Vol. 2 #10

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

May 18, 2005

Afrodisiacs Spread Disco Fever

They say the next "Elvis" sighting is rumored to be on Vashon Island. You can check out that rumor at the Sportsman's Club, Sunday evening, May 29th, 7 PM, where retro disco fever will be "happenin'" at the Disco Soccer Ball, a first-of-its-kind "fun"-raiser for the high school girls' soccer team who are heading this summer for the 2005 Italy Cup!

Headlining this event will be the outrageously popular Seattle group, the Afrodisiacs, featuring our own islander, Ron Gatty, on guitar. The Afrodisiacs have been performing since 1996 when they decided to form a local version of the wildly successful Boogie Knights retro disco group, who started the retro seventies disco craze in 1992 in LA. The Afrodisiacs have played in clubs and casinos all around the Puget Sound; and their show is an entertaining blend of 70's disco and 80's funk music, playing all the hits from bands like Earth, Wind and Fire, the BeeGees, and KC and the Sunshine band, to name but a few. For those of you who don't know the Boogie Knights, that means the Afrodisiacs will be performing complete with seventies-style hair cuts, polyester shirts, bell-bottoms and platform shoes. And, oh yes, performances by "Elvis" and even "Cher" will be part of the fun!

This is an adults-only show, folks, as part of the evening festivities will include a beer and wine garden with wines from

Continued on page 5



Voter Fog

by Peter Ray

As the media focuses on that trial in Wenatchee where former gubernatorial candidate Dino Rossi continues to fight the apparent will of the people of the State of Washington, there is another trial taking place in Everett whose outcome might have much broader reaching repercussions. It is there that attorneys Paul Lehto and Randy Gordon have brought a suit against the Snohomish County elections board. After weeks of going through 2004 election related documents obtained through a myriad of open records requests, they found that: "As we examined the election data, memos, voter complaints, machinerepair orders and other data, the evidence of serious irregularities became too obvious to ignore." On May 4th, Paul Lehto and Randy Gordon, along with Bev Harris of Black Box Voting, were all on hand at a meeting of the Metropolitan Democratic Club in downtown Seattle to speak about what they have learned about incidents of voter fraud in the 2004 elections, and what they are doing to help to ensure that the right to vote, and to have that vote counted correctly, remain a part of the American democratic process.

Continued on page 11



rnamental iron worker Tom Wlazlak and upholster Tracey Hanks show off a pergola "Standing Strong" designed by Richard Frombach (who missed his photo op). The 6500 pound public art piece was commissioned by the City of Mercer Island, and will be dedicated in Mercerdale Park at a Veterans Recognition Ceremony on Memorial Day, May 30 at 11:00 a.m. These three Islanders will be there, and it is rumored that Vashon's favorite R & B band Loose Change will be playing for the event. Come on over; you don't need a ferry ticket to get to their island.

Beall Greenhouse Right Litigation Meeting

The Water District 19 Board of the text of the DSA will be made Commissioners will hold a public meeting on Tuesday, May 24th, at 7 p.m. regarding a draft settlement agreement in the Beall Greenhouse Right litigation. The proposed Draft Settlement Agreement (DSA) is between Water District 19, Protect Our (POW), Water and Department of Ecology (DOE).

The DSA is the result of more than six months of negotiations

> between Water District 19 and POW. DOE has been kept abreast of these discussions, has recently expressed its support for the DSA in its current form. Copies of

available to the public in the District office beginning Friday, May 13. The District encourages interested parties to review the below description or review the DSA itself prior to the May 24 public meeting.

The format of the public the meeting will include an initial review of the DSA, a period of time for commissioners to answer

Continued on page 4

Campus Plan Draws Crowd

by Mary Litchfield Tuel

The May 12th School Board meeting agenda was packed; for full details of the meeting visit www.vashonsd.wednet.edu. For highlights, read on.

As reported in the May 4th Loop, the Board addressed the conflict between the scheduled Spring Break and the statemandated WASL testing by revising the school calendar for the 2005-2006 year. The revision restores a full week Winter Break the week of February 20, moves

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The VAA membershipdrive is in full swing. See story on page 13.

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Get in The Loop



Kite Day!

The fifth annual Kite Day will be held at Point Robinson Park on Saturday, May 21st from noon to 3:00 p.m. sponsored by the Keepers of Point Robinson and The Vashon Park District. As in the past events, there will be many activities to enjoy along with the hundreds of kites flying along the water's edge.

Bring your favorite kite or buy one of the many kites for sale at the event. There will be kites available for children to assemble. The Drachen Foundation, a group devoted to education about kite flying all over the world donated the kits for making these easily assembled kites. There will be kite flying demonstrations and plenty of opportunity for children of all ages to fly their own kites.

In addition to kite flying demonstrations and kite making, there will be face painting. Have a lighthouse painted on your cheek by lighthouse author, Elinor DeWire! Lighthouse tours conducted by Captain Joe Wubbold and Royal English will give historical information about the Point Robinson Light Station along with entertaining personal anecdotes. You may be startled by a foghorn demonstration during the event.

Music to fly kites by will be provided by Geordie's Byre singing songs of the sea and sailing songs appropriate to the maritime setting. The six person group performs vocals and instrumentals on guitar, fiddles, mandolins, cittern, whistle, flute, bodran and bass.

refreshments Light mementos such as our beautiful Kite Day posters with photo by Doug Mesney will be offered with all proceeds from sales going towards the restoration of the Lighthouse and related buildings and grounds.

Parking is expanded for the event in the lower parking area. Additional parking is at the top by the gate to the park and along the road leading into the park. If you have any questions about this event, please call Jean Richstad @ 463-2159 or The Vashon Park District. See you there!

Spring is here! Check out Kathy's ad on page 20

Novice Rowing Class Offered

If you've seen rowing shells on Quartermaster Harbor and always wondered what it would feel like to ply the waters with a crew of your island neighbors, the Vashon Island Rowing Club is launching a new adult novice rowing class that starts on Monday, May 23rd from 5-7pm. Learn about focus, timing, and rowing together while experiencing a wonderful combination of upper and lower body exercise. The class will run for two weeks on Mondays, Tuesdays, Thursdays (all 5-7 pm) and Saturdays (10-noon). There will be two additional free rows with the regular masters group at the end of the class, allowing new rowers to hone their skills and get to know the group. Adults 18 and older are welcome and the cost is \$130 per person. Interested new rowers should call Parks to register at 463-9602. For info, call Carri Singer at 463-

Treasure Island Auditions

Arggh, mateys. There will be auditions May 17— 19, 7-9 p.m., at the Burton Church Annex for the upcoming Drama Dock production of "Treasure Island." The musical comedy, based on the beloved work by Robert Louis Stevenson, is being directed by Chris Ott and is being adapted by some of Vashon's finest. Rehearsals begin May 21st for performances in late July. There are parts for 7 men, 5 women, and 4 children (aged 10 and up). Come on by. We promise we won't make you swab the deck. Arrghhh!

CD Release

The Madrona School is releasing a CD with seasonal songs, and we're having a CD release party on May 26th, from 6 to 8 p.m. at Cafe Luna! The kids will be there singing songs from the CD. It will be a catered event and CDs will be available for \$15 as a fundraiser for the school, which is a non-profit organization. Come celebrate with us!

Heritage Museum Open Saturdays

The Vashon Maury Island Heritage Association is happy to announce that our museum which is located on Bank Road across from the Vashon Fire Station will be open on Saturdays, starting May 14 from 10:00 a.m. to 2:00 p.m. We are excited to offer this addition to our regular Wednesday hours of 1:00 p.m. to 3:00 p.m. Come and see the wonderful photo exhibit on Dockton that came out of Ray Pfortner's recent photography class that was sponsored by the Vashon Maury Island Heritage Association.



Sustainable Farm **Tour**

annual Organic and Sustainable Farm Tour, **Sunday, May 22nd** from 10 a.m. to 4 p.m. The tour will by Vashon Youth and Family showcase organic fruit and vegetable Services. Participants may attend gardens; permaculture; subscription informal Thursday workshops at the vegetable farms; pasture raised goats, chickens and ducks; subscription eggs; and organic flower farming. Tickets are only \$5 and will be available at the farms or pre-tour at Minglement. Look for signs on the main highway on the day of the tour, and don't forget your cooler just in case you see something you want to buy from the farm in the face of rejection stands. This year a few of the farms have signed the Vashon Farmer's and job search tips is the VYFS Job Collective Farmer's Pledge. This pledge ensures healthy soil practices, no use of synthetic products, support of small seed companies, food safety, non-GMO products, humane treatment of animals, preservation of farmland and conservation of natural resources. These practices are helping the continuance of sustainable farms which in turn gives us healthy vegetables, fruits, meat, and flowers. Sustainable farming also creates beneficial wildlife habitat and encourages biodiversity, something we all need to be aware of. Island Earthfair's vision is to promote activities, practices and products which are gentle on the earth through education, festival events and community involvement. Our 9th annual Earthfair will be at Paradise Ridge Park on August 5th, 6th and 7th. Your Sustainable Farm tour ticket gives you \$1 off on your entry fee. Visit our new updated website at islandearthfair.com. Here's to a healthier island, earth and

Free Job Assistance

Unhappy in your current job? Or wish you had a job you could Island Earthfair hosts their complain about? Try JobFind, the Island's FREE job assistance program for adults in career transition, offered Vashon public library, and/or schedule appointments with staff for help with job leads, resume revision and more.

> Upcoming workshop topics: May 19: Research—More

Important Than You Think May 26: Career Transitions

June 2: Getting past no: Self-care

Another resource for job leads Board in the corridor near the Vashon Book Shop. For more information or to make an appointment, please call VYFS at 463-

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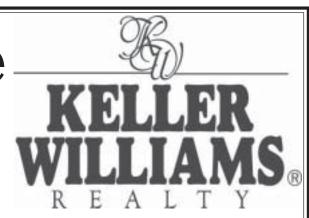
Thriftway Plaza 463-3311

We do passport photos

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Troy and Marie Have Brilliant Ideas



Marie: Troy, I have a brilliant idea.

Troy: I'm not surprised. All your ideas are brilliant—exceptionally wellthought out, innovative, and creative. They typically benefit humanity immeasurably while costing only pennies a day and have no harmful effects on the environment.

Marie: You're just saying that so you can have a Perry burger for dinner. My idea is this: Now that we are in Real Estate, we are learning so much about various aspects of home ownership. How about if we share what we learn with Loop readers?

Troy: That *is* a good idea. What kind of topics do you think *Loop* readers would be interested in?

Marie: I'm glad you asked. I've actually started a list of subjects that I think homeowners—and prospective homeowners—would like to learn about:

> Home maintenance. What kinds of things should you do to maintain the value of your property?

Remodeling. What should you consider before remodeling, how do you get through the maze of permits, and how do you find reliable, professional help?

Safety. How do you protect the safety and health of your family at home?

Financing. How can you save money as a homeowner? And if you're not a homeowner, how can you become one?

Home products. What kinds of products are out there to help homeowners?

Sounds good. But where are you going to get all this information? Not just the internet, I hope. There is so much misinformation out there it's scary!

Marie: You're right. That's why I thought it would be best to ask local experts - like builders, home inspectors, plumbers, loan officers, and vendors. I figure they must know what they are talking about. If they didn't, they wouldn't stay in business very long, right?

Troy: You're right, as always. When do we start?

Marie: Let's go for it starting with our next issue!

OK. And in the meantime, maybe we should remind people that if anyone is interested in buying or selling a house they should call us at (206) 463- LIST. Or email us troy@kwvashon.com or marie@kwvashon.com.

Marie: That is a brilliant idea, too.

Troy: Does that mean I can have a Perry burger?

Marie: No, but we can take an extra long walk after dinner.

Your Home Team Realty

Campus Plan Draws Crowd

Continued from page 1

the Spring Break to May 1-5, and extends the end of the school year to June 21 for students and June 22 for teachers.

Many people came to the Board meeting specifically to hear about the Campus Master Plan. Ray Bucy, spokesman for the 20member Campus Master Plan Planning Committee presented their report, the result of six months of work.

greatest needs for school landscaping needs, McMurray Middle School and Vashon High School to the sewer system (Chautauqua, the newest facility, is connected); (2) bringing all electrical, heating and ventilation systems up to code (these systems tend to have a twenty-year lifespan); and (3) seismic re-fittings of all buildings

to bring them up to code, or as close as possible to code.

Τ h Committee presented four options they h

considered. They propose a 20year plan for building replacement and renovation. The option they recommended was their Option 2, at a cost of about \$74 million dollars over twenty years, to be funded in two separate bonds. They arrived at this recommendation after much debate over cost versus needs.

In the last four months all the school district buildings have been assessed thoroughly to determine what is up to code and what needs updating. Also considered were "lifecycle costs" – for example, Bucy noted that the three seed, fertilizer, and mowers for infrastructure are (1) connecting resurfacing of the high school track, among other things.

