



VASHON

# THE LOOP

Vol. 12, #5

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March 5, 2015

## Drama Dock: The Curious Savage



Michael Shook, Elise Morrill, Cynthia Perkins, Sue DeNies, Max Lopuszynski.

Drama Dock is pleased to present The Curious Savage. It will open March 13 in the VHS Theatre. It is a sweet and witty comedy set in a mental institution for the rich and famous - the Betty Ford of the Forties.

Cynthia Perkins plays the character of Mrs. Savage, who is being placed in The Cloisters by her stepchildren alarmed by her management of their father's estate. You know there's nothing like the squabbles and conniving over inheritances to generate a barrel of laughs...

Cynthia says, "I really like what this play says about the importance of 'play' and how necessary it is to make space for the impractical in our lives. Time for whimsy, foolery and creative expression is not just a luxury, but absolutely vital for making life feel worth living."

Others in the cast are Kirk Beeler, Alexis Carleton, Sue DeNies, Jeff Jones, Max Lopuszynski, Shannon Mahan, Marjon McDermott, Elise Morrill, and Greg Rocheford. Michael Barker is the director with costumes by Lori Lowrance.

So please come see the show and join in the fun. Playful as it all is, it does take a lot of effort by a lot of people to mount these productions. Your presence helps turn the wheel of creation for all.

The Curious Savage run March 13-15 & 20-22. Friday & Saturday shows begin at 7:30 pm; Sunday matinees are at 2 pm. The stage is the Vashon High School Theater located at 9600 SW 204th ST. Tickets are \$15 general and \$12 for seniors. You can buy them in advance at Vashon Bookshop or simply purchase them at the door.

## The Puyallup Tribe and the Salmon Nations

By Rayna Holtz

*In our religion, we have an obligation to protect our brothers and sisters, the nations of salmon, and so it was a religious conviction, as well as a need for social and economic change.*

— Ramona Bennett, recounting the story of the September, 1970, fishing camp Puyallup Tribal members set up beside the river, culminating in a police attack. (Lynda Mapes, "Fish-camp Raid Etched in State History," Seattle Times, Sept. 6, 2010)

Five people from the Puyallup Tribe of Indians will come to Vashon to talk about their tribe's ancient right to fish for the salmon who return each year from the Pacific Ocean through Puget Sound and into the waters of the Puyallup River. Ramona Bennett, Ray McCloud, David Duenas, Brandon Reynon, and Nicole Barandon will speak at the Land Trust Building at 4pm on Saturday, March 7, adding their comments during a showing of Carol Burns' film "As Long as the Rivers Run" and conducting a discussion afterward. The documentary film shows footage of fish-ins during 1968-1970, including a violent confrontation beside the Puyallup River in September 1970 when a camp of native fishing families was attacked by police. Over 70 people were arrested.

Some of the Puyallup presenters coming on Saturday had been active participants in the prolonged effort to secure recognition from the State of Washington of their right to fish, and they were present at that fish



1970 Fishing Protest at Puyallup River, Tacoma. Police arrest a young tribal fisherman who appears to be suffering from exposure to tear gas. Photos courtesy of the S. Lehmer & D. Fear collections at The Puyallup Tribe Historic Preservation Department

camp. In 1854, the Treaty of Medicine Creek had specified that although they were giving up most of their ownership rights to the lands of the south Sound area, they were retaining their ancient right to catch fish at all their "usual and accustomed grounds and stations... in common with all citizens of the Territory." By the middle of the twentieth century, however, salmon runs had been devastated by habitat

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## The Road to Resilience We're on the Road

Living is a business in which we derive what we need from stuff that we find around us and then must somehow deal with what is left over or transformed through use as "waste." When there was lots of stuff and plenty of room for "waste," using as much as we could and dumping the leftovers in a hole was just fine. Since our population tripled, we have begun to run low on supplies, and our wastes in the air, water, and ground have begun to take their toxic toll on us and our fellow beings. The concept of sustainability became useful in understanding how we could live without degrading our sources of supplies. We still don't take it very seriously but we are beginning to do some things that are tending in the right direction.

Of most immediate concern are the things we consume and transform to waste rapidly. Energy, like in food and fuel, comes to mind as the most obvious. Water is in there too, but is a special case: water is never changed or used up, but must be cleaned. We use and produce waste from these resources every day. For time immemorial, when supplies got scarce and wastes abundant, we've always moved on. Now that there is no

By Terry Sullivan,

place to go, we have to take what we need and return waste in a way that sustains the health and productivity of our place. The best is the closed circle, such as a home orchard fertilized by humanure or other locally available compostables.

Less obvious are longer-term consumables like buildings, clothes, tools and machinery. We are only now beginning to realize that we are exhausting the resources that we use to make those, and that we are neglecting the proper recycling of those back into the natural environment. Since the resources for these are limited, sustainability requires that we produce less of them, use what we have more efficiently, and reuse the materials at the end of their useful life. Sharing rather than owning is the idea here.

It's time to take note of a number of things that are now making Vashon a more sustainable place. First and most obvious is that we are beginning to produce some of the food we need. We are very far from self sufficient, but the interest is there and we are moving in the right direction. A corollary of that is that Zero Waste Vashon is figuring out how we can process our waste and reinvest it

Continued on Page 7

## Pirates Compete for State Championship

Hear It Live On KVSH

By Richard Rogers

The Vashon High School boys basketball team won the regional playoff game against Kalama 59 - 38 on Friday, February 27 and will advance to State competition this week in Yakima. Voice of Vashon (VoV) will broadcast the Pirates' playoff game with King's Way Christian live tonight at 7PM.

You can hear Kevin Linnell and John Yates doing live play-by-play of the Pirates' State basketball game on KVSH 101.9 FM, on the free VoV app and at VoiceOfVashon.org.

During the past year, VoV volunteer Dan Schueler, has produced over 40 live VHS sports broadcasts online and on KVSH-FM. Dan works with color commentators John Yates, Kevin Linnell, Don Amick, David Leonhardt and other volunteers, plus Vashon High School student engineers. "VHS students running the VOV mixing board during Vashon High School sporting events has allowed VOV to bring many more high school games to listeners of KVSH on Vashon and beyond." says Vashon School District's John Stanton.




Tune In And Support  
Pirates State Playoffs

**KVSH**  
**101.9 FM**  
VoiceOfVashon.org/Sports

When you tune in to the basketball game or other KVSH broadcasts on the radio now, you may notice an improved signal. VoV volunteers recently reinstalled the FM antenna on a new, higher mast and Islanders are reporting better reception.

Continued on Page 7





WINDERMERE VASHON

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SALES STATS  
2003 - 2014

Year	Total Homes Sold	% change from previous year	Median Price	% change from previous year
2003	188	--	\$312,700	--
2004	209	11%	\$365,000	17%
2005	203	-3%	\$423,000	16%
2006	176	-13%	\$492,000	16%
2007	139	-21%	\$535,000	9%
2008	83	-40%	\$535,000	0%
2009	97	17%	\$407,000	-24%
2010	98	1%	\$371,000	-9%
2011	102	4%	\$336,817	-9%
2012	146	43%	\$350,000	4%
2013	157	8%	\$413,500	18%
2014	182	16%	\$416,500	1%

Stats are Residential Sales only - no land

Your Windermere Team:

Dick Bianchi

JR Crawford

Beth de Groen

Denise Katz

Linda Bianchi

Connie Cunningham

Rose Edgecombe

Kathleen Rindge

Heather Brynn

Cheryl Dalton

Paul Helsby

Sophia Stendahl

Sue Carette

Nancy Davidson


Dale Korenek

Deborah Teagardin

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Vashon High School boys basketball team  
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You can hear Kevin Linnell and John Yates doing live play-by-play of the Pirates' State basketball game on KVSH 101.9 FM, on the free VoV app and at VoiceOfVashon.org, live tonight 3-5-15, at 7PM

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Starts  
Feb. 27



Bolshoi Ballet: Swan Lake  
Sunday, March 8th, 1pm

Next Edition  
of The Loop  
Comes out  
Thursday  
March 19

Deadline for the next  
edition of The Loop is  
Friday, March 13

Vashon Theatre  
17723 Vashon Hwy  
206-463-3232  
Call for Times

For show times and info check  
www.vashontheatre.com

Compost the Loop  
The Loop's soy-based ink  
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Lounge is Open  
11:30am to 2am

Live Entertainment  
Friday, March 6, 8:30pm  
Soul Senate

Friday, March 13, 8pm  
Comedy Night - \$7 cover

Friday, March 20, 8:30pm  
The Rumble Strips

Friday, March 27, 8:30pm  
Danny Newcomb & The Sugar Makers



# Get in The Loop

## Submissions to the Loop

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

### 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](mailto:cara.aguilera@providence.org)/ 567-6152 with questions.

