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EEK!!**
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**Pipes, games, croquet,
and fish and chips;
Plus more Arts and
Music**
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THE VASHON LOOP

Vol. 3, # 18

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

August 30, 2006



Total Experience Gospel Choir and the Reverend Patrinell Wright

Total Experience Gospel Choir Returns to Sing

By Marie Browne and Mary Litchfield Tuel

On **Saturday, September 9**, the Total Experience Gospel Choir, led by the Reverend Patrinell Wright, returns to the Vashon High School Theater for their annual concert to benefit the Bailey Boushay House, an AIDS hospice in Seattle. This year marks the 15th anniversary of the event. Doors open at 6 p.m. for refreshments, and the concert starts at 7 p.m.

The Choir has just returned from New Orleans, where they gave concerts and did volunteer work for people who lost everything a year ago when Hurricane Katrina struck.

**The Total Experience Gospel Choir
Directed by the Reverend Pat Wright
September 9 at VHS Theater
6 p.m. Doors open, Refreshments
7 p.m. Concert**

Concert organizer Larry Flynn is passionate about educating children and teens about AIDS, what it is, how you get it, how not to get it.

Flynn was diagnosed with HIV in 1985, and didn't expect to live long. "But here I am, 21 years after my diagnosis, still alive," Flynn says now, with a palpable sense of wonder.

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Ferry Schedule for Labor Day

On Labor Day the Vashon ferries will run on a holiday schedule at both the north and south end of the Island. The Passenger Only ferry will not be in service on Labor Day. Travelers needing specific information can call the Washington State Ferries Information line at 1-888-808-7977 or check the web site at www.wsdot.wa.gov/ferries.



Dan Schueler of Voice of Vashon TV tapes the Peak Moment crew taping Mark Yelken demonstrating a neighborhood-scale composting system. Photo by Meg Gluckman

Quiet On the Set!

By Janie Starr

That command rang out during the three days that the producers of *Peak Moment* were on Vashon interviewing and filming a smattering of folks involved in sustainability and localization efforts on our island.

Janaia Donaldson and Robyn Mallgren of Yuba Gals Independent Media use their public access television series to highlight community-based responses to a changing energy future. Based in Nevada City, California, they have taken their show on the road, and Vashon was their first stop on a whirlwind tour that included Bainbridge and Orcas Islands, Portland and Williams, Oregon, and places in between. Ultimately they hope to expand

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Vashon residents make Peak Moment crew feel welcome at a local-food potluck Photo by Meg Gluckman.

VFW:

New Commander; Vietnam Today

Veterans of Foreign Wars (VFW), Post 2826, announces that Bill Hathaway is the new Commander of VFW Post 2826.

Commander Hathaway has announced that the VFW meeting on **Thursday, September 7**, 6:30 p.m., at the Veterans Hall (formerly the VFW Hall), will include Roy Bumgarner sharing his impressions from a recent month-long visit to Vietnam, Cambodia and Laos. Bumgarner, VFW Post 2826 Service Officer, is a veteran of service in these three countries during the Vietnam conflict. The Vashon Community is invited to attend.



Roy Bumgarner today

"I went over without any preconceived notions," Bumgarner said. "I was really surprised at how people treated us. They've had two wars since what they call 'the American war,' with Cambodia and Laos. They ask you where you're from



Roy Bumgarner in Vung Tau, 1968

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Two Buddhist Events Coming Up on Island



Dzogchen Khenpo Choga Rinpoche and friend

The Buddha Meets Quantum Physics

If you've seen the movie *What the Bleep Do We Know*, you'll remember the line by physicist Fred Alan Wolfe saying, "If you're not a little bit disconcerted by all this, you're not paying attention!" Such can be the experience of listening to the teachings of Dzogchen Khenpo Choga Rinpoche, who returns to Vashon **Thursday, September 8**, from 7-9:30 p.m., for a public talk at a residence on north Vashon (call for directions, 206-463-1490).

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Vashon Buddhist Seminar: Delving into Freedom

"The Dharma is, if nothing else, a call for us to live in a state of radical freedom," writes Charles Johnson, in *Turning the Wheel: Essays on Buddhism and Writing*, one of more than a dozen books of philosophy, fiction, essays and cartoons. Inviting us to consider, "What is Freedom?"



Charles Johnson

Johnson will lead the all-day third annual Vashon Buddhist Seminar on **Sunday, September 17**.

