



# THE LOOP

Vol. 11, #13

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June 19, 2014

## Garden Tour 2014



*Robinson-Mellen Garden*

Saturday & Sunday, June 21-22

Celebrate the art of gardening and Vashon's rural beauty! To help plan your Tour, here is a preview of the five exquisite gardens, Garden Talks, Garden Art Market and artists in the gardens. Tickets, valid both days, are available for \$25 at VAA, Heron's Nest and VashonAlliedArts.org. All proceeds benefit Vashon Allied Arts programs.

### Jo Robinson & Rick Mellen

Enter an edible garden oasis at the home of Jo Robinson (bestselling author of *Eating on the Wild Side*) and Rick Mellen. Soak in stunning views of the Sound and Mount Rainier while perusing an impressive collection of some of the Northwest's most nutrient-rich fruits and vegetables. Robinson dedicated more than ten years to researching phytonutrient content of edible plants, and showcases her groundbreaking findings that by choosing certain fruits and vegetables that come closest to the nutritional bounty of their wild ancestors, we can begin to recoup the loss of essential nutrients. Robinson's work has been prominently featured by the New York Times, Seattle Times, NPR and CBS.

### Pat & Walt Riehl

Lose yourself in the mysterious wonderland of Pat and Walt Riehl's stumpery – a ravine garden of mosses and ferns nestled among gnarled, overturned stumps and exposed roots. Stumperies were a popular garden design in England in the 1840s-'90s and brought back into fashion a century later by Prince Charles at his Highgrove garden in the 1990s. Inspired by English stumperies, the Riehls enlisted British fern expert Martin Rickard to design their stumpery. This Vashon stumpery – the largest privately-held stumpery in

North America, at 10,000 sq. ft. – consists of over 155 stumps and 1,000 plus ferns (including 13 tree ferns). Come see what the Seattle Times called "a deep green curiosity of a place."

### Steve Paschall & Katy Jo Steward

Explore the extensive Westside farmland grounds of Steve Paschall and Katy Jo Steward, and discover an array of enchanting garden displays. Take in soothing aromas on a mini lavender farm, marvel at the vivid colors and varieties of roses in bloom in an enclosed rose garden, and find peace next to a bubbling brook lined with streamside plantings. Other elements include formal gardens surrounding the residence, a vegetable patch nestled among the roses, custom rock walls and a new Terry Welch-designed plunge pool. Take in Olympic views or access the shore via trails landscaped with woodland plantings and a stair walk down to the property's beach.

*Continued on Page 4*



*Paschall-Steward Garden*



*Riehl Garden*

## Pancake Breakfast continues tradition with the Sportsmen's Club at the helm



Imagine a day in July – the heat of summer just coming on for us here in the Northwest. You rise in the cool dusty morning and head up town, hours early for the parade. Finding a parking spot on the outskirts of town, so that you won't get stuck later, you are just in time for the Pancake Breakfast. An annual tradition steeped in Vashon culture, it starts off the beginning of a carbohydrate filled weekend and the festival!

The atmosphere is relaxed – the excitement of the day is yet to build in the sleepy children who accompany their folks for pancakes. It's like being there before the curtain opens to the main event – an insiders view. A back stage pass. Everyone appears to know each other – or rather the coffee helps them talk. Family members arrive and you go back for seconds. Strawberries on pancakes this time.

The Pancake breakfast has been a tradition to the Vashon festival for decades. And for as many years it was the Kiwanis that were serving it up. This year there is a change of guard and the Sportsmen's Club members will be hosting the Pancake Breakfast. Jan Lyell, former president of the newly disbanded Kiwanis club and also a Sportsmen's Club member, is co-chairing the event so continuity will prevail.

The Sportsmen's Club is an organization dedicated to the ideals of sportsmanship, outdoorsmanship, conservation, and general camaraderie. When members there learned of the shift in management for the Pancake Breakfast,

many stepped forward enthusiastically to continue the tradition.

While Kiwanis was a service organization, the Sportsmen's Club is a private organization. They run several other events during the year, some in conjunction with other groups both on and off the island: Camp Goodtimes, the Kids Fishing Derby and the Club Salmon Derby, just to name a few. Scholarship and education are a top priority for club members. Archery, basic gun safety and advanced instruction are available. Visit their website for more details: [www.vashonsportsmensclub.com](http://www.vashonsportsmensclub.com).

Additionally the Vashon Sportsmen's Education Association is a 501(c)(3) charitable corporation arm of the club and is a scholarship philanthropy. Proceeds from the Pancake Breakfast will go to support this endeavor.

The menu will stay about the same: pancakes, sausage, O J, Milk, coffee, strawberries and other pancake fixings. And you'll find it in the same place at the IGA parking lot. All together, an affordable and enjoyable event.

Make the Pancake Breakfast part of your family tradition and see the Sportsmen's serving it up hot on both July 19th (7-11a.m.) and the 20th (8-12 noon) during Festival this year.


Price (All you can eat) \$8 Adults, \$5 Children 10 and under.

Presales up to the day before the event, \$7 for adult tickets – available at ticketing outlets: The Barber & Beauty Shop, Vashon Book Shop, and James Hair Design.

## Live Local Weather [www.VashonWeather.com](http://www.VashonWeather.com)

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to [www.wunderground.com](http://www.wunderground.com), [www.pwsweather.com](http://www.pwsweather.com) and Weather bug Back yard. The easiest way to view the weather information is to go to [www.vashonweather.com](http://www.vashonweather.com). Live weather information is also used on the [www.vashonloop.com](http://www.vashonloop.com) website and its sister site [www.vashonnews.com](http://www.vashonnews.com).





# Windermere

## REAL ESTATE

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<b>Sale Price</b>	<b>Loan Amount</b>	<b>Monthly Principal &amp; Interest Payment*</b>	
\$200,000	\$160,000	<b>\$718.47</b>	<b>\$810.70</b>
\$400,000	\$320,000	<b>\$1,436.95</b>	<b>\$1,621.40</b>
\$600,000	\$480,000	<b>\$2,155.42</b>	<b>\$2,432.09</b>

\*The payments reflected are principal & interest payments only, & are based on 30 yr amortization & 20% down payment. Mortgage insurance, property taxes, & homeowners insurance not included. This is not intended as an offer to extend credit, nor a commitment to lend. Loan rates, fees & terms presented here are for illustrating purposes only & may not be currently available. The document was prepared to assist real estate professionals in illustrating some financial options available.

## How Does a Rise in Interest Rates Impact Your Buying Power?

In a nutshell: When interest rates are lower, you qualify for a higher loan amount. The table below illustrates how changes in the interest rates on a 30-year fixed rate loan can impact your loan amount.

If, at the fixed rate shown below, you qualified for a loan amount of:	This is the loan amount you would qualify for based on a higher rate of:
<b>3.50%</b> <small>(3.636% APR)</small>	<b>4.50%</b> <small>(4.623% APR)</small>
<b>5.50%</b> <small>(5.638% APR)</small>	
<b>\$200,000</b>	<b>\$177,248</b>
<b>\$300,000</b>	<b>\$265,872</b>
<b>\$400,000</b>	<b>\$354,496</b>
<b>\$500,000</b>	<b>\$443,120</b>
<b>\$600,000</b>	<b>\$531,744</b>
<b>\$700,000</b>	<b>\$620,368</b>

This document is not intended as an offer to extend credit nor a commitment to lend. The loan interest rates, fees and terms presented here are for illustrating purposes only and may not be currently available. The document was prepared to assist real estate professional in illustrating some financial options available.

### Your Windermere Team:

Dick Bianchi	JR Crawford	Beth de Groen	Denise Katz
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# PANDORA'S BOX


Summer plans.....Clyde surgery rehab, Superzoo in Vegas,  
baseball in Spokane, Corrine trip to Africa, family vacation in  
Coulee City, Dad turns 81, Chris turns 54, I am reverse aging on  
August 31, then school starts!

Bo's Pick of the Week: He does, in fact, like the new  
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**Next Edition  
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Comes out  
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July 3**

Deadline for the next  
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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.

### Community Drumming

All are welcome to join Buffalo Heart, the big community drum, and members of the Vashon Drum Circle, Friday, June 13, 7-8:30 PM, outside at the Village Green. Sponsored by Woman's Way Red Lodge.

### VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community. It will take place the first Thursday of each month from 7-9 pm. Contact [caraguilera@providence.org](mailto:caraguilera@providence.org)/ 567-6152 with questions.

### Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church  
Fridays 7 pm"

Find us on Skype  
Vashon Loop  
206-925-3837

### Have a Story or Article

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

### Recycling changes at Transfer Station

Starting June 1, 2014

Recycling at the following King County Transfer Stations is now easier! And you can recycle more materials!