### Vashon drum and rhythm circle

Vashon drum and rhythm circle for kids Under 4 years, 4-8 years, 9-12years , teens and adults. Sunday's, 3-8pm  
Location: Ober Performance Hall  
17130 Vashon Highway Southwest  
Tuition: \$15/class for drop ins, \$50 for four consecutive classes.  
Sign up and register here:  
[http://arturorodriguez.com/?page\\_id=2143](http://arturorodriguez.com/?page_id=2143)  
Arturo Rene Rodriguez  
[www.arturorodriguez.com](http://www.arturorodriguez.com) 206-276-6401

### Taxes? Forms and Help at the Vashon Library

The Vashon Library has all the tax forms you need for the 2015 season. Hillary Emmer is on hand from now to March 26 to assist people with gross incomes of less than \$25,000 or less.

### The ORCA LIFT program starts March 1st

The ORCA LIFT card allows qualified low income people to use METRO buses, King County Water Taxi, Sound Transit Link light rail and the Seattle Streetcar at a reduced transit fare, sometimes saving as much as 50%. With this card you pay \$1.50 to ride METRO. The card can be loaded at Thriftway service counter. To qualify household income of less than 200% of the federal poverty level (1 person = \$23,340, 2 people = \$31,460) Miguel Urquiza, from Seattle King County Public Health, will be at the library on Wednesday, March 4th from 11- 2pm signing people up for the ORCA LIFT card. He speaks Spanish as well as English. People need to bring with them, a photo ID and income verification documents. This ID can be from any state or country. For income, if a person has Apple Health - bring your Provider One card. If a person in enrolled in Washington Basic Food Program bring your EBT card, others can bring their TANF award letter. Award letters from unemployment, SSI and workers' compensation also qualify. For those employed paystubs for the last 30days and for the self employed - a copy of your tax return. More info on this program go to ORCA LIFT Reduced Fare Program - King County Metro Transit

### Book sale at the library

Library book sale Saturday, March 14th 10 am to 3pm  
Book donation drop off Friday, March 13th 11am- 4pm  
Thank you for your continued support of the Vashon public library. We depend on donated books for our sales to fund many programs at the library. The library offers books for sale every day on the shelves by the computers and special books are collected for sales several times a year. Please consider us when you have books to let go off. We especially appreciate garden, cooking, art and history books in addition to fiction and nonfiction. As storage is a problem, please drop off your tax deductible gift donations on Friday the 13th from 11am to 4pm. Drop by for a bargain on Saturday 10am to 3pm. Please no encyclopedias, computer manuals or books in poor condition.

### Summertime Marijuana Home Growing

Learn to grow cannabis at home with organics, probiotics and companion planting. Wednesday, March 18th from 7 til 9pm  
Vashon Grange Hall 10365 SW Cowan Road in the North End Ferry parking lot. [www.vimea.org](http://www.vimea.org) for more info

### Vashon Drum Circle

Vashon Drum Circle, a free monthly gathering, meets Friday, March 13th, 7-8:30 PM at Vashon Intuitive Arts (VIA). Join Buffalo Heart, the big community drum, and members of the Vashon Drum Circle for singing, drumming, and community. Sponsored by Woman's Way Red Lodge, this gathering is open to all ages and experience.

### Water District 19 Meeting

Water District 19's next regular Board Meeting scheduled for Tuesday, March 10th at 4:00 PM, 17630 100th Ave SW, in the district's board room.

Find us on Skype  
Vashon Loop  
206-925-3837

#### The Vashon Loop

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**DSHS**

**THE MOBILE CSO IS COMING!**

<b>Dates</b>	<b>Wednesday March 18, 2015</b>
<b>Times</b>	<b>10:30am to 1:00pm</b>
<b>&amp; Places:</b>	<b>Mauzy Community Food Bank</b>
	<b>10030 SW 210th</b>
	<b>2:30pm to 4:30pm</b>
	<b>Vashon Market</b>
	<b>17639 100th Ave SW</b>

**AT THIS EVENT, YOU CAN APPLY FOR:**

- Cash Assistance
- Basic Food Assistance

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.



Island recycling event: Sat., 3/7 from 10-4 at K2's N. Parking Lot. Support VHS's Safe Grad Night and clear out unwanted electronics, appliances, metal objects, mechanical devices & more! No set fees; donations requested. For a list of accepted items go to: [www.safegradnight.org](http://www.safegradnight.org).

  
**ZERO WASTE VASHON**  
[www.zerowastevashon.org](http://www.zerowastevashon.org)



# SPOKE Grand Opening Reception



Spoke Gallery's curators Christine Nelson and Abby Enson

SPOKE, a new business focused on body wellness and performance art, is set to liven up the downtown business scene. Spoke's grand opening will be March 6th during First Friday Art Walk. Spoke Gallery is thrilled to be showing the work of Olivia Pendergast. Spoke also is excited to have Acrobatic Conundrum who will be performing their new work at our grand opening. Do stop by and check it out!

Spoke is a space that holds a Hot Yoga studio, two Gyrotonic™ instructors, and a kids yoga class, a restorative yoga class, body work, and the ShakesKIDS, a youth production company dedicated to working their way through Shakespeare's canon before they are out of high school.

At the entrance of SPOKE is the gallery which will participate in First Friday, showing work by artists, local and not. For the first First Friday Spoke Gallery's curators Christine Nelson and Abby Enson are thrilled to be showing the work of Olivia Pendergast ([www.oliviapendercast.com](http://www.oliviapendercast.com)).

Sharing the space with the gallery and adding to the luxury of your experience is the Gyrotonic™ equipment taught with love and dedication by Abby Enson and Margaret Hoeffel. A moveable wall divides the back third of the space from the front two thirds allowing for heat retention for classes to be held by Bikram Yoga Vashon who will be moving its operations to Spoke. ([www.bikramyogavashon.com](http://www.bikramyogavashon.com)). In addition the moveable wall will allow for versatility to meet the needs of different artists, teachers, facilitators, and events. Through the back and up the stairs, you will find a private treatment room.

Abby, Aimee, and Christine are the three ladies responsible for this new offering to the downtown business scene. Although it would turn out they were

surely destined to weave their lives together in many different ways, they met in a hot sweaty Bikram style yoga class.

They are bonded by their mutual desire to do work in the world that frees and focuses individuals to be able to realize their dreams and potential. The threesome will work to engage and facilitate our local community through the arts as well as through personal body wellness. They will host a variety of performing arts presentations as well as offering a variety of pathways to health and healing. It is their hope that through honoring the individual spark and authentic expression of it, the community and world will be bettered. All three women are artists as well as healers. More information about their past work can be found at the website, [www.spokevashon.com](http://www.spokevashon.com).

Music will be provided by Christopher Overstreet!

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# There's still a chance to view and provide feedback on the Re-Imagining the Farmers Market Project:

View the designs at the Library! The design posters from last Saturday's public meeting are hanging up in the Vashon Library's Meeting Room for all to view. Stop by and take a look. The third poster shows two different design options and the UW Storefront studio welcomes feedback and preferences on these ideas. Feel free to use the paper clipped to the posters to provide your comments and ideas and leave them clipped to the big posters. Or, email your ideas to me. These posters will be at the library until March 7th.

