

See Miró and Noguchi on VoV



Art historian Rebecca Albani talks about Isamu Noguchi

By Richard Rogers

Are you planning to experience the Joan Miró exhibition at Seattle Art Museum or Isamu Noguchi's show at the Frye Art Museum this Spring? Both of these amazing internationally known artists are featured as part of Vashon Allied Art's wonderful Art History Lecture Series, "Trailblazers," with art historian Rebecca Albani. Videos of Rebecca's talks about these two artists are now available for viewing online as part of Voice of Vashon's Arts On the Air series. You can learn about the artists and gain insights into their world before seeing their creations live in Seattle.

Vashon Allied Arts and Mike and Gerry Feinstein have partnered with Voice of Vashon to record and broadcast Albani's presentations. All

her talks from this season, profiling Miró, Noguchi, Bernini, Botticelli, Manet and Monet, are available on demand at VoiceOfVashon.org. They are part of VAA's Arts & Humanities Series, now in its fifth year.

Arts & Humanities co-producers Gerry and Mike Feinstein started the series in 2007 with the encouragement of VAA to see if there was an audience for this kind of programming on Vashon Island. It was so successful that the program has grown each year, selling out every talk this year. "We invite individuals who are dynamic and well respected in their fields and who have something to teach us about the creative process," Mike explained. "We are delighted to be able to attract such an

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The Road to Resilience Farewell

By Terry Sullivan, Transition Vashon

Over three years ago, our Transition Vashon group formed to address our community's preparedness to face the changes that we saw coming in adapting to climate change and avoiding its worst affects. We understood that these changes included very personal life style changes for all of us, and that it would take time to digest the facts and to come to important decisions for ourselves. We initially showed some very good movies that laid the cards on the table. Some were pretty scary and others very inspiring. We knew, of course, that it would take much longer for most of us to get the picture and gather the resolve to act. That is why we looked to get a regular exposure in the local paper to discuss various aspects of the challenge ahead and to cajole ourselves into making some changes in our lives. We didn't think that the Beachcomber would offer a regular spot for a column, but, aside from that, we really felt that the Loop was the better organ for what we wanted to do. When we initially set it up, we didn't expect that we would get such an advantageous spot on the front page! Originally, we intended to share the

writing duties for this column. I wrote the initial article, which was vetted by the rest of the group. A few of the subsequent articles were authored by other members, notably Phyllis Rabun and Scott Durkee, but, as the weeks went by, the job fell to me. I was actually fine with that because I was greatly enjoying the opportunity to speak through the column. Every column I subsequently wrote was vetted by the group before publication.

Since we were talking about a future that had more in common with sci-fi than with our everyday world today, my concern has always been to be accurate with facts and to be credible in argument. I was always trying to speak to my devil's advocate and always asked for comment from the community. I occasionally did get feedback and I usually tried to respond to it publicly in the next column. I encouraged people to submit their own articles for publication. At least in one incidence, a reader did just that. I had written an article about ferry budget problems and had commented that having a boat every

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The Science Series

By Stephen Jeong

Building upon the success of VAA's Arts & Humanities Series and Art History Talks, we are pleased to launch our Science Series. The series explores emerging and broad topics from the scientific community in ways that are relevant to how you live, that will illuminate your understanding of both the distant world around you and the microcosm of your own backyard.

The Rocks Don't Lie: A Geologist Investigates Noah's Flood

David Montgomery, Ph.D., is a MacArthur Fellow and Professor of Earth & Space Sciences at the University of Washington. His research investigates



the relationship of people to their environment, and his fascinating book Rocks Don't Lie investigates the world's flood stories, drawing from historic works by theologians, natural philosophers and scientists. He discovers the counterintuitive role that the Noah's Flood story played in the development of both geology and creationism. With an explorer's eye and a refreshing approach to both faith and science, Montgomery takes us on a journey across landscapes and cultures to discover the illusive nature of truth, whether viewed through the lens of science or religion, and how it changed through history and continues changing, even today.

Gifts of the Crow

John Marzluff, Ph.D., is Professor of Wildlife Science at the University of Washington. His research has been the focus of articles in the New York Times, National Geographic, Audubon, The Seattle Times and National Wildlife. NATURE featured his crow research in the PBS film documentary A Murder of Crows. A testament to years of painstaking research, his fully illustrated and riveting book Gifts of the Crow shines a light on the fascinating intelligence, characteristics and behaviors of these mischievous, playful, social and passionate birds.

Wolves: Predator vs. Prey

Aaron Wirsing, Ph.D., is Assistant Professor of Wildlife Ecology in the



School of Environmental and Forest Sciences at the University of Washington. His research focuses on predator-prey interactions and how large predators can reshape ecosystems. Gray wolves have had a long history of being feared and hunted for attacks on livestock, as well as being venerated for their intelligence and complex social structures. In 2008, gray wolves began naturally recolonizing Washington after an absence of 80 years. Wirsing investigates the impact of the re-emergence of this majestic top predator.

A special thanks to our Science Series sponsor Vashon-Maury Island Heritage Museum.

The Science Series

April 13 - The Rocks Don't Lie

May 18 - Gifts of the Crow

June 8 - Wolves: Predator vs. Prey

Vashon Allied Arts, 7 pm

3-Evening Series: \$36

Member/Student/Senior, \$48 General

Individual tickets: \$14

Member/Senior, \$18 General

VAA, Heron's Nest,

VashonAlliedArts.org



King County to celebrate grand opening of Vashon Rural Services Center

King County Executive Dow Constantine will join King County Sheriff John Urquhart, District Court Chief Presiding Judge Corinna Harn, King County Councilmember Joe McDermott, and other local leaders on Thursday, March 20 to cut the ribbon on the new Vashon Rural Services Center. The project delivered a new sheriff's precinct office, a District Court courtroom, space for King County permitting and licensing services, and other building improvements.

The ceremony will take place: Thursday, March 20, 10:30 a.m.

Vashon Rural Services Center, 10011 SW Bank Rd., Vashon



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PANDORA'S BOX

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Get in The Loop

Submissions to the Loop

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

Vashon Drum Circle

Join Buffalo Heart, the big community drum and members of the Vashon Drum Circle, Friday, March 14th, 7-8:30 PM, at Vashon Intuitive Arts. All ages are welcome to come sing and drum. Event is free and donations are gratefully accepted. Sponsored by Woman’s Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

CURRENT EVENTS Discussion Group

Our meetings are held on the second Thursday of the month from 2:00-4:00 PM at the Senior Center in town. We will talk about current events at the local, state, national and international level. We will not discuss personal problems or peeves. We will allow people to advance their views of a situation without recrimination or acrimony. All views and positions are to be tolerated as long as people do not become personal.

Please come and bring your friends. If you have a news article you would like to discuss, please bring it along! For questions, contact Bob Hallowell at 206-992-4852

Basic Rifle Class Offered

The Vashon sportsmen club is sponsoring an NRA “basic rifle class” at the VSC lodge March 15th and 16th. Class times are 9:00 AM through 5:00 PM Saturday and 1:00 PM through 5:00 PM Sunday.

This course covers safety, operation of different firearms, mechanics, marksmanship and position shooting. Cost is \$100.00 per student. Lunch is offered, on Saturday, for an additional \$10.00. A parent or legal guardian must accompany students under 18 years of age at no charge. To enroll, contact Phil Mahurin at 206 898-6697 or email at plm.3331@yahoo.com.

Benaroya Bound!

The Vashon Island Chorale will sing Mozart’s “Great Mass in C Minor” in a combined choirs concert on Sunday, March 30, 2pm at Seattle’s Benaroya Hall. Vashon’s Jennifer & Andrew Krikawa are two of the four soloists.

Seventy-five Vashon singers, plus pianist Linda Lee and violinists Karin Choo and Gaye Detzer will perform under the direction of Gary D. Cannon for the Chorale’s own set of three songs.

Concert-goers are urged to support the Chorale by purchasing tickets at Vashon Book Shop, from current singers or online at www.vashonislandchorale.org.

Following the Benaroya concert, the Chorale begins rehearsals on Tuesday, April 1 to prepare for its celebratory 25th anniversary concert “No Bridges” on Sunday, June 29 at 3pm. Composer Bronwyn Edwards was commissioned to write a suite of music celebrating the many wonders of Vashon Island and the Chorale will present the concert free as a gift to the community. A grant from 4Culture is making this special event possible. All singers are welcome and registration will be held on Saturday, March 15, 10-11:30am at the Vashon Book Shop and on both Tuesdays March 18 and 25 at 6:30-7pm at the Vashon Presbyterian Church.