What if we did get our freedom? What would we do with it? What do you envision freedom to be?

"If the teachings of Shakyamuni Buddha are about anything, they are about a profound understanding of identity and the broadest possible meaning of liberty. If we wish to be

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Episcopal Church Has New Service Times

Seriously, folks, the Episcopal Church of the Holy Spirit is changing its Sunday worship and education hours starting this **Sunday, September 3**. The early service will begin at 7:45 a.m.; the late service will start at 10:15 a.m. This is to accommodate Church School and Adult Education at 9 a.m.

Amateur Radio Licensing Classes

A no-fee, 10-week class to obtain a ham radio license will be offered beginning Sep 14th, at 7 PM. The class will meet in the east room of VIFR's Penny Farcy training center, across the street from the main fire station. Amateur Radio is a great tool for emergency communications and a tremendously interesting hobby for techies and non-techies alike. Join Vashon-Maury's growing list of hams! For more information about the course, check the Vashon-Maury Island Radio Club's Website at www.w7vmi.org, or contact Ward Silver by phone at 683-9710.

Green Party Events for September

Monthly Green Party meeting: **Tuesday, September 12**, at 7 p.m. at the Land Trust Building. Meg Gluckman, from Citizens for a Public Utility on Vashon, will give a presentation on the Public Utility District (PUD) initiative that will be on the ballot in November. She will answer questions that audience members have about the proposed PUD. *Progressive movie night* will be on **Thursday, September 14**, at 6:30 p.m. at Café Luna. Admission is free. We will be showing *Sir! No Sir!* a film about the anti-war movement in the military, a movement that does not get a lot of press coverage. *Green Party Book Club* (you don't have to be a member to join) will be held on **Sunday, Sept. 24 at 2 p.m.** at the Vashon

DOIT Board Meeting Thursday, Sept. 7

The next regular board meeting of Development of Island Teens (DOIT) will take place at 6 p.m. on **Thursday, September 7**, at Sunrise Ridge Conference Room in the Voice of Vashon building. Youth and interested adults are invited. For reasonable accommodations for people with disabilities and directions, call Stephen Silha at 567-4363.

Public Safety Committee Meets

Two items will be the focus of the September meeting of the VIMCC Public Safety Committee meeting **Friday, September 8**, at 10:00 a.m. in the courtroom of Courthouse Square. We will be hearing concerns regarding tinder-dry woodlands on the Island and discussing what will happen in case of a large, fast-moving fire. We will also be considering various highway and traffic issues with special emphasis on the dangers that come with the early darkness of autumn and the start of school. Those with particular concerns are welcome to attend, as well as any citizen who desires to become a member of the Public Safety Committee, or just wants to observe.

Tea Shop. This month we will be discussing *Field Notes from a Catastrophe: Man, Nature, and Climate Change*, by Elizabeth Kolbert which tackles the controversial subject of global warming. Kolbert approaches this monumental problem from every angle. Growing out of a groundbreaking three-part series for the *New Yorker*, *Field Notes from a Catastrophe* brings the environment into the consciousness of the American people and asks what, if anything, can be done and how we can save our planet.

The louder he talked of his honor, the faster we counted our spoons. – Ralph Waldo Emerson

Adopt-A-Cat Day

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

VIPP Annual Dog (and People) Walk

Come join us at VIPP'S annual Dog (and People) Walk on **Saturday, September 16** from 9 a.m. to 12 p.m. at Burton Acres Park. You don't have to find sponsors, but if you'd like to, there are sponsor sheets are available on-line at www.vipp.org, Pandora's Box, Fair Isle Animal Clinic and the Vashon Pharmacy. Prizes will be awarded to the top three contributors. Hope to see you there...it's a great way to get some exercise, meet your Island neighbors and help VIPP at the same time.

King County Seeks Volunteers to Foster Animals

King County Animal Services is looking for residents to provide temporary care in their homes for sick, injured and young cats and dogs so they can be adopted out in the future. A training session for people interested in proving temporary foster care will be held on **Thursday, August 31** from 5:30 p.m. to 6:30 p.m. at the King County Kent Animal Shelter at 21615 64th Avenue South. Once completed, volunteers may begin to foster pets right away.

Wolftown Needs Volunteers and Linens

Wolftown desperately needs towels and sheets for wildlife at the project. Wolftown also needs volunteers to feed orphaned wildlife. Wolftown will provide training for volunteers. Volunteers must be 18 years or older, and willing to get up at night every two hours. Wolftown also needs volunteers to help with off-Island wildlife releases.



