

Vashon Island Garden Tour 2015



Celebrate the art of gardening and Vashon's rural beauty! Saturday and Sunday, June 27–28

By Justin Huguet

To help plan your Tour, here is a preview of the amazing gardens and Garden Art Market, a schedule of gardening seminars, and sneak peek of artists in the gardens. Tickets—\$25, valid both days—are available at VAA, Heron's Nest and VashonAlliedArts.org.

Edna & James Dam

Behold the verdant hillside paradise of Edna and James Dam. Soak in canopy-top views, meander down sloping garden paths and descend into a woodland ravine where a curious Cretan-style labyrinth of moss-covered logs awaits. Get inspired not only by this garden's extraordinary beauty, but by its wildlife-friendly concept

that relies on a diverse selection of deer-resistant plants, rather than fencing, to maintain its luster. On your trek down, take a moment to admire an English-style long grass meadow, small vineyard and lush native vegetation.

Amy & Joseph Bogaard - Hogsback Farm

Explore Hogsback Farm, a 13-acre agricultural gem founded by Amy and Joseph Bogaard. In its greenhouses and fertile fields, feast your eyes on a veritable cornucopia of organically grown vegetables and fruits—from leafy greens to heirloom

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Before there were Skis on Vashon



Photo courtesy the Vashon Heritage Museum

By Seán_C_Malone

"Oh-No, another red light", I said to myself, as I pushed hard on the brake pedal, trying to stop my 38 Pontiac for the light. The mercury in the back seat slopped yet another time and rolled out the rusty holes in the floorboards to grease the street between East Marginal Way and the Fauntleroy ferry dock.

It was the best summer job I had ever had at the tender age of 17, working under a navy contract, all was hush-shush in 1957.

Warren Philbrick and Ed Strickland were manufacturing Atlas missile-nose cones in the old Burton school and I was the "gopher"; go for this and go for that, sweeping floors in my spare time.

The vertical lathe they used to grind the nose cone to government specs was 10 feet high in the basement of the old school. Vibration from the lathe was throwing off the tolerances, when the specs called for no more variation than the thickness of half a human hair. The thought then, was to float the lathe bed on mercury to dampen the vibration and take the wobble out. I was sent to Sternoff Metals on the Duwamish Slough to pick up 300 pounds of mercury.

I pulled into the muddy junk yard and asked the foreman where the mercury was for pick-up. He directed me to a pile of 75 pound steel flasks that had come down from Alaska where it had been used in the mines.

My great uncle Carroll mined for gold on the Columbia River in the thirties and used an old "one-lunger" to pump river water to his sluice box. Chuc, chuc, chuc-pooow went the old engine, mimicking the sound of a one-lunged-man. Carroll took the sand mixed with gold from the sluice box and worked mercury into it producing an amalgam. He would halve a large potato and dig

out most of the insides, leaving two holes on top for ventilation. The ball of amalgam was then placed on the top of a hot stove with the potato over it, causing the mercury to boil off into the potato and leaving a piece of slag on top of the stove, called "dirty gold"—the fumes from the potato were deadly poisonous, though my uncle lived into his 80's.

My car was a 1938 Pontiac 4-door that had cost me \$50, a straight eight. I had removed the rear seat to have more room to haul; but the floor boards had rusted out so you could see the street. I started for the car with a flask of mercury when the foreman stopped me. "Where are you going with that", he said. "You don't get the flasks". "What the hell do you think I'm going to do with the mercury", I asked. He pointed to a pile of old baking pans of all different sizes. "Use those", he said. I lined the back seat with an assortment of pans and filled them with mercury. It was the only thing I could do.

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The Road to Resilience

It's a Small, Small World

I just finished reading *The Soil Will Save Us* by Kristin Ohlson. I highly recommend this book. Don't be put off by the schlocky title; it is a well-researched and incisive report on the state of knowledge about soil. It shows that much of the carbon now in the atmosphere could be locked up in healthy soil. However, it is the nature of healthy soil that was most enlightening for me. There has been growing awareness for some years now that healthy soil contains a remarkable variety of flora, fauna, and fungi providing essential nutrients to above ground-plants: just a teaspoonful of soil can contain 40 million individual bacteria cells.

Bacteria are the most important life form on the planet. We live in a virtual sea of bacteria and less than one percent of them have been isolated and studied. They are opportunistic and don't pass up a new niche; i.e. hydrothermic eubacteria, that had previously been found living only by deep sea hydrothermic vents, have been found colonizing prosthetic hip joints! They are a potent force to be reckoned with. Whether we're talking soil or our guts, it is best to not disturb a vibrant and diversified population of bacteria that we can work with. They make up 90% of the cells in our bodies. This should give you a serious identity problem,

By Terry Sullivan,

as what you formerly called yourself is more like "yourselves." The genomes of your bacteria frequently interact with your human genome. This interaction, known as the interactome, has proven to be a successful survival strategy for our human organism/partnership.

What I didn't clearly understand is how integral those soil bacteria are to the healthy growth and function of the plants that grow in them. My quantum leap in understanding was that if you think of an animal as an independent organism as discussed above, you can think of the soil and plants combined in the same way. You could think of the microbial world of soil as serving the same purpose for above-ground plants as the microbial world inside our intestines does for us. Without those bacteria, we would simply starve. When our plants appear to be starved, it may not be that the nutrients they need are missing, but that the bacteria needed to transform those nutrients into a form plants can absorb are not present. That marks the importance of soil health.

This understanding needs to inform the way that we treat soil. If we add artificial chemical fertilizer to soil, the above-ground plant will not secrete sugars to feed the soil biota. Those bacteria will, to some extent, starve. Without those bacteria, the plant


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Saturday June 20th Video Game Sale!

Granny's Attic Donation Dock is open on the South side of the Vashon Plaza.

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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.

VFW Volunteers

“Our Community has a tradition performed eleven times a year, the mounting of the American Flag in front of businesses and a few residences. The Veterans of Foreign Wars performed this service for many years but with declining membership were unable to continue the tradition. The American Legion agreed to continue the service along with the members of the VFW in 2009.

Businesses and residents pay a nominal yearly fee for this service and the money is returned to the community in various ways, helping veteran’s, observance of holidays and veteran funerals with honor guards.

The community is in danger of losing this beautiful service. Newer veteran’s are not joining the organizations and the long time members are older and some are not able to climb ladders or walk long distances to hang and dismount flags.

You, as a community member, can help in a couple of ways. Sign up for a flag on your business or property on the main highway. Volunteer to help the Legion with their service, most of you have seen members performing this task and some of you have expressed your thanks. It is not an onerous task, but a fulfilling one and makes your heart feel good. High School students can volunteer as their community service, younger retired folks can help, some residents do not have to catch early boats to work giving them a little time to help, if you arrive home early from work you can help remove the flags in the evening.

Consider volunteering so our community can have this beautiful tradition continued. Please call Roy Bumgarner at 459-3910 for more information or to sign up and share some of your time with the community.”

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 cara.aguilera@providence.org/ 567-6152 with questions.

Find us on Skype
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Call for Artists - TREASURE MAPS show in October at VALISE

VALISE Gallery invites all islanders (and non-islanders) to submit an artwork of their making for our October exhibit entitled “Treasure Maps.” We invite you to create a map of anything that is important to you, in any medium, for inclusion in the show. The show will run the full month of October.

Your map should be a map of anything you want to illustrate. Examples might include places near your home that are important to you, places that have been important to you in the past or are important in your family’s history, or even depictions of changes on Vashon or elsewhere. You can map your kitchen, the route you take to work, or where your dog likes to do his duty (from which your neighbors might discover who left that mess in their front yard). It can be a road map, a topographic map, a family history map, or a map of where one can find the best blackberries or where your favorite trees used to be. It can even be a map that leads to buried treasure. We only ask that you map something that has meaning for you.

For further details on when and how to submit your map, as well as instructions on preparation, please contact Greg Wessel at sleepingdogcafe@aol.com. You can also pick up a copy of the instruction sheet at the gallery.

Hay Everyone

In case you didn’t catch my announcement at VYBS opening day, I’d like to let you know I’m running for Vashon Unofficial Mayor on behalf of this great organization. I didn’t have to ruminate about it very long- VYBS is an important part of our



community, and I’m proud to step up to the plate and support it.

“What is this VYBS?” you ask sheepishly, “I’ve never herd of it.” VYBS stands for Vashon Youth Baseball and Softball. I asked Cheryl Pruett, VYBS expert, for more information, and this is what she told me:

“Vashon Youth Baseball and Softball is one of Vashon’s oldest youth sports organizations. Each year we give children aged 4-14 the chance to learn and play the great game of baseball. Along the way, kids learn about hard work, sportsmanship and how to be a good teammate. Donations to Bandit’s mayoral campaign will directly fund the organization’s scholarship account. VYBS annually provides financial assistance to those who need it, so that everyone can play ball!”

“Sounds like a home run, what do I do?” Funny, I was just about to tell you. These island merchants have generously agreed to put out my ballot boxes: Harbor Mercantile, Minglement, Vashon Athletic Club, Northwest Sports, Vashon Pharmacy, Island Lumber, Ace Hardware, Café Luna, Fair Isle, Vashon Baking Company, Rock Island Pizza, and Pandora’s Box. It’s a dollar a vote, so it would behoove you to vote early and vote often!

“Dude, do you have a Facebook page or anything?” Of course, just search for “Bandit for Unofficial Mayor of Vashon”!

