

In This Issue:
Organics Web Site! Gazpachos! Danny O’Keefe! Great Horned Owl! Jay Becker on VMICC! And how to keep the wild young husband from straying! All in this issue of The Loop!



All
Earthfair
all the
time!

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Flexing
Youth!

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Music and
Arts!

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THE LOOP

Vol. 3, # 16

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

August 2, 2006



Troops Home Fast Protester with bubbles

Codepink Invites You to Troops Home Fast in Seattle

By Mary Litchfield Tuel

Maryrose Asher, Vashon’s coordinator for Codepink, announces that the Seattle Troops Home FAST has begun!

Women dressed in the most outrageous pink outfits, including pink wigs and feather boas, will gather **every Tuesday morning** from 11 a.m. to 6 p.m. at Second Avenue and Madison in Seattle, in front of the Federal Building, to fast and call for an end to the war.

“We are hoping that outlandish pink street theater will catch peoples’ eyes. More people are coming up to say, “Thank you,” and also people visiting from other countries are saying how glad they are we’re doing this. Canadians say that Americans are moving up there, and they’re telling people to stay here and fix it.”

“We encourage other women from Vashon to join us,” says Asher. “So far there are four of us from Vashon. We are staging this fast in solidarity with our sisters in Washington, D. C., who are fasting daily, and to be a visible opposition to war in front of Cantwell and Murray’s offices. Very visible! You can participate in any way that works for you, there is no requirement that you stay for the whole day.”

“Our goal is to have 48 fasters at any given time to represent the 48 soldiers from Washington who have lost their lives in this war so far. Come dressed in your most outlandishly pink outfit, pull out the boas and wigs from the closet, bring some bubbles to blow, and be prepared to be part of an amazing action with a very energetic crowd! Spread the word.”

“Codepink began with ten average women sitting around a picnic table in D. C. who decided to make a woman’s protest. After it

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Free Blast from the Past at Camp Burton

By Janice Randall

Plans are in full swing for what may be remembered as the Island’s 2006 version of Vashonstock. With all the wonderful musicians on the Island, one day is not enough to highlight the many multi-talented individuals who have graced us through the years. But Vashon Allied Arts, celebrating 40 years of existence this year, will give it a shot with more than 20 performers playing the Camp Burton outdoor amphitheater, Saturday, August 12, from 2 to 7 p.m. Thanks to presenting sponsor, Safeco, this will be a free community event, open to all ages. Additional support provided by Vashon Park District and Thriftway.



Photo of Kat Eggleston circa 1960s according to Janice, which would make her an elementary student as she graduated from VHS in 1976 or so.

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Council On Doggie Doo, People Doo, What Businesses Do

By Jay Becker

The Island’s recognized voice in the ear of King County talked July 17 of doggie doo in our parks, people doo in our parks, and possible relaxation of rules governing what you might do on the Island to earn money.

The monthly meeting of Islanders interested in making something happen was mainly a two-way listening session.

Continued on page 16

Freed Books Project Needs Help

There’s a store on Vashon Island where all the merchandise is free. It’s a special spot off the main highway where Islanders gather on Saturday mornings and Sunday afternoons to browse shelves and tables teeming with books on most every topic. And everything at Freed Books is a bargain because, as the name says, it’s all free.

Bobbie Hurst and Linda Frohnauer started the Freed Books Project four summers ago with a table at the Saturday Market and 100 books scavenged from garage sales. Thanks to donations from Friends of the Library, Vashon Book Shop, and other donors on the Island and in Tacoma, one table turned into four. It didn’t take long for the increasing supply of books to outgrow its surroundings, and Freed Books moved into its current home in the Beall Greenhouses.

Four years and several thousand books later, Freed Books is



Readers browse at Freed Books

accomplishing its mission to enrich peoples’ lives by encouraging and promoting literacy. The thought of all those books finding a home with readers instead of ending up in a

Continued on page 8



Birds abounded in the vegetation at the Leshan Buddha. To appreciate the size of the Buddha, look for the people standing on top of the cliff in the upper right hand corner.

Don’t Forget the Birds

A Flock of Cranes: Birding in China

By Ed Swan

I recently wrote about traveling and bird watching in Tibet. Enough people enjoyed that article that I think many would be interested in hearing about the birding I did just prior to that in the People’s Republic of China. If there’s a chance you might travel to Beijing for the 2008 summer Olympic Games, you easily

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Consulting the field guide in the Forbidden City

Get in The Loop

VashonBePrepared.ORG

Does your neighborhood have a Neighborhood Emergency Response Organization?

It's easy to form one! Just pick up the phone and call Joe Ulatoski at 463-1321

Top Animal Control Officer to Meet with Islanders

On **Friday, August 4** at 10:00 a.m. in the court room at Courthouse Square Walter Washington, Manager of Animal Services and Programs for King County will be coming to the Island to meet with those having concerns about animals on the Island, domestic and wild. Representatives of the Vashon Island Pet Protectors, The Vashon Horse Association, The Vashon Parks Department, and the Island agricultural community will be present at this regular meeting of the Public Safety Committee of the Community Council. Captain Nesel and/or another officer from the Sheriff's Precinct, Mike Kirk, the Island Fire and Rescue Safety Officer, and Jim Didricksen, our Island Roads Manager, are members of the Committee. Any interested Islander if welcome to attend the August 4th meeting and to join the Public safety Committee. – Submitted by Chairman Jennie Hodgson, 463-5408

The Art of Journal Keeping Workshop

Presented by Darsie Beck and Mike Maher -- Learn the art of journal keeping, along with methods in nature drawing and watercolor painting in the field. This two-day workshop will focus on techniques of "seeing" a subject, then capturing its essence through either drawing with pencil/pen and or sketching in watercolor.

Beck is an avid journal keeper and a facilitator of the popular Artist's Way workshop. Maher is a noted northwest watercolor painter and past president of the Puget Sound Group of NW Painters. Beck and Maher's work can be seen at the Vashon Allied Arts Heron's Nest Gallery.

The Art of Journal Keeping will be held two times at Waterworks Studio and in the field at Point Robinson on Maury Island, on **August 9-10, or August 12-13**, from 9 a.m. to 2 p.m. Tuition is \$175. Space is limited. Call for details: (206) 463-5633.

DSHS Worker on Vashon

On **Wednesday, August 2**, from 10 a.m. to 2 p.m., a DSHS worker will be on Vashon at Vashon Youth and Family Services, 20110 Vashon Hwy SW, to take food stamp applications and answer questions about other DSHS services. To speed the process, potential clients should take all needed documents with them; VYFS has a list of required documents. A DSHS worker comes to Vashon on the **first Wednesday** of each month. Clients may also go to the DSHS office in White Center. DSHS is located at 9650 15th Avenue SW, and is accessible by bus by taking the #54 or the #560 southbound from the Fauntleroy ferry terminal. For more information, please call DSHS at 341-7430.

Eernisse Townhouse Apartments Groundbreaking

Vashon HouseHold is pleased to announce the groundbreaking of our latest affordable housing project. By next summer, Eernisse Apartments will be ready for occupancy and will provide quality, low-cost apartments for 26 local families, seniors, and people with disabilities. These 1-, 2-, and 3-bedroom units will be beautiful and built to last. Please come to the groundbreaking ceremony on **Saturday, August 5** at 10:00 a.m. at the Eernisse site, south end of 97th Place SW (behind Island Lumber). You can also call 463-4880 for more information on the project.

Flower Fair This Friday and Saturday

The Vashon-Maury Island Garden Club's annual Flower Fair at Vashon Library will be this Friday, August 4, from Noon to 6:00 p.m., and Saturday, August 5, from 10:00 a.m. to 4:00 p.m.

Come see a large display of plants. Flowers will include perennials such as dahlias and roses, as well as annuals. There will also be shrubs, trees, grasses, herbs, fruits and vegetables; plus floral arrangements. Be sure to vote for your favorites in each category!

Sustainable Practices Committee Meets

The next meeting of the Sustainable Practices committee of the VMICC will be Thursday, August 3, at 7:30 p.m., at the Land Trust Building. Everyone is welcome to this forum for discussing how to keep our island sustainable. Topics will include the Public Utility District proposal, Earth Fair, and whatever topics people contribute.

Portraits of Triumph

Everyone has a story. Many individuals and families have triumphed over significant personal hardship: loss of a loved one, home or job; illness; accidents; overcoming abuse. These events are often life-affirming moments of triumph and joy. Islanders of all ages are invited to be photographed in a photojournalistic project spearheaded by photographers, Kim Farrell and Kathleen Webster and interviewed by writer Janice Randall.

The intent of the project is to show and tell, in gallery-quality format, the indomitable determination and resilience of the human spirit. We would like to share your story with our Island community through word and image. If you would be interested in participating, please send your name and phone number to: triumphportraits@yahoo.com or P.O. Box 2846, Vashon, WA 98070 by **Friday, August 25, 2006.**

The Luckiest Fur Ball Ever

Summer Fun, Food, Live Music, Appetizers, Dessert, Wine and Beer Bar, Plus The Exciting Auction!

Don't miss the Fourth Annual Fur Ball Auction on **Saturday August 5**, from 6 p.m. to 10 p.m. at the VFW Hall.

All proceeds from this exciting and fun auction go to support the many services that VIPP provides for the Vashon Community. VIPP is a local non-profit that has been serving the Island for 22 years. VIPP is run totally by volunteers who dedicate their time and energy to address the needs of island pets. Vashon Island Pet Protectors serves the community by placing an average of 200 cats and dogs in homes per year, co-sponsors a low cost Spay/Neuter program, offers emergency medical funding and ensures that all homeless pets have adequate housing, food and medical care.

Join VIPP for this wonderful summer event! Through its fundraising efforts and the generous support of Islanders, businesses, artists and friends, VIPP continues its mission to make sure there are no more homeless pets on Vashon.

Tickets are \$15 and can be purchased before the event at Books By the Way, Fair Isle Animal Clinic, Vashon Book Shop, and Pandora's Box. For more information call VIPP toll free at 206-389-1085, or look on the website at: www.vipp.org


Vacation Bible School Begins Next Monday

The ecumenical Vacation Bible School begins at on **Monday, August 7**, at the Vashon United Methodist Church. Students entering first through sixth grade will meet at the church from 9:30 a.m. to Noon. The Youth Program for Middle and High School students will meet at the Episcopal Church of the Holy Spirit each evening at 7 p.m. The Youth Group of the Mapel Valley Presbyterian Church will once again lead the Bible School and Youth Programs. All Island children and youth are welcome. Registration is \$10 per child or \$15 per family, and can be done the first morning, or at the Lutheran, Methodist, Episcopal or Presbyterian churches ahead of time.

Soroptimists Meet for a Magical Summer Party

Come join your Island women's service club for a mystical, magical summer evening! Prospective members welcome.

This event will take place at the home of Joyce Smith at 6 p.m. on **Saturday, August 12**. Bring your favorite summer picnic dish to our potluck. Have some light-hearted fun peeking into your future! Join in munching popcorn as we watch a movie of enchantment and suspense! If you care to make this summer party a "slumber party" as well, bring your bedroll! Call Joyce @ 567-5563 or Val at 463-9468 for details and directions. Consider carpooling!



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, August 11**

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Adopt-A-Cat Day

Vashon Island Pet Protectors will host an Adopt-A-Cat Day Saturday, July 1 from 11 a.m. to 2 p.m. and Sunday, July 2, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP 206-389-1085.

Featured Cat:

Frankie, a one-year-old Siamese mix female

I am frisky and a little feisty. I can be cuddly and sweet when I want to be, though. I am an indoor/outdoor cat and I know the litter box and cat door routines. I am not crazy about other cats and I am not sure about dogs, either. I would do best with older kids.



Frankie

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Troy and Marie Do the Numbers



What an interesting year it has been in real estate. People who are even remotely tuned into the market have probably noticed that Vashon is getting to be a more expensive place to live. There were 188 homes sold between August 2005 and July 2006. The average selling price was \$543,000. Compare that to the same period last year, when there were actually more homes sold – 197 – but the average price was “just” \$433,000. The average house for sale on Vashon right now is \$704,000. And that’s not including a certain little beach place that can be yours for a mere \$16,500,000. I’ll bet they will even throw in the microwave. Depressing, yes – but not hopeless. There are actually 13 homes under \$350,000. Still a lot of money, but maybe more affordable than you think. There are many more loan options available than there used to be; lenders are recognizing that the good old 20% down, 30 year loan is just not feasible for most people. Call us if you want to learn more.

View Fixer!

What a unique opportunity!
A fabulous view, an unbeatable location, and an affordable price.
Yes, it needs major rebuild work, but what a reward! **\$185,000**

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Sale Pending

- ☛ 2 BR
- ☛ 1 bath
- ☛ 870 sq ft
- ☛ Built in 1923
- ☛ On sewer
- ☛ Heights Water
- ☛ Rebuildable
- ☛ Taxes \$2,258



MLS 25094951

(206) 463-LIST (5478)

Off Island Properties



The best of both worlds - ease of maintenance because it's a condo, private outdoor space because it's detached. Birds sing in the greenbelt sanctuary outside your back door. Across the street, an exercise room and pool are yours to use. Low HOA dues include yard maintenance along with periodic painting and roof replacement. Vaulted ceilings, gas fireplace, spacious closets, a two car garage complete the picture of the perfect place to live. Quiet neighborhood just minutes from Costco and more.
\$325,000

Easy Living!

**9812 21st Ave SE,
Everett, WA**

- ☛ 2228 Sq Ft
- ☛ 3 bedrooms
- ☛ 2.5 bath
- ☛ 2 Car Garage

MLS 260941146

On Island Properties

Land Ho!

12150 SW 266th Lane

This is a very private and beautiful shy one acre parcel with wonderful trees and a nice open building site. The property is a short distance off King County paved road and has an expired approved 3 bdrm PD septic system design. Also includes a Group B water share and water to the building site. The lot has a gentle slope and should have a winter view into Quartermaster Harbor. Property has been surveyed.

- ☛ .92 Acres
- ☛ Water share
- ☛ Expired Septic design



MLS 26095721

\$160,000

**Build your
dream home**

Sunny Ellisport!