Name this owl!

Name the New Educational Owl at Wolftown!

This little guy is missing part of a wing and has eyesight problems, and so will be staying with us at Wolftown and teaching about how vital it is to preserve habitat for indigenous species around your home. To help name him, vote for your favorite name! This is a fund raising event—one dollar per vote! Vote as many times as you wish! The youth volunteers at Wolftown picked out the names. Write the name you choose and mail to Wolftown at PO Box 13115, Burton, WA 98013. Vote ends **October 25**. The names are: Boo, Otis, Irving, Ollie, Wol, Owly, Jr., and Hedwig. And thank you for supporting Wolftown!



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, September 8**

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Master Gardeners' Final Free Clinics of Summer

The final two Master Gardener free clinics of the season will be offered **Saturday, Sept 9**, and **Saturday, September 16**, from 10 a.m. to 2 p.m. in the breezeway between True Value and Thriftway. Bring your gardening questions, or come by for advice on seasonal gardening tasks. In our climate, autumn is the best time for planting, transplanting and dividing most plants. We can help suggest plants for particular situations or for drought tolerance. Master Gardener advice is also available via a telephone help line Mondays-Fridays 10 a.m. to 4 p.m. year-round, on (206) 296-3440. And information on identifying and managing plant problems is available on the web at king.wsu.edu/gardening. Applications are now being accepted for next year's Master Gardener training. Stop by the clinic if you'd like to inquire about the program.

Corrections

Wrong Name: Laura Calloway was very gracious about the fact that I got her name wrong in the story about the beginning of the Vashon Youth Theater Project (*Loop*, August 16, 2006). For some reason I thought her name was Callahan. It isn't. "It's Calloway, as in 'Cab,'" Laura says. I apologize, Laura, and thank you for being so kind in correcting my mistake. **Adjusted Total:** Jo Ann Bardeen writes that the 10th Annual Rally For a Cure raised \$4,846, not \$4,300, as reported in the last issue of *The Loop*.

The Vashon Loop

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- \$50 a year gets The Loop delivered to your mailbox every two weeks. Call (463-3327) or write (PO Box 253, Vashon) or email editor@vashonloop.com!



Troy and Marie Get Ready for Fall

Much as we hate to say it, it's obvious that the end of another glorious summer is right around the corner. The mornings are crisp, the sun is lower on the horizon. Pretty soon the whole Island – the whole Puget Sound, in fact - will be immersed in a moist mist for months. (Try saying that fast three times!) This year we'll be ready. Whether you're a homeowner or are renting, there are some things you'll want to do to prepare for the monsoons. If you are thinking of buying or selling your house, please give us a call at 206.463.LIST (5478). We'd love to talk with you. And if you are a renter, read on...



Marie: Troy, do you remember when we talked to Ed Palmer about gutters and ended up replacing ours? Believe it or not, it was a whole year ago that Ed put in our snazzy new continuous feed gutters that match the paint trim on our house. They still look great, and they work beautifully.

Troy: Oh, I remember all right. I figured spending all that money would get me off the hook for cleaning the gutters, but Ed informed me that I was wrong. Too bad we don't have any teenagers around the house any more.

Marie: I miss the kids, too – but it sure is nice to always have milk in the fridge. Anyway, I would suggest that people re-read our newsletter "Troy and Marie Get in the Gutter" for Ed's tips on gutter and downspout maintenance. It's on our website under Troy and Marie's Newsletters at www.kwvashon.com.

Troy: And as long as we're on the roof (get it? *on* the roof?), we should remind people that Kurt MacMillan from A Better Roofing Company had some good ideas on what to look for to see if there are potential problems with a roof. That issue was titled "Troy and Marie Climb on the Roof."

Marie As I recall, Kurt also stressed the importance of keeping your gutters and downspouts clean.

Troy: Just no way around that dang job. At least I won't have to waterproof the basement.

Marie: Ummm.. since we don't have a basement, I suppose that's true. But readers who do have basements should check out the issue where we talked to John Yates from True Value about the various waterproofing products that are on the market. We wrote that issue ("Troy and Marie Stay Dry") after over 100 continuous days of rain. It was a lot of rain. That's all I'm going to say about that. We hope we don't have a repeat this winter, but it would be smart to take care of the problems now, so you don't find yourself in a flooded basement with a sump pump in February.