Come to the next Public Meeting:  
Re-Imagining the Farmers Market  
Community Meeting  
Saturday, March 7, 2:30 PM - 4:30 PM  
At the Village Green (Farmers Market).

In inclement weather, the meeting will be moved to the Ober Park Performance Room in the Parks District Building at Ober Park.

Come anytime between 2:30 - 4:30 to view the next phase of design ideas for Re-Imagining the Farmers Market. The UW Director and students will be at the meeting to share their designs and ideas with the community. The UW Storefront Studio and VIGA encourage community input during the project. This project is

supported by a King County Community Services Area Grant.

The University of Washington (UW) College of Built Environments (CBE) Storefront Studio return to Vashon Island to develop designs that re-imagine the Vashon Farmers Market for the Vashon Island Growers Association (VIGA). Under the direction of UW Storefront Studio Director Jim Nicholls, three graduate students -Jared Luther, Kirk Malanchuck, and Michael Riha - are developing design ideas to revitalize and reconfigure the Vashon Farmers Market to better serve the community and the growth of the Farmers Market. This project is supported by a King County Community Services Area Grant and community engagement and input throughout the process is encouraged.

This project builds upon two previous UW projects on Vashon and Maury Islands. It follows a 2012 King County funded UW Storefront Studio project, in which students assessed and recommended ways to revitalize the community's commercial structures. In 2014 a group of UW Urban Planning graduate students analyzed and recommended ways to enhance Vashon and Maury Islands' agriculture sector. Both previous projects.

**The Vashon-Maury Island Chamber of Commerce Presents:**

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# Island Life Friendiness

By Peter Ray

Perhaps Stephen Colbert’s biggest contribution to the world at large was his coining of the word “truthiness”. In looking it up- not in a book but on the internets- I see that he set forth the principles of truthiness in one of his weekly “the Word” segments in October of 2005. No real definition was set forward, in fear perhaps that the ‘wordanistas over at Webster’ might put it in a book, and books are suspect since they are, as everyone by now knows, filled with stuff that is ‘all fact and no heart’. The wisdom that Mr. Colbert set forth in this soliloquy on that October night was that truthiness should always derive from what you feel, and that the best feelings come from your gut, and since there are more nerve endings in your gut than in your brain, then that should validate the gut feeling over fact and reason. That, in truthiness, was one of Mr. Colbert’s feelings, not mine. In truth, I think I remember hearing that truthiness may have been accepted into the realm of the real by some scholarly source, but instead of referring once again to the tubes and dungeons of the internets, I’ll just go with my gut and say yeah, thanks for asking.

I do believe that Colbert is on to something with this nerve ending thing. I feel this is truthy, since my brain has been telling me I really don’t need to worry about that extra six pack of IPA, while at the same time my gut has been spouting off about how it can now touch things like the counter edge and the espresso machine handle along with any number of tight squeezes around where it never was able to make contact before. The funny thing is though, that my gut isn’t bragging about this. It is saying that it would be happier not bumping into all these things that it never has in the past. It is also saying that I should get out and exercise more, while my brain has been chanting: ‘more chips, more beer, it’s much easier sitting here.’ There is the whole overexposure thing, however, that keeps my gut conflicted, as it doesn’t like being the large, center of attention when we slide into the requisite biking gear, even though it knows that by climbing into the confines of lycra on a regular basis that the likelihood of becoming a reduced presence increases as the miles and the pounds roll away. When it rains, the brain wins every time by simply reminding the rest of us of bike shoes partially filled with water. On days like today though, when the pavement is dry and the sunlight streams through the windows, even the brain joins the exercise chorus, as stepping out on two wheels, as opposed to sitting here and writing, would mean much less stress, since quite often the task of turning the pedals is nothing compared to the process of deciding what word should follow the one just placed on the page.

One of the things that I’ve found that my brain and my gut agree on is swimming. Last summer, when our pool here on the Island finally opened, I swam nearly every day. The gut was a bit nervous about being exposed at first, but once the routine kicked in it began to shrink and could once again live with itself. The brain, on the other hand found the rhythm of the breathing and the stroke, as well as the mantra of the singular lap count to all be just what it needed. When the collective, personal ‘we’ packed our bags for what turned out to be a month of the beginnings of the ongoing family feud back East, the first thing I did when I got there was get a month pass at the local college pool there, and the daily dip washed away at

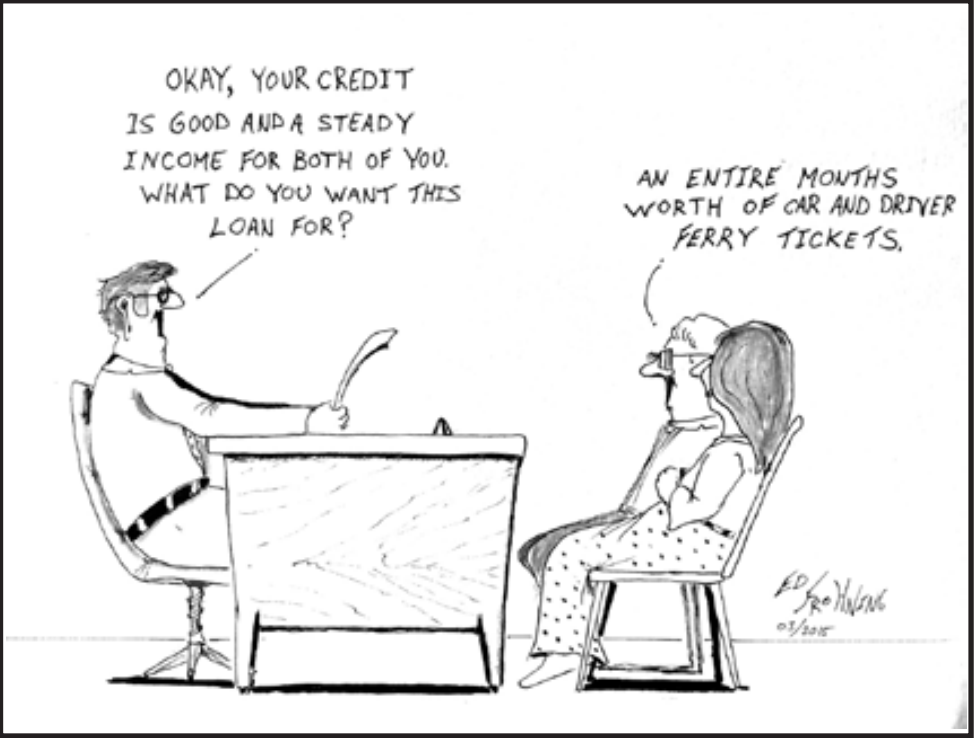
least some of the impending imbroglio. It was around this time that the Friends of Vashon Pool (FOVP) were forming back here. At the time, from an internet page and a laptop a few thousand miles away I said good on you and good luck, but I did not see the worth in it. On returning to a pool-less existence back here and with a bit of prodding from elsewhere I decided that I would become a pool friend in action as well as word. With a few months of meetings, a message was refined and a mission defined. We did get an extra month of pool operation budgeted for the 2015 season, and have the workings of a plan to get the pool covered for year ‘round use- something that has been asked for by the Island population since the park district was formed.