“Ewe sound like an interesting fellow, am I going to get a chance to see you in person?” Well, it’s not for lack of trying, but the truth is I don’t get out a lot. I plan on marching in the Strawberry Festival parade, and might make a surprise campaign appearance or two.

Butt, the best chance to meet me- and all my friends- will be at the “Open Pasture” we’ll be having on June 27 from 11 AM to 3 PM. This just so happens to be on the same day as Kite Day, and I just so happen to live on Point Robinson Road. So if you happen to be driving by, stop and say hello. And vote of course. I’ll be the goat wearing the baseball jersey.

I’d like to close this somewhat punishing dissertation with a poem from one of my pasturemates, who wishes to remain anonymous:

“Don’t sit on you tail and bleat about the things that get your goat, swing on by your local store and slide on in to vote!”

Summer Camps at Open Space, for ages 12 and

JUNE 29 TO JULY 2, MONDAY - THURSDAY

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A week-long immersion in the creativity and technique of playwriting. Students will explore idea generation, brainstorming, improvisation, the craft of writing both monologue and dialogue, and more. The week will culminate with a short reading of student work for families and friends. Playwriting classes may continue through the summer and school year for interested students. ALL LEVELS WELCOME. Cost: \$160*

STAGE COMBAT, 1:00PM TO 4:00PM

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REGISTER AND PAY BY JUNE 9 AND SAVE 10%

Each session \$144 or \$270 for BOTH!

After June 9 - Register for BOTH Playwriting and Stage Combat for \$300. Enjoy lunch in the Open Space meadow and a full day of creativity and fun. Supervision will be provided over the 12:30 - 1:00pm break.

Call (206) 408-7241 or email info@openspacevashon.com to register!

Vashon Social Dance Group Monthly Dance & Lesson

Saturday, June 20. Ober Park performance Hall, 17130 Vashon Highway SW, Vashon Island (just North of the Library and South of the Park ‘n Ride)

7:00-8:00pm: Dance Lesson Of Majority Choice - Come Pick Your Favorite. Lesson in Country 2-step, East Coast Swing, Waltz, Cross Step Waltz, Country 2-step or, a Line or group dance or two with Candy and others willing to assist...

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!
Hope to see and dance with you then.

Bring your friends and family into the wonderful world of social dancing!

The Vashon Loop

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Vashon Center for the Arts: Construction Update



Jeff Church, Brock Smith, Nels Lindgrn

By Justin Huguet

Sellen Construction began earthwork following the demolition of the existing structures on the site. Materials were recycled or properly disposed, and the ground cleared of stumps and brambles. Old underground tanks were decommissioned and removed. Testing showed that there were no toxic materials in the soil. Mass excavation has begun along the east side of the site for the new building's orchestra pit, mechanical plenum and stage. The north water detention vault is under way, with basement slabs and footings taking shape as concrete is placed throughout the month.

Jeff Church, Brock Smith and Nels Lindgren—members of Sellen's construction team—reside on Vashon Island year-round. "This project

is awesome and it's fantastic to do something in the community," says Nels Lindgren. His daughter, Ady, has danced with VAA Center for Dance since 2013. In two productions of The Nutcracker, she performed the roles of Mouse and Little Nutcracker Doll, and looks forward to dancing on the new stage in 2016. "The arts center will be a great addition to the Island."

"I live a mile down the road," says Smith. "For all the years I've commuted off the Island...this is heaven." All three are glad to be a part of the project and happy to help make Vashon Center for the Arts a reality.

Please visit VashonCenterForTheArts.org for periodic updates, photographs and time-lapse videos of construction progress.

Before there were Skis on Vashon

Continued from Page 1

The trip to Vashon was a nightmare. Mercury is very heavy and very slippery. Every bump or sharp stop caused it to slop in the pans. I laid a strip of mercury all the way to the Burton school where it was poured onto a large tray under the lathe bed and took the vibration out of the grinder.

I had worked for Philbrick and Strickland the year before, at what is now the K2 sight, where the company had a navy contract to build mine sweeper floats. A mine sweeper would tow the 12 foot floats on long cables to either side of the ship to pick up or detonate floating mines.

We had a small room in the back of the building where Kirschners built fiberglass dog cages for veterinary use. The mine sweeper float was supposed to be secret, but everybody knew about it. The float was in the shape of a long green cocoon, which is the way it was made having been spun out of thick glass threads as the float was turned on its axis and smelly and sticky resin was applied to its sides. The resin was everywhere because it was hard to manage and dripped on the floor making an awful mess, impossible to clean. The soles of our boots became layered with the stuff, so if you went to town, everybody knew where you worked.

Every day a new layer of resin-soaked threads would be applied and then allowed to cure overnight. Unfortunately, the new resin would soften the layer from the day before and depressions would form on the surface

of the float.

My job was to pound a nail in the thick skin and with a piece of orange hay string, secure the string to another nail pounded into the ceiling and pull out the depression until the float dried and another layer could be applied.

Every time I saw a picture of an Atlas missile or radar dome for an F-104 Convair, I wondered if it was one of ours.

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2015 Picnics in the Park

The second season of Picnics in the Park, the Vashon Maury Community Food Bank's newest program, designed to provide free lunch and activities to Vashon's kids and teens, starts on Monday, June 22, and will run, five days a week, through August 28.

Emily Scott, Manager of the Food Bank's Volunteer Program, says, "The program was a big hit last year, so we're really looking forward to building on those successes. We've got new staff on board who will bring a fresh perspective and plenty of enthusiastic veteran Volunteers who will maintain the program's continuity."

In keeping with the Food Bank's mission to provide food, food education

programs and related services to anyone in need, Picnics in the Park was designed to relieve some of the financial burden on income strapped families and to help Vashon's kids stay healthy and active over the summer months.

Food Bank Volunteers prepare lunches in the Presbyterian Church kitchen from 10-11:30am and lunches are distributed in Ober Park from noon-1pm. Lunch is followed by activities that range from book readings, to balloon relays and origami lessons. The program is open to all Vashon kids and teens. Parents wishing to leave a "tip" are welcome to do so. It's sure to be a wonderful summer!

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It's a great time to get back in the Loop.
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Pudge Needs A Home...

I'm a quiet, sweet-natured guy looking for a home with adults. Don't be misled by my name - I'm not pudgy. In fact, I think I'm looking pretty buff these days.

I like people to pay attention to me, but I'm more comfortable when they let me decide the right time. Sometimes I just want to be by myself, thinking mysterious cat thoughts. Lately, I've been thinking that Father's Day is coming up and it sure would be nice to have a human dad (or mom). Have you been thinking about adopting a cat?



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25th Annual Vashon Island

GARDEN TOUR

2015 VASHON ALLIED ARTS

Saturday & Sunday
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photo by Valerie Willson

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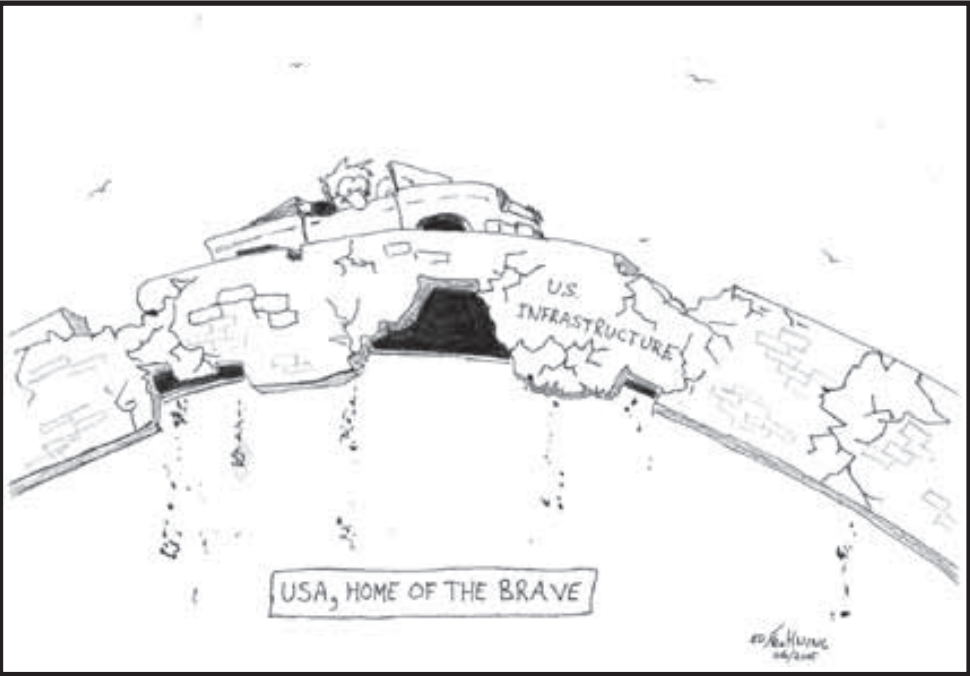
In responding to the question “How’s it going?”, one could easily be any number of miles from an aquatic environment and still be able to answer “swimmingly” if one were so inclined, and could very well do so whether or not that was indeed the case. In the word association game that one’s brain tends to constantly be playing, the mention of the word “swimmer” almost cannot exist without a picture of something blue, relatively clear and viscous appearing at least somewhere in the corner of the mind’s eye. It is this connection that can cause one to almost instinctually roll one’s eyes at the apparent redundancy in the phrase “swimmer in water”, while reflexively, even if silently, responding with a quick retort- where else do you think they would be?