Edible & Medicinal Plants of the Padific Northwest

Join wildcrafter and herbalist Kate Tonnessen as we explore the plants of the Pacific Northwest the Cedarsong way.

Delve into the rich world of the plants and learn the historical and modern uses of the many edible and medicinal plants of the area. You will learn to safely identify and harvest various seasonal plants.

Learn ways to prepare wild foods and how to make basic medicinal preparations using our native flora. Participants will leave each class with a different herbal medicine to take home with them. Each class will also include a delicious organic, vegan meal including many locally foraged foods.

Note: This class takes place entirely outdoors so make sure you come prepared and appropriately dressed for any weather.

2014 Class Dates:
March 30th, April 20th, May 18th - 10am-3:30pm
Price includes all supplies and a wild foods lunch.
Email our office for a registration form and class cost. cedarsongnatureschool@yahoo.com
Financial assistance may be available.

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Submit your Event on line at www.vashoncalendar.com

**Next Edition of
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out Thursday,
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Deadline for the next edition of *The Loop*
Friday, March 21

The Incredible Years Series

For Parents and Caregivers of children 3 – 10 years old
Facilitator: (Melanie Salonen)
Spring Class Dates: March 6, 13, 20, 27, April 3, 10, 24, 29, May 1, 8, 15 & 22

Cost: \$80 (Playspace members) & \$100 for nonmembers
The ages and stages of development can make different phases of parenting challenging. But as our children grow, so can our skills in parenting. The Incredible Years is a twelve-week, research based parent education program that provides parents with the tools needed to make the job of parenting easier; all the while raising happy, healthy independent children. The first several sessions builds children’s social competence and cooperative behavior. The second half of the series focuses on reducing misbehavior. Topics include: effective bonding, effective praise/encouragement, emotion coaching, clear limit setting, house rules and chores, understanding your child’s innate temperament, managing emotions (yours and theirs), what, how and when to ignore behaviors, and natural and logical consequences.


Video editing workshop

4th-5th grade students are invited to a video editing workshop led by Michael Monteleone, island videographer, 1 p.m. Saturday, March 15, at the Heritage Museum.

He makes films featuring Vashon--and various other places--and presents them at film festivals. During the workshop, he will show students how to edit video and assist them as they apply what they learn to their own videos. Students are asked to bring their videos with them.

The program is planned for students hoping to enter “The Vashon Story” contest sponsored by the Heritage Association. Deadline for entry is April 11 and details are available at Vashonhistory.org/events. If possible, please leave a message at 463-7808 saying that you hope to attend the workshop.

The Kellum & Montoya Building and Islander Apartments are sponsoring the contest.



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Contributors: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley

Ad sales and design: Steven Allen
Phone 206-925-3837
Email: ads@vashonloop.com

Editor: Steven Allen
Email: editor@vashonloop.com
Publisher: Steven Allen
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Phone 206-925-3837

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Community Cinema Vashon presents Medora

Years ago, Medora was a booming rural community with a thriving middle class. But the factories and farms are now closed and the population has dwindled. Poverty and despair have moved in.

Medora follows the down-but-not-quite-out Medora Hornets varsity basketball team over the course of the 2011 season, capturing their stories both on and off the court. Riding a brutal losing streak when the film begins, the team’s struggle to compete bears eerie resemblance to the town’s fight for survival.

An in-depth, deeply personal look at small town life, Medora is also a thrilling, underdog basketball story and the inspiring true tale of a community refusing to give up hope despite brutal odds stacked against them.

The Medora Hornets’ three coaches are all volunteers who hold down full-time jobs as a cop, a preacher and a stonecutter. Rusty Rogers, the six-foot five-inch center, is virtually homeless due to his mother’s problems with alcohol, and lives with point guard Zach Fish in public housing. Shooting guard Dylan McSoley agonizes over whether he should reach out to his dad, a man he’s never met who lives in the next town over. Robby Armstrong, a farmer’s son, wants to be the first in his family to complete high school. Despite crippling poverty, addictions, arrests, and other set backs the Hornets don’t quit and are a vital part of the sputtering engine that



keeps Medora going. Ultimately, Medora is a film about America, and the thousands of small towns facing the same fight. As one resident observes, “Once we lose these small towns, we can’t get them back.” This Vashon sneak preview screening is open to the public and there is no charge to attend!! Tuesday, March 25 at 6pm, Vashon Theatre, !FREE! Please invite a friend or family member in middle, junior, or high school to experience how education always leads to success if you stay the course.

Please Help Honor Amy Dubin, former VHS Art Teacher

Amy Dubin was an inspirational and well loved art teacher at Vashon High School. She made an impact on her students that will not be forgotten. Her classroom was a creative and fun place to be where everyone was welcome. Ms. Dubin passed away from cancer last spring but our community wants to continue her passion for art and education.

To honor her work and carry on her legacy, we are creating the Amy Dubin Memorial Fund through the Vashon Community Scholarship Foundation (VCSF). The VCSF was established in 1986 by a group of volunteers comprised of parents and community members to solicit and coordinate financial support for Vashon Island School District graduating seniors who wished to continue their education and training. Since then, the VCSF has distributed more than \$1.5 million in scholarships.

As a 2009 VHS graduate and recipient of several VCSF scholarships, I know how valuable and important this financial and community support

was in my college education. I recently graduated from California College of the Arts with a BFA in Graphic Design and truly feel Ms. Dubin contributed to my success. In an effort to “pay it forward”, my goal is to raise \$3000 to provide scholarships for three 2014 VHS graduates wishing to pursue a degree in the arts. Any donation, no matter how large or small, will be appreciated and help make a difference. To make a donation online through PayPal please use this link to the VCSF webpage and click the Donate button on the left sidebar: www.vashonscholarshipfoundation.org Donations by check should be made payable and mailed to: VCSF, P.O. Box 1413 Vashon, WA 98070 Please be sure to put Amy Dubin Fund in the memo line of any donations. You can also visit the Memorial Fund in Honor of Amy Dubin page on Facebook. Thank you, Kalee Abella (class of 2009)

Meet Miró and Noguchi on VoV

Continued from Page 1

intellectually curious audience.” “Arts On The Air is a Voice of Vashon broadcast presentation of original performances by Vashon-Maury Island artists,” says VoV Station Manger Susan McCabe. “From classical concerts and art lectures to aerial artistry, Vashon enjoys an abundance of creative and talented performers. Our goal at VoV is to provide a forum that expands the

audience for our Island artists.” Arts On The Air shows have been produced by Vashon Allied Arts, Open Space For Arts & Community and other Island arts organizations. Arts On The Air is supported by a grant from ArtsWA and The National Endowment for the Arts, and all shows are available for viewing at VoiceOfVashon.org.

Harbor School VFW essay recipients



(Left to right) Julia Ellison, Cleo Hudson, Stuart Kraabel, Roy Bumgarner-Cmdr, Post 2826 (in back), Bjorn Lynge, Julian White-Davis, Stella Harrison, old John Croan, and THS English Teacher Kristen Spangler.

By Allison Reid Harbor School students had a great showing in the recent VFW “Patriot’s Pen” essay contest, earning places in all middle school grades. The awards ceremony, held at the Harbor School right before the Midwinter Break, was an opportunity to acknowledge the work these students had done. Stella Harrison placed third amongst island sixth graders. In the seventh grade, Julia Ellison and Cleo Hudson earned second and third places, respectively, amongst island students. The best showing came from the Harbor School eighth graders, who swept the awards. Julian White-Davis earned third place, Björn Lynge earned second place, and Stuart Kraabel took first, going on to represent Vashon at the district level. He took second place there. Congratulations to all Harbor School students.

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- 1:45 Buying, Selling & Staging on Easden by Denise Katz of Windermere Vashon & Bowen Shoppings of First Impression By Design
- 2:15 Earthquakes, Landslides, and Floods, OH MY! by Steve Kalkick of Ellsperit Engineering
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Island Life

The Game of Gnomes

By Peter Ray

Things have definitely changed in my times with the television set. Having gone from Captain Kangaroo and Leave it to Beaver to South Park and the Daily Show, we have seen what some might call a shift in the available viewing spectrum of shows. Some might say that nothing has changed and maybe even gotten worse- some might disagree. When I sit down at our cable controlled, Freecycle-sourced big TV I mostly find nothing to watch as I scroll through the multitudes of channels. Even the Weather Channel has gotten stupid with its tales of moronic gem hunters or the non-stories told by the lifeguards of Any Beach USA. Having nothing on is not necessarily a bad thing, as it leaves no excuse for not watching the docs and dvd dramas I find for cheap in the dungeons of the internets.