Troy: No kidding. Hey, let's remember to tell our readers about our new blog service for people who need or want rentals. It's easy, and it's absolutely free.

Need a rental? Have a rental? Check out our new FREE on-line service: vashonrentals.blogspot.com. Post details about your rental under Vashon Rentals Available or Vashon Rentals Wanted.

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New Price!

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. \$949,000.



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Loop Letter

More on How Much Water We're Using

Editor, *The Loop*:

Being a water efficiency consultant, the article in the last issue titled "So How Much Water Am I Using, Really?" caught my attention.

I think it is great that the author of the article wants to have his water usage displayed inside his home. I think that for some people, having that type of immediate water use information displayed inside their home can lead to water savings. I think it will be great to start to develop more local information on how much water this type of measure can be expected to save.

The author made a comment about utility spending on automating the meter reading. As far as I know, utilities are automating the meter reading because it saves them money on meter reading time and it eliminates the disturbances that sometimes occur when meter readers enter customer property.

While it might be good to string a wire from the water meter to the kitchen and hook up a read out in each kitchen; that is an added expense for each utility. Utilities face pressure to keep costs low and thus keep short term rates low from most customers. They face pressure from some other customers who want utilities to increase spending on conservation which often leads to higher short term rates, although wise conservation investments can help keep long term rates lower.

For the last 30 years, I have been one of the ones who have pushed utilities to increase investments in conservation. Yet I recognize that the economic guidelines, governing principles, leadership, and public involvement can vary a lot from one utility to another. Some utilities could use the savings that stringing the wire may or may not provide because it may partially help save them from investing in an expensive new water resource. Some utilities have plenty of water, at least for now, and have no interest in losing revenue to help with a limited supply issue that they do not have yet. Some utilities would welcome more savings only in the summer when supplies run

We welcome your contributions! Please keep them under 300 words and submit them by email to: editor@vashonloop.com

low but want the winter use by customers to help them cover their fixed costs. For some utilities too much conservation means they have to raise short term rates to recover the lost revenue.

There are other less expensive ways to see how much water you are using. You can read your water meter before and after watering the landscape, before and after doing the laundry, or before and after doing some other water using task or tasks. Or you can read your water meter every day, every week, or every month. Input the numbers into Excel and graph the results to keep a running record of how much water you are using. By keeping a regular record like this you can see how much water you are using before you get your water bill. You can discover excessive use or possible leaks before you spend several months paying for them. Make sure you are clear about the units of water that your meter is measuring. Many meters measure in cubic feet. 1 cubic foot = 7.48 gallons.

I have to respond to the comment about "showerheads that trickle and toilets that need two flushes to clear a proper job." I, like many people, have had bad experiences with poorly designed low flush toilets. Those experiences can be avoided in your next toilet purchase, if before buying a new toilet you go to the following web site: <http://www.savingwater.org/docs/FlushStar.pdf>. The toilets listed on this web site are only the ones that passed more stringent testing than the current national standard requires. The listing of toilets on this web site is periodically updated based on the most current high performance testing results.

As far as low flow showerheads go, I have found several of the 2.5 gallon per minute showerheads that I thought worked really well. This is obviously an issue of personal preference and some people may not agree. If someone does not like the performance of their 2.5 showerhead, I suggest that they ask their friends if they are happy with the model they are using and if they are, try that model.

Michael Laurie, Watershed LLC

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Peak Moment

Continued from page 1

their show throughout North America in a dreamed-for biodiesel solar-powered RV.

In addition to streaming on the Internet, they are currently aired on seven public stations across the country, and are delighted to welcome Voice of Vashon as their latest addition. Dan Schueler was our man-on-the-scene, filming the filmers and adding his expertise to the mix.

Mark Yelken, the Worm Guy, charmed them with his worms and fresh smelling compost as he walked them through his operation and described the community-composting project he has initiated with the help of a Sustainable Vashon Green Seed grant.

Also, grant recipient Chautauqua teachers Glenda Berliner and Gerri Wilson gave a full-on tour of the children's garden, a magical place replete with giant cabbages, squash plants, and sunflowers. They gave countless examples of ways they integrate gardening with the core curriculum, provide healthy salad greens for



Chautauqua teachers Glenda Berliner (right) and Geri Wilson (center) describe ways to integrate the school's garden into their curriculum. Photo by Meg Gluckman

munching as well as pumpkins for carving, and plan to store rainwater through a water-catchment system that is currently in the works.

