

VOV Builds Support for a Community FM Station

By Richard Rogers

During Strawberry Festival weekend, in the span of just 16 hours, Voice of Vashon volunteers collected over 1,500 signatures on a petition to the Federal Communications Commission (FCC) in support of a community FM radio station on Vashon Island.

If the license is granted, perhaps sometime next year, it will be the culmination of a dream first imagined by the late Bill Morosoff and Voice of Vashon's Steve Allen in 2001. A community group including Bill Wood, Jeff Hoyt, Susan McCabe and many other volunteers pulled together when initial studies made it seem that a community FM radio station might be possible. Sadly, the first license attempt failed in 2003 because the old FCC rules made it extremely difficult to find a clear frequency on the dial. This new license application, to be filed in October, has a much better chance of success because the new rules have been changed to allow more community radio stations on the air.

"We have a lot more hope for getting a license this time because the new rules are less strict," says Steve Allen, a veteran broadcast engineer. "Also, the FCC has denied hundreds of applications for so-called translator stations that re-broadcast a single station over a wide area but suck up frequencies that might be used by small rural communities like ours."

Thanks to community donations at



VoV vice president Rick Wallace and other volunteers gathered signatures during Strawberry Festival. Photo by Tom Nicolino

Festival, combined with grant funding from Puget Sound Energy, VoV has now covered the cost of the license application. Very sophisticated engineering studies will be required under FCC rules to prove the Island's community radio station will comply with FCC regulations aimed at preventing interference with stations on the mainland.

VoV Community Outreach Coordinator Susan McCabe has been working all year, gathering endorsements

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OCCU leases Bank of America building

By the end of the year Vashon Island residents will have the option of two credit unions on Vashon Island. Our Community Credit Union based out of Shelton, Washington has announced its plans to expand to Vashon Island. OCCU will offer services to residential and business customers, offering commercial loans and merchant account services. The new Credit union will also be making safe deposit boxes available to both residential and business customers.

Patte Wagner at Puget Sound Cooperative Credit Union welcomed the addition of another credit union to serve the Islands needs. She noted that this will greatly improve the offerings to businesses on Vashon that wish to bank with credit unions.

OCCU emailed this statement to the Vashon Loop.

Our Community Credit Union is pleased to announce that they will be partnering with Vashon East Shopping Center to begin leasing the building that Bank of America will depart on November 1, 2013. The 25,000 member, \$270 million credit union based out of Shelton Washington, answered the call of Norm Mathews, managing partner of the Vashon East Shopping Center to become a part of the Vashon community. "We felt it was a good fit, says Norm, I spoke with CEO Bert Fisher over the course of several weeks and really liked the credit union's philosophy of local involvement and hands-on approach to member service."

OCCU formally Simpson Employees Federal Credit Union was formed in 1941 by



a group of loggers who were unable to get a loan through traditional banks. Since then the philosophy of people helping people has been the guiding principle of how the credit union operates. As a cooperative credit union they help families and business owners save money by offering low or no fee services.

"We're excited to get to know the people of Vashon and develop relationships with the families and businesses in the community," says Bert Fisher, President/CEO of OCCU.

The credit union hopes to open their branch by the end of the year. This is their 7th branch with other locations in Shelton, Union, McCleary, Elma and Montesano. You can learn more about the credit union and the services they offer at www.ourcu.com.

Bank of America is currently installing a new automated banking center in the parking lot of the Vashon Market Fresh IGA, located on the Westside of Vashon town off 100th Ave. The new bank machine should be operational before the closing of the Vashon Bank of America branch. The new automated banking center will be the only Bank of America location where customers can still withdraw money, make deposits or transfer funds on Vashon Island without incurring fees.

The Road to Resilience Skill Sharing

After the Ingenuity Tour last September, I had in mind that we could hold a series of workshops to teach specific skills that were exhibited in the tour. Unfortunately, I always have more things that I want to do than time or ability to do them, so my follow through average is not so hot. We are well into planning for the next Ingenuity Tour this Sept 21, and have great hopes of matching or exceeding the success we had last year. Now as to the more in depth skills sharing, I have a much grander idea that will require the time and energy of a lot of people to put on. I'm putting the idea out now so we can consider holding our event a year from now.

What I have in mind is a skillshare fair. Since we quit repairing things or doing a lot of things for ourselves, we have forgotten skills that our parents or grandparents or somebody they knew had. However, we all have skills that we can teach each other.

For instance, I have to confess that as much as I've read and accumulated the proper tools, getting a really good edge on a kitchen knife is still mystifying to me. I can't seem to get that razor edge that glides through the carrots and

By Terry Sullivan, Transition Vashon

immediately parts a tomato skin. How often have you had a tool or appliance stop working and your only recourse was to send it back to the factory at great expense or buy another one? More often than not, the easiest solution is to dump the old one and buy a new one. Because of our lack of skill, the non working machine which may have required a 15 minute repair is thrown in the garbage with 99% of its parts in perfect working condition. I think everybody agonizes over that to some extent. We can't afford to waste the time and resources put into those parts. We also can't afford to frivolously manufacture millions of new tools from increasingly scarce resources. In the transition movement, we have often talked about caretaking our finite fossil fuel supply, but we can't ignore all the other minerals as well. It's true that we are getting a lot better at recycling our minerals, but we can't continue to operate an economy that sees ever more goods and ever more consumption as inherently good.

Another set of lost skills revolves around making useful things out of the plants, animals, and materials we find all around us. This includes growing, preparing, preserving food, knowing

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Sad Seal Story

By Orca Annie Stateler, VHP Coordinator



Newborn Harbor Seal pup at Gold Beach, waiting for Mom. Orca Annie photo

Harbor Seal pupping season is off to a tragic start on Vashon. On July 25, a pup recovered from the beach at Dilworth died in transport to rehab. The pup was dehydrated and malnourished because the mother could not nurse her baby regularly. Too many people hovering around the pup or otherwise disregarding the Marine Mammal Protection Act (MMPA) -- federal law that protects seals -- deterred the mother from coming ashore to feed her baby.

A much-publicized episode with a "weaner" seal in Henderson Inlet illustrates the challenges facing marine mammal stranding responders. The public generally dislikes hearing that we do not routinely intervene with every solitary pup. Scarce resources and funding limit response capacity -- can



you say "sequestration?" We do not handle seals as if they were stray puppies and kittens.

The Henderson Inlet "weaner" is at a Harbor Seal haul-out site with dozens of seals. At more than four weeks old, he is old enough to find his own food. Several mothers rejected him before he found one willing to let him nurse alongside her own younger pup. Do not expect such a Disney ending on Vashon. We have no large seal haul-outs nearby, so another lactating mom is unlikely to indulge a forlorn pup here.

Hauling out is normal pinniped behavior. Pinnipeds -- seals and sea lions -- do it everyday. They come ashore to rest, thermoregulate, mate, give birth, nurse young, and molt. In urban Puget Sound, pinnipeds use manmade structures and even large marine debris because many shorelines are unnatural and highly developed.

Typically, seal pups on shore are not abandoned or ill. Mother seals leave

Continued on Page 5

RENT VS. PURCHASING..

The Vashon real estate market is more affordable than ever with today's low property values and record low interest rates. Now is the time to make a home for yourself or purchase an investment property.

Rental: a typical rental cost ranges between \$1,100 to \$1,600, size, amenities, location dependent.

Purchasing: There are costs and fees to purchasing a home, but once those costs are completed, there are regular, monthly costs that are as manageable, if not more manageable, than a rental.