As it is, Wendy has joined the fray in bringing her interest in fantasy novels to my attention, and most recently, instead of paying extra for a bunch of shows on those “extra” cable channels, she found and purchased the first three seasons of “Game of Thrones” in fancily packaged box sets so we can join in the fun there. I would have to say that the use of the word “fun” in referencing this Throne Game thing is maybe a stretch by anyone’s metric. Apart from my fairly recent viewing of ‘Gravity’ up at out own Vashon Theatre where I had to find a wall to lean against in overall exhaustion-physical and emotional- after standing to leave at the end, nothing in recent memory has left me so drained as much as our evening sessions in Winterfell and King’s Landing and Casterly Rock has. I suppose one could say that there is not much of difference between the goings on in the Game of Thrones and the meanderings of Fred MacMurray and company in My Three Sons, but then I’d have to ask for a birth certificate indicating your proof of origin in this particular universe.

Fortunately, at ten shows per season, the pain and suffering, slashing, burning, raping and plotting has run its course for now- we are patiently and perhaps a bit cautiously awaiting the release into the wild of the box of season four, now in progress. Unfortunately that means that with evenings free, one has no excuse not to go to the Vashon Park District board of Commissioners meeting, although it seems once again, with attendance quite low, an excuse to miss this particular passion play is not hard to come by. Maybe if the marketing crew rebranded this particular meeting the Game of Gnomes we might see a bump in viewership. In truth however, while the Game of Thrones deals in noble families, from all I’ve seen (perhaps too much) there is nothing noble about the park district board, although at this last meeting there were some flourishes of defiance and opposition from our two new commissioners, a welcome change from the 5-0 votes of the recent past. With David Hackett gone though, it’s a bit like (apologies to Charles Dance) Tywin Lannister was written out of the script, perhaps sent off on a long ocean voyage to Essos and beyond on a personal quest in search of dragon eggs, and more than likely never to return.

All that being said, following the fireworks of Captain Joe’s reading of his rebuttal to commission chair Lu-Ann Branch’s recent op-ed declaration that all is well in the park district, we settled into a bit of an homage to the throne type stuff, with a small garrison of skate park (BARC- Burton Adventure Recreation

Center) representatives- parents and kids alike- giving a presentation about moving ahead with construction of a skate bowl in the hopes of getting a nod to go ahead with it from the gnomes in the throne room. In listening to what was being said, one could easily drift off into a comparison with the machinations surrounding the VES fields project, with the exception of a large presence by the interested party and a proposal that included all the legwork in getting the proposal to reality, along with a go-ahead in hand for a grant that will cover all of the construction costs on the site. You never know, this might be the template for all Island Park and recreation activities and facilities in the future- direct and involved civilian participation in the management and operation of the various facilities, if the next park district levy is defeated, and this might not be bad thing. To varying degrees this has been happening already with Islanders pitching in at the horse park, the boat house at Jensen Point, the lighthouse and Captain Joe’s Keeper Volunteer Corps, and with Scott Bonney’s ongoing efforts to make the pool as self sufficient as it can be.

As someone who has been and remains an advocate for the Vashon Park District, it is a little odd talking about working to get out the vote against the levy passage, but having been present at Ober Park, week in and week out and listening to the utter nonsense that comes out of the Park Board, it just seems that giving carte blanche once again to a 3-2 majority who has already proven to be both disrespectful to Island interests as well as being untrustworthy in how they spend our money, I see no alternative but to defeat the park levy when it comes up for a vote, possibly as early as this November. This will send a resounding message to the board of gnomes that business as usual and forget the past and move on is not acceptable in the light of what they are slowly moving on from. As an example of how tenuous the current financial situation is at Parks, we kept hearing at this past meeting how the bids for finally completing the VES field to county and state satisfaction might still break their current facsimile of a budget. And it still seems to come as a surprise and a shock to at least one of the board members that the set of fields they created with money pilfered from the rest of parks is going to cost them even more in maintenance than they had expected. This is part of the ongoing learning curve that Mr. Ameling keeps speaking of: in May or October or December we will be smarter. That might have had some validity a while back, but after 26 years one would think he would have learned something, which as evidenced by all of this, he hasn’t.

A no vote would send a message. The message isn’t final. There could be a re-vote in time to keep the parks funded. But things would then have to show evidence of change- a list for this evidence is in the making. This new election would cost the parks another \$10,000, which I guess is a drop in the bucket compared to \$2.5 million Mr. Ameling has helped to oversee the wasting of on VES. In truth, the parks do not need more uncertainty at this point, but sometimes uncertainty brings positive change because it makes you work a little harder to bring about stability. What is certain though is that the majority of the current VPD board believes all is well in the Vashon Park District. Voting no on the park district levy would send them a bold message that it isn’t, and we wouldn’t have to rely on the uncertainty of carrier crows or ravens to get it there.



Fail Whale

By Orca Annie Stateler, VHP Coordinator

I write this on the sorrowful anniversary of Tsu’xiit/Luna’s death. Hail pounds the roof, as it did on the day Luna died. Tsu’xiit left his earth swim during a freaky, powerful thunderstorm. Killed on March 10, 2006 at the tender age of 6½, luminous Luna (L98) – enchanting film star of “The Whale” and “Saving Luna” – has been dead now longer than he was alive.

In March 2006, I wrote a Dorsal Spin questioning whether Tsux’iit’s death would teach us anything. Eight years out, the tenuous treaty between Kakawin (killer whales) and industrial humans still feels broken. Progress toward saving Luna’s endangered Southern Resident kin is negligible to non-existent.

L Pod has plummeted to 36 orcas from a peak of 59 in 1993. The only surviving



Tsu’xiit/Luna (L98) implores us to do better. Deddema Stemler/AP photo. ”

member of Luna’s L2 matriline is Wave Walker (L88), his 21-year-old uncle. Six others were all dead by 2012. Most died young. Luna’s mother, Splash (L67), was just 23 when she died in 2008. His grandmother Grace (L2) was only 52 when she died in 2012.

As I fondly recall Tsu’xiit, the tragic death of another L Pod juvenile vexes me. Sweet female Sooke (L112), age 3, stranded near Long Beach, WA on February 11, 2012. A recently released report on her death states that she died of “blunt force trauma from a collision or a blow” but “the exact type or source of the traumatic injuries . . . remains unknown.”

Sooke might be the most extensively necropsied killer whale ever. I find it deeply frustrating and disillusioning that what killed her is inconclusive. Decomposition prevented definitive resolution to a number of issues. The report could not completely rule out the following possibilities: vessel strike, ramming by a larger animal, or blast trauma.

Well-intentioned, skilled biologists and researchers investigated L112’s death. My criticism is not an indictment of them or their effort. I suspect, however, that some clues to Sooke’s death were de-emphasized



or disregarded. Permit me to dispel one scenario. Southern Resident orcas do not mortally ram each other. Fatal ramming incidents occur with orcas in captivity. If anyone reading this can prove that closely related wild orcas ram their podmates to death, call me.

I am not the only one skeptical of the report. Two experienced researchers -- Ken Balcomb of the Center for Whale Research and Scott Veirs of Beam Reach marine sustainability school -- deemed L112’s death report critically flawed and asked National Marine Fisheries Service (NMFS) to revisit the investigation.

Ken and Scott challenged discrepancies in evidence provided about the sonar and blasting exercises of a Canadian navy destroyer several days before L112 stranded. See “Whale-death investigation flawed, experts say,” in the March 8 Victoria Times Colonist. The article also links to the NMFS report on L112.

Another good read is at <http://pugetsoundblogs.com/waterways/2014/03/06/ken-balcomb-calls-for-further-review-of-orcas-death/#ixzz2vLbVzZel>. Ken’s words on the ramming hypothesis: “absolutely preposterous.”

The discussion section of the L112 report unceremoniously cites L98’s death: in 2006, “a juvenile male was drawn through the propeller of a tug boat.” Luna (L98) and Sooke (L112) died under substantially different circumstances, but the losses were equally senseless and devastating. The promise of their genetic potential, which L Pod urgently needs, was extinguished.

As with Luna, perhaps no one is specifically to blame for Sooke’s death, but we bear the burden collectively. The lifeways of industrialized, militarized humanity are seemingly inconsistent with conditions that allow killer whales to thrive.

Look online at Ken’s impossibly cute baby photo of Victoria, his name for Sooke (L112). Look at Tsu’xiit/Luna here: gorgeous and eternal with his soulful gaze and the wisdom of a sage, imploring us to do right by his Kakawin kin. What the hell are we doing to these orcas? When does life get better for them? Epic fail whale.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of whale sightings for Vashon-Maury. Send photos to Orca Annie at Vashonorcas@aol.com.