The Board agreed to have a workshop with the Planning Committee beginning at 5:30 p.m. on May 26, the date of the next School Board meeting. This workshop would give the Planning Committee a chance to explain their findings and

conclusions, and it is open to the public.

Bucy stressed replacement of Building A at the high school is a wiser investment than renovation, because in the event of an earthquake causing serious structural damage, the building must be razed. Renovation would prove more costly than replacement, because newer buildings would have more efficient systems and cost less to maintain (E. g., the high school had an \$80K electrical bill last year, and that could be cut and substantially).

> When public comment was solicited from the audience, the main question on people's minds was, how are we going to pay for this? What is the sense of the appetite of the community for this expense? Are there any sources of funding besides taxes,

such as corporate partnerships, or state revenues?

Martin Baker asked that the Board move slowly and do their work thoroughly, even if it means waiting for another election cycle. He also asked that the Board be conscious of other needs on the island, and the importance of not taxing ourselves out of having parks, etc. John Candy affirmed Baker's concerns about other island needs, and the importance of not taxing people out of their homes.

The public is invited to the workshop on Thursday, May 26, 5:30 to 6:45 p.m., to learn about the Campus Master Plan options and Planning Committee the recommendations. $\omega\omega\omega$

Its spring and time to plant! Check out Kathy's ad on page 20





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Loop **Letters From the Edge**

Hi all.

Congratulations on *The Loop*. I look forward to every issue. I especially appreciate Kathy Abascal's predictably educational and enjoyable column.

Much as I enjoy *The Loop*, I do have to comment on something I encountered in the last issue (May 4, 2005).

I was doing the crossword puzzle when I came upon #41 Down. Cheats. The answer was GYPS. I don't know who constructs the puzzle, but I need to take this opportunity to point out the racism in this question and answer. The term gyp comes directly from the stereotype of Gypsies (whose real name is Romani) as thieves. This is a stereotype which has contributed to the centuries of oppression (and genocide) of the Romani people.

The negative image of Romani is so ingrained that we don't even

notice when we use it. I can't think of another group which would be stereotyped with impunity, in a community paper.

Okay, I don't mean this letter as a scolding, but rather as consciousness raising. But now you know...

If anyone wants more information about the history and culture of the Romani people, please contact me.

Thanks, Morgan Ahern

(Editor: the crossword is generated by a very cool but apparently ignorant program. Sometimes when I have time I go in and add my own words and clues, but this time I have to blame whoever worked up that crossword for the computer program. Sorry to be offensive – but thanks for the kudos on the rest of the paper.)



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Beall Greenhouse Right Litigation Meeting

Continued from page 1

audience questions, followed by a session during which the public can testify. Depending on the evening's proceedings, the Board may vote on whether or not to approve the DSA. The DSA, if approved by all three parties (WD19, POW, DOE) represents a legally enforceable contract affecting the nature and future developments and usage of the Beall Greenhouse Right.

In summary, the agreement would:

Dismiss appeals by POW and WD19 currently before the King County Superior Court;

Establish the Beall Greenhouse Water Right instantaneous flow at 180 gallons per minute (gpm) and its annual volume at 55 acre-feet;

Affirm the existing legal obligation of the District to assure a minimum stream flow in Beall Creek of 0.1 cubic feet per second (cfs);

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Establish several options for the District to pursue with DOE in order to increase the minimum stream flow to 0.2 cfs without 180 impairing the instantaneous stream flow and annual volume of 55 acre-feet;

Affirm and clarify the District's data collecting program for Beall Creek and any groundwater withdrawals, including provisions for public access and review of this data:

Limit POW and its board members from further legal action concerning the validity of the Beall Greenhouse Right, or any Ecology decision to issue a preliminary permit for a test well. POW reserves the right to challenge any Ecology decision that may impair prior, existing water rights.

The Commissioners also will discuss and take public comment on a draft resolution that outlines a framework for moving forward with utilization of the Beall Greenhouse Right. The draft resolution states that the Commissioners will use their "best efforts" to:

Continue to pursue transfer of the Beall Greenhouse Right from Beall Creek to a groundwater well within the District's service area;

Make application for a preliminary permit for a test well related to the Beall Greenhouse Right within six months of approval of a settlement;

Complete installation of a new well related to the Beall Greenhouse Right within two years from the date of approval of the application for transfer. യയയ



Kerry McGuire has donated a number of her whimsical concrete garden characters to the garden being installed by Peter Ray at the Vashon Community Care Center. Her work can be found at her new garden art space located at Vashon-Maury Aggregate Recycling, just west of the SBC building on Cemetery Rd. Kerry is also a regular vendor at the Vashon Saturday Market.

Vashon Island Art Studio Tour Food Review

by Jonathan Shipley

Day. Isn't that sweet? I love my mom. give Briggs tremendously high marks What a great gal. She had me, so, you though we did very much like her know, that's good. Anyway, we made artwork. Well done! our way across the island hitting various art studios and we started to Greenhouses): To go along with a think, "Now, sure, this art is great." Look here, pretty tile work. Over here, (birdhouses, stonewear, interesting gee whiz, some really nice pottery. dreidels) there was a mélange of Who would have thought that treats. Thank you, Blue Heron making a glass hat and selling it could Pottery! There was those ginger be so positive for glass hat maker and snappy-type cookies again (were glass hat appreciator! Nice oil they on sale at Thriftway?) which my painting of a cat. Swell Chinese daughter gobbled with unbridled antique over here! Yes, indeed, we delight, but there was also thought to ourselves, the art is nice, strawberries and big ones at that. but shouldn't you have something to Strawberries are wonderful. Tasty, go along with the art? I mean, art sweet, luscious. Interesting side note, satisfies the soul, but shouldn't you the World's Largest Strawberry is at also have something to satisfy the Strawberry Point, Iowa. It sits atop stomach? Therefore, here is a short list city hall. It is not edible. of random galleries and studios where food and beverage was GRB Bells? Dingy. Dongy. Ringy provided and how we they fared with dingy. Other words to describe the their, uh, fare.

Space): Pam came out swinging with both agree on this, THE BEST spread her food and beverage. Hot tea! Yeah! Mom loves hot tea. Spicy teas are the best and, by gum, there was some tea to be had at Pam Ingalls' location. But, what's this? A variety of cookies? Mmm, cookies. Thanks, Pam, for mini tarts, poppy seed bread, those little shortbread-like cookies strawberries, and other assorted with the little fruit jelly filling. Tasty, sweet, and zippy! Me and my mom, and my baby Grace (who also enjoyed treats and we shall tell others of your the cookies) rate your spot the second good deeds in treat giving and we

Barnworks: I have to say this was for your treats. a disappointing location the first weekend for treats. The artwork, of mom traveled far and wide for art course, was wonderful, with studio goodies and we found that delightful garden art and my wife's GRB Bells went above and beyond paintings in the collective show the call of duty. We salute you. inside, but where are the cookies? You Thanks, also, to everyone else who always have one of those big tins of provided treats to me and my mom. cookies, the sugar kind that has a lot She has low blood sugar and so, you of, well, sugar on them. And boy I know, you helped her out with the really look forward to them when I cookies and the candies and the teas enter Barnworks. It adds, the cookies with the little sugar packets nearby. do, to the whole ambience. It's nice in You helped feed our souls with your there with the artwork, and the stove art work and filled our stomachs with thing, and the cute little bathroom in those ginger snappy cookie things. the corner, but without cookies it's a real bummer. There was a big pot of hot water and some fair tea selections (chai tea – mmmm) but all in all, it's not the best location to get a sugar high on the art tour.

AYH Ranch Hostel: Of course, this wasn't on the Art Tour this spring but we naturally thought it was so we walked up and saw lots of teepees and camper vans and people milling around doing hostel-type stuff. There were no treats here. I did, however, think I spied a vending machine so if you're really hungry at Barnworks and all they have is tea skip across the street with some change and buy yourself a Butterfinger. You'll be glad you did.

Mary Margaret Briggs: Beautiful pieces inspired by the island's botanical beauty adorn her studio with Asian antiques scattered about giving an ambience of wonderment (if, that is, wonderment is a word). Snackies were to be had in way of these ginger snappy-type cookies that had something in them that was different, I thought, than regular ginger snappy-type cookies. Was it cardamom? Cloves? I don't know. I liked them though just like I liked her artwork but what if someone doesn't like cardamom? Variety is key when providing treats so though me and

My mom came over for Mother's mom appreciated the treats we can't

Blue Heron Pottery (Beall mélange of artwork to see

GRB Bells: Words to describe artist's work? Magnificent. Splendid. Pam Ingalls (old Stray Dog Café Wonderful. And, me and my mom for treats and sweets on the entire tour. GRB Bells is the hands down winner. He had chips and salsa! He had Dilettante Chocolates! He had several varieties of nuts. He had little goodies. Good work, my man! We partook of the treats and we liked the best art tour location for treats. Kudos! shall always remember you fondly

So, there you have it. Me and my



rickf@irfl.org jlamb@irfl.org

Visit our website for uncensored information about our emergency services organization.

Call or write us with your questions, opinions or stories about our fire department. (Sources kept confidential upon request.) Contact us for membership and newsletter subscription information.

Afrodisiacs Spread Disco Fever

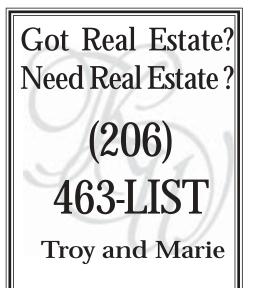
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three of our favorite wineries: Andrew Will, Vashon Winery, and Owen-Sullivan (now called OS). So while you are perfecting your moves on the dance floor, or sipping your favorite libation, you can take further satisfaction in helping our local female soccer queens boot themselves all the way to Italy to represent us in grand Vashon fashion! At \$20 a ticket, this kind of entertainment will be a night you will not forget! Tickets can be purchased at Books by the Way, the Vashon Bookshop, and the north end ferry espresso stand.

It's a hard job supporting these kids and their goals, but somebody's gotta do it! Put your dancin' shoes on and come boogie down with us at the Disco Soccer Ball! Space is limited so get your tickets early. For more

information contact Jane Howard at 206-769-6291 days or 463-5527 evenings.

The Afrodisiacs can be seen every Tuesday night at the Clearwater Casino in Poulsbo and every Thursday night at the Tulalip Casino in Marysville and are featured headliners on Fridays and Saturdays at various local clubs around town including the Fenix in Seattle and the Shark club in Kirkland. യയയ





Spiritual Smart Aleck by Mary Litchfield Tuel Listening Like It's Not Too Late

Fl!p Breskin (yes, that is how she spells her name) is a songwriter who has written a song titled, "One Heart at a Time:"* "The way we're going to heal this world is one heart at a time; man and woman, boy and girl, one heart at a time; heart to heart our lives entwine, heart to heart our hopes combine, it starts with your heart hearing mine, one heart at a time."

Go, Fl!p.

It's a grown-up idea, and I like it, and it comes at a time when people seem to hardly listen to each other, and respect each other not at all. Sometimes I get so overwrought and angry, that I have to take a deep breath, step back, and try to keep my lip – and my computer – buttoned until I have regained a more, shall we say, Christian perspective, the perspective of love that "...bears all things, believes all things, hopes all things, endures all things." — 1 Corinthians 13:7. Someone probably read it at your wedding.

"Look at what contempt has cost, one heart at a time; every chance for closeness lost, one heart at a time; Find the courage that we need, to face each other's rage and greed, Listening is the future seed, one heart at a time."

It absolutely flummoxes me when people make angry

assumptions about what I think or feel or how I will or ought to behave, but a few people have done that recently.

Perhaps affects me so deeply because I grew up with that kind of judgment. I cannot forget walking down the street in San Francisco with my mother in, oh, 1965 or so. There family was a walking ahead of us, a mom, a dad, a

daughter, and a teenage son. The boy had shaggy hair and a horizontal striped tee shirt. "Communist," my mother spat. I was startled. I asked her, "Why?" It was the boy's longish hair and striped tee shirt that told her all she needed to know, it turned out. To her thinking, anyone in a striped tee shirt was a Democrat. Democrats were Socialists, and Socialists were Communists. Therefore, the kid was a Communist.

I was around 16 years old at the time, so you'd expect me to think my mother was whacko, but forty years later I look at that thought progression and I *still* think,

"Whacko." I didn't have the presence of mind at the time to run up to the family and ask, "So are you Marxists or Stalinists?" Hey, whacko as it sounded, I suppose there's a chance my mother could have been right.

Fear and judgment and blind self-loathing are palpable these days, in the air, in the social fabric. The entire world seems to be wound up pretty tight. Something a wise teacher said to me almost forty years ago popped into my memory this week: "When you are a sane person living in a psychotic culture, it can make you feel crazy."

Jesus told us to love our neighbors as ourselves, but if we don't love ourselves, the living out of that commandment becomes a gruesome spectacle of persecution and hatred. We'd rather use God as an excuse for inflicting pain on others than go through the very great inconvenience of being transformed by God. Then, because God has been used as the excuse, people blame God, forgetting that it was human beings who hurt them.