Things along these lines actually took on an entirely different perspective this past Saturday when I repeatedly was compelled to speak those three words, prefaced by another two: “Seattle Traffic”. These two words, when spoken through radio channel fourteen while out on the water , serve to get the attention of our local Vessel Traffic Services (VTS). As it was, we already had the attention of VTS, since we had another acronym on board, an AIS. This automatic identification system serves to alert sailors of the whereabouts of commercial traffic, as each transmits a unique signal that goes out into the ether and shows up on properly equipped screens near and far. Our particular signal was known to the Seattle vessel traffic services as a location indicator for “Swimmer in Water”, not because it is the name of our boat, but rather because we actually did have a swimmer in the water. His name is Andrew Malinak, and he was swimming on that particular day, June 6th, from Old Tacoma Dock just west of the

lit Thomas’s cigarette’s which he smoked while swimming on his back. It was this swim, but not the smoking, the weather or the tides that Thomas endured, that Andrew wanted to honor and emulate with his reversed and slightly elongated route.

And so it was that we motored our way down to the Foss waterway marina, and spent the night listening to water sounds and trains and aquatic fowl. The morning broke clear and calm, which on a sailboat is almost never a good thing- in this case it was perfect. Aside from a quickly departing sea lion and some encouragement from some passersby, Andrew set out with a quick forward dive and very little fanfare. Someone was out in a mini hydro doing laps around Commencement Bay, but after we were out on the route we never saw him again. After about an hour we found ourselves amongst a regatta of becalmed sailors out of the Tacoma Yacht Club. They were apparently about to start a clockwise race around Vashon, but for most of the morning and a good part of the afternoon, Andrew’s swimming progress outdistanced the sailed racers.

It was during this time that our first support swimmer went in for a bit of pacing. Wendy and I first met Melissa Braisted Nordquist at a race in these same waters a few years back. She has had open water experience in San Francisco, as well as participating in open water relays on Maui and in Lake Tahoe. She was followed by Erika Norris, an NCAA All American and English Channel relay swimmer. She’s also one of Andrew’s training partners. After that, Wendy hopped in to do some pacing and to get more experience for what she hopes to be a successful attempt to swim around Maury later this summer. And finally, Elaine Howley got in to do some pacing later in the day. She has a giant list of open water accomplishments including being the 32nd person to complete open water swimming’s triple crown- the English Channel, the Catalina



Solstice Labyrinth Walk

The Labyrinth at the Church of the Holy Spirit will be open to all who would like to come and enjoy a meditative walk to celebrate the summer solstice, June 19th between 7 and 9pm. There will be space on the lawn for meditation and quiet music of harp, flutes and singing bowls to infuse the garden with peaceful sound. The walking of the labyrinth is a sacred tradition that is thousands of years old and comes from many different areas of the world. It’s a practice that has become a way for people of all faiths or from no faith tradition to walk in contemplation of healing, gratitude and peace.

The Church of the Holy Spirit is north of town at 15420 Vashon Highway, just south of the Vashon Community Care Center where you see the big bell tower on the east side of the street. This event is free and all are welcome. For information call 206-567-4488.

The ferry system and the traffic controllers were great and very helpful throughout the trip. Currents, tides and the wind were more than cooperative, although I made a few correctable bits of uninformed judgment calls where I was surprised by currents I did not know were there. A pod of Dahl porpoises showed up as we were making the turn toward Lincoln Park off the southeast side of Blake Island, but if they were curious about who this intruder was in their waters, they did not make that known to any of us.

There were no massive crowds on hand when Andrew went ashore just outside Colman Pool, although there was applause and some cheering from friends and fellow open water enthusiasts who had gathered on the beach. I would suspect that many of the people inside the fence at Colman did not know who this guy in the hot pink Speedo and the entourage was and what he was on about, or why he went directly to the waterslide and quickly slid into those chlorinated and much warmer waters of Puget Sound (Colman is salt water and filled from the Sound). There was no grandiose Bert Thomas welcome, which it seems is how Andrew wanted it. I was circling off shore while all of this was going on. Once Wendy was done talking with her staff- she manages Colman in the summer- she returned to the boat and we headed back to Quartermaster. As we were almost to the entrance of the outer harbor I noticed some commotion off the bow, and stood up in time to see more porpoises playing dead ahead. And then I heard blow hole noises coming at random points from all around the boat, and then they were gone. It seemed as though they were saying that they approved of what had gone on that day. While we didn’t really need it, it was a most welcome affirmation.

I did shoot video throughout the day, and a five minute summary of the day can be seen on the youtubes here: <https://www.youtube.com/watch?v=vc6Xei7HfaM>

I left him. I was remembering the black plastic bag I brought him back home in two days later. I did not want to go through that again, so before we took Taanker to the vet we agreed that if this was going to involve the option of extraordinary measures we would prefer to decline them.

We carried her down the stairs in a blanket stretcher, with the other two dogs wondering what this procedure was all about. When we got her to the parking lot we set her down and opened up the back of the pickup. It was at this point that she decided to get up and start walking, as if to say, “See, I could have done that myself.” She then lay down again, breathing heavily. We got her to the vet’s and left her for some tests. A few hours later we went back after the x-rays and blood work were done. As we walked into the waiting room, a particular song by R.E.M. was just winding up with a chorus that might be familiar, which goes…”it’s the end of the world as we know it, and I feel fine.”

I’m not sure where Mr. Stipe and the band got the inspiration for that one, but it probably did not involve our particular scenario of that moment. Taanker wagged her tail when she saw us, thanks to a warming blanket and some i.v. fluids, but the rest of the news was not good. Half normal blood pressure that remained unexplained, nodules along the spine and a displaced heart all did not give us hope, along with the fact that she couldn’t get up. We opted to let her go.

As the fluids went in, her body convulsed less with each breath. And then everything just stopped. We had packed her bags and she left. This time, though, it was our time to suffer the loss of a leaving. It is proving to be harder than I ever would have imagined, especially when I know that Taanker, and her special bag of tricks, will not be back.



Foss Waterway to Colman Pool at Lincoln Park via Colvos Passage.

Before we get any further into the depths of the Salish Sea in our time, it should be noted that the inspiration for this marathon swim attempt came from a time of less electronic sophistication and surprisingly way more general public interest in aquatic feats beyond the commonplace. It was last year, with the first of the Swim Defiance swims (the next one happening on this June 21st between Tahlequah and Owen Beach) that I learned of Alexina Slater, the fifteen year old Stadium High School student who surprised everyone by finishing fourth overall in a field comprised- other than herself- entirely of men. On that day, September 26, 1926, there were ten thousand people on hand to cheer at the finish. In 1956, Bert Thomas made three attempts to swim from West Seattle to Tacoma. His first try in February lasted two hours in forty degree water. His second attempt in April lasted nine hours, but ended six miles short of the Old Tacoma Dock. Finally on May 14th, Thomas swam the entire eighteen plus miles in around fifteen hours and twenty three minutes, arriving at The Old Tacoma Dock at three in the morning to the cheers of some five thousand people. Along the way, Thomas was fed through a tube every hour by his wife who was along on the support boat. It is said that she also

Channel and the swim around Manhattan. Andrew had crewed on her successful attempt to be the first ever person to swim the entire thirty four miles of Lake Pond Oreille. The two guys on board, however did not get wet on this day, although our official swim observer, Dan Robinson, has also completed the sacred triple crown, among other swims. As for me, I did do the inaugural one mile Emerald City open water swim back in 1984. The water temperature that day at Seward Park was fifty six degrees, which I swam through without a wetsuit. I don’t like cold water.

As far as the cold goes, we were checking temperatures throughout the day, and they ranged from 53 to a balmy 59 in a few places. We were also on a rigid feeding schedule, where Andrew was tossed a bottle or bottles of various concoctions containing protein, electrolytes and warmish water. It could have been warmer water, but both our on board stove top (it caught fire) and the spare two burner camp stove (it somehow got plugged up) stopped working before the end of the swim. As this was English Channel rules, which means no wetsuit and no touching any support boat, the drinks were tossed in on the end of a retractable dog leash and reeled in when Andrew had had his fill. Dan was documenting the GPS points of the feedings, what the water temperature was and how much fluid, and sandwiches, Andrew took in at each feeding.

Next Edition of *The Loop* Comes out Thursday June 25

Deadline for the next
edition of *The Loop* is
Friday, June 19

Spiritual Smart Aleck

1. The Anger Stage, and 2. A New Computer

All right, class, we have discussed the non-linear properties of grief. Non-linear means that the stages of grief which Elizabeth Kubler-Ross described for us do not happen in order. You don't work your way through them like lessons from a textbook. More like they work their way through you, at unexpected times.

Last night I tripped and fell into the anger stage.

A friend posted online that after twenty years of marriage, he and his wife had been talking about which of them might die first, and each of them expressed the wish to go first in order not to be the one left behind. "Isn't that romantic?" he said, making a joke of it.

This is not funny, I thought. Because my husband was so ill the last five years of his life, it looked like he was going to die first, but when we talked about it we both acknowledged that You Never Know. I could have a car wreck or a heart attack and be gone in an instant. He expressed his wish that we both go at the same time. I said, speak for yourself, buster. I might not be ready to go when you are. He then said that if I died first, he would stop dialysis and die himself. That made me angry - what about the people here who would need you?

After he died, though, I understood his thinking. It is so hard to go on without him. Occasionally I have to decide, again, to go on living. Unless you've lost someone as close to you as a spouse (or a child), you cannot possibly imagine how much you long for the life and the person you used to have. If I'd gone at the same time he did, there would have been no grief, at least not for me.

