out who they are apart from THEIR parents' baggage. Much of what you are experiencing is a result of your parents' stuff. That's why it's so important to go easy on yourself.

That doesn't mean lower your expectations that means lower the self judgement.

Keep yourselves alive and healthy. The adults haven't done such a great job with this world and we need your best efforts and ideas to keep this planet going.

If there are some adults in your life who don't believe in you, write them off and find some that do. Stay strong when someone encourages you to take a shortcut or dull the pain.

When you need to... Cry. Don't stuff your feelings.

Remember it all and someday encourage another high schooler.

Oh.. And have fun sometimes. Laugh as much as possible.

And happy eighth grade graduation. The next four years are filled with opportunity. And to you high school seniors, College is a fresh start, the gap year is a good idea and getting a job is just as good as college. Sophomores, and juniors and rising seniors ...keep on truckin' !

Love,  
Deborah  
Sent from my iPhone



# Did You Know

By Verna Everitt



We started to map out some of the facts about VAA, and what emerged is a detailed picture of a vibrant art scene on Vashon. Here are some things you might have heard, but here are also some facts that might take you by surprise.

### Vashon Allied Arts

- Established in 1966 makes it the oldest non-profit community-based private art center in the state of Washington
- For 32 years VAA has operated out of a 100 year old landmarked building
- In 2012 VAA returned \$300,000 to artists for teaching, performing and for the sale of art

### Arts Education

- \$51,155 given out in scholarships for Dance, Visual and Performing Arts classes
- In 2012 paid \$84,000 to teaching artists

### Dance Program

- 1/3 of students have been with the program 10 years or longer
- 50 classes offered every year
- Student age ranges from 2.5 to 65
- 250 students trained each year
- Over 1600 audience members attended the Nutcracker and Spring Ballet in 2012

### Visual and Performing Arts Classes

- VAA offered nearly 70 classes in a variety of mediums during 2012
- 26 Vashon artist instructors hired for in-house classes
- Enrolled 500 students in 2012

### VAA Gallery

- Last year, 235 artists had their work shown in the Gallery. Over 200 of those live on Vashon

### VAA Performance

- In 2012, VAA produced, co-produced and presented nearly 40 individual shows including: Chamber Music, Jazz Series, rock, Youth Musical Theatre, comedy and New Works Series, Family Series, mixed media and more.
- Vashon artists comprised more than 50% of performances.
- Audience members range from infants to 100 and more than half were sold-out performances

### Vashon Artists in Schools

- VAIS celebrates a 25-year partnership between VAA and Vashon Island School District
- In 2013 there are 24 VAIS residencies, each between 10-30 classroom hours long
- The program serves nearly all of VISD's 1,500 students every year

### Heron's Nest

- The Heron's Nest started as a small shop in the back of the Blue Heron in 1985
- 95% of the art sold in the Heron's Nest is created by Vashon/Maury Island artists
- 100% of proceeds earned by Heron's Nest directly or indirectly supports island artists and art programs
- More than 100 artists show their artwork at the Heron's Nest

### Membership

- 650 Households are VAA members
- Members receive discounts of up to 15% off all VAA classes.
- Members receive discounts of up to 22% off performance tickets
- Members receive 10% discount at the Heron's Nest

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**Aries (March 20-April 19)**

When I was 16 years old, a loner, stoned out and nearly a high-school dropout, my father gave me a book called *No Man is an Island*, by the Trappist monk Thomas Merton. The well-intentioned gift was offered, I imagine, to cull me out of my rebellious ways. I was insulted. I mention this story as a lesson in how not to respond to gestures that coax one into the social arena, because you may be faced with such lessons this week. First of all, there is a powerful magnetism about you that will draw others toward you. Neither you nor those that come will know exactly what it is, but there's definitely something there. Second, even though you don't really feel like it, you're either going to talk up a storm or at least have so much on your mind you'll burst if you don't get it out somehow. Go with the flow; the interaction is necessary to reality-check your ideas and keep your ego from running riot.

**Taurus (April 19-May 20)**

There's no doubt that your solar year is off to a fast and meaningful start. Since your birthday, life has offered you quite a bit of action and depending on how you've approached it, life has been exhilarating, frustrating or maybe just plain odd. It's not over yet by any means (it never really ends, right?) as you still have plenty of adventure ahead, and plenty of ground to cover. I suspect that this week you will start thinking about how important it is to communicate what's most important, what you value most -- not just to 'be aware' of it but to speak about it. Change and growth are necessary even when they go against the grain of comfort and security. In that process things that used to be highly regarded may lose priority. While you know this to be true and integral, others may not understand and may challenge you on this new ground. Trust yourself. Know yourself, and be your own authority in this matter. It will pay off in spades for your self-worth.

**Gemini (May 20-June 21)**

It's that time of year again, when everything seems to speed up, doesn't it? It looks to me like things are moving at warp speed for you right now and you may need to remember the little things: do the dishes, walk the dog, go to the grocery store, tell the truth. Remember, the devil is in the details, though so are the angels. Seriously, there is so much energy and intensity that may engulf you, and good feelings too, that it could be destructive if not managed well. Here's one of the details: be mindful of what you say and to whom you say what at work lest there occur any regretful interactions. Be cautious about any thought of revenge. If you talk over any doubts or hurt feelings you may have with a trusted friend, you will both be less inclined to take things personally. One last detail: be sure to put the plug in the jug in time if you're out partying with friends or colleagues, lest a good time get out of hand.