Sometimes I find myself caught in the sadness. Some days I cave in to despair at the behavior of my own species. Some days I think the devil is laughing loudly.



Some days I listen to Fl!p's song, and I remember that we're all God's children, and that doing what I can do, difficult as that may be, has to be enough. Then I take a deep breath, exhale, repeat as needed, say my prayers, and go on.

"People of all different kinds, one heart at a time; linking lives and hands and minds, one heart at a time; links of caring we create can pull the world away from hate, listening like it's not too late, one heart at a time."—

*©2004 Fl!p Breskin

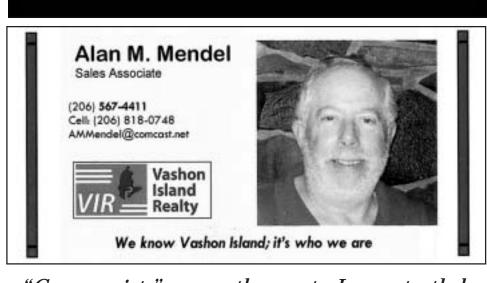


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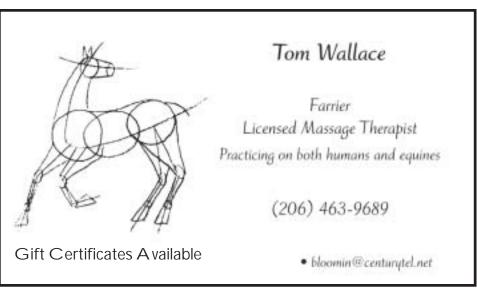
By the cup, buy the pound - wholesale & retail



"Communist," my mother spat. I was startled.

I asked her, "Why?" It was the boy's longish hair and striped tee shirt that told her all she needed to know



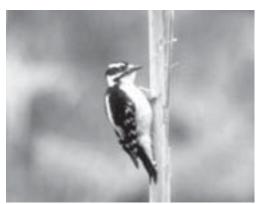


Don't Forget the Birds

By Ed Swan

Downy and Hairy Woodpeckers

Habitat change generally means exchanging one set of birds for another. When loggers cleared Vashon's timber back in the late 1800's and early 1900's, the island likely traded one small, white and black woodpecker for another. Originally, old growth Western Hemlock, Douglas Fir and Western Red Cedar covered most of the island apart from a few burned areas and some stream corridors. As that habitat disappeared in the logging,



Jim Rosso photo of Downy Woodpecker

brushy thickets and early Red Alder and Big Leaf Maple sprang up to replace it where farm fields weren't plowed.

Before European-American settlement, Hairy Woodpeckers probably inhabited the oldgrowth coniferous woods in pretty good numbers. Now merely one or two Hairies show up each year. Downy Woodpeckers likely were rare but now breed and are found fairly common year round. The Downies like deciduous and mixed deciduous and coniferous forest. Mixed woods make probably the largest single habitat type on the island currently, so Downy Woodpeckers abound. They also readily visit suburban yards and gardens and like suet feeders, providing them with an even greater ability to expand their population. While Hairy Woodpeckers prefer coniferous forest, they may be found in mixed woods but Downy

> Woodpeckers remain unlikely to be seen in a purely coniferous forest. predominantly use deciduous trees for nest sites consisting of holes that they excavate themselves.

> The two species appear remarkably similar with size being the only difference. Hairy Woodpeckers average about three inches larger than Downy smaller Woodpecker. When one

doesn't see them side by side to compare, one may look at the bill length and shape. Woodpeckers possess a thick, sturdy bill that looks at least half as long as the width of the head. Downy Woodpecker beaks consist of a very thin and short bill. Both birds have white breasts and bellies, black backs and wings with white patches and stripes and a black and white striped head. Males show a small red patch at the back top of the head.

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Horus' Pick of the Week:

Aluminum hydroxide for overindulgence in food and drink. He doesn't like it, and neither do I.

463-3401

\$5. nail trimming with no appointment. 17321 Vashon Hwy. Big Red Building w/Animal Stuff on the porch

seeing the first Western Tanagers Colvos for the third year. Sue

Jim Rosso photo of Hairy Woodpecker

on April 30 and Warbling Vireo on May 3 both in Paradise Valley. I noticed 5 Least Sandpipers on May 3 and Gilbert and Jean Findlay spotted a rare shorebird for Vashon, the Whimbrel, at Point Robinson on May 8. Gary Shugart saw a hen turkey with three chicks wandering along Westside Hwy, likely escapees. They have been introduced and self-introduced successfully in several areas

Neotropical migrants continue around the state. Rich Siegrist has to return with Sue Trevathan Barred Owls around his area near

> Trevathan and Ron Simons found Caspian Tern and Swainson's Thrush on DNR lands and two female Black Scoters at Pt. Robinson, which is late for the scoters. Sherry Bottoms had a Mourning Dove along Westside Hwy by Lisabeula and baby juncos being fed at her place. Jill Andrews found a Mourning Dove unsuccessfully attempting to feed at her feeder. It's possible that they may breed on

Vashon; I would like a report of any possible breeding pairs. Joy Nelsen heard and saw an Olivesided Flycatcher in the first week of May. If you have an interesting sighting or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net. oooo

Spring is here! Check out Kathy's ad on page 20

69. Ground

70. Side note

71. Location

72. Alleviate

74. Skimpy

76. French city

75. Alter

73. Part of the UK

45 69 72 74 73 Down 10. Christ's gift bringer 32. Correct

11. Excite

21. Cation

27. Nick

28. Scent

22. N.A. Indian

25. Springsteen fave

29. Baked pasta dish

31. World organization

12. Fine

1. Alloy

3. Doings

4. Content

5. Vintage

6. Harleys

7. Nimbus

8. Baseball playing area

9. East southeast

2. Decorative needle case 13. City

Across

1. Marrow 5. Gall

10. Business note

14. A sketch

15. France's "Sun King"

16. Short for lightweight metal 17. Stringed instrument

18. Jibe

34. Seaweed substance

38. Crown of the head

36. Say

39. Ne

40. Canal

41. Dummy

48. Unlucky

52. Seafood

46. For fear that

47. Promissory note

19. Festive

20. Discharge (publisher, f. ex.) 53. Mesh

22. Towing conveyance

23. Goddess

24. Peter and Wendy

26. Terminal abbr. 27. Twelve (abbr.)

30. One of Columbus' ships 33. Resort hotel

35. Revise

37. Stumped

42. Musical symbol

43. Thirst quencher

44. Air (prefix)

45. More than bilionth

49. Churn

50. Constellation

51. Costly

54. Clairvoyance

57. Take to court

59. Luau dish

61. Stumpy

63. In the closet

D-JF

54. Painter Richard

55. Cackle

56. Handbag

58. Written material

60. Rome's country

62. Some (2 wds.)

64. Weight unit

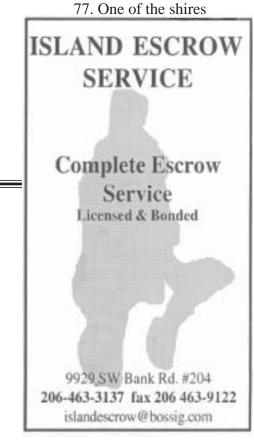
65. Adam's garden

66. Dunking cookies

67. Not far

68. Went into the water

70. Leather worker's tool Solution on Page 19



The Vashon Loop, p. 8 Island Life

Text & photos by Peter Ray

Isle Garden Idyll

I can't remember for sure, but I believe it was garden writer Allen Lacey who, in a talk he gave years ago, spoke of the unintended lie of the garden photograph. In selecting a given composition, the photographer frames a certain area, possibly ignoring a glaring hole or



Slave to the Green Goddess Flora

unsightly object nearby, and then the shutter on the camera opens and closes capturing not only the plants, but a single moment in time. Having done the garden photography thing, I know that it takes a multitude of these moments to get the perfect picture, which is what those glossy magazine and coffee table book editors are looking for. I also know that after a given session of moment-grabbing has ended, that perfect

scene has passed on into the past. From a subtle change in the light to, say, an eighty-foot alder falling into your otherwise serene garden setting, nothing is ever the same out there in the garden. That is, of course, why we wander out into the dirt and foliage, day after day—to see who has mingled with what and to figure out what we might poke, prod, add or remove to get that particular moment closer to being right. And maybe, just maybe, it will be next year.

As for this year, there is a lot right with what I saw on the fifteenth edition of the annual Vashon Allied Arts Garden Tour. From the sprawling rows of a lavender field to the postage stamp plant musings in the land of "English Cottage run amok," this year's group of five Island gardens offers a wide variety of styles and ideas to choose from. Given the fact that my garden preview moments took place a full two weeks before the actual tour, your experiences may vary from the ones I ambled through. But there is enough diversity in all of these gardens so that a fortnight's worth of change of moment will be no less fun and fascinating to see.

I started my preview tour with a little joke to myself about limiting my stays in each garden so that I could sandwich this botanical roundabout into the collection of moments between leaving the close of Saturday Market and arriving on time for dinner in Issaquah by 5:30. The accompanying string of mental ha-ha's could have hidden a length

of field fence long enough to stretch at least from here to Hidcote. Sometimes my personal goals are perhaps a little unreasonable. About a half hour into my first stop at Cindy Johnson's garden the internal laughter got louder, but as usual I'm ahead of myself.

> As I wheeled up to the gate at Cindy's, the climbing roses on the property length of trellis were just breaking bud and the wisteria was in full flower and fragrance. This garden was designed by landscape architect Steve Worthy, someone whom I happened to have taken plant classes from back in the early eighties. I've watched the garden develop from both inside

and outside the fence and most of the myriad of island beds and borders are coming into their own as far as bold statements of texture and color are concerned. I found Cindy tidying the rows of lavender at the backside of the property, while husband Mark Wheeler wheeled around on the mower, working hard to keep the excited Spring grass growth in check on the labyrinth of lawn pathways throughout the yard. As I walked



The Woodland Labyrinth

around with Cindy, she pointed out some of her current favorite areas. There is the gold border with a tapestry of foliage shapes in shades of green and yellow. Elsewhere, a new planting of chartreuse hostas lit up the under story beneath a grouping of purple leaf smoke bushes (Cotinus). In the distance, the gold-leafed hardy geranium 'Ann Folkard' was starting to do its sprawling thing beneath a stand of the blue-gray leafed species rose, Rosa glauca. We talked about simplifying things in the garden, which meant of course that both of us now had the internal laugh track going. After five or six false starts, I headed on to the next garden.

As has been noted many times at least in this realm—the cool thing about these tours is that they allow one to do the mini-Star Trek thing and go many places where you may not have gone before. This is the case with the garden of Sheila and Bryan Park. Having crossed through the front courtyard and its eclectic selection of plants, and noting the British accent as Sheila greeted me

at the front door, I expected to hear a tale of a dyed in the wool gardener from those other Isles finding herself at home in a similar climate. This was not the case. Sheila had sworn off gardening after a childhood spent under the tutelage of her grandfather in an English veg patch. It wasn't until designer Jil Stenn had laid out the framework for the garden around their new house seven years ago that Sheila "caught the gardening bug" again. It was this new found enthusiasm, combined with the protection gloves offer a gardener regarding contact with worms, that inspires Sheila to spend of her time tending the garden that wraps their home, and it shows. One of my favorite areas here is a grove of pink hardy fuchsias that have been pruned into multi-trunked tree forms that lend an almost surreal sense of scale to a small courtyard south of the house. One is easily distracted here in the garden from the grand view the site has of Colvos Passage.

Arriving at the garden of Sapphire Blue and Gordon Smith and finding no car in the drive, I thought maybe I might have a chance to make that boat since neither of them appeared to be home. I was wrong—at least about the time I might spend in the garden. I remembered the entrance arch cut through the laurel hedge from the last time I was there for another tour, but the Chilean Fire tree that was glowing brightly in full orange-red flower and peeking over the top was

a complete surprise. What followed as I wandered from garden room to room was a sequence of surprises-obviously the moments that had passed since my last visit have been very good to this garden. Aside from the maturing specimens of a multitude of plants from perennials to trees, I came around one corner to find a color riot in progress with a long chorus line of candelabra

primroses making their pink and yellow voices heard over an undercurrent of blue-violet ajuga. And the woodland labyrinth walk that had just been put in place before my last visit was now looking a bit like a wild but well tended mystical space. My time budget was completely shot now, but I dashed onward.

At the next stop, I managed to catch gardener Cathie Jensen for a quick walk-through before she jetted off. And if I had missed her, I probably wouldn't have known that. just a few days before, the previously mentioned eighty foot high alder had indeed come crashing into her back yard, taking out part of the deck and doing some unscheduled pruning on some of the trees and shrubs. Things cleaned up quite well here. Part of what I liked about this garden is its sense of enclosure. Even though there obviously had been the possibility of opening up a dramatic view of Quartermaster Harbor, only brief glimpses are offered so that most of one's focus is kept in the garden. mixed border

encompasses the lawn, forming a varied tapestry of foliage form and texture. A favorite foliage vignette was a simple combination of hemlock needles, Hellebore leaves and a bold stand of Maiden Hair ferns. Close by was one of the largest stands of Green Goddess calla lilies I've seen.