20407 87th Ave SW



- ☛ 1300 Sq Ft
- ☛ 3 bedrooms
- ☛ 1 bath
- ☛ Close to beach

Darling cedar-sided rambler on a shy acre of sunny grounds minutes from the beach and bus. Maple floors, picture windows and high ceilings let the sun shine in. In back, three studio spaces with separate power meter await your imagination. Painting, pottery, woodworking, weaving? Fitness room, office, playhouse, storage? You decide! Artful plantings of specimen trees and shrubs, perennial beds - greenhouse, too! In winter, snuggle up to the low emission wood stove and enjoy the peek Sound view.
\$349,000

MLS 26103180

Waterfront!

22908 Vashon Hwy SW

This retro chic house calls for clambakes, cocktails, and cabin cruisers!
It's 3200 square feet of living space on 75 feet of low bank inner Quartermaster Harbor waterfront. It's picture windows from the floor to the high ceiling to take full advantage of the light and the view of the busy harbor. It's a home for entertaining guests and family, with two large decks practically over the water, plenty of bedrooms and bathrooms, and a separate guest cabin. **\$999,000.**



MLS 260

- ☛ 3240 Sq Ft
- ☛ 3 bedrooms
- ☛ 2.5 bath
- ☛ 75 feet of low bank waterfront



Tudor on Acreage!

17921 Westside Hwy SW

Fairy tale charm abounds in this Tudor-style home on a shy three acres of Vashon's highly desirable sunny Westside with a view of Colvos Passage. Inside, the well-thought out floor plan allows for plenty of private and communal space in beamed high ceiling rooms that blend outdoor and indoor spaces with French doors and balconies. The grounds include a willow-surrounded pond, cottage garden flower beds, a fenced vegetable garden, paddocks, and a separate garage and workshop with guest quarters.
\$649,000



MLS 26047640

LoOpEd



Codepink Troops Home Fast group in Seattle. Left to right: Maryrose Asher, Joe Colgan, Erica Kay, Libby Compton. “The man to my left in this photo is Joe Colgan,” said Maryrose. “He’s the sweetest, most gentle man you’d ever meet. His son died in Iraq and he still breaks down in tears when talking about him. His son was one of the soldiers in the documentary Gunner Palace and his death was mentioned in the film.” Organized by Code Pink and Gold Star Families, over 4100 people across the nation are engaged in solidarity fasts.

Codepink Troops Home Fast

Continued from page 1

got started, Cindy Sheehan joined and helped it grow.”

“Libby Compton of Seattle and I have joined Seattle and Vashon as one group for this event. The CodePink action came out of the Green Party Progressive Book Club so it’s been loosely under the “umbrella” of the Green Party. Thinking that may be deterring some from getting involved, we are now trying to break it off as its own group separate from the Green Party. We are supported by Military Families Speak Out, and thankyoult.org, a site that supports Lt. Ehren Watada in his refusal to go to Iraq.”

“There are 4100 fasters across the country, and the ranks are growing.”

“An artist has made a large pink phone booth which we have with

Editorials and Letters to the Editor: We welcome your contributions! Submit them by email to: editor@vashonloop.com

us on the street. People can call Maria Cantwell’s office. They are becoming aware of our presence because when people call they say, ‘I’m calling from the pink phone booth.’”

Asher quotes Ghandi: “A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history. First they ignore you, then they laugh at you, then they fight you, then you win. When I despair, I remember that all through history, the way of truth and love has always won. There have been tyrants and murderers and for a time they seem invincible, but in the end they always fail – think of it, always!”

“We’re in the being laughed at stage now. The fight will come.”

Please write to Libby libby@codepinkseattle.org to sign up; or contact Maryrose Asher at 567-0593 or dmasher@comcast.net. Carpooling is available from Vashon. Peace!

In a related event, there will be a peaceful action in support of Lt. Ehren Watada, who has lost his military career and will face legal consequences for refusing to follow orders to go to Iraq. This action will be on Wednesday, August 16, from 4 to 6 p.m., at Ft. Lewis offramp number 119. Call or email Maryrose Asher to ask about directions or carpooling.

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Vashon Maury Island Green Party – August Events

August 4, 5, 6 — Earthfair. Come join us in this yearly event. The Washington State Green Party candidate for US Senate, Aaron Dixon, will be speaking on **Saturday, August 5.**

August 8, 7:00 p.m. — Monthly meeting. We will be electing officers for the coming year. Please call 463-9579 for location.

August 10, 6:30 p.m. — Progressive Film and discussion series at Café Luna. This month’s film, *Why We Fight*, is a documentary on the US military-industrial complex, and the economic engine that depends upon waging constant war. A top documentary of 2005. Admission is free.

August 24, 6:30 p.m. -- Progressive Night at Café Luna, with Susan Lewis singing; Beverly Naidus’ slide show *Art of Resistance*. Guaranteed to entertain you!

August 27, 2 to 4 p.m. -- Green Party Book Club at the Vashon Tea Shop. Our book for this month is *The Politics of Empire, Globalisation in Crisis*, edited by Alan Freeman and Boris Kagarlitsky. *The Politics of Empire* is essential reading for anyone involved in the peace and anti-globalization movements. The book brings together for the first time

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the critiques thrown up by resistance to globalization, to war, and to imperialism. Free from ideology and dogma, the book shows how the peace and anti-globalization movements can join forces and face the coming period of world history. This book digs deep into history and, in a timely way, celebrates an intellectual but practical approach to the social, economic, and environmental threats posed by globalization.

Please contact Ivy Sacks or Steve Graham, at 463-9579 for further information.

Loop Letter

Editor, *The Loop*:

The security of Israel. The establishment of an independent Palestine. The autonomy of Lebanon. What steps can insure these ends? If we listen to President Bush, Congress and the State of Israel, it is the elimination of terrorists and anyone in the way of Israel’s bombardment. Hezbollah and Hamas are the supposed targets. Unfortunately hundreds of innocent Palestinian and Lebanese civilians are being killed. Also destroyed are roads, bridges and infrastructure that would provide assistance or escape to those still alive.

This year, \$6 billion taxpayer dollars were given to Israel’s military with which to buy U.S. weapons from Lockheed Martin in Texas, Boeing in Washington and Raytheon in Massachusetts, (to name the top three beneficiaries). It is therefore in the interest of the Senators and Representatives of those states to support the continued bombardments so those companies will get more business. No, this does not insure the security of Israel, the establishment of a Palestinian state, or the autonomy of Lebanon; it only insures the continued profits of U.S. corporations.

Kate Hunter

Rest and laughter are the most spiritual and subversive acts of all. - Anne Lamott

Loopy sez: Deadline for the next edition of *The Loop* is
Friday, August 11

Intern’s OpEd: College Visits a Waste of Time

By Morgan Wegner
8,408; 3.8; 1300-1460; 28-32; 44,578.

A random sequence of numbers, yes? Actually, no, and if you were about 17 years old and neck-deep in college pamphlets, you’d know it. Those are the numbers for the University of Southern California: freshman admitted last fall, their average GPAs, SAT and ACT test scores, and the annual cost of attending said university.

All colleges put out sets of numbers like this, and they dictate the futures of the next generation. Along with location and reputation, the numbers are a deciding factor in where students attend college, which in turn affects the rest of their lives. As such, it is vital to be familiar with all of those numbers, but there is apparently only one way to get a true feel for a college: the all-mighty College Visit.

I have just recently returned from a trip to California where, contrary to Troy and Marie’s statement in the previous issue of *The Loop*, I was not merely soaking up the sun. I was, in

fact, conducting College Visits, and I have a thing or two to say about it.

For starters, College Visits are possibly the most boring activity with which to idle away your summer vacation. They inevitably include a Long Talk about student life, sports teams, dorm rooms, professors, majors, minors, electives, transportation systems, specialty programs, rival schools and every other thing the college administrators can think of to attract new students, all of which you have to sit through. What’s more, these things don’t seem to vary much from college to college, leaving an irritating sense of *déjà vu* and mild confusion every time you complete one.

After the Long Talk comes the Campus Tour, where you follow a guide from building to building and listen to a detailed explanation of what goes on in each one. You are left with sore feet, a dazed expression and only a vague recollection of what you were told, which basically defeats the purpose of the entire College Visit.

It is for this reason that I would like to advise my peer group to limit

the amount of time spent engaged in this activity. Look up the numbers before you visit, and rule out any colleges that are even remotely distanced from what you want. Don’t schedule a visit simply because you will be in the neighborhood, and refuse to attend more than one in one day. When it comes down to it, the College Visit should really be your last resort. Only visit colleges you’re serious about; otherwise, it’s a waste of time.

Oh...and parents? Believe me when I say that your teenager doesn’t want to spend his or her summer vacation Visiting Colleges. If you want them to get excited about these Visits, you have to make it worth their while. Try incorporating a trip to, say, California...



Morgan Wegner is *The Loop’s* intern. She is entering her senior year at Vashon High School



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a Band this
Fall or
Christmas?
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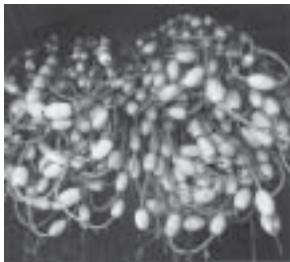
Open Space Gallery at Gargoyle Design.

“An Array of Art, Artisans and Realities”

For it’s second show, Open Space Gallery has gone photographic. Paul Wilkin has been growing his graphic design business Gargoyle Design on Vashon for the last 10 years. With his move and expansion “uptown” last year he has found himself with extra office space. Within these walls and over time he has worked his graphics though and has put his fine art aside. Thus an idea to move back into fine art by creating a gallery. A space he hopes will serve many fine artists as the gallery grows. Open Space Gallery rises from open space

Michael R. Sage was born in 1951 in Michigan and moved to Tacoma Washington with his family at age three. As one of four children life’s everyday struggles gave way to extreme shyness. A life-changing event at age 15 forced Michael to work hard to maintain normalcy. Like most photographers his love for the art started with a simple camera and a canvas found in his own back yard. As a shy student, he found a camera became his ‘voice’ for which to meet people and again start to feel part of the whole.

He holds a degree from Pacific Lutheran University in History and Photography. He finds beauty and intrigue in the ordinary holding that “every picture has a story that forms who we are”. He takes great pride in capturing a moment



in time not just an event but also a small part of history. Michael believes that the smallest of things can hold great interest and detail and by exploiting

the cameras ability we can forever hold that moment.

A photographer for more than 30 years, Michael has worked with all formats but prefers 8 x 10, 4 x 5, and medium format. He embraces traditional black and white photography as his medium of choice to best express his art. The art of photography provides Michael balance and room for creativity. Michael remains devoted to the 35 mm camera with a Nikon and his beloved Hasselblad by his side. The speed, mobility, the large number of exposures per loading, and, above all, the unobtrusiveness of the camera perfectly fits his shy, quicksilver personality. He handles its controls as

automatically as an expert-racing driver shifts gears. The camera itself has become an extension of him and ultimately of the eye.

He develops and prints his own work and enjoys finding new and exciting ways to make it speak. A long time dark room enthusiast has afforded Michael the talent and skill to bring his work to life. Michael also mastered the digital darkroom for his freelance photography work which take him to places and events all over the United Sates. With the addition of the

Nikon D200 mixed with his faithful companion - The Apple Power Book - he stands ready to face the power struggle of film vs. digital. Michael says, “Digital is my career but film remains my art and what I give.” As Winston Churchill wrote “We make a living by what we get; we make a life by what we give.”

Michael’s work has been awarded and included in local and national publications such as Sunset



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Magazine and competitions such as, Tacoma Art Museum Photographic Competition (3 years), and the Western Washington Fair Photographic Competition, (2 years).

Michael feels privileged to be able to perform work he loves and feels it’s too enjoyable to be called just work. His work in commercial, private event and wedding photography has been his mainstay for more than 30 years. As a wedding photographer he has captured more than 300 blushing brides. Michael’s passion for sports and skill as a commercial photographer provided him with opportunities as a lead

photograph for major sports teams as well as capturing events and personalities in and out of the sports arena.

Another life-changing event found Michael taking a trip of a lifetime - to Vashon Island WA (where he now lives). There he met and married the love of his life, Mary Devlin Sage. They work side by side in Michael’s longtime private business **Sage Photography**.

Michael feels strongly that no matter what the future holds for photography to hold a camera makes certain that our past is part of it.

A favorite quote from Ansel Adams: “Sometimes I get to places just when God’s ready to have somebody click the shutter”.

Ward Silver and Chris Hurlbut Place 8th in International Radio Competition

Ward Silver and radio operator / partner Chris Hurlbut set up a high-performance radio station to contact nearly 2000 stations during a 24-hour competition on the island of Florianopolis, Brazil, placing eighth out of 46 teams. Both operators either made contacts or searched for new stations for the entire period, using laptop computers to “log” each contact. Full story with photos in the next issue of *The Loop*!





Spiritual Smart Aleck

Women, Women and Song: the Short Version

By Mary Litchfield Tuel

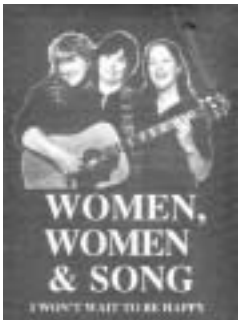


Women, Women & Song, ca. 1989. Velvet Neifert, Libbie Anthony, Mary Litchfield Tuel. Photo by Lyn Debon

Once upon a time (OK, it was 1983), on a small Island in Puget Sound (Vashon), three women named Velvet, Libbie, and Mary (that’s me) got together to sing.

We were joined by Ann Lansdon and Lynne Shepherd. We decided we needed a name, and one day Libbie said, “I want the word ‘woman’ in the name!” so we decided on “Women, Women and Song.” It was supposed to be a play on “wine, women and song.” It was also supposed to be temporary until we came up with something better. Twenty years later, some people still think the group’s name was “Wine, Women and Song.” It wasn’t. It isn’t. It never will be.

Our first paying gig was as entertainment at the Annual Gluten Intolerance Banquet. The gluten intolerance people hated us, and we hated them. It was a gig that was to go down as the ruler by which all other gigs could be measured, as in, “Well, at least it wasn’t as bad as the Gluten Intolerance Banquet.”



The I Won’t Wait to Be Happy cover. Design by Denise Nugent; photo by Andy Parker

In time Ann left the group, and Lynne, Velvet, Libbie, and I continued. By 1986 Lynne had to leave the group to pursue the petty nuisance of making a living. Unperturbed by poverty or anything else, Velvet, Libbie, and I agreed to Go For It.