After a day outside in the July sun, we moved into Cohousing's Common House to film two more 28-minute segments. Merrilee Runyan of Sustainable Vashon, Lisa Mathias of Vashon Island Growers Association, and Hillery Crocker of Vashon Earth Awareness Coalition, provided an overview of the successes and challenges facing an Island committed to living sustainably.

They were followed by Rita Schenck of IERE, who reviewed the research pointing the need for

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energy conservation and the positive feasibility of energy independence



Janaia Donaldson (left) of Peak Moment asks Deirdre Grace (center) and Rita Schenck (right) about the proposed Vashon Public Utility District. Photo by Meg Gluckman

for the Island. She shared the stage with Deirdre Grace of Citizens for Vashon Public Utilities, the group sponsoring the Public Utility District initiative that will be on the ballot this fall. Deirdre spoke eloquently of the initiative's potential to both save us money and make our homes and businesses more energy efficient as we use energy savings to invest in conservation and renewable energy.

After the fourth show was in the can, "it's a wrap," turned out to be a premature pronouncement. Upon learning of the creative and dynamic K-Jo farm, Janaia and Robyn packed up and headed to Paradise Valley for another on-site shoot, a visit with the baby goats, and a tour of this small intensively farmed mecca of luscious fruits and veggies.


Their final stop was Dana Illo's lavender farm, where she shared an incredibly holistic planning process that brings people into community as they dream their visions for the Earth into action. Dragon Dreaming, as it is called, is the glue that can bring our many diverse efforts into a cohesive roadmap for our Island's sustainable future.

Soon we will have our own copies of these programs to share via Voice of Vashon TV. Stay tuned for details, as together we continue to build the will and the tools to create a Sustainable Vashon Island.

Janie Starr and Meg Gluckman are involved in all kinds of sustainable stuff through Sustainable Vashon, IERE, and the Beyond Oil Coalition.

Progress, far from consisting in change, depends on retentiveness...Those who cannot remember the past are condemned to fulfill it. -- Santayana

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Loop Letter

Earthfair – Reprise

It’s not surprising that someone near an event — ANY event- should find some things to gripe about, I guess. The token recognition of their situation (i.e., their “wonderful, quiet neighbor, 362 days out of the year”) next to Paradise Ridge is really a self-congratulatory smirk, to me. The implication is that “if the hoi polloi just stayed away from the public park ALL THE TIME, life would be perfect!”

Is Earthfair “too loud, large and intrusive for a residential neighborhood park”? I don’t know...because THAT’S NOT WHERE IT IS! It’s in a 60-plus acre site in rural King County! And, unlike you, and your neighbor across the street (who owns about a square mile lot, there), the majority of the campers don’t own property at all — urban or rural. This is an opportunity to express their growing sense of community awareness. Lots of the campers are young parents, who find this camp-out a chance to share opinions and life stories for a few days in an idyllic setting with their peers AND get some exposure to new technologies (which will make ALL of our lives more practicable), social and political issues, health care alternatives, and the best Punch and Judy show on the planet.

Even just attending Earthfair as a pure concert venue has got to be the best entertainment bargain on the Island – the sound is non-pareil, the dance floor is grass, there’s wholesome, affordable food less than 100 feet away, and one may shop and listen, too, if one desires...and there’s a child-friendly environment, as well. The music itself has had a marvelous, eclectic range: bluegrass, folk, jazz, blues, power-pop, reggae, punk, primitive, you name it — and Pete Welch has found some masterful practitioners AND gotten them to the stage. He’s a selfless genius at play, to be sure...

If the “neo-flower child” epithet is what’s keeping people away from this gathering, well, I guess that could change. We could push for a “neo-gun child” cultural gathering, maybe — or a “pragmatic Christian youth” demographic. The “tar and feathers” that help keep cultural labels in place (and fear and prejudice alive) is surely reaching its peak of effectiveness, in these days of “terror” and “islamo-fascism”...especially among those who feel that they have way more to Protect than they have to Learn. Maybe that’s a fundamental aspect of property ownership, too — and the “stated rights” with only “implied responsibilities” which follow from that reasoning.