As the dinner hour came and went, I knocked at the gate of Bobbi Arnold and David Erue. Dave was in the process of firing up the barbecue and Bobbi was testing the



That Darn Tapestry

waters of a new found passionbonsai. I was treated to a whirlwind cook's tour of the garden, which involved many personal plant histories, like the ten-foot high bay tree that came from the Thriftway racks years ago as a four inch pot. Hostas that now carpet many areas in the garden started off as grocery store marked-down bargains. And many of the rhododendrons and azaleas now blazing in an array of colors were mere cuttings from M's Nursery many years ago. There is a ton of stuff packed into this small space and a bunch of good ideas as well as great gardening practices that, combined with all that I had seen earlier in the day, just made me want to get home and get gardening.

Yes, I did miss the dinner that night, but seeing these gardens was more than worth it. On June 4th and 5th from 11 to 5, you too can see what all the garden noise is about. Tickets for the tour are \$20 for general admission, \$18 for VAA members, seniors and students, and children 4-7 get in for \$10. There is also a Friday night preview tour at 5pm for \$75. For phone information call 463-5131, or go to their website at www.vashonalliedarts.org to learn about the docent led tours, free workshops and other tour related events.

There are three postcards this week, one buck for each one. Or if you'd like, send any amount to receive these cards and more in the future. It has come to my attention that some people would rather send the cards than have them sent to them, so please specify if you would like to receive them as individual postcards, or get them in a packet to send out yourself. Make sure you include your mailing address. Send all requests to 10322 SW 165th St., Vashon Island, WA 98070

May 18, 05 The Vashon Loop, p. 9



Throw Them All Out!

on vacation and their chosen place of escape and recreation is suddenly thrown into chaos? If you happened to be Whidbey Island documentary filmmakers Melissa Young and Mark

Dworkin, natural response would more than likely be to pick up a camera and start filming. This was what these two did visiting while Argentina in 2001 when the economy there collapsed and hundreds thousands workers lost jobs as

businesses went bankrupt and the middle class disappeared leaving a rich elite and legions of poor. Prices were up three hundred per cent, unemployment was running at forty per cent and the state of the economy was described as being worse than that of the United States during the depression of the 1930's.

The result of Young and Dworkin's labors is the 2005 documentary, Argentina-Hope in *Hard Times*. What we are shown here is a spontaneous look at events as they were unfolding as the Argentinean economy crumbled, and oddly enough we are made witness to how a truly democratic society responds to difficult situations. People took to the streets to demonstrate and protest in many places and at all hours of the day and night. Rather than give up hope, people devised alternative means to earn an honest, if meager living, taking over bankrupt factories and collecting cardboard through the night, getting paid by recyclers for what they could glean from other people's trash. We also see people helping people, neighbors supporting neighbors and a strengthening of the Argentinean will as a result. One might even say that this is a bit of a cautionary tale for the current American beacon of worldwide democracy, but that might disrupt the glazed over complacency of the

What does one do if they are American populace—at least parts of it.

> The Backbone Campaign will be bringing a one time screening of Argentina- Hope in Hard Times to the Vashon Theatre on **Sunday** May 22nd at 2 p.m. The suggested



donation for the screening is \$5. Filmmakers Young and Dworkin will be on hand to discuss the film after the screening, which is being co-sponsored by Results, Global Links, the Vashon Democratic Club, Sustainable Vashon and the Vashon Green Party.

Speaking of activism, for those who missed the local screening of **The Future of Food**, PCC Natural Markets have copies of the DVD on sale at selected stores, and there will be free screenings of the documentary the weekend of May 20th -22nd at three different locations. Check the websitewww.pccnaturalmarkets.com for further details.

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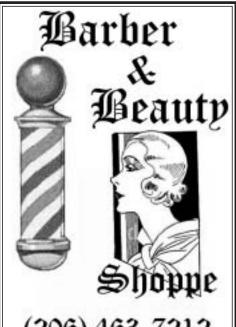




Hajime Sato. Mashiko owner & sushi chef invites Islanders to come to West Seattle to try West Seattle's only Japanese-owned resaurant

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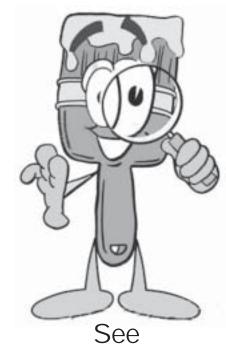


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True Value's spot on page 13 for tips and deals

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Deadline to get in *The Loop* is Friday, May 27. Email editor@vashonloop.com or, if you MUST, snail mail PO Box 253, Vashon, WA 98070

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Published every two weeks Paradise Valley Press © May 18, 2005 We love Vashon Island! The Vashon Loop, p. 10

Dating on an Island

by Jessie Preste



The other day, while I was cleaning out the worst of the biology experiments from my fridge, I was thinking about boundaries. There are many different kinds: physical boundaries, like the fence keeping out the deer from your prize rosebush, physical boundaries that you determine to keep yourself safe in any interpersonal relationships, and the fairly recent catchphrase, "emotional boundaries," to protect our emotional well-being, and so many others...

Physical boundaries of the first sort can keep something out, keep something in, or act as material manifestation of our will serving to protect or deflect, or a more benign barrier such as a ring of orange cones around an open manhole cover, warning us not to fall in.

I put up a privacy fence between my neighbor and myself to serve as most if not all of those reasons. Last weekend, something truly outrageous happened, bringing the whole concept of "pettiness" to a new high between my neighbor and myself. I have further reflected that this whole thing is fairly ridiculous, and quite honestly, what's more important? My sanity and my health? Or monitoring every whack thing my neighbor does on the other side of the fence? Key words — "other side of the fence." I cannot control another person's behavior, and I have to stop giving this person my energy because it is that which enables him to have control of the situation and allows things to get more nuts. I have reacted out of fear and anger and every reaction of mine feeds the malignancy rather than dissipates it. It is time for

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The other day, while I was aning out the worst of the logy experiments from my dge, I was thinking about andaries. There are many ferent kinds: physical indaries, like the fence keeping things to change and I have to be brave enough to step up and be a part of the solution, rather then exacerbating the problem. This conundrum led my thoughts to other kinds of boundaries, like emotional ones.

We are taught mostly at a young age to be protective of our physical selves, knowing that it is definitely NOT okay for someone to hit us, or to have any sort of physical interaction with us that is against our will. But what about the murky area of emotions?

What if we are in a relationship and someone says something that is hurtful or belittling to us? What are we afraid of if we stand up for ourselves? Are we afraid that that person will leave us or be even more unkind? This brings to mind a story that I read in an article (I can't remember which one right now) which illustrates the idea of healthy emotional boundaries: Two kittens are playing, one chomps down too hard, and the other cries out. The chomper immediately backs off the chompee, and they resume playing. No harm, no foul; neither the chomper nor the chompee is angry and resentful, they were just establishing where the point of too rough was. As the kittens get older and they get stronger, new boundaries are continually set, one by crying out which is the signal for the other to back off and acknowledge that that is the limit of play. This illustrates, to my mind anyway, what a respectful boundary may be. What if the chomper doesn't back off? Well, that would probably signal that there are other issues at work. If you are in interested in the concept of setting personal boundaries, there are some really interesting articles out there on the Web, or talk to a licensed health care person.

And just a little quote from Eleanor Roosevelt, "Nothing we learn in this world is wasted and I have come to the conclusion that practically nothing we do ever stands by itself. If it is good, it will serve some good purpose in the future. If it is evil, it may haunt us and handicap our efforts in unimagined ways."

Next get together of the singles' group is next **Tuesday**, **May 19th** at 7:00 p.m. at Rock Island Pizza. Come on out and have some fun with us! We'll also talk about continuing the Personals, so if you have any input, let me know! You can always reach me at jessiepreste@hotmail.com. 'Till next time!





Senior guys and dolls pose before heading off to the big event -Senior Prom 2005. You are almost done, kids! Hang in there and be safe. Your community loves you.



West 5 Launches Happy Hour!

Submitted by Dave Montoure, owner

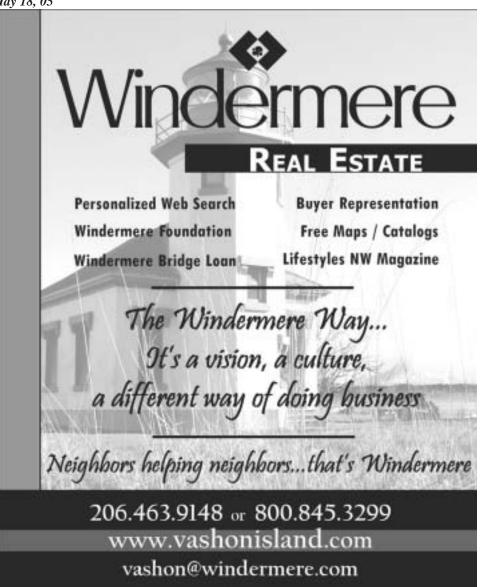
We here at West 5 are pleased to introduce you to Happy Hour - We s t

Seattle Style. Every day from 4:00 to 6:00 we feature a rotating cast of Specialty Cocktails (try our Mai Tai!) for \$4.00 & \$2.50 pints of Manny's Pale Ale. Even better - all West 5 Appetizers are priced at \$4.00 (and we don't skimp on the

portions, you'll get our standard size app - perfect for sharing!). Check out our spring menu -

come pay us a visit in lovely West Seattle. And remember, all our savory delectables are crafted in the West 5 Style with all-fresh (never fried) ingredients and in-house culinary m a g i c . www.westfive.com.

May 18, 05



Voter Fog

Continued from page 1

Lehto opened by saying simply that voting is a fundamental right guaranteed by the U.S. constitution and that if the people don't retain their right to control elections, nothing else matters. He said that by signing a contract with the Sequoia Company, a private vote counting concern that supplied the touch screen voting machines that were intended to record some of the votes in the 2004 election, the Snohomish elections board allowed the count of part of the vote to become the private property of Sequoia. There is evidence that Secretary of State Sam Reed lobbied for the Sequoia machines, even though three contractors had submitted proposals and the contract was supposed to be let through an open bidding process. Because Snohomish County was a fairly unique situation where both touch screen and paper ballots were in use, parallel voting studies showed that the tabulations on the electronic machines favored the Republican candidates while the paper ballots went more for the Democrats. There were thirty reports in Snohomish of voters selecting Kerry on a touch screen machine, only to see during the verification process that their vote had been switched to Bush. A number of these malfunctioning machines were taken out of service early, some with thirty votes or less counted on them. On these machines it was found that Rossi had received as many as fifty percent more votes than Governorelect Gregoire.

Bev Harris followed Lehto with a broader look at irregularities in the 2004 election. Her organization, Black Box Voting, warned of the possibilities of vote tampering through electronic voting machines two years before the 2004 election, and she has demonstrated on national television how the vote can be hacked. One of the many statistics she cited through her talk was that the stack of documents detailing voter "irregularities" in the 2004 Ohio election forms a pile seven feet high. Others include the fact that there was a universal login on the security system for all the Diebold electronic vote tabulators used widely in the last election, and that was "admin". She also said that the proposed addition of a single touch screen machine to any polling place, as might soon be required as a part of a disabled persons voting access ruling, would open up an otherwise secure voting site to remote access hacking.

Both speakers agreed that the only way truth and accuracy can be returned to the polling place is by getting rid of the touch screen machines and reinstating the paper ballot system. More information on the Snohomish lawsuit can be found at www.votersunite.org. The website www.blackboxvoting.org is where information on all of Harris's many cross-country investigations can be found.



Bev Harris Speaks Out





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With support from the Island Remediation & Public Participation Committee

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This event is funded in part through a grant from the Vashon-Maury Island Remediation and Public Participation Center through a grant from the Washington State Department of Ecology





CERT Graduates

By Catherine Cochrane, Vashon CERT Manager

Vashon-Maury is better prepared for an emergency this week due to the dedication of twenty-one community volunteers. On May 4th these individuals completed Vashon's Community Emergency Response Team (CERT) training program. Their dedication to our community is recognized and greatly appreciated.

With the completion of the forty-hour program, including an all-day disaster drill, these individuals are now trained to assist the community in a consistent and organized fashion. Being CERT trained means learning and practicing personal preparedness, disaster first aid, medical triage, hazard assessment, fire suppression, light search and rescue, and disaster psychology practices. Vashon CERT's training also includes basic leadership principles and how to setup a command post to coordinate CERT response and radio communication.