Go for it we did. We played all over the Puget Sound Region, in Ellensburg and Pullman, and down in Oregon and California. We did public television and public access (I wouldn’t be surprised if those shows were still orbiting around the back channels). We did a lot of radio, a lot of concerts, private parties, meetings, conferences, picnics, and outdoor events, and the Northwest Folklife Festival. We did an annual concert at the Blue Heron for several years. We always intended to do a definitive public bathroom guide for the I-5 corridor, but that never went beyond the laughter stage.

People would ask me, “How do you raise children and be a singer at the same time?” I told them the truth: “It’s impossible.”

I had been a songwriter for some

time, and Libbie soon began to write, and so did Velvet. By 1988 the trio had a loyal following and a large repertoire of original tunes, and we decided to make a recording. Bob Krinsky recorded *I Won’t Wait to Be Happy* in a couple of weekends up in his balcony studio. We ordered 1,000 cassettes, with a cover color that Libbie described as “Beet Vomit Red.”

The tapes sold well at our concerts, and in a while we had the unnerving experience of looking out and seeing complete strangers singing the songs along with us. We also had people who came up and said, “My therapist gave me a copy of your tape.” We eventually sold 2,000 copies, but will never know how many copies were bootlegged and passed around. I find old tapes at Granny’s now and pick them up, because people still contact us wanting them.

We recorded our second album, *The Key of R*, in 1989. It featured cover art of a tile designed and made by Irene Otis. That art was made into a quilt square by Nan Caskey for the Allied Arts quilt a few years ago.

Some of those songs are still out there walking around. “The Key of ‘R’” is a favorite of folkies, and “The Way of Sex” got picked up in Australia by a singer who then recorded it in England (and no, I have never received one red cent for licensing or royalties. So much for solidarity).

All good things do come to an end, and in 1991 we disbanded. We have reunited a couple of times, and now comes the 40-year birthday bash for Allied Arts. I was asked to sing and I asked Libbie and Velvet to join me. I’m pretty sure they’re going to show up, otherwise these rehearsals we’re having will be a waste of time. It should be fun,

especially if we remember all the words, which is not a sure thing. We’ll do our best, though, and maybe after the show in some private little corner we’ll shout out one last chorus of, “The Rodeo Song.” If we can remember the words.



The Key of R cover. Tile art by Irene Otis; photo by Paul Macapia

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Dancin’ on the Green: Free Concert and Live Music Dance Series At the Village Green and Corbin Beach

By Martin Koenig

Everyone is invited to enjoy the free summer concerts on the Village Green and Corbin Beach sponsored by Vashon Park District and Vashon Folkdancers. Families are welcome. No partners or experience necessary to participate in the dancing. Bring a lawn chair or blanket for seating on the Village Green. Seating will be provided for Corbin Beach.

Monday, August 14, 6:30 p.m.
(at The Village Green)
Loose Change

Loose Change needs little introduction. Inspired by the big R&B soul sound of the 60’s – and the classic movie *The Commitments* – this band aims to entertain with non-stop danceable tunes and a commanding stage presence. The band’s leader and powerful front man, Troy Kindred, is an entertainer in every sense of the word. His infectious energy and enthusiasm gets everyone into the act, and his vocals will tear the paint off the back walls. He gets the crowd onto the dance floor and into the act with songs like “Unchain My Heart,” “Midnight Hour,” and “Mustang Sally.” Kindred is backed by a tight nine-piece band that includes the big organ sound of keyboards, an inspired lead guitar, solid bass and drums and a dynamic three-piece horn section. Crucial to the band’s sound is the ultra talented keyboardist and musical director Kevin Pottinger and female vocalists Meri Michael Collins and Tina Ferrari. Loose Change is without a doubt the most exciting cover band to hit the Puget Sound dance scene in recent memory.

Monday, August 28, 6:30 p.m.
(at Corbin Beach)
Balkan Cabaret

Balkan Cabaret formed in May of 2001 when Mary Sherhart, acclaimed Balkan vocalist, started working with the folk dance orchestra Nisava. They had a common desire to revisit and perform those wonderful Balkan standards heard in cafes, many from over 50 years ago. They are a group of dedicated artists who have spent many years both in the Balkans and here in the U.S., learning the music, songs and dances from Bosnia, Bulgaria, Croatia, Macedonia and Serbia. Mary has recently returned from a six-week residency in Bosnia, studying and recording with legendary sevdah artist and teacher Omer Pobric, and has recently been touring with Mr. Pobric to Bosniak communities in the U.S. Balkan Cabaret has just returned from a mid-west tour and members of the group were flown to New York City to play for Mark Morris’ opening night celebration at the Brooklyn Academy of Music. Balkan Cabaret is: Joe Finn, violin; Michael Lawson, accordion and vocals; Steve Ramsey, guitar, tambura, bugarija and vocals; Mary Sherhart, vocals; Rich Thomas, bass and vocals. Celebrate the end of summer with a bring-your-own-picnic and music by Balkan Cabaret. Corbin Beach is a very special spot on Vashon. The event will be held at Enid Dolstad’s clay tennis court (excellent for dancing) at Corbin Beach on the west side of Vashon, at the water’s edge. If you like traditional music, you will enjoy this 5-piece band and the setting where the music will take place. Please carpool, park your car on Burma Road, bring a flashlight and walk down to Corbin Beach.

For directions to Corbin Beach and further information: Martin Koenig, 463-1238.

Fish and reptiles continue to grow as long as they live.

Flirtation: attention without intention. —Max O’Rell

Don't Forget the Birds

Continued from page 1

By Ed Swan



The Great Wall provided an excellent observation platform for looking at birds

can add bird watching to your trip. There are two parts to the birding story in China, the birds themselves and the incredible changes that continue to pile up in that huge country.

First, China's economic growth keeps on zooming along. I recently heard that Shanghai has a third of the world supply of the high construction cranes. I can easily believe it. I visited Beijing, Chengdu and Shanghai, all of which sported big flocks of cranes. In Shanghai an architectural exhibition showed the huge pace of growth in before and after pictures. Where I stood was surrounded by hundreds of skyscrapers and hi rise apartment buildings and a building that when finished will be the world's fourth tallest. What was particularly amazing was that the before pictures were dated 1987, 1990, 1993 and showed farm fields and rice paddies for this part of the city.

As I walked down the streets of Chengdu in Sichuan Province with my wife Linda, we were astounded by how this city of over 4 million could have been anywhere in the U.S. or Europe in terms of the level



A Godlewski's Bunting lands on building materials near the Great Wall

of technology and development. Because of modern urban planning as opposed to our cities made for the 19th Century, wide car lanes existed well beside large ones for electric and gas scooters and bikes and another for pedestrians. Traffic jams weren't bad but it was all very packed.

What's this have to do with birds? In Shanghai, I could only see about a mile out from up in their super version of the Space Needle. Smog shrouded the farther skyscrapers from view. In Chengdu,

smoke from power plants and burning in agricultural fields added to combustion engine vehicles for a telling effect on one's lungs. This massive air pollution causes acid rain all the way to North America.

As we walked in Chengdu, my question was how are they doing this? What if all Chinese want two cars just like us? How are we to say no to that? What we saw as we strolled was only the progress for the 20% of their billion plus population that make up the urban dwellers. 80% of the Chinese population is still rural and becoming rather restive about getting their piece of the good life. Seeing all of these huge modern Chinese cities was somewhat scary when I thought what their continued economic and industrial expansion will mean for the world's resources and environment. And this is with a strong one-child policy for each family. What about adding India to this? We can only hope that the one-child policy holds and that China not only skips ahead of us in urban design but in solving other parts of the issue of modernizing with a huge population. (When praising some parts of their urban design, I am also realizing that in most of these cities, history and homes are being destroyed. We talked to one family in Chengdu living in homes that were at least a couple of hundred years old. I traveled with an architect who was excited to see the ancient construction techniques. The families remembered at least four

generations of living there. Their 50-yard long block of one-story building was totally surrounded by modern high rise apartments. They have a year to leave before the wrecking ball comes for them.)

So what about actual birding in China? The rural and to some extent even urban areas still have a variety of bird species but overall numbers and diversity in any one place are low compared to here. Outside of Tibet, I probably totaled at most 60 species in a week. Here on the island, I count over 40 species by ear in a 30 minute run. But there are still lots of cool birds to find. Go fifteen minutes outside of Chengdu and there are farmers holding a plow behind a water buffalo. Parks in the city have 10-15 bird species. In the nearby tourist and cultural sites of the Leshan Buddha and Mt. Emei some pretty good diversity exists. One can walk all the way to the top of 3100 meter Mt. Emei through many vegetation zones



A Light-vented Bulbul at the Shanghai Botanical Gardens

including some incredible rhododendron forest. A number of endemic species live here, found nowhere else in the world. I had only a half day, and most real bird tours take at least four. Definitely find a tape of bird calls for this area because many of the Leaf Warblers provide a major challenge for identification and quite a few of the species there in general skulk in bushes making them hard to see.

In Beijing, the tourist sites are good for culture and birds. In Tiananmen Square, Large-billed Crows flew overhead. As we looked through the Forbidden City across

the street, Common Swifts nested in the tiled roofs of the ancient buildings. A Eurasian Kestrel hunted overhead. Leaf warblers sang from plantings. In the tree-lined streets by our hotel, Eurasian Tree Sparrows, Azure-winged Magpies and Great Tits went from branch to branch. Overhead, I saw at least ten hawks at one time of more than three different species. The Summer Palace includes a lake where Black-crowned Night Herons hunted fish and the songs of Arctic Warblers and other birds drifted down. The Great Wall lies only about an hour's drive to the north of the city. We visited a non-touristy section, sharing it with only two or three other people and found redstarts, pheasant and buntings in the brush along the wall.



A Little Egret works the shore of the river passing the Leshan Buddha

In local birding, Larry Huggins and Richard Rogers found the first fall Bonaparte's Gulls at Lisabeula, Gary Shugart saw returning California Gulls off both ends of the Island on ferry trips, Bob Hawkins noted a White-winged Scoter in Dockton, I observed a Surf Scoter in Tramp Harbor, Gilbert and Jean Findlay had very early Horned Grebes in Quartermaster Harbor, and Western Grebes showed up in Tramp Harbor. If you have an interesting bird to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

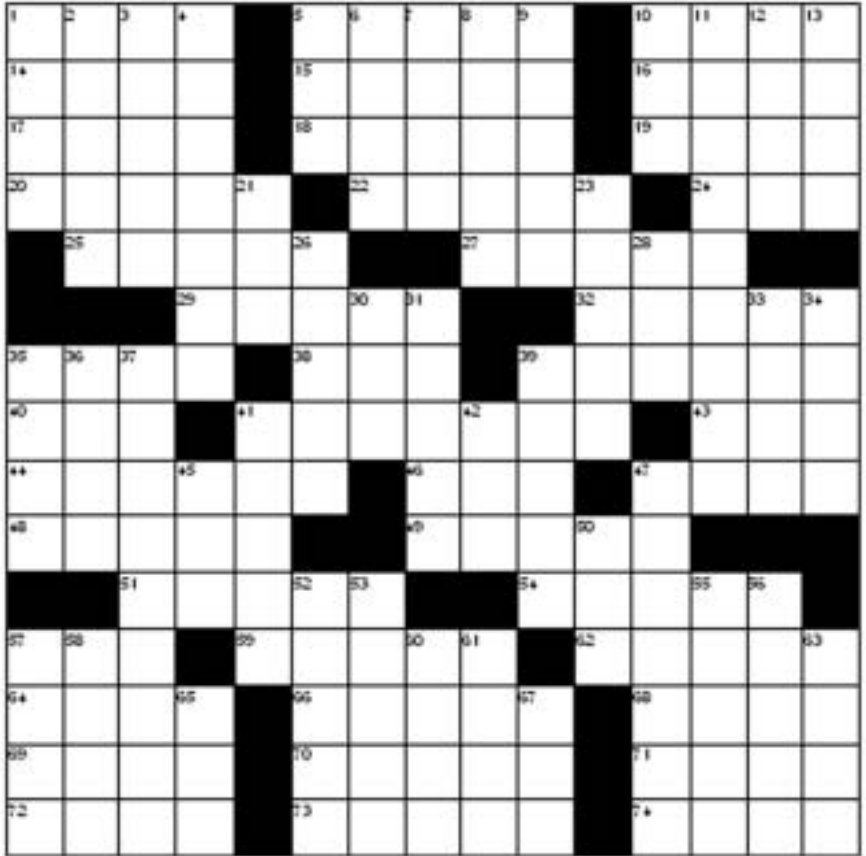
If you would like to learn more about identifying shorebirds and gulls, join the next Audubon field trip on **Saturday, August 12** meeting at the Ober Park park and ride at 8 a.m. and lasting until around 10 a.m. I'll be leading the trip and we'll check out Fern Cove, Mukai Pond and KVI Beach.

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- Across**
- 1 Limbs
 - 5 Animals for specific time period
 - 10 Tyrant
 - 14 Pave
 - 15 Protective covering
 - 16 Niche
 - 17 Volcano
 - 18 Fanatical
 - 19 Says (slang)
 - 20 Performing
 - 22 Heart
 - 24 Lab animal
 - 25 Measuring instrument
 - 27 What a volcano does
 - 29 Dazzle
 - 32 Sudden bursts of wind
 - 35 Water marker
 - 38 Evergreen tree
 - 39 Breakfast dish
 - 40 Ship initials
 - 41 Harmful thing (sneeze causer)
 - 43 Abridged (abbr.)
 - 44 Heart
 - 46 Gal's pal
 - 47 Wear out
 - 48 Hair care product brand
 - 49 Brownness
 - 51 Large water body
 - 54 Credit

- 57 Prune
 - 59 Relent
 - 62 Big exhibits
 - 64 Opaque gem
 - 66 Takes away water
 - 68 Knitting stitch
 - 69 Refuse to sign a bill
 - 70 Poetic "evenings"
 - 71 Stake
 - 72 Reverberate
 - 73 Simple-minded
 - 74 Alter
- Down**
- 1 Did well
 - 2 Rotating mechanism
 - 3 Passion
 - 4 Ready substitute
 - 5 Further
 - 6 Arabian
 - 7 Convexity
 - 8 Racket
 - 9 Heart
 - 10 Children's game
 - 11 Jaguar (2 wds.)
 - 12 Afloat
 - 13 Take a break
 - 21 Young lady
 - 23 Humid
 - 26 Pillage

- 28 Pooch
- 30 Zero
- 31 Sediment
- 33 Bass horn
- 34 Energetic
- 35 Thump
- 36 Drug doer
- 37 Doctor type
- 39 Nile's home
- 41 Back street
- 42 Fear
- 45 Tender loving care
- 47 Social blunder
- 50 Anger
- 52 Helped
- 53 Sensitive point
- 55 Heart
- 56 Light cake
- 57 Heart
- 58 Organization of Petroleum Exporting Countries
- 60 Legal claim
- 61 TV rooms
- 63 Killed
- 65 Lavatory
- 67 Compass point



Solution on Page 17



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More and More Food Bytes

By MEarth
Scientific Foul Play at the FDA
The Union of Concerned Scientists has released a survey of scientists who work for the U.S. Food and Drug Administration (FDA). The survey reveals that one-fifth of FDA scientists “have been asked, for non-scientific reasons, to inappropriately exclude or alter technical information or their conclusions in a FDA scientific document.” The study strongly suggests that the FDA is not adequately regulating products that significantly impact public health, including food, drugs, vaccines, and medical devices. The survey also indicates that 61 percent of the respondents knew of cases where FDA political appointees have “inappropriately injected themselves into FDA determinations or actions.” Eighty one percent of FDA scientists in the survey agreed that the “public would be better served if the independence and authority of FDA post-market safety systems were strengthened.”