EXAMPLE: If you purchase a \$250,000 home with a 15% down payment, financed by a loan with a 3.75% interest rate, your approximate monthly payment of principal and interest would be around \$981.50. If you structure your payments to include monthly portions of property taxes and mortgage insurance, that payment will be bumped up to approximately \$1,250 per month. **

Of course, homeowners shoulder more day-to-day costs of maintenance and utilities. But the payoff is: when you sell your house, you get a good portion of that amount back. When you rent, you don't--you pay off your landlord's mortgage, and when they sell their investment property, they get a good portion of your money back.

Call a Windermere agent to learn more about the home buying process.

** (Prop. tax (est.) \$2,400/yr, Insurance (est.) \$840/yr - mortgage insurance may be required. Rates in this example are not guaranteed rate quotes, used only for sample purposes. Contact Licensed mortgage professional for accurate rates, fees & APR)

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PANDORA'S BOX

Thanks for another great festival, we hope you all enjoyed the music.
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Fisher Needs A Home...

Fisher was found hanging out near the high school fishing for some extra curricular activities. No one has claimed this boy. Since Fisher has been at VIPP we have found him to be very sweet boy with a wonderful personality. He can get overly excited in his play so he would be best with a family with older kids. Fisher does not do well with dogs. Fisher came to VIPP on 3/27/13.



Go To www.vipp.org Click on Adopt

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Get in The Loop

Submissions to the Loop

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

Water district 19 board meeting

Water District 19's next regular board meeting scheduled for August 13th, 2013 in the office board room (17630 100th Ave SW, Vashon) at 4:30 PM.

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The Vashon Loop

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

SUV Afloat Beach Party!

Sunday August 4th 2-5 PM at Jensen Point
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These and other activities free for all:
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Duo Finelli Clown Show

Local comedy team Duo Finelli will present a brand new clown show for children and families on Sunday August 11th at the Vashon Cohousing Common House. The ladies of Duo Finelli have been in the laboratory developing new dance and slapstick routines for premiere at international festivals. Come join them for a fun filled preview of their new work right here on Vashon.
Vashon Island Cohousing, 10421 SW Bank Road, Sunday August 11, 3 pm. \$5-10 sliding scale, no one turned away for lack of funds. duofinelli.com

The Art of Physics & Comedy - KIDS IN MOTION

Inspired by the great classic clowns Buster Keaton and Charlie Chaplin, Open Space's The Art of Physics & Comedy: KIDS IN MOTION returns for a second fun and fascinating year.
In the mornings, students will work with Barbara Gustafson to experiment, design and build. Classes will introduce the budding architect, engineer, drafter and contractor to the types of human-made structures that are a part of our lives, the forces each structure endures, and the process involved in designing and building various structures. Students will run experiments, test building materials, and build numerous models. The culminating project will be the design and building of a model amusement park.
In the afternoons, renowned performer and teacher Mik Kuhlman will apply the principles of physics to physical comedy. Students will explore how classic movements and sketches embody the laws of physics and motion - and have a fabulously time moving!
Tuition: Please inquire, sibling discount available. Need a scholarship? Please let us know. Contact: info@openspacevashon.com or (206) 408-7241

Looking to Hire: Communications Director

Vashon Allied Arts is seeking a seasoned and versatile Communications Director to develop and implement public relations and marketing strategies for VAA's dynamic programming. The successful candidate will have excellent written and verbal communication skills, media relations experience, strong organizational skills and the ability to multi-task, work in a team environment and meet deadlines. Proficiency with Microsoft Office, website CMS, graphic design and Adobe Creative Suite is preferred. Part time to start, possible full time in 2014. Send cover letter and resume to Angela@vashonalliedarts.org - No phone calls please.

Next Edition of The Loop Comes out Thursday, August 15

Deadline for the next edition of *The Loop*
Friday, August 9

Fire Marshal calls for burn ban in King County

As hot and dry weather conditions continue, the outdoor fire danger has increased. In response King County is issuing a fire safety burn ban in unincorporated areas of the County effective July 29, 2013. This is a Phase 1 burn ban and applies to all outdoor burning except for small recreational fires in established fire pits at approved camp grounds or private property with the owner's permission. Recreational fires must:

- Be built in a metal or concrete fire pit, such as those typically found in designated campgrounds; and not be used as debris disposal;
- Grow no larger than three feet in diameter;
- Be located in a clear spot free from any vegetation for at least 10 feet in a horizontal direction, including at least 25 feet away from any structure and allow 20-foot vertical clearance from overhanging branches; and
- Be attended at all times by an alert individual and equipment capable of extinguishing the fire.

For properties located within cities, please contact your local jurisdiction for requirements. This ban remains in effect until further notice.

For more information, visit the King County Department of Permitting and Environmental Review Fire Marshal website at: www.kingcounty.gov/property/FireMarshal/BurnBanInfo.aspx

Vashon Social Dance Group

Saturday, August 3, 2013 at our Vashon Social Dance Group dance we will have a Country Two-step pre-dance lesson. This month we will have guest instructor Scot McKay, my all time favorite Country Two-step dancer and incredibly friendly and encouraging instructor. He is awesome! Come for a C2S lesson from 7 - 8 pm and stay for some practice time and other dancing from 8 - 9:30 pm. Suggested donation \$10. No partner needed, we rotate often. Come join the fun and dance with Scot and the rest of the VSDG at the Ober Park performance hall for a great night of dancing.
Come alone or bring a friend, just come and get prepared for summer dancing!

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online www.vashonloop.com**

Nirvana’s New Chef & Music Scene

By Richard Rogers

Nirvana Modern Cuisine & Libations has been serving Pacific Northwest and Global cuisine since last fall when it changed from an Indian restaurant. “Our guests at Nirvana really enjoyed the variety of Indian cuisine we offered” says co-owner Rohit Sharma “but now Nirvana satisfies more people’s tastes with a wide variety of regional and global dishes”.

Carly Ward is the chef at Nirvana now and she is very enthusiastic about the new summer menu. “Nirvana is a very unique restaurant in Vashon’s dining scene and I’m happy Ro and Shivali have given me the opportunity to create a fun and interesting take on traditional favorite dishes. We serve dinner every night and breakfast on weekends.”

With a degree in Culinary Arts, Carly began working professionally at a Seattle catering company, was a cook at McCormick & Schmick’s and Chez Gaudy in Seattle, and most recently was a chef at The Hardware Store Restaurant on Vashon. With her mother, Carly grows fresh herbs, fruits and vegetables at Vashon’s Humble Bumble Farm and enjoys preparing dishes with fresh Island produce when it’s available. You can find a variety of delicious eats on the menu including calamari, prawn skewers, baby back ribs, and even pho. They also have what many people in town are saying is the best burger on Vashon called ‘The Weary Traveler’ due to its Wisconsin origin. Local fruits and veggies are also incorporated into the specials, which change from week to week on the fresh sheet.

Rohit Sharma comes from a family with extensive restaurant experience. “My family and I have run restaurants in the Los Angeles and San Jose areas for many years and have been successful at creating lasting relationships and an atmosphere where families love to dine. We feel this



Chef Carly Ward at Nirvana Modern Cuisine & Libations

is happening now at Nirvana on Vashon.”

Rohit, who has lived here for a couple of years with his wife Shivali, “loved meeting and talking with so many warm, wonderful people here. Vashon has been very kind to us, and when we are away we miss it like an old friend.”

Speaking about Nirvana’s goal, Shivali says “Exceptional food, beautiful atmosphere and wonderful service are the keys. Beginning last fall, we envisioned a cool place on the island for a great meal, creative cocktails and live music. We brought in a new chef, remodeled the bar and now, with Carly Ward as chef and Pete Welch at Vashon Events booking some awesome music acts, our vision is complete.”

Nirvana is open Monday through Friday 3 pm to 10 pm and Saturday and Sunday 8 am to 10 pm. Check out the menus and make reservations at NirvanaVashon.com.

