



# THE VASHON LOOP

Vol. 10, #6

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March 14, 2013

## The Jazz Guy Celebrates His 300th Show



Audio engineer Michael Golen-Johnson and The Jazz Guy Bill Wood celebrate The Jazz Guy's 300th show since premiering on Voice of Vashon in 1999. Photo by Richard Rogers

"Hey hey, hi hi It's Bill Wood the Jazz Guy". That's the signature line Bill has used to begin every one of his 300 jazz shows broadcast over the past 13 years on Voice Of Vashon.

The Jazz Guy has been the most consistent program on Voice of Vashon since the station was founded by Bill and others in 1999. The 300th show is the first installment of a three part series called "The Love Project" that includes "Love the Noun", "Love the Verb" and "Love the Adjective"

Each Jazz Guy show has a special theme and none have ever been about love until now. Bill says "We've done

shows about everything else including jazz about weather and parts of speech, old styles of jazz like Dixieland, jazz musicians named Miles, foreign jazz greats, and even a show about death-related jazz tunes."

When asked how he managed to avoid the topic of love until now, Bill says "One of my goals with this show has been to always have an element of the unexpected and surprise in the show, whether it's in the music itself or in the talk around it. Many people asked when I was going to do a show about love so I decided not to because everybody

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## Trip the Light on Art

"Trip the Light on Art," Harbor School's 14th Annual Benefit Auction, is a celebration of Harbor School's New Arts Initiative! This exciting new curriculum, proposed by islander and art educator Anita Halstead, will focus on integrating art concepts and principles into the school's core academic subjects. Additionally, there will be lessons in drama, dance, music and the visual arts. To support this effort, Harbor School will create a new studio art space on campus, "a dedicated arts space where messes can be made, and where ongoing projects do not have to be cleaned up each day," according to the strategic plan. Money raised during the auction's special appeal, will help kick start this vision.

The auction itself will feature an interactive student art gallery, donated pieces by on- and off-island artists, and a "Taste of Vashon" dinner featuring the culinary arts of Express Cuisine, La Boucherie, Nirvana, May Kitchen, and Casa Bonita. Nationally acclaimed light designer, Stageworks, will provide projected light art and décor, favorite auctioneer Kevin Joyce will preside, and a short film by Enjoy Productions will be screened.

The Harbor School's 14th annual benefit auction will be held at 6 p.m. on Saturday, March 30, at Open Space. Food and beverages are included in the ticket price of \$50. Tickets are available now. To purchase tickets, please call 206-567-5955. Tickets may also be purchased online at [www.harborschool.org](http://www.harborschool.org). All proceeds



5th grader Lucca Shattuck at the pottery wheel

benefit Harbor School, a non-profit independent school serving grades 4-8.

Beside a lot of great art, there will also be a myriad of other silent auction offerings. A surprise Silent Auction is also in the works, unlike anything most auction goers have seen in years past!

To get the ball rolling, Harbor School will hold a free Art Preview Party at the home of current Harbor School parents Mike and Gretchen Spranger, March 15th at 7:00 PM. Drinks, appetizers and good conversation will be the order of the night, with many of the donating

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## Road to Resilience

### Power and Authority

I have no intention of claiming the last word on concepts as daunting as Power and Authority, but wish to reflect on them in the light of our desire to participate in and guide our community into the future. In the current parlance on governance, we see power and authority residing with those that are empowered by us to disburse public funds and to impose and enforce rules and regulations. That power is ours to claim or confer. If we confer it to government, but fail to articulate exactly how we want it used, somebody else will. "Not minding the store" has resulted in the corporate-controlled national government we have now. Citizenship in a democracy is not a spectator sport, but if you intend to wield your power as an individual, you better know what you are dealing with and what you think about it. Haphazard decisions get us into trouble. Thirty years ago, I decided to plant a nice ground cover called Vinca on my property. Big mistake!

In the same way, if we are to wield power as a community, we better understand the issues and have a consistent and reliable way to deliberate and come to agreement on how to act on those issues. Being an "unincorporated area" means that we have no formal governing body, but it doesn't mean we

By Terry Sullivan, Transition Vashon

have no power. Our defeat of Glacier Northwest clearly illustrates that. Our success there was the result of being able to focus the will of our community. How much more could we do for ourselves if we applied the same effort to deliberate, decide, collaborate, and focus on other issues?

We especially need to do this now as resources we have relied on as a community such as police protection, road maintenance, and school and ferry funding grow scarcer. We are in a period of rapid change and we need to be able to quickly and effectively address our needs as they arise.

You may remember that the Vashon Maury Island Community Council (VMICC) imploded two years ago. A different group, the All Island Forum (AIF), formed around that time to explore more collaborative, effective, and participatory ways of making decisions and solving disagreements as a community. After two years, and several AIF events, Tim Johnson, President of VMICC expressed interest in beginning talks with AIF principals to rewrite the VMICC bylaws to reflect qualities espoused by AIF. At the end of last summer, new bylaws had been written, and at the December general meeting of

*Continued on Page 7*

## Lubricant removed from Maury Island beaches

Cleanup crews hired by a Tacoma shipbuilder removed small orange balls of lubricant from Maury Island beaches today, under the oversight of the Washington Department of Ecology (Ecology) and the U.S. Coast Guard.

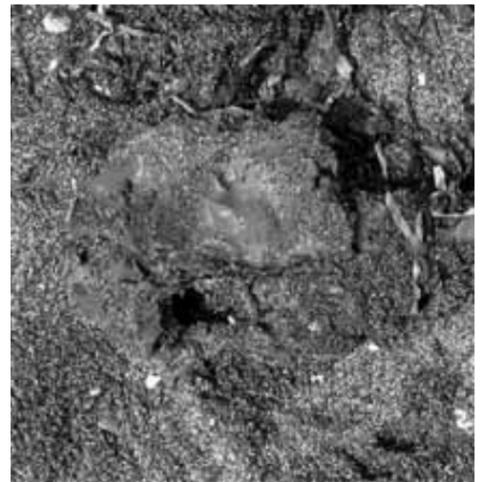
J.M. Martinac Shipbuilding Corp. (Martinac) of Tacoma cooperated in the cleanup effort. The company uses the material, called Neptune Slip Coat, to lubricate rails when launching ships.

During a pre-dawn ship launching on Jan. 25, 2013, at the company's shipyard on the Thea Foss Waterway in Tacoma, some of the lubricant floated away in the darkness. Martinac provided shoreline cleanup in Tacoma's Browns Point area on Feb. 7 and 8 after residents reported the material on beaches there.

Today's cleanup covered 2.5 miles of shoreline extending southwest from Point Robinson. Two five-member crews removed balls of lubricant that ranged in size from about a quarter inch to about four inches. They also collected beach materials smeared with the lubricant.

Ecology responded Tuesday to citizen reports of the bright orange material on the Maury Island shore of Puget Sound's East Passage between Seattle and Tacoma. Agency officials connected these reports with the earlier cleanup at Browns Point.

"We appreciate Martinac's readiness



This Grease ball was found at Point Robinson

to take responsibility for these cleanups and see them through," said Kimberly Medicus, Ecology's on-scene spill response coordinator.

"In our 90 years building boats in Tacoma, we have always taken our responsibilities seriously," said Martinac Vice President Jonathan Platt. "We regret the release of this material and are fully committed to cleaning it up wherever it may be found. Ship launches do require lubrication, and we seek and use materials with the least possible potential for environmental harm."

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## WINDERMERE VASHON

*What does it mean?* Real Estate Terminology

**CMA OR COMPARATIVE MARKET ANALYSIS:**  
A survey of the attributes of comparable homes recently sold or currently on the market; used by agents to help determine a correct pricing strategy for a seller's property.

**ASSESSED VALUE:**  
The value placed on a property by a municipality for the purpose of levying taxes. It may differ widely from appraised or market value.

**MARKET VALUE:**  
The price established by economic conditions, location & general trends.

**MARKET PRICE:**  
The actual price at which a property sold.

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March 30, 8:30pm  
The Garth Reeves Band

April 5, 8:30pm  
The Ganges River Band

April 13, 9pm  
Publish The Quest



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

### Edible & Medicinal Plants of Vashon

The non-profit Cedarsong Nature School hosts this class led by Ethnobotanist Erin Kenny. The class is designed to excite your senses, give you a new appreciation of nature, and allow you to discover the rich variety of unique northwest plants, including their fascinating history as edibles and medicinals. You will learn how to safely forage for these plants and we will collect some to prepare into food or medicinal remedies that you will take home each month. \$55 for one class, \$100 for both, includes all supplies. Register by contacting Cedarsong at <http://www.cedarsongnatureschool.org>. Financial aid is available.

### Dance to Live Music

Beginning Wednesday, March 20th from 7:00 to 8:30 PM you will get a chance to come and have fun dancing to the music of Solarwind and friends. We are a small group of improvisational players, and like the energy from the sun we bring the beauty of the present moment to life through music.

Since the beginning of time, the rhythms of Nature have welled up in us to express itself as music, dance and art. The beating of our hearts, the birdsong of the morning and the echoes of the grand canyon. The clouds dancing across the sky or water falling to the rocks below. All these things give us the inspiration to re-create and expand on the beauty around us.

The evening will be comprised of musical vignettes such as "Total Eclipse" which is a piece inspired by George Gershwin's "An American in Paris". Instead of the musical impressions of a young man's adventures in a big city, the musical movements of Total Eclipse takes us on a journey through the Universe itself. Spiraling through multi-colored gas clouds, witnessing the birth of galaxies or getting a little too close to an exploding sun. This is music that inspires the expression of life.

For the first dance, we would like to encourage everyone to bring colors to dance with. Ribbons, fabrics, streamers and yourself. As we travel through life, we are literally colors dancing in the Universe.

Come dance with us Wednesday nights from 7:00 to 8:30 starting March 20th at the Ober Park performance space. Tickets are \$5.00 at the door. Kids are welcome. We'll be a little informative and a lot of fun.