Beyond McFood: Hospitals Move Toward Natural and Organic
Two thousand hospitals across the U.S. are finally slamming the door on junk foods and low-grade institutional grub. Hospital cafeteria and room meals across the U.S. are notoriously tasteless and nutritionally deficient. After hearing from their doctor or nurse that it’s best to stay away from trans-fats, excessive salt, and high sugar foods, a patient can then typically visit the hospital’s own cafeteria and chow down on a meal of french fries, chicken nuggets, soda pop, jello and cheese pizza. But this longstanding tradition may gradually be changing. Last week, MedAssets, a leading group purchasing organization for the health care industry, struck a deal with United Natural Foods Incorporated (UNFI), the largest wholesale distributor of natural and organic foods in the country. The deal will bring natural and organic foods into more than 2,000 hospitals in the U.S.

Pesticides’ Silent Spring: Why Robins Aren’t Singing
A new study indicates that Robins and other birds are still suffering damage from exposure to DDT, despite the fact the pesticide was banned in the United States over three decades ago. New research shows that the area of the brain affected causes birds with high exposure levels to be unable to sing and protect territory. Researchers estimate that at least 15 to 20 generations of robins

have been affected since the pesticide was first applied. The study provides further evidence that many of the toxic chemicals and pesticides we use today will continue to impact the environment and public health for generations to come. “Yes, it happened historically, but there are still problems with pesticides,” says Andrew Iwaniuk, author of the study. “They have an extremely long half-life and just because we use one today, that doesn’t mean it will always be safe.”

Mad Cows and Crazy Bureaucrats

Despite mounting public pressure for universal testing for Mad Cow disease, USDA Secretary Mike Johanns has announced a 90% cut back on testing cattle at slaughter. Two cases of Mad Cow disease have been discovered in the U.S. in the last year, likely meaning that other undiscovered cases have entered the food supply. In Japan, 100% of cows age 24 months and older are tested for the fatal brain-wasting disease before slaughter. In contrast, the U.S. currently tests less than 1% of the 35 million cattle slaughtered annually. The USDA is now claiming that testing 1% of all cattle is “unnecessary” and “too expensive.” Dr. Michael Hansen, an expert on Mad Cow disease at Consumers Union, which publishes Consumer Reports, described the latest USDA move as “playing Russian roulette with public health.”

In related news, a Kansas-based meatpacking company, Creekstone Farms Premium Beef, filed for summary judgment in its lawsuit against the USDA last week. The USDA claims Creekstone does not have the right to voluntarily test all of its beef for the brain-wasting disease. In response, Creekstone filed a lawsuit against the USDA, saying the company has the right to test all of its meat for Mad Cow disease and that there are no federal laws saying you can’t go above and beyond government regulations for food safety. The USDA has until Aug. 25 to respond to Creekstone’s filing.

Tip of the Week: Would you like to have the tools and insights to help drive genetically engineered foods off the market? Recently, the Genetic Engineering Action Network published the “The Local Organizing Toolkit” which is a compilation of materials that can help individuals organize local grassroots groups and carry out winnable, strategic campaigns. The Local Organizing Toolkit consists of eight chapters: Develop a Local Group, Develop a Campaign Plan, Get Media Coverage, Local Fundraising and Special Events, Local Resolutions, rBGH-Free Dairies, GM-Free Schools, and GE-Free Farmers Markets. Download the kit online at no cost: <http://www.geaction.org/new.html>

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Vashon Library August Events

Preschool Story Time
Wednesday, August 2, 11 a.m.
Ages 3-6 with adult
Please join us for stories, songs and fun! Registration not required.

Brown Bag Story Time
Wednesday, August 2, Noon
Ages 5-10
Bring a sack lunch to eat while you enjoy great stories read aloud! Registration not required. Sponsored by Friends of the Vashon Library.

Paws and Claws Nature Journal
Sunday, August 6, 1 p.m.
Presented by Molly Hashimoto
Ages 5 and older, ages 5 and 6 with adult
Learn how to keep your own nature journal using specimens borrowed from the Burke

Museum as models for drawing and painting. Registration required beginning July 23, 206-463-2069. Sponsored by Friends of the Vashon Library.

LateNight at the Library
Saturday, August 12, 6 p.m.
Get a henna tattoo and make a flower necklace of marigolds and zinnias. Limber up with Dance Revolution open play. Participate in the Vashon Library Cyber Café, surf the web, or play a game! Refreshments and door prizes will be available. This program is for teens only (6th through 12th grade). Security will be provided. Sponsored by Friends of the Vashon Library, Kota Press, and VHS Horticulture Department.

Freed Books

Continued from page 1

landfill gives the volunteers a profound sense of satisfaction. According to Bobbie and Linda, the Freed Books Project is entering a new phase of its growth with a broader base of community support. They need sponsors and financial donors to ensure that the rent gets paid each month. The need for books is ongoing, especially children’s books in good condition. Volunteers are needed to work in the store, sort and shelve books, organize events for sponsors and donors, and coordinate book distribution to off-Island groups.

The current staff welcomes new members with creative ideas for the future, and they would like to establish mutually beneficial partnerships with Island charitable organizations. Everyone is invited to visit the store at the Beall Greenhouses on Saturdays from 10:00 a.m. to 2:00 p.m., and Sundays from noon to 4:00 p.m. Bobbie and Linda can be reached at (206) 463-4824, and Kathleen can be reached at (206) 567-0097 or notmymom@yahoo.com.

One must have a heart of stone to read the death of little Nell without laughing. -- Oscar Wilde (attributed)



Happy Birthday Leo!
A New Moon so close to your birthday is signaling a powerful time of renewal for you, after so many months of clearing the past out of your life. But there is something you are waiting to learn or discover, which will confirm that you are on the right path. Still, if you think back several weeks, to what may even now feel like a past life, you will remember that you had a vision for yourself, which contains the seed of the new life on which you're embarking. It seemed simple then; it may seem complicated now; there will come a time in the not so distant future when you will have a sense of guiding your destiny like never before.

Aries (March 20-April 19): You've probably not been feeling secure enough to express yourself the way you want to. I doubt you can find any reason for this, indeed, you may have many reasons on the list of why you should feel perfectly confident. But your mind has been playing tricks on you for some time, undermining your confidence, while all at once your responsibilities have increased dramatically. Your motivation has, too — and Mercury changing directions this week in a highly sensitive angle of your solar chart will not only answer your questions and restore your self-assurance. You'll feel your sense of mission come back to life.

Taurus (April 19-May 20): In recent days, aspects have shifted in the direction of personal expression — from some kind of creative impulse, to the desire to plunge into a romantic affair. I would suggest, though, that you abandon all your drive to perfection and rather take as long a ride on this energy as you can. Work directly from your core, rather than seeking any kind of outer effect in the world. This will not only be the most satisfying path you can take, it will be the clearest path to an outcome that you want but for whatever reason at this point cannot yet see.

Gemini (May 20-June 21): You have endured enough of a situation that rubs you the wrong way, and has gone on long past your point of patience. If you can bear in mind what is important to you, rather than what is irritating you, you'll see the situation align itself in a way that can be resolved. Meanwhile, I suggest you give anyone in question the benefit of the doubt. I say this not because anyone is particularly angelic, but rather because the whole story is about to clarify itself in a way you're unlikely to be expecting. Once you can see your options, particularly as regards a troubling financial question, you'll feel a lot more confident.

Cancer (June 21-July 22): Tap into the energy of a New Moon in your house of resources and self-esteem, which should more than compensate for all the recent stress you've been under. Yet it will come as a great relief when Mercury changes to direct motion in your sign this week. Until then, proceed with the utmost patience. Certain matters that today seem unduly complicated will work themselves out, but only if you're able to stand back and let them do so. Get out of your own way; when you feel that urge to do something, or do everything, find a reason to do nothing.

Leo (July 22-Aug. 23): You now need to focus on the details, though it may not be entirely clear what they are for a few

more days. Still, the picture is beginning to come into focus, and you may feel a need to start making a list of tasks that need to get done. I strongly suggest you wait till Mercury has stationed direct before you plunge headlong into any task that seems daunting or overwhelming. Even then I suggest you take gradual and calculated steps, because it won't be until Mercury returns to your sign on the 11th of August that you will have the whole landscape in sight. You need as much perspective as possible, but this is one thing you cannot rush.

Virgo (Aug. 23-Sep. 22): Mars has arrived in your sign, and this is pushing you to take charge. The thing is, you don't want to micromanage anyone, including yourself. Instead, hang loose and let your vibes do the talking. Know your agenda, and work from the general to the specific. Then, based on a general idea, start with one task that fits the larger plan, and see how that goes. If you can spend more time observing and less time making specific demands, you will come up with some extraordinarily efficient ways to get your work done, and make your mark on the world.

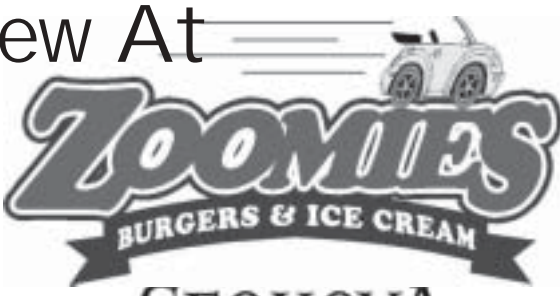
Libra (Sep. 22-Oct. 23): Professional matters continue to take center stage and to dominate your concerns, but the quality of the energy is about to shift rather suddenly. An unforeseen development will be responsible for most of that. Delays and complications now have the ability to work themselves out, though you need to stay close to the people involved and make sure you get where they're coming from. This is more important than making sure they understand you, because the more you sense their thought process and agenda, the more you'll be able to tailor your words and ideas to what they are ready and willing to do.

Scorpio (Oct. 23-Nov. 22): At this juncture in your life, you need to assess what you want to be doing, and make sure you make at least three decisions to get there. I'm talking about the biggest, grandest goals you have, the ones that seem to exaggerate your role in the world. Rare is it that we can accomplish any of these quickly. But this week you can make substantial progress by making three actual decisions that get you closer to your vision. They may be large, they may be small; the important thing is that they be tangible. Beware, as you do so, of any need for approval that comes up. It's a stumbling block you can step right over.

Sagittarius (Nov. 22-Dec. 22): You need to set your sights on one long-term goal. One, not two. Recent circumstances have not permitted this luxury, and lately people seem confused or reluctant to offer their help or opinion. Gradually, that is changing, and in particular someone close to you has sorted their feelings to the point where they will soon know which way is up and what, in truth, is best for them. This will allow a true meeting of both hearts and minds, but when that time comes, make sure you know your single most important agenda item, and have the words to express it clearly.

Capricorn (Dec. 22-Jan. 20): What, exactly, has been complicating communication so much? Well, perhaps it's been too many words overall, too much emphasis on the past, too many old issues coming up without being given names, and in general, someone in your life feeling overwhelmed by their own emotions. By the end of the week, this will all mysteriously work itself out, so there is no point complaining. Overall, the astrology of the week emphasizes

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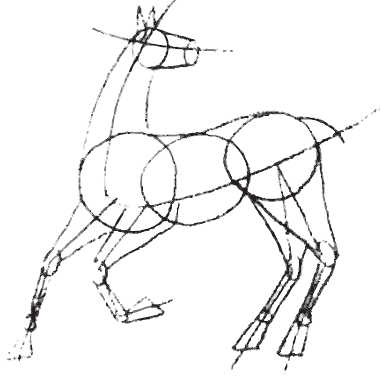
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listening rather than speaking, and feeling rather than thinking. The world is in rough condition right now, but you are on fairly strong footing. So please share your compassion willingly.

Aquarius (Jan. 20-Feb. 19): People finally seem willing to offer you as much energy as they've been demanding, which should come as a welcome change. But you need to be the one who keeps track of the details, and who makes sure that developments are productive and based on real needs and goals. It's all too easy for people to get mixed up in busy-work that actually goes nowhere, or bogged down in details that don't support the big picture. Let your mind, rather than your mouth, lead the way.

Pisces (Feb. 19-March 20): Slowly, gradually and steadily, you are getting your way. Water always does. At long last, you're able to work with the stated goals and needs of others, which will save you a substantial amount of energy. It's fair enough advice at this time to suggest you avoid engaging anyone until you know where you really stand with them. Their position will inevitably seem more complicated at the beginning of the discussion than at the end, so therefore it's a discussion worth having. Meanwhile, Mars entering your opposite sign Virgo will ensure that you have a choice in any partnership matter — as long as you open your eyes and see it standing there in front of you.