While holding out at least some hope that an effort to cover the pool might get some traction this time, the reality of public perception Park District indiscretions kept my excitement set near zero. But then, within a week or so of each other I both visited the newly completed skate park bowl and saw a success that Parks had accomplished in spite of the VES fields mess, along with hearing that the executive director and the maintenance chief were off at a conference about running park districts. The years of watching park commissioners twice monthly stuff balloons with cotton candy and tell everyone it was sausage suddenly all seemed comical instead of being the insult that it was. It was then that I decided that the calls to defeat the upcoming parks levy were a threat to what was now happening instead of being the perceived come-uppance certain commissioners deserved. In other, more private quarters I called out the few who had lobbied elsewhere for revenge on the transgressions of the board by voting down the parks levy, and in an act of friendiness I was accused of being the parks number one fan. I don’t know if that is true, but I will accept the badge and have joined in with the Friends of the Parks to at least partly bolster my place in the standings. At any rate, what we learned at the Parks Friends meeting last night was that at least 2083 votes need to be cast to make the election valid and that sixty percent of those votes need to be in the yes column. It is important to remember that a vote for the parks levy in the special April 28th election ensures four more years of operation. It seems that with all that is happening with parks at present, there is a lot to look forward to. Along with that forward gaze, one should keep in mind that the occupants of two the three seats being contested in this November’s Park Board election were a big part of the VES fields debacle-which has turned into the gift that keeps on taking. It’s a pretty simple choice- vote for Parks on April 28th and against bad park stewardship in November.

# G & M HAULING

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## The Puyallup Tribe and the Salmon Nations

Continued from Page 1

degradation and loss due to logging, farming, development, over-fishing, and pollution. This prompted the State of Washington to impose strict limits on fishing, with no allowance for tribal treaty rights. The matter was settled by the Boldt Decision of 1974, which interpreted the treaty to mean that the tribes were entitled to half of the fish harvested each year.

The Northwest Indian Fisheries Commission was set up by 20 northwest tribes to enable them to combine their resources as they began to co-manage the fisheries with the State of Washington. Joint responsibility for shellfish was added in 1994 with a federal court ruling by Judge Rafeedie, and game such as deer and elk are now covered as well. Through the NWIFC, the tribes share expertise, information, and staff to run hatcheries, monitor habitat issues, perform quantitative analyses, and develop a unified voice for working with partner organizations and the federal government.

The Boldt Decision was 41 years ago. There have been intensive efforts to turn salmon declines around. Have they worked? Not according to the most recent “State of Our Watersheds” report, from 2012, on the NWIFC website:

Despite massive harvest reductions, strategic use of hatcheries and a huge financial investment in habitat restoration efforts over the past 40 years, the State of Our Watersheds report shows that we are failing to turn the tide on salmon recovery.

Culverts are one big issue currently. Over 1,500 state road culverts in western Washington block access for spawning salmon to hundreds of miles of stream bed. State agencies have estimated that every dollar spent fixing the culverts would generate four dollars worth of additional salmon production. Although a federal court in 2007 ordered the state to repair culverts on state highways, the work has proceeded so slowly that more habitat is lost to new blockages than is regained through replacements of old culverts! In 2013 a federal judge issued a ruling requiring the state to complete repairs of the blocking culverts within 17 years, but subsequent state budgets have not allocated adequate funding to put us on track to reach this goal.

“The State of Our Watersheds” report views rapid population increase as the major cause of increasing problems for western Washington salmon. The population pressure leads to converting forested areas to buildings, homes, and lawns, with more impervious surfaces in roads and shopping centers. Development results in more wastewater,

more septic systems, more toxins from yards and motorized equipment, more fertilizers and pesticides from gardens, and worsening water quality in streams.

Meanwhile the Lummi Nation is fighting a coal export terminal. A recently released vessel traffic study predicts that if SSA Marine builds its proposed Gateway Pacific Terminal at Cherry Point, it will increase the Lummi fishing disruption by 76 percent in the Cherry Point subarea and 19 percent in the (adjacent) Saddlebag subarea. It will also add nearly 500 of the world’s largest bulk carriers into the area waters. The loss of sheer physical space in the Lummi fishery would likely be accompanied by damaging coal dust pollution and loss of shoreline habitat.

It is traditional for tribes to observe a First Salmon Ceremony at the beginning of each fishing season. The first salmon caught is treated with great respect. It is ceremonially placed on green cedar branches, cooked, and shared among all the people present with songs and prayers of welcome and thanks. The cleaned bones are returned to the river, where they are believed to return to the salmon villages out in the Salish Sea and the ocean and report on the respectful activities of the humans, so that other fish will want to come up the river. The ceremony renews a bond between humans and the salmon nation. Perhaps in the present time, as the tribes struggle to restore salmon habitat, they are also reminding all of us that the gift of salmon is not free, but requires care and respect. As they model this behavior, they are renewing their own ancient identity as people of the salmon.

The March 7 event, “As Long as the Rivers Run,” is the last of a series of special programs associated with the Heritage Museum’s special exhibit, “Vashon Island’s Native People: Navigating Seas of Change.” This free exhibit may be seen Wednesdays through Sundays, 1pm to 4pm, through March 15. The Vashon-Maury Island Heritage Association and Humanities Washington are the primary sponsors of the fishing rights program, along with the exhibit sponsors: 4Culture, Puget Sound Energy, DIG, Beth de Groen, Rick’s Diagnostic & Repair Service, The Hardware Store Restaurant, John L. Scott Real Estate, and the Northwest School of Animal Massage.

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# Spiritual Smart Aleck



By Mary Tuel

## Squirrel vs. Smart Aleck

A squirrel made it up onto the bird feeder this morning. I was eating breakfast and looked out the window, and doggone if there wasn't one of those adorable little rodents chomping on the suet cake as fast as it could. It was somewhat deterred by the cage the cake was in, but that wasn't the point. The point was that there was a squirrel up on the bird feeder.

It had figured out how to run up the long cane of the rose bush next to the feeder and leap up on top of the baffle. Once it had finished off the suet cake, it would go over to the seed tubes and, clinging to a tube upside down, bob its head into the feeder hole and pull out a sunflower seed or two. It usually fell off within thirty seconds, which I found somewhat amusing, but then it ran back up the cane and leaped onto the feeder and was right back pilfering bird seed again.

I had seen a video online of a squirrel trying to climb a pole greased with petroleum jelly, and I thought I'd try that. I applied the stuff liberally to the pole, to the baffle on the pole which is supposed to keep squirrels down but serves as a landing stage if they're jumping from the rosebush next door, and to various parts of the feeder that a squirrel might want to grab.

It worked. The next day I was in my office and saw movement outside. It was the rosebush whipping back and forth. Down at the bottom of the feeder there were two squirrels, one watching with wonder while the other one danced and leaped around like it was on fire. It had run up the rose cane, jumped, hit the petroleum jelly on the surface of the baffle, and slipped off like an old Honda hitting black ice. Now it had goo on its feet and fur and it was not a happy squirrel. After jitterbugging around for a few seconds, kicking and twitching, it headed for the ravine. Its friend went back to scrounging dropped seeds under the feeder. Not bad pickings, as the birds drop a lot.

The next day I noticed that the birds were all back using the feeder again. There was no squirrel on the feeder frightening them away. I was happy.

Then, this morning, darn and drat, there was the squirrel munching away on the new suet cake. I went to the door and scared it off, and then went back to the kitchen table and thought dark thoughts. A few minutes later the little furry bugger was back. I ran it away again. It was time for a new strategy.

I grabbed my loppers from the kitchen porch, went to the rose bush, and lopped off the cane that the squirrel was using for a runway. That stymied the squirrel. For now the bird feeder is squirrel-less, and the birds are back. I am happy again.

It may sound like an extreme solution, cutting down part of the rose bush to stop a squirrel, but that rose bush has not made many roses the last few years, and when it did, deer came into the yard and literally nipped the roses in the bud. The deer are bigger pests than the squirrels.

Growing roses or any flowers can be pretty heartbreaking in my yard. It is what you would call a full to partial shade area. It's a small plateau on the west side of the island surrounded by tall firs, cedars, hemlocks, maples, and those perennial weeds of the forest, alders. Roses prefer a little more sun than they get here at Casa Tuel, and their puny growth and listless blooming show it. Then the deer eat them.

I was thinking maybe it's time to dig up the roses and plant some things that flourish in full to partial shade. I may end up with a yard packed with hellebores, heucheras, and hostas. That wouldn't be so bad.