I live next door to Judd Creek, where the road crew spent about a month digging up the street (adding 2 miles to my trip into town) and building a great big culvert, using an air wrench that ran about 130 decibels up here, 200 feet away (the poor devils!) for two of those weeks — and I want to thank them for it! The new culvert means that a mink can go up the creek without having to cross the road, and salmon can stay in a creek - - not be forced through a pipe -- to get upstream. Was it noisy and inconvenient? Sure...and also educational (the soil profiles in the road cut will be with me forever, better than ANY textbook). It was also entertaining (when some of us went down to the new culvert in the evening and recorded music inside — fabulous echo). I guess I could have been pissed off for a month- but then I’d have missed out, wouldn’t I?

So, my advice to the Earthfair neighbors is this: recycle your “ex-hippiness” for a few days a year, and see something New (the F-150 pickup running on wood smoke, last year; or the guy mixing up batches and handing out Xeroxes of “how-to do biodiesel,” six years ago); or Learn Something (Paul Stamets’ lecture on mushrooms two years ago was a weekend seminar’s worth of info, in two delightful hours); or just Listen and Watch (Nick Vigarino tore it up this year, for about 25 people, like I’ve seen him do at Bumbershoot, for five or six hundred people — one of many musical wonders); or Get Inspired



ANN LEDA SHAPIRO

LICENSED ACUPUNCTURIST
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Courthouse Sq., #208B
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(Senate candidate Hong Tran had plenty to say, this year...I remember seeing Granny D at Earthfair, back from her cross-country walk, with a few things on HER mind, too); or just stroll around and take stock of a facet of the Next Generation — and remember being 20. Hell...give that old “anti-authoritarian” vibe free rein for a minute, and figure out how to sneak

in! Think of the delicious irony of being busted by some idealistic hippie flower-child, whom you’ve just put into the position of having to play “cop” to your “robber!” That’s gotta be worth \$10 by itself...

It’s like this- there are strangers next door, all weekend, trying to have a good time. You can be peeved, or you can play, too — your call.

JHBrowne, Jr.





Spiritual Smart Aleck

Visiting Amurrica

By Mary Litchfield Tuel



Picture from my recent trip: my beautiful cousin Nancy at Soap Lake

I’ve been visiting America, or, “Amurrica,” as those of us old enough to remember the presidency of Lyndon Johnson might say. I went to visit my cousin Nancy in Soap Lake, east of the mountains. Nancy recently moved to Soap Lake, seeking a quieter life. She certainly found it.

Amurrica is where you find yourself when you get off the Island and out of the Puget Sound region, or away from any part of what is sometimes called the Left Coast. I’m talking about the America of pickups, manufactured homes, and “Support the Troops” stickers and ribbons. American flags are displayed prominently everywhere you look, everybody shops at Walmart, and everything is kind of dusty (Note: I read in the *Seattle Times* this morning that food stamp use goes up in communities where a Walmart is built, probably because so many mom and pop businesses can’t compete and go under).

I feel at home when I get out into farm country. It is so familiar. I grew up on a farm. The people of Eastern Washington remind me of the people who were around me when I was growing up, salt of the earth, and dependent on the earth’s bounty, which they worked their butts off to produce. They were Depression kids and World War II veterans, people who knew enough about poverty and war not to rush into either.

I’m not saying that people who live in farm communities now know what a Depression or war is like. I will say that on the Friday night when the new potboiler movie *Snakes On a Plane* opened, a movie that had been hyped, forgive me, to the skies, my cousin went to see it in Ephrata and found herself alone in the theater. Why? Because everyone had gone over to Moses Lake to go to the Grant County Fair. In Amurrica the county fair is a much bigger deal than a movie with a big ad campaign.

Intern’s Corner: Parents: the Species

By Morgan Wegner



G’day, mate! Today, we’re going to explore the vast wilderness of the American outback in search of the wily beast know as a “parent.” Now, much like birds or snakes, parents come in many different varieties, and it is of utmost importance that you know how to tell the different species apart, because one misstep could lead to disaster. Before we get started, be sure to look over these short descriptions of each breed, so you’re sure to recognize danger when it approaches.

Going over there made me think about the limited perception we can develop by living in a place, or in a way, where most of the people we encounter think the way we do, and share similar values. I think there is a tendency in the human creature to believe that *my* normal is *the* normal.

I was thinking about Vashon Island. We live on our beloved little Rock, we cherish our notions of sustainability and ending war and throwing those bums outta the White House, and we don’t “get” that everyone does not see things the way we do.