**Cancer (June 21-July 22)**

The crab symbolizes the constellation Cancer and often the shell is utilized to articulate the tough exterior protecting an inner vulnerability. There is something brewing in your chart this week that may necessitate using that armor, something deeply significant about your sexuality and the conditioning patterns that govern it. We all have these impersonal rules and guidelines that govern our

autonomous energies whether from church, society or family, and collectively they are coming under intense scrutiny; but this is personal for you right now. If you allow it to enter your psyche, you will feel either empowered to explore and experience the bliss of sexual union or fantasize about the several lovers you would have if unfettered. This will lead -- again, if you give yourself permission -- to a reevaluation of what you consider an ideal relationship. It's ok if what you have doesn't measure up to that ideal; it doesn't mean you have to split. It just means you've peeled another layer off that James and the Giant Peach-sized onion.

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

It looks like you are surrounded by fun-filled, stimulating and fascinating people with innovative ideas. I imagine it is just what you've needed after spending much of the past few weeks mired in work and pressing responsibilities at home. This week is an opening to experience yourself and all your ruminations in the light and reflection of others. It's a great time to exchange ideas and information with a variety of folks, and to learn about and formulate the manifestation of all sorts of things: social agendas, familial relationships, utopia -- your ideal world and relationships. Plus it's just nice to feel part of the crowd sometimes, and I suspect now is one of those times. It's always good to step back and analyze your own agenda when possible and especially when engaged with others. Are you misjudging someone else's or your own intentions? Are you being mindful of boundaries? Many questions have been raised about administration of resources and this can lead to emotional extremes. One way or another, you're likely to encounter lessons about give and take, whose (fill in the blank) is whose, and compromise.

**Virgo (Aug. 23-Sep. 22)**

You know that the overall theme right now is change. Not just a little bit of change or anything, either, but some kind of epic, world-shifting alteration is underway and you are feeling empowered to try new things, think in new ways, and experience more of reality. Just remember, it's not going to happen overnight. Step by step, day by day, and person by person, gentle persistence is your guiding principle, along with how to best use the energy that is available at any particular time. The energy right now is collection of information: data gathering, networking, communicating, and perhaps short-term travel. Through these lenses you will understand the options available to you in this process of re-creation. Searches like this have a way of stirring things to the surface that had been forgotten and you may encounter some memories that you must come to terms with. Trust your intuition if this happens and try not to over-think. Not only will you waste valuable time and cause a stir, but also you may miss the more vital message.

**Libra (Sep. 22-Oct. 23)**

There is a lot of restless energy in your chart that has been building up for some time and is about to come to a peak. The energy infusion this week will highlight some of the broader ideas about life that you haven't considered in a while, and a few brand-new ones. It just may enable you to see the rut that you've been in and start planning an escape. There is definitely the energy for some long-distance travel here. Perhaps

it's because the in-laws are coming? Pay your dues first; keep the peace and then the reward. There is also this concern: are you restless because of an underlying hurt that you don't want to deal with? Maybe there is the subconscious urge to move so you don't have to sit with yourself? It's been said wisely that travel is a good way to get to know yourself. A shift in geographic point of view can give you a perspective on what you've been looking at but not seeing. Then you can decide how much you like it -- which is to say, yourself.

**Scorpio (Oct. 23-Nov. 22)**

It looks like you've built a defensive structure to protect some emotional vulnerability. That may be a good idea considering the sea of change that you've been navigating these past few months. Don't forget to give yourself credit for staying the course; this type of devotion to change is not easy. Yet if you haven't handled this so gracefully don't hang onto any disappointment or stew over a loss of pride. It's most likely part of the lesson. You're a study in contradictions right now. As much as you want and need to focus inwardly to conceive, form images, and eventually crystallize what and who you want to be, you are at the same time drawn to engage with people in intense, deep, involved discussion. (I hope that sounds appealing.) As much as you feel the need to work, alone and unhampered, pulsating and electrifying your central nervous system, you also feel this deep desire to merge with a multitude of lovers/artists in some form of creativity.

**Sagittarius (Nov. 22-Dec. 22)**

It looks like you've built a defensive structure to protect some emotional vulnerability. That may be a good idea considering the sea of change that you've been navigating these past few months. Don't forget to give yourself credit for staying the course; this type of devotion to change is not easy. Yet if you haven't handled this so gracefully don't hang onto any disappointment or stew over a loss of pride. It's most likely part of the lesson. You're a study in contradictions right now. As much as you want and need to focus inwardly to conceive, form images, and eventually crystallize what and who you want to be, you are at the same time drawn to engage with people in intense, deep, involved discussion. (I hope that sounds appealing.) As much as you feel the need to work, alone and unhampered, pulsating and electrifying your central nervous system, you also feel this deep desire to merge with a multitude of lovers/artists in some form of creativity.

