

## With Salmon Bake, St. John Vianney Church carries on a tradition



*Jim Neal and friends pose with the catch in this vintage salmon bake photo.*

On your marks, get set, salmon bake! A summer tradition continues — the 53rd Annual Salmon Bake of St. John Vianney Church will be held from 1:15 to 4:30 p.m. Sunday, July 28, on the church grounds.

As always, the Salmon Bake is being held to raise money for the parish, but it is also a chance for Islanders, regardless of their affiliation with the church, to come together for an old-fashioned afternoon of fun and fellowship. A current focus

for the church, under the leadership of parish priest Fr. Marc Powell, is to “live parish in community.”

To that end, all islanders are invited to join their friends and neighbors for an old-fashioned outdoor dinner, on what is almost certainly going to be a sunny, perfect summer afternoon on Vashon. According to many old-timers in the church, it has only rained once in the half-century-long tradition of the event. *Continued on Page 9*

## With the Escaramuzas on Cinco de Mayo



Well-planted modern suburbs in Chino, California end suddenly at Riverside Avenue where the farmer’s fields begin. Unbroken acres of berries and vegetables stretch across the flat to the distant mountains. There is no sign on the narrow blacktop indicating the Lienzo Charro la Nacional, just a rusty gate with the address crudely painted in black on a plywood board, but I know I’m in the right place because one fancy pickup after another slobes through the muddy driveway towing a horse trailer. Today is Cinco de Mayo and I have been invited to photograph the Feria de las Escaramuzas.

The lienzo is a circular arena with a rectangular section attached. The entry gate is at the far end of the rectangle and spectator seating is directly across the circular section from it. Young women in generous, colorful dresses lift their dainty hems to keep them out of the puddles, revealing muddy cowboy boots. Each one wears a spur on her left boot, none being required on the right since they will be performing sidesaddle. Every escaramuza carries a quince switch called a “vara” in her right hand to serve as a right spur and to give commands on the horse’s right side.

I look for a good space to set my tripod, toting my heavy camera gear with both hands and on my back in a twenty-pound backpack. Spectator seating is only inches away from the arena so a tall chain-link fence protects the crowd from wild animals and airborne charros during a rodeo. That fence also prevents my shooting the action from the seating area. I scout the bandstand and find a reasonably-sturdy weather-beaten old table, about thirty inches square with metal legs and a chipboard top, figuring that it might hold me and if it fails I might have enough warning to dismount before the crash. That puts me a foot above the fence but the space is too small for my tripod, so I’m stuck with one hand-held camera. During the event five or six other photographers ask me for permission to hop aboard, which I feel compelled to grant, leaving it to them to discover why even one passenger on such a leaky ship is a bad idea.

Nine teams of escaramuzas compete today, each beautifully dressed as an “adelita,” a woman of the Mexican Revolution. The outfits are colorful with full dresses and each escaramuza wears

a wide felt and leather charro hat. The horses are perfectly groomed and sport fancy sidesaddles. Nine teams enter the arena together, each team of eight riders side-by-side with the next team just behind. It is kaleidoscopic. Seventy-two colorful riders on seventy-two horses fill the small arena and the crowd cheers, not for the event, but for their sister, daughter, wife or girlfriend. Wooden clackers assault my eardrums with their disturbingly- loud machine-gun cracks. Supporters chant. Kids run everywhere, climbing the seats and the fences. It all has that feeling of Great Fun.

The creation of modern Mexico required more than a hundred years of war, and the victory celebrated by the “Cinco de Mayo” festival, the Battle of Puebla, is just one of many battles in that long history. French forces were defeated in the battle of May 5th 1862. It was a victory for the liberals but it didn’t change the situation decisively. All this has nothing to do with the escaramuzas or the adelitas, who came much later. Even though today is “Cinco de Mayo” nobody bothers about it and there is not a single sign or banner anywhere that says “Cinco de Mayo.”

The Mexican Revolution of 1910 started as an uprising against the autocrat Porfirio Diaz, and it is that conflict that the escaramuzas celebrate with their name, their sport and their dress. During the revolution the adelitas would help the revolutionaries by drawing the Federales into ambushes, or leading them away from friendly troops. They used their horses to raise clouds of dust so as to make it appear that the soldiers were over here, when actually they were over there. The word “escaramuza” means “skirmisher.”

The competition starts with a contest of slides. The rider races into the round part of the arena (the rondo) at full gallop and then commands her mount to sit back on its rear legs, sliding to a stop. The longest legal slide wins. It takes a well-trained and willing animal to do that, and watching the women and their horses perform it is quite exciting. Each rider has a cheering section in the bleachers and I can’t hold back a smile when the groupies chime in.

Next comes the main event, where each team performs its complex routine, which includes all eight riders. The

*Continued on Page 9*

## The Road to Resilience

### Back to the Big Picture

By Terry Sullivan, Transition Vashon

Thanks to all that came out to see Do The Math: The Movie about Bill McKibben’s recent speaking tour to dramatize the need for immediate action to avert extreme climate change. The math, of course, is quite compelling, and I think it was generally agreed in the discussion afterward that we need to act now. At the time, and since, it has proven difficult for me to see the forest for the trees. I thought I would try to lay out some of the important factors that we need to focus on if we are to succeed in addressing this crisis.

First, we need to accept the fact that averting climate disaster is our highest priority, higher than economic prosperity per se. Of course, we need a functioning economy to move forward on anything, but we have to build our economy around our carbon reduction plan, not the other way around. This disagreement on priorities creates the hodge-podge of plans that conflict with each other and essentially paralyze any forward progress.

Once we have consensus on that, we can then concentrate on creating effective, just, and workable plans that

will lower our carbon emissions at a rate that is most likely to keep our warming within 2 degrees.

Seems simple enough, right? Wrong. It is not so much that people just aren’t aware of what is happening, it is that the current powers that be are actively working against putting carbon reduction before profits. The oil and energy industries are among the most powerful forces on earth. That is because they serve up the lifestyle that we all hold dear. I never fail to see the irony that we all drive our cars to meetings where we plot to defeat fossil fuel pushers. There must be something in the bible about “conquer thyself and conquer thine enemies.”

Now let’s consider timelines. The next world climate summit will be in Paris in 2015. You may remember that in Durban in 2011, it was agreed that a binding resolution would be passed in 2015 to put us on a track to be reducing our carbon emission by 2020 at a rate that would keep us below 2 degrees C warming. You can almost hear all the “ahems” and embarrassed coughing as our world leaders are reminded of the can they kicked down the road in

*Continued on Page 9*





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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.

### Red Lodge Drum Circle

Red Lodge hosts its monthly drum circle at the Village Green, Friday, July 12th. All women, men and children are welcome to drum and sing with Buffalo Heart, the big community drum, 7-8:30 PM. Free event; donations accepted. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

### Sci-Fi Saturday

This time it's going to be, "20 Million Miles to Earth"  
Show time is 1:30pm at The Island Theatre July 6th.  
Thanks for your support of The Chicken Soup Brigade.  
See you at the movies!