Co-sponsored by The SourcePoint Studios and The Vashon Park District.

### Celebration of Life Party

The Celebration of Life Party is happening on March 23rd starting at 7pm doors opening at 6:30pm at the O-Space. K RAD a VHS alumni run band will be our live Hip Hop band followed by some open mic time and then a DJ until 11:30pm. This year has been a tremendously difficult year of loss for many and it has hit the teen population of our island hard. The grief has been striking. In talking with some of Jessica's teen clients she asked how they would feel if we, the Vashon community, threw the island teens a party. The answer was "Yes, that would be great!" The party is not to take away any grief, but more so to let the VHS students and Alumni that we care and that while life is hard there is also fun and life in coming together to have a good time. Jessica has been working with some wonderful teens and adults that have been helping to organize the event. After putting out a call for support on Vashonall Jessica has received offers of money, talents, and time. As has been said many times we live on an island of generous and wonderful people. We are still in need of funds to cover our cost and food donations to bring to the party for the teens. Any money can be sent to Jessica Bolding at 11520 SW 220th St Vashon WA 98070 with memo of Celebration of Life party and emails can be directed to [jessica@vashonprahm.com](mailto:jessica@vashonprahm.com) for food donations or other questions. While we do not anticipate going over the cost of the party in donations if we do we will make sure the money goes to support our teen community.

### Vashon Presbyterian Church Heindsmann Family Endowment Scholarship

Vashon Presbyterian Church is accepting applications for the 2013 Heindsmann Family Endowment Scholarship award. This award is granted from an endowment created by Virginia and Ted Heindsmann to a deserving student based on financial need, academic promise, and dependability. Consideration will be given only to students who have completed two or more years of higher education or who are seeking special training or retraining. This award is not intended for high school seniors.

Application packets can be obtained at the church at 17708 Vashon Highway SE (463-2010). The office hours are Monday through Thursday, 10 AM to 2 PM. Completed applications must be returned to the office by Monday, April 29. As part of the selection process, finalists will be scheduled to meet with the church's Scholarship Committee in early May.

### Island Wide Recycling Event

- Materials include:
- All Appliances, Refrigerators
  - Any Scrap Metal
  - Metal Furniture
  - Monitors & TVs
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  - Computers & Stereos
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 \$5 - car • \$10 - truck  
 \$15 - large load. Donations from the recycling program helps pay for the Dental Van to come to the Island.

Saturday, April 24th  
 9:30am - 3:30pm

### VMICC meeting March 18

Come tell King County what improvements you want for the passenger-only ferry dock area. They'll be listening on Monday, March 18, at the 7 p.m. meeting of the Vashon Maury Island Community Council at McMurray Middle School on Cemetery Road. They are considering improving the passenger-only ferry dock area with a covered walkway, wind screen and covered bicycle storage. What other improvements do you want to suggest? A discussion will follow their presentation.

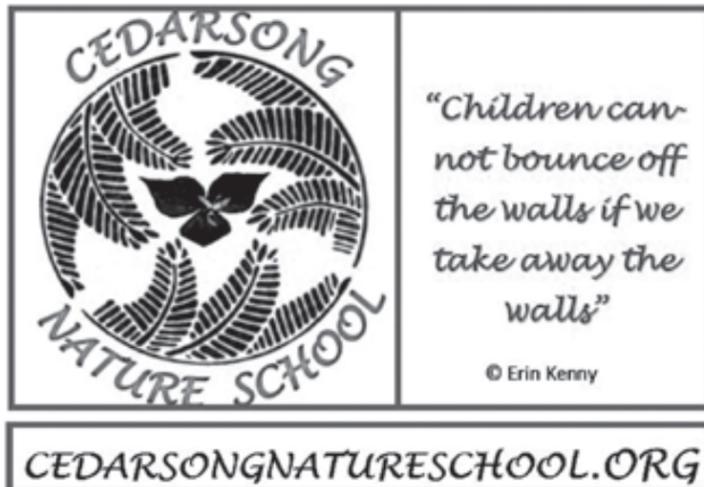
Also, on the agenda will be an update on the progress of the septic solutions, funding and its relationship to the Marine Recovery Areas. The newly formed drug house working group, formed after the presentation by the county sheriff, will give a summary of their progress and opportunities for islanders to get involved.

The community council needs to find a new source of funding and/or meeting place due to lack of any money and the new charges by the Park District for the use of the school room. Bring suggestions to solve this problem as well as topics you'd like to see addressed at future meetings.

### Pet Partner meetings for March

Vashon Pet Partner meeting schedule for February and March.

- March 18th 5PM, VHS
- March 25th 5PM, VHS
- See You Soon
- Kathy & Zeppo



### Next Edition of The Loop Comes out Thursday, March 28

Deadline for the next edition of *The Loop* Friday, March 22

### Free Taxes & Property Tax Exemptions help

Free Taxes & Property Tax Exemptions help at library starting January 30th. Wednesdays from 11am - 1pm starting January 30 to April 3rd doing taxes for people whose gross income is \$25,000 or less.

Need help with forms for property tax exemptions? To qualify you need to be at least 61 years of age and your income must be under \$35,000 and that includes social security.

No appointments, just drop in at the Library.

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

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#### The Vashon Loop

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Joanna Gardiner

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# St Patrick's Day Celebration with Geordie's Byre

The name of this band comes from an old Scottish song called "The Muckin' of Geordie's Byre" which roughly translates as "cleaning the cow poop out of George's cow barn"--very deep stuff. The band started in 1999, an offshoot of the famous Vashon Celtic Players. Geordie's Byre spent their formative years performing at parties, weddings and the Irish pub Tir Na Nog.



This band takes songs from the British Isles and smuggles them over to our fair isle, picking up a few sailor songs along the way. They have a grand time playing and singing jigs, reels, waltzes and various other tunes from the old country--whatever country that

happens to be, as long as it's old. Sunday, March 17th, 6pm at the Hardware Store with a Special Irish Menu.

## Spotlight on...Enhance Fitness

By Mary Ornstead

Maybe you're realizing you need to stop the winding down of your strength and energy levels. Perhaps balance is becoming more of a concern. You might even begin to perceive that your independence depends on keeping these body systems operating well! "EnhanceFitness" is an award-winning national program and the most studied and successful exercise system in the US. It was developed by and for seniors with much feedback from participants. Sponsored by the YMCA, which supplies training and certification for class leaders, it includes oversight by master trainers as well as annual training updates.

EnhanceFitness (EF) begins with warm-up movements and stretching, then cardio to music from the 30s to the 70s. Participants then move on to perform strength training exercises using bands, ankle and hand weights (optional). Cool-down is performed with yoga-like stretches or Tai Chi. Balance practice is incorporated into all of these phases.

Perhaps the greatest aspect of this program is that most of the exercises are easily modified to varying needs. Participants work at their own pace, increasing balance, flexibility, strength and resilience.

Expert instructor Mo Brule has studied many other exercise programs for seniors and is satisfied that EF is the most well-rounded routine for maintaining well-being with age. With Mo's leadership, this class is fun and social with participants developing friendships that carry over beyond the class time. "It's a great way to enhance well-being and enjoyment of life", says Mo. "Come check us out. Your first class is FREE!"

Classes are on Mondays, Wednesdays and Fridays, 12:45-1:45pm at Ober Park. The cost for Center members is \$35/mo. For non-members it's \$42/mo. Ten visit punch cards also available for irregular users at \$37.50. This amazing class is always FREE for Group Health members with Medicare A & B.

# Monthly Psychic Fair

March 16th 11-6pm Vashon Intuitive Arts will be holding their first monthly Psychic Fair.

I AM Spirit ART with Ginny Cizek & Susan McAliley, Bill Champlin, Claire Schlosser & Sunday Hamilton will be offering their special talents giving intuitive readings, healings and Vashon Intuitive Art's gift shop will feature a wide variety of art, books, jewelry, stones & crystals at this all day event.

I AM Spirit ART is a partnership of Ginny Cizek, Channel & Medium and Susan McAliley, Spiritual Illustrator, who combine their talents to create beautiful Spirit Guide/Angel portraits with detailed messages and answers to your questions. Ginny receives the information from the Guide, Angel, Ascended Master, Star Being, Elemental or Totem Animal who comes forward and shares their description & messages with the client while Susan draws the 11x14 inch pastel/color pencil portrait and adds the spark of life and love to each one. Depending on how long your reading last determines how much color and detail is included in the drawings and messages. They offer 20 minute Black & white(with the eyes colored), 30 minute color drawings and one hour full color detailed drawings at events and one hour telephone sessions that include MP3 recording and shipping of the drawing worldwide.

Each drawing is energetically empowered to assist the client to connect to their Guide more fully and to receive guidance from all their guidance team with more ease and clarity. Drop in and



get your portrait done on first come basis or call ahead and make an appointment at [www.IAMSpiritART.com](http://www.IAMSpiritART.com) or 206 408-7190 so you are sure to have a time slot.

Also featured this month is Bill Champlin, a highly experienced Tarot Reader who offers detailed readings at events all over the Puget Sound area.

Claire Schlosser will be offering her signature Unicorn Healing readings (between 12-2:00pm) and Sunday Hamilton will be offering her specialty Numerology & Tea Readings.

Prices will vary for each practitioner.

This is the first of V.I.A.'s new monthly Psychic Fairs where different Practitioners will be featured each month on the third Saturday.

Vashon Intuitive Arts is located at 17331 Vashon Hwy SW across the street from The Rock Pizza, between Pandora's Box & the computer repair shop. Call 206 463-0025 for more info.

## The Jazz Guy's 300th show

Continued from Page 1

expected it. There are more songs about love than anything else. The word "love" appears in the titles in my collection more often than any other word, 430 times to be exact, so love is an obvious choice. The reason I'm doing the shows about love now is, because I had this treasure trove of music about love, I decided I would wait until I ran out of other ideas and now that's happened."