Bow Lake, Cedar Falls, Enumclaw, Houghton, Renton, Shoreline, Skykomish, Vashon

**Easier Recycling:** You can now combine all recyclable materials listed on the reverse side of this flier into the same large blue recycling containers. Look for the "Recyclable Materials" signs in front of the recycling containers.

**Notes:** Cardboard will continue to be collected in a separate container. Clean wood, scrap metals, textiles, yard waste, bicycles, and appliances are collected in separate containers at sites where we accept these materials.

- All materials must be empty and clean (no food).
- Remove recyclable materials from bags and boxes.
- No Styrofoam is accepted in any recycling container.

**Expanded recycling:** You can now recycle these materials.

- Large lids (3 inches or more)
- Paper cups
- Plastic items: cups, clamshells, pill bottles, pots, food trays

#### Questions?

- Call 206-477-4466 or 1-800-325-6165, ext. 74466, TTY Relay: 711
- Visit <http://your.kingcounty.gov/solidwaste/facilities/transfer.asp>



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### Vashon's Amateur Radio Club on Sunrise Ridge

Join Vashon's Amateur Radio Club on Sunrise Ridge (near Granny's) on Saturday, June 28, 11:00 AM - 5:00 PM for Field Day! This is your chance to learn about and experience amateur, or "ham", radio when the club sets up their gear on Sunrise Ridge for the weekend. On Saturday, the public welcome to try out the equipment and ask well-seasoned amateur radio operators about how ham radio works. It's a great hands-on learning adventure in radio. During this time, you can also help the club to make as many radio contacts as possible with other hams across the United States.

### Vashon Social Dance Group Monthly Dance & Lesson

Ober Park Performance Hall - 17130 Vashon Hwy SW (Park District Office Building) Saturday June 21, 2014  
7:00 - 8:00 pm Cross Step Waltz lesson (fun social waltz)  
8:00 - 9:30 pm Dancing to deejayed music provided by Me  
No partner needed. Come and bring anyone interested in dancing!  
Suggested donation: \$10 for either or both lesson and dance  
No one turned away due to lack of funding. Join Us!  
Candy  
VSDG Coordinator  
(206) 920-7596

### Meet with ferry system at summer community meeting

Join Washington State Ferries at a community meeting this summer to discuss route-specific issues, liquefied natural gas, new vessel construction and long-range planning.  
Community meetings are hosted twice a year to discuss current issues facing the ferry system. In addition to meetings, customers also may voice their concerns and provide input through our Ferry Advisory Committees.  
Vashon Island, 6-8 p.m. Tuesday, July 8, at Ober Park  
17130 Vashon Highway SW, Vashon  
WSF will post meeting materials on its community meetings page closer to the meeting dates.  
[www.wsdot.wa.gov/ferries/CommuterUpdates/pub\\_meetings](http://www.wsdot.wa.gov/ferries/CommuterUpdates/pub_meetings)

### Women on Target Class Offered

The Vashon sportsmen club is sponsoring an NRA "WOT class" at the VSC lodge. June 21st. Class times are 9:00 AM through 5:00 PM Saturday.  
This course covers safety, operation of different firearms, mechanics, marksmanship and position shooting. Cost is \$100.00 per student. Lunch is included. A parent or legal guardian must accompany students under 18 years of age at no charge. To enroll, contact Cindy Morrison @206 567-5047 or [cindy198@comcast.net](mailto:cindy198@comcast.net)

### Water District 19 Board Meeting

Water District 19's next regular board meeting scheduled for June 10th, 2014 at (new time!) 4:00 PM here at the district office. 17630 100th Ave SW, Vashon.



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Next Loop comes out July 3

#### The Vashon Loop

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Continued from Page 1

# Garden Tour 2014

**Hope & Anthony Bloesch**  
Experience the hillside gardens of floral enthusiasts Hope and Anthony Bloesch at their lovely “Gypsy Dream Farm.” Originally from Western Australia, Hope Bloesch prides herself on “breaking the rules” with her gardening techniques, describing her yard as “an Australian’s interpretation of an English garden in America.” See her vision and work for yourself and meander through sloping beds of artfully arranged vignettes, each a product of Bloesch’s unconventional yet creative approach to companion planting. Known across the Island for its bouquet-vending “Gypsy Wagon,” the Farm includes a broad assortment of dahlias, lilies and annuals, as well as a shaded woodland garden of rhododendrons, Japanese maples and mixed perennials.



Bloesch Garden

**Brad & Lori Kittredge**  
Visit the peaceful and breathtaking backyard sanctuary of Brad and Lori Kittredge, quaintly tucked behind their Dockton area home and art studio. Follow charming cobblestone paths, peer under wisteria-laced trellises and stroll among lush beds of local and exotic plants sprinkled throughout the property. In addition to a wide variety of ornamentals, shrubs and Japanese maples, the Kittredge garden produces an impressive array of fruits and vegetables. Keeping true to the “Vashon Island aesthetic,” the landscape is entirely homeowner-constructed and designed to look rustic and unpretentious. A labor of love over fifteen years in the making, the Kittredge Garden is sure to offer inspiration and unique project ideas to its garden enthusiast guests.



Kittredge Garden

## Garden Art Market (Open to the Public)

Our Garden Art Market returns with a flourish to a new location on the sprawling green in front of the Puget Sound Energy (PSE) headquarters, 18125 Vashon Hwy SW. Artists from Vashon and the Puget Sound region will display and sell spectacular creations, including unique garden sculpture, tile work, glass, hand-made soaps, jewelry, baskets, eco-friendly textiles, garden tools and more. Robinwood Nursery offers a variety of specialty plants for sale. Pick up items for picnic in town and enjoy lunch on the grass while live music plays. Garden demos too! 10 am-6 pm

**Artists in the Gardens**  
Works from these extraordinary artists will be exhibited in gardens: David Blad, ceramic tile; Brian Brenno, fused glass; Shannon Buckner, blacksmithed floral sculpture; Mary Lynn Buss, tile chairs; Penny Grist, mosaic sculpture; Larry Halvorsen, ceramics; Gunter Reimnitz, sculpted steel crows; Rodger Squirrel, metal sculpture; Barbara Wells, glass/bronze sculpture. Pieces are for sale on site.

## Garden Talks Information from Experts!

Garden Tour weekend features an exciting lineup of speakers, all experts in their field. Here is a sampling of what to expect. For complete schedule, times, locations and Tour tickets, visit [VashonAlliedArts.org](http://VashonAlliedArts.org).

**Jan Nielsen**, Project Manager at Marenakos Stone in Fall City, knows a thing or two about stone. Stone is a versatile design element, often used naturally among plantings, as pathways and patios, retaining walls and sculptural art in the landscape. Nielsen discusses the many unique uses of stone.

**Terry Welch** has practiced garden design/build for 42 years, featured in Sunset, British House and Gardens, Horticulture, Ken Druse’s The Passion for Gardening, and books by Valerie Easton and Anne Lovejoy. Welch often lectures on Japanese influences on Pacific Northwest landscape design.

Horticulturist **Melissa Schafer** of Schafer Specialty Landscape & Design explores the trend of vertical gardening. “Bring your garden art to life! Think of the

plants as your palette; create composition with plant texture, color and pattern and ditch the traditional canvas – get creative with vertical frameworks.”

World traveled and widely recognized photographer **Ray Pfortner** loves sharing his passion, emphasizing technique, natural lighting and subject focus. Explore practical tips for creating garden photographs that begin to capture the beauty in front of your lens – remember to bring your camera!

**Tom Conway** has been an avid gardener since he could hold a trowel and writes about his adventures on his popular home and garden blog: [TallCloverFarm.com](http://TallCloverFarm.com).

“Whether for the vase or the sheer beauty of a bed of basking flowers, a cutting garden is eye candy for the soul.”

**Past Kitsap Audubon Society** President and owner of Wild Birds Unlimited of Gig Harbor, Jim Ullrich’s enthusiasm for birds and bees is contagious! Ullrich explores diverse birds of the NW and encourages practices that promote wildlife habitat and recognize the importance of pollinators.

For over 30 years, **Carol Ahlfors** has been in the floral industry, teaching and winning national awards. Recently, Ahlfors started offering classes through her Vashon business, Blooms & Things, to share this extensive knowledge. Learn a modern spin on the traditional floral centerpiece.

Lavender Sisters **Merrilee Runyan** and Dana Illo and garden host Katy Jo Steward collectively farm lavender, and for 13 years have handcrafted fine lavender products for wholesale florists, Puget Sound Metropolitan Markets and farmers markets. The Lavender Sisters will detail secrets to growing bountiful harvests.