I can't get my old life back. Sometimes it's harder than other times to keep walking into the new life. It sucks, and it blows, and it tears the rag off the bush. It ain't fair, and it ain't right. It simply is. If you catch my drift.

My friend and his wife were talking about the inevitable end of their life together. One will die, and no one knows who or when or how. This is not a subject that people can talk about easily. I understand that you might want to joke, to keep the specter of



By Mary Iuel

your own death or that of your spouse at a distance. That makes perfect sense to me, but I was not in the mood last night. Joking about spousal death ticked me off. You want to know how you'll feel if you're the one left behind? Stunned. Destroyed. Devastated. Crazy. Numb. For a long, long time. It is not "romantic" not to want to be the one left behind, it is self-defense.

Do have a plan: make your will. Live as fully as you can, let the people you love know that you love them. Be kind. Have those discussions about death as you are able. Or don't. It's the love and the kindness that matter.

And that's all I have to say about that. Now I shall speak about the death of a machine.

It was plain my old computer was going down, so I got a new computer to replace it. Two weeks after the new computer arrived, the old computer went from quirky to non-functional.

Non-functional is when nothing you try to open will open, not even the clunky old solitaire games. Sigh. Good-bye, old Paint.

My computer needs are modest. Here's what I do on computers: play solitaire and online games, write in Word, get email and check Facebook. I look up every stray question on Google, and I shop online. Sometimes I look up houses and used cars. When I was young I used to fantasize about men, but now it is more fun to fantasize about real estate and Subaru Foresters.

I wanted Windows 7, but got Windows 8.1.

Remember when you got your first computer, and you sat there and stared at it and wondered how the heck to do anything with it? First time I started my Windows 8.1 computer, I felt that lost again.

I had heard that 8.1 is designed mainly for telephones and tablets, and that there was a steep learning curve. I heard right. Fortunately, the computer came with lots of tutorials and information. When I found the desktop things started looking more familiar. Took me a week and a half to find the Office 365 software I downloaded, but I've got it now, so that's all right.

So here I am working on a Windows 8.1 computer, and it's not so bad, but I had to download solitaire, and I will never understand why Microsoft keeps fixing things that aren't broken. I guess they have to make a living.

Young Island Thespians Share... “What Carrie The Musical Means to Us.”

By March Twisdale

Opening night is always exciting. But this summer, opening night holds special meaning for island youth. Maijah Sanson-Frey summarized it like this, "There are shows where the audience is saying, "Oh, what a cute play!" With a show like Carrie, it's more of an art piece and more of a moving piece. People will say, "Wow...you did a really great job of sharing those messages."

Years ago, Stephen King published his first book. That was Carrie. Years later, Stephen King's insightful exploration of the human condition was converted into a Hollywood Horror Flick. As is always the case, much of the original messaging was lost...but then, along came Carrie The Musical. And with it, we were gifted with an intrinsically thought-provoking, empathy-generating opportunity to explore the painfully real issues of bullying, domestic abuse and mental illness. At its heart, Carrie The Musical asks, "What does it cost to be kind?"

While the adult community has barely registered that Carrie The Musical is on the horizon, island teens have already begun the exploratory learning process. As we sat in a puddle of sunlight streaming through evergreen boughs, Marisol Martinez explained, "I've had friends being bullied, and they've gotten suicidal...and the show [Carrie] represents not everyone is bad. Not everyone is evil. I've been in that spot too, several times in my lifetime. I've lost hope. There were always people out there who might have seemed mean...but they ended up being your friend."

"It's a huge self-empowerment play," added Brandon Branch. "The world's better than this," he went on, "and I think that's how society should be. That we give up to help other people. This play backs up that idea...that if you do help others, your own life will be better."

These comments reflect how island youth are responding to Sue, the character who - upon coming face to face with her own conscience - does all she can to befriend Carrie White. "The nice girl [Sue] showed that she was sorry," Brandon went on, "She took actions rather than just saying she was sorry."

It's not just Sue who evokes empathy and understanding in our young thespians. Miss Gardner, the gym teacher who tries to help Carrie, is a role that inspires Marisol Martinez. "She just shows Carrie that the world is not bad; you can find love. She's the voice of hope! That's exactly what she is!"

While parents can shield their young children to a degree; by high school, the floodgates are open. To process life's lessons, we need to acknowledge them. Maijah Sanson-Frey said it this

way; "As a teen who's had my own issues, one of the worst things is to be invalidated by someone who is older."

When asked what her hopes are for opening night, Maijah replied, "I'm envisioning the people in the audience who will be crying, and who will say to me, "I didn't realize..." To this, I asked, "How do you feel about the adults who say they won't come to see it?" Maijah paused for a moment, "I guess it depends on their reasoning. I wouldn't want anyone to go if they are uncomfortable but, um...it does strike me as a little bit odd. If we are teenagers and we can deal with it. Not to mention, we're acting it..."

"As a book and a movie it's a horror," Brandon Branch answered, in response to the same question, "but as a musical it's an inspiration!" Nodding her head, Marisol Martinez added, "Yes! My parents are always trying to help me not make the same mistakes they did...and this is what Carrie's Mom is trying to do. The play is not about "Christians are crazy," it's about the power of love...love can be good and love can be crazy. It is about love."

Touching upon the thick streak of empathy written into Carrie The Musical, Maijah Sanson-Frey said, "I recently became a DOVE Advocate and one of the things I think about most is what happened to the perpetrator to make them act this way? No one is born a terrible person. Everyone has good and bad qualities."

Carrie The Musical is already altering how island teens support one another. "It's made us

way more aware, my group of friends," Maijah said, "We're nice to others but it's given us greater awareness that others can be suffering at home...and we won't know it. We're more likely to go and ask how they are doing. It's made us more conscientious, and we haven't even done the play yet! It will be intense but in a good way."

This focus on the power of feelings comes up again and again. "Listen to the lyrics!" Marisol Martinez urged, "In the movie, it's all lines, but musicals have songs which are more emotional. In a song, you can hear how they feel."

With an eye to the future, Maijah expressed how she hopes Carrie The Musical will benefit those who are too young to participate. "My younger sister will see all of these older kids she looks up to dealing with these issues, and she'll learn vicariously. Later in life, as a teenager, she can remember when she watched Carrie and that apologizing with actions matters. She'll have a subconscious memory."

As these young people and their friends prepare to devote six weeks of their summer to this production, the following message comes through loud and clear. Island youth are eagerly anticipating Carrie The Musical. Their growing maturity is reflected in their eagerness to both explore powerful issues and perform an intense acting piece. As Maijah Sanson-Frey put it, "We feel more serious as performers and that contributes to our sense of validation. I can do this will become...I've done this!"

Auditions Dates:
June 20th & 21st, beginning at 1pm
@ McMurray Band Room
(Parent mtg. Sun. 21st @ 1pm)
Questions? Contact Elizabeth Ripley:
eripley13000@yahoo.com or (206) 463-6388
VYT Carrie Blog: vddcats.blogspot.com
NOTE: As a fundamental promise to our community, VYT ensures inclusion for all youth who audition. Whether you sing, dance, act...or don't...you can participate. Come one, come all...Welcome to the show!



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Aries (March 20-April 19)

There is such a thing as too much integrity. In order to remain standing, every structure must flex and bend. In order to flow, every system must have some resilience, and be able to tolerate some excess strain, a bit of waste and fluctuations in energy. And for you to be happy, you need to be more open to ideas -- which means not being threatened by them. By one reading of your solar chart, it would seem that you're making sure nary a single dangerous thought gets through. But I would ask: are there any dangerous thoughts? And if there are, is it sex that makes them so? And if that seems true, then what is the actual risk? Well, the risk is revealing your humanity; daring to be seen and felt. Your worst fears may take the form of 'something actually bad', some irreversible consequence of your choices. I would propose that what you fear is actual unscripted existence; making contact with someone and allowing them to make contact with you, not knowing what's going to happen next. Remember when you used to live for that kind of thing?

Taurus (April 19-May 20)

Venus joins Jupiter in the angle of your chart associated with family, home and security. It's going to be there for a while, so you don't have to rush to get the benefits of this transit. Indeed I would propose that it represents a longterm exploration of something else, which is an experiment in what you can accomplish when your life is reasonably stable and grounded. It's true that living on the edge of a galaxy on a little planet run by psychopaths, it's possible never to feel safe or grounded, but if ever there was a time, this is it. Now, how much creativity can you muster up, whether directed at the way you live, or what you do with the privilege of living? In other words, what are you here to create and can you act on that drive? This is not something restricted to a few special activities. It can extend to any activity, whether it's doing your laundry, painting your masterpiece or plotting the revolution. Think of yourself as a benefactor, breathing life, beauty and value into everyone and everything you touch.

Gemini (May 20-June 21)

Your professional identity or official title is not who you are. Ideally what you do emerges from your sense of who you are and what is the most meaningful to you, though for most people that would be considered a luxury. At the moment you may be experiencing anything from some mild confusion to outright conflict between something related to your job and your sense of self. First, I suggest you not try to work this out so fast. It's one of the deeper questions that we face in Western culture -- working out the whole issue of 'I am' as it relates to what we're supposed to have accomplished by any particular age. I would say that this issue goes far deeper than job, profession or title; we are really talking about how you relate to your mission in being alive. That is not something you find outside yourself. It's an inner search, where outer clues count for something. Yet is the search really necessary? Don't you just know? Or are you still in the process of admitting it to yourself? Pay attention -- information is coming.