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### Have a Story or Article

Send it to:  
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We reserve the right to edit or not even print stuff.

### Vashon Social Dance Group

Saturday, July 6, 2013 at our Vashon Social Dance Group dance and lesson we will have a Cross Step Waltz dance lesson. Review of last months material and add some additional moves. Lilli Ann with Dance For Joy will teach the lesson and we sill share deejay duties. Pre-dance lesson 7 - 8 pm with deejayed music until 9:30 pm. Suggested donation \$10. Please join us for the lesson and some local dancing at Ober performance hall. No partner needed - we rotate often.

Saturday, July 6, 2013 (Variety Dance and a Cross Step waltz lesson)

VSDG Social partner dance (NO PARTNER NEEDED!)  
Ober Park Performance Hall  
7:00 - 8:00 Cross Step Waltz  
8:00 - 9:30 Dancing to a variety of music. Requests welcomed.  
Come alone or bring a friend, just come and get prepared for summer dancing!

Hope to see many of you on July 6. Hope all is well and thanks for your ongoing support.

Vashon Social Dance Group Coordinator  
Candy  
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### Save the Burton Post Office 98013

Hours are being drastically cut at the Burton Post Office and this is the first phase to closing the post office. The Burton, WA post office is located on Vashon Island and provides service to hundreds of people, particularly on the south end of the island. The Burton post office is an important part of the community.

That's why I signed a petition to The Washington State House, The Washington State Senate, Governor Jay Inslee, Sen. Patty Murray (WA-1), and Sen. Maria Cantwell (WA-2), which says:

"Keep the Burton, Wa post office open! Do not cut the hours of operation. This post office is an essential part of our community!"

Will you sign this petition? Click here:

[www.petitions.moveon.org/sign/save-the-burton-post?source=s.em.cp&r\\_by=450832](http://www.petitions.moveon.org/sign/save-the-burton-post?source=s.em.cp&r_by=450832)

### Water District 19 meetings

Water District 19's Board President Commissioner Steve Haworth has called for a special meeting to be held on Monday, July 8th, 2013 at 1:00 PM here at the district's board room. The purpose of the meeting is to discuss the district's water connection policy and other business as necessary.

The next regular Board Meeting will be July 9th at 4:30pm.  
Water District 19, 17630 100th Ave SW.

### Festival Parade Parking

Are you seeking a great place to park to view the Strawberry Festival Parade? Vashon Presbyterian Church is offering reserved parking (by donation) again this year. We also offer chairs for a comfortable view of the parade. Our Festival fundraiser will support the Kim Long Charity clinic in Hue, Vietnam. They are in desperate need of a new ultrasound machine.

If you want to reserve parking/chairs, please contact [beverlyskeffington@gmail.com](mailto:beverlyskeffington@gmail.com) or call 206/354-8921. Reserved spaces will only be held until 10:45am on the day of the parade.



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# Vashon Youth & Family Services Restructures Behavioral Health Programs

Vashon Youth & Family Services Executive Director Kathleen Barry Johnson announced today the creation of the Behavioral Health Services division at VYFS to strengthen the provision of mental health and addiction recovery treatment for youth and adults.

Under the leadership of Jeffrey Zheutlin, newly named Clinical Director of Behavioral Health, the restructured program unit at VYFS will combine mental health and addiction treatment. This will streamline access to services and provide more effective behavioral health care for Islanders, particularly low-income individuals and families struggling to build their futures while dealing with mental health or chemical dependency issues.

“The overall trend in behavioral health is to combine mental health and addiction recovery treatment services. We believe this is a better model for our clients and will ultimately mean more people can have easier access to the full range of services they need to be healthy,” said Johnson.

Zheutlin, a licensed mental health and child mental health specialist, said:

“I’m excited to lead a comprehensive, fluid, dynamic program which is now able to serve clients with multiple needs.” Zheutlin previously served as Clinical Director of VYFS’ mental health program. He holds a Master’s degree and is a Licensed Mental Health Counselor. He has worked as a counselor and administrator at VYFS for more than 20 years and has more than 8 years of experience supervising clinical staff.

Under Zheutlin’s leadership, VYFS will be hiring a new Clinical Supervisor of Outpatient Addiction Services (formerly the HART Program). The posting for an Interim Clinical Supervisor is currently being distributed.

These changes and the new staffing model are critical to providing seamless access to care throughout the agency. “VYFS wants to be a place where people feel welcomed and cared about for their whole selves. A person needing help should not have to figure out how to navigate an agency. It’s our job to make our services accessible to those who need it. The changes we are putting into place will make this a reality.”

# Harbor School Recognizes Cornerstone Value Recipients for 2013



Each year, Harbor School students award commendations to six of their peers, each of whom represent a particular Cornerstone Value so strongly as to be an example for all of us. The Cornerstone Values are a set of principles that provide guidance and lessons to all Harbor School students through their academic achievements and peer relationships. This year’s recipients are (as pictured left to right Above):

Jacob Gold (7th grade) – Integrity, Kieran Enzian (7th grade) – Respect, Virginia Miller (8th grade) – Accountability, Campbell Foster (6th grade) – Compassion, Dagmar Copeland (6th grade) – Personal Best, Julia Ellison (6th grade) – Responsibility

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Saturday, July 6, at 10am, meet at the Park’n’Ride lot by the Country Store. Bring binoculars, water, lunch, hat for shade, and multiple layers for varying temperatures. Team participants pay a \$3 fee to NABA to cover count administration costs. Come with the roving team for all or part of the day. To find us mid-day, call our cell phone at 718-5770 or 818-5251. The roving team will count till 7:30pm, but you leave whenever you want.

Neighborhood counters are also needed and appreciated.

For more information, or to report



Lorquin’s Admiral, Cove Hill,  
photo by Rayna Holtz

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# Island Life A Roaring Success

by Peter Ray

"The red roofs still are not painted"  
Captain Joe- Head  
lighthouse keeper

While some of the commissioners and some of the parks staff in attendance were somewhat giddy with delight over recent turns of events at the Vashon Park District (VPD), there still remained uncertainty about where the Vashon Elementary School (VES) field project was to be going from here after the latest Tuesday night's commissioners meeting. It was reported that the VPD had basically been given a pass the day before by the state Recreation and Conservation Office (RCO) by being granted an extension for completing the VES project until the 30th of September of this year. This opened up a greater opportunity for all current work to be completed on the fields in order for parks to be in compliance with whatever rules and guidelines are in place that would finally verify eligibility for monies to be handed over to VPD from the RCO. Some found all of this to be an occasion for jollity and great relief- others remained less than impressed.