Spiritual Smart Aleck



By Mary Tuel

How I Learned to Chop an Onion

Whenever I chop an onion I think of Irène, who taught me how to chop an onion.

My mother never taught me how to chop an onion. I don't think she trusted me with sharp objects. When I left home I could boil or fry an egg, and make toast, popcorn, instant pudding, instant coffee, and canned soup. These were my skills.

I never would have learned to cook more than that if I hadn't been born female. It would get to be late afternoon around the commune, and I'd realize everyone was looking at me. Being an obliging type, I'd make the effort, with widely varying outcomes and a lot of burned food. Of course when I was working and living alone a couple of years later, I could eat whatever I liked. Chunks of cheese and lettuce was a favorite meal, and lemon yogurt with granola. It was during this era that I forgot the eggs I was boiling one night and they blew up. Yeah. Cooking was not my passion.

Getting back to Irène, we were at her house up on Burton Hill for a gathering one day and as we women talked in the kitchen she was chopping up vegetables for whatever the main dish was, and I watched her dice an onion with a brisk efficiency that knocked me out.

"How do you do that?" I asked. She was puzzled that I asked. Doesn't everyone know how to cut up an onion? But she shrugged and she showed me: slice the onion in half, place the sliced side down on the cutting surface, cut vertical slices in the half, then turn it and cut horizontal slices. Voila!

Now I can't cut up onions with the swift precision that my friend Irène has. When I chop up the onion, I slice it in half and then I do the vertical slices. Things go pretty well that far. Then I turn it 90 degrees and begin the horizontal slices. I'm holding the slices I just made tightly between my thumb and fingers, and I'm carefully making my crosscuts and seeing the beautiful little chunks of onion fall off. Then slices begin to slide against each other, and onion pieces explode up out of that tight grip, and the last row's pieces are oddly shaped.



Usually I let it go at that.

I used to cut onions in half, then in quarters, then cut the quarters into little wedges, trisecting them with the knife. When I lived in Los Angeles around 1970, everyone was mad for the macrobiotic diet. I had no idea what a macrobiotic diet was, still don't, except that it involved copious quantities of brown rice and didn't taste good. Something I read at that time said that those wedges were the proper way to slice an onion for macrobiotic dishes, and that's how I did it for years until that day I watched Irène, and had my eyes opened. Irène was kind to me, took this ignorant American in hand (she is Swiss) and showed me how to do it. That's why I think of her every time I chop an onion.

It is peculiar the little things that stick with you, the memories that pop up in the course of a common activity like chopping an onion, or perhaps when you catch a scent that swoops you back years to another time and place, to a person who may be long gone – a parent, a former lover, a friend who moved away. Smells especially can hook you and transport you to an internal leaning and longing.

But Irène – heck, I can send her an email or call her on the phone to thank her one more time, so that's all right, and the stew was pretty good, although I put too much flour in the roux. No one ever taught me how to make a roux.

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Road To Resilience

Continued from Page 1

hour to carry hundreds of cars across the Sound seemed fairly extravagant. That this column touched a very sensitive nerve in this community indicated to me how utterly dependent we are on that connection, not only to get ourselves across the water whenever we wished, but our cars as well. Of course, cars, easily one of the biggest carbon producers, are an indispensable part of the world we've made for ourselves. When you combine beauty and romance with comfort and convenience, you've got a pretty strong attachment.

Some people emailed positive comments and many, many more of you expressed your appreciation to me in person. I can't tell you how gratified I have been in finding so much resonance with the ideas in my columns. It has been comforting to know that, at least for a lot of you, I have not been writing way out in left field.

Now, as I finish the 82nd article, I feel I have said most of what I can say in this format. I could continue to promote and report on local events, but I would rather spend my time writing more introspectively in a larger format, perhaps something more like a book. I've offered to pass the baton off to someone else in our group, but nobody has taken me up on it. After this amount of time, it would probably be better for a fresh approach anyway.

On my wife's recommendation, I boldly launched into reading Tolstoy's War and Peace. I was pleasantly surprised to find that it was a definite page-turner through most of its 1400 pages. I am a slow reader so it took me a while. The reason I'm mentioning this is because Tolstoy propounds his theory of history throughout. The story is built around Napoleon's invasion of Russia. The consensus is that Napoleon changed the face of Europe, and that he and Tsar Alexander determined the outcome of the war in Russia. Tolstoy propounds that a million French soldiers would never have walked away from their private lives to suffer and die in foreign lands just because Napoleon requested it. There had to be a collective, grassroots vision that motivated them, that Napoleon was simply another actor playing a role, an important role to be sure, but not a decisive one.

In relating this idea to our present situation, I was at first a bit depressed in thinking that there really wasn't anything we could do as individuals to change the direction of events. By this thinking, there will be no white hats leading the charge into a better future. No stalwart leader or comprehensive law will coerce us into doing the right thing. Looking at it another way, you could say that better future will depend on the majority of the billions of us, each in our own turn, entertaining a vision of that future. It needs to grow from the bottom up.

I want to thank Steven Allen, editor of the Loop, for giving me the opportunity to speak to you all! Anybody that would like to reread all or parts of the Road To Resilience columns can get a pdf of the entire series by emailing me: terry.sullivan46@gmail.com.

Grow Your Own Stevia!

By March Twisdale

Kathy Abascal's recent article, Time to Quit Using Stevia, brought up some excellent points. That said, I'd like to encourage you to "consider" Stevia, rather than simply quit it. While there is much to "throw out" when it comes to zero calorie sweeteners, amid all that bath water, there is a baby worth keeping.

Five years ago, Joe and Celina Yarkin asked me to babysit their Stevia plants while traveling abroad. Stevia grows very well in our region, but it must be brought into the house during the winter. I babysat two or three of their plants, and they gave me one as a thank you gift.

What a wonderful gift! My family LOVES our stevia plants, which has reproduced happily so that we now have four large potfuls! For most of the year, my family nibbles the leaves straight from the plant and for 5 months out of the year we harvest the leaves, dry them at low temperatures, and store them in jars along with the rest of our homegrown herbal tea.

You see, much like mint, stevia offers flavor without calories, and no one is suggesting we stop drinking mint tea. Or nettle tea. Or chamomile. Or lemon balm...you get my drift.

There are many reasons to appreciate island-grown herbal tea and especially Stevia! First, using the Transition Town model, informed and aware communities are seeking to meet their needs locally through re-skilling and establishing alternatives to typically transported/imported goods. Every time I see imported tea, I see an opportunity for re-skilling, because most "herbal tea" ingredients grow like weeds with no help, are exceptionally easy to harvest, dry quickly, store readily in mason jars, and taste so very much BETTER than the stuff in little, paper tea bags. Also, homegrown herbal tea is an easy way to put a dent in our island's dependency on imports. My family drinks tea year round and my sons (12 and 15) love to share it with their friends! It's free, decreases our carbon footprint, oozes health benefits, and with the help of a couple of stevia leaves per pot... is perfectly, gently sweetened.

Let's stick with the Transition Town concept a bit longer. Consider sweeteners that are produced locally. Honey? Beneficial but tricky to produce and the effort involved far exceeds watering a pot on your porch a few times during the summer. Concentrated fruit juices? You can freeze down or boil down apple & pear juice, largely available on the island, but so much edible, nutritious, fiber-full fruit is lost in the process...in food-scarce times, we won't want to do that. Berries are great for natural sweetness, but even they take more effort to harvest than stevia. Long story short, while other options exist, there is a place for stevia in a culture that is transitioning (by choice

or necessity) from oil-based import/export to a sustainable, localized food ecology.

Now let's move over to diabetes. Diabetes is impacted by diet. Whether you have full-blown diabetes or are borderline at risk, a craving for sweetness often comes into direct conflict with what is best for your body. This is important to really get - raw fruits are not a perfect boon for a person struggling with diabetes. These excellent, natural, beneficial and raw foods still carry a sugar load that can be injurious or dangerous to diabetics. Yes, a 100% raw diet can, in some cases, reverse diabetes, but most people don't do this...and therefore, many naturally sweet foods are frustratingly off the menu. So, people turn to "diet" this and "artificial" that, which is awful because we KNOW that many/most artificial sweeteners are linked to everything from migraines to cancer. So, what's the diabetic to do?