Talking about love as a jazz show topic, Bill says "Love is a triple threat word because it can be used as a noun, a verb and an adjective. There's only one other word I know of in the English language that can be used in those three ways and that word is 'Hate'. I likely won't do a show about hate, although I did do one on Love and Hate."

Bill Wood has a vast knowledge of and passion for jazz. "I first fell in love with jazz in 1947" he says. "I was in boarding school and heard the song

"Original Dixieland One Step". My love of jazz continues to this day and all of the music that I play on The Jazz Guy shows comes from my private collection."

Bill has a background in writing ranging from screenplays and television scripts in Hollywood to public service announcements for Voice of Vashon. He is the creator of the hilarious unofficial Vashon anthem "Keep Vashon Weird", wrote comedy skits for the popular Church of Great Rain shows, and has even written a novel titled 'Billy Boy' that will be produced as a play on Vashon this fall.

You can listen to "The Love Project Part 1: Love the Noun", including an interview with Bill Wood by Susan McCabe, at [VoiceOfVashon.org](http://VoiceOfVashon.org) on Monday, Wednesday, Friday and Sunday at 11AM. Bill's shows are also archived on his website [TheJazzGuy.com](http://TheJazzGuy.com).

## PANDORA'S BOX

Get ready for the annual "Out like a lamb" sale!  
It's always a surprise. Just like the weather.

Cheryl and Marge are traveling on a great Willy Wonka Adventure!  
Omaha in March, via Minneapolis. Hmm



Bo's Pick of the Week:

Camp Jenny, and opening the tubs of Bonito Flakes.

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Next Loop comes out March 28

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## Island Life The Cost of Grass

by Peter Ray

As I obviously have nothing better to do, I was just kind of wondering what a million dollars could get you in the way of grass. Quantities in poundage and square footage will obviously change as one alters one's definition of the grass in question. I am, of course, talking about good old American turf grass here- the kind you can purchase by the roll or pallet so you don't have to wait all that long before you can spend the rest of the growing season following the Lawnboy or ridin' Johnny Deere till the cows, or more likely the kids, come home. One could surely go the seed route from the very beginning, and experience the wonders of planting, germination and growth- a far more rewarding experience than just spreading out a green, growing carpet and basking in the gramineal glow of better living through chemistry and instant gratification. One could, on the other hand, use the arable space for vegetables or fruit or the proverbial cottage garden route of both ornamentation and edibility. Playing soccer in a cabbage patch, while perhaps offering obstacles and extreme exercises in ball handling and sauerkraut making, is at best ill-advised, and serves as at least one good reason, regardless of how ridiculous, for having dedicated athletic fields.

As one might guess, I have been having more conversations about fields of grass than I'd like to admit to these days, and while I am in favor of fields to play a variety of sports on, I would also choose to twist an old adage into something like this: the unquestioned field is not worth mowing. As with mowing, one could add or substitute the words watering and/or fertilizing here as well. A questioning would hopefully serve to assign a purpose to actions performed to alter, use and manage a space, and how far one should go to do that. To say that I believe we have gone way too far in all these regards concerning the VES field is an understatement- to say that I might have had a say in changing that if I had been involved earlier seems rather wishful at best and pointless to consider in the light of what has been said and done at VPD commissioners meetings of later. As was evidenced by a policy discussion at this last meeting, when confronted with a statement about existing policy, board member Bill Ameling stated: "...it's up to us... you don't have the vote.... bang the gavel, Joe...." It was also Mr. Ameling who, in a moderately long soliloquy a while back (and available for viewing on Youtube) posed the blanket accusation to all in attendance that we were in some way responsible for not being there when the VES fields decision came down to perhaps voice opposition in order to rein the board in. As we have seen time and again though, the Board could give a rat's ass about what the public says, and they can retain almost all the blame for where we are now- I say almost as some of us actually did vote for them, after all.

So what of the emerald wonderland that is the VES field? I decided to step onto the green carpet today to see what \$1.7 million worth of "all that" is all about. The fences were open so I walked in, only to be greeted by a dispersed pack of cutout sheepdogs. I will not speculate as to why they are there. There is a paved sidewalk with bricks with donor's names on them, although there are

not very many. There are concrete stumps of incompleting stadium lighting. There are backstop poles barren of chainlink and a baseball field that is there in name only, as the grading is still to be completed, not to mention the grass that can't begin to even grow until all of the needed prep work is done. And of course there is the grass. To judge the state of lawn grass in March is somewhat unfair- especially relatively newly grown grass. But in walking around a good portion of the field I remained unimpressed by what a \$1.7 million lawn job had given us. The grass was clumped and spotty, with a fair amount of soggy thatch interspersed between the low growing tufts. For more laughs (and we certainly need them) I did the google thing on the price of sod and came up with a rough number of \$1.25 per square yard. I don't know if that was local- it doesn't really matter for these purposes here. I roughly estimated the square footage of the grassed area on the fields from a rough plot map I have of the property and divided that by 9 and multiplied by a buck and a quarter. While it wouldn't have given us all the sand and pipes and laser flatness and potential irrigation, \$32,500 would have bought pretty much enough sod to redo the entire field in something that would look a whole lot better than what they have there now. The question is though, would it wind up looking just as bad not too far down the road if it had also been laid out on the sandy beach we have there now just below the turf line?

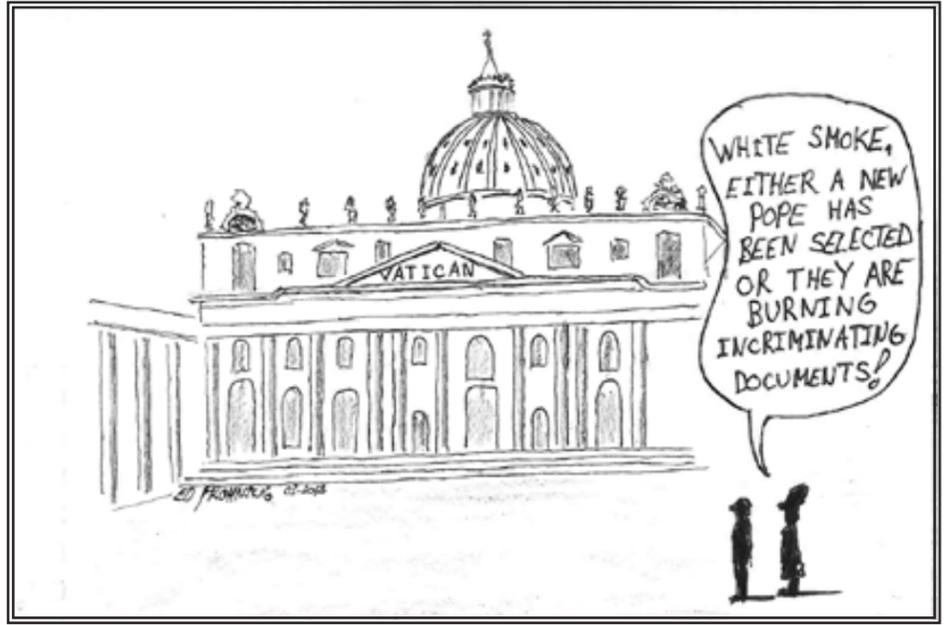
Another question that might rightly be asked is provoked by a statement made by an Island friend who works for the county and who offered to look into some of the water issues surrounding this project. In an email I received this morning he stated: "The fields are located in a critical recharge area and a sensitive aquifer area (probably together the highest level of protection). So if infiltration is one of the drainage strateg[ies] it will go counter to the purpose of this designation, but I don't know if there is a mechanism to address that." Not knowing how to address things seems to be a constant state of disenchantment for me in all of this. I keep going to sources to see what I can find only to find that mechanisms to deal with things are often only toothless safeguards which are there to give the illusion of democratic control to a public who is best kept at bay and in the dark. So I decided to pull out the VPD set of guidelines to see what they had to say.

The VPD Mission Statement goes like this:

"The district seeks to provide recreational opportunities and facilities to its residents. This includes developing and preserving passive and active recreational resources for the betterment of all residents of the District as well as protecting the rural and natural qualities of Vashon Maury Island. The District will insure facilities and services remain within adopted standards and service levels."

One could say that we have gone badly astray from a fairly clearly stated mission with this VES fields project, both from what is visibly and economically evident, as well as in the light of what is put forward in this brief but important document. One could also say that we have been taken to this place by three Board members who would do the Island a favor if they were simply to resign so we can move forward from this place and attempt to salvage something from the wreckage they have left in their wake.

[http://www.youtube.com/watch?v=\\_agFsWRaKH8](http://www.youtube.com/watch?v=_agFsWRaKH8)



## This I Believe

By Beth White

I believe in community. My 36 years on Vashon have formed the basis of this belief, something I would not have predicted as a young adult. And so, in talking with you today, I offer the Vashon chapter of my autobiography.

Back in 1977, I did not anticipate the value of our moat, Puget Sound. It is those beloved waters that so clearly define Vashon's community. Island life invites connections with our neighbors. Six degrees of separation become one or two degrees in just a few years' time: my neighbor is my daughter's Kindergarten teacher; the saleswoman at the Country Store became my close friend; my insurance agent officiated my wedding; the grocer has become my client; and, my stepson's preschool teacher was my daughter's teacher, and my grandchildren's teacher.

When I first moved to Vashon, I landed a job at Vashon Youth Services, a small, developing agency for kids. I quickly came to value the importance of working in my own community, in giving back to those who were part of my greater Vashon family. Now in my office in Courthouse Square, a felt experience of community has emerged in an unlikely manner: the sound of sirens, the passing Aid Car, interrupts my thinking just long enough to wonder if I know whose crisis has generated the emergency. Sirens open my heart.