Donning the cap of perpetual inquisitor, Capt. Joe Wubbold pointed out that the bulk of the monies being generated in the entire park system were coming from the rental properties, both at Point Robinson and at Fern Cove, and thusly was wondering what monies might be seen coming back to the lighthouse in the form of badly needed maintenance expenditures. In response, commissioner Ameling said that "when you say nobody made cash, it's just because we only get our cash twice a year- it does not mean that all the other programs lost..." If indeed the VPD had adhered to that philosophy of only spending money either that they had or that the government handed over to them, then we wouldn't have a park system with gutted staffing and reduced programming. We wouldn't be asking girls' soccer teams to be paying for naming rights to athletic field bathrooms, as commissioner Hackett did, although

in this case, the Eagles Poopery has a certain ring to it that we wouldn't otherwise have had the opportunity to experience and enjoy. And yes, why not spend a bunch more of the taxpayer's money on a "public" toilet that you can lock up and give access only to those you deem worthy.

We also received yet another course in creative accounting by commissioner Ameling regarding the new portable toilet unit being delivered from Indiana was we write this. As I understand it, first we buy it, then we finance it, although I am still puzzled by what it was that we used to buy it with to begin with. Somewhere after that was discussed, if not necessarily explained or resolved, it was brought to the commissioners' lack of attention that if we can take out a loan for a portable toilet, or as Mr. Ameling would prefer to rephrase it- a modular toilet- and finance the entire VPD on TAN loans, why couldn't we do some needed and preventive maintenance at the lighthouse and cough up \$8 thousand to paint the roofs at Point Robinson? To that, Mr. Ameling stated simply: "I'm not going to shell out eight thousand bucks to paint a roof... it's not the time right now to be expansive." These are the comic moments we live for at these parks meetings.

And then, while still trying to justify spending over \$2 million for the soccer fields nobody except David Hackett asked for, we learn of another potential impending expense on the parks horizon. As it is, because of expiring leases and environmental remediation, it looks as if the Tramp Harbor dock may soon disappear. While again, it is unclear as to who owns what, beyond the fact that the VPD owns the land end of the dock, what is clear is that creosote pilings are bad and the tramp Harbor Dock is held up by creosote pilings which probably have to be removed. Until clarification has been reached on who is responsible for what here, it is not worth speculating on the various unsavory outcomes. As a bit of insurance though, people worried about losing this particular resource might want to get Mr. Hackett's kids interested in fishing- it's worked on overblown projects in recent memory.





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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## The Other End of Love

By Mary Tuel

“...to have and to hold from this day forward, for better for worse, for richer for poorer, in sickness and in health, to love and to cherish, until we are parted by death. This is my solemn vow.” – Marriage vow from the 1979 Episcopal Book of Common Prayer, page 427

Phil, one of my husband’s best friends from high school, recently remarried, to a lovely woman named Barbara. They have bought a house and combined their households, and are starting married life in their mid-60s with all the hope and enthusiasm of any newlyweds. We have wished them all the best and are happy for them.

You have to tip your hat to people who marry at this time of life. The cynical side of me says it’s the triumph of hope over experience. Marriage, after all, is what a lot of us want, but it ain’t easy, even in the best of circumstances and all the love and good will in the world, because life happens.

A lot of fuss is made about new love and beginnings – how many love songs are there? Who does not know that feeling of joy when the heart is fairly bursting with feelings of love? How many of us have been dizzy with the knowledge of love returned?

There are probably even more songs about love gone wrong. There is not much deeper disappointment than when you’ve made yourself completely vulnerable and been betrayed, and who among us has not been there, and sung those songs? It is part of life to love and not be loved back. It sucks eggs, but we all have to live through the discovery that we are not everyone’s cup of tea. There, two metaphors in one sentence. Think I’ll make some tea and boil an egg. But I digress.

Then there is what I am

starting to call the other end of love, when you have lived together for longer than you lived apart, raised your family, done your jobs, been through the years and blows, and are looking at your life’s end game. Not so many songs about that.

Jacques Brel wrote “La Chanson des vieux amants” (“The Song of Old Lovers”) and it’s a good song, but it’s not the song I’m talking about. Brel speaks of stormy times, of leaving each other, of taking other lovers, but always coming back to each other. One line says, “...we had to have a good deal of talent to be this old without being grown-ups.” (©Jacques Brel, but I don’t know what year) This is not the end of life – this is middle age celebrating youthful behavior that persists. That’s all very Gallic (or Belgian) of Brel, but that’s not what I’m talking about.

I’m talking about those of us who did not have the talent to keep ourselves from growing up, those of us who showed up for life every day and hung on, those of us who understand that, “...until we are parted by death” is about as solemn a solemn vow as you can make in this life.

Where are our love songs? I’ve been thinking lately that I should write such a love song. I haven’t written a song for years, but this idea is turning slowly ‘round in my brain, and I’m thinking it would be good to have such a song to sing now, a song about a lifetime of fidelity and friendship, of laughter and music, of shared hard times and joyful times, of the sadness of knowing that life does end, and you never know when or how or to whom the ending will come first. That’s the trouble with loving someone forever – for human beings, forever has an expiration date.

Then I shake myself and say to hell with all this morbidity. As long as we’re alive, we’re alive, and we shall live life to the fullest, fight the good fight, and continue to laugh and cry and eat chocolate and feed the birds, and perhaps sing one of those old love songs, maybe this one, © 1962 Bob Dylan:

“If today was not a crooked highway; if tonight was not a crooked trail; if tomorrow wasn’t such a long time; then lonesome would mean nothing to you at all.”

Yep. Tomorrow is a long time. That’s why it’s amazing that tomorrow arrives so fast. Congratulations and best wishes to Barbara & Phil.

I’ll only add that Bob Dylan said early in his career that every song he wrote was a love song. If you’re a songwriter you understand that. But that’s another essay.

# A Community Conversation About Health and Responsibility: Vaccines and Beyond

## Part 6: What is choice?

by Karen Crisalli Winter  
and March Twisdale

Society is, by definition, a collaboration. Like all group environments, there is a give and take of rights, responsibilities, and choices. This is true whether we’re talking about a family, a town, a board, or a hospital. This is also true whether you live in a democracy, a theocracy, or a tyranny. In all systems, there are forces that “set the menu” from which individuals can then make a choice.

Despite the rhetoric to the contrary, limitations can be a good thing. The human brain can only tolerate so many options before getting overwhelmed. When overwhelmed, our ability to choose well goes down dramatically...a known fact that is sometimes used against us in aggressive and unscrupulous marketing strategies. At other times, however, a plethora of choices is valuable. For example, few people need every single brand of detergent to be offered at their local store. Even fewer wish to spend hours in the soap aisle carefully weighing the advantages and disadvantages of each product. On the other hand, people with severe skin allergies might be very interested in a wide selection of detergents; as they hope to find one that won’t give them a rash!