For one, they can grow their own stevia plant, harvest the leaves, and use them to sweeten tea! Whether it's steaming mint/chamomile on a cold day, a Spring Cleanse of nettle/rosehip/lemon balm, or myriad Iced Tea combos in the summertime...imagine replacing a spoonful of honey or 3 cubes of sugar (per cup!) with 4-5 dried leaves (per teapot!) of a plant that you grew on your back porch? It won't change the world, but for the diabetic or anyone with a desire to minimize sugar-based calories... it won't hurt and it will taste great!

Finally, I'd like to address the reputation stevia has for a licorice aftertaste. I happen to dislike licorice immensely. My first introduction to stevia came with the warning that "it has a licorice aftertaste" and when I tasted a tincture of stevia from PCC, my love-affair with commercially sold stevia came to a swift end. It wasn't until fifteen years later, when I tried one of the leaves on this lovely plant, that I discovered that (for me) - in it's natural, green leafy form - stevia doesn't taste like licorice, after all!

Want to try some of my tea? I packaged most of my homegrown, family-picked, low-temp dried tea for Cornerstone Farm, located just a few driveways east of the high school. Pick up a bag and give it a try. All of them include stevia leaves (more than I typically use for myself, as I know many people like sweet tea). Brew it in a pot, be conservative first or you'll waste it (my tea is very flavorful), and feel free to email me with questions about growing stevia at: marchpower@yahoo.com.

For the sake of your pancreas, your carbon footprint, our island's increased self-sufficiency, and your palate... explore this lovely plant with a mind that is open to the role it can play in your life.



Aries (March 20-April 19)

This week's Virgo Full Moon is highlighting the structure of your days, weeks and months, raising questions surrounding how you lay out your time. A situation you are working through is pushing you to reassess the rhythms by which you live your life. With your Moon sign in Aries, you instinctively respond to situations with quick, decisive action. Yet the area of your chart that covers your daily routines has a rhythmic nature, alternating between structured, detailed planning and precise action. At the moment, you are making connections between how you structure your time in terms of patterns and routines and how you feel on a daily basis. Notice the patterns that make you feel emotionally grounded and centered. Utilize this information to build daily, weekly and monthly rhythms and patterns that support feeling good about who you are.

Taurus (April 19-May 20)

Recently, you've reached a crossroads regarding the people and groups that make up your network of friends, colleagues and associations. This may have come with sensations of knowing a change is needed, but uncertainty about who and what to let go. I suggest viewing this progression less as a loss and more in terms of what you will gain by shifting your focus and energy. You have a finite amount of time and energy to give to your network of people and groups. At the moment, you are sorting out what truly matters to you. When deciding the changes to make, let your authenticity lead. Show up as you in this current moment of your life and see who responds. You will learn a lot -- who to invest time in and the kinds of people and groups to make more space for.

Gemini (May 20-June 21)

As a Gemini Moon, you have a multitude of internal ways to experience your existence. At times, it may feel hard to live in all of them simultaneously. Rather than as distinctly different personas, I suggest viewing them as different facets of the same thing -- you. You are in a moment of being able to shift your perspective slightly to the sensation of your inner world as a cohesive thing rather than fragmented. View this new solid experience of yourself as a metaphorical canvas where you can paint, draw and design your life. What you depict, which is in fact your feelings, translates to an image of what your external world looks like. As you refine and fine-tune this process, you will be able to more deliberately craft your world through the use of your desire and intention.

Cancer (June 21-July 22)

A few ideas you are working with may feel too slippery or difficult to translate from your internal space to effectively communicate to others. You are working with some deep ideas and questions regarding where you've been, where you are going and how you can navigate upcoming change while remaining emotionally calm and centered. It may feel as though the more you investigate to find clarity the murkier the waters become. Over this Virgo Full Moon, these waters you are swimming through will begin to become clearer, letting you move through the layers of what you are working through, finding new information and answers. As you gain this understanding of the landscape, you will be able to share these ideas, providing both you and close partners

with a clearer insight into the journey of growth you are on.

Leo (July 22-Aug. 23)

Energy is building over this week's Virgo Full Moon, coming with the sensation of a push for resolution or change. You are reaching a turning point regarding how you think of self-esteem. Trust that you've done a lot of work and covered much ground, making tangible progress. You are experiencing divergent feelings surrounding your self-confidence, some based on your sense of self and some based on how other people react to you. Notice the distinct feeling that comes when your self-esteem originates within you, grounded in who you are. This is a form of self-esteem that is always present and can't be taken away by any external situations. You are learning to rely on this kind of self-confidence, creating a lasting sense of feeling good about who you are.

Virgo (Aug. 23-Sep. 22)

Lately, questions have been arising regarding what a balanced relationship looks like for you. Strong desires are currently pushing for harmony in your closest partnerships. I suggest beginning your line of inquiry with yourself -- what you need from your partners so that you feel emotionally grounded within. For some time you've been focused more on what others needed. Now you're returning your focus to yourself, working from the inside out to your external world. As you get clear on how you can feel balanced both in your emotional space and in your relationships, you will have the clarity to take the steps to enact change. Consider your inner landscape as a place where you can shape and mold what's in your outer life. Build an emotional landscape that is balanced and grounded; it will ripple out into your close partnerships.

Libra (Sep. 22-Oct. 23)

You are working with a few new ideas about the holistic nature of your health -- the influence your emotional health has on your physical body, as well as the impact your physical health has on how you feel. During this week's Full Moon, the connection between your physical body and your emotional self will be even more pronounced. I suggest working consciously with the energy, making daily, weekly and monthly routines that support healthier emotional and physical living. Think of these patterns from the holistic perspective. For example, drinking a glass of water nourishes both your body and helps you stay emotionally centered. You are beginning to view yourself as one large, interconnected system. As you apply this to your physical and emotional self, you will also be able to see the positive impact living holistically has on the other areas of your life.

Scorpio (Oct. 23-Nov. 22)

You are moving through a few new relationship developments with close friends. Others are leaning on you, looking to you for support in resolving situations in their lives. You are being called to hold space for their emotional journey. I suggest not listening to any doubts regarding your ability to do this. You have tremendous emotional depth and the ability to understand the emotions of those around you. I propose that the concept of living a meaningful life for you includes being of service to both close friends and those individuals who are a few steps removed from

your most inner circle of relationships. Through this process of helping others work through their emotions, fully moving through their feelings, you will continue to make contact with your own emotions in new, fulfilling ways.

Sagittarius (Nov. 22-Dec. 22)

You are working through a reassessment of your concept of meaningful work -- what you can contribute rather than what you gain. Many aspects of our society push the idea that what is important is how you can get ahead in a situation. For you, this perspective only goes so far; to truly resonate with your work, what you do must be grounded in giving back. You have much in the way of unique skills and knowledge that can make an important, positive impact in the larger world. Begin with the idea that you can pursue this kind of work and meet your financial obligations. Remember that what you give back, even in a career setting, has value -- receiving money and other resources for your contribution is part of the giving cycle and will provide the means for you to contribute in an even greater capacity.

Capricorn (Dec. 22-Jan. 20)

Information is becoming available that helps you peel back a few layers regarding your relationship with your father. How did your father's method of communicating affect you when you were a small child? As a Capricorn Moon, your method of communication may feel more like an emotional inquiry than a logical, structured exchange. Understanding how you and those around you communicate helps you better understand information you send and receive. This reexamination of a few important dialogues with your father will help you heal past miscommunications and misunderstandings. Take note of the ways in which differences in relaying ideas and messages with your father extended to other relationships. Through healing this old material with your father, you are also bringing greater clarity to your discussions and dialogues

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throughout all of your partnerships.

Aquarius (Jan. 20-Feb. 19)

Lately, commitments from those around you may have felt particularly slippery, like your once-certain influence no longer feels so solid. I suggest not believing any doubts or feelings of insecurity regarding your ability to make reliable arrangements with partners and colleagues. You actually have quite a lot of influence and impact over those around you. Any lack of commitment from others has more to do with issues they are working through than anything you are doing. I suggest focusing on what you can control -- how you show up and how you respond. Let your creativity, passion and drive lead, grounded in a place of knowing what you want and who you are. As you meet the larger world from this position, you will attract others who are engaged in their lives in a similar fashion, and will build your network of collaborators and partners.

Pisces (Feb. 19-March 20)

On March 1, a New Moon took place in your Moon sign; this week's Full Moon is shifting the energy to your close partnerships. As a Pisces Moon you are highly tuned in to those around you, gathering much information about others through your emotional body. Think of your emotional space as a sponge, soaking up what others emit. At times, this can blur the boundaries between your emotions and those feelings coming from people around you. The current astrology is bringing you into contact with the ways this permeability has impacted how you feel, and it's providing clues for how to separate your emotions from those of others. Imagine this process is like drawing borderlines around countries on a map. You are in a moment of being able to establish strong emotional boundaries, bringing greater clarity to the information you gather from your emotional self.