I have witnessed the kids I counseled develop into parents of young children. I have known many island leaders and elders die. I have become a link between old Vashon and the new, having been blessed with living here so long. This is my place. My community. I belong here. My people are here; I have given deeply and received profoundly.

Thirty years ago I bought a house in Lisabeula. I remember being advised to visit the Norsen property down the road, as I would find kindred spirit in the couple. For a year I trespassed on their land as I headed to their beach, besotted by their signs: "Trespassers will be composted!" "Please ring the guest gong" to announce your arrival. I would soon become deeply connected to this older couple, and later be married on their property. As they aged, other neighbors stepped in to assist them in their final years, the kindnesses given and received in innumerable ways through neighborly connections.

When I first moved to Lisabeula, I knew a few people who lived in the neighborhood, but now the area feels like an extended family. Many of us are regulars, walking to the beach, up and down the same hill through the easons, stopping to talk over the years. Cocktail parties began. Annual neighborhood parties emerged, many at my place. Solstice parties now have long history, while winter storms and long power outages typically result in neighborhood meals at my home, graced with a gas stove for cooking, wood stove for heat, endless candles and good cheer. Dear people, great friendships, shared geography.

What has been happening in my neighborhood feels like a microcosm of what I have experienced in the larger community of Vashon: a sense of belonging and connectedness to so many people. I have a place in the hearts and lives of others, as they do in my life. I feel rich in relations, in

friendships, in history, and in caring for one another.

You see, community is made of neighbors, whether we live next door, down the road, or across the island. The word neighbor is relative. The island of neighbors gathers for our annual party at Strawberry Festival.

Who hasn't delighted in watching the parade, seeing people you know dancing the salsa down the street or pushing shopping carts in silly formations?! Who cannot smile in recalling Doc Eastly ride his shire-led cart full of kids around and around town? Seasonal traditions open my heart to this community: hundreds of jack o'lanterns lit up at the Minglement during Halloween season; the deer pond lit up as Rudolph at Christmas time; he solstice luminarias in our longest night. These gifts from islanders bring me so much joy and pride in my community!

Births and deaths have strengthened my connection to this community. As friends became parents, new circles of love formed between me and their children, strengthened repeatedly through years of connection in the Vashon schools. I have known many teachers whose years in the district created relationships with hundreds of students. Can you imagine? This past year of deaths of both students and adult friends created a ricochet effect for me, bringing me together with friends and colleagues through losses unbearable to suffer alone. My friendship with Marynell Matt allowed my working closely with a remarkable community of women in helping her prepare for her death. I will never forget the love and support of the Vashon UU's during a time when I had major surgery several years ago. I was held in profound love and support. ....which is what community is all about: Love. Support. Holding. Caring. Relationship. Connection.

And, there are groups. My membership in groups over the decades has connected me to people of wild diversity: the play group of "older" moms when Eliza was a babe; the rowing club women who worked out with me at 5:00 in the morning for 8 years; my women's group of 35 years who has now lost a member to death; my meditation group of women from 78-60 years old; this fellowship which has seen so much change in the sixteen years of my belonging; the people in my Tai Chi class. The list goes on, a reflection of how community has brought me close to a wide and beautiful collection of people who have enriched my life profoundly. How many times do we see that gaggle of women walkers out and about on Saturday mornings? Ho about the cycling group that meets on Wednesday afternoons, or the older men who run on the west side Saturday mornings? Or the kids' T-ball teams, basketball teams and the women's softball teams? The Granny's Attic volunteers?

Perhaps you do not resonate with my list. Yet, it is very possible that you have your own list of groups different from mine. They are your neighbors, they are your community.

I believe in community. Community that cares for our neighbors, that becomes the fabric of possible friendships, committees, baby groups, Fellowship. Community has created a profound experience of belonging

for me that is nothing short of beautiful, intimate, and invaluable.



# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## A Wartime Romance

By Mary Tuel

This week's column is by my husband, Rick Tuel, who, now that he's retired, has time to record a little family history. He writes: My dad, Mark Tuel, was born in Lehigh, Iowa, in 1921, the elder of two brothers. Two years later Mom was born on Sugar Creek Road in Dover, Ohio, the younger of two sisters.

Dad was raised in Lehigh and Ford Dodge, Iowa. He was a small town boy who grew up swimming and fishing in the Des Moines River. His dad was a tailor and sign painter.

My mom, Dawn Kennedy, grew up on her parents' farm on Sugar Creek Road, essentially being raised by her older sister Doris. In those Depression years the farm couldn't support itself and like most farmers in the area her dad worked at the Reeves Steel Mill to help make ends meet.

The tradition in rural Ohio farming communities was for the children to grow up and take their places within the social fabric of their forebears, preserving and strengthening it for the succeeding generation. When Mom complete the 12th grade, her parents asked her what she wanted for a graduation present and were shocked to the roots of the family tree when she instantly answered, "Luggage."

They complied reluctantly and in July of 1943 she shook the dust of Sugar Creek Road from her feet and boarded a train for Los Angeles.

It was not a random decision. Some months earlier two of Mom's acquaintances from Dover High School made a break for it and landed in Los Angeles. Gladys and Hilda found jobs there and a nice house close to the beach and apparently the Great Depression was finally ending as the wartime economy began to rev up. It was freedom, excitement, and a whole new life out on the West Coast.

The early years of World War II shook an entire generation of kids out of their nests, some to return, some not. One of the first casualties of the war was tradition itself as the new generation took wing, leaving its parents wondering what the world was coming to.

By that time Dad had literally taken wing. He had

enlisted in the Army in April of 1942 and was commissioned a second lieutenant in the Army Air Corps. He was deep into flight training starting with the Stearman Biplane, a forgiving aircraft that allowed the cadets to learn the basic skills of flight control, takeoffs and landings. It was like flying a box kite with a 12-cylinder radial engine.

The next step up the ladder was the BT-13-A, a fixed single wing trainer that the cadets called "the Vultee Vibrator." A day in the trainer was the equivalent of taking a laxative.

Dad was in training throughout the war, advancing to pursuit fighter aircraft and light bombers. As his skills increased he was shifted through a variety of duties from towing airborne targets for aerial gunnery training to flight controller duty on the ground. Here the miraculous begins to unfold.

While working the Flight Control Center in L.A. he met Gladdy and Hilda. Off duty Gladdy and Hilda would go out night-clubbing with the flyboys and would invite homesick young men to their house for meals and socializing.

At about this point, another train filled with Midwest-American refugees pulled into

Union Station and in the fullness of time, Hilda invited Mark to come over to the house. There was someone staying with her and Gladdy who she wanted him to meet.

And so Mom and Dad's separate paths finally crossed and their meeting was... tepid.

"Mom didn't like me much at first," Dad said years later. "She thought I was too cocky."

Likewise, years later, Mom added her own thoughts. "I had only been on my own for a few months," she said. "I wanted more of that."

But there was a war on; there was no time for more of that. Dad didn't know when he'd be shipped out and didn't want her to be "the girl I left behind" to be snapped up by some other guy. When he received orders for further flight training in Baton Rouge, Louisiana, he popped the big question right away. Mom went back to Ohio to think it over while Dad changed duty stations.

Mom's family tree got its roots shaken once again when she abruptly flew the coop and caught a train for Dalhart, Texas. Fears of shame and scandal back in Dover finally were put to rest when Dad and mom were united in marriage on Christmas Day, 1943.



Mark and Dawn Tuel, December, 1944

# Wonder Women! The Untold Story Of American Superheroines



Wonder Women! The Untold Story of American Superheroines traces the fascinating evolution and legacy of Wonder Woman. From the birth of the comic book superheroine in the 1940s to the blockbusters of today, Wonder Women looks at how popular representations of powerful women often reflect society's anxieties about women's liberation. The film goes behind the scenes with TV stars Lynda Carter (Wonder Woman) and Lindsay Wagner (The Bionic Woman), comic writers and artists, and real-life superheroines such as Gloria Steinem, Kathleen Hanna, and others, who offer an enlightening and entertaining counterpoint to the male-dominated superhero genre. A film by Kristy Guevara-Flanagan and Kelcey Edwards, Wonder Women! The Untold Story of American Superheroines premieres on the award-winning series Independent Lens, hosted by Stanley Tucci, on Monday, April 15, 2013 at 10 PM ET (check local listings).

Wonder Women explores our nation's long-term love affair with comic book superheroes and raises questions about the possibilities and contradictions of heroines within the genre. Reflecting our culture's deep-seated ambivalence toward powerful women – even in this so-called post-feminist era – women may be portrayed as good, or brave, or even featured as "action babes," but rarely are they seen as heroes at the center of their own journey.

Tying the film together is the groundbreaking figure of Wonder Woman, the unlikely brainchild of a Harvard-trained pop psychologist named William Moulton Marston. From Wonder Woman's original, radical World War II presence, to her uninspiring 1960s incarnation as a fashion boutique owner, to her dramatic resurrection by feminist Gloria Steinem and the women of Ms. Magazine, Wonder Woman's legacy continues today – despite the fact that she has yet to make it to the big screen.

In our era of increased plastic surgeries and emphasis on "looking good" rather than acting powerfully, many psychologists, media and social critics have long decried the fact that women are bombarded with images of physical perfection and portrayals of their gender purely in terms of sexual attractiveness. Wonder Women counters this by reflecting

on why our culture struggles with images of women triumphant beyond the domestic arena of relationships and family. Exploring how our highly visual culture places more emphasis on girls' and women's looks rather than on their deeds, Wonder Women urges women to claim the action genre – and media in general – as their own, if they want to change how they are represented. Says director Guevara-Flanagan, "I loved the idea of looking at something as populist as comics to reveal our cultural obsessions, and in particular, how women's roles have changed over time. The narratives of our most iconic superheroes, told and re-told over decades, boldly outline our shifting values. For some it's Lara Croft, for others it's Buffy the Vampire Slayer, but we all need those iconic heroes that tell us we have the power to slay our dragons and don't have to wait around to be rescued."