In general, a collaborative society seeks to meet the needs of the community and the individual by setting a menu of options that is not too narrow and not too broad. Most of us, consciously or unconsciously, believe that the best way to ensure “enough choice” would be to have someone like ourselves be in the “menu selecting” position of power. However, when the menu is set

by people whose values differ significantly from our own, we tend to express considerable outrage! This leads to a great deal of amusing and ironic hypocrisy from all points on the political compass.

When speaking about public health, there are a variety of forces that overlap, conflict, combine, and collaborate to create the menu of health care choices available to individuals. In this article and the next, we’ll look at five of the most powerful group forces at play, and our access as citizens to these arenas of power.

### 1. Law & Government

Our society decided long ago that legal oversight of choice is desirable. However, where to draw the line is often a contentious question, leading to spirited debates. This is further complicated by the fact that our government was designed to spread “menu control” around, with the federal, state, county, and local layers of governance each having limited, intersecting, and sometimes conflicting powers. For example, the civil rights movement, marijuana legalization, and the recognition of gay marriage are all interesting areas of tension between state governance and federal governance.

When it comes to our access as citizens, some laws are passed with great fanfare, others are passed very quietly. But, all laws in this culture are documented and there are established methods for individuals to work toward altering them. However, just because a choice is legal does not mean it is available. There are many other forces that limit availability like....

### 2. Official recommendations

Various governmental and professional groups make official recommendations. These groups are obligated to follow the law and their recommendations are documented. However, there is often no clear path to challenge recommendations, even though they may limit medical choice just as effectively as law.

Consider the 2008 recommendation by the American College of Obstetricians and Gynecologists (ACOG) on the subject of vaginal birth after cesarean (VBAC). The 2008 recommendation stated that a VBAC should only be attempted if a surgical team was “immediately available.” This recommendation led to many resource-limited small or rural hospitals refusing to permit VBAC due to lack of an “immediately available” surgical team. Thousands of women were forced into expensive and potentially dangerous surgeries they did not need and did not want.

Now, consider the education of your family doctor. The Accreditation Council for Graduate Medical Education (ACGME) is a private professional organization responsible for the accreditation of 9,000+ residency programs. Residency programs currently include training in all forms of legal birth control. However, accreditation requirements are reviewed every seven years, and that review is happening now! Will the requirement for training in birth control be weakened or eliminated entirely? The Catholic Ethical and Religious Directives expressly forbid contraceptives, leaving 30-50% of US hospitals unable to offer a “full education” residency program due to restrictions from...

### 3. Religion

The separation of church and state both protects our secular society from becoming a theocracy and allows religious groups to follow their faith with autonomy from popular opinion. This autonomy even allows religious groups to defy certain laws with relative impunity. A church can refuse interracial marriage, so long as it is willing to forego the tax benefits of being in compliance with federal civil rights law. The “sanctuary movement” of the 1980’s consisted of churches openly defying immigration laws to provide sanctuary for Central American refugees fleeing civil war. Religious exemptions from vaccination laws are respected in nearly all states.

This independence gives religion unique power when setting the public health “menu.” Historically, a variety of religious groups have sought to expand, restrict, or modify the

*Continued on Page 9*

“A Community Conversation About Health and Responsibility: Vaccines and Beyond” is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.  
BLOG: [Vaccinesandbeyond.blogspot.com](http://Vaccinesandbeyond.blogspot.com)  
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# Planet Waves

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

*Due to publishing Schedule this issues Horoscopes are written by Genevieve Hathaway, Moonshine Horoscopes. Genevieve is an astrologer and Planet Waves contributor.*

**Aries (March 20-April 19)**  
The Sun, Moon and retrograde Mercury are presently meeting up in the area of your chart that has a lot to do with your internal landscape. You can think of this as your most private thoughts and feelings. This astrology is driving you deep into yourself to examine the different aspects of who you are and how they fit together. Part of what you are making contact with and honoring is your own inherent complexity. It may seem like there are potentially competing versions of you, though really they are all part of the same continuum. As you check out these new aspects of who you are, I suggest holding space for all parts of yourself; from there it will be apparent how you can live a lifestyle that does in fact satisfy and fulfill all of you.

**Taurus (April 19-May 20)**  
You are trying to communicate an idea that may seem a little too far out of reach to fully articulate it. Think of it as similar to the sensation you get when something is ‘on the tip of your tongue’. The idea is there, but just out of your grasp. What you are working to express verbally is something that you know innately, but may not be clear for a few close partners. I suggest you proceed with patience; over the next week enough pieces of information will become clear that you will have the words and concepts to convey what you’ve been wishing to convey. Think of it as reverse engineering -- you are taking the pieces and working backwards to the whole concept. It may take a few conversations, but you will be able to innately convey your idea to close partners.

**Gemini (May 20-June 21)**  
Over next week’s New Moon, you are reworking a specific idea you had involving your emotional resources. As an air sign, your natural emotional state is a bit detached; though recently you’ve been making contact with an emotional depth that at times may seem overwhelming. I suggest approaching more sensitive and deeper emotions from something you know quite a bit about -- accuracy. Think of what you are learning as simply expanding your emotional tool belt from which you can draw information to convey how you feel. The more tools you have in your tool belt, the greater ability you have to be very specific with your emotions. As you shift your perspective, you will gain insight into a way to bring depth to your emotional state while still maintaining the distance that you feel comfortable with.

**Cancer (June 21-July 22)**  
On July 8, a powerful New Moon is taking place in your Moon sign. It is meeting up with Mercury, which has been swimming backwards through this area of your chart, allowing you to reevaluate your emotional framework. Think of this experience as checking in to see how you respond internally to the external world; note where you wish to alter your patterns of response. How do you feel and how do you respond to what you are feeling? Many important events, both in your personal life and in the larger public realm, are providing multiple opportunities for you to test new modes of emotional response. I suggest proceeding with a healthy dose of curiosity and willingness

to experiment. The patterns you are creating now will bring lasting changes to how you experience your life.

**Leo (July 22-Aug. 23)**  
Your subconscious is expanding, helping you contact regions you may not have been aware existed. If it feels like you are presently living there more than you are living in your daily life, I suggest not worrying too much about it. Think of this process as re-accessing your conscious self through the back door that is your subconscious. You are in the process of bringing part of your subconscious into your open internal space. At the moment, you are in a unique position of having tremendous clarity regarding what are usually quite murky and unclear parts of yourself. Proceed with an awareness of what you are learning; take the time to let this process fully unfold. Some important pieces of information are becoming available that will help you understand how to work with these newly discovered parts of your subconscious..

**Virgo (Aug. 23-Sep. 22)**  
A partner is applying some pressure for you to change your relationship to a group you are part of. I suggest slowing down and delaying taking any action; instead collect additional data and double-check the information they and you are working with. This partner means well, but they may not be operating with all the information or may be letting personal motives influence their perspective. Double- and triple-check all the motives of those involved. It’s possible something important is not being taken fully into account. Over the July 8 New Moon, new information will be available that will help you in making a decision about your relationship to your groups, and whether it is a mutually beneficial relationship. The key to look for is an arrangement that benefits both you and the group you are part of.