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Positively Speaking

How to Live a Victorious Life

By Deborah H. Anderson



so difficult. Then I thought of all the others who had lied to cover up, dreadful illegal deeds, feelings of neediness that made them feel empty without applause, power mongers who are afraid to stop moving. Pretenders.

‘Stop that!’, I said to myself. Be present. Look forward. Up the hill to the West Seattle Bridge...

So...you have yourself mired, enmeshed, encumbered with these kinds of people but you are not like them. I want to tell you why you are OK right now and how to walk to victory. Because that is the choice in life. You can have a victorious life or you can have a pretend life. There is no half and half.

Victorious people these are the steps. ALWAYS take the high road. Tell the truth at all times, big stuff, little stuff, even if you think it makes you look bad or socially awkward. Especially when you think you’re going to get yelled at.

Nurture the best in you. That will keep you from being tempted to take short cuts. Take the hard way, not the easy way. Keep making good choices and build on small opportunities. Pray like you never have before and isolate yourself from pop culture as much as you can. Only connect with pop culture to laugh.

Be receptive to good people helping. Let that help move you on to greater strength and independence. Cry in private when it’s hard.

Recognize when good is happening and cherish it. Then, when the tide begins to turn, recognize that and let go of the earnest striving that seems to be necessary to stand firm against the negative in others.

Forgive and heal. Forgive again and heal again. Repeat seventy times seventy.

This afternoon, as I was unpacking in my new beautiful home I never thought I would live in, I found my Bass Weejun penny loafers- worn without pennies please-. They are the very definition of who I am. They require a long time to break in. I wear them without socks. This particular pair I wrote about in 2006 when I found them in a Value Village, brand new for \$5 in my size. At the time, they did not fit, I had gained so much weight. I kept them as an iconic reminder of who I am, what I like, my style, my history, my core self.

Today I have put them on and worn them happily all afternoon. No more skuzzy Target sneakers that ought to have been thrown out two years ago.

That’s the last lesson. Know when the new shoe fits and wear them and walk towards the future unafraid of any possibility, because you have found strength, Joy and Truth are sufficient through Grace. You didn’t take a dive on pain and struggle and suffering and now you have the endurance to swim in glorious waters.

Love,
Deborah



Who knows why suddenly the tide turns and good things, blessing after blessing, start to happen? Some theorize it’s when we’ve learned our lessons, others think it’s when God is good and ready. I kinda sorta think it’s when the confluence of God’s plan for us and others attempt to thwart that plan or their stuff gets in the way is neutralized and there is a clear line to the finish line. When tough times have grown us up enough we know what to do with blessings.

Whatever the cosmic reason that none of us will quite know for sure until we aren’t seeing through a glass darkly anymore, I had a feeling this period of blessing, this new season of goodness and prosperity was happening in ways that were deep and abiding when the guy in the five dollar parking lot stood up on the running board of his car and shouted out, “Who wants a free half hour? I have an extra half hour left if you park over here in spot #37!!”.

My four toed cane and I can be pretty fast, like in a three legged race. I grabbed the spot.

And now, having moved through the rest of the process of getting my certified copies of divorce petition and decree, and successfully negotiated the question and answer period at the Social Security office, the car was clicking off the miles while the sun shone bright and warm, back to the Island. Finally, after 22 years, I had a dependable chunk o’ change on which I could rebuild my life.

For the last two decades and two years, my life has been singularly defined by only one kind of person. If you are a person who lies about what you are/ have done and somehow values your life situation over another persons, then you have totally and utterly held my life captive.

That isn’t whining, that is a fact. Now let me tell you how like in the story of Joseph, they meant it for evil, but God meant it for good. But first a caveat.

This column is for those of you who have been valiantly struggling against all odds, making good choices, telling the best truth you can, who cry and weep and moan and get royally ticked off sometimes; who feel and are in touch with that which hurts.

This column is not for people who are terrified someone is going to discover they have something to cover up, have done something wrong, feel like they’re a fake, are very impressed with credentials and deeply concerned with appearances.

So, like the guy said, for those of you who have ears to hear...

Ok ...so back to me speeding down the highway with the windows open, spring like air blowing through my now too short haircut, Best of Gloria Estefan blasting away in the cassette player- yes, you read that right.

By the industrial area, the deeply knotted muscles in my body and my soul had begun to unkink. Peace. Forget those others. And then, this simple thought. If the person I talked in July had been doing their job well, the last eight months would have been much more flush and not nearly

The month of March 2014 on Saturdays, Deborah will be teaching two classes for children, tween’s and teens with Special Needs. Drama for elementary and Creative Writing for tweens and teens. Please contact the Blue Heron for registration. 463- 5131 for information and registration. Each class has three typical spots as well. Class size limited for individual instruction. Typical content, adaptive instruction.

More Signs of Spring



By Ed swan

Pelagic Cormorant by Ed Swan

The changing plumage of local birds provides another sign of spring. In the last column, I talked about how the resident birds already are beginning to perform their breeding season music. Another sign to watch for includes the switch in plumages from basic (winter) to breeding. If you have a bird feeder with thistle or sunflower seeds, over the coming months, watch how the American Goldfinch males shift from winter grayish yellow-green to their bright yellow summer feathers. Email me when you see the change begin with your birds.

Some birds everyone can watch for making plumage changes are the Pigeon Guillemots and cormorants by both the south and north end ferry docks. The Pigeon Guillemots in winter have white breast and head and grayish backs with white wing patches. They generally look like a messy grey/white duck diving along the dock or chasing each other, which they do more than the other waterfowl. I’ve already noticed some getting darker and by April they’ll be all jet black with white wing patches. They possess one splash of color, their bright red feet which sometimes show as they turn in flying or when paddling around. These birds will soon start nesting under the docks, with a lot of their “pee pee pee pee pee ee ee ee eeeeeee” calls sounding as they chase for mates.

Spring makes telling apart our three cormorant species much easier as they change into breeding plumage. The smaller Pelagic Cormorant, which doesn’t always look so small, gets a

white wing patch on its back, which the other two cormorant species lack. The orange pouch on the large Double-crested Cormorant gets much brighter and noticeable. The Brandt’s Cormorant is often very hard to tell from the similar sized Double-crested. But in March, the Brandt’s grows long white plumes on its back and if its head catches the light right, one can see a brilliant iridescent blue throat pouch, very different from the orange of the Double-crested.

All three cormorants sit on the end of the old dock at Tahlequah and on the piling dolphins at the north end. Sometimes all three species sit right next to each other allowing comparison of their plumage differences. The Brandt’s Cormorant has only started using the north end dock in the last few years and all three species now stay later in spring into June before leaving for their nesting territories, mostly out on the outer coast.

If you have a question about Vashon birds or an interesting sighting to report, email me at edswan@centurytel.net or call at 463-7976. I’m available also as a guide for bird watching on Vashon and trips to birding hot spots around Puget Sound. Right now, my second edition of The Birds of Vashon Island finally arrived from the printer after much delay. Order on-line by credit card from my website at www.theswancompany.com or mail a check for \$31.45 (book and tax) to Ed Swan, 11230 SW 212th Place, Vashon, WA 98070. Off-Island delivery requires a total check of \$35.50 in order to include shipping and handling.

Audubon Family Night at Vashon Theatre, April 1st

Vashon-Maury Audubon Society under the sponsorship of Vashon Theatre and Island GreenTech will present “Birds, Backyard, and Beyond”, a film by Craig and Joy Johnson starting at 6pm, April 1st. The evening is free. Parents and their children are encouraged to attend.

Through videos captured in their backyard on Whidbey Island the Johnsons share highlights of native wildlife. This includes birds foraging, raising young, maintaining plumage and more. Using Craig’s animations, graphics and photographs, they also offer some suggestions to increase the variety of birds visiting your yard. The film is an excellent introduction for children and those new at bird watching to the rich variety birds throughout our area.

Watercolor artist, photographer and graphic artist, Craig Johnson,



and Joy Johnson, writer, have created and published four books containing colorful, close-up photographs of birds (most found in the Puget Sound area). Their latest photo book is titled, “Our Pacific Northwest Birds & Habitat”. Additionally, they have published two children’s books, which Craig illustrated in watercolor. “Harry the Woodpecker’s Search for a Home” was just released in December 2013.

Island Epicure



By Marj Watkins

The Best of All Possible Curries

If Voltaire’s characters Candide and Professor Pangloss had been a dinner guests at my house this week, the professor would have recommended the recipe I give you in today’s column, Professor Pangloss would have praised it as the “best of all possible curries in this best of all possible worlds.”