The Movie is showing FREE at the Vashon Theatre on Tuesday, March 26, 2013 at 6pm.

Community Cinema is a groundbreaking public education and civic engagement initiative featuring free monthly screenings of films from the Emmy Award-winning series Independent Lens. Community Cinema is on location in more than 90 cities nationally, bringing together leading organizations, community members and public television stations to learn, discuss, and get involved in key social issues of our time.

Community Cinema Vashon is presented with generous support by Voice of Vashon, Island GreenTech, and the Vashon Theatre on the last Tuesday of the month at 6pm at the Vashon Theatre, at no charge to attendees. The hour-long documentary films are followed by a dynamic discussion involving audience members and community leaders. For more information, please visit [ccnw.tv](http://ccnw.tv)

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

Recently, your 12th house has been a very busy place with many planets moving through, including your ruler Mars. This may have come with the feeling of a piece of yourself being just out of reach, or you may not have felt like you were firing on all cylinders. Now, as both the Sun and Mars ingress your sign, you're coming into contact with this part of yourself that has been hard to access. Pushing up from within you is a renewed sense of your potential to accomplish your goals and take action on your vision. You are getting clear on something you've wanted that in the past seemed unattainable, yet will all of a sudden appear possible. In this moment of clarity move forward and take action with intention. The key to manifesting what you want is belief that it can be done. I suggest you not let anyone convince you otherwise.

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

Much has been shifting behind the scenes regarding your network of colleagues and important relationships. Something involving who you allow into this circle of important people was previously in your blind spot or hard to see -- it is now visible to you. You are getting clear on your previous patterns of selecting your network: where those habits came from and whether that process of selection is serving you now. Your astrology at the moment indicates your network is more than just a collection of people who have been in your life for a long time. Rather, it's a support system of your choosing. When weighing who to keep in your network, who to let go of, and who to add, I propose considering the influence each person has on how you feel about who you are. Do they support your sense of self-esteem? Ultimately, it's not the number of people in your network that bring the greatest support; rather, it's the quality of those relationships.

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

Over the past few weeks you've been through a reassessment of your career: a re-evaluation that was more about what you are most called to do and to give back to the world, rather than simply earning a paycheck. Often our society pushes the idea that what brings us passion and meaning and what we do to put food on the table and keep a roof over our heads are two different things. You are now formulating an idea of how to integrate the two, developing a concept of what you do for work as an extension of your deepest self. You may be feeling a lot of pressure to make some quick adjustments to your career. I suggest pausing to lay out a plan of the steps you wish to take; this will help you move with focused intention. A few strategic steps will move you further than large sweeping changes.

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

You are navigating an internal breakthrough that at times has come with the sensation of something peeling apart inside you. I suggest not getting distracted by any feeling of discomfort during this process. Any guilt, shame or fear you experience is a big neon arrow pointing you to take that fork in the road and explore where the material came from. What you are working through is the influence religious ideas and philosophies have on you, particularly on your attitudes and emotional patterns. The astrology at the moment indicates information coming in from your mother's life and the influence religion had on her. Look at her life and then continue on up the maternal line. Even simple questions will get you quite far. A good starting point is asking what everyone in the family knew, but no one talked about.

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

Your agreements lately have required some extra negotiating. At times this has felt frustrating, like the negotiations were stuck on the same unresolved issue. In fact, you and the other party were fine-tuning the details like a woodworker dedicatedly and repeatedly sanding and reworking the legs of a strong table. The repeated refinishing actually enhances the solid structure of the table, which can carry a heavy load for a long time. A strong foundation provides a lasting quality. As Mercury stations direct next week, new information will help you finalize the agreement you've been working on. Proceed with patience as you reassess where you've been with the contract and the moves necessary to complete the final steps. Ultimately, the work you are putting into the agreement is building commitment and understanding between both parties that will be of tremendous benefit to all involved.

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

The area of your chart involving relationships is located in Pisces. This implies that satisfying relationships for you include flexibility, creativity and great emotional depth. At the moment, you are looking to receive more of these traits from a close partner. I suggest starting with an honest conversation with yourself about your most important relationship needs, and which needs truly must be met for you to be happy. As you get clear on the importance of these needs in a partnership it will be easier to communicate them to a partner and easier to draw the metaphorical line in the sand if they aren't met. In any conversations, I would recommend sticking to larger ideas rather than nitpicking the details. Hold space for a partner to do the same. What is on offer is a restructuring that helps you build partnerships in line with your most authentic desires.

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

Your current astrology is highlighting the importance of nurturing and caring for your soul and spiritual side as essential to maintaining a healthy body, mind and emotional state. Think of this in terms of something you know very well -- balance. If one aspect is left undernourished then the other areas aren't as strong. Lately, Mercury has been doing the backstroke through the area of your chart that's focused on health, helping you discover connections between feeding and caring for your inner self and how you feel on a daily basis. The next question is what do you do with this new information? As Mercury changes direction and begins to move forward, continue to devote equal time to taking care of all aspects of you -- mind, body, emotions and soul. An abundance of physical energy and strong health is available to you.

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

Pressure is building as you push against what seems like an internal impasse regarding your creativity and the joy you take in that inner spark. Something is shaking loose from within you, a realization about situations early in childhood that affected how you connect with your creativity. You have plenty of resources in your art and pleasure angle, but at the moment you are re-evaluating your basic approach to how you value and nourish your creative self. There is a sense in your chart of a no-going-back moment, like the facade gets stripped away and you can no longer pretend to be something that you are not. I suggest you take the plunge and show everyone the 'real' you. What for you may feel like a vulnerable position

will actually be seen by those around you as strength.

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

The area of your chart involving art, daring and sex is about to get a dose of energy and passion. Think of it as an active volcano pushing forth streams of hot, molten lava -- it's intense, fierce and beautiful. Over the next few weeks as Mars, the Sun and Venus all join Uranus and Eris in Aries, I suggest carving out extra time for the projects you feel most passionate about. Channel your renewed sense of daring and vision into what your inner compass points to as your strongest calling. You have enough stretch in one aspect of a project to take a few big leaps and risks. Focus and intent will help you remain grounded, channeling the large amount of energy that is at your disposal. You are coming into contact with your potential in a tangible and real form.

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

Often our mental patterns are influenced at an early age by our family's dynamics and their mental habits. You've recently been revisiting how your family influenced the way you think of and respond to your experiences. Connect the dots on how a key habit affected you, then take the step to acknowledge that you can change that pattern. As you make contact with this new understanding, it may come with the feeling that much of what you believed is unraveling. If it feels like you are losing control, I suggest you move with the flow. You are in fact letting go of a number of illusions that no longer serve you. You are in a potent moment of being able to harness the power of your mind to shape how you experience existence. Ultimately, how you think is one of the areas of life you do have complete control over.

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

Self-esteem has continued to be a theme in your life for some time now. If there is any aspect of yourself to spend the

time on to get right, this is it. How you feel about being 'you' is your greatest resource and essential to shaping your outer world. At times this exploration of your concept of self-esteem has come with plenty of deeply personal and emotional energy as you tapped into a piece of yourself that is raw and real. Over the next week, a realization will shift your perspective on your self-worth even further. Think of it as a glamour dissolving to reveal a new way to access a stronger sense of self-esteem. It's like you find an unlocked door that you didn't know existed, which takes you directly to your inner core of being. I suggest you make this re-orientation on your feeling of self-esteem one of your top priorities. You are at the very end of what has been a long, yet ultimately rewarding process. The work you are doing is building an inner strength that will carry you for a very long time.

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

With all the high-powered astrology in Pisces lately, your internal world at times may have felt like a major international airport during peak hours -- one busy, almost hectic, place. So much was shifting and moving through, you didn't necessarily have time to take stock of all of the changes. What you are experiencing is making contact with your sense of being solid in the world. You are making contact with 'you'. Some old, deep barriers have been breaking down, putting you in touch with part of your emotional and psychic body that you haven't reached in a few lifetimes. To feel solid you first need to know what a solid 'you' looks like -- hold it in your hands and feel the edges, smooth surfaces, fine details and blemishes. As you come to know these new sides of yourself, it will pave the way for you to consistently feel like you've arrived in an existence with space held open for you.

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

## The Road To Resilience

*Continued from Page 1*

VMICC, they were approved. The first few meetings under this more open and flexible format seem to bode well for the future. AIF seems to be evolving into a complementary body that creates and supports learning environments where conflict can be constructively managed or resolved between groups and individuals.

As one of the new board members for VMICC under the new open format bylaws, I see our job as getting more of you to become informed, involved, or at least to voice your opinion on both pressing issues and where we need to go in the future. To the extent that more of you give us direction, we will have more power to represent the community. VMICC is set on a course to reinvent itself with a goal of becoming more representative of island aspirations and opinions than ever before. To reach that goal, your participation is everything.

Unfortunately, the distillation of an issue often comes down to a clearly defined conflict or disagreement. This is where the All Island Forum would like to become a vital resource. In order to build a really cohesive, resilient, and powerful community, we need to know how to navigate conflict, build trust, and establish common ground. Often the roots of conflict are far more subtle and circuitous than the actual issue at hand. Sometimes the problem may be one or more individuals that are a danger to the community. All Island Forum would like to facilitate the establishment of skills and resources for listening, learning, and

collaborating that effectively restore the fabric of community and make us more resilient and powerful in the face of challenges that lie ahead. Judging from the amount of conflict we have on the Island, it is clear that we could benefit from having more tools in our belt.

There will be another All Island Forum event in the form of a community conversation on Sunday, Mar. 24, 3-5 pm at the Presbyterian Church. The theme is "A Vision for Vashon: Our own Community Justice System." Come learn about and discuss the ways in which we can heal our community and create the trust and common purpose we will need to take care of ourselves in the future.