Cancer (June 21-July 22)

Don't let your fears run away with you over the next couple of weeks; be cool, be patient and -- remember, as Lou Reed said, you can't count on the worst always happening (and he added, it takes a busload of faith to get by). So load up your busload of faith and start singing and clapping. Use anxiety as an opportunity to push your limits. Work from the premise that much of the world is in a frantic state, and therefore you can afford to explore some edgy territory. Let this start in your mind but certainly not end there. The purpose of your life right now is achievement and learning how to have an impact. When you look at anyone else who has ever succeeded at making a splash, they

did so by exceeding some limit that was put on them, or that they thought they had to abide by. Said another way, success is a kind of uprising against mediocrity; a revolt against bullshit; the drive to do something that hasn't been done, if only because it seems interesting and like the thing to do. Fortune favors the bold.

Leo (July 22-Aug. 23)

Venus has arrived in your sign, where it will be for all but a few weeks between now and Oct. 10. The theme of embodying one's sense of mission seems to be in the air, and it certainly is a crucial theme for you. Consider yourself in a phase of experimentation, where you're getting a sense of your depth of commitment to what you do. You have specific ideas about what you believe and what you value, though you don't always follow them. Now you will get a chance to bring this to full awareness. You seem to be embarking on something promising; something that could lead to fulfillment. Give this a good, solid run; give it all you've got. Then you will reach a natural boundary around July 18, when Venus arrives in Virgo. That will begin a review phase. Though it will seem obvious at the time, there is one very specific question that you need to ask yourself, which is not so clear right now. No theory or concept can substitute for the actual, hands-on experience that will help you answer this question.

Virgo (Aug. 23-Sep. 22)

Venus has joined Jupiter in your 12th solar house. Somewhere in one of my favorite old astrology books -- Astrology: A Cosmic Science by Isabel Hickey -- she describes this as the aspect of "two guardian angels." I've always thought that was interesting. I'll leave you to consider what you would do with that kind of protection. Your astrology is describing a few other things as well. The theme of purpose is going around the zodiac these days. This may be entirely in my imagination (what isn't?) but the way the combinations of planets and signs are shaking out, that's what I see. For you, this is about a discovery process, and not just any random one. Your life seems to be focused on one specific revelation that's going to be hiding behind the scenes for a while. You can have absolute trust that what you're doing, and what you soon will feel guided to do, is leading you in the right direction. You may have to go on various hunches on the way there, which fits the astrology. I would add one thing: if you want to be ambitious, be friendly. Do everything by arrangement, agreement and accord.

Libra (Sep. 22-Oct. 23)

You are now in the perfect position to develop your professional income. I never quite know what this means for those who work for salaries, though it seems like these days most people have more than one source of income. This could apply to any of them, but especially the one that's variable -- such as based on your creative output or how much of something you can sell or some factor involving the people you know. This variable is now the thing that you can increase, largely due to your reputation. Therefore, be bold and confident about approaching your friends and people in your social networks. Anyone you know is a potential prospect. I don't mean to imply that your friends and their friends are something to exploit; what I am saying is that commerce is a community commodity and that communication is a commemoration of how we are all here to support one another. What you are doing is a thing of service and therefore, telling people about it is a wholesome thing. Stay on course even if someone whines.

Scorpio (Oct. 23-Nov. 22)

Keep financial and contractual plans on hold for as long as possible. You're not working with all the information you need, and there are still some vital developments yet to come. Until then, work within

economic limits and do your best to follow your agreements to the letter and in spirit. Other factors in your chart describe this as a phase of high success and taking a step up in the world, though this is about more than looking good. Go far beyond image, charm or the appearance of trying. What you need are real achievements to your name, and to demonstrate a sense of mission that is driven by goals and results. If you don't have something tangible to show for your work, looking good will look all the worse, and if you have them, it will look all the better. Saturn is about to return to your sign and emphasize the point that leadership is about what you get done. Saturn is also reminding you that self-leadership is the most important variety. You must be accountable to yourself before you can truly be accountable to others.

Sagittarius (Nov. 22-Dec. 22)

If you're managing to keep your communications clear with others, and to avoid conflicts, you're doing beautifully. If not, you must be patient, and give others time to see the errors of their ways. Pushing them is not going to help; you will likely be met by some kind of pushback. And that resistance will likely be misguided and seem to make no sense. Therefore I suggest you tread lightly on any unresolved situation and go into fact-finding mode. The deeper truth that emerges around the time of the Mercury station direct next week will level out power imbalances and bring most of the necessary facts out into the open. Then a real conversation can begin. This astrology may relate to certain circumstances about which you're not aware, or have a mistaken impression. Therefore, say less and pay attention more. Be alert to conflicting information and above all else, know when you don't know.

Capricorn (Nov. 22-Dec. 22)

As a Capricorn you're supposed to be a master of politics, though lately small gaffes and misunderstandings are giving you and perhaps others the impression that you're playing out of your league. The question is, what is your league? What's the right level of society for you to be involved on? Few people ask this question; many people fancy themselves considerably more or less than would be appropriate for their level of dedication and intelligence. I would suggest that you start exactly where you are, and determine what is expected of you, and consider what you can contribute. While you may feel like environmental factors are getting in your way, remember that the world is not as neat and tidy as it once was; information moves much faster and therefore there are more opportunities

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for misunderstanding. With Mercury still retrograde, you must remain mindful of communication, and seek clarity at every turn of events. This will be especially true as Mercury slows to a station next week. Keep your footing.

Aquarius (Jan. 20-Feb. 19)

For the next few months you may need to tidy up residual matters from business of the past two years. If you were to make a chronology of that timeframe, you would see how far you've come and what you've accomplished. Therefore, don't be discouraged if you are called upon to be extra vigilant and make sure that everything is resolved; that you understand all of the developments and what prompted them; and that you're fully committed to understanding the details when necessary. On that note, I suggest you lean in the direction of micromanaging whatever resolution of the past you need to involve yourself with -- and make sure you have learned everything you need to have learned from what you witnessed and experienced. The bottom line here is that you are responsible for your own life, and for the decisions that are made on your behalf. In truth this is a happy lesson, because it holds the key to much future happiness and success. Therefore, sharpen your pencil and do what needs to be done over the next three months.

Pisces (Feb. 19-March 20)

I suggest you breathe life into the forgotten aspects in your life. That might include projects, it might include set-aside desires, goals or plans, and it might involve physical spaces. Let's start with the latter. Clean out rooms and closets; put your work areas in order; if you've been so busy you haven't used your kitchen in three months, it's time to move out the old supplies and energy and restock with what you want. If you have a second residence, now is the time to revitalize that, open the windows and allow in the fresh air. As for goals and plans, it would seem that you've had to put an emphasis on certain aspects of your life at the expense of others, and now is the time to start balancing that out. I have suggested many times that Pisces needs a second residence or home away from home. This is designed to give the 'other side' of your nature a place to come out and play. It can be elaborate (a summer home) or modest (a friend's place you stay at, or a B&B you visit once a month). Try it out and see what I'm talking about.

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

Road to Resilience

Continued from Page 1

becomes totally dependent on the chemical additives much the way we are when we are on an IV tube. Bypassing the intestines will starve out our bacteria. Fortunately, for both us and the soil, these bacteria are extremely robust and can repopulate quickly. We just can't be sure that the new bacteria will have our best interests at heart. The best defense is to maintain a steady population of bacteria that work for you and that will help to control or eliminate unwanted bacteria. The lesson here is don't disrupt the symbiosis of soil bacteria and plants: don't add "IV tube" artificial fertilizers. That is not to say that nothing need be added. Northwest soil is generally too acidic for food plants and some minerals are lacking. Soil can be amended without stressing the bacteria culture.

Even worse, if we use pesticides or herbicides, biodegradeable or not, we will kill the "soil," and it will no longer provide nutrients until it is recolonized (or we add artificial fertilizer: the vicious cycle). Besides adding organic matter, the real value of compost is its bacteria. We are aware of less than 1% of the bacteria that exist in any soil sample, and it may be that many of those bacteria provide a plant the ability to coexist with weeds and pests.

If we dig up or turn over the soil, we need to understand that we are disrupting the soil ecosystem and its fragile tilth. I'm reminded of my son's recent accident, which required

that his intestines be thoroughly inspected. The worst after-effect of his accident and subsequent care was the indigestion that resulted from handling his intestines. I'm coming to think that I want to leave the soil unturned and amending with mulch and cover crops only.

Most of us know only too well that an untended garden does not take care of itself. If we take plant material out of the garden, we need to put some back. We need to account for mineral content and Ph balance. If we plant a lot of one species in one place, there will be pests taking advantage of it. If we don't weed, our favored plants may be starved of light. When we expose ground by weeding, more weeds will quickly take their place. I'm going to try to just mow the weeds with a clipper and not disturb their roots, which, dead or alive, will feed the bacteria. Of course, we will need to water, but a healthy undisturbed soil will require less water.

Soil that has been abused by chemicals or that is unsuitable for the plants we want to grow will need to be amended, but the goal should be healthy soil without loading it with artificial nutrients or killing agents. Refer to the Guides for Garden Products and Practices compiled by Michael Laurie and Diane Emerson, available at your local store. Take care of your soil and it will take care of you.

Comments? terry@vashonloop.com

Positively Speaking

Thalia, Birth Beads and Plan A

Orange construction fencing loosely waved in an effort to remain standing around the parcel of land. A crudely created sign designating an unsafe area inside the fence and warding off potential looky-lous, was stabbed into the earth at one end of the property. The little house in which I had attended so many holidays and family meals, the TV always on despite any event, the altar to Thalia carefully placed on the mantel over the fireplace, was gone. Now, not only was she in heaven, but her parents as well.