**Tom Dean**, Executive Director of the Vashon-Maury Island Land Trust, is not trained as a botanist or a biologist but loves plants and has fiddled with gardening and landscaping since his dad first ordered him to pull weeds. Dean speaks on the transition between landscape and forest, promoting forest health and slope stabilization.

**Ed Swan**, Master Birder and author of The Birds of Vashon Island: A Natural History of Habitat Transformation, leads bird tours exploring Vashon and Puget Sound. “It’s a great pleasure to connect people with beauty and a richer understanding of other species and their natural environment.”

“The best garden is the one where the gardener finds joy. Think of gardening as telling your story.” Garden designer and author Terry Hershey provides an intro to English garden design and embracing the story that sings quietly in your soul.

**Garden Raffle**  
Purchase \$5 raffle tickets to win fantastic gardening equipment or services. Tickets available at Vashon Allied Arts, the gardens and Garden Art Market. Prizes can be viewed at the Garden Art Market on the weekend of the tour and include:

- Beautifully planted large Asian pot by Island Home Center & Lumber, \$400+ value
- Solid stone bench donated by Marenakos, \$400+ value
- Custom planted vertical wall from Schafer Specialty Landscape & Design, \$300+ value
- 5 cubic yards of compost, \$270 value, DELIVERED on Vashon, donated by Vashon Bark & Soils
- \$250 shopping spree donated by Kathy’s Corner
- Garden Cart donated by Vashon True Value filled with gardening essentials, \$350+ value

**Vashon Island Garden Tour**  
Saturday & Sunday, June 21-22, 2014  
10 am to 5 pm  
Tickets, valid both days, are available for \$25 at VAA, Heron’s Nest and [VashonAlliedArts.org](http://VashonAlliedArts.org). All proceeds benefit Vashon Allied Arts programs.



Garden Talk Authors: Top - Carole Ahlfors, Jim Ullrich, Author Ed Swan.  
Middle - Jan Nielsen, Lavender Sisters, Terry Hershey.  
Bottom - Tom Conway, Terry Welch, Melissa Schafer



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# Island Life Waiting to Begin

By Peter Ray

I was floating around in the Vashon Pool this past Saturday, taking advantage of lap swim on this first day of the pool being open this year. I was trying to remember how it feels like to be in shape for swimming, as I was feeling quite far from that point on my first day back in the water since last October. I was also thinking about graduation, as I was noticing that during my rest stops between each set of laps there was a growing stream of cars pulling by the west end of the pool, apparently arriving early for a good parking place that would be closer to the Vashon High School (VHS) graduation ceremonies happening later that afternoon.

This pilgrimage brought to mind a recent exchange at a Park District board meeting, where in a discussion about who would share the costs in getting the pool back open this Summer after the great backwash outflow debacle discussed here earlier and elsewhere, it was noted that some members of the school board really wanted to have nothing to do with the pool. This, of course, brought to mind the fact that on an island, in order to get anywhere else, one needed to cross a body of water in any direction. It would seem that among the life skills one might consider sending a graduate off to the real world with might be the ability to swim. I was reminded of the fact that even though I had not grown up on an island, I had learned to swim in my fourth year of life. This was a skill that I built upon outside the local educational system.

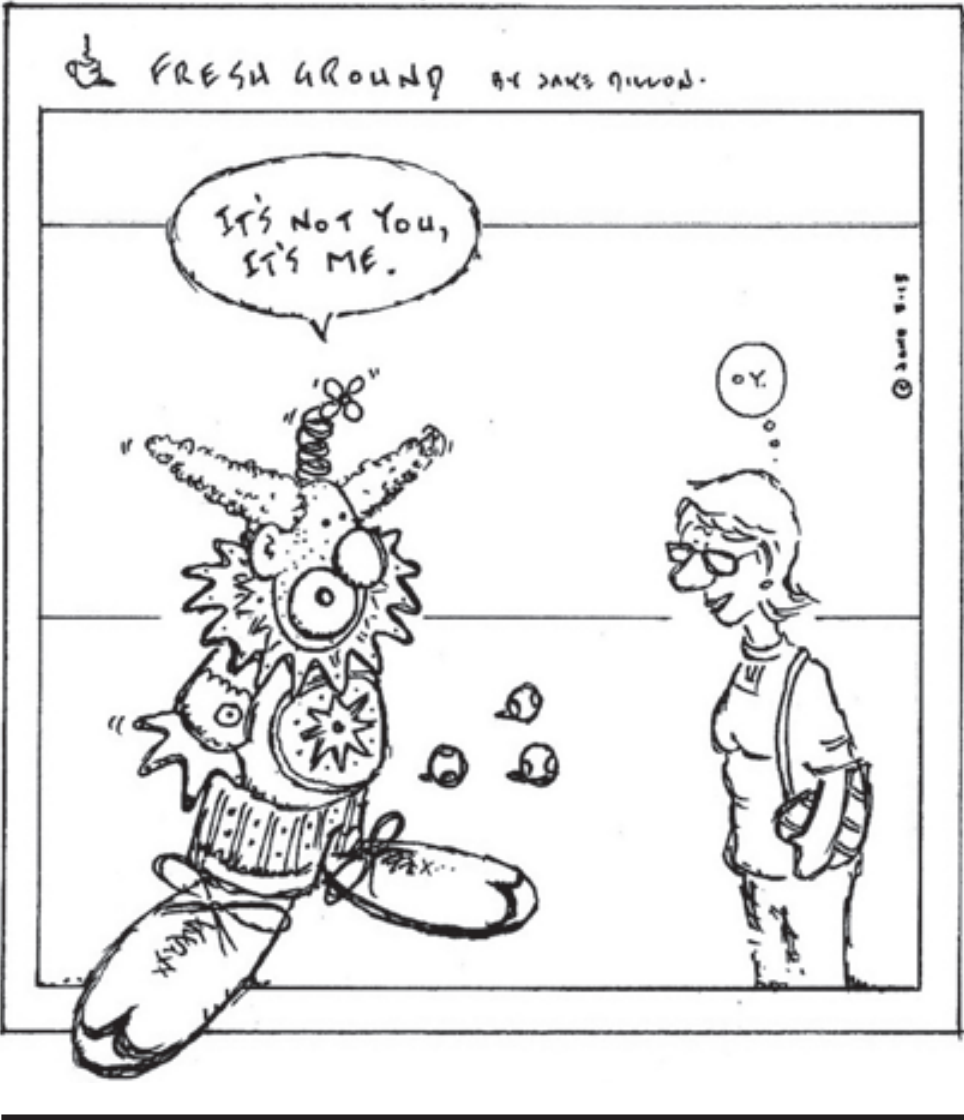
The swim league I was in ended for the individual swimmer once one they passed the age of fourteen when you were expected to be swimming with your high school team. As it was, our high school did not have a team, because we did not have a pool. The story was, though, that the folks across the street at the corporate offices of the Reader's Digest had offered to build a pool for the high school and, as I'm remembering it, the only condition they included with that deal was that their workers would be able to use the pool on Saturday afternoons. There may have been other stipulations, but a free pool would seem to be a hard thing to pass up. My high school did pass, so I've seen this lack of vision before, although it doesn't make it any easier to understand.

What this led to was my attending commencement ceremonies rather than just a graduation. With no place to further my swimming talents, my grandmother offered to pay my way at a New England preparatory school, where I guess we were being prepared to commence. I began to swim a lot better once I got there, but I

found that the learning and studying thing were still not much to my liking. I won a lot of swimming races, but on commencement day I had no idea what I was heading off to begin. I don't remember anything that the commencement speaker suggested that we should do with our new beginnings, and I spent four more years in college having no idea what I wanted to begin.

For some reason, one of the things that came to mind as I floated in the Vashon pool with my arms aching and the cars streaming into the VHS parking lot was a graduated cylinder. This came from one of my chemistry classes of long ago. I never did well in chemistry, but this bit of trace memory still carried some weight. As I often do in writing these things, I decided to look to Webster and the new world dictionary for guidance, where I found that among the definitions for graduate there is this: "a flask, tube or container marked with a progressive series of lines or numbers for measuring liquids or solids..." In thinking of the graduated cylinder while I was in the pool, I was doing just a simple word association thing. But what I am seeing in this definition is more of what graduating has meant to me. I kind of see my life as a giant chemistry set with an array of graduated cylinders spread across a messy table top. Some of the tubes are filled with a murky, fetid glop- others have exploded and allowed their contents to flow and solidify where they lay. But in a few isolated cases there exists an enticing fragrance or a curious, muted glow where the contents have combined and mingled either by chance or by the recalled experience derived from spontaneous combustion and errant happenstance.