August Art Film series showcases dancer-filmmaker Dayna Hanson



Vashon Film Society presents dancer Dayna Hanson’s comedic experimental film “Improvement Club” on Friday, August 2 at 9:30 pm for its monthly Art Film Series.

The hybrid feature blends elements of musical comedy, dance film and mockumentary as it follows a ragtag Seattle performance group’s ambitious attempt to stage an all-singing, all-dancing re-telling of the American Revolution.

The film received enthusiastically attended screenings at SXSW and SIFF as it touched an audience nerve about what filmmaker Hanson calls “the exhilaration and humiliation of making art in America today.”

The screening is part of Vashon Film Society’s monthly series that invites Gallery Cruise attendees to catch one-time screenings of independent, foreign and critically acclaimed documentaries at the Vashon Theatre after the art walk. Admission is just \$7.

Vashon Island Hosts Third Annual Northwest Salmon Derby

A wise man once said: “There’s a fine line between fishing and just standing insensibly on the shore.”

More recently, an even wiser man said: “Why not fish from the shore or launch a boat and participate in the 2013 Vashon Island Picnic & Pink Salmon Derby, Saturday, August 24, at Dockton Park, when there is CASH \$\$\$ to be won? (We want to encourage shore fishermen to enter the derby too!)

Why, indeed? The organizers of the Vashon Derby are proud to be one of the 15 derbies in the Northwest Salmon Derby Series. Lead organizer, Islander Gene Kuhns, has worked hard each of the past three years to bring the Derby (benefiting Vashon’s IFCH (Interfaith Council to Prevent Homelessness)) to the waters of Outer Quartermaster and beyond.

Weigh-in begins that Saturday at 10am and continues until 12 noon – precisely (anglers: don’t be a second too late!)

From noon to 2 pm, following the weigh-in, there will be a free community potluck picnic and barbeque grilling (just follow your nose and all the happy grins to the area just beyond Dockton Park playground). All are invited to come, angler or no, and don’t forget to bring a favorite item to grill and one of grandma’s dishes to pass.

Also don’t forget about the prizes. This year they’re bigger and better:

Adults (17 yrs +): 1st Place, \$1,500*; 2nd Place, \$750*; 3rd Place, \$250*. (*based on 200 entrants)

Youth (12-16 years): first place is \$125.

Children (2-11 years): first place is \$62.50.

For Youth and Children, there will be cash prizes awarded for 1st – 10th place.

In the wake of last year’s Derby, Gene Kuhns was ecstatic about prying 67 fishermen away from the region’s larger and better known derbies and was happy to see 12 hatchery-raised beauties landed and weighed. Twelve fish were registered in 2012 with the largest being 12 lb 13 oz. landed by Islander Dan Rice. Dan duly received a check for \$480.

Last year’s Dockton Derby also benefited the Interfaith Council with a donation check in the amount of \$500.

The NW Salmon Derby Series grand prize last year was a River Hawk boat that went to Lon Hayne of Bellevue. Lon won the boat by participating in the 2012 Edmonds Coho Derby. The 21-foot River Hawk boat was rigged and outfitted at Cabela’s and placed on display at the Seattle Boat Show this past January.

This year’s grand prize is a fully-loaded 21’ River Hawk boat powered by a Merc 4-stroke 150HP engine, the total boat package valued at \$55,000!

The NW Salmon Derby Series also has a Mercury Marine Challenge. Adult 1st Prize will be \$3,000; 2nd Place, \$2,000; and 3rd Place, \$1,000. (If your primary power is a Mercury Marine Engine 2008 or newer)

Tickets are \$25 (adult), \$10 (youth), and \$5 (child) and can be purchased by going to www.brownpapertickets.com (search: Vashon Island Pink Salmon Derby).

For rules and information, please go to www.vashonifch.com

Additional details on the grand prize & Mercury Challenge can be had at www.northwestsalmonderbyseries.com.

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Vashon Island Quilt Guild

2013 Quilt Show Ribbon Winners

Best of Show - Poppies by Paula Finlinson
Best Hand Quilted - My Friendship Spools by Ann E. Rindge
Viewers Choice - My Friendship Spools by Ann E. Rindge
Show Favorites -
Choco-O-Latte: Paula Finlinson
What Would Sue Do? Jean Jones
Fly Away: Jo Ann Bardeen
Millefiori: Ann Maher
Eric & Tera’s Wedding Quilt: Mary Langland, Family & Friends



Paula Finlinson’s quilt “Poppies” was the winner of the “Best of Show” ribbon.

Large Quilts
1st Place: Mountain Celebration - Pat Stougard/Phyllis Manus
2nd Place: Eric and Tera’s Wedding Quilt - Mary Langland/Langland Family
3rd Place: Another Very Green Irish Chain - Margaret Bickel

Medium Quilts
1st Place: My Friendship Spools - Ann E. Rindge
2nd Place: Navajo Rose - Pamela Davis
3rd Place: Fly Away - Jo Ann Bardeen
Honorable Mention: Pumpkin Pie in Green - Barbara Jansen

Small Quilts
1st Place: Poppies - Paula Finlinson
2nd Place: Harmony - Paula Finlinson
3rd Place: Hattie - Kathy Pierce
Honorable Mention: Summer Flowers - Judy Dohm
Honorable Mention: Quilting Bee Tree - Ann E. Rindge

Extra Small Quilts
1st Place: Blue Heron - Kirsten Proffit
2nd Place: Quadrifolia - Ursula Dashiell
3rd Place: The Demon Tree - Barb Trenary
Honorable Mention: Myron’s Campfire - Barbara Jansen
Honorable Mention: Cosmic Burst - Joanna Guglielmino

Block of the Month
1st Place: Choco-O-Latte - Paula Finlinson
2nd Place: Oh My Stars! - Judy Dohm
3rd Place: Stars in My Flower Garden -

Ann E. Rindge
Honorable Mention: Block of the Month - Barb Jansen
Honorable Mention: Pointless Stars - Kathy Pierce

Wearable
1st Place: Sweatshirt - Sharon Aukland
2nd Place: Bentley’s Baby Jacket - Christine Millican
3rd Place: Child’s Jacket - Christine Millican

Art
1st Place: Hibiscus Brilliant -Kathy Pierce
2nd Place: Blue Clematis - Georgia Galus
3rd Place: No Name - Cyndi O’Brien
Honorable Mention: Pizza Pillow - Mary Jacobs

Challenge
1st Place: What?! I’m Moving my Sewing Stuff Again?!? - Su DeWalt

Miscellaneous
1st Place: Table Runner - Nancy Zellerhoff
2nd Place: Purse - Sharon Aukland
3rd Place: Table Runner Wintergraphix - Sharon Aukland

Seasonal
1st : Winter Wonderland - Pat Stougard
2nd: Snowmen A to Zzz - Barb Jansen
3rd: What? Who Me?! - Sharon Aukland



Suzan DeWalt’s quilt won first place in the Challenge Quilts category.

The Dorsal Spin

Continued from Page 1

their pups alone, sometimes for many hours, while they forage offshore. Pups nap on beaches, rafts, boat ramps, stairs, and bulkheads. Inexperienced or first-time mothers are more likely to park their pups in less desirable, high-traffic areas, such as the boat ramp by La Playa Restaurant and busy beaches at Point Robinson, KVI and Dilworth.

Newborn seals look appealing and helpless on land, but resist the impulse to touch or feed them. Do not move them, pour water on them, cover them with blankets, or put them in a backpack, car, bathtub – aargh! Stay 100 yards away from pups on shore; respect their space.