**Libra (Sep. 22-Oct. 23)**  
At the moment, you are in the process of rethinking how your method of communication and your public reputation are related. Their connectedness is becoming even more apparent than usual, allowing you to see how they influence each other. You innately have a lot of respect for the power of words and the idea that what you say can further your position or negatively impact your reputation. Proceed slowly as you reevaluate how you use words in terms of your public image. A few important ideas will be coming to light that will help you make some changes to continually build a strong public presence. Remember that communicating a concept or idea can be done in a number of forms and often involves more listening than speaking.

**Scorpio (Oct. 23-Nov. 22)**  
Next week’s Cancer New Moon is bringing you into contact with your desire nature in a way that you may not have had access to or thought about before. You can think of this as re-inventing an attitude toward what you desire. Important information is coming up for examination. Think of this process like the old style of washing clothes with a washing board. You lather, scrub, rinse, and repeat. As you work and rework a few new ideas, take note of

the connections between them. You are combining these individual ideas and themes into a larger concept that will guide your personal philosophy. What is forming is a new approach to your relationship to desire and the action that follows from this internal information.

**Sagittarius (Nov. 22-Dec. 22)**  
You are negotiating and navigating your way through an interesting maze. The situation seems like the perfect setup for you to demonstrate your self-confidence and faith in yourself. I suggest not worrying about how you are perceived; instead focus on bringing your true self into your encounters with others. Put another way -- that means no facades, white lies or masks. At the same time, you are receiving a reminder to be realistic about who others are. You are in a unique opportunity to have plenty of traction in all sincere exchanges with close partners. Be confident in the person whom you normally keep a few layers below the surface, and who yearns to be fully expressed and present in the world. As you hold space for you to show up fully, close partners will also do the same.

**Capricorn (Dec. 22-Jan. 20)**  
You are working out an aspect of your relationship with yourself through a close partnership, and navigating your way through what may feel like a complex relationship situation. It may come with the sensation that you are negotiating a maze blindfolded. This moment lets you tap into your self-confidence in a manner you did not realize was possible before. Trust that you understand where both you and a partner are coming from and take the time to double-check each other’s motivations through careful conversation. Ultimately, what the situation is calling for is authentic communication: telling your truth and listening to the other person’s honest answer without adding any of your own inner dialogue to what they are saying. This process is bringing you a deeper level of intimacy and that goes a long way to giving you the sensation of

emotional security.

**Aquarius (Jan. 20-Feb. 19)**  
Your health is one of the factors that influences the amount of energy you have to work with. You’ve been learning for quite a while that your energy is a precious resource to be taken care of. You are making significant headway in connecting the dots between your emotional health and physical health. What you are gaining is a shift in perspective that is helping you make some marked changes to your daily routine. Your surrounding environment and your psychic body are all providing you with information on the types of structures that promote feeling strong -- emotionally and physically. This may involve some potentially large changes to your habits and also to what your environment contains. Ultimately, as your health is highlighted, even large changes will seem both doable and important to make in your life.

**Pisces (Feb. 19-March 20)**  
A powerful New Moon is drawing attention to the resources at your disposal -- specifically your creativity and the people you can reach out to, and where those two areas of your life intersect. You are learning to leverage your network of contacts and your creativity to build your vision. Think of your network as your net worth. Who you know and how you apply your creativity to situations will help you make a lot of progress. You are in a watershed moment of understanding some of your past motivations for believing that you did not have the resources to create what you desired for your life. As you work with what you are learning, I suggest applying the approach that what has happened belongs in the past and does not dictate what the future can be -- that is something you continually reinvent to match your evolving vision.

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

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# Positively Speaking

## Monopoly

By Deborah H. Anderson



First the good news, then an apology, and finally an explanation.

It is possible to make Wisconsin Five Cheese Macaroni in the microwave. You just have to remember to put white paper towel or wax paper or a proper dish cover over it so the top bits don't get too crunchy.

Two of the girls from my Northwest Cooking Camp wanted to test the theory and sure enough...bakes great in the zap zone.

The apology? More a mea culpa, please excuse me sort of thing. Goy though I am= that means Gentile= I do know 'atah' is not capitalized and there is no 'h' at the end of 'shema'. Please excuse the errors from last scribblings. Writing my column on an iPhone during this first month of a year dedicated to finishing every writing project is a challenge. Hebrew transliteration is the heftiest of those obstacles.

The explanation?  
Well... about getting drunk at Delta Sigma Phi -Berkeley chapter - my freshman year that I mentioned in the last column....

So they use to truck us women from Mills College to other colleges and universities for social events like we were prime meat on the hoof. We loved it. It kept our class time separate from our social lives. Do you know women answer 27% less if there's a man present? Still.

So there we were at our all women's college learning free of the Y chromosome, but on weekends we were ready to interact. Some of us became enamoured of the guys at Delta Sig... Bob Krahe, Gary Fish, Rich Mazurka, Bill Rubendahl we still talk about you at reunions.

Anyway I was raised by a tea totaling father. Sure Mom had the evening jug of Gallo under the sink next to the dish soap, but basically I knew nothing about liquor.

Freshman year in college I discovered I liked this thing called a sloe gin fizz. We were playing Monopoly at the fraternity house and I was slugging 'em down like they were lemonade. Suddenly I became a killer financial whiz. My grandfather would have been so proud. I was shrewd. I was ruthless. I talked out of both sides of my mouth while I was working deals. It felt powerful and strong. I beat everyone, went to the bathroom and as I was washing my hands, looked in the mirror and said to myself. This is not right. It was fun for a night but don't ever do it again. And that was the end of my drinking career and winning at Monopoly.

The marketing of Monopoly is a lovely story, though it eventually had a lawsuit as part of it's legacy.

Clarence B. Darrow promised his wife he was going to be a millionaire someday. Then the Depression hit. He lost everything and eventually released his wife from her wedding vows because he couldn't support her. She said, "No, let's spend every evening talking about how we're going to spend the money when we've made it". Eventually they made the game parts and long story short he tried to sell it to Parker Brothers. They said it was boring, too complicated and had no easy goal for the players.

He took it to John Wanamaker's department store in Philadelphia. They sold 5,000 copies of the game. Suddenly Parker Brothers declared it was a fascinating game that engaged the players in an exciting way. They offered to buy it for... you guessed it... A million dollars.

I'm not going to tell you the more complicated side of the dispute after the sale. The point is this. Freedom.

We have the freedom to choose how we're going to behave, how we're going to react, what we're going to do with our lives. Rich man, poor man, beggar man, thief. It's all about choices.