I can't really tell you of where this all began, other than at the beginning. It certainly wasn't at any grand commencement ceremony. One of my strongest memories of that particular commencement day in New England was the orange and red of the dawn, which perhaps should have been a bit of a sailor's warning to be wary of new beginnings. On this particular day I was uncertain of what I was beginning, I think partly because I had been filling up my graduated cylinder with pool water. It wasn't until I had graduated and commenced a few more times after that the chemistry in the cylinders and beakers began to look and act like something worthwhile. So at least for me, graduation is neither an end or a beginning, but a continuing process of filling and assessing and trying to figure out what the hell I'm doing next. If I had any advice for new graduates it would be along the lines of continuing to be one. Make mistakes and learn from them. Beyond that I would say be wary of Mrs. Robinson, and just nod and walk away from anyone whose one word of wisdom for you is "plastics".



## Harbor School Welcomes New Faculty for 2014-2015 School Year

By Allison Reid

In a return to the model that served the school well in its early days, Harbor School has hired Adam Kratz as a new addition to the Lower School faculty. Adam will join current elementary teacher Erin Blaser as co-teachers for its 4th / 5th grade multi-age classroom. For years the team-teaching model worked brilliantly and served generations of Harbor School students, so the school is excited to see two full-time teachers return to that classroom.

Adam Kratz has been teaching most recently at Thomas Elementary in Philadelphia. He also taught for two years at the Arthur Morgan School in North Carolina. Adam completed his Master's Degree in Education at St. Joseph's University and his Bachelor's Degree in Sociology/ Anthropology and International Studies at Guilford College in Greensboro, North Carolina. However, Adam grew up in West Seattle, where his family still resides. He and his wife Mary are very eager and pleased to return to the Pacific Northwest.

As Adam states himself, "I love this community and I value the opportunities that growing up here afforded me. I know how the region's natural and cultural wonders can be a wellspring of opportunity for learning. I am eager bring all my experiences full circle and share my love of learning with the students and community at Harbor School."

Additionally, Harbor School could not be more pleased to announce that its current Arts Coordinator Alisara Martin has agreed to expand her position into a full teaching

role for next year. This will allow Alisara to teach Art to all students at Harbor School as part of the core curriculum, in addition to arts electives and other showcases of our student and community talents.

Alisara's role in the current year came as part of Harbor School's ARTS Initiative which has driven the renovation of a new dedicated Arts Studio, the increase in arts classes for students, an extensive electives program utilizing island artist instructors, art-oriented travel opportunities, and a student artists' summer camp. Her great success in bringing the school's arts initiative to life this year points to even more success with a greater role at the school.

As a native islander, Alisara graduated from Vashon High School before completing a BA in Fine Arts at The Evergreen State College, a BFA in print media from The School of Art Institute of Chicago, and an MFA in print media from the Cranbrook Academy of Art. Alisara recently became engaged to Ben McQuillan, so there has been much to celebrate for her!

With these two teachers on staff, as well as its return to full enrollment, Harbor School is well poised to continue expanding and enriching its vigorous, project-based academic program. Adam and Alisara will also be full participants in the school's ambitious Travel Study program, as well as being coaches and mentors as the school helps its students with their personal and social growth.

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# Hal Needs A Home...

I'm small but with a big personality. When I spy shelter visitors, I hurry to the door to say hello. Although small children make me nervous, I'm great with older ones and adults. I get along with dogs, too (I even have a photo of me with a dog I used to hang out with).

# Go To [www.vipp.org](http://www.vipp.org) Click on Adopt



# Spiritual Smart Aleck

## Spam, Social Security, Purpose, and Gypsy Rose Lee

Got an email in my junk box in which the subject line announced I had won a UK lottery. It was awfully good news. This living on Social Security is not a piece of cake. I can barely afford cake. The subject line made me smile once, a little, before I deleted the email unread.

Living on Social Security you can budget. You can designate where every penny is going, but life doesn't change that much simply because you're living on a fixed income. There are always those little surprises, like that emergency room bill that wasn't quite covered by insurance. There are the occasional expected expenses, but so seldom expected that you forget to budget for them, like the new tires I need to get for my car before next winter. Plus the 140,000 mile major vehicle maintenance, which I really ought to schedule soon seeing as how the Honda is up to about 144,000 miles.

Shoes. You have to have shoes around here. My shoes are sandals, usually, and I hadn't looked at my sandals for a long time. They were my best pair, in my mind, so I was shocked when I looked at them to see that the heels were worn right down to the leather uppers, and the leather was fraying. Those poor babies were beyond repair. So now I have a new best pair. That took care of any wiggle room in the budget for this month, and that was before the ER bill.

It really is extraordinary how many things I'm noticing as I return to the land of the living. When you begin to recover awareness of the life that's been going on without you while you were immersed in your personal drama, you find that there is a lot of catching up to do, and you might feel a little lost without the intense sense of purpose and direction that propelled you through those years of your spouse's illness.

On the one hand you are deeply relieved that those hard years are behind you. On the other hand, doing the dishes and laundry and vacuuming and other household chores, while gratifying in its own way, does not give you a feeling of worth



By Mary Iuel

and purpose. Plus, there is now nothing to distract you from the dishes, laundry, and vacuuming.

So I was pleased when my granddaughter auditioned for and was cast in Drama Dock's summer production, the 1959 musical "Gypsy." I am now a stage grandmother for my granddaughter while she's in a play about a stage mother, Rose Hovick, and her two daughters, June and Louise.

The family lived in West Seattle. Rose found West Seattle boring, and decided she would make her talented daughter June



Baby June and Louise, ca. early 1920s

into a vaudeville star with Louise as a supporting performer, and the three of them would live the exciting lives of touring vaudevillians. Both of Rose's daughters would grow up to find success in show business - June as actress June Havoc, and Louise as Gypsy Rose Lee, the classiest stripper ever to remove a glove.

The true story of Rose Hovick's life would have been a little too out there for America in the late 1950s, so the play is a fictionalized version of how Louise became Gypsy Rose Lee. It's a good show, well written, with some great laughs and great songs, some of which became hits back in the day. My granddaughter and everyone else working on the show is enjoying the community that is forming among the cast and crew. The show is about to kick into high gear with nightly rehearsals. It opens in July. You'll be hearing about it in coming weeks.

It's nice to have something new to think about, and work on. It's especially nice to say at rehearsal time, "Oop, can't do the chores. Gotta go."

Like all denial, it only goes so far. Guess I'll go work on the budget, or else fold the laundry. Have you ever noticed that having to work on a budget makes folding laundry attractive?

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

## Part 14: Fear, Shame & Bullying

by Karen Crisalli Winter and March Twisdale

On May 10th, we hosted a documentary film called The Greater Good. In the process of bringing this film to the island, we learned the following:

1-Amongst parents of young children, there is a growing culture of shaming and judgment with regard to vaccine choices. As a result, this topic is carefully avoided at regular gathering events for families.

2- A secret, invitation-only Facebook group has been formed for parents who are seeking support and information in a safe environment.

3- Several parents who attended our screening of The Greater Good experienced significant fear during casual conversation, stopping mid-sentence and visibly shaking.

4- During the "Question Brainstorm," many questions asked were shockingly basic, suggesting that access to even fundamental information is being shut down on our island.

5- At the end of our screening, during our circle chat, serious concern was expressed because we were taping the conversation. Parents feared what would happen if the video ever went public.

When we originally planned the screening of The Greater Good, we were expecting some controversy. What we found on Vashon Island was far more troubling.

Bullying. Fear. Secrecy. Shaming.

So let's come right out and say it. A bully culture exists on Vashon around the subject of vaccines. This bully culture involves attempts to frighten and shame parents into compliance with the standard vaccine schedule.

Now, do anti-vaccine simplifiers bully? Absolutely. Anti-vaccine bullies say things like "anyone who vaccinates a child should be arrested for child abuse." Cruel, bullying, and grossly inaccurate. But such statements don't result in an actual visit from CPS. Anti-vaccine bullies do not bully from a position of power.

Pro-vaccine simplifiers, however, are bullying from a position of power. The Stranger proudly ran this article in 2011: "Hey, Stupid Fucking Anti-Vaccine Baby Killers: Stop Killing Our Babies!" Behind closed doors, doctors threaten to report parents to CPS if they decline a vaccine. A local doctor injected a child with multiple vaccines even when the parent had clearly stated a desire to delay vaccinations due to a medical history of adverse vaccine reactions. The Beachcomber uses its publishing power to regularly characterize unvaccinated children as a public health risk and parents who vary from the recommended vaccine schedule as selfish and ignorant. Pro-

vaccine simplifiers impact their community from a position of power and with the support of existing power structures.