I can't simply plant some shade-loving plants and let it go at that, of course. I have to philosophize up the yin-yang and extract a greater meaning. Maybe it's time to make a lot of changes in my life. Maybe I need a little more sun. Maybe the old hippie in me wants to travel and sing and play guitar again. Suddenly the possibilities seem limitless. Far out, man.

First thing, though, is to keep that squirrel off the bird feeder. It has nothing to do with its time but figure out to get up there. I have other distractions, so I suspect it's a losing battle, but what the heck. The birds should get some of the food I put out for them. I hope that's not too much to ask.

# A Community Conversation About Health and Responsibility: Vaccines and Beyond Informed Consent At Risk - HB 2009

by Karen Crisalli Winter  
and March Twisdale

In Washington State, certain vaccines are required prior to enrollment at any school or childcare, public or private. Washington State also provides three exemptions: medical, religious and personal/philosophical. House Bill (HB) 2009 seeks to eliminate the personal/philosophical exemption.

Why should you care? Because informed consent protects us all.

We are facing a medical crisis in America, and it's not measles. In the USA, primary care physicians average 13 to 16 minutes with their patients. They are expected to touch on the five cornerstones of diagnostic medicine: anatomy, physiology, pathology, psychology, and socio-political elements (family, work, stress, beliefs, environment). THEN, they must enlist the patient's agreement to a management plan, which will include educating the patient about the causes, progression, outcomes, and possible treatments, as well as often providing advice for maintaining health. And they must do all of this...in 16 minutes or less?

"Trust your doctor" sounds like excellent advice, but it is based on the presumption that your doctor actually has the opportunity to practice good medicine. Economic forces reduce face time with patients, insurance companies create "pharmaceutical formularies" which limit prescribable drugs, Catholic doctrine gags what doctors can talk about in upwards of 50% of WA state clinics and hospitals, and now our legislators (HB 2009) hope to further limit doctors' flexibility by eliminating the one carefully crafted and recognized medical ethic that protects all of us (including doctors) as we navigate this medical fiasco: informed consent.

While our medical system is falling apart, our ability to self-educate has never been better. The CDC puts high-quality, original medical research online, free to anyone with internet access. And they are not alone. The NIH (National Institute of Health), the FDA, the NCBI (National Center for Biotechnology Information), WHO (World Health Organization), and most universities conducting vaccine research (such as UC Davis).

But becoming informed doesn't do any good if withholding consent leads to a penalty. Kicking children out of school or childcare is a penalty. Firing people from their jobs is a penalty. Removing certification from foster parents is a penalty. Informed consent requires that the consent be given freely, not under coercion. And that's why HB 2009 is bad for Washington State. HB 2009 is a blunt social

tool that forces parents to choose between their child's education and their child's health; directly contradicting the informed consent ethic.

Think this doesn't matter? Think again. In its most fundamental form, informed consent is what protects us from being experimented on like lab rats. Prior to the formation of Informed Consent Ethics, the U.S. Public Health Service conducted a study of the natural progression of untreated syphilis. In 1932, investigators in Alabama enrolled a total of 600 impoverished black sharecroppers in a study, offering free medical care, meals, and free burial insurance for their participation. But there was certainly no informed consent. Participants weren't told that they had syphilis, nor were they told that their "bad blood" was a sexually transmitted disease that would put their wives and future children at risk. In the 1940's it was discovered that penicillin was a cheap and effective cure for syphilis, but Tuskegee doctors actively concealed this lifesaving information from their patients. Only when a whistle blower leaked information to the press was the Tuskegee Syphilis Experiment ended - on November 16th of 1972.

Horror and dismay at this experiment (and many similar, less well publicized experiments), led to years of effort to develop the medical ethic we call informed consent. To protect society, every person must be accorded the right to be fully informed and to give consent in an environment 100%

free from coercion. HB 2009 violates informed consent by tying your medical decision to your child's access to publicly funded education.

It can be very tempting to try and use mandates to force people to make "good" decisions for the sake of public health. But it doesn't work. Overall, public health is improved with cooperation, respect and increased awareness. Public health, education, and informed consent go hand-in-hand. They aren't tradeoffs, they're partners.

Informed consent also contributes to improved partnerships between patients and doctors. Without informed consent, patients tend to passively sit and wait for the doctor to make them healthy again. With informed consent, patients have a reason to get informed and involved in their own care. This tends to result in happier doctors, better health care, and improved public health.

So, let's ask our elected representatives to avoid the convenient short cut, take the long view, and vote NO on HB 2009. Let's ask them to remember the reasons for taking informed consent seriously. We are Washingtonians. We thrive on innovation and education and awareness and community responsibility. We cannot ignore the moral imperative to maintain informed consent. Instead, we must rise to the challenge to find new, better, and more effective methods for improving public health without squashing individual rights. We can do it!

"A Community Conversation About Health and Responsibility: Vaccines and Beyond" is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.

BLOG: [vaccinesandbeyond.blogspot.com](http://vaccinesandbeyond.blogspot.com)

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

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"Public Health Depends Upon Informed Consent"



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**Aries (March 20-April 19)**  
It's good to cultivate and nourish your inner child. It makes you a more complete, well-rounded human being. It's not so good if your inner child runs your life. For those of you born with the Moon in Aries, there is some potential for the 'not so good' over the next few weeks. Fortunately, there is something you can do about it. Be with yourself as a child. Give yourself a hug. Let that inner kid know you love and cherish its presence as part of your total being. If your wise, old inner child loves you in return, you won't have to worry -- it will know its proper place in your psyche and behave accordingly

**Taurus (April 19-May 20)**  
From what we are led to believe, Jesus resorted to parables to describe his revolutionary spiritual perceptions. That way, the shepherds, fishermen, tax collectors and others he ministered to could understand what he was getting at from their own, relatively prosaic frames of reference. Similarly, you may soon need a parabolic approach for expressing revelations originating in your own lunar consciousness, so as to be understood by others. Therefore, as a prudent measure, take some time for translation before sharing either your nocturnal or diurnal dreams with anyone in the near future.

**Gemini (May 20-June 21)**  
Here's to looking at you. While you look at the Virgo Full Moon of March 5, reflect on yourself. That's because both your lunar sign and Virgo are ruled by Mercury. Also, both Gemini and Virgo share the quality of mutability (mutable signs follow a fixed sign and precede a cardinal sign; that is, they occur in the middle of each season). Yet, because of the shared mutable quality, Gemini and Virgo are at right angles (or 'square') to each other on the zodiac. This is good, because looking at a Full Moon separated by approximately 90 degrees from your natal Moon position will give you a perspective on how those who have so much in common can be so different.

**Cancer (June 21-July 22)**  
Truth can be an aggressive thing. It can root you out like a weed. It might blow you away like a fallen leaf. Truth can also burn, or (alternatively) sweep you away on an irresistible tide. While it's not possible to predict what your relationship with the truth will be when the Pisces Sun opposes the Virgo Full Moon this week, you might want to prepare for an encounter with an irresistible veracity. Of course, that's a good thing, because the truth eventually and always wins. Therefore, if you run into an upper-case version of The Truth anytime soon, please remember not to fight it.

**Leo (July 22-Aug. 23)**  
Being born with the Moon in a sign ruled by the Sun can be confusing. Yet it's also an advantage. You have a natural proficiency for understanding and resolving the types of paradoxes symbolized by the Sun and Moon on opposite sides of the sky and zodiac (as is the case with any Full Moon). A Full Moon in your neighboring sign of Virgo gives you a chance to leverage into compassion the understanding bestowed by your Moon sign. That's how you might want to let this particular Virgo Full Moon move you to more fully accept people with lifestyles that differ from your own.