Harassing marine mammals violates the MMPA. Harassment or disturbance occurs when people impede a marine mammal’s ability to hunt, feed, rest, breed, communicate, socialize, or care for young. Moreover, frightened seals can bite and transmit diseases to dogs and humans.

If people and dogs loiter around a seal pup, thereby preventing Mom from returning to nurse her baby, Mom might ditch the pup. Disrupting feeding and maternal bonding jeopardizes pup survival. Interfering with natural behavior by “rescuing” a seal pup who is not in trouble imperils the pup’s adaptability in the wild. Seal rehab centers have severely limited space, and pups released from rehab face an uncertain future. Studies show that they do not hunt as proficiently as wild-reared pups. People are poor substitutes for seal mothers.

Inadvertently, waterfront-dwelling

humans are encroaching on seal habitat. We must be considerate and learn to share the shore with seal moms and babies during pupping season, which is July to September on Vashon-Maury Island. Check out NOAA’s “Sharing the Shore with Harbor Seal Pups” fact sheet at www.nwr.noaa.gov/Marine-Mammals/Stranding-Information.cfm.

We urge Islanders to immediately report seal pups on beaches where crowd control is an issue. Many incidents involving seal pups can be harmoniously resolved with a phone call to the VHP. Posting a seal sign on private property is problematic – the signs often go missing or become beach trash. With help from compassionate neighbors, we would prefer to designate informal “Seal Sitters.”

Annual Harbor Seal pup mortality is a sobering 50%. As stranding responders, we habitually confront the distressing sight of dying or dead marine mammals. Human intrusion contributed to the Dilworth pup’s death. Seal pups should not die needlessly from ignorance and insensitivity.

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 vital data collection efforts by Mark Sears and other researchers, and sustain an accurate record of whale sightings for Vashon-Maury and Central Puget Sound initiated three decades ago. Check for updates at Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

The Icebugs of Grylloblattaria, and Other Critters

By Mary Tuel

This has been the most beautiful summer I remember in years. Day after sunny day dawns, and we put on our shorts and tank tops and sandals, those of us not restricted by bothersome things like jobs (“Bwa-ha-ha-ha,” says my retired husband), and go out to meet the delirious, delicious summer day.

We water our gardens, we admire the blooms of our flowers, we revel in the sweet juiciness of our homegrown fruits and vegetables. I myself have five tomatoes on my single tomato plant, and if the weather holds, they may have time to turn red. Meanwhile I love to touch the leaves and smell the tart muskiness of tomato plant, a scent that says, “summer” to me.

The sun discourages, but does not stop, the slugs. I got some of that “safe” slug bait and while it may kill slugs, and I’m not saying I have any proof of that, it is apparently a tasty treat for mice.

Our son said that every time he went out on the kitchen porch, he heard the scurrying of little feet and saw mice bailing out of the slug bait container and running away. I never saw these mice, but a quick check of the slug bait stash revealed a liberal sprinkling of mouse turds among the few remaining pellets.

Rather than trying to trap and kill the mice, I figured that when the slug bait was gone, the mice would forage elsewhere. Let the problem resolve itself, I thought.

NOTE: this method may work with mice, but I have been informed it does not work with raising children. Little tip for you young parents, although nothing you do or do not do will forestall the day 10 or 20 years from now when your adult children will

tell you the mistakes you made as a parent. Be of good heart – being blamed for our mistakes is a little service that parents provide for their adult children.

Another feature of this long hot summer is that the spiders are spinning early. Usually I don’t run into spider webs until August, but this morning I had to clear a web before I could walk out the kitchen door. I can only imagine the size and extent of the webs we’ll have in September.

The mosquitoes have been numerous and hungry this year. Eh, that’s usual here on the edge of the woods.

We had one branch of tent caterpillars in the apple tree, and my non-identical twin Becky happened to drop by and cut the branch off so I could dispose of the caterpillars. An hour or so later we looked out in the yard and there was a large deer eating the leaves off the non-caterpillar part of the branch. We chased the deer away, but it came back later and finished the job, plus stripping my rose bushes of leaves and roses.

Lastly I mention earwigs. Earwigs comprise the insect order Dermaptera, according to Wikipedia, which also says, “Many orders of insect have been theorized to be closely related to earwigs, though the icebugs of Grylloblattaria are most likely.” The icebugs of Grylloblattaria! Isn’t that glorious? Doesn’t that sound like a science fiction novel?

But I digress.

Earwigs like to inhabit crevices. We all know this from experience. Quite often earwigs will inhabit crevices in flowers I bring in from the garden and a few hours or days later I find earwigs crawling across the kitchen table, or the kitchen counter, or the living room rug. I have an irrational dislike of earwigs, and will usually crush them without hesitation or compunction. They give me the creeps.

So it was extremely creepy when I opened up my bedside CPAP machine the other night and found an earwig inside. Ugh. I walked it into the bathroom and sent it for a quick swim in the bathroom sink. Beats me how or why it got into my machine. The darn thing simply showed up. I guess that’s why I don’t like them – they’re always sneaking up on me. Give me the oogly-wooglies.

Even the most wonderful summer is bound to have some down sides, but all these critters aren’t stopping me from enjoying this summer. Hope you are enjoying your summer, critters and all.

“Grylloblattidae is a family of extremophile and wingless insects that live in the cold on top of mountains.” – Wikipedia. Now you know.

2013 Vashon Sheepdog Classic Includes a New Focus on Fiber Arts

On September 13, 14, and 15, from dawn to dusk each day, sheepdogs will cunningly herd sheep on a beautiful, serene Misty Isle Farms pasture. Hundreds of people will watch, and be amazed and amused as the competition unfolds before their eyes.

Off to the side, on a slightly raised knoll above the pasture, another sort of action will unfold: the Skacel Fiber Arts Tent. Under this tent local fiber artists will share their knowledge, skill, and devotion to All Things Fiber.

Maggi MaClure (founder and Head Sheepdog of the Vashon Sheepdog Classic) recognizes that the annual Vashon sheepdog trials event is the perfect venue to showcase sheepdog handler’s and their dog’s skills. She also recognizes that it could be the perfect venue to showcase what fiber artists do with wool from sheep. So Maggi has invited local spinners, knitters, felters and weavers to share in the dog trial event activities, showcasing what they love to do.

Skacel Knitting (an international wholesaler for yarn and knitting accessories, and based in Tukwila) agreed to sponsor a fiber arts tent at the trials. As a result, folks attending the Sheepdog Trials this year will also be invited to view and take part in the fiber arts when they visit this tent at the trials.

Within the Skacel Fiber Arts Tent, the following will be happening each day, 10am-4pm:

-- Yarnstorming: local knitters will be joined by any willing knitter attending the trials as they knit pieces and secure them onto a field gate. The resulting colorful “yarnstormed gate” will be used in the 2014 Vashon trials.

-- Sheep to Shawl Demonstration: a local spinning group, SpinnersRock, will provide a daily demonstration showing how wool is picked, carded, spun and woven to create a shawl. The resulting shawls will be donated as a fundraiser for Vashon’s local nonprofit wildlife sanctuary, Wolfstown.

-- Fiber arts product sales will be offered by Susan Bates, the Vashon Textile Collective, local spinners, and others.

--Skacel Knitting will provide demonstrations and answer questions about their



Lis Steffens, carding wool at the 2012 Vashon Sheepdog Classic.

many knitting products.

--The Sheepdog Trials Afghan, created by a local group of knitters will be on display, and available for purchase.

--Fiber Arts Demonstrations will be offered throughout each day and will include Dyeing

with Plants, Drop Spindle Spinning, Solar Dyeing, Great Wheel Spinning, Drumcarding, Needle Felting, Sheep Shearing, Knitting Multiple Socks on One Knitting Needle, Rigid Heddle Loom Weaving, and Charka Spinning.