*So, what does pro-vaccine bullying look like on Vashon?*

(1) Parent fear at our schools. A few months ago, a concerned mother of a Chautauqua student called March Twisdale about a poster that implied that breast milk is more harmful than vaccines. The poster was placed prominently in the entryway of the school. When March asked whether the woman would speak to the school about the sign, she said, "Oh no. I'm too scared to say anything. But, since this is your issue...I hoped maybe you could do something?"

(2) Employee fear at our schools.

Another parent who works in the Vashon School District has chosen an alternative vaccine schedule based upon documented, CDC-approved medical contraindications. Despite this unique situation, while chatting with March Twisdale at a local cafe, when another school employee walked in, this parent immediately shut down the conversation...fearful that his/her job could be at risk.

(3) Threats on Social Media During a recent conversation about vaccine medicine, an islander posted that unvaccinated kids should be removed from their home by CPS and fully vaccinated in foster care. A parent's response to the 2011 Stranger article included a threat to "flat out murder (non-vaccinating parents) without qualm or guilt" should his vaccinated baby ever catch a vaccine-preventable disease.

(4) Selective reporting. Last November, the FDA/NIH reported on the results of a jointly funded, extensive study exploring the efficacy of the acellular pertussis vaccine. The conclusion of the study was both unexpected and alarming: vaccinated individuals catch and spread pertussis at the same rate

as unvaccinated individuals. After exposure to pertussis, vaccinated individuals become asymptomatic carriers instead of becoming ill. This is great if you're the vaccinated person who doesn't feel sick, not great if you're a newborn in contact with that asymptomatic carrier. In January, March Twisdale asked The Beachcomber to run an op-ed or write an article about this new information. The Beachcomber, which in 2012 had stated in an editorial that, "Those who opt not to vaccinate against diseases like pertussis...are putting others at risk," declined to report on this important new study. Why? Their explanation was that "we really try to stay local in our news section."

*When Good Intentions Go Too Far*

Most of this bullying is being carried out with good intent. Pro-vaccine simplifiers are genuinely trying to protect everyone. But bullying is taking a passion for a cause too far. Informed consent means that you get a chance to be informed and then you decide whether or not to give consent. Terrified compliance is not informed consent. When it comes to medical decisions, no one (not even your doctor) should apply that kind of pressure.

This environment of pro-vaccine bullying can largely be traced back to 2009, when a group of pro-vaccine simplifiers sought help from national, state and county public health officials to increase Vashon's vaccination rate. The unintended consequence of their effort has been 5 years of fear, shaming, and blaming. In other words, bullying.

And it's not even working! On Vashon, the vaccination rates stay essentially the same from kindergarten through 6th grade. This consistency suggests that bully tactics are not encouraging people to re-examine their vaccination

Continued on Page 7



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

There are moments when it’s possible to open up to what feels like cosmic energy in a way that changes your life. There are things that feel like inspiration that are something else entirely. You will need to use your discernment if you notice any unusually intense flow of information, emotion or some form of light. Listen to what it’s saying and tune into where it’s coming from. That this might happen with the help of a cup of wine or such is less significant than the content of the message, such as the presence of any emotion other than love. Second thing to check is whether you can integrate what happens the next day. Do you feel inclined to put it to use when you’re in a state closer to ‘normal’ consciousness? The experience may exist in a world apart, such as a ritual, a dream, an erotic session or another state of mind. Bring it home to the big world and set it free.

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

The sense of potential you may be feeling is tempered by what seem like the limits and boundaries of reality. Yet is this an internal or external block? It seems to be outside you, yet it’s worth asking whether you’re encountering an inner limit. Notice how you allocate your energy. Is there some out-of-control aspect of your life? If this is another person with whom you share an intimate bond, notice whether your energy flows around them or into them. Note what energy is returning to you. The deeper question, though, is whether and to what extent you’re able to influence your own emotions. Notice where you tend to lose your ability to keep a grip. There are some situations where you’ll want to let go of all control, though I suggest you have an idea in advance what you want those to be.

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

Few people on Earth don’t struggle with self-esteem. This is a complex issue, in part because so many are challenged, and we don’t have many healthy models of what it means to respect oneself. Self-esteem is conflated with narcissism; which is only true to the extent that one is attempting to compensate for the other. On the other side of that coin are people who just don’t feel adequate and there’s no way even to fake it. Know where you stand on these matters. This means knowing where you stand with yourself. This can be tricky, because there are likely to be false messages involved. If so, account for those, and think carefully about the impact they have had on how you feel about yourself. The other thing to keep in mind is that you’re not alone. Many are on this quest seeking inner clarity and acceptance. You stand among them, and they among you. Remember, selflove comes from your self.

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

Is it possible to keep secrets from yourself? Why would you want to? Transits to your solar chart are taking you in the opposite direction -- toward a space where you can admit anything to yourself. This may be true to the point where you will begin to encounter a diversity of ideas and feelings from the alternate side of your nature, sensations and memories to which you don’t normally have access. You’ll be shown these things to acknowledge, affirm, make peace with and ultimately, to integrate consciously. That you have two distinct sides of your nature is not something you’re always in contact with, and you may not have discovered the extent to which it’s true. Having your inner aspects in contact will help you concentrate your energy, focus your intent and run at

full strength. As Mercury dips into the most introspective and unusual angle of your solar chart, I think you’re about to show yourself a few things.

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

Some of the most interesting stuff in the world is right in plain sight. It may be peering out from the other side of the mirror or one step off of the main drag into a little alley, but it’s right there. Nearly all of it, in fact. Most people aren’t nearly as sly as they seem. Indeed, they are rather transparent, and just good at turning one aspect of their nature in the direction of most who can see them. You seem to have plunged into another dimension of your world as a spy among the familiar, who are now turning up in all kinds of interesting colors and shades. Can anyone else see this? Look around for who can. You may not want to say anything if you see the gleam in their eye. As for yourself, this would be a fine time to put out for all to see something you’ve wanted to show off for a while.

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

Success works in strange ways. Be open to unusual events that work to your advantage, even things others would prefer to avoid. That might include anything from your own insecurities to a flight being diverted and ending up in a city you didn’t plan to be in. You might not get along with someone and notice how that helps you out. You might meet your boss’s boss’s boss one day and discover that you hit it off. Without veering an inch toward superstition, you can consider everything you see and hear to be a potential message from the goddesses and gods, however you may think of them -- preferably as your close allies and mentors. In that case you can welcome any sources of inbound information, and you can trust your perception and what you say about what you notice. The more candid you are, the more you will see who is really on your wavelength.

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

The question, as always, is “how is the sex?” Yes, there’s a con game going around where you’re never supposed to admit that; not long into any conversation sex is supposed to genuflect to relationship. While we all need, want and do sail the good ship Relate, that’s often a way up the ladder and out of the water on which it floats. Among the many aspects of sex to consider is what you love that you also feel guilty about. The reason does not matter -- guilt is extremely creative at coming up with rationales to justify its own existence. If there’s such a thing as the ego, this is it. It may be the power aspect of a relationship that turns you on. It may be the age factor and it may be that you seek from another person what you really want to give yourself, and you’re letting that be OK for now. Now, as for my original question...

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

You have a perfect view of who someone is. If you pay attention you notice that this seems like peering into a mirror. The unusual thing is how different from how you feel the image in this mirror looks. You may be feeling old and looking at young, knowing it’s yourself. You may be feeling inflexible and looking at the very picture of relaxation. You may be feeling unworthy and know that you’re being embraced by love. You don’t have to trust this image or accept it as real, though it would be useful if you asked yourself, “what if what I’m seeing is real?” Just consider the potential and notice your response. One thing I would point out is

that you may be harboring some fantasies of purity. Those could take a diversity of forms, including ideas of celibacy, virginity, relationship orthodoxy, or wanting to work out your issues with your parents before you get close to anyone. Go where it’s hot.

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

Tonight’s Full Moon in your birth sign is an interesting specimen, and I’ve never seen anything so Sagittarian in my life. You could be inspired to go on the bender of a lifetime and throw yourself into that light-pulsing experiment where you come out the other end before you even went in. You might gallop through the forest and be standing before the ancestral cave where you can meet any relative going back countless generations. You may get called in one direction, keep going and find out that you’ve taken yourself to a place you only vaguely suspected existed. As I said, the ultimate Sagittarian moment. Give yourself some space and time to do something with it. You need more freedom and you need it soon -- and as long as you’re paying attention you’ll be able to go wherever you want and land yourself safely on solid ground.