**Virgo (Aug. 23-Sep. 22)**  
Patricia Arquette, the most recent Oscar winner for Best Supporting Actress, used her moment in the spotlight not only to give thanks but also to promote social justice. This year's Full Moon in Virgo is placing all of you born under a Virgo Moon in a symbolic spotlight with a similar opportunity to do or say the right thing on behalf of those who have little voice in the world. Granted, you will probably not have the vast television audience Patricia Arquette had. Nonetheless, an auspicious moment presents itself to you. Do what you can to make the most of it.

**Libra (Sep. 22-Oct. 23)**  
While some may be stuck in old stories asking why, those of you with a Libra Moon should envision better stories and ask "Why not?" For you, answering that simple two-word question would begin by being receptive to how you can do better. Beyond that, it would be helpful if you were courageously proactive enough to ask others how you could do better by them. Of course, you must be ready to sort out the wheat of genuinely supportive feedback from any abusive chaff. Don't let the bastards get you down. Rather, please allow loving souls to show you the way up.

**Scorpio (Oct. 23-Nov. 22)**  
The blessing of a Scorpio Moon is your ability to drill down to that which many cannot discern because it is somehow hidden. In that sense, you and others who share your lunar fellowship are intuitively capable of resembling the fictional private detective Sherlock Holmes. Now is a good time to put that gift to work by discreetly but actively assessing and appreciating the sensitivities and vulnerabilities of others; this translates into showing greater respect in a meaningful way. If you can turn your innate talents to that one purpose, the results could very well change the trajectory of your life in a very good way.

**Sagittarius (Nov. 22-Dec. 22)**  
This Virgo Full Moon heralds the beginning of a very important time in your life. This year (and all the way through 2017) part of your life's mission should be perfecting self-examination without self-criticism. There is enough going on in the world to get anybody down. Those of you born under a Sagittarius Moon need most of all to swear off getting down on yourself. By way of achieving your mission, please consider ways (such as seeing a compatible and qualified therapist) to know yourself better. After that, be careful not to withdraw from others, but rather engage the world with justified pride in who you are.

**Capricorn (Nov. 22-Dec. 22)**  
Don't be surprised if others ask you to assume leadership. Many, if not all, with a natal Capricorn Moon are well qualified to show the way. To be the best guide possible, however, is not a skill anybody is born with. Competent captains are made, often self-made. Those remembered as the best directors often have a knack for convincing others of their wisdom, combined with a kind nature. Given what the astrology of this Virgo Full Moon implies, you might want to begin experimenting now with what it would take for others to feel safe, both with you and depending on you.

**Aquarius (Jan. 20-Feb. 19)**  
Hellhounds are not on your trail. What you might feel gaining on you is nothing you need to flee or hide from. In all probability, most of the rest of the world is simply trying to catch up with what the emotional needs of an Aquarius Moon have naturally led you to become. For that reason it is now more important than ever to acknowledge and trust that your deepest devotions have not been misplaced. In all probability, enough of the world will soon catch up so as to provide the sustenance you need. Until then, put your belief in the most productive and secure of all possible places -- yourself.

**Pisces (Feb. 19-March 20)**  
If you have recently achieved some sort of notoriety, please consider how it might be something more than just a lark. If, on the other hand, you have either not sought or not attained a more widespread recognition by now, bide your time and act in good faith. Whether or not you have received pleasant props is not the essence of this moment for those with a Pisces Moon. What's important is that you see yourself as part of something bigger than you and longer lasting than your life. If you behave as though immortality were possible, it might well become probable for you very soon.

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

## Road to Resilience

*Continued from Page 1*  
in our food production instead of sending it off island to be used elsewhere, if at all.  
Secondly, we have begun to transform the sunlight we receive into energy via solar photovoltaic collectors and Zero Waste Vashon is looking into a biodigestor that could produce power. There are a few small wind generators out there as well. Although we are producing very little power this way, we are proving that these methods are viable and are gaining an accurate idea of what potential lies there.  
Most importantly, we are developing the organizations we need to push sustainability on in our future. Those organizations and each of us individually are using the internet to connect and to provide us with the latest methods and products and the inspiration from what has already been done elsewhere. The internet has been essential for the daily work of food production groups like VIGA, Vashon Seeds, and Vashon Poultry. For exchanging goods, services, or information, Vashon Marketplace, Vashon Freecycle, and Vashon Info get lots of use. You can become a member of any of these by searching Yahoogroups on your browser. Once you sign in to yahoo groups, you will have the opportunity to join any of these groups and more. On Facebook, there are a zillion groups like Vashon For All, Vashon Chicken Love, Future Water Vashon, etc. A notable new group on Facebook is Vashon Carpool, a ride sharing site where you can offer or request a ride. Other groups include: Wisenergy, Greentech, Sustainable Vashon, Zerowaste Vashon, Vashon Tool Library ([vashontools.org](http://vashontools.org)), Vashon Time Bank ([tbanks.org](http://tbanks.org)), Voice of Vashon, and, or course, Granny's Attic. That's just off the top of my head, so if you haven't been mentioned and want to be, let me know.

One of the truly sustainable features of a number of these groups or services, namely Vashon Freecycle, the Tool Library, and the Time Bank are that they are promoting a non-monetary economy. Most of the rest have flexible arrangements that are heavy on sharing goods, services, and information. More and more, you needn't have to take a look at your wallet before deciding whether you can partake of an offering. The more we connect, the more all of our needs get taken care of, the fewer resources we use, and the more sustainable we are. Be sure to avail yourself of these opportunities.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)  
(writing directly to me saves the editor having to forward it)

## Pirates Compete for State Championship

*Continued from Page 1*  
There will still be some shadowed areas not reached across our varied terrain but this is a huge improvement. Rick Wallace, Dan Schueler, Steve Allen, Rik Reed, Richard Rogers, Trent Sheppard, Dick Gordon, Susan McCabe all played a role in helping Voice of Vashon replace the FM antenna mast which was damaged in a November storm.  
VoV Board VP Rick Wallace says "Structural engineer Madison Batt, professional ironworker and tower rigger Steve LeMay and Madison's intern Nammy were with us and we couldn't have done it without them. In addition to designing the new mast system, Madison was right there, hands on, contributing manual labor and tons of wisdom to help make sure this new mast system will last. Always calm, always helping us solve problems and be safe. And a special shout out to Islander Bob Powell of Meadow Creature, who fabricated all the custom parts we needed."

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# Positively Speaking

## Faith Comes Before the Miracle

By Deborah H. Anderson



Finding out Criss Fournier has ALS put it all in perspective. I want to use this column right now to broadcast the opportunity to contribute to her care costs at her GoFundMe site. If you can, please donate. They are halfway there. Mondy is carrying all this for her Mom.

We all know about bad things happening to good people. Evil is evil. And the good people they happen to inspire us and urge us on and encourage us with their indomitable spirit and courage and bright light of life.

Where I found my faith challenged was watching bad things happen to badly behaving people. I have in my life a continuous stream of people behaving badly who leave their crap all over my life. And here's the thing that bothers me. Something bad always happens to them. They have strokes, they get sudden cancer that takes them out in a matter of months, their marriages end, they lose their jobs because they committed illegal acts, their children commit suicide. One guy practically ruined my witness for the goodness of God and then his wife was caught embezzling and became a convicted felon. I mean bad stuff.

What do you do when bad things happen to people we might define as 'enemies', people who have lied about us or stolen from us or betrayed us?

Good Lenten question.

We're told to pray for our enemies and ask blessing upon them. Yea, right. Except, Yea, really. It's the only way.

Someone said unforgiveness is like drinking poison and expecting it to hurt the other person.

Well let me tell you what I learned. Good really is more powerful in this world than bad. The problem is that good people aren't loud enough and proud enough. Let goodness resound. Keep making good bright and broadcast it to the world.

Time and again I have had to remind myself that old adage about pigs and mud. Don't fight with a pig because it just makes the pig mad and gets mud all over you.

Having faith when you are in difficult times means letting things work themselves out a bit before you panic. That's where focusing on the good comes in. Busy yourself with that which adds to the world and let the knot loosen itself.