But their training opportunities don't stop there. During Vashon CERT's quarterly meetings they participate in skills reinforcement drills. They also take part in cross-organization, communication drills with the on-island Amateur Radio Emergency Service (ARES), Vashon Island Fire and Rescue (VIFR), and



the Emergency Operations Center (EOC). And if that isn't enough there are county and state sponsored disaster preparation drills and training available throughout the year.

The CERT organization now totals forty-eight trained volunteers whose primary purpose is to support our first-responders in an emergency. Coordination for Vashon CERT during an emergency will be done by VIFR's incident commander. However, Vashon CERT members may act independently as self-directed teams when communication with a higher-level, incident command is impossible.

Many thanks to all those who made the CERT 05-01 Class a success: Chief Jim Wilson for his support of this program and making VIFR resources available to make it happen; Lt. Candy McCullough who volunteered countless hours to identify trainers, assemble supplies and equipment, and conduct classes; Wendy Wharton and David Parker who ensured the classes went smoothly in their roles as class monitors; and Barbara Cooper and Susan Wolf for their behind-the-scenes assistance. Plus, a special thanks goes to the many volunteers who made the disaster drill realistic and challenging.

Islanders have always helped each other in times of need; however, Vashon CERT training gives our citizens the decision-making and practical skills to do so effectively and efficiently, working as a team, while ensuring the safety of themselves and others.

Find out more about CERT and the training offered by Vashon's CERT organization by talking to your neighborhood CERT member, or contacting Michael or Catherine Cochrane, CERT Managers at (206) 463-4558 or email at certvashon@yahoo.com or call the VIFR business office at (206) 463-2405.

Thanks to Disaster Drill Participants

Vashon CERT would like to thank all the folks who came out on April 30 to give our new CERT graduates a challenging day of practice. They are:

Chelsea Cole, Wendy Wharton, Mary Steyh, Carl Sells, Jessica Bean, Jason Bean, Hannah Higginbotham, Paul Millage, Jill Bulow, Maya Bulow-Krah, Mike Parkis, Pascal Py, Randy Lamb, Rick Wallace, Elder Morley, Elder Nielsen, Jim Boardman, Bridgid Westphal, Fiona Westphal, Pete Wolf, Angel Maez, Abby Maez, Karen Peterson, Susan Carlton, Zachary Carlton, Annelise Bogue, and Lynn Mahurin.

A warm thank you to all of you...see you next class!!!



Vashon Allied Arts Boosts Membership Benefits May Membership Month Underway

Keep an eye on that mailbox. Vashon Allied Arts will be delivering some surprises this month as the organization embarks on its annual membership drive. In preparing for the drive, VAA revamped its membership offerings and in the process has made a number of improvements in member benefits. The all-Island mailing of the group's membership brochure is only days away and you will be able to get all the details in the brochure or at www.vashonalliedarts.org.

Thriftway Plaza 463-3852

8-7 Monday-Friday,

8-6 Saturday & Sunday 9-4

When you receive the brochure you will see that some things haven't changed. All members still receive a 10% discount at the Heron's Nest arts and crafts gift gallery, discounted tickets to VAA performances, waiver of class registration fees, and the Island View magazine mailed to their home. Two free tickets to VAA's annual Nutcracker performance have been added to the benefits list this year.

Membership pricing has been adjusted slightly. New this year is a special senior price of \$30 for the Basic membership level, which will rise slightly to \$60 for families and \$35 for individuals. "We had not adjusted our Basic membership prices for seven years," reported Jason Everett, VAA Executive Director. "We wanted to accommodate our senior population and at the same time recognize the inflation that has taken place since we last updated our membership structure. In addition," he continued, "we know that most of our members more than recover their membership cost through the discounts we offer." Over 700 Island families are VAA members.

Membership benefits have been further increased for Sponsor level members and above. For example, Circle level members will enjoy new 10% discounts on purchases at Silverwood, Gallery 070, and Blue Heron art galleries, as well as at Madigans Home Décor and Gifts. Members at Gold, Platinum, and Diamond levels will receive free admission to the Friday night preview party for the upcoming annual VAA Garden Tour, among other new benefits.

Help Is Just Around The Corner.

"Without our members and their contributions, we simply could not deliver all the services we provide to the community." said Everett, pointing out that VAA offers 150 arts classes each year; over two dozen live performances of music, drama and dance; monthly fine art exhibitions with a First Friday reception; the Blue Heron Dance Ensemble; and the Heron's Nest gallery featuring the work of some 90 island artists. VAA also manages the Vashon Artists in Schools program, a nationally-recognized partnership linking teachers and artists to enrich the arts education received in the local schools.

VAA also supports the broader arts community. VAA is the largest employer of artists on Vashon. Last year VAA paid over \$230,000 directly to artists to exhibit, perform and teach. In addition, VAA publishes the free monthly arts publication Island View; underwrites insurance for arts events; and hosts an online arts and community events calendar at VashonCalendar.org.

The organization does this work even though it must raise 40% of its budget from scratch each year to pay the costs not covered by earned income such as ticket and art sales. That job is made all the harder because, unlike many community arts organizations, VAA receives no city funding, given that Vashon Island is unincorporated. As Everett puts it, "If we want vibrant and enriching arts experiences on Vashon, it's up to all of us to make it happen."

The Vashon Loop, p. 14 May 18, 05

LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



ne hundred years ago, medicine in this country was very different from what it is today. According to herbalist Michael Moore, we once had "a rich and diverse community of squabbling physicians that represented several sophisticated medical 'sects.'" These sects included Regulars, Eclectics, Chiropractors, Homeopaths, Osteopaths, and other types of MDs. They went to different medical schools but sat for the same Boards before entering practice. In 1915, there were 8 accredited Eclectic schools, 9 Homeopathic schools, 7 African-American only, and 3 women-only medical schools. By 1940, only allopathic (or Regular) schools remained.

This dramatic change was brought about by a report on the state of medical education in the US. Today, this report is still praised as having taken the medical curriculum "out of the hands of quacks and put it on a sound scientific footing." But this praise would not continue if more people knew how the American Medical Association (AMA) shaped the report to drive non-Regular MDs out of practice by closing their schools and defaming their public image.

At the turn of the century, doctors were not viewed as godlike creatures and their incomes were on par with those of mechanics. The AMA was formed in 1847 and worked primarily to increase the status and the income of Regular physicians. From the beginning it sought to achieve its goals by denouncing the "quackery" of its colleagues, eliminating "alternative" medical schools, and reducing the number of graduating MDs. In 1904, the AMA adopted a plan to close half of the medical schools in the US. The next year, it formed a Council to "fight the war on quack patent medicines and nostrum trade." But by 1908, the AMA was losing ground due to in-fighting and a lack of money to wage attacks on its colleagues.

At that point, the Carnegie Foundation stepped in. Carnegie offered to complete a report on medical schools "guided very largely" by the AMA. It promised

The Demise of the **Eclectics**

not to disclose the AMA's role so the report would have the "weight of a disinterested body, which would then be published far and wide. It would do much to develop public opinion." Carnegie promised that when "our report comes out it is going to be ammunition in your hands" and urged that it "is desirable, therefore, to maintain in the meantime a position which does not intimate an immediate connection between our two efforts."

Having struck this deal, Carnegie hired Abraham Flexner, an unemployed schoolmaster, to prepare a report on the state of medical education in America.



Flexner "was not a medical man" and had never set foot inside a medical school. He had no background in anatomy, physiology or the clinical care of patients. Flexner nonetheless visited and critiqued all of the 155 American medical schools. On average, he spent 1.2 days traveling to and inspecting each school, not including the time he spent at home writing up his report. (Remember, there were no cross-country flights back in 1910.) Flexner often sought the advice of the editor of the Journal of the AMA. Flexner's brother, an MD and director of the Rockefeller Institute for Medical Research, also had a significant influence on the report.

The report was published in 1910 and created headlines in newspapers across America. While many medical journals criticized it as full of errors, "raw malice, and unpercolated venom," Flexner's descriptions of inadequate, filthy medical schools filled with decaying cadavers grabbed the news and its images swayed the public.



The report wanted the supply of doctors reduced so that existing physicians "could make a competent livelihood." It recommended cutting the number of medical schools from 155 to 31 to dramatically reduce the output of physicians. It wanted all privately owned medical schools closed. Private schools rely more on tuition fees than donations from groups like Carnegie or Rockefeller, and were more likely to "over-produce" medical school graduates.

The 1910 report, true to the AMA view, described chiropractors as "unconscionable quacks" and the Eclectic physicians -- who used herbs back when allopaths used mercury -- as "drug mad." recommended closing the three women's schools because women "show a decreasing inclination to enter the profession". Five of the seven African-American medical schools were to be closed. The report suggested that two remain open because African Americans were a "potential source of infection and contagion" and needed their own physicians. However, hygiene, accentuated at these two schools. Overall, the report put research before practice. Teachers were to be scientists not clinicians. In 1913, Flexner joined the board of Johns Hopkins University to help disperse millions of dollars in grants to develop a chemically oriented



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book "Clinical Botanical Medicine."

If you have questions about herbs, come by Minglement on Mondays or Wednesdays to meet Kathy. If you are interested in a private herbal consultation, you can pick up a brochure at Minglement that explains her services & how to schedule an appointment

medicine shortly after securing a \$1.5 million gift from Carnegie to Johns Hopkins.

Flexner and the AMA did raise some valid issues. Medicine was (and remains) far from perfect. But their emphasis on the business of medicine and the foisting of a homogenous drug and businessoriented medical model on the public at the expense of diversity in clinical practice was ultimately harmful. rather than surgery, was to be Painting alternative medicine as useless quackery has not served the public well. Americans would be healthier if the medical system remained eclectic -- that is, always looking for the best solution for the individual patient, even if that solution is a non-patentable plant medicine.



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If This Were an Actual Emergency

by Jeff Hoyt

The earth shook, but you didn't feel it. The island was cut off from the mainland, but you didn't know it. Voice of Vashon went on the air to tell you about it, but you didn't hear it

On Saturday, April 23rd, VoV participated in the first full test of its emergency broadcasting capabilities. Our "A team" of volunteers gathered at the station to receive our instructions. The first order of business was to turn off Voice of Vashon's Internet web stream so no one could hear what we were doing. Why? Two words: Orson Welles.

Then, islander Rick Wallace (long-time former newsman and key participant in the island's disaster planning effort) handed us our scenario:

A powerful earthquake had struck the Seattle area less than an hour earlier. There were already reports of major damage and the Seattle media was reporting significant loss of life. Cell phones were clogged, but regular phones were still operational. Rumors were flying and ferry service was suspended.

That's all we knew.



"A Team" volunteers Susan McCabe and Jeff Hoyt read bulletins on Voice of Vashon during VoV's recent test of its emergency broadcasting capabilities.

Our engineering team walked through the steps they'd take to fire up a generator (if power had been knocked out) and broadcast a signal at 89.1 FM that could cover most, if not all of the island. Meanwhile, if this had been an actual disaster, three teams of six volunteers would each be making certain that their homes and families were safe before reporting to the radio station on Sunrise Ridge. Once we could determine how many people we'd have available to us for the next

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several days (some of them might even be stranded off-island), shifts would be assigned and the A team would go on the air.

My job as anchorperson during a disaster is to remain calm, and try to keep from saying anything that might mislead listeners or cause panic. For the purpose of the test, the other members of the team were given envelopes with snippets of information that they were to relay to me at precise moments during the crisis timeline.

Even though I knew this was just an exercise, the mere act of opening my microphone and announcing the quake was stress-inducing all on its own and I could feel a very real sense of dread and anxiety. If and when the Big One hits, the role of anchorman will be nothing like the occasional tornado or blizzard coverage I provided back in my rock 'n roll radio days. In those scenarios, we knew that listeners would just tune to the local news/talk station for all their information, so we were free to cover the emergency any way we liked. Here on Vashon, though, a serious crisis would be a very different kind of event. Islanders

could tune to KIRO, but they would not likely hear a single thing about Vashon Island. The focus would be on the mainland for perhaps several days. Our job at VoV during an emergency would be to provide critical information that had specific relevance to our island community.

Two minutes into the test broadcast, the phone rang and I was talking to Voice of Vashon's liaison with the Emergency

Operations Center, Walt Stempek. He informed me that the EOC was now open, emergency workers were arriving, and that there were no confirmed reports as yet of injuries or damage on Vashon Island. After that, Susan McCabe had a report that the Judd Creek Bridge was closed until damage could be assessed. Steve Allen called in to say that Puget Sound Energy was reporting widespread power outages and that islanders should turn off their gas valves only if they smelled gas or if their homes had suffered heavy damage. Then, Michael Golen-Johnson walked in the studio to report that the highway was closed at the Community Care Center and that concerned islanders should resist the urge to go to the Center as it would hamper emergency vehicle traffic.

The whole thing was surreal. For the next thirty minutes, I felt like the



Youth/Adult Dialogue Attendees, speak up!

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Essay Writing Guidelines

Deadline Date: May 23, 2005

Here are a couple of ideas, just to get you going:

- What brings you to the Youth/Adult Dialogues? Does anything surprise you about it?
- Would you like more people on the island to come to the Youth/ Adult Dialogues? Why?