My grandson James Hamaker did dine with me. He is a superb and innovative cook himself, but he had to ask me what I put in our supper entrée that made that curry so spectacularly delicious. I’ll not be so vain as to call it “the best of all possible curries, but maybe it was. I will call it a Goldie Locks Curry, which is to say, spiced “just right.”

Our curry was made with leftover turkey meat, but you could make it with cooked chicken. The almond milk and a handful of dried coconut shreds were James’s suggestion, a substitute for coconut milk. They worked very well.

Turkey or Chicken
Goldie Locks Curry
Serves 2 or 3

3 Tablespoons coconut oil or Spanish extra virgin olive oil

- 1 medium size yellow onion, wedge sliced
- 3 ribs celery, chopped
- 2 large garlic cloves
- 3 slices fresh gingerroot, slivered
- 1 teaspoon coriander seeds
- ½ teaspoon cumin seeds
- ½ teaspoon turmeric
- ½ teaspoon black pepper
- ¼ teaspoon hot red pepper or cayenne
- 1 teaspoon salt
- 1 to 1 1/2 cups diced cooked turkey or chicken meat
- 2 cups boiling water
- ½ cup dried coconut shreds
- 1 cup almond milk
- 1 cup washed, coarsely chopped spinach leaves and stems.

Prepare the vegetables. Heat the oil in a wide, deep skillet until the oil shimmers. Fry the seeds, garlic and ginger until the garlic is golden brown, about 3 minutes.

Add onions, celery, and turmeric. Stir fry until glossy and the onions are limp, 5 to 10 minutes. Add salt and black and red peppers. Reduce heat. Add boiling water and coconut shreds. Add Meat. Cover. Cook 10 minutes. Add almond milk. Cover and cook on low heat until well heated through. Scatter spinach on top. Cover. Cook 1 minute to wilt spinach.

Serve over steamed brown rice, with a fruit salad on the side. James made our salad using torn red lettuce, chopped apple, and blueberries. I used blue cheese dressing on mine. James chose ranch style. If you’re partial to mayonnaise, that would work, perhaps with a little lemon juice to cut its greasiness.

An appropriate beverage with this meal is spice tea

By Kathy Abascal

I am not opposed to supplements but I am increasingly skeptical of their value for a reasonably healthy person eating a healthy diet. Most of us (myself included) know little about our supplements. Take the popular antioxidant astaxanthin, for instance: On some level, people taking it should suspect that astaxanthin does not come naturally in capsule form but probably have no idea how it is made. Some astaxanthin is extracted from algae but most is extracted from “shrimp waste” using hexane and/or acetone diethylamine. That shrimp waste often comes from shrimp farms in Thailand, and those shrimp farms are noted for being polluted and unsustainable. Unfortunately, supplement shoppers do not seem to give much thought to whether what they are buying is sustainable, made from clean source material, and comes free of things like plasticizers. To make matters worse, for the most part we do not even know whether our supplements are all that good for us.

As we discuss in class, smokers who eat a lot of fruits and vegetables are more protected from lung cancer than non-smokers who do not eat fruits and vegetables. People who eat lots of fruits and vegetables have less heart disease than people who do not eat a healthy diet. Fruits and vegetables are rich in beta-carotene, vitamin E, and many other nutrients we need to sustain health. However, follow-up research on these health benefits tends to study the effects of isolated compounds such as those found in our supplements. And the results often end up being quite different than if they studied whole foods. Fruits and vegetables may be good for smokers but smokers taking a beta-carotene supplement have a higher rate of cancer than those not taking that supplement. Men taking a vitamin E supplement, a heart protective antioxidant, seem to have more heart problems than those not taking the supplement. Women taking a multi-vitamin reportedly have a higher mortality rate than those who do not.

And to some extent taking fish oil supplements may not make much sense either. The average American does not eat enough omega-3 rich foods and people often take fish oil to make up for the resulting imbalance but it appears that eating a little fish now and again would be wiser. One study had three groups of people eat 14 ounces of fish a week (variously as smoked salmon, salmon filet, or cod) while another group took a tablespoon of cod liver oil a day and a fifth ate a diet without any fish or fish oil in it. Salmon and cod liver oil are rich in omega 3s while cod filets are not. The cod liver oil dose contained almost 3 times more omega 3s than the salmon did but both increased blood levels of omega 3s equally. As expected the cod and the no-seafood diet did not increase omega 3s. This means that eating 2 meals of salmon

Fish trumps fish oil, fins down

a week is as good as taking a tablespoon of cod liver oil a day. Most manufacturers actually only recommend taking a teaspoon cod liver oil a day. So, you could match that dose by simply eating 5 ounces of salmon a week.

And that would be a more cost effective choice because a seven-week supply of cod liver oil costs about \$30.00. You could easily get the 35 ounces of salmon for that amount and, of course, even if taking fish oil you need to buy something to eat. So fins down, fish is a better choice financially.

Another study looked into the fact that a few grams of fatty fish a day is good for the heart and appears to be more effective than fish oil. They compared people eating either 3 ounces of salmon a day or taking fish oil capsules of varying strengths. Blood levels increased much more quickly when fish was eaten. In fact, a dose of fish oil needed to be up to 9 times as rich in some omega 3s to achieve the effect of eating fish. This seems to be because we do not absorb blobs of pure oil well instead doing better when that oil is integrated in a piece of food. The authors concluded that eating as little as 2/3rds of an ounce of fish a day (or should you prefer about 5 ounces a week) could replace standard fish oil supplements. Ultimately, simply




Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

eating fish, even infrequently and in small amounts, is better than taking fish capsules regularly. This is especially true as some studies suggest that more than 1 or 2 grams of fish oil supplements per day begins to deplete vitamin E stores, a problem that does not happen when fish is eaten, even if eaten in large amounts. And there is a side benefit to avoiding fish oil supplements: Many of the fish oils sold come from small fish like Menhaden and some say our fish oil supplements are depleting the stores of small fish that our larger wild fish need to survive.

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Soul Senate is a 7-piece, high-energy, adrenaline-inducing, audience-oriented, original soul/funk party powerhouse. Bridging the decidedly funky sounds of the 60s & early 70s—such as the Meters, Stevie Wonder, and the Stax label of Memphis—with a distinct modern sound in the vein of Raphael Saadiq, Alice Russell, Eli Paperboy Reed, and the New Mastersounds; Soul Senate claims their own musical territory with booty shaking grooves, well-crafted arrangements, sizzling horns, and memorable instrumentals

and vocal songs. Each member of the band has over 10-30 years experience on the local or national scene: in sum, playing countless venues & festivals—from Bumbershoot to the 100,000 person West Fest—with experience opening for touring acts like Orgone, Delta Nove, Will Bernard, Roy Ayers, and the Monophonics. Saturday, March 22 at 8:30pm. Free, No Cover All-Ages ‘till 11pm 21+ after that. At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

High and Lonesome

High and Lonesome was formed in 1985 and played all the bluegrass festivals throughout the Northwest. The band broke up at the end of 1989, but reunited in 1993 and were hired to play 3 shows at the very first Wintergrass Bluegrass Festival that year. After another hiatus, High and Lonesome reunited and recently performed at the Darrington Bluegrass Festival last summer, 24 years after the last time they performed there. Earla Harding, founding member of the Wintergrass Blues Festival, recently said that High and Lonesome was one of the greatest local bluegrass bands ever. The mix of music High and Lonesome will be doing will be solid as a rock classic bluegrass and traditional pre '70's classic country music. Islanders will recognize Tab



Tabscott on dobro/pedal steel guitar and vocals, as well as John Schubert on guitar and vocals. They will be joined by Pete Martin on mandolin/fiddle, Al Hutteball on bass and Rich Jones on banjo/guitar and vocals. Friday, March 28 at 8:30pm. Free, No Cover All-Ages ‘till 11pm 21+ after that. At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

A Little Evening Concert for Louis XIV

On Tuesday, March 18 at 7:00 PM at Bethel Church at 148th Ave. SW & 119th St, the fourth annual Salish Sea Early Music Festival continues with A LITTLE EVENING CONCERTS FOR LOUIS XIV, which recreates the regular evening performances given for Louis XIV by the illustrious members of his Musique de la Chambre with Jeffrey Cohan on the one-keyed baroque flute, Anna Marsh (Ithaca, NY) on baroque bassoon, Christine Wilkinson Beckman on baroque violin, and Steven Creswell on baroque viola.