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Aries (March 20-April 19)
What do you offer in your sexual relationships and what do you get back? There may seem to be a situation wherein you do all the giving, and where someone else benefits. Have you found yourself in this situation before? You seem to be in the role of sexual healer. That's someone who engages in erotic experiences primarily for the benefit of others. Your role is to hold space for them, which is a high-consciousness experience. At the same time there's part of you that craves the experiences you want -- yet you will learn more and deepen your relationships by offering rare experiences to others, or to someone in particular. Reach for a deep understanding of what your partner or someone you care about needs and offer that to them as a conscious act of generosity and healing.

Taurus (April 19-May 20)
When a house is designed with the kitchen at the center, it has a point of focus and feels more like home. This is an old tradition from when the hearth had to be at the center of a structure. The hearth provided warmth, energy for cooking, a gathering point and was a kind of utilitarian spiritual center of the home (a lot more interesting than most stoves). There is some experience that may benefit from using this as a metaphor. Something, someone or some experience needs to be kept at the center of your life, and everything else organized around it. This is likely to involve your physical home, who is welcome there and whether they feel comfortable -- beginning with you. The message of the stars this month is to fully occupy your space and keep your home fires burning bright.

Gemini (May 20-June 21)
You have been through an interesting tour of your feelings about yourself. You seem to have considered this from every possible point of view, and I think that's a beautiful (and necessary) thing for a conscious person. You're now at the point where it would be good to ask yourself what you've learned, because you will need to make decisions based on that mix of information and experience. You may encounter something that seems like a test of your self-worth. But once you get there, remember all that you've learned so recently. Remember that confidence comes from the heart and not the head; don't try to convince yourself of anything -- be courageous and look whoever in the eye and know that you can do not just what you need to do, but what you want to do.

Cancer (June 21-July 22)
Be conscious of when you're trying to enhance how you feel about yourself by altering externals -- your appearance, for example, or making sure that people know your accomplishments. There's a place and time for those things, but at the moment, your astrology is about orienting from the inside out. Consider this: If you emphasize your appearance in some way, that's taking consciousness from your interior reality. Experiment with this to see it in action. You're not valued by others because your appearance is so good, or so acceptable, or because your flaws are hidden. You are accepted because you are who you are, the more so the bolder you are about it. Consider that focus on externals, no matter how shiny, dulls something about your interior, while focus on your inner fire is how you can shine.

Leo (July 22-Aug. 23)
You cannot be totally committed part of the time -- such is a bit of wisdom from A Course in Miracles. Obviously you cannot do everything all of the time, but commitment is, above all, a state of mind. It's a relationship to existence. It's where the concepts 'devotion to yourself', 'devotion to others', and 'devotion to a cause' merge into one idea -- because they are the same idea. Your inner alignment is the focal point of your relationship to existence. Your astrology is describing you as centered in that relationship, and if you observe yourself and focus your attention there, you can answer many of your own questions about who you are, what you want to be doing and why. It's not even possible to pretend -- knowing that will make your life much simpler.

Virgo (Aug. 23-Sep. 22)
Is there a secret that you're hiding from yourself? I don't mean something you're denying; I mean something you're concealing from your awareness. Rather than looking for that thing, I suggest you look for the motive you might have. For example, if you fully consider something, what decisions might that lead you to make? If you admit something to yourself, what would you have to say to others about it? There may be some tension between your inner reality and the outer effects if you allow that to come fully into your consciousness. I would propose that the result of allowing your inner reality to the surface would be a form of strength and power that you're not accustomed to, and that you might consider scary. But is it really? You will never know unless you allow it to happen.

Libra (Sep. 22-Oct. 23)
You still may not be fully in harmony with the extent to which you're perceived as a leader. I don't mean a boss, though that may be true. I mean someone in a position of moral authority, someone who is a reference point for right and wrong. As such, it's essential that you question yourself, and that those questions lead somewhat directly to useful information. It's clear that you're doubting something about yourself, indeed, it's likely that you're obsessed with your doubts. But that's not a direct path to knowledge -- it seems more like a diversion. If something doesn't have an answer, it may not be a valid question. This one doubt may be covering your deeper faith in yourself. Set it aside for a few days and look at yourself from another point of view.

Scorpio (Oct. 23-Nov. 22)
I suggest you make a list of every mistake you've made more than three times. Stick to the big ones -- the ones involving your career, your family, your sense of purpose; mistakes involving authority figures, the government, and how you think of your place in society. My question for you is: can you spot any pattern that they all share? Is there some underlying energy, idea or belief that you're allowing to misguide you? Here's a more challenging question: what would you have to give up if you start making better decisions? Your chart says that you're being called to service in a big way. True, you might consider helping people match their shoes to their dress a form of service, but I would submit that may be better suited for your list of mistakes. You have a purpose, it is significant, and it's beautiful -- all you need to do is get out of your own way.

Sagittarius (Nov. 22-Dec. 22)
There is an I Ching hexagram (number 41) called Decreasing. Really, it means concentrating. I think of the energy of this hexagram as being about cutting back on what is not necessary, trimming back your energy field and focusing on what is important -- with a view toward the long run. That is what your charts are about now. Tidy up any fires that are burning out of control; keep your flame concentrated and contained. Use your heat and energy consciously. While you're at it, organize the kitchen, clean out one cupboard, scrub the teakettle and toss out anything that doesn't belong in your refrigerator. Focus on doing what is necessary using less energy than you usually do, but using it more meaningfully. Your confidence will grow and in the process you will discover some unexpected form of success.

Capricorn (Dec. 22-Jan. 20)
There seem to be two parallel worlds in your relationships. One looks like passion and chaos, complete with mixed signals flying in all directions, bright light, dark shadows, passion and repulsion. In a parallel world there is focus, devotion, purpose and clarity. There is the honoring of what is vital and what is real. There is a conscious relationship to tradition, with everyone doing their part to uphold something that's older than everyone involved. I would propose that your life would be easier if you were to choose one of these worlds rather than trying to live in both at the same time. I can understand wanting elements of both, but not making up your mind is denying you either of them. Here is a clue: they have a lot in common; but in one, the passion is in a more accessible, available form.

Aquarius (Jan. 20-Feb. 19)
There are times when your calling is undeniable. If you're not one of those people who feels this every day, get ready to experience it over the next five or six weeks. That said, if you're unaccustomed to the idea of a calling, you may need to get used to

the challenge involved. I know there's plenty of modern mythology around 'do what you want and everything will work out', and I am aware that some people report that happening. More people say something like: 'had I known what would be involved, I might not have attempted it, but in retrospect I'm very glad that I did'. That more or less sums up your moment. You are being guided, if not by ease, than by meaning; you are being invited not into the familiar, tried and true, but into the authentic unknown.

Pisces (Feb. 19-March 20)
If there's one pitfall to the otherwise brilliant astrology that's blessing you right now, it involves making the choice to send clear signals. You have both Neptune and Chiron in your sign; you can express yourself as either of them or as a blend of both. Neptune is dreamy and is not exactly the deacon of firm commitment. Chiron is on mission, focused and alert, but can come off as having rough edges or something to prove. Healthy Neptune serves to cultivate a vision. Healthy Chiron focuses on healing, which is then conveyed into creativity and a sense of commitment that you want to express in real ways. I suggest you borrow the best elements of both planets, which work beautifully together. Use Chiron to focus your vision. Use Neptune to help you dream a little -- in truth so much is possible.

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

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Positively Speaking

Making Summer Memories

It seemed like a odd solution but it was worth a shot. My daughter and I wanted to watch a streamed movie over 4th of July weekend, but the borrowed iPad wasn’t cooperating and we didn’t have split earbuds.