Loopy sez: Deadline for the next edition of *The Loop* is

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You can expect the first fifty years of your life to be good. The second fifty will be not so good. The last fifty years will be absolutely horrible. That's what the experts say. – Al Franken



By Pete Welch
All photos from the 2005 Earthfair
Vashon Island Earthfair celebrates its 10th Anniversary this weekend, **August 4, 5, and 6**, starting Friday at noon and ending at 7:30 p.m. on Sunday. Earthfair takes place at Paradise Ridge Park off of 220th Street (follow the signs from both ends of the Island). Admission to Earthfair is \$10 per day or \$40 for camping overnight all weekend. Kids under 14 are free with a paying adult.
Friday, August 5, will be **Food Bank Friday**. You pay only \$5 (half



Bob Krinsky rocks!

price) if you bring a donation for the Vashon Food Bank. Items that are needed and very useful for the Food Bank this time of year are: peanut butter, jelly, canned soups, fruit cups, soy milk, canned tuna or chicken, etc. Summer overall is a great time to donate kid foods — things that kids can grab for themselves or are easy to prepare. They also accept things like toilet paper, feminine hygiene products, diapers, pet food, laundry detergent and other toiletries and such (these are items that are usually in short supply and high in demand). So come on out and support some local talent and help out the Food Bank at the same time.
We've got a great music line-up on Food Bank Friday night, with some great local favorites. First up is **Chomage**, a no-holds barred rock band often compared to and perhaps inspired by bands like The Ramones, The Clash or The Talking Heads. Following Chomage will be **The Vomiting Unicorns**, consisting of four musicians from Vashon in their Island debut performance...hold on, 'cause it's gonna be a bumpy ride! And as if that wasn't enough, back after a two year hiatus is the band that everyone has missed at Earthfair, **Subconscious Population**. Don't miss this much

Vashon Island Earthfair

10 Years Later

anticipated and long awaited event, as there is something very special about Sub-Pop performing at Earthfair...and wait until you hear them...they are tighter than they have ever been! Three great bands for \$5, you can't beat that!

Returning to Island Earthfair to emcee Main Stage is none other than **Doug Green**, one of the founding creators of the infamous "Reggae On The River" festival. On the Casbah One World Stage, we will be blessed with the charismatic **Enoch** as Grand Master Emcee. Filling in for both Doug and Enoch on breaks will be Island newcomer, **Billy Random**.

Also returning to Earthfair for the third year in a row is the **Casbah Teahouse** out of Tucson, bringing with them a gigantic hemp Bedouin tent that serves as a relaxing chill space complete with Moroccan tea tables and oriental rugs. The Casbah Teahouse also offers vegetarian food along with a variety of teas and coffees. Look for their delicious dishes at their trailer in the food court this year. We have once again incorporated the **One World Stage** into the Casbah Teahouse, making for an even more exciting venue to see musicians.

Check out the lineup in the Casbah tent on Saturday: Portland's **Kate Mann**, Island solo artist and photographer **Brent Magstadt**, **Willow** (back after a few years away), storyteller and folk singer **John Browne**, **Summer Mayne** (my god, listen to this woman sing), **Janie Cribbs** with her special fusion of blues, rock and pop, **Dave McGraw**—down from the San Juan Islands, and ladies! Wait 'til you hear this man sing! Wait, it gets better...**Ron Hook**, yes, the one and



Everybody dance now!

only, with his funky grooves and spiritual presence and finally...last but certainly not least, the woman we "like" a lot...okay, we absolutely love her and her music...**Sarah Christine**.



Rachel Helmer

Sunday, on the **One World Stage**, brings us Native American Flutist and storyteller **Che ok'ten**, then **Michelle Dedman** (the woman who has quietly assisted her partner and our Main Stage Sound Man through the years) will finally perform for us as a solo artist. Coming over from the city, we have **Nathan Wade** with his gothic country blues, and **Colin Spring**



John Browne in the Casbah Tea Tent

layin' down his folk music with a rock n' roll attitude. Islander pianist/vocalist **Maren Metke** brings an ensemble to the tent, followed by **Wingin' It**, a duo out of California with a reggae feel to their music, and then finally, closing out the show in the tent will be **Hillstomp**...a guitar and drum duo out of Portland in the style of ZZ Top.

Like the Casbah tent, **Main Stage** will showcase some unbelievable performers this year to honor our tenth anniversary.

Saturday brings us **Tan Cahill** and **Tribal Voices** to wake everyone up and bring them to life, then we quickly transcend into some good old fashioned rock and roll brought to you by **Bob Krinsky** and his **Radio Daddyo** band. Jazz fusionist **Ari Joshua Zucker** returns to Earthfair with **The Vons**, followed by **Nick Vigarino** — an amazing rock and blues slide guitarist with a

style similar to George Thorogood. If Nick doesn't get your blood circulating, **War Pigeon** will — a great Seattle area band that blends rock with funk and reggae. The night will heat up even more when **The Mugicians** take the stage to perform their blend of banging beats, horn melodies and vocal harmonies, only to be followed by California's **Clan Dyken**...returning after their amazing performance at last year's Earthfair with their vibrant legacy of activism, it makes for a powerful, meaningful musical experience. Also back by popular demand is **Scott Huckabay** (see article about Scott on page 18), The Guitar Alchemyst...an incredible guitarist who creates the illusion of three or four musicians performing at the same time. **Trolls Cottage** is



Audience at the Main Stage

back to headline Saturday night and we can't wait!! Last year's performance was off the charts and boasted the largest crowd ever at Main Stage...this year will be even better. Welcome home Jacob, we missed ya!

Sunday on **Main Stage** starts out with **Correo Aereo**, a world music duo performing traditional and original music of Latin America and then...if you liked Spoonshine last year, you'll love **Feed and Seed** and their original bluegrass toe-tapping stripped down sound. This year, **Patrick Bennion** returns to Earthfair as front man for the band, **Old Dockton**, with their simple rootsy earth-driven tunes. Up next is **Rejoice**, a singer-songwriter with songs that cross all generation gaps with a variety of influences like R&B, funk and folk rock, followed by **Tina Malia**, who is an integral part of a grass roots musical movement stemming from the West Coast and Hawaii, which is dedicated to bridging people of all ages and color together through song, celebration and prayer.

Closing out Earthfair 2006, we're very fortunate to welcome **Flowmotion** to perform on Main Stage. Formed in 1999 on San Juan Island, the group is a favorite of the improvisational rock scene, routinely drawing capacity college, festival and club audiences. Flowmotion has recently shared the



Rafe Pearlman



Following the Leader

August 2, 06

stage with popular national acts such as Widespread Panic, G-Love



Maren Metke and children singing

& Special Sauce, Steve Kimock Band and Garaj Mahal. Since its inception, the group has also hosted the yearly Flowmotion Summer Meltdown festival (Aug 11-13 this year), a groove-packed showcase of like-minded bands in the Whitehorse Mountain Amphitheater in Darrington. If you haven't seen Flowmotion before, check them out...they're pretty amazing and well worth making the trip out to Vashon Island Earthfair.



Kidsworld

Don't forget the little ones! We'll have **KidsWorld** up and in full swing — in addition to the numerous scheduled events, there will also be many opportunities for children to play and create at KidsWorld. Some of the ongoing activities will include home-made play dough, a bubble pool, a birdseed table, tent building, a creation station for building with recycling materials and various other arts and crafts. Stop by and check out the schedule any time after 10 a.m. on Saturday and Sunday!

If you're hungry, the trip out to Paradise Park was worth it because we've got lots of choices for you, including organic free range meat, vegetarian dishes, out-of-this-world crepes, as well as a variety of raw food specialties. In addition to the **Casbah Teahouse**, mentioned above, there will be **Tahini Genie**



Food Booths

with their tasty porta bella mushroom burgers, bison and veggie burgers, teriyaki tofu shish-kabobs and salads...along with breakfast items in the morning. Also returning to Earthfair again are the delicious crepes from **Colrico Crepes & Coffee**, including several types

of organic galette (including smoked salmon, cheese, herbed), organic fruit and chocolate crepes. There's a really good possibility we might have someone cooking wood-fired pizzas this year as well. Yum!

The Healing Arts area at Earthfair is an opportunity to escape the crowd and sample one of the many alternative healing modalities. Several practitioners with varying specialties from Cranial Sacral to Polarity, Reiki, Acupuncture, Feldenkrais, Reflexology, Hawaiian bodywork, etc. Most offer a fifteen minute sample, and some work for donation only. It's a great chance to try what's out there without having to commit to an hour-long session. The Healing Arts area is located in the south-east corner of Paradise Ridge Park, in a little valley buffered from the noise. This area includes Sacred Song and Dance, a labyrinth, and the Tea House...all of which enhance the energy and spirit of the place. Come and join us this year and take some time to honor yourself and the planet.

The Sacred Song and Dance Circle is a site for harmonizing the inner ecology of the body/mind/spirit. The circle will incorporate meditation, movement, music and dance from many varied traditions. This year's highlights include **Crystal Bowls Circle of Sound** Friday night at 6 p.m., **Tai Chi** and meditation on Saturday and Sunday morning, and **Kirtans with Indian Folk Dance** both Friday evening in the Casbah Teahouse/One World Stage and again Sunday afternoon in the Sacred Song and Dance circle.

Island Earthfair is a festival that celebrates many sustainable alternatives that will be showcased in our **Sustainable Living Area**. Energy consumption is a concern for everyone. Research into cleaner burning fossil fuels, hydrogen fuel cells and renewable energies is front

page news. As consumers, there's a lot that each of us can do.

The Vashon Island Earthfair is a festival that celebrates alternatives. In the realm of energy, displays of solar panels, wind turbines, micro hydro and biodiesel vegetable oil fuel create a renewable energy park for visitors to tour. Solar hot water systems, photo voltaics with inverters and batteries, energy saving lifestyle choices and other sustainable alternatives will be at Earthfair on August 5th and 6th.

As with energy, our environment is also in the news. The pollution caused by the burning of fossil fuels in the Seattle area is a rising concern. Some of the alternatives to transportation energy will be exhibited in the Earthfair's renewable energy park. Our world turns on energy. And



The Speaker's Stage

there are many alternatives to the fossil fuels that we now rely on. Global conflicts, climate change and economic concerns are some of the many reasons to explore renewable, sustainable alternatives. So come to Earthfair to see what's on the cutting edge!

Both **Saturday and Sunday**, there will be several speakers on hand as well as workshops. Many of these speakers will have booths or facilitate workshops at Earthfair during the course of the weekend. On Main Stage at Noon on Saturday, we welcome **Br. Dayamrita Chaitanya**, a senior monastic disciple of Sri Mata Amritanandamayi and Director of the Mata Amritanandamayi Center (M. A. Center) in San Ramon, CA. Br. Dayamrita has also lectured widely in this country on Indian spirituality and sought to spread the



Closing Circle

message of compassion for all taught by India's beloved saint Sri Mata Amritanandamayi by her own example of tireless service to humanity. On Main Stage at 3 p.m. on Sunday, we welcome Seattle legal services attorney and Democratic senatorial candidate Hong Tran. Please check the website (<http://www.islandearthfair.org>) for updates to the speaker schedule, as

The Vashon Loop, p. 11

well as the Earthfair Program for the weekend as you arrive at Paradise Ridge Park.

So, there you have it...Earthfair is really jam-packed with things to see and do this year, more so than ever before. Come on out and enjoy yourself, we're waiting for you!



Earthfair keynote speaker Br. Dayamrita on the left; Ammachi is on the right.

Brahmachari Dayamrita Chaitanya Keynote Speaker at Island Earthfair

By Chantel Thurman

Brahmachari Dayamrita Chaitanya will be the Keynote Speaker at noon, **August 5**, on the Main Stage at the 10th Annual Island Earthfair in Paradise Ridge Park.

Br. Dayamrita has been a disciple of Sri Mata Amritanandamayi (popularly known as "Ammachi" or "the hugging saint") since 1982. He currently directs North American affairs for the Mata Amritanandamayi Math (Ammachi's international service organization) from its US headquarters in San Ramon, CA where he is general manager and spiritual director. He has lectured widely throughout the US and Canada.

Ammachi was awarded the prestigious Gandhi-King Award for Non-Violence in 2002, was keynote speaker at the United Nations' Millenium Peace Summit in 2000, and at the Global Peace Initiative of Women Religious and Spiritual Leaders in 2002 in Geneva.

Br. Dayamrita will speak about the humanitarian work of this international organization, including recent natural disaster relief in the wake of the 2004 Tsunami and following Hurricane Katrina, where he coordinated volunteer efforts and presented former President Bill Clinton with a check for \$1 million dollars on behalf of the MA Math. He will also share Ammachi's message of love, understanding, compassion, and selfless service.

Br. Dayamrita has just concluded the most recent North American tour with Ammachi this past week in Toronto. The timing of his presentation will be especially rich for gaining an interesting perspective of our continent's current state. For questions or more information, call Darsana at 463-1310.

A friend said mournfully the other day that he'd lived his life like the professor on Gilligan's Island. While he found time to fashion generators out of palm fronds, vaccines out of algae, he never got down to fixing that huge hole in the boat so he could go home. – Anne Lamott



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Two Summer Flowers to Gather

By Kathy Abascal

Goldenrod (*Solidago spp.*) is blooming in patches along the roads on the Island. I do not know how common it is here but it is certainly abundant in places. Its golden plumes of flowers swaying in the summer breeze are lovely. Goldenrod's official name comes from the Latin word *solidare* which means "to make whole."

As its name suggests, goldenrod is a very useful plant, and well worth gathering for tea. Many species of goldenrod grow in North America, and all were used as medicine by Native Americans. They used powdered leaves or tea topically for burns, sores, and other skin problems. Several tribes used the plant to stop diarrhea, and infants with diarrhea were often bathed in an infusion of the flowering tops. The plant must have some sedative properties as well; babies who would not fall asleep or who cried excessively were also given goldenrod baths.

Goldenrod was used to treat fevers, and was widely used as a cold medicine. For "really bad colds," Native Americans often used the root rather than the flowering tops. The fresh flowers, chewed, were said to ease sore throats. David Hoffmann, a British herbalist, has tested some of these uses, and recommends goldenrod as the first herb to consider for upper respiratory infections. He also uses it as a gargle for sore throats and as a treatment for influenza.

Goldenrod is primarily used as a kidney and bladder herb in Europe. In Germany, a regulatory agency called the Commission E will approve the medicinal use of an herb if a

botanical manufacturer submits sufficient evidence of efficacy. Goldenrod is approved to treat inflammation of the lower urinary tract, and as both a treatment for, and preventative of, bladder and kidney stones. It is commonly used in Europe in formulas for bladder infections, and is increasingly used similarly in this country as well.