You've got your own impressions. You have things to say about what you think. Tell us in your own words, be original and feel free to be creative. We'd like to know what your views are but also how you reached them. The more personal, honest and intimate you can be, the better. Finally, we'd like to keep the length to 400-600 words, as we are planning to have some of the winning essays published in the local paper!

Send paper: c/o DOIT Email doc's to PO Box 2278 Vashon, WA 98070

imperfecthealer@netscape.com or crystalathome@comcast.net

THANK YOU FOR TALKING

guy on the Harlem Globetrotters who catches and passes the ball in the middle of their weave formation. Calls coming in...reporters in and out of the studio...notes and pieces of paper piling up on my desk as the information came at me nonstop. Then, fifteen minutes into the test broadcast, an aftershock measuring 6.2 struck and I was reading safety information about how islanders should respond should additional aftershocks take place.

When thirty minutes had passed, Rick stopped the exercise and we all headed for the conference room for a feedback session. He gave me pointers on how I could organize my incoming information so that I could fall back on it in a regular, systematic manner. He pointed out moments where we speculated on the situation at hand without having adequate confirmation, along with other instances where we failed to properly convert the information we were receiving into something useful for islanders. For example, when Michael reported widespread damage in downtown Seattle, I should have taken that opportunity to point out that Vashon would likely be left to its own devices for several days due to the fact that the mainland was going to be fully occupied with its own situation for some time. We came to learn through this test exercise that emergency broadcasting is all about distilling the information coming in and making it relatable and useful to the listener. The whole experience was deeply humbling. It was also extremely gratifying to learn that for the most part, we were up to the task. Rick said he was already convinced that we'd be able to handle the job if

and when the real thing comes along.

Then, he announced our next scenario:

It was the next day. We now knew that there were two dead and twenty-four injured on Vashon with 175 homes being declared uninhabitable. Up to mainlanders were stranded on the island with no means of leaving. We hit the (non) air again for another thirty-minute drill, which included incoming details about shelters, a toxic oil spill, the need for volunteers to unload supply barges, landslide information, updates concerning food and water supplies, lists of islanders who wanted loved ones to know they were safe, and the announcement that one ferry would be made available for single sailings twice a day later in the week.

We were able to apply all of the feedback we received from the first test in order to generally perform much more smoothly and professionally during the second goround.

"The exercise was a huge success," said Wallace. "I'm very pleased to say that even now, your group has tremendous potential to help us reach the island with emergency operations information."

In the aftermath of the test, I can say I now have a sense of what it's like to sit at the anchor desk during a real crisis. My respect for those who have done it over and over again has grown immeasurably. Of course, no one can know when Voice of Vashon will ever have occasion to activate our emergency broadcasting resources. We'll be there, though, at 89.1 FM, for as long as we're needed. Until then? Practice, practice, practice.

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Aries (March 20-April 19) You need to make sure that your unresolved fears don't to continue the impassioned creative lead you into an unnecessary power struggle. This is an easy trap to fall for, particularly when you are living in such a daring and imaginative way as you are now. Your conduct and your choices are above reproach. Yet you are all too accustomed to having to defend your life against those who would make far less daring decisions than you. I suggest you resolve to get out of this game, because it's a waste of creative energy. You have no need to explain yourself, only to experience and enjoy your life.

Taurus (April 19-May 20) Life is presenting you with options now. Yet it may be that somehow you feel peculiarly trapped. I suggest you put the two ideas together something like this. "If I feel trapped, therefore I must have options." I know this would not get you out of logic class with a passing grade, but it works for astrology. The notion of options may begin with the situation you think is inevitable, and making one major reversal, trade or change in position that rearranges the whole chess

Gemini (May 20-June 21) Frank Herbert begins the immortal Dune series with the statement that the beginning is the time to make sure that balances are correct. There have been many out-of-balance beginnings in your life in recent years, and in general I would say a rather significant struggle finding balance at any time. The odd thing is that you've succeeded. You've mastered something within yourself, or at least you are getting a taste of what that kind of success feels like. Now, take a few more balanced steps. Walk on the world's surface without the fear of falling. It's nice.

Cancer (June 21-July 22) You've been carrying with you the vision for a kind of friendship that's been difficult to articulate. Emerging from deep inside your dreams, it's related to your most private sense of your own existence. Some people know that if this place inside us can ever be met by another, it's a rare blessing. But it would appear to be possible, even likely, now. While there's nothing you can do to rush the process, you can do this: treat every person you meet as a reflection of a necessary and life-giving aspect of you. Imagine everyone you meet knows the truth about you. Because in some way, they really do.

Leo (July 22-Aug. 23) The Sun's ingress to Gemini offers you a chance to update your style and revise your approach to life. It's not like you're ever really scared of people, but you can now relate to them with yet another layer of inhibition removed. Those who can speak and listen fearlessly are the true leaders of our world. You have certainly had a lot on your mind, given that the past couple of years have been one of the single most profound phases of introspection in all your lifetime. You know more than you think, and people are more curious about what you've learned than you may imagine.

Virgo (Aug. 23-Sep. 22) You have ambitions, you have goals, you have desires everyone gains; nobody loses. and you have a calling. You also have your insecurities, just like everyone. But those insecurities are just one or two voices on an inner committee that constitutes your mind. So the question is, how do you make sure you take the other voices into account? The answer is, you listen, and you trust. And to borrow from A Course in Miracles, at a certain point you will learn to doubt your doubt in yourself. You might want to take that up as a project right now, because you're well positioned to get exactly what you want.

Libra (Sep. 22-Oct. 23) Remember that the key to this phase of your life, in a single word, is experience. There's no substitute, as the old expression goes, and there is nothing I see you craving more. You're in what I will describe as a blessed moment. Though it's difficult to feel safe on our particular planet, I suggest you experiment with this, and with a few decisions that take you in the direction of what you want to do the most. Or maybe just plunge right in with the faith that you will be fully supported. If anybody has the ability to walk on thin air, at the moment, it's you.

Scorpio (Oct. 23-Nov. 22) It's up to you revolution that has been sparked in your heart and soul. It may not be as easy to keep moving as you like. But then, you may have noticed that you've begun a completely new cycle of self-expression, creative freedom and developing the ability to love freely and without the thought of remorse. Remember that there is part of us that is programmed to respond to freedom with guilt. Keep an eye on that guilt and you'll know when you're heading in the right direction. Then, remember you can do whatever you like.

Sagittarius (Nov. 22-Dec. 22) There has been a flurry of new activity in your most personal relationships and partnerships for a couple of weeks now, but you may have thought it was a passing fancy. However, as you will soon see, it's nothing of the kind. You are being met by the kind of partnership energy you want and need the most, or certainly you can be if you will open up to receiving it. This includes the people in your life being willing to discuss any subject at all: including but not limited to your health, sex, food, business ideas, or some very large inevitable change that you may feel

Capricorn (Dec. 22-Jan. 20) Every idea involves a relationship, if it's going to come into reality. You could say that there are few painters who weave their own canvas or mix their own paints. Maybe there is one photographer in the world who makes his own film. When we breathe, we share everyone else's air. Now is the time to make the best use of all your interdependencies, your supporting relationships, your business partnerships, and those who would help you in any way. In the process, you're going to help a lot of people, even if only by being present for the discussion and expressing

Aquarius (Jan. 20-Feb. 19) It's now up to you to keep your momentum where certain financial development or creative self-improvement projects are concerned, but really I think you'll have no difficulty at all. You have energy and you have imagination. The key will be applying one to the other in some concrete, tangible and disciplined way. The challenge as it develops will be directing the rather incredible abundance of creative energy, and really, you could have worse things to complain about. Use your technology, keep a notebook, and most of all, communicate with those you love.

Pisces (Feb. 19-March 20) This is a time in your life when the theme is activating, that is, taking action with, your potential. You have felt this quality develop over many years, and you know what you're capable of. You are also a Pisces, and may be given to doubt, or a peculiar sense that the world isn't really here for you. I am here to tell you that this is your planet, too. The fact that you might get to express your talents or your ideas is not just about being recognized for what you do. It's giving a gift to the world. So the arrangement is more than fair:

Happy Birthday, Gemini!

If there have been hidden aspects of your psyche that you wanted to bring out, make good use of, or reveal to the world, this year will present many of your best opportunities in a long time. I say many. There is no rush, and there is no one opportunity that, if missed, will mean you missed the boat of life. So observe your options, and choose the ones that look the most appealing. Remember that you have two actual choices for every one you see — so it would be productive to look at everything both ways and not actually commit yourself until you know in your heart you are doing what you want.

Eric Francis has more to say at PlanetWaves.net

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Dear Madame Toujours,

I have been pregnant for approximately two years. I guess that translates into eight months of notpregnant-people time. Anyway, I am the thing that is really getting on my nerves is having people, sometimes total strangers, take one look at me and fling themselves at my belly screaming, "Oh my god, you're so huge! You're enormous! What is it, triplets? It must weigh ten pounds! How much weight have you gained? Can my children touch it?" Then they drag their twelve children up and tell them to probe my belly in hope of provoking the baby to kick. I'd like to do some kicking myself, I can tell you.

that big, really, and even if I was, do all the usual rules of etiquette go out the window when you are pregnant?

Sincerely, Not that Enormous

Chere Mme. Not,

When I was the girl, nobody was mentioning when the young lady, she was in the interesting condition predicament. Everybody was supposing it had something to do with intimacies between herself and her husband, and it was all being terribly, terribly *risqué*.

Now, of course, nobody is thinking obsessively about the sexual intimacies because everybody is too busy engaging in the sexual intimacies to be thinking about them,

nobody is the least bit embarrassed to acknowledge that you have engaged in immodest behavior with your husband.

Consequently, everybody is just too tired of the whole thing, but feeling extremely free to make the excessively personal remarks about the pregnant persons. In fact, soon, entire flocks of medical type persons will be wishing to look in places which are not usually open for public viewing, and you will not be caring because you are much too busy with the contractions and the blaming your husband for your predicament. Naturally, everybody is assuming you are wishing to become used to this lacking of the privacies ahead of

However, you are correct to be Madame Toujours, I'm not even noticing that the extremely personal remarks are being usually considered rude. Hardly anybody is wishing to be alerted to the fact that she is the enormous, waddling hippopotamus even if the waddling condition, it is clearly the fault of the husband.

Bon chance, Mme. Not. Possibly, the next time the vulgar persons are remarking on your unusual girth, you can beam with the enthusiasm, such as you are experiencing. This agree that you are, indeed, swollen was because everybody was very to gargantuan proportions and invite shocked by the whole idea of how the them to view your @#^\$ where the lady was getting in such a baby will soon emerge. Describe this orifice in detail using words such as 'engorged' and 'moist.' Prop one foot on the nearby park bench and begin to hitch up the skirts. Pursue them while shouting a graphic description of your cervix as they flee down the sidewalk. Ironically, it is you who will be arrested for the indecencies, but this is the small price to pay for the revenge, *n'est pas?*



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Financial Planning 101: Installment #3

By Mark A. Goldman

So far in this series, I've given you my first two rules of Financial Planning:

Rule #1: Strive to create a lifestyle such that your annual income is more than your annual expenditures... or (if you're retired or sitting on a substantial nest egg with limited income), that your projected expenditures are sustainable for the rest of your life.

Rule #2: Do everything you can to stay away from credit card debt. And it's best to stay away from any debt where interest rates are variable and outside your control.

Once you accomplish these things, you have a solid foundation on which to build other lifetime goals. Now let's consider what we're trying to accomplish here. Let's talk about wealth. Normally we think of wealth in terms of the amount of money we have. Surely that's part of it, but that's not all of it — it's not even most of it. You need to look at the whole picture. If you don't, you can lose sight of what you're really trying to accomplish. This isn't a trivial point, because if you lose sight of what's important, you can easily end up with nothing of real value.

Now, from a national perspective, economists typically measure a nation's wealth by GDP (Gross Domestic Product). This is a technical term that refers to the dollar value of all the goods and services that are bought and sold in a year. But notice this: included in our GDP is the money we earn and spend, on making war and stockpiling nuclear weapons, on political advertising and advertising cigarettes, on paying for the treatment of lung cancer that results from the sale of those cigarettes, on the building of prisons and the hiring of prison guards, etc.

My point is that a large part of our economy includes transactions that may not produce real wealth at all. Real wealth is the things that enrich our lives and move us forward in our pursuit of happiness. A lot of the money we now earn and spend actually diminishes our wealth. If we spent more money, for example, on education, we might end up with a more enlightened, motivated electorate that would disallow the manufacture of more nuclear weapons, reverse the dumbing down of political campaigns, find creative ways to grow the economy, and improve our health while reducing poverty, hunger and crime.