“Well,” I offered. “I could watch it on my phone = since I was still streaming my free month of Netflix= and you could watch it on the iPad. And so, in the midst of the somber plot of ‘The Hunt for Red October’, the only patriotic film besides ‘The Patriot’ we could find streamed, we went through hysterical gyrations of one or the other of us getting bumped off WiFi and hitting ‘pause’ and then coordinating with a “3-2-1 ‘PLAY’!” so we were both watching and hearing the same thing at the same time.

It will be one of our best, silliest memories.

Of all the jobs of motherhood, without a doubt the one I have loved the best is intentional memory making. It occurred to me that though I spend the bulk of time teaching parents, I have never included any parent education component in this column. And so, I offer these time tested tips for making the most of what’s left of the summer. August, with no official holidays, is the perfect time to create some fun.

First of all, we are talking primarily about recreation and tradition and legend. Those are your three goals. You are building your family’s story. Secondly, let enrichment and education be the side dish. What you are doing is family fun.

It may include substance, a museum or event, or it may, as it does for my children now all grown and some passing it along to their children, include special items.

Our one day escapes to Vancouver BC where we left in the morning, actually used see-saws = that have since been deemed unsafe and removed= in Stanley Park, dinner at the Spaghetti Factory, a quick side stop at the fire engine shaped climber near Jericho Beach as we took Marine Drive out of town, and an accidental date night as the kids slept in the car on the way home and we had a few hours to ourselves were a tradition that carved time out for all kinds of serendipitous moments we experienced together.

Other items that will structure the nature of family time are:

Have-To’s—keep a carefree feel to the the summer by de-escalating and minimizing the emphasis on chores. Half an hour a day with everyone pitching in keeps the house at , what I call , low tide. Clean the house together at the same time so everyone is done quickly.

Tradition—these are what your kids will pass on to their kids. Our tradition was short tourist road trips. The trip to Victoria where we serendipitously ran into the neighbors who lived across the street from me when I was growing up was something we could never have engineered. Short day trips always provide wonderful moments of ‘ohmygoodness I can’t believe that just happened’.

Individual desires—Let everyone pick one event or experience they want for the summer. Learn to enjoy each other’s ideas. You will end up going bowling, fishing, acting like tourists or seeing outdoor movies on the lawn. Or someone may want to go to the Farmer’s Market and pick out what’s for dinner.

Create Artifacts and Rituals—though for a different season, our family has a

By Deborah H. Anderson



set of pedestal cut glass squat goblets that are only used for orange jello with mandarin orange slices at special meals. Make a ‘no screen week’ and bring out the board games or dance in the living room to random music choices.

Record the memories – cameras, pamphlets, postcards and retelling the story are all vital parts of creating legends. Celebrate yourselves as a family with your own narrative.

When things go wrong the positive surfaces. That makes legend creation fun. Caity and I took the train trip from hell down the California Coast and back for a Spring wedding. Not one part of the trip went right except putting our luggage behind the sanctuary doors of the church right as the bride reached the bottom of the aisle.

The retelling of it always results in hilarious recounting such as, “Then we woke up in the morning after the twelve hour delay and we were moving BACKWARDS! And a new crew was standing out in this field”. Such a bad trip that we got free food vouchers and a refunded trip is now one of our ‘favorite’ memories. When things are going wrong, remember it’s going to make a great story.

Isaac and Chris were the only children when we took our first family trip together to Victoria and discovered there was no film in the camera on the way home. The only way we could hold the memory of the fish tank at the Chinese restaurant or the hotel or the miniature village was to tell the story.

And of course the final trip with Grandpa George to Expo ‘86 and over to Butchart Gardens the summer before he died was nothing short of precious. Grandpa was eighty that year and so was Butchart Gardens and because of that we got free admission and high tea! Teach your children how to remember the good times.

Right before Isaac got married we took one last ‘Three Bears’ trip to Portland before we added a new family member. The story of getting bumped into a room, a hotel upgrade, which landed us a room right above the Rose Parade, going to Powell’s ,stumbling on delicious Dim Sum after visiting the Chinese Garden, and eating at the the Bosnian restaurant in southwestern Washington on the way home helped us end an era and prepare for a new one.

Put the focus on your family as a unit. Do as much together as you can. Classes for kids and special suppers for parents are fine for summer fun. But when you are together sharing the adventure , the laughter, and the stress, you are bonded in new and different ways. Make being together important.

There is still time to go to a drive-in theatre or a lawn showing. Grab the idea of eating dinner every week at a different picnic table in a different park. Do something together that nobody thinks they will like and everyone is apprehensive about.

There is no better time to create family through fun and recreation than summer. Whether it’s deciding to switch up chores and hang the laundry outside all summer, or catch every country fair =one of our family’s favorite traditions= Seize the



Art and Lintzilla



Artwork by islander, Mary Lynn Buss. The medium is hand built, glazed and fired clay.

Coming ‘round the bend as a precursor to the 2013 Vashon Sheepdog Classic, is the Art Show at the Two Wall Gallery between Blooms and the Heron’s Nest. The theme, as last year’s, is “The Beauty and Value of Farm Life”. How better to exemplify the deep connection between humans and their beasts than through art. Beasts or artichokes, whatever your persuasion, will have a place in the show. Our own Vashon Island’s beloved mosaic artist, Elaine Summers, will exhibit her life sized colt, rooster and dog. A dog that doesn’t poop. Now there’s a pet! A rooster that doesn’t crow. Now there’s a good neighbor! Various other artists from the island and across the pond will be represented. Pop in on First Friday, 6 September, and vote for the piece that vibrates your right brain. The People’s Choice Award winner will receive a cash prize and will immediately move to the

Bahamas for the winter.

About Lintzilla. Unless you have seriously not been paying attention, Lintzilla was up for the mayoral race in 2012. But she is hanging on to the notoriety like a Border Collie maneuvering her sheep. She likes to appear with the mystique of the Grande Dame of the Evening., maybe early..... maybe late. As a third generation islander, she is passionately supportive of well behaved dogs and island businesses. She travels with her personal veterinarian and hygienic attendant, so feel perfectly free to invite your Seattle friends. Lintzilla will extend her engaging social etiquette beyond her constituency.

And don’t forget what all this hoopla is about....The Vashon Sheepdog Classic on Septemeber 13, 14 and 15th at Misty Isle Farm. It will be an an experience to talk about.

Summer”

How powerful is intentional memory making? When my youngest son, who was adopted by us at age five, had a conversation last year with me as an adult he said, ‘I had this really horrible childhood and all these really good memories. !’” Needless to say, the good memories were at our house and I told him I worked very hard to create them intentionally.

Come winter when you are buried in responsibilities, you may find yourselves

still bonding over leaving the picnic basket on the side of the road or watching thunder and lightening together from your living window as a family. When the kids are grown, you will have the joy of watching them create their own families because you taught them how.

Love, Deborah



Island Epicure



By Marj Watkins

Noshing Nordic Style

You’ve heard a lot about the Mediterranean Diet, how it brings you long life, smart brain and joi de vivre. And you’ve heard from me about how the sea-vegetable eating Okinawans remain active and productive up to age 100 and older. Now we find out that Nordic people are no slouches in the art of healthy living. According to a dieticians at Weill Cornell Medical College, a Nordic diet can keep you healthy just as well as the more famous Mediterranean Diet.