**Capricorn (Dec. 22-Jan. 20)**

First came the feeling, then came the ideas, and now the light bulb is glowing about a project that you think will be well received. Not only do you have all the necessary resources but you now also have the strength of purpose and drive to administer the people and resources properly. There may be a crisis in action regarding a love affair. Love unrequited? Sex talk gone awry in an established relationship? Those are only a couple of the possibilities, but I see some tension in this area of life and some potentially volatile emotions early in the week, as the Sun changes signs to Gemini. You can't control everything, and forcing your will on others will very likely produce resentment. Discretion is the key, as is an honest, humble stating of feelings. It will be challenging to articulate your emotions into feelings, especially if you pressure yourself to, so step back and find a way to objectify them before you communicate. Make sure you channel some of this energy through physical exercise lest you burn out.

**Aquarius (Jan. 20-Feb. 19)**

I once had a lover tell me to make love to her with my mind. I gotta tell you it drove me nuts. I just didn't get it and, well, I just didn't get it. I'm pretty sure you do though, and that you will have a driving urge to do so starting this week. Not only that but it looks like you will have willing partners in your quest for lovemaking through the mind. If this is not where the energy takes you then there will at least be a need to communicate your sense of aesthetics; your senses will be keen to this. There is a deeply creative spark that has been lit and I hope you have the opportunity to fan its flames. This is one of the most difficult and dynamic aspects of life because of the need most of us have to hang onto control in order to feel secure. To let go and play, make love and recite poetry requires a freedom of self that once granted, is a launching pad to other dimensions.

**Pisces (Feb. 19-March 20)**

There is something extra meaningful coming through your emotions this week. It's something that you will not only recognize and think about but also seek to clarify and articulate. This is not an easy task, but it'll be worth it. Emotion is defined in a very circular way in the many dictionaries I checked that keep pointing to 'feelings', but one way to think of it is energy in motion. Feelings are definitely not emotions though; feelings are the interpretation of emotions (a Venus function that has merit here). Emotions are something that happen pre-thought and pre-verbal. There is not much control over them happening, although to make it off the playground safely it's imperative to learn how to deal with them. Emotions are often unprocessed energy that doesn't necessarily fit in the rational, social world and yet, they pulse through each and every one of us to one degree or another. This will be an important time to examine your emotions and consider how they affect your whole being. It's possible that the opportunity will come through interactions with family, or simply an event or circumstance that sparks some memory.

Read Eric Francis daily at [www.PlanetWaves.net](http://www.PlanetWaves.net)

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# Island Epicure



By Marj Watkins

## More about herbs: Spice it right, part 3

Reader Lynn Carrigan asked for more information about herbs, especially as remedies. I see by my clip file that I haven't touched on their medicinal uses since January. It's high time I gave you some herb and spice defenses against summer colds and allergies.

Nettle is an antidote to pollens from trees and grasses as well as flowers. I start the day with a nettle capsule or two. I used to harvest the young, growing tops of nettle plants along the road. To avoid stings, I'd wear gloves and snip the growing tips of the plant with a pair of scissors. If I got stung anyway, there was usually wild dock growing nearby. Mashed into a paste, it's an antidote to nettle stings. Now I keep a bottle of nettle capsules among my supplements.

You can get nettle capsules at Minglement or any health food store. At this time of year, I do a lot of sneezing, and blowing of the runny nose. One nettle capsule is usually all it takes to stop that. Antihistamines don't work well for me. They dry up the runny nose too well, and I get a sinus infection.

The antidote to that is Tiger Balm, an excellent decongestant. It's not always easy to find, though. Camphor is the main ingredient, but thanks to the FDA you can't buy camphor oil anymore.

Suppose though that what you have is a real cold coming on, not an allergy? Remember that cloves and cinnamon are both anti-bacterial and anti-viral. Make yourself a tea to stop the cold germs cold! Just simmer a cinnamon stick and a tablespoonful of cloves in a cup or two of water until the water turns brown. Keep a capped

glass bottle of this Magic Potion on hand. At the first sign of a cold, put a tablespoonful or two of this basic solution into a mug and fill it with boiling water. Add a slice of lemon and a spoonful of honey. The lemon cuts phlegm and the honey soothes a scratchy sore throat.

Basil is another antibacterial. You will find dried, crumbled basil at Thriftway's bulk herb section or at Minglement's. Use it as a digestive and antibacterial tea or to flavor your chicken soup. Next year, plant some in April.

Feeling queasy? Basil and marjoram together make a tea that settles your stomach.

Ginger also calms a queasy stomach. It's a mild painkiller, too. When traveling, I bring along a little plastic bag of sugared ginger in case of winding roads or rough air. They have it in the bulk section at Thriftway.

Sage was considered a universal cure-all until a couple of centuries ago. Back then doctors were few and knew little. The herb women provided the most effective remedies for people's ills.