Meanwhile, there will be another general meeting of VMICC on Mon., Mar. 18, 7-9 pm at McMurray Middle School. A representative from the King County Water Taxi will be there to discuss possible grant funded capital improvements at the North End Terminal. The Septic Solutions Committee will have an update on the availability of low interest loans for waterfront septic remediation. We will try to define our next steps in dealing with the drug house problem. This will be followed by an open discussion about future topics and goals for VMICC. Come experience the new open format and weigh in on the discussions!

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

## Island Epicure



By Marj Watkins

### Sure 'Tis the Month to Think o' the Irish

Feast yourself, friends on the foods of dear old Ireland. A blessing 'tis, too, that they're mostly cheap, easy to make, and tasty they are with it. You can even get Irish butter at our Thriftway store.

I believe in butter. Sure, it's got saturated fat in it, but never mind that. It's Omega 3 fat, an essential to provide skin for the cells of your brain and lots of other good things for your body. For the good Lord's sake, don't even think of substituting margarine. That stuff's full of wicked trans fats. You know that because it says "hydrogenated fats" right on the box. And it doesn't even taste good. My mother, God rest her soul, used to mix yellow food coloring with white margarine as a thrift measure. It was awful. Stick with good tasting, good for you butter.

Don't think you can't afford it. When I lived in a French village, my neighbors, though they could only afford to buy one stick at a time, bought real butter. And the grocer sold butter by the pound, or by the stick.

Cabbage and potatoes figured large in old-style Irish

home cooking. Colcannon, which contains both, is a favorite recipe of my second daughter Jeannie. She takes after her Scot great-grand mother, Jane Ann Macbeath, who was descended from the Scoti who migrated from Ireland to Scotland centuries ago.

Colcannon  
4 servings  
½ pound finely chopped Cabbage  
3 large or 4 not so large Potatoes  
4 or 5 green Onions, chopped, green part included  
¼ cup cream  
½ cup Milk  
Salt and Pepper to Taste  
3 to 4 Tablespoons Butter  
Minced parsley, optional

Steam, boil, or microwave the potatoes until fork-tender. In my microwave, which is not very high-powered, this takes 6 minutes for one potato plus an additional minute or two for additional potatoes. Cool enough to handle. Peel. And mash. Cook the cabbage in a little water until just tender.

Wash the onions, chop them and cook them in the milk 5 minutes. Beat into the potatoes. Drain the cabbage and stir that in, too. Put some in the butter into the mixture, and a pat to put on top of the colcannon.

Garnish with minced parsley. Serve hot, on Sunday the 17th, St. Pat's Day.

Good foods to serve with colcannon would be roast lamb or sautéed lamb shoulder chops, extra butter for diners to put on each serving, and peas cooked briefly with a little water, salt, and a pat of butter. Beverage, Guinness, of course.

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

## Part 2: How do you decide?

by Karen Crisalli Winter and March Twisdale

Over the years, people have blamed diseases upon God, Satan, witches, ghosts, evil spirits, stale air, cats (instead of rats), rats (instead of fleas), swamp air (instead of mosquitos), the four humors, sinfulness, and who knows what else! Today, however, most look to different causes for health problems: genetics, air pollution, contaminated food or water, lack of exercise, heavy metals, bacterias, viruses, weakened bodies, black mold, prions - and rarely - the ingredients of vaccines.

Emblematic of the enormity of this discussion is the 11.3 BILLION dollar annual budget of the CDC! Humans do not allocate such sums for simple questions! Still, with all these committed resources, the CDC cannot offer us a flawless answer. And yet, we all have to make decisions about this complex subject. So, how do we decide?

In the arena of human immunity, public health, and vaccines, we can observe three basic decision-making styles which we are defining as: Simplifiers, Delegators, and Questioners. ALL three decision-making styles are valid, offer value to the community, and deserve our respect.

First, it is vitally important to acknowledge that Simplifiers are not simple. However, their preferred approach is to simplify a complex subject into a few basic rules. They are the people who tend to say, "All vaccines are safe!" or "All vaccines are dangerous!" This greatly simplifies decision-making! As in religion, the greatest zealots are often the converts. Simplifiers who feel their previous choices were wrong are often very diligent about trying to rescue everyone else from repeating their mistakes. When Simplifiers ask questions, they are attempting to either establish some simple rules or reinforce existing rules.

Next, we have Delegators. Delegators select an expert they find trustworthy and follow their instructions. This makes sense, given that life - and especially parenting - can be quite challenging, and no one can become an expert in every subject. Delegators may do a great deal of research on selecting that expert, or none at all. When Delegators ask questions, they are attempting to evaluate the qualifications of an expert.

The third group is Questioners. Questioners are fascinated by the subject, comfortable with ambiguity, and driven to continually ask questions. Questioners often seek out experts as a source of information, but will always reserve the

rights and responsibilities of making choices for themselves. Questioners seek their own "best possible" solution to these complex questions while keeping their unique situation in mind. Even after Questioners have found adequate solutions for themselves, they often continue asking questions simply for the joy of discovery.

Each group tends to have a strong bias that their way of deciding is best for society. And each one is incorrect. All three decision-making styles offer tremendous benefits for society. While we may annoy each other at times, we need each other.

Simplifiers often have a great deal of passion about the subject. They keep the conversation publicly alive, and their actions can prevent society from becoming complacent about the issue.

Delegators are often the least opinionated and can help calm down overheated conversations. Also, when seeking out relatively rare or subtle effects of vaccines & diseases, researchers can utilize the medical records of thousands or even millions of Delegators to advance medical knowledge for all of society.

Questioners can be annoying. However, by highlighting existing problems and demanding better solutions, Questions are an integral part of the ongoing effort to improve public health. Questioners remind us to use all of our medical tools to best advantage instead of relying completely on one solution.

A society that accepts all three categories of "decision-making strategies" ends up with healthier people, better science and better public health policy. So how to apply this in the real world of talking to your neighbors about diseases, public health, immunity, and vaccinations?

The first steps happen within yourself. Identify your own style. Understand that your own decision-making style is not the only style. Then accept that the other styles are reasonable choices.

Next, figure out the style of the person you're talking with. Does your conversation partner frequently make statements without caveats or

exceptions? No matter how well researched their opinion, they're probably a Simplifier. Does your conversation partner frequently reference how much they trust the advice of a certain individual or group? No matter how empowered they are, this person is probably a Delegator. Does your conversation partner pause and reflect upon the complexity of the issue before sharing information? No matter how opinionated they are, they're probably a Questioner.

So you know your own style and you know your conversational partner's style. Now what?

If you are a Simplifier, please understand that not everyone shares your beliefs. Overt judgmentalism will cause more damage than you think. Whether you are ready to hear this or not, you do not have the best answer for every person, family, or community. You have a potentially good set of ideas. Share them with a loving heart, sensitivity and tact.

If you are a Delegator, you have found an expert which you trust. If you wish to encourage others to follow your chosen path, please remember that each family's unique constellation of circumstances matters. Your expert may not be a good fit for another family. Also, some Questioners find the idea of delegation to be personally offensive, even if the expert is top-notch. Be sensitive to this value, even though you don't share it.

If you are a Questioner, please remember that continually asking questions is deeply uncomfortable for some people. Many prefer to believe there is an attainable "best answer" and that they have found it. Alternately, many prefer to trust another person to sort through the overwhelming information on their behalf. Please respect both these choices. Not everyone has the time, energy, or interest to be a Questioner.

Whether you are a Simplifier, Delegator, or Questioner, remember to stop talking sometimes and listen. There is a different story behind every person's decisions. Ask about them. You might be surprised by the answers.

"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)  
Email: [KarenandMarch@rocketmail.com](mailto:KarenandMarch@rocketmail.com)

## Lubricant removed from Maury

Continued from Page 1

The company has been working with Ecology to review its practices to prevent and recover releases of lubricants when launching ships.

People who see more orange grease balls on beaches should

contact 1-800-OILS-911.

The Washington Department of Fish and Wildlife and Washington State Department of Natural Resources assisted in the response.

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# Positively Speaking

## How Cleaning the Rugs Changed My Life and Made Me Do An About Face

By Deborah H. Anderson



Then again, sometimes it's hard to choose an opening line. There are four choices this time for opening paragraphs.

#1--- Opening the front door was like when Dorothy opened the door in Oz and everything was in Technicolor. A rush of fresh, clean air swooped into my nostrils and made my upper palate feel it could sing high 'B's.

The best decision I'd made that week was to take Sunny from CFM Cleaners' advice to do the whole carpet when I wanted him to just spot the five spots from Boris' nervous tummy spots while I wasn't able to live at home the month of January. "Otherwise you get the reverse problem and end up with five clean spots." The carpets, as is often the case in rentals, had not been done in years, certainly not before I moved in and I used to laugh and tell people to not take off their shoes because I didn't know who was in the fibers.

I was so excited to smell clean and fresh and life giving air I couldn't go to sleep until 2AM. I just wanted to stay up and smell it. A week later one of my teen clients walked in and said, "Gee, Deborah, your house doesn't smell like an old refrigerator anymore."

I kept thinking all week, I need to do this with my life. I have a lot of people with rot in their lives enmeshed in the fiber of my life. I need to wash them out and rinse them out and have a fresh smelling life.

In one wonderful moment I was free of smelling the odors of the lifestyles of a dozen people who had lived in the house before me. I no longer had other peoples' stuff in my lungs. The house suddenly reflected my values and my personality and my choices. I felt like I had the energy to accomplish anything.

Call Sunny by the way...he can do it for you to!

OK...#2 choice for opening paragraph...

The new IGA is a 'must shop'. It's phenomenal what's been done and how wonderful the shopping experience is. There's good fresh product, new registers, bright lights, fresh paint, and best of all these energetic, genuine smiling workers bustling about. The woman in produce who told me, "Wait here, I want to bring you some of the beautiful asparagus that's in the back" then said with a huge smile, 'It's so good to come to work and work'. And everyone loves how Sean the owner/manager is just there all the time and working hard to serve everyone. Best of all for those of us in the AARP Senior time zone...Tuesdays are 10% off your whole bill.