This little girl had impacted my life so much. Indeed she had ended my marriage. Dead in a tragic car accident before I ever met her, her effect was weighed at a retreat for pastors and their spouses where I, the pastor, heard her brother, the spouse, yell at me, finally, “Don’t you understand? If I love you, you will die!!” It was a precipice from which the tottering relationship could not but fall. It explained all the abuse, the discounting, the distancing. No amount of my request for change was going to make a difference. But at least I knew why. The years, decades I had spent trying to get her family to talk about their grief together were for naught.

Now as I looked at the nothingness of the history of the family now dispersed and broken, I chose to see the next piece of the story and drive by the place my oldest came home after he was born’. Defying all odds, I had given birth to a healthy 9lb 10oz, 22 ½ inch boy in two hours. Take that! Stupid lawyers who made me hear at age eleven that I would never birth a full term baby. Went on to have another one too. That time, when my body actually got down to it, delivered in forty five minutes.

That house revealed itself to be so poorly cared for it could have been called a ‘tear down’. Flower beds lovingly planted the interior once cheerfully painted and exterior carefully tended, was now replaced with gray everything and decayed clutter and too many broken down cars. Such a waste. What was the point of all of our efforts?

Returning to the small village of my residence, I found, a week later, my battery in need of a jump-start. Needing to keep the car running for 45 minutes after being re-juiced, I took the circuitous route around the perimeter and interior inevitably cruising past places where I had given my best and now there was not only nothing left, but the traces of my presence, my work, my gift to people of time and invested money were erased. Kids Club, gone, the choir, gone, lunch with Clara every Thursday gone, so



By Deborah H. Anderson



many people dead and gone, times of mothering gone, gone, gone.

When I first moved to the little village, I took my birth beads, the letters of the alphabet spelling out my surname and four little pink beads designating I was a girl, tied to my wrist at birth by the hospital staff, to a jeweler. He crafted a tender, delicate, beautiful little bracelet I have returned to wearing on my left wrist that utterly depicts my feelings about having been born who I am and claiming that identity. I look at it, remember the joy I feel in being alive and the journey it took to get to feel some sense of worth and esteem and entitlement to take up space on the planet and contribute to the common good, the higher good and the never before experienced good.

When I open my glasses case that hold the frames with the lenses that are specifically designed for use with the piano and the computer there is a picture of me at my wedding reception. Microphone in hand, it was my destiny and constant occupation to sing before others from the time I was two and sang “I’ll be a Sunbeam for Jesus” at the Women’s Missionary Society meeting of Calvary Baptist Church. That wedding day ,too, I sang of the sun, “You are the Sunshine of my Life”. Everybody thought we were going to be the next Captain and Tennille.

The piano, the computer and me singing are now my new destiny. I am returning to plan A. Were it not for the notes, letters and face to face affirmations of appreciation for past endeavors planting seeds of love in people’s lives, I could drift into a crevasse of self doubt that anything I had done in the past had any value, took any root. But those of us who devote our lives to the passing out of love seeds cannot look at what has fruit as anything other than someone else’s business. Some seed falls on hard ground, some has shallow roots and some bears fruit, so says a great man.

On to plan A....

Love,
Deborah



Vashon Island Garden Tour 2015

Continued from Page 1

tomatoes, blueberries to plum trees. The small family operation sells produce and eggs via its self-serve farmstand, Community Supported Agriculture (CSA), “u-pick” flower garden and local restaurant partnerships. The land, formerly owned by Tok Otsuka, played a significant role in Vashon’s historic strawberry production.

Sue & Scott DeNies - Madrona Meadows

Find peace at Madrona Meadows, the idyllic and pastoral property of Sue and Scott DeNies. Peruse an impressive vegetable garden, admire blooming flowerbeds galore and marvel at the



Madrona Meadows

detail of a French country-style post and beam barn designed by renowned local craftsman Frederic Brillant. Take a wooded trail through native madronas, Douglas firs and salal, and rest on a quiet bench while soaking in the surroundings (a great spot for bird watching). Finish up your tour at a serene pond surrounded by mature forest and plenty of wildlife.

Jan & Bill Riley - Maury Island Winery

Experience true local terroir at Maury Island Winery, the home of Jan and Bill Riley. A sprawling vineyard of pinot noir, pinot gris and pinot précoce grapes (around 1,600 plants in all) makes this estate a vigneron’s dream come true. The sunny, west-facing hillside was first planted in 1980 with 13 different varieties. After twenty years of experimenting, Bill discovered



Vashon Winery

which types of grapes grow well in the Puget Sound climate before replanting in 2000. Thirsty for more information? Attend Bill’s talks Saturday and Sunday at noon.

Anita Halstead & Kelly Robinson

Fall head over heels for the storybook charm of Anita Halstead and Kelly Robinson’s property in historic Dockton. Lush, joyful gardens surround their turn-of-the-century craftsman home, comprised primarily of plants given as gifts by neighbors, family members and friends. Tradition meets whimsy at this garden, where a 30-foot boxwood topiary serpent welcomes visitors, a giant chessboard awaits game enthusiasts and a geometric stone labyrinth beckons. Enjoy pleasant views of Quartermaster Harbor while discovering



Anita Halstead & Kelly Robinson

funky garden art displays, tucked away in every corner.

Garden Art Market (Open to the Public)

1 8 1 2 5 V a s h o n H w y S W
Our Garden Art Market returns with an exciting array of Seattle-area artists and vendors selling creations in many mediums including tile, jewelry, textiles, woodwork, soap and sculpture, as well as plants and garden tools. New this year, a Vintage Market run by Islanders Tami Renno and Sarah Kassik features antique, vintage and shabby-chic garden décor. Once again, the Market is on the sprawling green in front of Puget Sound Energy (PSE) headquarters on Vashon Highway—an ideal stop for a midday nosh.

Artists in the Gardens
Works from these extraordinary artists will be exhibited in gardens and available for sale: Penny Grist, mosaic sculpture; David Blad, ceramic tile; Mike Urban, metal sculpture; Brian Brenno, fused glass; Barbara Wells, glass/bronze and steel sculpture; Alex Echevarria, mosaic statuary.

G a r d e n R a f f l e
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 weekend of the tour and include:
• 3-foot tall “shish-kabob” stone fountain, donated by Morrison Gravel (Port Orchard), \$300 value.
• Large Japanese maple with

free delivery, donated by Island Home Center and Lumber, \$400 value.
• 5 cubic yards of soil, delivered on Vashon, donated by Vashon Bark and Soil, \$225 value.
• Gardening with Herbs class for small private group, donated by Herbal Bloom. Light snacks and refreshments, \$500 value.
• Assortment of gardening tools and equipment, donated by Vashon Ace Hardware, \$250 value.

G a r d e n T a l k s
Throughout the weekend, specialists share their knowledge and expertise to fuel inspiration and cultivate confidence to tackle garden projects. Consult your Garden Tour ticket/map for locations.

Celebrate the art of gardening and Vashon’s rural beauty! Saturday and Sunday, June 27–28

Advertise in the Loop!
ads@vashonloop.com or call (206) 925-3837
Next Loop comes out June 25

Island Epicure



By Marj Watkins

Marj’s Home Remedies

A faithful reader, my daughter Suzanna, plagued with a recurrent sinus infection, asked me to jot down all my home remedies, the secrets to why when everyone else is down with a cold, the flu, sinusitis, arthritis, or any other malady, do I remain basically healthy. A couple of years ago when other ancients succumbed to bad cases of the flu that, in those my age and even a decade younger, segued into pneumonia and hospitalization, I did have a light case of flu. I attributed that to working too hard and paying to little attention to the first sniffle.

I’ve told her of my solution. Here it is. Summer colds and “walking” pneumonia are no fun. I’ve published it several times, but there are always people who missed it, clipped but misfiled it, or thought it too simple to work against anything as aggressive as a virus. Try it, people, and file this in your most often used recipe book under Beverages.

1. MAGIC POTION,
Antibacterial and antiviral solution
Makes +/- 1 cup
1 Tablespoon whole cloves
1 stick cinnamon
2 cups water
Place the above in a saucepan. Bring to a simmer. Cook covered -- preferably with a glass lid until

the water turns quite brown. Remove from heat. When it cools enough, transfer to a glass jar that has a lid.

This keeps on my kitchen counter for several weeks, but it’s best to re-pasteurize it occasionally and/or refrigerate it. Given time, especially in summer, it will mold. Then you can only toss it and start over with more cloves, cinnamon and water.

Cold and Flu seasons: 1 to 2 Tablespoons Magic Potion in hot lemonade. Sip a mug of this several times a day even if you don’t think you’ve been exposed to the germs.

Sinus congestion: 1 to 2 Tablespoons of Magic Potion in one cup hot water. Sweeten with honey. Add a slice or two of lemon. Push your spoon against the lemon to release the juice. Sip. Take 5,000 I.U. Vitamin A. Also place hot moist packs on the outside of the sinuses giving you trouble; this will help liquefy the matter stuffing up your sinuses.

Sore Throat: Gargle with Magic Potion as hot as tolerable. Let some run down your throat, too. Repeat several times a day until the sore throat is gone. Do it one more time to catch any lingering bacteria or viruses.

- Arthritis: 1. Avoid nightshade family vegetables: Peppers, potatoes, and eggplant.
2. Take niacinamide capsules as well as a multivitamin that contains all eleven of the B vitamins. 3. Do not take aspirin. It only makes the arthritis worse over time because it impedes the metabolizing of calcium. 4. Do get plenty of magnesium. Almonds are a good source of each. Calcium and magnesium support each other. Calcium alone causes constipation and calcium spurs.