Herbs still work. To ward off colds and flu, put a couple of big pinches of dried, crumbled sage into a cup or mug and pour in hot water. Add lemon or lime juice and a little honey. Drink hot or cold. Sip to quell a cough. Sage is said to quell a fever, too. I have not had occasion to try it for that, but I'm glad to have sage on hand to flavor meat dishes and in case someone in the family gets a bad cold or high fever.

Pennyroyal is effective against fevers that nothing else will lower, but remember that it's strong medicine not to be drunk when you have no fever. To get it, you will have to grow it yourself, or know someone who does and will share. The FDA took it off the market because some people ruined their kidneys by drinking pennyroyal tea often for pleasure, when not fevered. Dried, it keeps almost forever.

My favorite cooking herbs, readily available, are oregano, marjoram, sage, thyme, and kelp. Kelp augments the iodine/iodide in sea salt and nourishes the thyroid. A spoonful of the dried, crumbled sea vegetable, added to a soup or casserole or spaghetti sauce, provides a multitude of minerals.

## Vashon Library June 2013 Programs

**Volunteer with the Peace Corps at any age**  
**Sunday, June 02, 2013**  
**2:00 PM**

Presented by Erin Erickson  
A representative from the Peace Corps will share their experience and talk about the application process to become a Peace Corps volunteer. Program will be held at the Vashon Maury Senior Center, 10004 SW Bank Road, Vashon, 98070.

**Friends of Vashon Library Meeting**  
**Saturday, June 08, 2013**  
**10:00 AM**

Presented by Deirdre Petree, President  
Open to the public! Share your ideas for raising funds to support our library programs, expand community services and recruit new members. Be an informed and involved neighbor by joining us at the Friends of the Vashon Library meetings.

**Growing Your Edible Greens**  
**Saturday, June 15, 2013**

**2:00 PM**  
Presented by Patty Campbell  
With over 30 years of earth sensitivity and horticultural experience, Patty Campbell will show you how to grow greens in any space from window sills to container gardens. Learn the art of imaginative planting displays and the pleasure of growing organic greens with highly useful tips on soil, sun, seed and savvy. Held at Vashon Maury Senior Center, 10004 SW Bank Road, Vashon 98070. Funded by the Friends of the Vashon Library.

**Impressionist Gardens**  
**Sunday, June 16, 2013**  
**2:00 PM**  
Presented by Susan Olds  
The Impressionists revolutionized art by painting out of doors. Seascapes, landscapes and gardens became popular themes and continue to delight us today. This program will present over 100 paintings of gardens by the Impressionists, Post-

Impressionists and the Nabis group. Insights on Impressionist techniques of capturing the changing effects of light and color, brushstroke and composition will be discussed. Artists will include Monet, Manet, Renoir, Pissarro, Caillebotte, Marie Braquemond, Cezanne, Van Gogh, Gauguin, Bonnard and Vuillard. Sponsored by the Friends of the Vashon Library. Held at the Vashon Maury Senior Center, 10004 SW Bank Road, Vashon, 98070.

**Family Story Times**  
**Tuesday, June 18 and 25, 2013**  
**11:30 AM**  
Newborn to age 6 with caregiver.  
Come for a fun-filled, half-hour of stories, finger plays, movement and music!  
Held at VYFS PlaySpace, 9822 Gorsuch Road, Vashon, WA 98070.  
Registration not required. You do not need to be a member of Playspace to attend. Please call the Vashon Library with any questions, 206.463.2069.

**Magical Wonderland Show**  
**Sunday, June 23, 2013**  
**2:00 PM**  
Presented by Louie Foxx  
Ages 3 and older.  
Be amazed by magic tricks and juggling using things normally found underground. You will even learn a trick you can share with your friends.  
Held in the Ober Park Performance Room, 17130 Vashon Hwy SW, Vashon, WA 98070.  
Registration not required.

**Game On!**  
**Saturday, June 29, 2013**  
**6:00 PM**  
Ages 13 to 18. Play video, computer and board games at the library. Refreshments available.  
Adult must sign-in and sign-out teen.

## Vashon Horse Expo

*Continued from Page 1*  
Conservation District, etc.

Food galore! A local baker will have a home made pie booth, 4H Eyes of the Future will have bbq, and more!

20+ vendors from around the Sound will be there with everything from horse tack to arts and crafts, photographers, food, etc. Come prepared for these shoppportunities!

Musicians will perform near the Assembly Building - grab a bite and enjoying some tunes!

Admission to the Expo is free; donations gratefully accepted! All funds raised go towards continued equestrian facility improvements at Paradise Ridge Park. Come one, come all to the Vashon Horse Expo: Day of the Horse!

See you there!

Find *the Loop* on-line at [www.vashonloop.com](http://www.vashonloop.com).



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Custom made PEN & INK drawings of island homes by Vashon artist Ed Frohning.  
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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## Road Trip

By Mary Tuel

Our dog, Marley, has a condition called cherry eye, a genetic defect in which the “cherries” are actually membranes which are supposed to be under the eyelid, but instead are squeezing out next to it.

It can be fixed so that the dog’s eyes are normal, but the fix is a surgery. VIPP (bless them!) graciously offered to pay for the surgery because we adopted Marley through them. One of the VIPP volunteers called around looking for the best deal, and it turned out the best deal was in Mt. Vernon.