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

If you are trying to sort out the difference between self-esteem and narcissism, I have a clue for you. I know that these two ideas are often confused or conflated, and that’s a problem. It’s necessary to center one’s life on oneself, but there are many ways to do that. One way to distinguish them is to notice whether you’re interested in other people for their sake rather than for your own. The problem with narcissism is that it really does not care -- either what happens to others, or how they may feel about someone with this issue. There is a kind of chilly emotional detachment to narcissism, and that is what makes it such a problem. If you care, show that you do. Don’t play it cool; be real. Say it in words and demonstrate it in deeds. Allow yourself to be part of someone else’s existence in a real way. This calls for vulnerability, the real thing. Now, if you happen to discover that you don’t really

*The Vashon Loop, p. 7*  
care so much? You can start by inquiring as to how that came to be. Once again it comes back to vulnerability.

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

Whatever you say and do is likely to make a vivid and widespread impression on the world around you, so keep it relevant and classy. You have unusual insight into what people are going through, especially what they’re not admitting to, though remember -- just because someone doesn’t admit something doesn’t mean they don’t know. We have a conditioned tendency to assume that someone does not know, that they lack intention, that they’re not really informed. This is called denying awareness. Instead of doing that, I suggest you look for evidence of awareness, both in the people you engage with or observe, and within yourself. This is a form of affirmation requiring some bravery, because denial has its motives and its uses. The more you unravel denial, the more you’ll see you don’t want it.

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

Take control of your definition of success. Yes, control in any form is challenging, and it may be an illusion. Yet a clear definition of something would be one of the easier things to get some clarity on, as long as you remember that it’s an evolving work. The way this looks in the charts, you’re less likely to be trying to work something out conceptually and more likely to be describing something that you already understand, or that you can finally see clearly. The description matters because this is a fleeting moment. Granted, this subject feels palpable now, perhaps even vividly obvious. You have a rare perspective on the power of your reputation, which must at this point be able to pick up some of the labor that has always been left to you. Yet this particular point of view is in rapid motion, so I suggest you collect what you know in some form that you can access tomorrow, or in a year.

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

## Vaccines and Beyond

*Continued from Page 6*

choices as their children grow. Instead, we’ve created a culture where parents can no longer safely trade information or ideas. Intimidation and bullying does not silence questions nor soothe fears, but it’s very effective at silencing answers.

Bullying promotes fear, fear promotes silence, silence promotes ignorance, and ignorance promotes even more fear. And that is very bad for public health.

So, we call upon all people on Vashon, regardless of your opinions on vaccine medicine, to take a stand against bullying. Let’s bring vaccine discussions out of the shadows and into the public sphere. Let’s make it safe to

talk again. Say something if you see or hear bullying, especially if it is coming from a friend or someone you know well. If you’ve accidentally slipped into bully language yourself, apologize and try to do better.

America thrives upon the respect and defense of our right to self-determination. Treat informed consent exactly like freedom of speech. Make your motto “I may disagree with the choice you have made, but I will defend your right to make it.”

Because, as June Jordan said, “Freedom is indivisible, or nothing at all.”

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

## Feelings

By Deborah H. Anderson



them, they plead victimization. I frequently hate being white.

In between bites of sugar and salt-- maybe it was the skim milk I swilled that prevented any weight gain-- I cried endless tears. Not since my ex got married one month after our divorce was final or I let true love slip away the summer of 2005 have so many liquid portions streamed from my eyes.

By Sunday afternoon I decided to cook again and eat healthier food. I started munching on the sunflower seeds meant for the salad for the dinner party I had to cancel because I was solving the problem that started the whole mess.

Someone wrote a response to a FB posting I wrote about peak days and valley days. "You should collect these and put them in a book" (about being positive.)

I began to count my treasury again: things I have money can't buy. I like myself. I'm honest so I don't spend anytime with pretense. I can do negative feelings and let them run their course. I know how to nurture myself during down days. I can feel pain and breath my way through it. One of my parent clients wrote to me. "We miss you. You are a force for good in our children's lives" The positives were gathering force.

The only thing I didn't have was lots of money and a job with prestige. Big deal. Money will come. Prestige is vanity, an illusion.

Taking the time to stop and feel will boomerang into new strength, vision and enthusiasm. I don't power through. The show doesn't have to go on. And, unlike so much of my childhood and young adulthood, I can blubber real tears until my face and clothes are completely wet. That's a gift.

When I rise, my spirit is clear, my present is au courant. Joy is genuine and happiness returns.

If all the world would learn to feel and stop to do so we would have world peace. It is the missing link.

True. Really. Stop. Feel

Love,  
Deborah



# Harbor School Recognizes Cornerstone Value Recipients

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

- Lola Lewis (8th grade) - Integrity
- Calder Stenn (8th grade) - Personal Best
- Paris Crispin (8th grade) - Accountability
- Sofia Weil (4th grade) - Compassion
- Sayde Garrett (6th grade) - Respect
- Isabelle Spence (6th grade) - Responsibility



(Back row, left to right) Lola Lewis, Calder Stenn, Paris Crispin,  
(Front row, left to right) Sofia Weil, Sayde Garrett, and Isabelle Spence.

# Harbor School's Head of School Award Recognizes Stan Voynick

By Allison Reid

Harbor School was founded by a passionate educator at the request of motivated parents. Since those first days, our school has relied upon the wholehearted support of its parents, alumni, and other volunteers to become a sought after and successful independent school. Often, from that group of supporters, a person stands out for especially great efforts and dedication that benefit our students and our school. When such people emerge, we recognize them with the Head of School award, as it is such investment and vision that hearkens back to those earliest days of our school's origins.

On June 11, 2014, James Cardo, Head of School, presented the 2014 Head of School Award to Stan Voynick (alum parent of Lily, Class of 2011). Stan was a tremendous supporter and volunteer at Harbor School when his daughter attended but has continued to stay involved offering his many



James Cardo (left), Head of School, and Stan Voynick (right), Photo by Oscar Lewis

talents and countless hours of support. Whether teaching a Lower School unit on electricity, or orchestrating the annual auction's registration and checkout procedures, Stan's contributions exemplify all that is great about our community of supporters.

As a longtime parent and steadfast supporter, we are proud to thank Stan for his dedication to Harbor School.

# Young Alumni Award Given to Joshua Bingham, Class of '04

By Allison Reid

Harbor School is pleased to present a new award honoring the exceptional achievements of our young alumni. The Young Alumni Award will recognize one Harbor School alumnus each year for his/her outstanding dedication in a career profession, charitable endeavor, or global outreach effort. Harbor School's faculty, staff and board of trustees wish to acknowledge the inspirational accomplishments of our growing alumni population (over 200 island youth have graduated THS) and honor those individuals who embody



Joshua Bingham (left) receives Harbor School's Young Alumni Award from James Cardo, Head of School (right).  
Photo credit: Allison Reid

Continued on Page 9



# Island Epicure



By Marj Watkins

## Defeat Diabetes Eat Thai

Diabetes and pre-diabetes seem to have become epidemic. Some estimates of their prevalence in the population run as high as 30%. This is not okay, and not necessary. Doctors have told the diabetics in my family that the disease is incurable and only gets worse as time goes by. This is not necessarily so. Losing weight by cutting back on carbs can equal losing diabetes. Your body is able to create and use enough insulin for a slimmer you. But losing weight fast without even trying can be, paradoxically, a symptom of diabetes.

To lose or avoid gaining weight, keep the carbs down and take a 30-minute walk after your biggest meal. Work standing when practical. Keep moving. Dance, bike, and park at the farthest slot from the store entrance when you shop, or a few blocks from where you work. Walk briskly. Eat Chinese or Thai.

Raw vegetables contribute fewer calories than cooked vegetables. Eat salads daily. Dress them lightly with vinaigrette made of one third vinegar of your choice, 2/3 extra virgin olive oi and a dash of garlic salt. Or go Thai and mix lime juice and Nam Pla (fish sauce.) Go easy on the Nam Pla. It’s really salty.

This high protein, low carb salad, combines vegetables with thin slices of deli beef or home roasted or grilled leanest possible grass-fed beef from the butcher. Chill it and thinly slice it. Any Thai

main-dish salad stars in a perfect a light supper at the end of a summer day. You might offer a thin soup with crackers or toast to precede the salad, and follow it with a light dessert of sliced strawberries with a small topping of spry-on whipped cream. The label says 1 gram of carb per serving, but their serving is only 2 Tablespoons. Even 1/2 cupful yields only 16 carbs.