One of its constituents, a phenolic glucoside, is strongly diuretic. In a series of studies, this compound was almost equal to the diuretic drug Furosemide but had a slower onset and a longer-lasting action than the drug. The herb increases blood flow to the kidneys, and stimulates kidney filtration rates without a significant loss of electrolytes which makes it a very safe diuretic. Dr. Weiss, a German physician who used botanicals in his practice, writes that it also stimulates kidney function and reduces albumen in the urine. He

used it to treat acute nephritis (kidney inflammation). Science provides some support for goldenrod's other traditional uses as well. Some of its constituents are mildly antispasmodic and encourage wound healing. It also has anti-fungal properties and was effective against

Candida in laboratory tests.

Plants with masses of yellow flowers often are mistakenly blamed for seasonal allergies. Thus, many people blame acacia trees and goldenrod for their summer allergies. Actually, neither is wind pollinated, and the only way to get a runny nose from goldenrod is to stick the plant itself up your nose. In fact, goldenrod is reputed to be one of the best bee plants around and attracts many other insect pollinators. It is a good plant to have on your property to attract and sustain beneficial insects. Of course, goldenrod is in the daisy family, and some people do have allergies to that family. Their allergies, however, are not seasonal. Most people's summer allergies are due to ragweed, a wind pollinated plant that is blooming right now.

Another plant in bloom is gumweed (*Grindelia*). It is used topically for skin conditions, and is one of the best remedies for poison ivy and poison oak skin rashes where it alleviates the itching and helps the skin heal. I think the tincture applied directly on the rash works best

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gathering goldenrod and gumweed. If you do, hang the goldenrod to dry in small bundles. The gumweed should be spread out to dry but will remain gummy. After a few days, you can tuck it away in a jar until you need it for a bad winter cough or a scratchy rash.



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*.

You can email her at anemopsis@yahoo.com if you have questions about herbs. If you have questions about herbs, call her to schedule a private consultation (463-9211) or stop by The Roasterie to purchase her tinctures.

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PANDORA'S BOX

In the immortal words of Barry Manilow..."Look's like we made it.."
Join us in celebrating the **50th wedding anniversary** of Marge and Tom!
If they can make it just a few more days they will have reached the golden moment.
Stop in on Saturday the 5th for a slice of cake to congratulate or commiserate.
PS it's also the old man's birthday - (at 73 defying every law of medicine we know).

Horus' pick of the week:

Knocking all of Cheryl's stuff off the windowsill on a daily basis - she gets irritated, he smirks. Apparently he's feeling better.

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Vashon Organics Births Healthy New Website

Site Offering Natural and Organic Products Launched July 7, 2006

A group of four partners launched a new Internet venture on July 7th to satisfy the growing need for healthier alternatives in personal care products. Vashon Organics (www.vashonorganics.com) offers natural and organic lotions, balms, washes, soaks, moisturizers, shampoos and conditioners, and other items such as organic cotton items and pet care products made in the Northwest by local manufacturers.

In celebration of their launch, Vashon Organics is offering 20% off every customer's second order. The offer is good until January 1, 2007. Spokesperson Steve Reed said the promotion is designed to reward return customers. "Loyalty to a healthier lifestyle is really what we're promoting," said Reed. Visit www.vashonorganics.com for details.

Vashon Organics offers a nationwide storefront for many artisans and manufacturers producing healthy alternatives that range from paraben-free lotions to totally organic dog biscuits.

Yet all the brands that Vashon Organics offers are not new or local. The Vashon Organics website offers name brands well-known to the natural and organic trade industry, and some that will soon become well known for good reason. Dr. Bronner's and Kathy's Family are cornerstones of organic business in the US. Newcomers Biozn, Milk Glow, Defense Soaps and The Good Life Collective will soon make their mark with superior products. Vashon Organics is also the exclusive United States distributor for a line of fine natural personal care products coming out of New Zealand. Apicare Honey & Herbs products are based upon the incredible healing properties of Active Manuka Honey and will soon be making a big splash on our shores. Vashon Organics additionally plans a private line of Certified Organic personal care products - all unscented - to address the needs of a growing population experiencing heightened sensitivities to fragrances. Call 1-866-374-9756 for more information.


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Island Epicure



Cold Soups for Hot Days

By Marj Watkins

Down Mexico way, they know a thing or two about keeping heat exhaustion at bay, presenting a delicious, nourishing meal with a minimum of heating up the kitchen or the cook. Of the three gazpacho recipes below, only the seafood gazpacho requires any cooking and that takes only ten minutes. Green Gazpacho features honeydew melon, for a refreshing quick lunch, or supper for a hot late summer day.

With Campechana or Red Gazpacho, complete the menu with corn tortilla chips and salsa or hearty, peasant-style wholegrain bread, and real butter or white cheddar cheese.

A fruit salad garnished with a generous serving of roasted pumpkin seeds, sunflower seeds or walnuts will provide protein for either Red Gazpacho or Green Gazpacho.

A chilled custard for a high-protein dessert, made in the cool morning and chilled until serving time, provides a satisfying dessert following any of these gazpachos.

Campechana

Magnificent Mexican Seafood Gazpacho

Prep time: Cooking Time: 10 min.
Servings: 4-5

- 1/4 lb. true cod, halibut, or Pacific sole
- 1/4 lb. small scallops, or large scallops sliced crosswise
- 1/4 lb. large cooked shrimp, no shells
- 2 cups fish stock or clam and oyster liqueur or chicken broth
- 1/2 cup tomato juice
- 1/2 cup water, optional
- 2 roma tomatoes or 2 small red-ripe round tomatoes
- 1/3 cup minced green bell pepper
- 1 jalapeña pepper, minced
- 2 green onions, thinly sliced, 5-6 inches of tops included
- 1 garlic clove, minced
- 2 Tablespoons minced cilantro
- Salt and white pepper to taste
- Cut fish in bite size pieces. Poach all seafood in fish stock until opaque.

Add remaining ingredients. Add water to desired consistency and taste. Chill. Serve in glass bowls. Note: Octopus, thinly sliced, may be substituted for the white fish. Cook only 3 minutes.

Red Gazpacho

Preparation: 15 min. Chill: 1 hr. or more. Servings: 6

- 2 medium cucumbers, peeled and finely chopped
- 1 onion, chopped
- 1 clove garlic chopped
- 2 large, ripe tomatoes, peeled and chopped
- 1 finely chopped green pepper
- 2 cups tomato juice
- 1 cup carrot juice or chicken broth or beef bouillon
- 2 tablespoons minced parsley
- 2 Tablespoons lemon or lime juice
- 4 teaspoons virgin olive oil
- 2 cups tomato or tomato-based vegetable broth
- Salt, pepper, and hot pepper sauce to taste
- Garnish (several, or your choice of one):

- Green onion tops, thinly sliced
- 1/2 cup finely chopped green pepper
- 1/3 cup finely chopped cucumber
- Minced fresh mint or cilantro
- Place half the chopped vegetables and half the broth in food processor or blender. Whirl to finely chop. Transfer to a large bowl. Repeat with the other half of the vegetables and the tomato juice. Transfer to the bowl. Add remaining ingredients except for garnish. Cover and chill for at least 1 hour, up to 24 hours.

At serving time, offer the garnish ingredients separately in small bowls to let diners choose and garnish their individual servings. This healthy, nearly fat-free soup yields your full MRD of Vitamin A and of zinc in only 68 calories per serving.

Nutrition, per serving (before adding salt): 68 calories, 14 gr. Fat (1.4 saturated, 11.2 unsaturated, 3 grams protein, 5507 I.U. Vitamin A, 773 mg. potassium, 110 mg. sodium, 53 mg. calcium, 15 mg. zinc.

Green Gazpacho

Prep time: 30 min. Cooking: None.
Servings: 4 to 5

- 4 cups diced honeydew melon
- 1/2 cup diced green pepper
- 1 jalapeño pepper, seeded and finely minced
- 1/2 cucumber, peeled and diced
- 3 Tablespoons minced parsley
- 1 cup plain yogurt
- 1 teaspoon garlic salt or to taste
- Green chili sauce to taste

Puree all ingredients in food processor. Taste and adjust flavors. Serve chilled.

Bon appetit!



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MadameToujours

Dear Madame Toujours,

In a few weeks, I will be attending the wedding of my niece. While chatting with my sister (the mother of the bride), I realized we had a problem with the wedding. When my sisters and I got married, our four brothers took our grooms aside at the receptions and threatened to kill them if they ever mistreated us.

As I spoke to my sister, it occurred to me that my niece's only brother is a prancing homosexual — a lovely boy, but I just don't think he can pull off the ritual threatening of the groom. To whom does the responsibility fall in this case? To the uncles? My brothers certainly have the experience, but they don't know the groom well, so it might be awkward. The same goes for the cousins. I have a son about the groom's age, and my brothers have half a dozen sons between them. I broached the question to my brother-in-law, but he seemed to have no idea what I was talking about. I reminded him of how my brothers had offered to feed him his own tongue if he ever cheated on my sister. He turned kind of pale and green and pretended he didn't know what I was talking about — which is something my brother Hernesto will be looking into, believe me, but that's another story.

In the meantime, what should we do? Should my sister and I be responsible for threatening the groom, or will we have to forego the tradition?

Sincerely,
The Bride's Auntie

Give a man a fish and he eats for a day. Teach a man to fish and he's always asking to borrow your boat.

Chere Mme. Auntie,

Oui, the wedding etiquettes, they are *tres difficile, n'est pas*? However, the solution, she is *tres* simple. First, the female types should not be attempting to perform the masculine duties. When the male relatives, they are threatening the *accouterments* of the groom, everybody is being very jocular and manly, and everybody is understanding everybody else, and they are being very open and straightforward and comfortable. The groom, he is understanding the boundaries.


The females, on the other hands, they are not having the jocular familiarity. When they are threatening the manhoods, the groom, he is staying awake nights imagining the mother-in-law sneaking up on him from behind, and then he is unable to perform the manly duties in the bedroom and nobody is getting any grandchildren.

I am sure if you mention the matter to *M.* Hernesto, he will arrange for the tasteful bachelor party, and when everybody is liquored up and feeling extremely pleased with one another, all of the uncles and the cousins and even *M.* the homosexual type brother will be taking the groom aside and explaining to him the consequences of the misbehaviors.

Bon Chance, Mme. Auntie. As regards the little matter of the brother-in-law, perhaps you may be consulting your sister before you are approaching *M.* Hernesto about the indiscretions. It may be that the cripplingly expensive jewelry or automobile is being better appreciated by the wife than the actual physical violences against the husband.



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Positively Speaking

By Deborah Anderson

Fur and Feathers

When he sleeps, he is puddle of gold curled up into himself. His face is the most beautiful manly face. His brown eyes express every emotion he is feeling. His demeanor is most definitely NOT that of the purebred Chocolate Lab I was expecting.

The phone rang at the very moment the chocolate lab was supposed to arrive. “I’m sorry, the voice said, “But my husband just called me and a family friend is going to take her.”

I was, to use a term for which I wish I knew the derivation, crestfallen.

Our family has lived a stripped-down existence for the last ten years. There are many parts of our simpler life style I like. Living without animals is not one of them. Since I was in elementary school I have been an animal lover. When my life is fully blessed, I will have a small farm with five cats, at least three dogs, two horses, sheep, goats, chickens and inside the lovely farmhouse kitchen will be the wonderful twittering of Zebra finches. Double-decker freshwater fish tanks will complete the vignette.

The mere promise of a dog kindled my passion. I picked up the phone and called Pet Protectors. Just curious. What kind of dogs are there available, perchance? What kind of dog would you like? was the response.

The next day Barbara called and left a message. Had someone else from our house called with a request? If not, she thought, perhaps, the perfect dog had just been donated.

Things moved fast. What was supposed to be a visit turned out to be a stay. Though loved by his previous owner, he was a trainwreck physically. The vet determined yeast infections in both ears. Flea hills behind both ears so thick the velvety lobs stood out from his body. A skin condition that would require twice-weekly baths. Ulcers on his legs from him rubbing and licking himself. The abandonment issues were off the scales. He had to go everywhere with me or he would chew on himself bloody and his legs would shake uncontrollably. The vet told me not to keep him. Like many families who’ve been told of potential problem “children,” I took him home to see what basic care and love could do before I gave up.

Though he’s a far cry from a crate-trained purebred chocolate lab, I fell in love with him. And, according to my daughter, he with me.

Fortunately I work with seven families of toddlers who were most welcoming of Buddy. Add to that a week at Family Camp down at Camp Burton with teenagers who ran him ragged and fourth grade girls who delighted in petting him.

The healing began. We experimented with food and found the perfect food for his allergies. I did the ear treatments, fed the antibiotics, bought the chew bones and his squeaky ball. Gave him a cast off teddy bear and exact replica of Molly the Dolly from”Big Comfy Couch.” The kids came home from college and he readjusted to new routines and population.

Today, his fur is growing in. His hind quarters are beginning to look as beautiful as his front. He’s a beloved part of everyone’s life. He’s playful, joyful and relaxed. At eight o’clock every night he tells me it’s time for bed. We argue about that for about two hours and the last thing I hear as I turn out the light is a deep relaxing sigh coming from the floor by the side of the bed where he sleeps.

It turns out we were the perfect family and situation for Buddy.

Buddy has a home with absolutely the right family because of the wonderful dedication and work of Pet Protectors and Fair Isle Clinic. They paid for and provided for his restoration. It’s hard to understand us animal lovers sometimes. We consider animals equal with people. Here on the Island there are so many of us, we don’t look strange or over the top with our care and concern. Pet Protectors and Fair Isle lead the way.

There are too many Buddy stories to close with just one example. He has brought warmth and love and laughter to our home that is refreshing and life giving. Even the cats are coming to appreciate his unique charm.

I’ll simply give you a pitch. If you can donate to Pet Protectors, do. If you get a chance to call or drop a note to Fair Isle to say thank you for their work, do. If you can adopt, pick up the phone.

Someday Buddy will be joined by a Basset Hound and a Bernese Mountain Dog. At least that’s the plan. We know we will trust that whoever shows up at our door is the dog that’s meant for us. Buddy showed us that.