Which is how Marley and I ended up catching the 4:10 ferry off the island the other day. This little stunt made me feel my age. There I was, heading out on a three-hour drive, on only one and a half hours’ sleep. I’m not 18 anymore, which is the correct age for this sort of foolishness.

I have to admit that the sun coming up over Everett is a beautiful sight, as were all the May blooms. We made it to Mt. Vernon two hours before our scheduled arrival time. I dropped Marley off, and went to have breakfast and contact a couple of friends who live in that area so I could arrange visits with them.

The first one was Sherry Moe, an island resident for many years. She’s living happily in Mt. Vernon now. She has lately taken up painting mandalas. She said that at first she was only painting mandalas, but she felt they were a little too dry, and she wanted to add human interest. So now she finds complex mandala patterns and clip art online to use as guides, and combines mandalas and pictures to make moving and beautiful art. She let me choose one to bring home. It’s titled “Piano Lady.” Here is a picture of that, and you can see many more of Sherry’s mandalas at: <http://www.artslant.com/global/artists/show/311617-sherry-moe>.

She hopes to come down to the Vashon Saturday Market one Saturday a month this summer, so keep an eye peeled for Sherry and her art.

After leaving Sherry’s I went to visit Dorothy, an old family friend. Apropos of that, we mostly talked about our families. No, I’m not going to share.

Retired to my motel room for an early night. Got up nice and late the next day, picked up Marley at the vet’s, and beat feet for Seattle.

There was a plan to this day: I was to go back to Seattle, pick Rick up at the ferry dock, and take him to his nephrologist appointment. I got to Seattle early, so went to

Costco to pick up my new glasses – amazing how wonderful the world looks when you can actually see it – then headed for the ferry to pick up Rick.

I was stopped at the intersection of Michigan Avenue and East Marginal Way, waiting for the light to change, when a woman in a Jaguar sedan came speeding down the off-ramp from the 1st Avenue South Bridge, and for some reason tried to zoom through the intersection even though the light had changed and traffic was already moving on East Marginal Way. I heard a honk, turned, and saw the Jaguar get hit by a truck abaft of midship. The Jaguar spun around and slid backwards on a diagonal from its original path, right toward...well, my car.

“It might miss,” I thought. It didn’t. It hit and dislodged my rear bumper and broke the covers off of my tail lights.

The good news: no one was hurt. My car and the truck (a Ford 350, not a good vehicle with which to get into an argument) were both drivable. A nice policeman helped me get my rear bumper into the back seat of my car. He actually folded it up a little so it would fit. I didn’t know bumpers could be folded, but you learn something new every day.

Rick and I decided I could not get him to the doctor’s appointment on time, so he cancelled that, and I drove my bumper-less car home. We’d all had enough excitement for one day.

So that was our road trip. Marley and I are at home, resting comfortably. Hope you are, too. There’s no place like home.



Piano Lady by Sherry Moe

## Road To Resilience

Continued from Page 1

to be aware of the flaws and weaknesses in our global distribution system. A system which does not always work for them has resulted in their being resourceful and resilient in meeting their own needs. In relying on their local environs to meet their needs, they also have an appreciation of their utter dependence on the local life systems that support them. They could teach us a lot. I attribute my own insight to my tour in the Peace Corps in Latin America. In fact, I think that a tour of at least a month in a rural third world village should be required education for all us. The interaction can be a mutual benefit because third worlders are not always fully cognizant of the long-term consequences of their interactions with nature. We have already messed our nest, so we can help them avoid making the same mistakes. We can also do more

# Amanda Knox: Waiting to Be Heard book Review

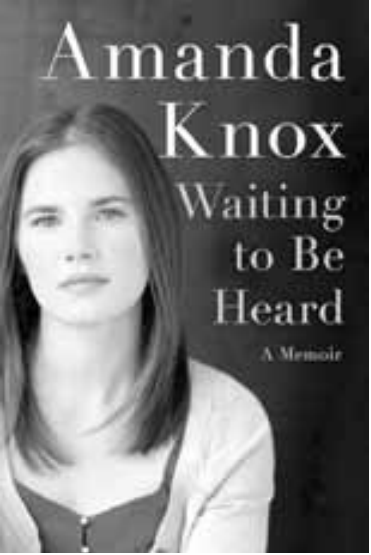
By Karen Pruett

Reading Amanda’s account of her ordeal in Perugia brings back all of the emotions I, and many others on Vashon, felt after her arrest. Furious anger, frustration, sadness, fear, sorrow, surprise, disappointment, hope, compassion, love, admiration of her bravery, relief and finally unbridled joy. As we witnessed her family endure this judicial debacle since November 2007, I came away with the odd sensation of “reading the book after watching the movie” as each page brought back memories and sensations. The many tears shed for

them during her years of captivity and the pure unabashed joy we shared after she came home; the intense relief at seeing her at SeaTac with her family at her side.

Our personal mantra, during those years, was “When the plane touches down, it’s over.” And so it was, but yet it isn’t. We go on supporting Amanda and her family and they continue to navigate the Italian judicial system.