Our choices, how we use them and what we do with our freedom is our single biggest legacy in this world. We can be ruthless and shrewd or wise and benevolent or hardworking and thrifty. Whatever your political beliefs, in this country we are all free. No one keeps you down without your permission. Maybe you have to stand up for your freedom, but you are free. Maybe your are experiencing injustice and will have to remove yourself from a situation. But you can claim your own freedom.

This I guarantee, if your are or have been ruthless, shrewd or talked out of both sides of your mouth your are drunk with power and wasting your freedom. Go to the bathroom and look in the mirror. What do you see? What does your inner voice tell you?

Choose wisely what you do with your freedom. Happy Fourth! Be blessed. Better yet, be a blessing!!

Love,  
Deborah



## Vashon Library Programs July 2013

The Vashon Library Temporary Location will be closed for Strawberry Festival on July 20, 2013.

### Children & Families

#### Family Story Times

Tuesday, July 2, 9, 16, 23 and 30, 11:30am  
Held at VYFS PlaySpace, 9822 Gorsuch Road, Vashon, WA 98070.  
Newborn to age 6 with caregiver.  
Come for a fun-filled, half-hour of stories, finger plays, movement and music!  
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.

#### Sammy and the Sandbox Mystery Puppet Show

Wednesday, July 10, 10:30am  
Held at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070.  
Presented by Zambini Brothers.  
Family program, all ages welcome.  
One magical summer evening, Sammy T. Jones (world famous kid paleontologist) unearths something truly amazing in his sand box. Could it be a never-before-seen prehistoric creature?  
Registration not required.

#### I Dig Dinosaurs Concert

Wednesday, July 24, 10:30am  
Held at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070.  
Presented by Nancy Stewart.  
Family program, all ages welcome.  
Take a musical journey to explore the lighter side of dinosaurs. From songs about dinosaurs driving cars to the audience-choreographed "Continental Drift" and, of course, digging for bones.  
A roaring good time is guaranteed!  
Registration not required.

## VFS presents the classic twang of old time country music

Vashon Film Society will screen the foot-tapping music show "Old Farts and Jackasses" at the Vashon Theatre on Friday, July 5 at 9:30 pm for its monthly First Friday Art Film series. The all-star lineup of great musical performances captures priceless performances from the giants of country and will be followed by a live old time music jam.

The classic music clips were curated by Northwest Film Forum and serve as a big screen rebuke to Country Music Association Entertainer of the Year Blake Shelton's rude comment earlier this year about the roots of country music.

Shelton said, "Nobody wants to listen to their grandpa's music. And I don't care how many of these old farts around Nashville going, 'My God, that ain't country!' Well, that's because you don't buy records anymore, jackass."

Merle Haggard, recipient of the Kennedy Center Honors for lifetime achievement, tweeted in response, "On behalf of all the old farts, we forgive you, Blake! But you should do a tribute album! Don't ya think?"

Vashon Islanders will do their own tribute to twangy, all-American country music by singing, clapping and dancing



along to the music of Willie Nelson, Johnny Cash, Merle Haggard and more at the Film Society sponsored show. Bring your guitar to join in the music jam after the big screen show!

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# Island Epicure



By Marj Watkins

## Cold Soups for August in July

According to the Seattle Times, we’re going to enjoy more swimming weather for at least a few days. What we need is cold, but nourishing, soups. They’ll cool us, supply needed moisture, and won’t heat up the cook nor the kitchen. Here’s one that takes only a little low-heat cooking, and another you don’t cook at all..

### Campechana

Magnificent Mexican Seafood Gazpacho

## Road To Resilience

Continued from Page 1

2011. If we are going to have any possibility of accomplishing that resolution, we need to help them produce those workable plans right now, although yesterday would have been better.

An article I recently read said that we had thirty months to get our plans in order. Just so we don’t forget how fast that time is passing, we now have only 28 months.

So, here is what we have to do: agree that carbon reduction is absolutely our top priority, make workable plans that will achieve that goal, and build the moral, political, and economic resolve to implement those plans. It’s important to realize that we only have to muster our personal and collective wills to make this happen.

It may be presumptuous of me, but I see this climate change crisis on an epic evolutionary scale. The human species experiment has been running for a couple million years now. Not a lot of time for the Earth, but impressive to us. In my mind, the most notable trait that distinguishes us from other species is our ability to conceive and act upon a reality outside of the immediate present. Both science and the humanities depend on this ability. We can learn from the past and plan for the future. I think that nature was looking for something faster than genetic evolution to navigate potentially hazardous confluences.

I’ll tell you what makes me tick. We may be midway through the fourth quarter and down by fourteen points, but I’m not ready to concede. For 2 million years, we have been developing the special traits that we would need to face the ultimate challenge that we have now. You and I (!) are alive just now to see if we have what it takes to get us through.

In so doing, I think we will have to understand at a visceral level that we are not separate from all that is; all of “they” and “it” are/is us. Maybe then we will begin to understand what our proper role as a species is on

Cooking Time: 10 min.  
Servings: 4-5  
1/4 lb. true cod, halibut, or other white fish  
¼ lb. small scallops, or large scallops sliced crosswise  
¼ lb. large cooked shrimp, no shells  
2 cups fish stock or clam and oyster liqueur or chicken broth  
1/2 cup tomato juice  
½ cup water

2 Roma tomatoes or 2 small red-ripe round tomatoes  
1/3 cup minced green bell pepper  
1 jalapeño pepper, minced  
2 green onions, thinly sliced, 5-6 inches of tops included  
1 garlic clove, minced  
2 Tablespoons minced cilantro  
Salt and white pepper to taste

Cut fish in bite size pieces. Poach seafood in fish stock until opaque.

Add remaining ingredients. Add water to desired consistency and taste. Chill. Serve in glass bowls.

Tzatziki Thessaloniki  
Greek Cucumber Yogurt Soup Serves: 3  
2 cups plain yogurt  
1 medium size cucumbers, peeled and chopped  
2 cloves garlic, minced  
2 Tablespoons finely minced parsley  
1 Tablespoons minced fresh mint  
Dash salt

Combine all ingredients in food processor. Whirl just until well blended and of soupy consistency. Serve cold.

## Salmon Bake

Continued from Page 1

The meal will feature salmon prepared over an alder fire by the men of the church, plus heaping helpings of side dishes including coleslaw, baked beans, garlic bread, ceasar salad, and for dessert, ice cream. To wash it all down, there will plenty of lemonade and ice tea on tap. New this year is a beer garden for the grown-ups.

The event will also boast live music by the Vashon band Loose Change and fun activities for kids and families including volleyball and basketball games on the new court installed on the church grounds.

Salmon Bake attendees can also take their chances in a 50/50 raffle that day — the winner will receive half the proceeds collected, and the other half will go to the church. Another raffle will be held for a “Critter Control Package,” packed in a brand new garbage can and donated by Vashon True Value.