-2-I can't tell you my whole grocery retail story, but I can tell you the punch line. Wait until God has a chance to sort things out and replace darkness and sadness and greed with goodness and light and quality living. Am I really saying God is

connected to a grocery store? Well..Yes, but that's another narrative discussion for another time. Suffice it to say, the new IGA is a testament to the power of restoration. Go shop there. Support happy workers and the turnaround anybody can bring to anything...and yes, you can get Western Family there and they have some bulk items too...and organic...oh Vashon... What's great about this Island are the business people who are careful with the money we work so hard to earn and recognize we have a choice and work hard to give us wonderful life giving options.

And...choice#3

As the car sped past Southcenter I had this sad epiphany about my life. I realized having come from a contest where the only way I could win was to publicly shred the other person in a vicious 'go for the kill' way, that I can never do that. I can expose, I can set limits, but I cannot go for the kill. I can report, I can hold up to accountability, I can FINALLY say, 'You can't do that to me', but I cannot kill.

One time a long time ago, I was in a meeting with a colleague and afterwards the colleague said to me, 'You really had that guy; why didn't you nail him?'. To tell you the truth it hadn't even occurred to me.

Then, within the same split second of that new realization that I was never going to be able to get ahead in this world because I didn't possess that ability, I thought of all the good people in my life both on and off Island who are also not killers. Now Vashon has plenty of killers: liars and cheats and deceivers and greedy bastards. Probably higher than the norm because we are somewhat hostage to culture here, BUT it also has people whose integrity shines brilliantly and bring us beauty and nurture and betterment, rooted in love.

My thought was this. If I set good limits early, like I've learned to do now, and protect myself, which I'm learning to do and do everything I do with as much excellence as I can achieve, which I love = please no comments about my proofreading, that is a limited skill set □ = Is that enough? Is Excellence enough to get ahead in life? If you are not capable of destroying those who set themselves up as competition or bully you or bear false witness to win, is it enough to bring victory? I had my next set of marching orders. My job this year is to see if limit setting, self-protection, and executing everything with excellence is enough. I think I'm going to be happily surprised.

Ok...choose which column would mean the most to you this week and write the rest from your own life.

Love,  
Deborah



# Lelavision's Heavy Metal DēVices

Over the past twenty years, Lelavision co-director, Ela Lamblin, has devised over twenty odd archetypal metal devices that can be used in all manner of surprising ways. This performance is a retrospective of these peculiar devices and their human collaborators, namely Lelavision and their friends. "We are planning to fill Open Space for the Arts with big objects as likely to flip a body 16' in the air on a steel pyramid as they are to produce exotic melodies that would sooth the wildest child or the staunchest art critic." says Ela. Some spin, some rock, some fly, some are worn as costumes. Some are bowed, some honk, some sing, some are hit, some crash. All the contraptions are equally at home as apparatus for contemporary dance and physical theater as they are as devices for ambient musical transport. When these objects are brought to life with sound and action the results are like mind-boggling hallucinations that elicit awe and curiosity. Lelavision co-director and choreographer Leah Mann has spent the past 20 years working closely with Ela and his objects to create performances in which the playing of these contraptions is a fluidly formed collaboration of bodies becoming one with objects, generating patterns of movement and sound. Lelavision's "Friends" happen to be a cast of stellar talent including theater maven Steffon Moody, dancers Abby Enson and Lynelle Sjoberg, and musicians Jason Staczek, Eric Chappelle, Arlette Moody, and Christopher Overstreet.

Lelavision tours to festivals, theaters, universities and conferences all over the world, schlepping many of these devices as they go. The Pandemonium (a 12' rocking boat with a balloon organ motor) has toured to Italy, Scotland, Germany, Canada, and Singapore. The "Orbacles" (two steel balls that the performers literally play from the inside out) have appeared in Cirque Du Soleil events in Montreal and Toronto as has the Violcano (5' diameter steel volcano-cello that spins). The oldest device is the Stamenphone- A 6' stringed harmonic sculpture that Ela made while in college. He spent his early Seattle years busking with it at the Pike Place Public Market and at the Folklife Festival. He used it when he was accompanist to several classic UMO Ensemble theater pieces during the late 90's. Working with UMO is what introduced Ela and Leah to Vashon Island where they lived in a 20 ft yurt for 4 years as they built their home and studio. Former UMO members David Godsey and Janet McAlpen's ample Open Space for the Arts venue



Photos of Lelavision by Michelle Bates

provides a special opportunity to set up all of these devices in the same room. The co-sponsorship by Open Space is facilitating a dream come true. "We've always wanted to set up all our toys at once! Now we can dust off some of the ones that have been shouting at us from the corners of the studio for so long!" We hope lots of folks will come out for this first ever, once in a quarter century happening.

Admission is \$12 for adults & \$7 for seniors, students, and kids for advanced purchases. \$15 & \$10 at the door. Open Space for the Arts is located at: 18870 103rd Ave SW Vashon, WA 98070

www.openspacevashon.com

Tickets can be purchased at Vashon Bookshop, 206.463.2616, and via Brown Paper Tickets www.brownpapertickets.com

For additional information, email us at lela@lelavision.com.

## Trip the Light on Art



4th grader Pippa Slade painting her pottery for the Harbor School's 14th annual benefit auction will be held at 6 p.m. on Saturday, March 30, at Open Space.

Continued from Page 1

artists there to meet, greet and answer questions. For more information and to RSVP to the Art Preview Party, email Gretchen at gretchens@centurytel.net.

Harbor School's Annual Benefit Auction attracts over 130 guests from the greater Vashon Island and Seattle communities. Our guests are local philanthropists, business leaders, esteemed community members, island families and friends of the school.

### Save the date!!

"Come one, Come all church people...Saturday 13 April 2013... 3-6 PM, 'Graced and Thawed' a Second Saturday lecture the Vashon Land Trust...with small group ecumenical discussion around whether your Faith defines your church experience or your church experience defines your Faith. "Graced and Thawed: what do we do with tradition and mercy?"

Free Family Film Series

April 14th "The Egg and I" ...jeans and plaid shirts advised!

May 12th Mother's Day You are Invited to "UP!" The perfect gift for a child to give to Mom...a free movie!

June 9th "Footloose" end of the school year dance bash. Come dance in the aisles like no one was watching!!

All movies shown at 1PM at the Vashon Theatre.

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## The Ides of March Comedy Show

Beware! Comedy Night Returns on the Ides of March.

The Ides of March really just means March 15th. It gained infamy in 44 B.C. when Julius Caesar was assassinated by Mitch McConnell. The unintended consequence of Caesar's murder (meant to reestablish the senate as the primary executive branch of the government) was an even stronger consolidation of power in the executive branch and the ascendancy of Octavian, the first Roman Emperor. Take that, Senator-murderers.

Owen Straw has won championships in pizza eating and semi-professional wrestling, released several punk rock records, created the World Extreme Pencil Fighting Championships, and appeared in movies and television, including the Daytime Emmy winning PBS series BizKid\$.

Also on the bill are local comedians Jim Farrell, Per Lars Blomgren, Erik Lundeen and



Mark Johnston.

Cover charge is \$7, and the show starts at 8pm, but show up early and get a seat, because it is always packed! (Also note, that children may be altered in unknown ways as a result of exposure to Comedy Night. If you feel they need to be altered, you may want to bring them. Just sign the liability release at the door.)

See you then and there. Saturday, March 15, 8pm. \$7 Cover

## Women in Jazz: Jewell Jazz Quartet

By Janice Randall

Extraordinarily versatile, jazz singer Cheryl Jewell captivates audiences with her pure tone and soulful interpretations of jazz standards including "My Blue Heaven," "Cry me a River," and for St. Paddy's Day, she sings her favorite rendition of "Danny Boy." Joining Jewell, hear top Seattle studio musicians: pianist Darin Clendenin, bassist Chuck Kistler and drummer Milo Petersen.

As a child, Cheryl Jewell spent hours listening to big band recordings and solo artists including Nancy Wilson and Barbara Streisand. She studied and emulated nuances and intonations to develop her own dynamic, elegant style. "Singing has always been my first love, from the time I was three or four years old," says Jewell.

From her Seattle home, Jewell moved to Chicago and Detroit to study the blues. From there she lit up the LA



Northwest jazz singer Cheryl Jewell pop and rock music scene. Gaining experience and notoriety through multiple television performances, and touring nationally with several bands, she continued to hone her musical chops. With her various bands, she opened for the likes of Leon Russell, Edgar Winter, Jerry Lee Lewis, Don McLean and others.

Saturday, March 16, 7:30 pm Tickets: \$18/\$22 Includes complimentary wine & desserts.

## The Garth Reeves Band

Garth Reeves has been playing professionally for over 18 years. After cutting his teeth in the halcyon days of the Olympia scene, Garth moved to Seattle to explore that cities burgeoning music explosion. A short list of bands Garth has been in include: Dangermouse, Nubbin, Goodness, Blue Spark... and now as a solo artist and in collaboration with others, Garth is expanding on a catalog of solo work that mines the roots of American musical vernacular.

After returning to Seattle from a stint in Brooklyn, Garth and producer/keyboardist (and Vashon Island resident) Jason Staczek began recording the follow-up to Garth's first record Nothing But Time in several Seattle studios. Collaborating notably with Ian Moore, Timo

Ellis, Pete Droge and Garth's regular touring band The Unfaithful Servants (Jeff Fielder, Andy Stoller, Mike Musburger), Garth and Jason are honing the song craft and production style of Nothing But Time, while continuing to mine that albums musical landscapes.