The first few chapters of Amanda’s book will remind us all of how idealistic we were in our 20’s, how innocent, how full of hope for the future, how excited we were



to taste adult freedoms. But by the end of the book one is left with the realization that Amanda is now older and wiser beyond her years.

Her memories of Meredith Kercher are touching and poignant as she recalls the fun they shared before Meredith’s life was cut short during a home invasion in the apartment the young women shared. And she owns her part in this mess, her naïveté, her faux pas, while the Perugian officials continue to deny their mistakes, their rush to judgment before any evidence was processed, their refusal to release Amanda and her friend, Raffaele Sollecito, after it was learned that only one person’s DNA was at the crime scene – local burglar Rudy Guede.

Amanda guides us through her dismay to believe that she’d be put in prison for something she didn’t do to her shock at finding out that is exactly what happened to her grit and determination to fight back against all odds.

She also tells readers about how her family never doubted her word and never stopped supporting her, though she was 6,000 miles from home. How they plunged into debt to save her. Amanda also tells of, once they both realized the cops lied to them, how Raffaele became her close friend and a rock within the prison system, how they endured together the pitfalls of being unjustly incarcerated.

Her frustration of dealing with the corrupt Perugian system is heart wrenching as the prosecution twisted Italian law and used the tabloids to aid in the Smear Campaign that swept the world, to this day factions are at work to continue the heinous lies laid down in 2007.

And she tells of the anguish she feels of not only losing her friend, Meredith Kercher, but also being blamed for her death. Amanda makes a heartfelt plea to the Kercher family to see that she would never harm their daughter and that she hopes for reconciliation in the near future.

Raffaele’s book, “Honor Bound” was released in 2012, underscores how this young man became a hero to Amanda and all who love her for his integrity, he would not betray her to save himself from a prison sentence. He tells the story of how he stood firm against the insistence of the Perugian authorities so that Amanda was not lost to her family.

Both of their stories are a cautionary tale of knowing your rights and guarding your personal safety while abroad. The extraordinary real-life accounts of both of these young adults are available at Amazon.com, plus the audio book of “Waiting to be Heard” was recorded by Amanda herself.

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to defend them from our more predatory corporate compatriots.

The point I am trying to make is that we in the US are the biggest contributors, historically and at present, to climate changing pollution, and, at the same time, arrogant enough to think that we can have our cake and eat it too: a classic combination resulting in inaction as we note the record benchmark of 400 ppm of carbon in the atmosphere.

Being able to live on our own or locally available resources within a supportive and organized community will go a long way toward providing us with the resilience we will need to weather the coming social, economic, and physical disruption that climate change is expected to create. As I have said before, empires come and go but villages endure. However, the magnitude of the trouble ahead

can vary from moderately serious at the minimum to catastrophic and civilization ending, some think species ending (ours, that is), at the worst. Now, some of us will not be sorry to see the end of certain aspects of our civilization; but a total collapse is not something anybody in their right mind could wish for. Clearly, our only assurance for the continuation of any semblance of the civilization we have now is through collective political action at the global level to start reducing our carbon production in the next few years (yes, that soon!). Without that, we will be unable to moderate the storm that is coming however well prepared we may be, as a community, to meet it.

More on that in the next column.

Comments?  
[terry@vashonloop.com](mailto:terry@vashonloop.com)



# Poultry In Motion Birthday Bash



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 week 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. Gib Dammonn, from the East Coast, is the drummer who has played with a number of unknown musicians from Virginia to Seattle. Bob Kueker adds his magic to the mix and 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 not 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....

Joining Poultry for this show will be an all-star lineup of guest musicians....trust me, you won't be disappointed!

Friday, May 24th at 8:30pm. This is an all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

# Cami Lundeen



Born in California, but raised across the United States, Cami has a vast array of life experience that permeates her music. Along with her brother and sister, Cami was raised by a father who started churches and a stay at home mother. They lived in several states during her childhood. Singing was always a childhood love and talent, but she did not start playing the guitar until her freshman year of college.

She spent some time teaching herself how to play, but soon put her guitar down due to getting married and starting a family. In the spring of 2010, Cami had the opportunity to once again pick up her guitar. She began leading music at her church. After a year of leading a band and delving into self-

study, she began writing songs of her own.

This gift of writing came at a very crucial time in her life.

After giving birth to her fourth child, she was diagnosed with a rare liver disease, which she battled in addition to a previously diagnosed autoimmune disorder. She soon desired to use this gift to touch the souls of others.

As she continued to write, she began performing live shows in the spring of 2012, including -festivals, house concerts, recurring venue gigs, and benefit events.

Cami Lundeen just finished the process of recording her debut album, connecting her music with fans and fellow artists, and seeking further opportunities to express one of the deepest loves of her heart and soul.

This is an all-ages free cover show brought to you by Vashon Events and Nirvana.