The most delicious baked goods ever to come out of Island kitchens will also be on sale at the event, and a giant rummage sale will also happen from 8 a.m. to 4 p.m. on the day of the Salmon Bake, as well as the day before, from 8 a.m. to 4 p.m. Saturday, July 27.

Tickets to the Salmon Bake are \$15 for teens and adults, and \$5 for kids ages 5 to 12. It’s free for anyone younger than 5. Tickets are available after all St. John Vianney Church masses during July and at the Vashon Pharmacy and the Vashon Bookshop.

## Ferries

The ferry is the islander’s best friend, He is your sole connection to the world. And even though he’s sometimes running late, He always takes the insults that you’ve hurled.

He carries you in quiet safe cocoon, And soothes you with his rocking lullaby, He’s lit up bright as Christmas when it’s black As pitch outside and stormy tide is high.

He offers you a meal at any time, And alcohol if so you feel inclined. In truth, what other friendship can compare? And even though you buy it, you don’t mind.

By Rowena Hammill

## With the Escaramuzas on Cinco de Mayo

Continued from Page 1

routines are elaborate dances in which the team separates then rejoins to execute precision maneuvers at high speed. Maneuvers include the “abanico” or fan, which requires riding side by side around the rondo like fighter planes. Another maneuver is the “giro” or whirl where the ladies command their mounts to spin in tiny circles, sending the riders’ dress hems flying in a colorful display. The most dangerous maneuver is the “cruces” or crossing, where two riders cross the path of the other six at a gallop, risking a collision. In the “coladera” four escaramuzas make a circle like a carousel and the other four pass between them in pairs.

After all nine teams have performed their amazing routines the “Carrera de Giros” or giro race begins. Three stations are marked in the rondo and each rider in turn races to the first station, performs a whirl then to the next, ending with a slide in front of the judges.

The new documentary, “Escaramuza: Riding from the Heart” is well worth viewing, and if you’d like to see more escaramuza photography, check my website [www. biffle french.com](http://www.biffle french.com).

Biffle French is the National Rodeo Correspondent for the Loop. Find him on Facebook as BiffleFrenchPhotography.

## Part 6: What is choice?

Continued from Page 6

health care menu. One strategy is religiously-based political action. Another strategy is social pressure, which we’ll discuss later. Yet another strategy is the ownership of medical facilities, which are then obligated to follow the religious values of the sponsoring religious organization.

Religiously controlled health care mostly becomes problematic when a single religious group controls such a large percentage of medical facilities that it begins to function as a monopoly. Monopolies of all kinds interfere with individual choice, thus the various legal restrictions upon them. A religious monopoly upon a vital service like health care has some very serious implications. The carefully crafted checks and balances of our political system do not apply to religious organizations, leaving the individual very few medical or religious rights that can be defended. Thus a religious monopoly can endanger both our health care and our religious freedom.

So why would anyone accept a religious monopoly on health care? In general, it’s all about....

### 4. Money

Which is what we’ll start talking about next article. See you then!

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# The American Night Doors Tribute

The Doors were the quintessential American rock band of the late 60s. Their unique sound which blended elements of rock, blues, jazz, psychedelia, poetry, shamanism, rebellion, and live theatre has captured the imagination of every generation. Their iconic front man, Jim Morrison, a leather clad demon poet along with the talents of Ray Manzarek, John Densmore, and Robby Krieger gave audiences a glimpse of ‘The Other Side’.

The American Night, a touring Doors tribute act from Seattle, will treat Vashon with a live recreation of a Doors concert at The Red Bicycle this Friday night. The American Night is a highly acclaimed tribute act that tours throughout the Pacific Northwest. Authentic



instruments, costumes, and psychedelic lighting are used to recreate the experience of a live Doors concert.

Says the band’s singer, Nate Christian “we hear there are a lot of true blue Doors fans on Vashon and we can’t wait to perform for them again. We are really excited about this show.”

This show has a \$5 cover at the door and is open to all-ages

until 11pm, then it will be 21 and over. More information about the artists is available via the Internet at [www.theamericannight.com](http://www.theamericannight.com).

Friday, July 5 at 9pm. This is an all-ages show ‘til 11pm, then 21+ after that. \$5 Cover

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

# Bill Brown & the Kingbees

Bill Brown will be bringing his Kingbees to Vashon for return visit at the Red Bicycle Bistro & Sushi this Saturday night at 8:30pm. Many folks in the Northwest are familiar with Bill’s high energy ‘rockin’ blues show that he’s been performing in the Northwest since 1986. Islanders will remember Bill from his performances at the Beer Garden during Strawberry Festival in years past.

Bill has been likened to Paul Butterfield in his use of the harmonica and his vocals have garnered many a discussion concerning his cultural background. Bill grew up in a farming area outside of Columbus Ohio, listening to his Mothers Lionel Hampton records. Later on, his tastes went to Paul Butterfield’s Blues Band. He actually learned how to play harmonica from a guitar



player, Gary Watson, while hitchhiking from San Diego to Seattle in 1969. Bill was also heavily influenced by Muddy Waters, Little Walter, and Sonny Boy Williamson.

Bill’s love of this genre is evident in the players he surrounds himself with. John Gaborit toured nationally with a band called Krome Circus and Mike Stango toured Asia with a band called Cece Rider. Tony Handy toured with Rose

Royce from Los Angeles; many know them from their #1 hit Car Wash. More often than not, they are joined by Jim Smiley on keyboards. Jim toured with Bill Brown from 1990 until 2003 and then went on to do solo performances....but he’s back, playing with Bill Brown full time and busy writing and arranging music for Bill’s next album of all originals!

All of these road veterans of the music business are sure to entertain you at this upcoming show at the Red Bicycle. This is an all-ages free event until 11pm, then it will be 21+ after that.

Saturday, July 6 at 8:30pm. This is an all-ages show ‘til 11pm, then 21+ after that. FREE Cover  
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# Spotlights First Friday

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# Tarana, A New World Music Ensemble Releases it’s First CD



Tarana, a World Fusion group including Islander, Jason Everett will be releasing its first recording at a CD Release Concert on July 6th at the Vashon Havurah. “We have been in the studio working on this project for over six months and we are really excited to share it with the people of Vashon and the world,” says Everett.

Tarana performs mostly original compositions influenced by several world cultures including Indian, Arabic, Eastern European, Latin and Flamenco styles. “We play music inspired by the types of music we love,” said flutist Ann Lindquist. “We blend these styles in a way that is very similar to jazz fusion in that there is lots of room for improvisation. We love stepping into the energy of the moment in the music...it makes it fun for the artists and the audience,” she added.

The CD features original compositions by Everett and Lindquist, but most of the work was composed by guitarist Kenyon Curtiss. “Some of these tunes I have been working on for several years and others were just ideas when we started,” he stated. “I am really pleased how they flow together with Jason and Ann’s pieces.”