Love, Deb

~~~~~

A dog teaches a child fidelity, perseverance, and to turn round three times before lying down. -- Robert Benchley

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## Wolftown Animal Rehab: Great Horned Owl

Wolftown has recently received permits for wildlife rehab, and is doing more wildlife rescue as well as the horse and wolf rescues they have done for some time. T Martino invites people to read about animal rescues on the Wolftown website blog, at [www.wolftown.org](http://www.wolftown.org).

Here is an entry by T about a recent rescue:

“I got a call one week ago from a woman who had an owl flapping around in her yard being harassed by crows. I came out and gathered up the Passage Greathorned male owl and brought him back to the project. He was so emaciated he weighed about half what he should.”

“I started him on fluids and thought of the power of a GHO and their tremendous ferocity. But for predators it is not an easy start. First they must learn to hunt. It is said that at least half die before they reach their second year.”

“This owl’s other problem is that he was on the north end of the Island where there are more houses. This can mean more rodents but it can also mean more chance of

poison. Rat bait harms wildlife. Owls that catch and eat rodents that have ingested bait will die. They basically bleed to death. Snap traps are a much better idea or humane traps they have now. If you are afraid of pets or kids getting into traps you can build a shield for it out of pipe.”

“The owl is still alive. Doing much better after a tricky time of balancing him on fluids, antibiotics, vitamin K and oral tube feeding and warmth. I thought I would lose him. But he is an example of the tough, resolute nature of the wild. He has never given up.”

“So here is his picture.”



Great Horned Owl

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Ern,  
It's summer and time for peace and love and all that stuff that make VI the place to be. I've been listening to Jack Johnson lately and getting real deep on things like the universe and transportation issues. Jack's so simple and pleasant. Please follow his lead and cut out the meaningless humour and hit us with some smooth pictures and semi-sly captions.

Sincerely, Ryan Matlock  
Mr. Matlock,  
Your wish is my suggestion. Here are a few more pictures of summer happenings. Catch a wave for me in the name of your homeboy guitarist/surfer, Jack J. Ernesto



To think that this strapping stud made it past airport security is beyond me. Ticket prices range from a Power Bar to a Cherry Malt and Bratwurst. Long live Joey Stayler!



Photo by Hawk Jones

## Creating your Wedding Henna Ritual

By Kara L.C. Jones  
There are ancient traditions of using henna as body art for wedding rituals, spread across many cultures from India to Indonesia, from Morocco to Pakistan. And those traditions have evolved and moved around the globe as people have migrated and learned from one another. We see henna now all over Europe and in the United States and Canada, too.  
Some still use henna in a very traditional way by hosting a "night of the henna" where the bride and groom are surrounded by family and friends, henna'd, blessed, and showered with love and care. And we also see new traditions evolving. Some have henna artists at their wedding receptions to henna guests as a party favor. Some hire the henna artist to henna the bride a few days before the wedding and then to come and gild the design on the wedding day.



Liberty! Vashon Wrestlers take a break from summer wrestling camp to celebrate our great country — Big Burgers, Bottomless Sodas, and Endless Freedom Fries. God bless America and Red Robin's medium rare California Chicken Burger. Wrestlers pictured: Eddie Protzeller, Geran Webb, Per-Lars Blomgren, Sylvie Shiosaki, and Alex Steamboat.A



Who's this cute ballerina? Picture taken by Leslie Stoner.

For me, in my own henna practice, my clients helped me to discover what we call a "Bridal Retreat." The bride plus a handful of guests come to a retreat location for a day. We are able to talk about henna traditions, look at all kinds of designs, even offer Reiki "boosts" as a way of becoming very present in the moment. Tea and snacks are served. Sometimes a full meal is catered. We bring a great mix of music, but also encourage the bride and her guests to bring whatever music they like. Some brides like to do other things like set intentions for the day or to use this time as a way to set tone and intention for the whole bridal party. It's a space where you can communicate in every way possible that you want this wedding event to be fun, nurturing, and inclusive. Of course, we henna the bride as lavishly as she'd like. And then we henna any of the attendants who wish to be henna'd also. And all of it is captured by our professional photographer.

One thing that is very important in whatever henna ritual you create: please make sure your artist is using all natural henna products. If they are using "black henna" or "brown henna" or any guaranteed color — or anything "quick staining", then you may want to run the other way. All natural henna ranges in beautiful colors from orange-red to brick-brown, and people are rarely allergic to it. But the dangers of "black henna" and other chemically treated mixes are beyond

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## Council On Doggie Doo, People Doo, What Businesses Do

Continued from page 1

For example, most of the comment about what Julia Burman said has been heard many times before in the past 30 years. She's chairwoman of the Vashon Parks and Recreation District Board. She was at the meeting to ask for comment on the District's proposed four-year maintenance plan for Island parks.

"I own the biggest dog on the Island," she smiled, a Newfoundland, to establish that she empathized with complaints of doggie doo in parks and big dogs which run loose on beaches and roads and scare the daylights out of you.

But no one offered remedies that satisfied everyone except the Burton Peninsula man who encouraged more "education," such as signs telling people the rules. Nobody objected to that. One rule is that dogs must be on a leash or under control of the owners anywhere on the Island. No dogs are allowed anymore in Saturday Market Community Park because so many dog owners failed to pick up their dogs' doo, but some other parks have the same problem, citizens said. Perhaps the dog owners aren't aware of the Island-wide leash rule and the custom of picking up your dog's droppings and could be informed by more signs. His implication was that the owners of loose dogs would improve their behavior upon reading the signs. Anyway, the discussion went on and on like that.

There are signs and doggie doo sacks at Jensen Point already, Burman observed.

With that repetition of a typical Island exchange Burman guided the conversation around to declaring that the Park Board is beginning to plan maintenance for the next four years and now is the time to make suggestions.

Like getting a public toilet in downtown Vashon and keeping it clean,

scary. Please be a proactive consumer when hiring your henna artist. Educate yourself. Ask lots of questions. Besides wanting someone who is talented at design, you need to be sure they are using safe product.

Also, consider who will be attending your event. Make sure no one is allergic to henna, but also make sure they aren't allergic to things your artist might put in the paste mix. At our events, we use a paste mixed with all natural henna, water, sometimes lemon, honey, lavender oil, or sometimes cajeput oil. All oils are highest quality, aromatherapy grade. Sometimes people rather we leave out the lemon as someone attending is sensitive to the citrus. I have come across people who are allergic to lavender. So just make sure you ask questions.

Another consideration is small children. For those under 5 or 6 years, you want to be sure they don't have G6PD or other liver disorder before henna'ing. In fact, in my own henna practice, I

said a couple of participants, a conversation I first heard in 1975 so won't bother to report on again.

The other major half of the agenda was three county officials telling us the rules affecting what we used to call cottage industries or home-based business operations may be lightened. The County Executive and County Council are proposing that.

Please comment on them, Julie Larson asked. You can find the proposals at [www.metrokc.gov/exec/bred/business.Projects/Rural.htm](http://www.metrokc.gov/exec/bred/business.Projects/Rural.htm), one of her handouts advised. An example is relaxation of a rule that requires screening of a home-business lumber yard or auto repair, reported Harry Reinert, (206) 296-7132. He's not the man of the same name in the Vashon telephone book; this Harry works as a special project director for the county. Larson is at (206) 296-1062. She leads a King County Rural Economic Strategies Project Team.

This response they seek is what the County Executive expected from the Community Council when he recognized it and others like ours a decade ago. Jennie Hodgson, chair of the Public Safety committee, said her group would take up some of the dog issues discussed July 17 at a public meeting August 4, 10 a.m. at the Courthouse near K2. But so what? Well, the county's been quite responsive to what the Community Council says when we talk at monthly Council meetings. If you'd like to help decide what we talk about, give me a call, (206) 790-9457, soonest. I'm on the nominating committee looking for citizens 18 years and up willing to devote two or three meetings a month toward organizing and amplifying our community voice.

Jay Becker has been watching the Community Council and its predecessors 30 years.

simply do not henna young children. Doesn't seem worth the risk — even though statistically the risk is very small that they would react adversely to henna. For the kids, I bring a red-brown colored, non-toxic, glitter pen and some of those fancy temporary tattoos that you can put on with water and wash off with soap. In most cases the kids just love it!

Once you've got all the safety issues covered, then feel free to let your imagination run wild! Discover designs you like. Check out any family history to see if there are henna traditions you want to honor. Plan your music, food, intentions. Create the henna ritual you want! Henna designs have bloomed and faded over thousands of years. So go ahead! Become a part of that lineage with your own wedding henna ritual!

About the author — You can be in touch with Kara Jones via [kara@hennahealing.com](mailto:kara@hennahealing.com) — please put "VASHON LOOP" in the subject line of your email so it doesn't get lost in the 600+ spam we get each day!



*“Doctor, doctor, what’s the news?” asked the worried man when his doctor called with his test results. “I have some bad news and some really bad news,” admitted the doctor. “The bad news is that you only have twenty-four hours to live.” “Oh my god,” gasped the man. “What could be worse than that?” “I couldn’t get a hold of you yesterday.”*

In an exclusive private school near California's Silicon Valley, a third-grade teacher was lecturing her upper-middle-class students about the less fortunate. She asked them to write an essay about a poor family in the area. One little girl's paper began: "Once upon a time there was a poor family. The father was poor. The mother was poor. The children were poor. The nannies were poor. The pool man was poor. The personal trainer was poor."

# One Liners

**Bob:** My brother drives like lightning.  
**Ted:** He drives fast?  
**Bob:** No, he hits trees!

A very wise mute once said :

The best defense against logic is stupidity.

A thing not worth doing is worth not doing well.

It is attitude and not aptitude that determines altitude.

A horse may be forced to drink, but a pencil must be lead.

A signature tells a lot about a man, sometimes even his name.

If it weren't for chins and chests, would laundry ever get folded?

Don't be so concerned with your rights that you forget your manners.

The only lesson history has taught us is that man has not yet learned anything from history.

Benjamin Butler (1818-1893), a staunch supporter of Jefferson Davis in the Democratic National Convention in 1860, was offered the vice-presidency by Abraham Lincoln in 1864, but he declined. Had he accepted, he would have become president only a few months later.

When fish jump in the air, do they take a deep breath and close their eyes? – Lawrence Brotherton

He loves nature in spite of what  
it did to him.— Forrest Tucker

Many folks want to serve God, but only as advisers

His belt doesn't go through all the loops.

There are two times in a man's life when he should not speculate: when he can't afford it, and when he can. -Mark Twain

In college I was dating this girl who decided it was time to call her parents and tell them she was gay. She said, “I’m gay, and I’m dating a musician.” And there was a long silence. They said, “It’s not that you’re gay – but really, honey, a musician?” – Melissa Etheridge, commencement speech at Berklee College of Music

- *Chuck was sitting in an airplane when another fellow took a seat beside him. The new guy was an absolute wreck...pale, hands shaking,*
- *biting his nails, and moaning in fear. “Hey pal, what’s the matter?” Chuck asked.*

***“Oh man... I’ve been transferred to Texas. There’re crazy people in Texas. They have shootings, gangs, race riots, drugs, high crime rate...”***

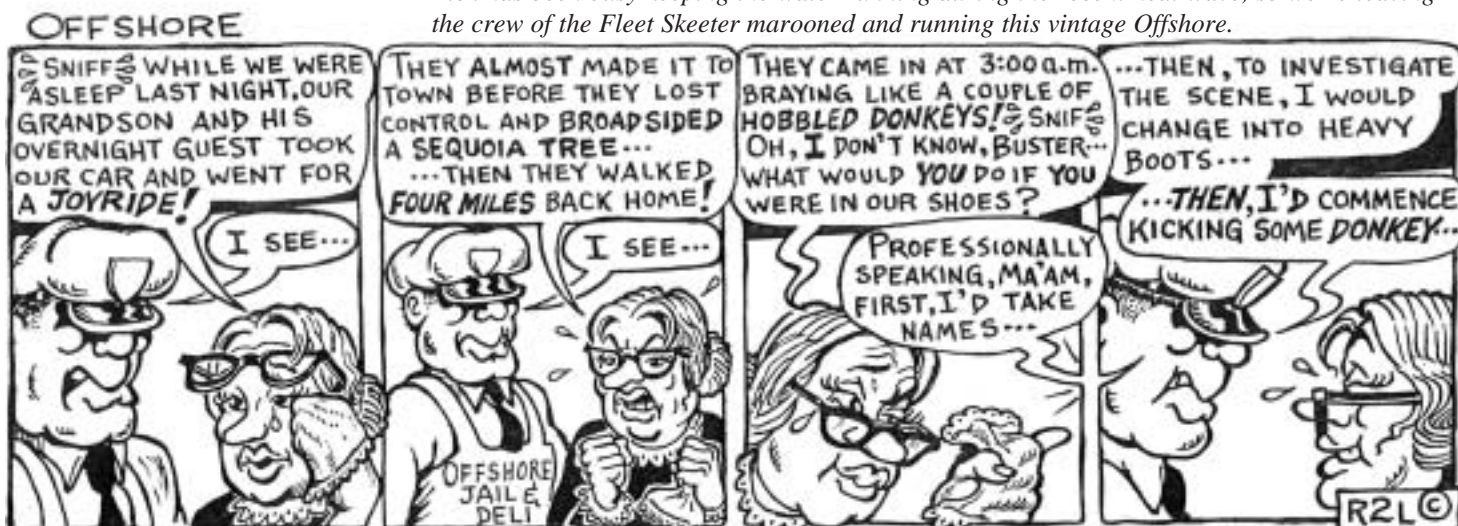
• ***“Hold on” Chuck interrupted, “I’ve lived in Texas all my life, and it’s not as bad as the media says. Find a nice home, go to work, mind your***  
 • ***own business, enroll your kids in a good school, and it’s as safe as anywhere in the world.”***

• *The other passenger relaxed and stopped shaking for a moment and said, "Oh thank you. I've been worried to death, but if you live there and*  
 • *say it's OK. I'll take your word for it. What do you do for a living?"*

• ***“Me?” said Chuck, “I’m a tail gunner on a bread truck in Laredo.”***

*No Dad and Boy this issue -- Jeremy Gregory sez he's too busy with paying gigs. Sigh.*

*Rick has been busy keeping the water running during the recent heat wave, so we're leaving the crew of the Fleet Skeeter marooned and running this vintage Offshore.*





Loop Arts



Scott Huckabay

Scott Huckabay,  
Guitar Alchemyst

Please join us at Bishops Cafe on **Friday, August 11** at 9 p.m. for an inspiring performance by Scott Huckabay.

Scott Huckabay is a brilliant guitarist whose groundbreaking style incorporates elements of rock, blues, jazz and fusion. Behind the explosive dynamics and pulsating rhythm of Scott Huckabay’s guitar work lies an inspiring story of healing and recovery that is, perhaps, more powerful than the music itself.