Well, the same is true on a personal scale. How you earn and spend money can improve your mental and physical well-being, enrich your relationships, and add to your joy of living. But if you just accept the norm without any real introspection—that is, without careful thought about how you intend to use your money to create real wealth, you might end up with a large accumulation of things that will never really make you happy beyond the first few minutes of ownership. With some careful thought you might find that you could buy fewer luxuries, a smaller car, spend more time with your kids, and build a tidy nest egg to support the things that are really important to you and truly valuable.

Now I don't pretend to know how to spend your money better than you do, but I hope that one day, when you reflect on how you've managed your money, that you will have peace of mind, and the wisdom to know that you didn't acquire it just by having a sufficiency of money.

Rule #3: Strive to have your money enrich your life, without it ever diminishing anyone else's.

Email for Mark Goldman: mark@gpln.com, or visit his website at www.gpln.com





THE DORSAL SPIN: Lost and Found

By Orca Annie Stateler, VHP Coordinator

By the time this issue of *The Loop* hits the streets, the Army Corps of Engineers hearing on Glacier's dock replacement proposal will be history. Your slightly frazzled **VHP** Coordinator is working on comments for the NMFS preliminary draft conservation plan, and striving to compose persuasive testimony for the May 17 Army Corps hearing -- testimony that is worthy of our endangered killer whales.

May 17 is also the anniversary of young Dalco's appearance off the south end of Vashon-Maury. Dalco was the Humpback whale who hung out with us from May to June of 2004, foraging on herring.

Will any Humpbacks show up this year? **PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041.**

On May 7, an enthusiastic crowd of Islanders at the VHS Theater welcomed extraordinary guests from a distant tribe. The Dinka Malual, comprised of Lost Youth from southern Sudan, honored us with a soul-stirring performance of "Dancing When Found."

KCTS recently aired a documentary about the Sudanese Lost Youth called "A Great Wonder." These courageous young people have endured horrors we can barely imagine. Veiled in their melodious,

enchanting songs and dances are references to the civil war and genocide they fled in their homeland. Fortunately, ancient traditions have healing power.

Odin and I look for resonant themes in other tribal cultures. We learned that cattle are as vital to Dinka culture as salmon are to Northwest Coast Native cultures. Dinka music evokes the music of my Five Tribes ancestors in the Southeastern US: stomp dance. Stomp dance also has rhythmic, call-and-response songs, with influences from African peoples intermingling with Southeastern Natives like the Choctaw.

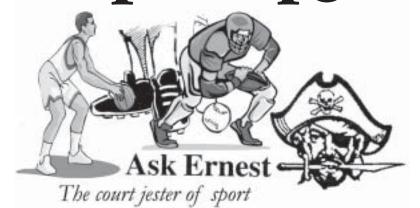
So, what is the connection with whales? Michael Meade, founder of Mosaic Multicultural Foundation, emceed "Dancing When Found" and, during the introduction, read a touching poem written by one of the Lost Youth. The opening lines mention swimming with whales and crocodiles. Sudan conjures images of barren desert, but it also has rivers and some Red Sea coastline.

Lost youth, lost habitat, endangered whales, and threatened cultures. Ultimately, social justice and environmental preservation are interdependent. Hmm. Perhaps that is a relevant topic for the Army Corps hearing.

Contact Orca Annie at Vashonorcas@aol.com or 463-9041.

The Vashon Loop, p. 18 May 18, 05

Lop - Sports



Hello Ernie,

the last two weeks with your injury and all. I haven't even been able to free run or sleep at night. It's got me down man. I may even resort back to eating crab claws, but that's a whole new story. What up?

Wile E. Volkerooo

Wile E.

I'm okay now but it was pretty bad. Got my elbow stuck in Charlie Skeffington's Bright Yellow H2. I didn't know what to do. I just went to sleep for a bit, woke up sailing down Monument road and then, escaping the Hummer's grip, rolled through the cornfields of Sebastian. Charlie must have driven off. Feeling better now, typing with my right hand and left nose. I know, weird, but it works. Peace be with you and your free running and crab claws. Get a good night's rest.

E.

High School Sporting News:

Baseball team is now 7-3, 10 running North Mason a week ago and losing to Port Townsend on the 9th of May. They're competitive and exciting. Lacrosse is still undefeated and will soon play for the division title, no doubt. Boys' Soccer beat league leader Klahowya in shoot outs and West Seattle 2-1. They have a current four game win streak. Tennis keeps winning and Tracksters keep running.

Vegas news for you and your crews: Air Jordan Sohl and Getting his Groove on Gateman won matches at the Western Regional Tournament in Las Vegas last week.



I've been very concerned over Freight Train Gateman placed 2nd in Greco Roman and 4th in the Freestyle Tournament. It was a very competitive tournament with many of our nation's best competing there.

Freestyle State Results: Air Jordan Sohl places 5th and Steamboat Stemer places 6th. Will Olsen wrestled two tough matches.

Hey Ern,

A long time ago you used to include poetry in your column. What happened? Lose your muse? Anyways, I wrote a really great poem the other day and thought you might want to print it. It's very sentimental and all. It's dedicated to my good friend Stephe.

I'm Hungry. She Isn't

I'm hungry. She isn't ready to cook dinner

and I wander around the kitchen like a gut shot deer

searching through frying pans in the big city.

by Freddy "The Master" Medlicott

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April 30th was a day of parades, pageantry and playing ball as Vashon Youth Baseball photo courtesy of VYBS publicity and Softball celebrated Opening Day 2005.

Report from Tamil Nadu Islander shares her experiences

from Tamil Nadu, where she was can't yet decode. Being new and working with children affected by last strange to them, I cannot expect them want out of the government and the *December's tsunami.* She has shared to open up to me anyway. some excerpts from her journal, and is planning to share more stories and to what was. You can't see the shops either by other NGOs, or by the pictures at an upcoming community and homes on the beach that aren't villagers they are trying to help, or event. Stay tuned...

the one hand, it's been easy to lose sight of the magnitude of it, because while some suffer without, and probably still within, so many are engaged in living here. I thought my emotions would be overwhelmed when confronted by all the suffering. But India's so populous and there is always activity, people evervwhere. months after the disaster,

language and shades of facial says. "Tsunami." These are the concerned.

Linda Ceriello recently returned expressions that I, as a foreigner,

to all the death and destruction? On beautiful saris, and that their jewelry any organization that does not have



moments that bring back the reality of the tragedy.

Mostly, I have had access not to the sorrow for the dead but to the frustrations of the living— the villagers are trying to get what they NGOs; the NGOs each have their And I don't have a comparison own agendas which are thwarted, there anymore. Until told, I wouldn't by the government with its seemingly have known that the raggy cloths the arbitrary policies (example: one day So what is it like to be here, near women are wearing were once the Indian government declared that

> Lakhs 75 least (about\$175,000) to contribute shall not be allowed to help in the tsunami affected areas. My hosts have "only" raised about 20 Lakhs (about \$47,000), so they have continued their work under the radar). If anyone from the government were around to ask, I can guess that they would also express some frustration, for example, with the villagers' opposition to the new rule that their homes must now be at least 500 meters from

I find it takes some effort to access had been sold off. On my first visit the shore. From a safety perspective, the terrible trauma that must have to the village, I met a sweet-eyed girl this ruling makes sense, but the been, because it is not as present as of about 12 with her baby brother fishermen contend that it would be a the incredible teeming stream of life glued to her hip who lost two other great hardship to be removed from that characterizes everyday India. brothers to the tsunami, and an the close contact with the sea and Naturally, the deeper emotional aggressive 11 year old boy who with their boats that they are experiences of the survivors are sweeps his arm toward the sea when accustomed to. It's a highly hidden from me by layers of I ask where he lives. "No home," he challenging situation for all

Lopy Laffs

Pobody's Nerfect!

All answers questioned here.

All food is Fat-Free - if you don't eat it. I once found a throw rug in a catch basin.

Don't play stupid with me! I'm better at it.

As long as I can remember, I've had amnesia.

Insert inevitable trivial witticism of your choice.

Drive carefully; we need every taxpayer we can get.

I'm one of those bad things that happen to good people.

I cannot answer that question—it's is too suppository.

As for butter or margarine, I trust cows more than chemists.

Nothing cures insomnia like the realization that it's time to get up.

When my daughter was about four years old, she still had a hard time grasping the concept of marriage. But anyway, I got out our wedding album, thinking visual images would help, and explained the entire service to her. Once finished, I asked if she had any questions, and she replied, "Oh, I see. Is that when Mommy came to work for us?"

- What's the youngest branch in the Army?
- A: The infantry.

Fashion Police tips for mature women: Avoid these combos

A nose ring and bifocals Spiked hair and bald spots A pierced tongue and dentures Miniskirts and support hose Ankle bracelets and corn pads Speedos and cellulite A belly button ring and a gall bladder surgery scar Unbuttoned disco shirts and a heart monitor Midriff shirts and a midriff bulge Bikinis and liver spots Short shorts and varicose veins

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Inline skates and a walker

Thongs and Depends

What's the name for skydiving lawyers? Skeet.

OneLiners

(more or less)

Did you know vegetarian is a **Native** American word —it means 'can't hunt.'

WILD WORLD / Ed Frohning



Why Cats Are Better Than Men

A cat always hits the litterbox.

You have a better chance of training a cat.

You never have to spend time with your cat's mother.

You can de-claw a cat... try to get a guy to clip his toenails.

Mary: I don't know. Does loathing count?

It's okay if a cat rubs up against your best friend.

Jill: Do you still have feelings for your ex?

A cat knows you're the key to his happiness... a man thinks he is.







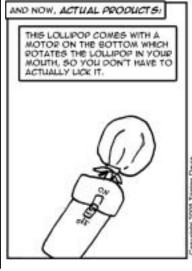




... BUT YOU NEVER EVEN BUY A

A Texas rancher, visiting a South Dakota farmer friend, asked him to show him his farm. After seeing the 1,000 acre spread, the Texan bragged that down home he could get into his car, drive all day, and by evening would not have gotten to the distant point of his ranch. The South Dakotan simply replied, "You know, I had a car like that once."

by Tristan **Davis**





















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The Vashon Loop, p. 21

Loop Arts



Rubicz Performs May 22

by Janice Randall

Former Islander and cellist, Davin Rubicz, began his journey on Vashon Island and followed a winding and untraditional road to arrive at his current status as a member of the Kansas City Symphony. He attributes much of his success to his mom, Gaye Detzer. Rubicz will return home to perform, **Sunday, May 22,** for a 7:00 p.m. Church. Performing Two Piano Trios, the Haydn Trio in E Flat, HOB.XV/10 and Schubert Trio D Flat, Opus 99, as The Cascade Trio, Rubicz will be joined by violinist and and well-known Seattle pianist and educational and entertaining musical lecture will also be included in the program. Call 567-5193 for tickets, \$10 general admission, \$7 for seniors and students.

Since he was barely able to walk, Rubicz has been playing music, thanks to his mother, Island violin instructor Gaye Detzer. "She's been the biggest force in my musical career," says Rubicz.

"I decided in middle school to become a professional cellist," explains Rubicz, who earned his high school diploma and pursued intensive music studies with Barbara Daletoro and David Tonkonogui, also huge influences on his career. He attended ENCORE School for Strings, Indiana String Academy, Music Academy of the West among other prestigious music schools and programs. Rubicz earned a Bachelor of Music at the Cleveland Institute of Music and completed his Masters at Rice University. He frequently appeared with Houston's Grand Opera Orchestra.

Sunday, May 22, for a 7:00 p.m. concert at Vashon Methodist Church. Performing Two Piano Trios, the Haydn Trio in E Flat, HOB.XV/10 and Schubert Trio D Flat, Opus 99, as The Cascade Trio, Rubicz will be joined by violinist and Seattle native, Adrianna Hulscher and well-known Seattle pianist and lecturer, Fred Kronacher. A brief educational and entertaining musical examples, like playing pop musical lecture will also be included

Violinist Adrianna Hulscher hails from Seattle. She holds degrees from New England Conservatory, Guildhall School of Music and Drama and Louisiana State University. She recently returned to the Pacific Northwest after residing in Austin, Texas, where she performed with the Austin Symphony, New Texas Music Works and Austin Lyric Opera.

As for his new position as cellist with the Kansas City Symphony, Rubicz says, "I'm totally thrilled. It's been my goal for a long time. I'm doing what I love to be doing."

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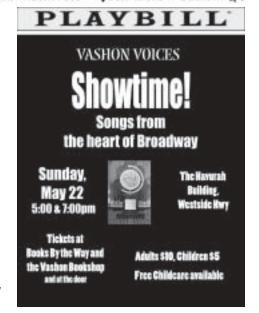
Showtime!

Vashon Voices, community's premier vocal ensemble, will be presenting some old and new Broadway standards in their annual spring concert "Showtime", this Sunday, May 22, at The Havurah on Westside Highway. The cabaret will feature crowd favorites such as "O, What a Beautiful Morning", "Razzle Dazzle", What I did For Love" and as well as a medley of Cole Porter tunes. Songs from brand new musicals like *Hairspray* and *Wicked* will also be performed.