Last night, when I was in the middle of a giant pity party, before I found out about Criss, it seemed like only the most extreme measures were going to be effective in dealing with a particular

situation.

This morning, I ran into a co worker to whom I said, "Well, I'm supposed to have all this faith..." and they responded "Faith comes before the miracle".

Last column I asked you how much are you willing to surrender. Well? There is this positive flow of life running through our days.

If you are grabbing for the positive, the good, the nurturing, that which brings life, it leaves room in your heart and an inclination to pray for your enemies.

Today, I'm going out to the printer to see about layout questions he has for my book "Kneeling at the Cross etc, etc..." which is coming out, no foolin', Wednesday April 1st 2015. ( release reading at the Vashon Bookshop at 5PM that evening, come one come all).

Focusing on the task at hand of getting the word out, putting all the digital stuff in order, keeps my heart centered on the good.

So who's hurt you? A boss that doesn't care about your exasperation over a contentious co worker? Someone who's borne false witness? A doctor that misdiagnosed you? Children who exploit your generosity? Neighbors who are selfish and self serving. Somebody in your life who suffers from addiction and or mental illness? Government officials who don't do their job properly and end up making a mess you have to straighten out?

I keep forgetting I'm a woman all the time and that means I come on way too strong for a good half of the world. With three brothers, a father who raised me to be equal to them, and an undergraduate degree from a woman's college it doesn't occur to me most of the time that the world sees a woman before they hear my words. Then too, I also stand up for myself. It's really kind of second nature now. A woman can do that you know. It's OK. It's legal. It's moral.

The power of focusing on the good while the knot of whatever evil loosens itself to the point where it can be untangled is the best way to go.

Love,  
Deborah



## “Out of Print,” a documentary about the vital role of revival cinema



Vashon Film Society presents “Out of Print,” a documentary about the vital role of revival cinema, on March 6 as part of the First Friday Art Film Series at the Vashon Theatre.

The spunky indie film’s tagline is “Directors, dorks, deviants. This ain’t no multiplex.”

Made by passionate first-time documentarian Julia Marchese, the film profiles the New Beverly Cinema, a renowned single screen movie theater in Los Angeles. Marchese’s fondest wish came true when she landed a job at the repertory cinema, and for the past six years she has devoted herself to preserving the experience of communal film going and keeping 35 mm exhibition alive.

Marchese interviews a lineup of well-known directors, actors and other film geeks who unilaterally proclaim

their allegiance to the throwback movie house. In fact, the New Beverly could be a California cousin to Vashon’s vintage cinema.

Says Marchese, “The New Bev is a theater where a double feature is still \$8 ... where David Lynch pops by for a secret Q & A, where directors program a week of their favorite films, where Fassbinder, Scorsese and Hitchcock films all show in the same week.”

Comedian and character actor Patton Oswalt included many tales about how the legendary New Beverly Cinema fed his obsession for film in his recent bestselling memoir “Silver Screen Fiend: Learning About Life from an Addiction to Film.”

“Out of Print” will show at 9:30 pm on Friday, March 6, and admission to the single showing is just \$7.

## Lit Lounge returns...

Spring Green... Green with Envy... a Greenhorn... Greenlight... Green Day... or....

You decide! Bring your stories about GREEN...

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.

Islanders are invited to bring a 3 to 5 minute story about GREEN... whatever Green means to you.

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 afternoon of storytelling will have 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 GREEN takes place Sunday, March 15. Doors open at 3:30pm, and the show begins at 4pm.

Admission is \$10, and tickets are on sale at Vashon Bookshop, litlounge. 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.

## Sweetness needs a home . . .

I'm a cute little girl with long, fluffy hair and a funny little stub of a tail. I love to have people pay attention to me, and I do fine around other cats. My personality is calm and easy-going; I'm just an all-around cool cat who wants to join your family.



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of *The Loop*  
Comes out  
Thursday  
March 19

Deadline for the next  
edition of *The Loop* is  
Friday, March 13

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Island Epicure



By Marj Watkins

Nutty Pancakes

This morning, a pre-weekly-shopping morning, one of my sons and one of my grandsons were present for breakfast. What to feed them? I had two eggs, no bacon, no bread for toast and one helping of dry cereal. Inventory of the pantry and fridge turned a scant cup of almond meal, a small bag of hazelnut meal, about a cupful of pumpkin seeds, a jar of raisins, about ¾ of a cup of sorghum flour, a little milk, and a bottle of extra virgin olive oil. Oh, yes—in the back of the fridge was about half a cup of bacon grease left from a family gathering breakfast a week or so ago.

The obvious and only answer was pancakes. To put on them we had a little blackberry & pomegranate jam, plenty of butter, about a cupful of cottage cheese, and all the applesauce they and I could want. Steve produced a bag of mixed berries from the freezer, and the dregs of a container of yogurt. Both of my men proclaimed the breakfast terrific. Here's the pancake recipe.

NUTTY PANCAKES  
Makes about 16  
¾ cup sorghum flour  
½ cup hazelnut meal  
½ cup almond meal  
1 teaspoon cinnamon  
1 teaspoon salt

2 teaspoons baking powder  
2 eggs beaten with  
1 ¼ cups milk  
2 Tablespoons extra virgin olive oil

Sift the flour, cinnamon, salt and baking powder. Stir in the nut meals. Stir in the egg and milk combo. Stir in the oil. Let the batter rest half an hour if you can so the flour and meals can soak up the liquid. Add:

¼ to 1/3 cup pumpkin seeds  
1 handful raisins

Stir. Start two skillets or a griddle heating. Grease them with bacon grease or a Tablespoonful of olive oil. For each pancake ladle 1/3 cup batter onto the hot pan or griddle. When the edges look cooked, and bubbles have formed and broken around their edges, flip each pancake. If it parts from the pan willingly, it's ready to turn. When again it parts from the pan willingly it's done. If you have any doubts, stick a toothpick into the highest part of one of the pancakes. If it comes out with bits of pancake or batter on it, you know the cakes need a few more seconds to finish cooking.

Top each pancake with a dollop of cottage cheese or yogurt. Top that with applesauce, jam, or fresh berries. Both of my boys proclaimed the breakfast terrific.

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Vashonorcas@aol.com  
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Sightings NOT Disclosed to Whale Watch Boats  
**vashonorcas.org**

Daughters of the Niger Delta Documentary

Woman's Way Red Lodge brings another documentary to the big screen as part of its Women's Film Series. Tuesday, March 24th, 6 PM at the Vashon Theatre, "Daughters of the Niger Delta" will show everyday life in the Delta, filmed and told by the women who live there.

Following the screening Islander Kirsten Gagnaire, founder and director of the Mobile Alliance for Maternal Action (MAMA), will speak about her experiences working in the Delta, answer questions about the challenges faced there and what we can do to help.

Daughters of the Niger Delta is an intimate film portrait of three women who manage to make ends meet against all odds. As their personal stories unfold, we come to see that the widely ignored environmental pollution in their backyard is not the only human rights issue affecting their lives.

The film radically differs from the usual media reports about oil outputs, conflict, and



kidnapping. It gives a taste of everyday life in the Niger Delta. The struggle to survive in the delta's beautiful but pollution-marred wetlands confronts us with the human impact of corporate irresponsibility, gender injustice, and failing government service delivery.

The hour-long documentary is a bottom-up film production. Rather than bringing in external filmmakers to document the lives of women, young women from the heart of the region were equipped with the tools and skills to do so themselves. They were

trained in filmmaking.

The peer filmmakers did research on gender and women's human rights in their own communities. They spent weeks with women to capture their daily lives on film and encourage them to share their life stories. The result is a touching testimony of everyday life, highlighting injustices that we rarely hear about in the news.

The event is sponsored by Woman's Way Red Lodge, a 501c3 not for profit, with generous support from Vashon Theatre and Island Green Tech.