BPA-Free Villains?

By Kathy Abascal

EWG.org, a great environmental group, just released a list of manufacturers who continue to use BPA (bisphenol A) in their products along with a list of the “Best Players” who no longer do. However, there is a big problem lurking with those on their “Best Players” list: Most manufacturers NOT using BPA are instead using its endocrine-disrupting relatives BPS (bisphenol S) and BPF (bisphenol F).

A new review study comparing BPA, BPS and BPF found NO evidence that these bisphenols are safer than BPA and in fact may “have added disruptive effects that have not been detected with BPA.” This means that those “Best Players” probably are not good for you at all!!!

Today, BPS is used in thermal paper products marketed as “BPA- free paper” -- your cash register receipts in most cases thus continue to provide significant toxin exposure.

BPF is found in BPA-free water pipes, dental sealants, and food packaging.

Both BPS and BPF are in BPA-free personal care products (hair care, make up, lotions, toothpastes), paper products (currency, boarding passes, tickets), and food (dairy products, meats, canned foods, and cereals). BPS and BPF are present in about the same concentrations as BPA in humans, with BPS found in 78%

and BPF in 55% of those tested.

BPA is a xenoestrogen, an endocrine disruptor with some 100 human studies showing its negative impacts on our reproductive health, the brain development of our children, our thyroid function, and our metabolic health. BPS and BPF have not been in use long enough to have many human studies showing health issues -- yet. But the early studies are definitely spell trouble ahead:

BPS killed Daphnia (a food source for many fish); it has acute toxicity. It is estrogenic in rats. In zebra fish, it changed estrogen and testosterone levels, disrupted reproduction, and increased malformations in baby fish and had negative effects on the development of their nervous systems. Some but not all studies showed BPS to be stronger than the strongest human estrogen. There are signs that BPS can damage our liver cells and our DNA.

BPF disrupts estrogen, testosterone, and thyroid function. It is too is acutely toxic to Daphnia. It has a xenoestrogenic effect in rats and altered thyroid hormone levels.

There are signs that BPF may be a stronger estrogen disruptor than BPA is while BPS may have a somewhat lower estrogenic effect than BPA. Ultimately however, many scientists think their relative potency is irrelevant and warn that any estrogen disruption spells trouble.

Finally, both BPS and BPF had a much greater effect on the



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.

hormone progesterone. Hence the study’s conclusion that the new BPA replacements may cause problems not seen BPA.”

It is absolutely clear that we should avoid BPA. It is equally clear that we need to look far beyond “BPA-free” to protect our health. And this is possible: Many of Eden’s canned foods use waxes instead of bisphenols. Puget Sound CoOp (PCC) uses vitamin C treated cash register receipts. Here’s hoping our Vashon stores follow their lead.

At the same time, others on the “Best Players” on EWG’s list are actually villains in disguise, having simply switched to other bisphenols. Remember, we need lists of “bisphenol free” products, “ BPA-free” is not enough.

The Age of Love

The Vashon Senior Center is thrilled to present the documentary “THE AGE OF LOVE”. The film follows the humorous and poignant adventures of thirty seniors who sign up for a first-of-its-kind speed dating event exclusively for 70- to 90-year-olds. From anxious anticipation through the dates that follow, it’s an unexpected tale of intrepid seniors who lay their hearts on the line, and discover how dreams and desires change—or don’t change— from first love to the far reaches of life.

Please support island seniors by joining us on Tuesday, June 23rd 6pm at The



Vashon Theater.

Co-sponsored by Vashon Green Tech and The Vashon Theater

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

Get In The Loop
Send in your Art, Event, Meeting
Music or Show information
and get included in
The Vashon Loop.
Editor@vashonloop.com

Carrie The Musical

This Summer, Vashon Youth Theatre (VYT) brings Carrie The Musical to Vashon Island! As a youth production, Carrie The Musical gives young island thespians a safe opportunity to explore and grapple with the real world challenges of bullying, domestic abuse and mental illness. In their place, Carrie The Musical asks the question, “What does it cost to be kind?”

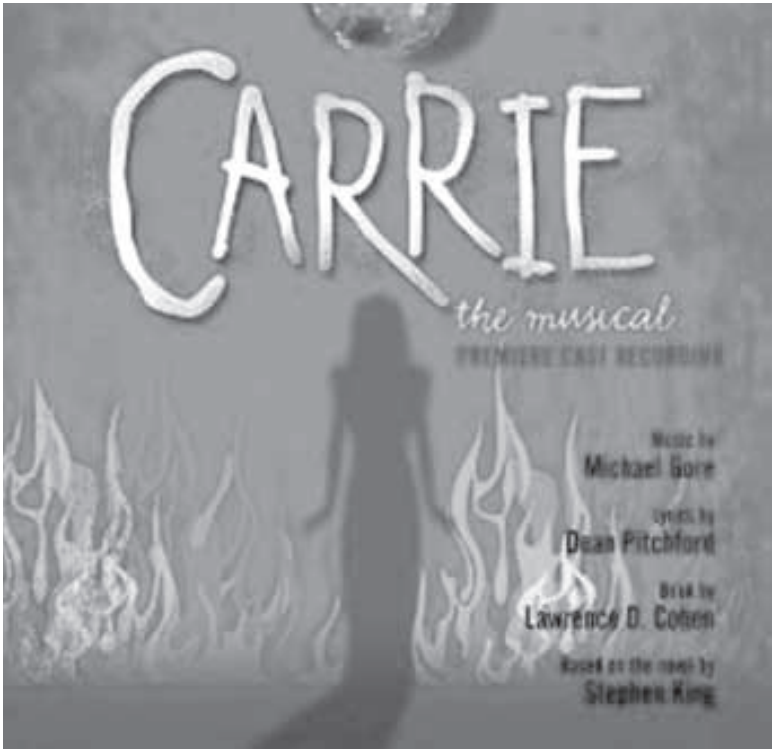
This version of Carrie The Musical features writing by Lawrence D. Cohen (screenwriter of the classic film), music by Academy Award winner Michael Gore (Fame, Terms of Endearment) and lyrics by Academy Award winner Dean Pitchford (Fame, Footloose). The result is a soundtrack that is, in a word: phenomenal. Older kids, teens & college students are heartily invited to join us!

Pre-Audition Rehearsals are this coming weekend!

Saturday, June 13th @ McMurray Middle School 1:00 - 5:00

Sunday, June 14th @ McMurray Middle School 1:00 - 4:00

Performance Dates: Friday, July 31st - Sunday, August 2nd.



TRASH TALK

If it’s too damaged for Granny’s, you can still recycle textile items, including clothing, bedding, shoes, stuffed animals, curtains, & area rugs. Place all fabric goods - DRY, free of mildew or contaminants - in the blue collection box at the transfer station designated for clothing.

www.zerowastevashon.org

The Rumble Strips



The Rumble Strips play high-energy dance music from anywhere: West Africa, New Orleans, Brazil, and the pop charts. With full batteries of percussion, horns, guitars and vocals, it's all hands on deck for a sound that's sublime, ridiculous, oversized and built for joy. Not a show; a party.

Personnel:

Vocals: Carol Lutra-Johns, Meri-Michael Collins, Rebekah Kuzma

Guitars: Andy James, Chip Lamason

Bass: Stephen Buffington

Drums: Emory Miedema-Boyajian

Horns: Van Crozier, Dianne Krouse

Percussion: Christian Codd, Allison MacEwan, Mario Soberanis

And, of course, special guests!

All-ages 'til 11pm, 21+ after that. Free cover!

Friday, June 12, 8:30pm

At the Red Bicycle

17618 Vashon Hwy SW

206-463-5590

www.redbicyclebistro.com

Vashon Events presents: Father's Day Showcase

Join Vashon Events at the Red Bicycle Bistro & Sushi on Saturday, June 20th at 8pm as we celebrate dads and their special connection to their kids. This unique showcase features fathers and their children of all ages performing together. Hear loving duets, listen as fathers accompany their child, and hold onto your seat for some silly and unexpected surprises. The sky's the limit as these fantastic families perform music, dancing, comedy, and more.

The Father's Day Showcase will be hosted by Vashon Events' own Allison Shirk. An \$8 cover supports Vashon Events, the website that brings together all the events on the Island. All performers will be paid as well. The mission of Vashon Events is to build community – a community that is connected, that extends and inspires artists, and that invigorates the hearts and minds of neighbors.

Funds will be used to support the research and information dissemination about events on the island including arts, culture, and



charity. Vashon Events helps our arts organizations collaborate on scheduling and leverage resources to bring diverse and unique performances to the Island.

Some of the people who will be performing at the show:

John Browne & Nigel

Chuck vanNorman & Zuri

Barry Cooper & Stephen

Rex McFarlin & Annika

Andre Sapp & Naomi

Pat Reardon & Adelia

Kevin Kim-Murphy & Camryn & Kieran

Michael Whitmore & Evan

Danny Newcomb & Theo & Simone

Toliver Goering & Thalia

Louis Mangione & Olivia

Saturday, June 20, 8pm.

All-Ages 'till 11pm 21+ after that.