In addition to playing guitar, Curtiss plays mandolin and a

unique instrument called the glissentar; an 11-stringed fretless guitar. “It is a challenging and rewarding instrument to play,” he added. “I love it!”

Attendees will see other unique instruments at the show including a contra-bass flute which is about seven-feet long and played standing up, a triple flute that plays three notes at once, Everett’s seven-string fretless bass and the tabla, which are Indian hand drums.

“My mom came up with the name, Tarana” explained Anil Prasad who plays tabla for the group. “My mom is famous in India for her classical Ghazal singing...in fact, she released several successful records and even played sitar with the Beatles. When she heard us jamming in the early days, she said we should be called ‘Tarana’ which means ‘waves of sound.’ Everyone knew right away that was it.”

The band not only named the CD “Waves of Sound” in her honor, but dedicated the recording to Prabha Devi for all of her guidance with the ensemble. “We also like that the name has dual meaning and honors our own part of the world with our waves of sound on Puget Sound,” added Lindquist.

“There is growing interest around the globe for World Fusion music,” added Everett. “We are pleasantly surprised by the interest we are seeing on social media from around the planet. In just the last few months we have added nearly 3000 fans on our Facebook page many of whom are from India and Southeast Asia.”

The performance is well-suited for music lovers of all ages and tickets are a suggested \$10 but no one will be turned away for lack of funds. “We are blessed to be able to play our music and share that blessing with anyone who wants to listen,” added Curtiss.

People interested in hearing a sample of the CD can find it on youtube at [www.youtube.com/watch?v=Y55CM\\_9PM2A](http://www.youtube.com/watch?v=Y55CM_9PM2A) [www.facebook.com/TaranaWorldFusion](http://www.facebook.com/TaranaWorldFusion) or Tarana’s website [www.taranaworldfusion.com](http://www.taranaworldfusion.com)

## Song of Maury Island

In the morning I walk down to the beach,  
For there are no mountains here to climb.  
I descend through forest,  
The dogs are my joyful companions.  
I clamber onto the rocky shore  
And drink in draughts of calm water and far peaks.  
I choose a shell, or stone,  
It is my memento of a special time and place.  
I return uphill -  
This way is a struggle.  
But in the end I am refreshed,  
For the day is already my friend.

By Rowena Hammill

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# High and Lonesome



High and Lonesome was formed in 1985 and played all the bluegrass festivals throughout the Northwest, recorded an album in 1988 and released it in early 1989. They broke up at the end of 1989, but reunited in 1993 and were hired to play 3 shows at the very first Wintergrass Bluegrass Festival that year. High and Lonesome did some shows on Vashon, one at the Land Trust building and one at Strawberry Festival in the late 80's.

High and Lonesome has reunited and will be performing at the Darrington Bluegrass Festival this coming July, 24 years after the last time they performed there. Earla Harding, founding member of the Wintergrass Blues Festival, recently said that High and Lonesome was one of the greatest local bluegrass

bands ever.

The mix of music High and Lonesome will be doing will be solid as a rock classic bluegrass and traditional pre '70's classic country music. Islanders will recognize Tab Tabscott on dobro/pedal steel guitar and vocals, as well as John Schubert on guitar and vocals. They will be joined by Pete Martin on mandolin/fiddle, Al Hutteball on bass and Rich Jones on banjo/guitar and vocals.

If you love bluegrass, you'll love this show! Friday, July 12 at 8:30pm. This is an all-ages show 'til 11pm, then 21+ after that. FREE Cover

At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
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# Americana Folksinger Night at Nirvana

Touring across continents, Josh Harty's unique blend of American music has become a must-hear for those who keep the tradition of country, blues and folk close to their hearts. Born and raised on the plains of North Dakota, Josh has continued the old family tradition of playing guitar. His father, both a preacher, and the Police Chief of their small town, was also Harty's music mentor.

In the past decade Josh has put out three critically acclaimed albums, while touring continuously across Europe and North America, and shows no signs of slowing down. More than just moving along, he's spending plenty of time in the communities along the way. Josh is always looking for that balance between the rolling road and the people who inspire him, trading stories around kitchen tables and theatre stages.

Some things are just meant to be. The chances of Naomi Hooley, from a small town in Alaska, meeting Rob Stroup, from a small town in Oregon, were pretty slim. But it happened... and from the moment they met it was clear they were destined to combine their abundant musical talents. Rob is the perfect producer, co-writer and band mate for Naomi's melodic, energetic and thoughtful keyboard driven power pop. Naomi is a prolific song writer with a unique style and vocal signature. The local press has called her voice "cool and powerful" and her songwriting "masterful". She has that certain something that leaves audiences yelling for more and listeners hitting the replay button.

Take the melodic sensibilities of the great folk writers of the 70's like Jim Croce, Gordon Lightfoot, and James Taylor - and combine that with vocal power of Adele or Annie Lennox, and you might begin to understand the talent of Naomi Hooley. Rob's musical background brings a whole other set of sounds and influences. A



founding member of Portland's beloved roots rock combo The Baseboard Heaters - Rob draws on 60's rock and classic country influences. Also informed by the "Oklahoma sound" of JJ Cale and the bluesy sides of Dylan. Together - they cover a lot of ground. But somehow - it melds together in a very cohesive and polished act. Singing songs from Naomi's solo record It was a Great October, songs from Rob's bands and former bands (Rob Stroup & The Blame, Imprints, Baseboard Heaters), and a good selection of songs from their new powerful Rock band Moody Little Sister - there is something for everyone. And all of that delivered with a powerful piano and acoustic guitar combination and amazing harmonies, with a side of story telling.

Naomi and Rob have taken this act all up and down the West Coast and have been very well received by a very diverse group of audiences. They are available to perform in your home or yard as a private house concert or in your coffee shop or music club.

Saturday July 13, 8:30PM - No Cover.  
At Nirvana, 17526 Vashon Highway SW, Vashon, WA 98070 • 206-463-4455

# Flamenco returns to Vashon July 18 with Girasoles



Seattle's only native Flamenco dancer, Savannah Fuentes returns to The Vashon Island for another presentation of Traditional Spanish Flamenco music and dance. "Girasoles" ( sunflowers) Summer Flamenco Tour will kick off at 8:00 p.m. at the Vashon Maury Grange and will be presented in 5 states. Savannah will be joined by singer Jesus Montoya of Sevilla, Spain and Bulgarian guitarist Bobby de Sofia. Only 100 seats available.

suggested donations available at [www.brownpapertickets.com](http://www.brownpapertickets.com), kids \$8, General Admission \$20, VIP Sponsor \$35

Thursday July 18th at the north end Grange hall at 8pm

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July 6, 8:30pm  
Bill Brown & the Kingbees

July 12, 8:30pm  
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Loopy Laffs

LOGJAM



BY Jeff Hawley

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BY Jeff Hawley

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TREE-HISTORIC  
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250 JILLION YEARS  
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