The Line of Demarcation

Up all of March at Valise Gallery with opening party Friday 3/6 6-9pm and during gallery hours Saturdays 11-5. A Joint show by Rachel LordKenaga and Jon Haaland.

The Line of Demarcation, an imaginary line of division, a line between us and them, enemy and foe, the known and unknown. The line between water and air, sea and sky has been our focus for the last year. Here in the Pacific Northwest our relationship to the sea and the horizon is intimate. It's a type of therapy to watch the elusive and ever changing horizon. That line that separates us from the beyond. The vastness of it's ever presence is always reminding us of our smallness in the world. The world at hand may be stormy, but there is always a peace, a calm, to be found in the horizon - a sense of place.

On the other hand, when we change perspective from the vastness to focus closely on the line itself, the image changes. In that literal line between air and water the world is transformed. In the overlooked spaces of our everyday lives, light plays on water to concentrate and refract our space and our lives into a new form, creating new spaces to discover. It's a space that changes our perspective to the parts of life we're missing, and reconnects us to the everyday places to find the beauty of the



world.

This show, Line of Demarcation, is our interpretation of these horizons. Whether the line is so vast

as to be indiscernible or so infinitesimally small that we easily miss it, it's a line where we find our place, a place of beauty and a calm.

**TRASH TALK**  
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# Soul Senate

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.

This is a free cover all-ages

show ‘til 11pm, then 21+ after that.

Friday, March 6, 8:30pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

# 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.

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!

Friday, March 20, 8:30pm.  
All-Ages ‘till 11pm 21+ after that.  
At the Red Bicycle,  
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# Rouge: French Café Songs

Celebrate France’s resilience and spirit in this francophone concert! You will be transported to the streets of Paris with Rouge, Seattle’s premiere nostalgic French music group. Made up of a team of internationally touring musicians based in the Northwest, they perform racing waltzes, romantic ballads, and happy jazz-swings, reinterpreting and transforming 1930-1960’s French music. They also create original tunes & lyrics inspired by this rich tradition. Fronted by the sensual vocals of Janet Rayer, she channels the best French chanteuses throughout time in instantly recognizable classics from La Vie en Rose to Ne Me Quitte Pas. Rouge charmed audiences at their concert last year at VAA, and they will be performing from their latest CD, Café Bonbon, and more. Rayer is joined by Dave Bartley (guitar), Steve Rice (accordion),



Karen Iglitzin (violin).  
Rouge  
Saturday, March 7, 7:30 pm

Vashon Allied Arts  
Tickets: \$16 Member/  
Student/Senior, \$20 General

# Love me Some Townes Van Zandt

Love me Some Townes Van Zandt brings together Vashon musicians Loren Sinner, Kat Eggleston, Jeff Kanzler, Michael Whitmore, Mike Dumovich, Rebekah Kuzma, Gregg Curry along with Star Anna to celebrate the birth date of a true legend of American Songwriting, Townes Van Zandt. This takes place on March 7th (7:30pm) at The Vashon Island Coffee Roasterie.

A donation of \$10 or more will be accepted at the door, to benefit Vashon Youth and Family Services. This community fundraising effort is hosted by Debra Heesch and The Vashon Island Coffee Roasterie.



Vashon Youth and Family Services (VYFS) is a non-profit organization that has been providing human services to residents of Vashon Island, Washington, for thirty-one years. The agency began as a one-room organization providing limited counseling and job placement services. Today, VYFS is the primary social services agency on the island, providing an array of prevention and intervention

services. It is the sole licensed mental globet agency on Vashon Island. Services are aimed at nurturing the emotional wellness of residents – particularly children and their parents/guardians.

The mission of Vashon Youth & Family Services is to help Islanders raise thriving, resilient children and youth by fostering a community of emotionally healthy, resourceful families and individuals.



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

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# Art Hansen One-Day Print Sale



Born in Seattle, 85-year-old Art Hansen remembers riding the Vashon ferry to visit his grandparents’ beach house as a boy. His grandfather founded the Island’s first bank.

Over the decades, Hansen has honed his signature style. Iconic depictions of landscapes, flowers, forests, fishermen— and some rare humorous subjects— have become emblems of Northwest beauty

and representative of Vashon’s artistic community.

Join us for a one-day sale of Hansen’s etchings, including a wide variety in both black and white and color.

Saturday, March 14  
10–11 am – Members only! (Join at the door)  
11 am–3 pm – Open to the public  
Vashon Allied Arts Gallery

# Joseph Panzetta with Special Guests



Joe Panzetta is a multi-instrumentalist, composer, and singer who performs melodic, original songs with a signature percussive guitar style. His musical ventures range from singer-songwriter/folk rock, to world and mantra. He has performed and recorded since 1989 and released 7 CDs. He plays a plethora of instruments including drums, bass, harmonium, tamboura, banjo, piano and anything else he can get his hands on. He has composed music for original dance pieces choreographed by Dominique Gabella for The Next Stage Dance Theater, and most recently

for Ronly Blau as part of FlashPoint, an evening of dance hosted by VAA. For his VAA concert, Joe will be performing solo and with special guests, including: Nova Devonie (accordion), Vincent Gates (guitar), Dave Keenan (mandolin), Dianne Krouse (sax), Steve Meyer (bass), Annie Roberts (cello), Allison Shirk (guitar & vocals), and Kim Thal (violin).

Joseph Panzetta with Special Guests  
Saturday, March 21, 7:30 pm  
Vashon Allied Arts  
Tickets: \$14 Member/Student/  
Senior, \$18 General

# Comedy Night is Coming



COMEDY NIGHT IS COMING !!! Friday, March 13th at 8pm, at the Red Bicycle Bistro and Sushi bar. The evening is hosted by local humorist and provocateur, Steffon Moody, and features an All Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

Headlining this show will be Derek Sheen. Derek Sheen is a cuddly mess of insecurities, a gifted, one of a kind, storyteller. He’s quickly becoming a favorite among comedy fans all over the globe! He’s been a featured performer at the Bridgetown, Cape Fear and S.F. Sketchfest Comedy Festivals, has toured with Patton Oswalt, Brian Posehn, Janeane Garofolo and Rory Scovel! His debut album “Holy Drivel” was recorded by iconic metal producer Matt Bayles (Minus the Bear, Mastodon, Isis) and is available from Rooftopcomedy.com. Lindy West of Jezebel.com has called him “A Human Hug.”

Comedy Night is, on average, more fun. If you haven’t been, here’s the setup: we invite jelly-kneed first timer’s, practiced amateurs and professional comedians to appear on the same stage. The newbies only get a few minutes of stage time because, well, it’s just better that way. Then we trot out some faces you may have seen performing around town and we finish up with a couple of pros.

Performing in front of an audience is one of the top universal fears. And of all performance forms, Stand Up comedy tops the terror list; right up there with Evil Knievel style motorcycle jumping.

In general, comedians are expected to get a laugh about every 15 seconds.

That’s 20 punchlines in a 5 minute routine. Or, looked at another way, 20 opportunities for failure.

In no other performance form are performers held to such a standard. Many experienced performers, usually comfortable in front of an audience, look like a deer in the headlights when asked to do Stand Up. The pressure of evoking the laugh can be unbearable.

That’s why comedians do it. That’s why audiences come. It’s risky, dangerous, almost life- threatening. It’s an on-stage reality show, where the possibility of failure is integral to the show itself.

Expect the usual ribald, tasteless, eccentric, and life transforming experience that is regularly delivered at regular Yuk fest. These island comedians will sink or swim in death defying comedy routines. That’s right! Death Defying Comedy! Please don’t try this at home folks. Only untrained amateur professionals are qualified to run the gauntlet of a notoriously ruthless Vashon audience.

The headlining comedian and local comics will be announced soon!

Cover charge is \$7, and the show starts at 8pm, but show up early and get a seat, because it is always packed!

This show will most likely have adult content, so please use your best judgment when bringing children with you.

See you then and there!

Friday, March 13, 8pm.  
\$7 Cover.  
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