At the Red Bicycle,

17618 Vashon Hwy SW

206-463-5590

www.redbicyclebistro.com

Hillstomp



At it's core, the band consists of Henry Kammerer (Guitar, Banjo, Vocals) and John Johnson (Buckets, Drums, Clanks, Grunts); two worn, but exuberant voices singing and shouting above a swirling mass of banjo, buckets, slide, washboard, and car parts. Together, they create a visceral music that makes you want to stomp your feet, shout to the heavens, and love your neighbor. After 12 years of writhing, hypnotic stomp and shout celebrations that have left hundreds of clubs, barns and festivals drenched in sweat and covered in love, the duo continues to defy categorization. They have been called Mississippi trance blues, punkabilly, hill-country, Appalachian and punk blues (to list but a few), but none of it quite hits the nail squarely.

Between 2002 and 2010, the band released 2 eps and 4 full-length offerings. Those recordings, coupled with their legendary live performances, have helped to duct-tape together a distinctive sound that quickly bubbled upward in Portland's roots, blues and indie circles. They have toured relentlessly across the US and Europe, becoming veterans of the Roots and Indie festival and club circuit. During this time, they have shared stages with The Avett Brothers, Southern Culture on the Skids, and Scott Biram, among others, and spent 3 weeks touring in support of The Reverend Horton Heat in support of 2010's Darker The Night.

After taking a well deserved hiatus, Hillstomp returns to action with Portland, Ore, their debut on Fluff and Gravy Records, due out April 15, 2014 on lp and cd. The record picks up right where they left off, finding the band refining their craft and expanding their repertoire on 10 tracks that range from moody folk ballads to the

raging stomp the duo is best known for. Mixed by Chet Lyster of Eels, and produced in conjunction with Kevin Blackwell of Sassparilla, Portland, Ore, represents a sonic high-water mark for the band.

The Onion: "The members of Hillstomp raise as much hell as two men sitting down possibly can. Drenched in sweat and possessed by the spirit of the Mississippi Delta, the Portland duo of Henry Kammerer and John Johnson uses a rickety setup of real and found instruments to whip up a raucous yet trance-inducing racket."

Magnet: "Hillstomp actually pulls it off...It's raw and evocative of the music recorded by the late Burnside and Junior Kimbrough..."

Harp Magazine: "This Portland duo is cut from similar cloth as the North Mississippi Allstars and the Black Keys, but they're just a good ol' jug band cranking out lo-fi punk blues on homemade instruments and vintage gear."

Saturday, June 27, 8:30pm

At the Red Bicycle

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Carter Castle performs at the Blue Heron

By Sherene Zolno

Carter Castle is one of Vashon Island’s most original musicians and lyricists. Inspired by our rich heritage of folk artists and blues greats, Castle’s music expresses universal themes and his personal stories. His sound is touched by his love of the American folk sounds of Bob Dylan, Woody Guthrie, and country artists such as John Prine, Steve Earle and Dave Van Ronk. His lyrics bring all the senses into play, conjuring up shapes, images, colors and moods. As an artist, Castle believes in learning from experiences and mistakes, turning them into his unique sound. He gets his cues from his unconscious and dreams, patiently waiting for the music to come through him. Audiences have found his music deeply fulfilling and intimate, yet unpredictable. As a songwriter, he is drawn to magical phrases and responds to the subtleties of words—their shape, rhythm, lilt and melody. One of his favorite quotes is from Scott Adams, creator of the Dilbert cartoons: “Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.” Castle loves the process of writing songs that were never in the world before, and taking audiences to a new level of self-awareness and possibility by reminding them of who they really are. Inspired by the larger circle of musicians on the Island, he will collaborate with Steve Amsden (producer), Bob Kueker and other special



guests for a luscious, soul-filling evening of original music and song. He knows that together, they all will make the songs better, like the game of putting one hand on top of another, and then another hand on top of that, and another, another... Saturday, June 20, 7:30 pm. Vashon Allied Arts. \$14 VAA Member/Student/Senior, \$18 General. Tickets: VAA, Heron’s Nest, VashonAlliedArts.org

The Allison Shirk Band

After her last sold out album release concert last January, Allison Shirk will perform once again with her band on Saturday, June 13th at 7:30pm at Vashon Allied Arts. Joining her are Island musicians Joseph Panzetta on guitar, Kevin Almeida on bass, Christopher Overstreet on keys, Paul Colwell on mandolin, Sarah Howard on backing vocals, and Wesley Peterson on drums. Allison Shirk’s honey voice will draw you in, but it’s her smart songwriting that will capture you. For Shirk, making music is about telling stories that connect us to each other. Her songwriting is seeping with thoughtful lyrics and sweet melodies. There is a refreshing message to her songs that subtly take up issues of social justice. Most notably, her song, “Monster” takes up the issue of domestic violence. Shirk has pledged to donate the proceeds of the song from downloads to the DoVE Project. Shirk’s music is in the genre of Americana. It has country overtones as well as blues and jazz. Her music has been compared to Lucinda Williams and Brandi Carlile. Of her debut album, Ian Moore says, “Her voice sounds amazing. The songs are compelling and cool.” Shirk will perform the songs from her debut album as well as some cover songs from her musical



influences. She will also debut several new songs at the concert. Tickets are on sale now at www.vashonalliedarts.org/allison-shirk. Concert-goers are encouraged to buy their tickets early. The Allison Shirk Band Saturday, June 13th, 7:30pm Vashon Allied Arts

Lit Lounge returns...

The first two installments of Lit Lounge were a smashing success - full houses, stories that were both moving and funny, and beautiful storytellers! And we return with a third, very special Lit Lounge event...

LIT LOUNGE... DADDY

On Father’s Day, Sunday June 21 - at 7pm. (As the days have grown long, we wanted to give everyone a chance to enjoy the outside splendor.) Think about Daddy for a moment, and what that means to you... my heart belongs to? The man who pushed you on the swings in days gone by? Sugar Daddy? We welcome all to bring a story about what Daddy is to you.

The brainchild of Islander Cara Briskman, Lit Lounge was inspired by similar events in other parts of the country and by programs like the Moth Radio Hour. Cara began working with Maria Glanz at Open Space to craft this new program for Vashon. At our past Lit Lounge events, stories have ranged from the poignant to the outrageous. We invite tales of truth, or at least a kernel of it. Stories should be no longer than 5 minutes. People who bring a story will drop their name in a hat at the door when they enter - and names will be drawn as the event unfolds. If your name is drawn, up you come to tell your story. Between 10 to 12 names will be drawn - and it’s up to fate and the storytelling gods and goddesses to determine whose names those are. This intimate evening of storytelling has an unusual setting, one rarely used at Open Space. More Lit Lounge installments



will unfold every few months, with different themes for each one. Stories are one of the most ancient ways of gathering, of making sense of life, of sharing oneself with others. Join us to share your own story, or simply to listen to others. Lit Lounge DADDY takes place Sunday, June 21. Doors open at 6:30pm, and the show begins at 7pm. Admission is \$10, and tickets will be on sale soon at Vashon Bookshop, <http://litoloungedaddy.brownpapertickets.com>, and at the door. As always, no one will be turned away for lack of funds. All ages are welcome, but the event is not intended for children. Stories may include mature language or themes. Lit Lounge is supported in part by a grant from 4Culture.

Loren Sinner Live Music Thursdays

The Hardware Store Restaurant decided to start having a regular live music night back in March of last year and it has turned out to be a lot of fun and a great venue to hear some really talented people perform. The music takes place from 7-9pm. This month, on June 25th, we bring you local musician Loren Sinner. We love having Loren perform at the Hardware Store - it’s a good fit for the room and everyone really enjoys his selection of music. Loren has played in many bands in the past, most notably The Great Divide, an all-islander band that was formed in the early ‘80s and played locally for many years before hitting the “big time”, touring with blues guitar great Elvin Bishop. In 1987 the band won the Marlboro Country Music Talent Roundup, with a \$5000 grand prize, and the privilege of opening for Alabama, The Judd’s and George Strait in the Tacoma Dome before a crowd of 20,000. Be on the lookout for Loren’s band at the Strawberry Festival Saturday Night Street Dance, Sinner & The Saints! Drop on by, enjoy some delicious food and a tasty beverage or two...and listen to some beautiful music! The Hardware Store Restaurant 7-9pm, No Cover! Thursday, June 25th: Loren Sinner



Next Edition of *The Loop* Comes out Thursday, April June 25

Deadline for the next edition of *The Loop* is Friday, June 19

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Road Services



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as you're likely to find anywhere.
Do you find it relaxing to brush a
cat? Guess what - I have my very
own brush with my name on it.
Mmm, how I stretch and purr when
someone's using it on me.
Being around other cats is easy;
I like to snuggle with them. My
ideal home is one where I can live
indoors, like I've always done. May
I be your Dear Abby?



Go To www.vipp.org
Click on Adopt

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New beds, new cat food, new harnesses,
something for every well kept Vashon pet.

Don't forget, Father's Day is coming up, and its not just for
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New Merrick Whole Earth Farms cat food. Great price!

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\$8 Nail trimming with no appointment

17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



Find the Loop on-line at
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Compost the Loop

The Loop's soy-based ink
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Dan Hardwick

oldredtruck@comcast.net

Deadline for the next
edition of The Loop is
Friday, June 19

Lopy Laffs

I have just designed the
SEATTLE-PROTESTOR APP
for mobile phones. You
simply type in WHAT
YOU WANT
TO
PROTEST
and then the
LOCATION!
MAGIC!
PROFESSIONAL
PROTESTERS
show up.



... take that Fire Hydrant for
example ... type in "FIRE
HYDRANT" and its
LOCATION! and POOF !!

Wow! That
APP works
really well!



POOF! V.I.P.S.

UGH! BOOM BOOM BOOM

ARE SEXIST
AND
RACIST
!!

No