The term “Nordic” essentially means Scandinavian—Norway and Sweden. A Nordic diet is laden with fish, berries, and root vegetables. Half of Norway and a third if Sweden is farther north than Anchorage, Alaska, and is extremely hilly. Sweden has a fringe of low altitude land along the Gulf of Bothnia and lots of low altitude land between 56 and 62 degrees north. Their growing season is short, but those summer days last many, many hours even at the southernmost part of Scandinavia. And when the long winter closes in, you can dig beneath the snow and find your carrots, turnips, and rutabagas cleverly clad in mounds of earth

so the roots won’t freeze. For winter protein, Norwegians had their lutefisk. We have more choices.

Here is a recipe that fits a Nordic type diet, but it’s from Spain and for summer. Serve as an appetizer, or as a main dish. One of it’s blessings is that it requires very little cooking, a boon on days too warm to cook. You can make it in the morning and let it chill all day.

Escabeche

4 appetizer servings

2 main dish servings

1 lb. boneless or boned white fish

1 cup lemon juice (bottled juice works fine)

2 Tablespoons minced hot green pepper

½ cup diced peeled and seeded tomato

1 teaspoon salt

Dash cayenne

Dash oregano, optional

Poach the fish 3 minutes.

Drain. Dice. Place in a glass or ceramic dish. Combine the remaining ingredients and smother the fish pieces with them.

Cover the dish. Marinate in refrigerator for 3 to 4 hours.

Service: If you are totally sure that the fish came from unpolluted water, you can skip the poaching. Then the fish is never cooked by anything but the acid in the lemon juice, and the resulting summer delight is called sevicehe.

Accompany either Escabeche or Sevicehe with potato salad, buttered green peas, rye bread and butter, and for dessert strawberries dipped in melted bittersweet chocolate, or in sour cream and coconut sugar, only 30 on the Glycemic Index vs. cane sugar’s 100.

Road To Resilience

Continued from Page 1

the uses of woods and other plants around us, and being able to use them to make a tool, build a structure, or restore health. Things around us includes our own hands, voices, and feet, so music and dancing are some other things we can become proficient at. Did you know that native hazelnut or Indian plum will make a good strong shovel handle and, with a little looking you can find a piece that is already the size and shape that you need? We’ve come to think that the only legitimate goods have to come from big manufacturers or farms. We are surrounded by all kinds of basket weaving and cord making materials that are as or more durable as many manmade materials. I’m not saying that all manmade materials are without merit, but we can go a long way making practical and aesthetically pleasing artifacts for ourselves and enjoy the process of making them. What’s not to like about that? Well, I can hear a lot of you saying that you don’t have the time to do those things. That is indeed a lamentable situation and a difficult problem that’s been addressed here before and will be again.

What is a skillshare fair like? Here are two sites to look at that will give you a good idea:

The first is a youtube video from a transition group called Sustainable Northeast Seattle:

www.youtube.com/watch?v=5tqn vJ6_CU8&feature=c4-overview-vl&list=PL0B423B06CD96BC77

The second in a promotion for the Whatcom County SkilshareFair: www.whatcomskillssharefaire.org

I see this as a two day celebration like the Strawberry Fest only with lots of great things to do and learn. You probably noticed that you could be learning everything from vehicle maintenance and home repair to learning how to whistle with two fingers. Our local musicians and wine and beer makers could even provide an exquisite beer and wine garden. The great thing is that all of us have something that we could share. We may not think of it right away, but it is there. Another great thing is all the connections that we would make with our neighbors, both for support and mentorship in the future as well as friendships. I would love for us to have this experience and I hope that a lot of you would as well. It will take a lot of us to do it, so please let me know if you want to help. If you have a skill you might consider sharing, send it to me at the email below and I will catalog it. No commitments right now, so feel free to venture something.

Skills, ideas, volunteers? terry@vashonloop.com

First Reading of, “How It Was For Billy Nelson”

By Jean Ameluxen

Here’s the bottom line. I am very, very nervous. Yes, I’m also excited, but with butterflies on the side. How would you feel if you were my age (unspoken except among family and a few close friends) had written your first novel, and were approaching your first reading of that first novel?

The reading is at the Vashon Book Store at 6 pm on Friday August 9th. The novel is a work of historical fiction, “How It Was For Billy Nelson”.

The story takes place on Vashon Island during World War II. The events are narrated by Billy Nelson who lives with his family between Cove and Colvos on Vashon’s west side. The Hardware Store is just that,

Doc McMurray is still practicing, there is no middle school on Vashon and homework hadn’t been invented yet. It was a time of change chronicled by newspapers and radio. The speed limit everywhere in the nation was 35 miles an hour, ration books were needed to buy gas, and for most people their weekly gas ration was four gallons. Unlike recent wars, the entire nation was involved in World War II.

Beyond the historic background the book is a novel of fiction about families who never lived except in the book’s pages. If you’d like to know more about them you are invited to the reading at 6 pm on August 9th. Billy Nelson and I will be waiting for you.

Vashon Library August Programs

Children & Families

The Gustafer Yellowgold Show

Saturday, August 3, 10:30am

Held at Vashon Land Trust, 10014 SW Bank Road, Vashon, WA 98070.

Presented by Apple Eye Productions.

Ages 3 and older.

Forrest Applecumbie, the best dressed pterodactyl in all of Minnesota, gets a surprise when he discovers an enormous, mysterious molar buried in his backyard. Join him on a multi-media adventure with live music and illustrations.

Registration not required.

Sponsored by Friends of the Vashon Library.

Family Story Time

Tuesday, August 6, 11:30am

Held at Vashon Bookshop, 17612 Vashon Hwy SW Vashon, Washington 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.

Adults

A Place at the Table

KCLS invites everyone to find A Place at the Table! We’ll toss around fresh ideas about food, cooking, nutrition and growing and using locally produced food. In addition to offering new food ideas, preparation and planning skills, and handy online classes, videos and resources, the series will help everyone create a nourishing table by accepting non-perishable food donations, to be distributed to local King County food banks.

Our Food, Our Right, Recipes for Food Justice

Sunday, August 11, 2pm

Held at Vashon Maury Senior Center, 10004 SW Bank Rd Vashon, WA 98070.

Presented by Community Alliance for Global Justice.

Our Food, Our Right takes you from farm to table through the intersection of politics, culture and social justice. Connect current local and global issues of food injustice with recipes and discussion from the book.

Meet the Author: Langdon Cook

Wednesday, August 21, 7pm

Held at the Vashon Maury Land Trust, 10014 SW Bank Rd, Vashon, WA 98070.

Join Langdon Cook, author of Fat of the Land: Adventures of a 21st Century Forager for a seasonal tour through a year of wild foods in the Pacific Northwest. Cook will show slides of wild greens, mushrooms, berries and shellfish--and the delicious meals he makes. Learn about the many different species, their habitats, and how to find them. After a Q&A, Cook will be available to sign copies of his book provided by the Vashon Bookshop.

VoV Community FM station

Continued from Page 1

for the FM station application from Vashon’s state and national legislators as well as many Island organizations.

The grant from Puget Sound Energy also includes other funding to expand distribution of the Voice of Vashon emergency alert service via the organization’s new website and the VoV television station on cable channel 21.

“This effort has come such a long way since we got started,” chuckled Jeff Hoyt,

one of the pioneers at Voice of Vashon whose voice is heard all over the country as he now makes his living as a professional announcer for hire on commercials and videos. “Who would ever have believed when we began that we would have the emergency alert service and a TV station and very soon the whole media network only a click away on the new website.”

Those who attended Strawberry Festival saw the brand new Voice of Vashon

logo proudly displayed on VoV’s broadcast van and on buttons worn by VoV volunteers and supporters. The new logo represents VoV’s vision for the future of Island powered media, which includes a new website that will make every VoV offering from AM radio

to TV available over the Web. The website, projected to go live in September, will vastly expand VoV’s ability to provide our Island community with vital information and local entertainment content.