### THAI BEEF SALAD 4 servings

large spinach, de-stemmed, or dark green lettuce leaves  
½ pound very lean thin sliced roast beef  
8 mint leaves, shredded  
2 to 3 Tablespoons slivered cilantro leaves  
1 stalk lemon grass, bottom 2/3 only, minced (optional)  
¼ to ½ of 1 red onion, sliced into rings

Dressing:  
4 large garlic cloves, chopped  
2 hot green peppers, seeded and minced  
1 Tablespoon fish sauce (Nam Pla)  
2 Tablespoons lime juice (or lemon juice)  
½ teaspoon coconut sugar

Garnish:  
2 Tablespoons dried onion flakes dried  
(find in Oriental store, or deep-fry thinly sliced onion) or omit  
½ teaspoon red hot pepper flakes

Arrange the lettuce to line a platter. Sprinkle with the mint and cilantro and lemon grass if using. Evenly lay the beef slices on top. Cover with onion rings. In a small bowl or teacup, mash the garlic and hot green pepper pieces together. Add th fish sauce, lime juice and sugar. Pour evenly over the beef. Sprinkle the onion flakes and hot pepper flakes over all. Refrigerate before serving. Carbs per serving almost zero.

# Didjeridoo Workshop

Carol has been playing the didj for years. After retiring in 2009, she ‘finally’ learned circular breathing, and began jamming with a friend every week. They played for his 70th Birthday garden party. Carol loves the ‘surround sound’ of the didj, “like the OM of the Universe”.

Carol created many didjeridoos out of plastic plumbing pipe! She started with the 2” pipe, and then experimented with graduating pipe sizes and fittings, until she got the most satisfactory sounds, then she ‘tuned’ the didjs with the aid of a chromatic tuner. Her favorite is an ABS pipe didj, increasing from 1 ½ inches, to a 4 inch bell, which has a wonderful reverberating D note.

Carol is offering a Didj Day Workshop: make and learn to play your own plastic pipe didjeridoo. It is on Sunday, June 22, from noon to 4 pm. She will provide all the materials and instruction you need to create and play your own didjeridoo. The cost is \$75. If you make more than one, additional didj’s are \$50. For more information, call Carol: (206) 218-7552



# Dream Catcher Workshop

Join us for a fun and informative Dream Catcher workshop with Paul “Che oke’ten” Wagner, an award winning Coast Salish artist, who shares the art of creating your own Dream Catcher with intention and sacredness. Che oke’ten will share ancient spiritual teachings about Dream Catchers.

Paul “Che oke’ ten” Wagner is also an internationally performing presenter of traditional songs and stories of his Coast Salish tribal ancestors and Drum maker.



Vashon Intuitive Arts 17331 Vashon hwy sw 98070  
206-463-0025  
Sunday June 29th 2-4pm  
Cost \$35 Please pre register

## Young Alumni Award

*Continued from Page 8*  
the school’s cornerstone values (compassion, respect, integrity, accountability, personal best, and responsibility) so strongly as to be an example for all of us.  
At this year’s graduation ceremony on June 11, 2014, Joshua Bingham, Class of 2004, was presented with the 2014 Young Alumni Award. Fellow alum Genevieve Ferrari was on hand to honor Joshua and share his accomplishments with the graduation attendees. Joshua credits Harbor School’s travel study program with opening his eyes (and mind) and inspiring him to continue global pursuits long after he graduated in 2004. Those pursuits led him to Nepal where, as a volunteer at an orphanage, he was profoundly changed by the plight of Nepal’s homeless children. Last year, Joshua created Nana’s House, a non-profit organization created to help the underprivileged children of Nepal. Most recently, Joshua has been raising funds to

# Loose Change

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purchase 15,000 sq. ft. of land in Nepal where Nana’s House children’s home will be built. Josh and Nana’s House were also the focus of an article in The Vashon-Maury Beachcomber earlier this year (Click here to read the article.).  
All of us at Harbor School are very proud of Josh’s efforts. Josh’s journey and volunteerism

in Nepal are wonderful reflections of Harbor School’s focus on Travel Study and Service Learning, and what we hope students will take with them after they graduate from THS and become citizens of the world. In addition to his award, Harbor School presented Josh with a check for \$250 to support the land purchase.

## Discount spay and neuter service offered June 23

Northwest Spay & Neuter Center is a high-quality, high-volume clinic offering spay and neuter services at affordable prices, including further-reduced and free programs for income-qualifying clients (as well as special programs for pit bulls and feral cats.) We now offer a free transport service in addition to our clinic drop-off, and we’re coming to Vashon Island on Monday, June 23! (Animals will be returned the morning of June 24.)  
Our highly skilled and dedicated employees collect scheduled patients at a pre-

arranged location. The patients are then brought to our facility in a safe, climate-controlled vehicle for surgery, and then returned to the drop-off location the next day. On June 23 we will be picking up patients in the parking lot of Vashon Market IGA.  
Call 206-910-5102 to schedule your pet for the Vashon run, or 253-627-7729 with any general questions about Northwest Spay & Neuter Center. We look forward to caring for your pets!  
More info at [www.nwspayneuter.org/spay-neuter/animal-shuttle.htm](http://www.nwspayneuter.org/spay-neuter/animal-shuttle.htm)

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# Bill Brown & The Kingbees

Bill Brown will be bringing his Kingbees to Vashon for return visit at the Red Bicycle Bistro & Sushi on Saturday, June 21st at 8:30pm. Many folks in the Northwest are familiar with Bill's high energy 'rockin' blues show that he's been performing in the Northwest since 1986. This will be a warm-up for Bill's annual big show in the Beer Garden during Strawberry Festival.

Bill has been likened to Paul Butterfield in his use of the harmonica and his vocals have garnered many a discussion concerning his cultural background. Bill's love of this genre is evident in the players he surrounds himself with,



they are all road veterans of the music business and are sure to entertain you at this upcoming show at the Red Bicycle.

This is an all-ages free event until 11pm, then it will be 21+ after that.

Saturday, June 21, 8:30pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# The American Night



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

The American Night, a touring Doors tribute act from Seattle, will treat Vashon with a live recreation of a Doors concert at The Red Bicycle this Friday night. The American Night is a highly acclaimed tribute act that tours throughout the Pacific Northwest. Authentic instruments, costumes, and psychedelic lighting are used to recreate the experience of a live Doors concert.

Opening for The American Night is Rooster. This group of musicians packs a wallop and is sure to be high in the island musical pecking order in the very near future. Last year saw the band cutting its beak at the

Island festival main stage, the Red Bike and a few sets at the infamous Coop parties. Rick Doussett (Guitars, Ukulele, Vox) and Bob Kueker (Bass, Vox) have been the principles in such notable island groups as "Track 19" (releasing the independent album in 2008 "Two Drink Minimum") and the acoustic duo "Bobrick". As well as many other quality musical associations in Olympia and Chicago, respectively. Joined by the prowess of Ken Widmeyer (keyboards), Willis Turner Band founder and veteran of the Puget Sound area blues club circuit, who brings an enormous wealth of influences and B3 authority to the flock. Dan Bruce (Drums, Vox) provides the thump and drive and has been a notable member of such island bands as "SST", "Word", "Envision", and "Rumor Has It".

This show has a \$5 cover at the door and is open to all-ages until 11pm, then it will be 21 and over.

Friday, June 27, 8:30pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# The Cool Jazz Trio- Mark Lewis, Steve Luceno, Richard Person

Mark Lewis is master of the alto sax, baritone sax, flute and piano; author of more than 1,600 compositions; and has recorded and produced more than twenty albums on various labels. Rotterdam, Holland was Mark's home base for many years. He toured and played in better clubs throughout Europe, and taught jazz theory and improvised music classes in several music conservatories. Mark lived and performed for several years in San Francisco and Victoria, BC as well. Mark's CD "In The Spirit," recorded at Music Annex in Menlo Park, California, made the Top 40 on Billboard Magazine's Jazz Albums chart. Jazz musicians Mark has performed and recorded with include pianists Mark Levine, Overton Berry, and Ted Gioia; drummers Candy Finch and Eddie Moore; bassists David Friesen and Chuck Metcalf; saxophonists Johnny Griffin and Art Foxall; trumpet player Randy Brecker; and vibraphonist Bobby Hutcherson. Mark often subbed for Stan Getz and John Handy during his time in San Francisco.

Richard Person picked up his dad's trumpet at age five and was fronting dance bands by age thirteen. In his high school years he also studied saxophone and piano, and worked in bands playing all styles. Drafted after three years of college, he played in the army concert band and big band performing swing and jazz. After his time in the military he went on the road with several different types of groups, and played almost all fifty states. Finally landing in southern California, Richard hooked up



with several influential players while fine-tuning his musical style. There he worked in the recording industry and in clubs. His credits include Hollywood studio stints with Billy May, Les Baxter and the Della Reese Big Band.