Saturday, May 25 at 8pm. This is an all-ages show At Nirvana

17526 Vashon Highway SW  
206-463-4455  
[www.nirvanavashon.com](http://www.nirvanavashon.com)

# Art Archives Sale!

By Janice Randall

One of the best and most amazing arts sales on the Island happens at Vashon Allied Arts Gallery Memorial weekend, May 24 - 26. Friday evening until Sunday afternoon, over 70 of Vashon's favorite artists bring archived works to you - their friends and collectors.

This is an open gallery event - not an auction. You walk in, find pieces you like, buy them and take them home! Artists are releasing many works they have kept until now, so expect to see a gallery full of items. Always wanted something by Carol Schwennesen, Olivia Pendergast, Don Cole, Joan Wortis, Karen Fox, Mary Margaret Briggs? How about Karen Hersh, Mary Liz Austin, Terry Donnelley, Ivonne Escobar de Kommer, Penny Grist, or Ray Pfortner? Also jewelry aplenty will be available from Island favorites such as Danielle Carbonne, Linda Yurisich and Maria Marcy.

Find sculpture, prints, paintings, photographs, pottery and textiles. A great opportunity to purchase excellent original art for your home, work, summer place or winter cabin. You're sure to find something. All work is offered at greatly reduced prices.

VAA Gallery Curator Janice Mallman says, "Susan has played a major role in developing the Archives sale into a much-anticipated event. We skipped 2012, and look

forward to seeing what Island artists will bring in. It's a great opportunity for artists too, who receive 60% of the sale from their art."

This year's Archive Sale is sponsored by Vashon Market FreshIGA. For more information, please call Janice Mallman, 463-5131, ext. 224 or email [JaniceM@VashonAlliedArts.org](mailto:JaniceM@VashonAlliedArts.org).

Friday, May 24, 5 - 8 pm (VAA members/if not a member, you may join at the door). Saturday, May 25, 10 am - 4 pm, Sunday, May 26, 11 am - 4 pm

# Soul Senate

Soul Senate is a 7-piece, high-energy, adrenaline-inducing, audience-oriented, original soul/funk party powerhouse.

Bridging the decidedly funky sounds of the 60s & early 70s—such as the Meters, Stevie Wonder, and the Stax label of Memphis—with a distinct modern sound in the vein of Raphael Saadiq, Alice Russell, Eli Paperboy Reed, and the New Mastersounds; Soul Senate claims their own musical territory with booty shaking grooves, well-crafted arrangements, sizzling horns, and memorable instrumentals and vocal songs.

Each member of the band has over 10-30 years experience on the local or national scene: in



sum, playing countless venues & festivals—from Bumbershoot to the 100,000 person West Fest—with experience opening for touring acts like Orgone, Delta Nove, Will Bernard, Roy Ayers, and the Monophonics.

Soul Senate's goal is to lift people up by playing tight in the groove, making a night with

Soul Senate a party that is not to be missed, and one that will not easily be forgotten.

Saturday, June 1st at 9pm. This is an all-ages show 'til 11pm, then 21+ after that.

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# Club O – Vashon’s Dance Club

You don’t have to spend a weekend night running in to Seattle just to find a cool place to dance. Now you’ve got your own place to go, club O: Vashon’s own dance club.

club O will be a regular monthly event, a chance for people to bust through the Friday blues and bust a move instead. The lights will be low, the disco ball will spin, and Vashonites can dance their hearts out.

Some nights will be theme nights, some will be fresh club music, some will be old school. And each night will feature a wide range of music.

club O opens on Friday, May 31, at 8pm, and features island favorite DJ Whitmore spinning real vinyl. DJ Whitmore is quickly becoming a Vashon legend, spinning at the Heron’s Nest on most First Friday Art Walks and for events all over the island. Michael brings a long, strange, wonderful story of how he became the guy on Vashon who owns 6000 45s and 3000 LPs. He used to own well over 8000 LPs, but sold or traded away many of them for more and better records. Michael’s been DJing off and on for over two decades, and says: “My first regular gig was at a place called Smalls in LA which use to be an auto body shop – and oddly enough my Dad worked there in the 1950’s.” Michael’s collection ranges from 45s and eps from the late 1940’s. His best early record is a single from 1951 of Jackie Brenston’s Rocket 88 - which is actually Ike Turner’s band. Historians call it the first rock and roll record. Michael says: “I once found a 78rpm of that record in a stack of nothing titles ... it’s the holy grail of R&R records. But I couldn’t keep it - I told the owner of the store what it was!”

We asked Michael what craves, as a DJ and collector. His answer? More records, of course. “More boogaloo records, more northern soul. Boogaloo was a genre that evolved in the mid to late 60’s; it’s a combination of soul, funk and mambo. Northern Soul was a genre of Motown type records from mostly obscure artists and labels played in the clubs in Northern England and Scotland from about 1965 to 1975. And for years I’ve been fruitlessly searching for copy of a rare single from the late fifties: Little Butchie Saunders and his Gang, ‘Rock



and Roll indian Dance’. The want list is never ending!”

Vashon has some serious dancing to do to catch up with Michael’s past experiences. He used to run a speakeasy and had a turntable behind the bar. “I’d spin everything from the Bulgarian Women’s Choir to Sinatra to Public Enemy, depending on the hour or the overall mood of the place. Sinatra was great at 4 am. Brazilian music was perfect at 6 am. It’s hard to say what the wildest party I ever spun at... I remember naked people at one party - but then again that’s LA on a good night!”