The Voice of Vashon media network currently features

emergency alert broadcasts at 1650AM, and Island television Channel 21 and a web radio station at VoiceOfVashon.org. Voice of Vashon, founded in 1999, is a 501c3 organization that also provides emergency alerts to the VashonALL group and on FaceBook/VoiceOfVashon.



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Bacon, American Cheese and Fries

\$4.99 only for take out

Family Style Mexican Dinning

Food to Go

Open Seven Days a Week

11am to 10pm

463-6452

17623 100th Ave ~ Vashon

The Highlife Band

The Highlife Band is an authentic and unique reggae band from Seattle, Washington. Rhythms from the Spanish and French Caribbean are combined with Jamaican rockers, bifa, baf, steppers, one-drop, and dancehall reggae traditions. The lyrics are direct, and sing of love and conscious direction in everyday life. Live performances are power-packed and the performers animated and engaging. Playing over 40 shows last year around Washington, Oregon, Idaho, and Northern California, the band now has an official music video, 4 live in-studio radio performances, and two albums under its belt: the self-titled debut, The Highlife, (2011) followed by What's To Come, (2013).

Friday, August 2 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
www.redbicyclebistro.com

Paa Kow's By All Means Band

Paa Kow is an internationally renowned drum set player, band leader, composer, and teacher of music. He has shared the stage with many African greats: Amakye Dede, George Darko, Kojo Antwi, Nat Brew, Hugh Masekela, and Vusi Mahlasela, as well as American greats Victor Wooten, Brad Goode, John Gunther, Michael Kang, and many more. Paa Kow grew up in a small village called Enyan Denkyira near Cape Coast in Ghana, West Africa. He is widely recognized as one of the most remarkable drum set players to tour in Africa, Europe, and America. Paa Kow displays a unique ability to speak to listeners with his drums in a deeply spiritual conversation. His songs are captivating and danceable.



The lyrics are a mixture of Paa Kow's native language, Fante, and English. In an unforgettable display of talent, Paa Kow's By All Means Band bridges the gap between Ghana and America.

This is an all-ages show 'til 11pm, 21+ after that and once again, **FREE COVER!**
Friday, August 9 at 9pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Cafe Luna August Artist: Gallery Cruise for Painter Anna Witte

"In my paintings I usually choose whimsy over seriousness, color over dread." Anna Witte

Anna Witte was born in Germany, grew up in Spain, and has since traveled and lived in many countries. As someone who lives between cultures, she draws inspiration from many sources: ancient myths from the pre-Hispanic cultures of Latin America, tales from the Middle East, Spanish poetry, but also the surprise of the lizard that for the briefest of moments mistakes her knee for a comfortable rock in the sun, or a friend's child who points at an airplane in the sky and shouts: "Look, a fish!"

If you'd like to learn more about Anna's work, please visit her website at www.annawitte.com or just give her a call at 206-650-0579. Check out her children's books published by Barefoot Books: The Parrot Tico Tango and Lola's Fandango, and by Producciones Ojitos (Sapo feo, El astrónomo y



Sacnicté, Colibrí y la lluvia, among others)

Visit Cafe Luna on the first Friday of August for refreshments and a chance to



visit with Anna. Pieces are available for purchase during the entire month. Friday, August 2, 6:00 - 8:00



AJ's
Espresso
Latte and Wisdom
To Go

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm
17311 Vashon Hwy Sw

Cash & Checks Welcome

Sammy Eubanks brings the Blues to Vashon!

Think BB King, Robert Cray, Little Ed and the Blues Imperials. Think George Strait, Merle Haggard, George Jones. Sammy evokes them all in his own mix of blues, country and rock 'n roll.

Sammy and his band will be on-stage at The Red Bike on Saturday, August 10th, playing a benefit for Vashon Community Care.

Sammy has won multiple awards from Best Male Blues Vocalist (3 times, Inland Empire Blues Society) to Best of Blues award (Washington Blue Society) among many, many others. IndieMusic.com selected his album, Riding Alone, as their 2011 Editors Pick. And the Inland Empire Blues Society chose it as the best blues album that same year.

"He's the only person I know that sings as good as me." Monty Byrom, Bighouse

"This cat is the real deal." Blues Legend, James Harman

"The best voice in the Northwest." Kelly Houghes, Kelly's Grand 'Ol Opry, Stateline ID.

"If you look up COOL in the dictionary, you'll see this cat's picture." Billy Stoops, Sunbanks Blues Festival.

Sammy Eubanks has opened



for National recording artists such as Clint Black, Lee Roy Parnell, Kenny Chesney, Merle Haggard, Sawyer Brown, Colt Ford, Pat Travers and BB King, to name just a few.

Big thanks to the following sponsors who have covered the costs to bring Sammy to Vashon: Masi Design, The Little House, Terry L. Raisio, Raisio Consulting, The Hardware Store Restaurant, Truman and Mary O'Brien, Vicki and Ted Clabaugh, Barbara Huffman and Vicki Boyd, Anne Ross and Susan Tuller. Come experience some of the most innovative blues while supporting a great cause.



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- Bicycles, waterskis, wakeboards, wakesurfers, towable tubes, vests, Proline, gloves, safety flags, SUPs, kayaks, and paddles!
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11:30am to 10pm
Lounge is Open
11:30am to 2am

17618 Vashon Hwy SW
206.463.5959
www.redbicyclebistro.com

Live Entertainment
August 2, 8:30pm
The Highlife Band

August 9, 9pm
Paa Kow's By All Means Band

August 10, 8pm
Sammy Eubanks benefit show

August 17, 8:30pm
Rubber Soul & Nashville Skyline



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**Next Edition
of *The Loop*
Comes out
Thursday,
August 15**

Deadline for the next
edition of *The Loop* is
Friday, Aug. 9


Loopy Laffs

LOGJAM




BY Jeff Hawley

TAPPITY
TAPPITY
TAP
TAP



TAP



KEEP YOUR
ROOTS
OFF MY
KEYBOARD!



I WAS ONLY
FIXING
A
TYPO

DON'T
HARSH
MY
BLOG
STYLE



Now Playing



PACIFIC RIM

Comming Soon

The Improvement Club
August 2, 9:30pm

The Heat - August 9

Epic - August 9

Vashon Theatre
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Call for Times

For show times and info check
www.vashontheatre.com



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Do you suffer from arthritis or fibromyalgia? If so, then we have a new product for you! Just in and already a best-seller is a new product called:
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This pleasant-smelling lotion tackles your toughest aches, pains and swelling in joints, tendons and muscles while moisturizing the skin without greasiness or strong medicinal odor.



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

Bonita Boo Needs A Home...

Bonita Boo is a silky, slim, petite young girl who is chock full of personality. She would love to be the sole soul mate for her new person. She has a fun, playful spirit and she would make a great family cat. Bonita Boo came to VIPP on 4/14/13.



Go To www.vipp.org
Click on Adopt

We continue our regular comic strip of the Maury Island Space Aliens GE (genetically engineered) Food hearings ... Bioethists presents.

Who speaks for the Alternative Life-Forms invented by individuals or corporations?

As legal council of a business that has developed the GMOs, I say...

What standing does that life have in our jurisprudence? Who is responsible for the care and nurturing of invented life? All questions bioethics must answer for science to move on!

So what do those who protest GMO Foods say?


NO, REALLY! You ALTERNATIVE LIFE-FORMS need some consideration!

HEY HEY HO HO HO GMOs have got to go!


GMOs ARE BAD !!

©DEE 8.5

TAPPITY
TAPPITY
TAP
TAP



TAP



KEEP YOUR
ROOTS
OFF MY
KEYBOARD!



I WAS ONLY
FIXING
A
TYPO

DON'T
HARSH
MY
BLOG
STYLE