Vashon Voices has developed a loyal following the last few years, since it was created several years ago by islander Emma Amiad. The group performs two major concerts each year, offering up everything from folk music to standards, from jazz to Broadway.

Joining the nine-person vocal ensemble for this concert will be local artists Lauri Hennesey (presenting "Nothing" from *A Chorus Line*), Paul Robb (reprising his popular ditty from the fall Drama Dock fundraiser, "I Wish I Could Go Back to College") and a special appearance by the Rainbeaus, a local barbershop quartet, singing "Lida Rose" from *Music Man*.

Directing the ensemble is Laura Cerven and accompanying on piano is Northwest newcomer Lori Surrency and a few guest instrumentalists. The movement



coaching is done by none other than Drama Dock's own Libbie Anthony.

Included in Vashon Voices are: Cynthia Becker, Jim Boardman, Patty Campbell, Laura Cerven, Connie Engels, Joe Farmer, Dick Paulson, Lynne Shepherd and Melanie Speicher.

The group is planning on performing twice at the Havurah on Westside Hwy on Sunday evening at 5 and 7 p.m. Tickets are \$10.00 for adults and \$5.00 for children. Tickets are available at Books By The Way and the Vashon Bookshop as well as at the door. Both events will offer free child care. So put May 22 on your calendars and be prepared to take a virtual trip to the greatest city in the world — NYC!

Vashon Voices will also be performing at the Strawberry Festival on Friday night, July 8. For more info, call 206-399-4534 or vashonvoices@earthlink.net. **\omegarrow**



The Vashon Loop, p. 22 May 18, 05

Great Rain Battles Tsunami-related Trauma

local band Great Rain is hoping that lives, families, incomes tsunami in Southeast Asia.

with local musician Brent Magstadt, attempting to help. are donating the proceeds from a Luna to PsyCorps, a Seattle-based non-profit that focuses on mental health issues in communities struck by disaster.

Post Traumatic Stress Disorder, according to recent statistics offered by the World Health Organization, December 26 earthquake and of PTSD in staggering numbers. Established international relief and at www.greatrain.com.

Music has long been known to development agencies servicing the have charms to soothe the savage tsunami region count PTSD as one of breast — or so they say — but the the many issues facing people whose their music holds part of the key to communities have been torn apart as soothing victims of the December 26 a result of the tsunami, but these agencies are often woefully ill-Great Rain band mates Greg equipped to deal with the mental Parrott and Frank Hein, together health issues faced by those they're

The West Colombian Rotarians Saturday, May 21st concert at Café have invited PsyCorps to conduct a pilot trip and program specifically aimed at addressing stress and mental health issues in Sri Lanka this June.

Calling their benefit concert "Waves of Hope," Great Rain hopes to or PTSD, may be most commonly raise enough monies to assist in the associated with war veterans but, travel and program expenses associated with the June trip. The May 21 concert is being held at Café Luna, those left displaced by the 9924 SW Bank Road, and will start at 7 p.m. More information about subsequent tsunami are facing the PsyCorps can be found online at emotional and physical symptoms www.psycorps.net. More information about Great Rain can be found online

Coming to Café Luna June 3, 2005:

The Black Show, a collection in acrylics and mixed media

Artist Frederick Woodruff spoke to the *Loop* this week about his upcoming show: "In February of this year I watched a 1995 PBS documentary titled Robert Motherwell: Storming the Citadel. I recommend this film to people who want to understand the work of the abstract expressionists in the 50s and 60s. It's awesome. That film acted as a catalyst for this new collection of paintings, The Black Show."

"I was inspired by Motherwell's paradoxical approach to painting. He instantaneous, very spontaneous — but also guided by a discipline that didn't allow him to 'cheat,' or just throw paint down, willy-nilly. There were ethics to his spontaneity."

"I quit smoking cigarettes almost a year ago and that prevented me from making art. I couldn't break the association between smoking and painting — each time I'd get near my studio I'd want to light up. But the Motherwell documentary made me



courageous, and got me off of my ass."

"Finally, once I was back in the studio and actually working, I noticed that my style and approach to painting had shifted radically. I lost my former technique — a sort of methodical, repetitive "mother hovering" relationship to the canvas. I'd become much more direct, playful and daring. It was a wild feeling."

"The paintings aren't really all black. There are swashes of color and collage and organic shapes set amongst the interplay of black and white. But I liked the idea of a show being titled "The Black Show," So I went with that initial impulse."

This is my second show at Café Luna. I love showing my work at Luna because the way folks interact with art in Luna is very different from, say, a gallery or museum setting — which tends to bring out a more serious approach to viewing art. Sandy's created a warm, communal space, and this lets people take the paintings in at their own pace; almost subliminally. Or not at all. A nice dance between subject and object."

Frederick Woodruff is a selftaught artist and graphic and web designer. He has lived on Vashon for three years. Before moving to Seattle he lived 20 years in Hawaii, and worked as an art director for CBS and FOX television affiliates. He has two cats. One of them is all black — and named JoJo.



Co-Housing Common House Sunday May 29 7-9 PM All Age Event: Students & Seniors \$7 Adults \$10 **Under 7 free**



Tickets at Vashon Bookshop, **Vashon Island Music** and at the door 20% of ticket sales donated to **VASHON HOUSEHOLD** visit www.jongailmor.com or lorniewalker@mac.com for more info



Enjoy Music, Provide Housing

by Lornie Walker

be donated to Vashon Household

company of Jon Gailmor's uplifting folk music while assisting Vashon Household's efforts to provide Bookshop and Vashon Island Music. affordable housing? VHH is still accepting applications for 19 low-cost quality homes to be built as part of the Roseballen Community. Gailmor is thrilled to be a part of VHH's mission which is to protect Vashon's diverse community by creating and at Cafe Luna on Saturday evening, preserving housing for low and May 28th, 7:30 p.m. moderate income Islanders.

Our family first discovered Jon and his music in the late eighties when he performed for schools, parks and fundraisers in and around Burlington, Vermont. Considering himself an optimist, Jon's endless upbeat energy always inspires audience participation. With a variety of folk songs, ranging from gospel, jazz, Celtic, and originals, to old time favorites, Jon is a master at matching his tunes to fit the

Gailmor received the Mayor's Peace Prize in Burlington, Vermont, and was awarded a Silver Citation by

Vermont's well-loved singer/ the Vermont's Arts Council. He sang songwriter Jon Gailmor will be as Vermont's representative at the performing at an all-age event at the 25th Anniversary of the Kennedy Vashon Co-Housing Commons Center in Washington, D.C. and, in House on Sunday, May 29, from 7 to 1996, was chosen to carry the 9 p.m. Twenty percent of the ticket Olympic Torch through Brattleboro sales from Jon's Sunday concert will on its way to Atlanta. Victory Music Folk and Jazz Review proclaims Jon as, "bursting with joy or touching on What better way to spend a our pain, Gailmor's lyrics make Sunday evening than to frolic in the statements on love and living, children, political themes and more."

> Tickets are on sale at Vashon \$10 adults; \$7 students and seniors; under 7 free. Tickets will also be available at the door. Visit www.jongailmor.com for more info or call Lornie Walker 463-1719.

Gailmor will also be performing



Vashon Bookshop

At the Tea Shop, over cups of Orange Passion Fruit....



"....a Spoken Word Open Mic? When?" "Wednesday, the 25th, at 7 pm!"

(Sign-Ups at 6:30 pm)

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What's Happening at Vashon Bookshop

by Devon Atkins

fun than ever, especially with the Vashon Tea Shop right next door. Have you noticed? Susan Bassett, a very likable, smart, funny, unassuming sort of woman has opened a lovely place, unlike anything else on Vashon. The ceiling is lined with fat, white paper lanterns, the seating is intimate and comfy, and there are dragonflies in the window. The dark wood shelves feature tea—labeled tin canisters with cups, each holding enough of leaves, buds, or berries, so that you can pick it up and give it a sniff, and decide just what you want to taste.

And, of course, with tea, it's all about presentation. Susan presents each order on a simple black tray with an egg timer (3-10 minutes) that she turns just as she hands you your tray. You might get a cool tea cup that magically empties into your cup when it's ready, or a sweet, china pot and cup; not to mention the snacks and light lunches. Susan's open every day but Wednesday, 9:00 a.m. to 5:30 p.m., and on Sundays from 9:00 a.m. to 5:00 p.m.

The place is just plain fun. And, one of the most fun things about it is that you can walk right into it from the Bookshop. It's just a little bit magical how things like that happen, don't you think?

Of course it wouldn't be summer in the Bookshop without kids. And, Vashon kids won't want to miss the Reading Summer Program. Children write a book review about a book they've read, and that review will be posted in the Bookshop for other kids to read. The name of every child who writes a book review will go into a box for a Summer's End Drawing, and the winner will receive a \$20.00 bookspending spree. And, then there's the Book Groups: The Original Kids Book Group, ages 10-13, continues to meet on the first Saturday of each month, and, the Second Saturday Book Group (ages 6-9) will meet on the **second Saturday**. And, don't miss the fabulous Miss Merna Hecht who will weave her fabulous storytelling at 10:00 a.m., Saturday, **the 4th**, right after the Original Kids have finished eating all those doughnuts. Of course, both groups gather at 9:00 a.m., while parents peruse breakfast or Saturday Market, and both eat doughnuts and talk books! Karen's book group for adults continues to meet on Third **Thursdays** at 7:30 p.m., but they don't eat doughnuts.

And then there's WORDS, our new spoken word open-mic evening, every **fourth Wednesday** of every month. The Poetry Salon sponsored

Summer at the Bookshop is more the first one a month ago, and it was so, so fabulous, that we knew we had to keep it going. WORDS will happen on Wednesday, May 25th at 7 o'clock, with sign-ups starting at 6:30 p.m. It's a fun experience, whether you sign up or not, where anyone who feels like it can get up and perform poetry, dialogues, essays, short stories...really anything that is just words for about five minutes. Age is no limit, in either direction, but keep in mind that anyone might say anything.

And, speaking of the Poetry Salon, it continues to be a great conversational oasis, on the first Thursdays at 7:00 p.m. each month. It's a different group each month, but the evening always seems to produce the sort of chemistry that inspires one person's ideas to inspire another's and another's. As I'm fond of saying, to converse is human, but to salon is divine...which only goes to prove, once again, that there's lots more to the Bookshop than just books! www

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Mary Guterson at Books by the Way

By Juli Morser

In 1995, Books by the Way hosted an event for a Bainbridge Island writer to read from his debut novel, Snow Falling on Cedars. His last name was Guterson. Ten years later, on Friday, May 20th at 7:30 pm, Books by the Way is hosting an event for another Bainbridge Island writer named Guterson. Unlikely coincidence?

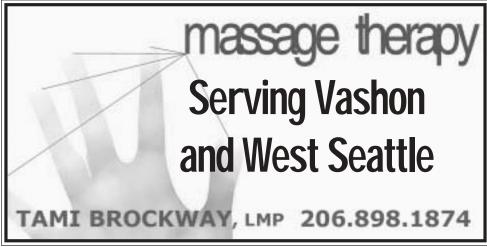
Not necessarily, especially considering Mary and David are siblings who grew up in the Seattle area and now live on Bainbridge. What does bear mentioning is that each sibling is a former high school teacher turned writer whose first book attracted, and is attracting, the attention of critics and readers alike.

The protagonist of Mary Guterson's novel, We Are All Fine Here, has been called the "most refreshing and honest female voice to come along in recent memory. Julia's imperfections become especially endearing when she so readily lays bare her life for us to judge."

Julia is soon to be forty, in a stagnant marriage, and loosing touch with her teenaged son. She finds herself wondering what it would be like to see her college sweetheart — the one she always thought she would marry. When Julia does end up meeting her ex at a friend's wedding, the result makes for a complicated, bittersweet, comedic tale that smacks of the Wizard of Oz philosophy touted by Julia's neighbor Gwen: "If you keep looking in other places for certain things, then the true answer to your search is probably staring you in the face in your own backyard."

Critics call We Are All Fine Here, "Charming, funny, profane, poignant and elegantly crafted. We Are All Fine Here marks the debut of an alluring, important, and highly entertaining new voice in fiction." No doubt Friday, May 20th will prove to be a highly entertaining evening as well.

This event is free, no tickets are required. For more information, please call 463-2692 or visit www.booksbytheway.com. ooo



May 18, 05 The Vashon Loop, p. 24

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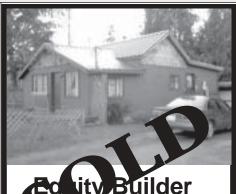
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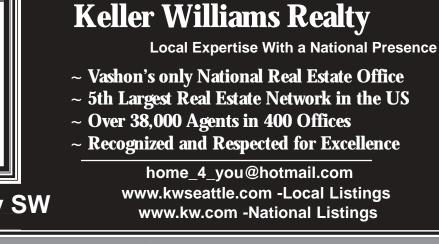
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