Huckabay was involved in a near-fatal motorcycle accident during the Harmonic Convergence Weekend in Arizona, August of 1987.

Doctors told him that he would never walk or use his right hand again. He turned to the acoustic guitar for therapy and a new music



Huckabay at 2005 Earthfair began to well up from deep within his soul.

Scott attributes his healing not only to his new music, but also to the year he spent recuperating on a Hawaiian beach, swimming and being inspired by dolphins and whales. He has accepted this entire experience as a gift. Scott believes that his mission in life is to share this gift with the world, and help others find healing, joy, and peace through music.

Scott’s performances are electrifying. He is inspired by the genius of Jimi Hendrix as much as by dolphins. Using a violin bow, an E-bow, percussion styling and other effects, he creates mystical landscapes that are vast and breathtaking. Scott’s original style of music with the guitar has led him to receive many awards, such as BAM Magazine’s Guitarist of the Year Award, and the Independent Music Award for Album of the Year, which he won for his album *Alchemy*.

Scott plays with an endless supply of energy, which he gives to his audience freely and generously. At the end of each performance, his audience is physically and emotionally renewed. Scott’s music encompasses a joy of being, a passion for life, and a love for all of Earth’s creatures.

Danny O’Keefe plays  
at Vashon Winery

Danny O’Keefe, nationally recognized singer-songwriter, will perform at Vashon Winery on **Saturday, August 5**, at 7:30 p.m. O’Keefe, a long-time resident of Vashon Island, will entertain in a very private intimate setting inside the winery amongst the barrels and tanks with seating limited to 50 people and standing-room for ten more.

O’Keefe is referred to as the songwriter’s songwriter and may be best known for “Good Time Charlie’s Got the Blues.” He has recorded and sold a number of CDs including *The Day to Day* with such hit songs as “Along for the Ride” and “Protection.” Danny is currently in the studio working on a new CD.

O’Keefe’s music is lyrical; pounding but smooth, with a thoughtful intellectual side to the songs. Danny will perform with long-time associate Joel Tepp, a multi-instrumentalist playing Dobro, harmonica, bass, mandolin, horns.

O’Keefe is also at the forefront of the Songbird Movement, bringing awareness to shade-grown coffee that protects songbirds over-



Danny O’Keefe

wintering in the southern hemisphere.

Reservations can be made by calling Vashon Winery at 567-0055.

Cost is \$20. Wine by the glass will be available for sale, and a tasting of the winery’s 2002 Anniversary Reserve Red, and light snake food. Vashon Winery is located two minutes north of the town on SW 156th.



Joel Tepp Photo by Carrie Robinson

Free Bluescats  
Concert at Ober Park

By Janice Randall

Swing with Tim Casey and the Bluescats, **Thursday, August 3**, 7 to 9 p.m. Bluesy swing tunes will keep you jumping for this all-ages free Summer Concert in the Park. Vashon Park District, Vashon Allied Arts and Windermere Realty sponsor the summer music series. Bring families, picnics and lawn chairs. Please, no alcohol in the Park.

Nominated for 2005 Best Blues Recording Award by Washington Blues Society, Tim Casey and the Bluescats also earned a nomination for Best Blues Band in Seattle (05-06) by Seattle Weekly.

With four CDs and a DVD to their credit in less than a decade, the Bluescats perform throughout the West in clubs and summer festivals. Don’t miss this chance to dance!



Streetwise Is Coming to Vashon Theater !

By Jake Bessward

A few years ago, a pretty darn good guy got into some trouble, and was exiled to California because of it. His friends mourned his loss, and a year later, two of them decided to make a movie about their friend and his story. The filmmakers are Islanders Alex Atkins and Andrew Franks. The movie is *Streetwise*, premiering at Vashon Theater, **Sunday, August 6**, at 2 o’clock.

It took them two years to complete *Streetwise*. They had school and work, and each time they tried to shoot street race scenes, the local police kept showing up.

Atkins and Franks take advantage of the best Vashon has to offer, terrific scenery and talented people. *Streetwise* is the rollicking tale of Gordon Baker (Jesse

Whitford), a teenage boy who, along with his two buddies (played by Ben Stadaaker and Chris Riley), decides to compete in a street basketball tournament in order to prove his worth to his father and to himself. With a cast of more than thirty of the Island’s most talented and outrageous characters, ranging in age from 12 to 90, you’re sure to see someone you know.

The movie’s soundtrack was written and performed by Jesse Whitford and Stefan Rubicz.

Alex Atkins and Andrew Franks can’t wait to see what their community thinks of this, their latest work, a good-time movie based on the real-life misadventures of an old friend. Don’t miss *Streetwise*! The event is free by donation.

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August 11-17

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Allied Arts Blast from Past

Continued from page 1

The impressive list of players continues to grow; here they are as of this writing: Daryl Redeker; Ron Hook; Mindy Manley Little; Eric Tingstad; Carter Castle; Mark Graham (with Susan Lewis and Jerry Gallaher); Steffon and Arlette Moody; Linda Severt; Mary Litchfield Tuel (with Libbie Anthony, Velvet Neifert and Dick Paulsen); Gary Koch; Kat Eggleston; Geordie’s Byre; Dick and Fran Gordon; Marsha Morse; and more in store.

In addition, see excerpts from *Emily, Emily*, with Catherine MacNeal, Adrienne Mildon and Pat Bara, a dramatic reading by Mark Sheppard, Blue Heron dancers (TBA) Blue Heron Youth Theater excerpt from *Alice in Wonderland* with Haley Mosteller, Hanna Higginbotham and Iris Spring, and the Vashon Handbell Choir Duet.

Make a turtle with master potter, Liz Lewis (and raku it at Blue Heron Pottery’s 3rd year birthday **August 26**, 2 to 5 p.m.). Lynn Brevig will bring her Wild Smiles Face Painting to Camp Burton for “Art on the Face.” Food and beverage by Wok in Take Out will be available for purchase throughout the afternoon. Free Birthday cake will be served until it’s gone!



## Dale Leads Plein Air Workshop in August

Curious what it’s like to paint “plein air?” Wondering how to improve your paintings of a summer’s day?

As part of the Plein Air Painting Festival, organizer Karen Dale will offer a single-day workshop on Plein Air Painting Basics on **Sunday, August 20**. Called “Painting Masses in the Sunlight”, the class is meant to help painters in oil, acrylic or pastels develop their skills in capturing what Dale calls “the sense of the scene.”

“Sunlight carves the landscape into masses of darks and pools of light. If you get that pattern right and keep the colors vibrant, you’ll capture the sense of the day: its weather, its season, even the time of day. So often painters get entranced by a Vashon Cutie — a sailboat, barn, critters, flowers — and they ‘drill down’ on that focal point, forget to paint the Big Picture, then wonder why their painting isn’t convincing.”

Participants will paint three 2-hour landscape studies, after a 9



*Back Bay Lavendar Field  
Painting by Karen Dale, 2006*

a.m. demo. One study will explore masses in light, one masses in shadow, and one will feature a distant land mass to explore aerial perspective. The class will also touch on linear perspective, composition, color mixing (in oils, her expertise) and plein air painting tools.

Participants should be comfortable working in their chosen medium and have the basic equipment. The cost is \$75 pre-registration, \$90 day of the class. Rendezvous point to be determined. For more information and a complete list of equipment and palette, see Dale’s “Plein Air Workshops” page at [www.karendale.com](http://www.karendale.com), or phone her at (206) 463-1945.

## Paintings and Quilts at Two Wall Gallery in August

By Ben Meeker

Announcing an exhibit of paintings by Paula Hendricks and fine art quilts by Nadine Meeker at the Two Wall Gallery from **August 4 through August 27**. Opening reception **Friday, August 4** from 6:00 to 9:00 p.m.

The natural world expresses itself through color and pattern. We experience the sky at dusk when it’s defined by black mountains; flowers of spring against green weeds; the shape of light through leaves as it falls on water, or in the lively frame of a child’s drawing.

Paula Hendricks has a literal approach to representing these natural expressions. She paints flowers, landscapes, animals and thinking people with soft solid colors and muted but defined outlines. There is a patterned feeling to her paintings that is between the actual look of the flower and a purposeful collection of pieces of color. These ordered compositions, at Paula’s hand, become luminous despite their controlled composition.

Hendricks is also a delicate and empathetic portraitist. Her people are accurately depicted, first off. More importantly, she imbues them with a personality and an implied biography through their eyes and surroundings. Paula’s portraits are real people not just paint on canvas.

Nadine Meeker is an expressive colorist, which is difficult when you

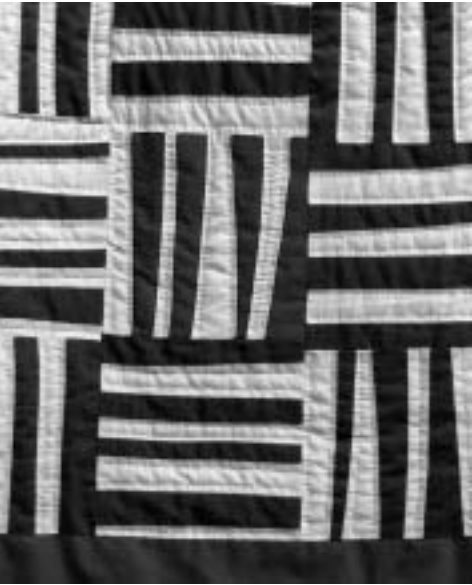


*Chamber Choir in Tulips by Paula  
Hendricks, Oil on Canvas. Photo by  
Charles Backus*

consider the labor-intensive process she utilizes to get her compositions. Pieces of fabric are her color blocks which she arranges in faceted blocks within large irregular planes. The effect is vibrant as colors complement, contrast, and optically blend in your brain. Meeker’s cloth paintings have a strong textural and linear reality because of the actual quilting of the fabric that she utilizes as drawing elements. Soft pillow-like valleys play against the short staccato lines of the colored thread in the quilting, creating shadows and highlights on the otherwise solid blocks of color.

Meeker will also be presenting some challenges to the notion of what a quilt looks like. She has quilts with tumbling boat-ladder forms reminiscent of DaDaist random action paintings. She has shaped quilts that are derived from children’s drawings. She draws quilted sketches, where she takes a solid piece of fabric and draws with the quilting line using different colored threads, in a freeform style.

For information about the artists, sales or the gallery, contact Ben and Nadine Meeker at 463- 1930.



*Crazy About Purple (detail) by Nadine  
Meeker, Quilt. Photo by Ben Meeker*

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- Incoming Sixth Graders: Session 1: Aug 7th – 10th, 10 - 12 Noon
  - Incoming Sixth Graders: Session 2: Aug 14th – 17th, 10 – 12 Noon
  - Incoming Seventh & Eighth Graders: Aug 14th – 17th, 3:30 – 5:30 PM
- (Ask about workshops for younger or older students!)

All workshops are held at the McMurray Middle School.

Workshops are limited to 10 children. Tuition: \$70 (Scholarships are available.)  
Call Devon Atkins (353-9227) for information, and to reserve a spot.

## What’s Happening At Vashon Bookshop?

By Devon Atkins

Today, one of my 8th grade students said to me, “Wow. This summer’s really going fast.” He and I talked about his summer of last year, when his family had just moved to Vashon; how he wanted to come to our tutoring sessions two and three times a week, just to have something interesting to do! This summer he’s jam packed with friends, skateboarding, and water sports, and just barely fits me in! Summers are like that, fleeting and lovely and full of fun, but keep in mind, it’s not over yet. August is quickly on its way and, as always, it’s going to be best part of summer.

At the Bookshop, there’s always something happening for kids, and August is no exception! This summer’s reading program is extra fun and “Sizzling!” Kids come in as many times as they like to fill out a card, telling about the books they are reading. There’s a big time vase filled with this sizzling book info, and pretty darn soon there’s going to be a drawing. Some time in August, one lucky reader is going to win movie tickets, gift certificates, and other incredible goodies. A word to the wise...you snooze, you lose.

And, it doesn’t stop there. Two of the best music women on the Island, Kim Thal and Gabriel Burgess, are orchestrating two exciting August events for kids, 18 months through 3+ years old. Both are music and movement events, the first one will be on **Thursday, August 10**, 10:30 a.m. to Noon, give or take. The event will take its inspiration from the music of the book, *Baby Beluga* by the beloved Raffi. Then, on **Thursday, August 24**, 10:30 a.m. to Noon, give or take, kids are invited to sing and dance to the music of *My Aunt Came Back*, Pat Cummings’ rollicking, toe-tapping lyrics and music. Sign up at the Bookshop, and do it fast, because space is definitely limited and it’s going to be lots of fun. Like all Bookshop events, these two are free.

For more information, call Kim Thal, 463-0062.

Finally, there’s poetry. I played hooky from the last Poetry Salon, but I wouldn’t miss this next one for anything! The August Poetry Salon, our monthly (First Thursday) gathering of those who love poetry, will be **Thursday, August 3**, from 7 to 9 p.m. at Vashon Bookshop. You, too, can receive our monthly emailing, by calling (206-353-9227) or emailing me ([devon.atkins@hotmail.com](mailto:devon.atkins@hotmail.com)). Drop-Ins are always welcome, and this month, for something completely different, it’s “Poetry That Speaks to Political and Social Issues.” Poets have always used their art to speak to social and political conditions, whether as a life’s obsession, or just when the passion struck them. Poetry has always been more political than poets care to admit. Through the ages, governments have barred poets and persecuted them. How do poets use the music and metaphor of poetry to convey outrage, compassion, and amusement? What devices are used to tell the stories of the times? Most of our popular poets have spoken to the conditions of our world. Look to Walt Whitman; fascist-sympathizer Ezra Pound; poet and essayist Yusef Komunyakaa; The Beats’ Allan Ginsburg; feminist Gertrude Stein; and Native American activist, Joy Harjo. Which poets speak to your political and social consciousness? Or, perhaps it is you, who writes to tell the stories you see of people in your global community. Bring these poems and poets to the next Poetry Salon, Thursday, August 3rd, 7 to 9 p.m., Vashon Bookshop. Let’s stage an informal open mic of political and socially aware poetry! It’s about poets and poetry speaking about what’s important, in that way that poetry has about sharing the truth, without really telling it.

Which only goes to prove, once again, that there is more to Vashon Bookshop than just books. **~~~~~**





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