Garth's album Nothing But Time, released in 2005, was made using analog tape, an old Trident board, and a tight knit group of Seattle musicians (Jason Staczek, Pete Droge, Rob Brill, Jeff Fielder, Andrew McKeag, Carrie Akre, Danny Newcomb, and Dan Tyack, and others). The result is a stunning and emotional record deeply rooted in tradition.

This show is going to be a real treat for Vashon - don't miss it!

Saturday, March 30 at 8:30pm.



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

At the Red Bicycle  
17618 Vashon Hwy SW  
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www.redbicyclebistro.com

## The Broken Consort in Milan, London and Paris

On Friday, March 22 at 7:30 PM the third annual Salish Sea Early Music Festival on Vashon Island continues at Bethel Church with renaissance flutist Jeffrey Cohan, violinist Courtney Kuroda, violist Steven Creswell and harpsichordist Kyobi Hinami in The Broken Consort in Milan, London and Paris. The program will explore late renaissance and early baroque works between 1570 and 1630 on period instruments.

During the decades before and after 1600, Milan, London and Paris were vibrant centers of chamber music activity that holds many mysteries. Between 1580 and 1628 in Milan and the surrounding region, a center of compositional activity rivaled in Italy only by Venice, the instrumental



canzona blossomed in print and performance concurrently with intense development among violin makers and players. In France the airs de cour and extravagant court ballets from the 1570's represented a new Italian-influenced French model of dramatic expression, which followed an increased appreciation in France earlier in the century for the interpretation of vocal music by transverse flutes and other instruments. Broken consorts of all sorts, made up of instruments from

different families, were ubiquitous throughout Europe and celebrated in particular by early 17th-century English composers. The virtuosic embellishment of vocal melodies was highly cultivated by instrumentalists, particularly in Italy, as a new concept of chordal accompaniment evolved, but was resisted for decades by many composers who chose to intensify the dynamic interaction of independent instrumental voices in the earlier manner, ever more with violinistic flair. All of these aspects of this great chamber music from the decades around the turn of the 17th century are to be illustrated in "The Broken Consort in Milan, London and Paris", with Venice thrown in for good measure.

## Cami lundeen

Cami Lundeen lures you in with her sultry vocal, and powerful vulnerability. Her evocative style and introspective lyrics entrance you through unforgettable melodies.

Cami Lundeen's captivating voice hails from Vashon Island, Washington. Her alternative style has a folk-pop flavor that has been compared to that of Adele, Brandi Carlile, and Feist.

Her creative sound embodies a moodiness that harkens one back to Evanescence.

Whether it be an intimate performance, as Lundeen commands her guitar alongside her husband-cajon percussionist, Erik Lundeen, or fronting a full five piece band, she draws in audiences



with her raw, relatable stage presence.

Friday, March 22nd, 7-9pm at Nirvana Modern Cuisine.



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# Live music show at Snapdragon

Lily Kiara a visiting guest artist from the Netherlands will play and sing her acoustic folk/pop songs at Snapdragon Café, Sunday, March 24 at 7pm. There is no cover charge for this live music show. On Lily's first visit to Vashon Island in 1997 she came as a dancer/musician to the Diverse Dance Research Retreat held at Camp Sealth, an annual event at the time co-created by Joan Hanna, Karen Nelson and others. One night we all went down to the Antique Sandwich Company in Ruston where Lily performed in an open mic. She moved us with her sweet voice, full bodied guitar playing and heart felt lyrics that display her facility with the English language.



and shared gigs with local musicians, mostly in Seattle, often with moodblues musician jr., for who she also sang back up vocals at Bumbershoot Festival. This was a great buzz to her music and she recorded her first cd in 2001, titled 'No Alibi'. In 2008 her latest solo album 'On This Ground' released on Sibyl Sings, her label for music and poetry. An EP, 'South' with songs and poetry, came out in 2006.

Lily is an acoustic folk/pop singer/songwriter, writing sensory lyrics and melodies with a melancholic undertone. Her playing balances on thin lines between songs and poems: Authentic songwriting, inspired by poets and the love for unfamiliar forms.

After music lessons in several instruments, she got her first guitar at fourteen. She started writing songs almost immediately. This gave a new swing to her poetry, which she has been writing since she was very young. Some words wanted to be in songs and others in poems. Sometimes the distinction is not so clear and they find their way in between or in a hybrid of a song and a poem. During several trips to the USA between 1997 and 2001, she had the chance to play in different places

In 2006 she started the band Songs & Poems; Acoustic folk/pop songs with a bold mix of poetry and improvised music by one singer/songwriter, one poet and four innovative instrumentalists. If she is not playing solo, she often plays with Felicity Provan, accompanying her with daring harmonics in vocals and trumpet.

Based in Amsterdam, but with a love for bringing her music to different contexts, places and people, she has played in venues and festivals in The Netherlands Seattle, New York, Adelaide, and Finland among others.

# True Reverse

True Reverse, a dance improvisation performance by a group of local and international artists will be presented at Hanna Barn on Wednesday, March 27 at 7pm.

Have you ever wanted to reverse something that happened so you could try another strategy? How often do you find the reverse gear in a car so that you can then move forward to your next destination? Have you ever reversed a video film so you could see a scene again? Is commuting home from work a True Reverse of your morning ride?

The dance artists of True Reverse including Nora Hajos, Ray Chung, Mary Ganzon, Lily Kiara, Katarina Eriksson, Joan Hanna and Karen Nelson bring together an amazing collective of experience in movement. All the dancers have a background in various styles of improvisation including: Contact Improvisation, a touch-based, often duet dance form that includes falling, rolling, flying, and spiral movements, and Tuning Scores, a way of crafting composition while improvising.

The 7-member cast of True Reverse includes 3 Europeans, 2 who live most of their year in the states. Nora Hajos, born and raised in Hungary came to the US to explore contemporary dance improvisation in the late 1980's. Her work with avant garde dance artists Steve Paxton, a one-time Merce Cunningham dancer and founder of Contact Improvisation, Simone Forti, the originator of LogoMotion and Lisa Nelson the creator of Tuning Scores, and Dreambody Process Work with Arnie and Amy Mindell have impacted her view of dance, art and embodiment.

True Reverse works with a collaborative process. The performers will develop the evening length piece through their skill in crafting improvisation. For them, improvisation is a process and a goal at the same time. The performance will use various styles and forms to promote creative choices for the players.

The dancers in True Reverse will use "tuning calls" such as reverse, pause,



and repeat to influence the action and to communicate with each other and the audience during the creation of the piece. Much like tuning a musical instrument, the tuning calls help each player in the improvisation to understand the desires of their collaborators.

The process is entirely democratic. Unlike a dance form with one director or choreographer, each dancer has an equal voice and responsibility for the piece. The leadership trades around naturally. And, each player is learning something new, along with the audience. The whole room vibrates with presence and appreciation for the present moment. Far from a comedy improvisation, or an in-your-face theatrical style improvisation, dance improvisation is about embodied experience, both for the mover and the watcher. Lisa Nelson's famous question to her audience is "when you watch me dance, are you improvising?"

Please welcome these traveling dance artists over at the Hanna barn performance of True Reverse. The donation is \$10-20 on a sliding scale, but don't let lack of funds be an obstacle to treating yourself to this unique experience. For information please call Karen at 503-740-0523 or email heartgreen@yahoo.com .



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## Frame of Mind

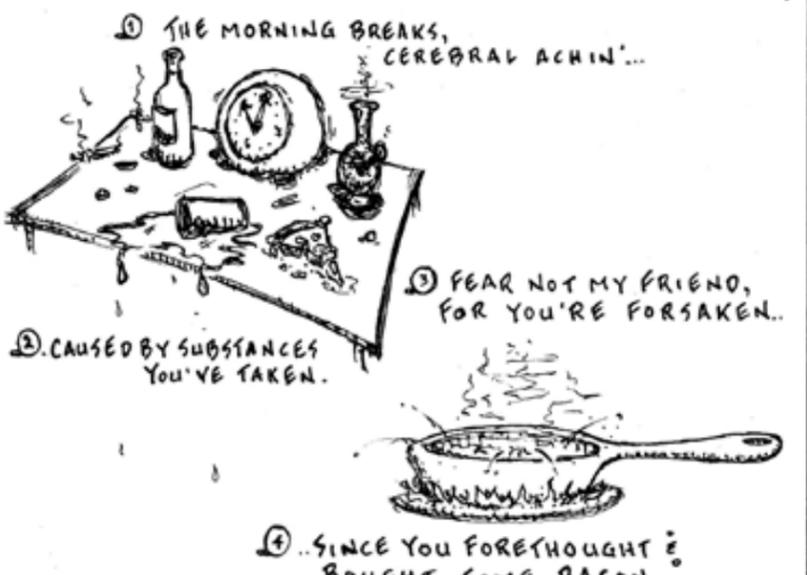


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2. CAUSED BY SUBSTANCES YOU'VE TAKEN.
- 3 FEAR NOT MY FRIEND, FOR YOU'RE FORSAKEN..
- 4 ..SINCE YOU FORTHUGHT I BOUGHT SOME BACON....

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

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

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Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.  
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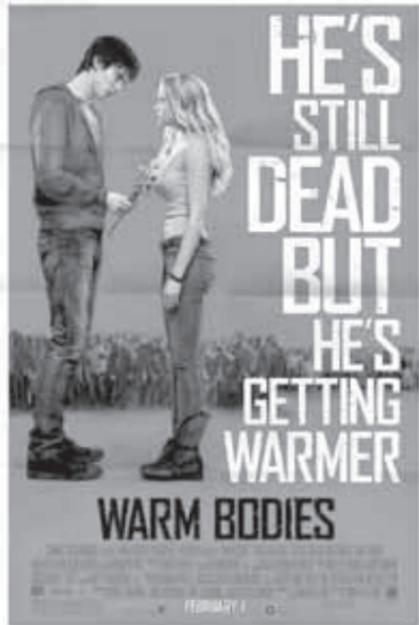
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