Steve Luceno is a highly respected Northwest acoustic bassist for a number of regional artists, and has produced CDs of his own original jazz compositions. Steve's playing experience includes many trips to Mexico with the Jerry

Michelsen Trio and working with a variety of artists in the Northwest, including Obrador, Kelley Johnson, Bert Wilson, John Stowell, Mose Allison, Ocho Pies and Hadley Calliman.

Dinner and a show is \$50 per couple for members, \$60 per couple for non-members. Individual tickets are available. Call for reservations.

When: Wednesday, June 25, 6 to 9 pm. Where: Vashon Golf & Swim Club, 24615 75th Ave. SW, Vashon  
(206) 463-9410



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**Sunday 8:00am - 2:00pm**  
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# Viola and Piano Recital at Blue Heron

Brightin Rose Schlumpf and Jamie Namkung will present a short recital of music for viola and piano by Bach, Bartok, Enesco and Glazunov on Wednesday, July 2 at 7 p.m. at the Blue Heron. The recital is free and open to the public.

Originally from Vashon, Ms. Schlumpf, daughter of Jake Schlumpf and Pam McMahan, began her violin studies with Gaye Detzer at age six. She continued her studies in middle and high school in Houston and Philadelphia. In 2007, she earned a BA degree in music, cum laude, at Cornell University in Ithaca, NY. She completed a Master of Music degree in violin and viola performance at Longy School of Music in Cambridge, MA as a scholarship student of Laura Bossert. Seeking to focus on the viola, Ms. Schlumpf accepted a full scholarship and teaching fellowship at the University of Colorado at Boulder, where she worked with Erika Eckert and Geraldine Walther of the

Takacs Quartet, receiving a second MM degree in viola performance in 2012. While at CU, she enjoyed sitting principal viola in the CU Symphony Orchestra. Ms. Schlumpf's recent orchestral experience includes the Steamboat Springs Symphony Orchestra, Boulder Chamber Orchestra, Fort Collins Symphony and Denver Philharmonic, among others. As a teacher, Ms. Schlumpf maintains a private violin and viola studio in Golden and Boulder, and is the violin and orchestra teacher at Shepherd Valley Waldorf School in Niwot, CO.

Pianist Jamie Namkung is currently completing her doctoral studies at Northwestern University, and earned her previous degrees from Oberlin and Peabody Conservatories. Since her public debut at the age of 11 in her native country of South Korea, Ms. Namkung has achieved public recognition through national competitions

and concert appearances on King FM 98.1 and in distinguished summer festivals, including the Aria International Summer Academy and Banff International Piano Master Class. A dedicated teacher, she has maintained an active teaching studio and served as Visiting Professor of Piano at Northeastern Illinois University last fall.



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# Aladdin takes the stage at VHS Theatre

By Amy Morrison



Kaia Boonzaier, Allison Spencer, Rachael Thomas, Yarden Blausapp (courtesy photo)

Aladdin and his host of exotic friends, including Genie, Jeannie, Jasmine, the Wishes and an unruly Flying Carpet take the stage at Vashon High School for a week-end production by the dancers of Vashon Dance Academy, June 27-29. Performances run Friday and Saturday evening at 7:30 PM and Saturday and Sunday matinee at 1:30 PM. Tickets are available at Vashon Bookshop and Pampered Paws; \$15 adults, \$11 students.

The show is produced by Dance!Vashon and features Eva Cyra and Silvia Henley sharing the role of Jasmine and Rachael Thomas and Charlotte Schoen as Jafara, the traitorous vizier to the Sultan. Besides Thomas, other graduating dancers in the production are Kaia Boonzaier (Snake Charmer), Yarden Blausapp (Emerald), and Allison Spencer (Jeannie).

In addition to the usual parts of the story, this creative production features imaginative characters such as Power, Snakes, Sand Dunes, and an intense Cave Spirit, as well as the bedazzling Rubies, Diamonds and Emeralds ...and a Love Potion that saves the day!

Vashon Dance Academy students have worked alongside their teachers to develop original choreography, under the Artistic Direction of Cheryl Krown, Director. Dance teachers Julie Gibson, Erin McEachran, and Ronly Blau have provided important choreography and support.

Says Krown, "I am excited for the audience to enjoy a show that has a mix of romance, conflict, power, friendship, and of course humor. All the dancers have worked so hard this year, from the littlest 4 year olds to our graduating seniors."

Each year the show is a capstone to years of hard work by the senior dancers. Having danced at VDA since the ages of 4-7, each dancer remembers the evolution of being a tiny dancer on stage and looking up to their older mentors, to being a mentor and appreciating the gifts of the younger dancers.

Says Boonzaier, "Growing up in the VDA community has been an amazing support system for me over the years. It taught me to be comfortable in front of large groups of people, and the responsibility of being part of a production has been a great lesson in how to work cohesively in a large group of people.

"One of my favorite memories is doing the energy circle every year pre-production, where we all link hands and yell and dance and exhaust ourselves until we can barely breathe -- and then we put on a two and a half hour show. Energy circles have always been a lot of fun, and I remember being a little girl and being so excited that I got to hold hands with the older girls and play all the energy

circle games with them, so now it's always fun when I get to do the circle with the little dancers, and pass on the tradition."

Spencer added, "I have made everlasting friendships that I feel are really special since the people you are with have been with you for your whole dancing career. Also I have gotten to work with lots of little dancers, which has taught me patience and how to work with children. I have also learned that it's ok to make mistakes and that making them actually helps you grow."

"Growing up in VDA has taught me to be disciplined, how to manage my time well, and the importance of a close community. One of my best memories as a dancer is being the leader of the Munchkin dance in Wizard of Oz when I was in third grade," says Blausapp.

The dance corps has been working on the show since February, and the dancers have to balance their dance commitments with other high school demands, particularly challenging for seniors. "Something that I've had to deal with for the past four years is balancing dance rehearsals and being a part of the high school's tennis team at the same time," explains Boonzaier. "It really just requires efficient time management, which is another thing that being a part of VDA has definitely taught me.

She adds, "My goal as a dancer is just to have fun with it and always enjoy what I'm doing, I don't dance because I want to be a professional dancer or anything like that, I just love doing it and it makes me really happy; so as long as that's happening my goal is fulfilled."

Thomas agrees that she has gotten more out of her years at the Dance Academy than just dance skills. "I have been dancing since I was 7 and it has helped shape me to the person that I am today by teaching me that if I want something I have to work really hard to get there and to keep working even if it takes longer than I want to reach this goal. My goal as a dancer is to constantly improve and push myself even further in dance once I get to college."

Gibson and Krown have worked nonstop at the many details of producing a polished show with 130 dancers. Likewise, Producers Tina Shattuck, Tara Vanselow and John "Oz" Osborne have contributed countless hours to managing over hundreds of volunteers, securing props and costumes and ensuring the show will come together by the end of the month.

"I'm looking forward to seeing the audience reaction to all of our dancers' hard work. There will be smiles and laughs and hopefully we'll be able to bring this fairy tale to life for everyone!" summed up Gibson.

# Happy 25th Birthday to the Vashon Island Chorale!

Help the Chorale celebrate by attending a free concert on Sunday, June 29 3pm at the Bethel Church. The concert which is called "No Bridges" is an eleven movement work of music all about Vashon Island's unique history, scenery, wildlife and cultural by West Seattle composer Brownyn Edwards. Just added to the schedule is a second concert at Fauntleroy Church where Edwards is the music director. That will happen on Tuesday evening, July 1 at 7:30 pm. A small admission price to help with the expenses is requested for the West Seattle concert. To arrange for July 1 tickets to be held at Will Call, email Bronwyn Edwards at [ssp@sirensongweb.com](mailto:ssp@sirensongweb.com). July 1 ticket prices are \$8 adults / \$5 seniors & students / kids are free.



# The Backyard Bandits

Vashon's new blues rock trio, The Backyard Bandits, will be appearing live at a free concert at Havurat on Saturday, June 21st, at 7 PM.

The Backyard Bandits express a cool, modern take on American roots music. They play a balance of originals as well as interpretations of songs by some of America's greatest songwriters, including Bob Dylan, JJ Cale and T-bone Walker.

The Bandits are Greg Martin on lead guitar, bass and vocals, Isaiah Hazzard on drums, and Sam Van Fleet on bass, guitar and vocals.

Celebrate summer with The Backyard Bandits! Saturday, June 21st, 7 PM. "The Backyard Bandits" @ Havurat, 15401 W. Side Hwy. SW.

Free (donations to Havurat gladly accepted); Light refreshments and munchies provided.



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LOGJAM



BY Jeff Hawley



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