Michael has worked at some of the best record stores on the west coast: “Atomic Records in Burbank, CA is world famous for its jazz collection. Amoeba Records in Hollywood is the largest independent record store in the country and I had the best job there pricing the used and collectable 45’s. I also worked at Top Shelf records in LA owned by Mike D of the Beastie Boys, that was a tiny store with only 2 or 3 employees, but very cool. And now I work at Easy Street in West Seattle, which was just voted one of the top 5 record stores in the country by Billboard magazine.”

Vashon may be the luckiest island in the world to have DJ Whitmore kicking off club O. Don’t miss the magic: Friday, May 31st, starting at 8pm. Tickets are \$5 and available at the door only. Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon.

# Mik Kuhlman New Works!

Based on the topic of ‘home,’ actor Mik Kuhlman explores the topic with her unparalleled creativity and insight in a solo performance. A brand new original theatre piece, Kuhlman returns to Vashon Island after living in New York City for eight months.

The project began when Kuhlman contemplated the many creative implications on the topic of ‘home.’ She moved to New York from Vashon, kick started with a solo theatre-making class and the project began to take form.

Working with script developer, Joseph Gallo and visual conceptualist Patricia Toovey, Kuhlman says, “I hoped to spend a lot more time writing about my experience here in New York. But it’s too full of a life to have the time for that luxury of reflection. So I went back to my original starting point of home and the number of houses I have lived in.”

Focusing on one specific house (her favorite of 60) Kuhlman weaves the idea of being a modern nomad with true ghost stories, poetry, clowning, audience interaction and musical score by Gretta Harley. “Artistically, I am very excited...Although I have done a number of solo shows, I’ve always told other people’s stories. This is the first



time I’m writing the story with words first and not my body, going from the personal to the universal instead of the other way around.”

The performance will utilize the entire VAA space in the round. Geared for adults due to occasional dark subject matter, House #30 will be open to families with parent discretion.

A solo theatre piece with Mik Kuhlman

Saturday, June 1, 8 pm  
Sunday, June 2, 4 pm  
Tickets: \$12/\$15

# Pops Concert

McMurray Middle School and Vashon High School will present their annual Pops Concert on Friday, May 31st at 7pm in the VHS Gym. Mr. Bill Quehrn will be returning again this year as emcee and the Bands will be playing music from the stage, screen, and radio. Music will include such classics as Little Shop of Horrors, Brave, Coldplay, Pirates of the Caribbean, and Harry Potter. It will also include an arrangement of music from the video game Skyrim by one of the Band Members, Nick Amundsen. Admission is free.



For more information, contact: Amy Kitchener (206) 463-2921

# Giulianiad: The Music of Mauro Giuliani

The Salish Sea Early Music Festival presents GIULIANIAD, its final 2013 program featuring works for flute and guitar by Mauro Giuliani on period instruments with John Schneiderman (Los Angeles) on the early 19th-century guitar and Jeffrey Cohan on an 8-keyed flute made in London in 1820 on Wednesday, May 29 at 7:30 PM at Bethel Church on Vashon Island. Please see details above, and below for additional performances around the Puget Sound.

Clearly the most famous composer of music for flute and guitar, Mauro Giuliani was a phenomenal guitar virtuoso whose music is very rarely heard on the instruments with which he and his friend Beethoven were familiar. These are considerably sweeter, more intimate and expressively nuanced than their modern equivalents. Giuliani composed the “cream” of the flute and guitar duo repertoire from Beethoven’s time, which includes duos, serenades, divertimenti, marches, dances, and arrangements of opera melodies and other popular tunes



John Schneiderman specializes in the performance practice and repertoire of eighteenth-century lutes and nineteenth-century guitars.

of his day in variations and potpourris.

Wednesday, May 29 at 7:30 PM  
Bethel Church at 148th Ave sw & 119th St. (14736 SW Bethel Lane) cost: suggested donation \$15 or \$20; 18 and under free; other students \$5

For further information for the public: [www.salishseafestival.org](http://www.salishseafestival.org) or call Bethel Church at (206) 567-4255

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## Next Edition of The Loop Comes out Thursday, June 6

Deadline for the next edition of The Loop is Friday, May 31

## Loopy Laffs

## LOGJAM

BY Jeff Hawley

O-O-H...MY END IS NEAR ≡GROAN≡

SNIFFLE

WITH MY LAST OUNCE OF STRENGTH I PASS THESE ≡WHEEZ≡ ON TO YOU

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WOW! THE DEAD TREE SCROLLS!

REAL TACT-FUL

OOPS! NEED ANOTHER MINUTE?

BY Jeff Hawley

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Word has it that the Maury Island Space Aliens (one of their lawyers is pictured here) have developed a diabolical G.E. food from discarded animal DNA!

The Space Alien scientists have created a SHMOOtatoo from a discarded Shmoo whisker found in a landfill.

\*Go ahead Google SHMOO by Al Capp and read about the SHMOOs!

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