This performance of a new set of six of Philidor’s remarkable suites from the manuscript represents one of the most significant premieres in the Pacific Northwest of baroque music, to be heard for the first time anywhere in the world since not long after the death of Louis XIV in 1715.

In Paris Jeffrey Cohan discovered this elaborate and unknown manuscript of 770 pages, which was prepared three centuries ago in 1713 for the aging Louis XIV by Andre Danican Philidor l’ainé, Louis XIV’s court music librarian. Philidor organized and transcribed much of Louis’ favorite music from the previous 55 years into a remarkable set of 67 suites for the small group of instrumentalists which presented evening concerts for the king. In 1713, two years before his death, Louis XIV was especially pleased to hear the music of his youth, and this manuscript stretches back at



least to 1659 when he was 20, and consists of chamber music and many transcriptions of excerpts from operas and instrumental works by Louis’ favorite composer Jean-Baptiste Lully who had died more than 25 years earlier, and other composers such as the younger Michel-Richard de la Lande and Philidor himself. Each suite contains between two and twelve movements, some very short and others quite long, often with colorful titles. Entitled “Collection of Symphonies and Trios by Mr. Lully and several Trios by Mr. De la Lande/ For the little concerts

given for his Majesty (Louis XIV) in the evenings/ collected and put in order by Philidor le Pere”, the manuscript consists of individual parts for two soprano instruments (flutes, violins or oboes), a high tenor part and unfigured bass, with each part consisting of 145 manuscript pages prefaced by the same engraved nine pages of title page and table of contents. This exciting and extensive new source of the fabulous chamber music at the court of Louis XIV is to be explored on instruments with which the king was familiar at the very low pitch of Louis’ court.

What’s So Great About Mozart?



Why is Mozart universally admired by both musicians and audiences? What makes his music so accessible? Maestros Abraham Kaplan and Gary

Cannon ponder these and other questions in this Arts & Humanities special event. Composer, choral conductor, author and consummate storyteller, Kaplan is also the teacher and mentor of Vashon Island Chorale director Gary Cannon. Both men were featured in Splendid Encounters, a 2010 program presented the inaugural year of the VAA Arts & Humanities Series. This lively conversation will include excerpts from some of Mozart’s greatest works, and is the perfect complement to the Vashon Island Chorale March 30 performance at Benaroya



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Hall. What’s So Great About Mozart? Sunday, March 16, 2 pm Vashon Allied Arts Tickets: \$14 Member/ Student/Senior, \$18 General VashonAlliedArts.org

By Heart: The Poet's Magic of Memory

Island poet, teacher, and magician Thomas H. Pruiksma will premier his newest theatrical piece, *By Heart: The Poet's Magic of Memory*, at 4:00p.m. Sunday, March 23, at Open Space for Arts and Community.

In this interactive performance, Pruiksma will combine poetry, magic, story, and song to explore how poets and poetry sing memory alive; join past, present, and future; and reveal the inner truths of our hearts. "This isn't an ordinary magic show," he explained. "Nor is it just a talk about poetry. It is instead a theatrical journey that uses words and illusion to make the invisible visible and the unsayable sayable. I want to share what I know about the inner experience of poetry and how it helps us remember who we are."

In recent years, Pruiksma has been increasingly asked to perform and present workshops in libraries, schools, and museums. This show, however, presents a bit of a departure.

"This is magic for adults, because it's about the real magic that can happen when we listen to our hearts," he said. "Not that young people won't be interested. Some will be, very much. But for a long time I've wanted to present something more elegant and more meaningful than what we usually associate with the word 'magic.' In fact, I hesitate to call myself a magician at all,



because the word doesn't really capture what I'm doing. I'm trying to make poetry out of personal experience, words that spoken, chanted, or sung, and the old art of illusion and surprise."

When asked what sort of surprises might be in store, Pruiksma replied, "I'll say only this. There is a way that great poets can seem to read our minds. 'How did he or she know that?' we exclaim with wonder. I want to explore that kind of wonder."

Sunday's show will also feature opening poems from Vashon's Poet Laureate, Ina Whitlock, and both of Vashon's Junior Poet Laureates, Lily Robinthal* and Zauxie Sackman.

Tickets are \$10 in advance at the Vashon Bookshop or brownpapertickets.com, or \$12 at the door.

By Tanya Stambuk

The Finisterra Trio presents two piano trios popular with chamber music audiences,

Antonin Dvorak's *Dumky Trio* and Paul Schoenfield's *Café Music*. Both composers draw on numerous ethnic sources in these works yet assimilate them into their own distinct musical language.

Dvorak's great trio is filled with expressive music that ranges from melancholic lyricism to intense joyous outbursts.

Schoenfield stated that his music "is not the kind of music for relaxation, but the kind that makes people sweat; not only the performer, but the audience." *Café Music* is full of surprises, witty musical jokes and dazzling writing for all three instruments.

Vashon Chamber Music
The Finisterra Trio
Friday, March 28, 7:30 pm
Vashon Allied Arts



Tickets: \$18 Member/
Student/Senior, \$22 General
VAA, Heron's Nest,
VashonAlliedArts.org

Sweet Harmony



Vashon Island Youth Chorus is busy practicing two-part harmonies in classics such as: *Cripple Creek*, *Green Eggs and Ham*, *All Aboard the Partner Express* and *The Sound of Peace*.

Through a fun rehearsal process under the direction of Marita Ericksen, youth in grades 1-5 receive vocal training and sight-reading skills, honing their abilities as budding singers.

Paul Colwell contributes as a music mentor, teaching world music songs from his "Up With People" repertoire of original music, and will be a featured musician accompanying the chorus.

Vashon Island Youth Chorus
Friday, March 21, 7 pm
Vashon Allied Arts
Tickets: \$6 Member/Student/Senior, \$8 General
VAA, Heron's Nest,
VashonAlliedArts.org

O-asis: An Equinox Celebration of Middle Eastern Music and Dance

Dance Performances from *Cinderella*, *An Egyptian Story* and *The Long Awaited Return of "The Belly Dance Party"* Scheduled March 22, at Open Space

O-asis: An Equinox Celebration of Middle Eastern Music and Dance will be an event of epic proportions with food, drink, live music, and dance held at the Open Space for Arts and Community on March 22nd. It will also be just the second time in history for people to see, the acclaimed dance performance, *Cinderella*, *An Egyptian Story*. Revealing the eastern roots of this western tale, *Cinderella-An Egyptian Story* premiered last summer as a live music dance theatre in the park experience showcasing a spectrum of Egyptian dance styles in a fun and familiar story that entertains and illuminates.

Artistic director and innovator Suzanna Davis explains "With this project, we creatively challenged ourselves to integrate dance, theatre, and music for a richer experience. This is the foundation of opera and western musicals, but occurs rarely with world dance and music. This was also a fun way to clarify the cultural roots of the form we call 'belly dance,' giving it a context within the broader diversity of modern and folkloric styles found in Egypt, while igniting interest in world cultures effortlessly, through laughter and entertainment.

Select songs and dances from this production will be on display at the Oasis event with live music by seven-piece ensemble House of Tarab and dancers Nalini & Blue Lotus Dance Company, multi-award winning Tracy Helming as *Cinderella*, and her three bullying sassy coworkers. Suzanna will also perform

special highlights.

"This is a chance for islanders of all ages to take a break from the darkness and dampness of winter and celebrate the Spring equinox," said co-producer David Godsey. "All I can say is come prepared to party...this will be an event of epic proportions with food, drink, live music, a belly dance workshop, and a stunning dance performance."

"And honoring the tradition of this event, after the performance, all will be welcome on the dance floor to the live music of *Avaaza*," added co-producer Jason Everett.

"'The Belly Dance Party' was started by Dean Haugen, Bonnie McCallister, and their good friend Hotei Rice over 20 years ago. It began as a small gathering of friends who came in costume, brought a pot-luck dish and enjoyed live belly dance and musical performances" Everett continued. "The party became legendary among islanders and the Belly Dance community and finally it became too big for 'VillaBonDeanie' to continue to host it, so they asked me to keep the tradition alive."

In addition to the live dance performance, there will be a party photo booth called the Garden of Earthly Delights with island portrait photographer, Terry Behal and Middle Eastern food and drink for all to enjoy.

Tickets are \$12 in advance and \$15 at the door. Youth tickets are \$8 and there is a discount for those who come in Middle Eastern costume. Purchase your tickets at Brown Paper Tickets or the Vashon Bookshop.

This event is generously sponsored by: 4 Culture, Vashon Thriftway, Seattle Distilling Company, and Terry Behal Photography.

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BY Jeff Hawley

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