I was thinking that we do need to “get it,” as a country, as a species, if we want to build a peaceful, healthy world for our children and their children, and some of us do want that for our descendants. I know we’re pretty far from that ideal, but I figure if we can dream it, perhaps we can move toward making it happen.

So what can I do to encourage people to listen to one another, encourage one another, accept one another? Useless as it may seem, I am called to keep writing, and keep singing, and keep listening to people, and keep being a smart aleck for God. For me this is important work, and my best contribution to this sad, beautiful, world. So that’s my plan. Right after I get over this summer cold.

I’d sure like to see those bums get thrown out of the White House, though.

ooooo

The first breed of parent is known as the “helicopter parent.” Helicopter parents are most identifiable by the way that they tend to hover around running them over. Bulldozer parents generally reside on courts and fields, or in made-for-TV movies and coming-of-age stories. The problem with this breed is that they mean for the best, even when they do the worst, which makes them difficult to domesticate.

Lastly, we have “bicycle parents.” These are the parents who reject all things technological, and regularly drag their children along on expeditions into the wilderness regardless of their willingness to attend. Generally, these parents are mild-mannered albeit slightly paranoid when it comes to the

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Total Experience Gospel Choir

Continued from page 1

His good friend John Thompson (not to be confused with the current priest at the Epsicopal Church -- a different John Thompson) died in 1989 after contracting a common cold which rapidly progressed to pneumonia.

“John died in 1989, and in 1990, I thought, I’m still alive – why? I decided that there must be something I was here to do. Soon after that I got the idea for the fund raising concert.”

“About 1993 I saw the Total Experience Gospel Choir, and I thought this is it! I invited them to come out, and they’ve been coming every year since.”



Larry Flynn takes a walk in the Thurston Lava Tube Courtesy photo

AIDS! Eeeek!

By Larry Flynn

Others’ words are sometimes easier to use and that’s what I’d like to do now. “It shall be our generation which has the hardest time living in our brave new world.” — Chancellor Gorkan, Klingon High Command.

Us boomers hold an interesting place in social history. We can see the old order

Flynn is the opening act. He gets up and testifies about the importance of keeping yourself safe, and that for young people, keeping your virginity is the safest thing you can do. “I’m not a parent, but I feel like someone has to tell the kids things they aren’t going to hear anywhere else, and I tell them that the current standards of sexual behavior are just plain *wrong!*”

After that, Pat Wright and the Choir step up to the stage and rock the rafters with their righteous gospel sound. They will be joined by local Island singers for some of the tunes, so watch for that!

and the new. Feel how they both work and don’t work. Perfection and compromise. It stinks! I still want to have my cake and eat it, too. I still want to do what ever my mind wants but I can’t.

I used to be able to, so I thought, but along came AIDS. It changed how we lived. Safety had to be thought of in all things. This fact became all too clear after I contracted the disease. Bummer.

Another quote I found came from a Twilight Zone episode starting Donald Pleasance: “Be ashamed to die until you have won some victory for humanity.” — Horace Mann, 1796-1859

It is my hope to do that each year at the show. To express concern over the dangers of promiscuity. That the children might have a chance to hear of things that our mainstream media doesn’t share with them. Some of these stories are sad or sobering to hear but all are important to share.

The door opens at 6 p.m. for refreshments and the show starts at 7 p.m. I hope you can come to the show, it’s always a hit! Peace, Larry

time. For this reason, it is a good idea to always prepare for the worst and hope for the best. Remember to always have a good alibi lined up, and a make-up chore in mind, to avoid disastrous results.

Now that you have a good idea of what we’re up against, it’s time to voyage out into the dangerous wilderness and watch some of these creatures in their natural habitat...remember your binoculars, and best of luck to you! Here we go!

ooooo

Don't Forget the Birds

By Ed Swan

Cedar Waxwings and a Few Sandpipers

Summer time is usually the slow, quiet time when it comes to birding. By late August, birds finish feeding their young and many prepare to migrate south. Quite a few species begin to slip away around mid-July, such as most of our Rufous Hummingbirds. Very few birds sing except around the dawn hours. But one of the more pleasant sounds of summer is the “ceeee, ceeee” of Cedar Waxwings overhead or settling onto the end of a high branch.

Cedar Waxwings are sharp dressers with golden-tan bodies and crest and a black mask. Their wings and lower backs shade to grey and black and the tip of their tails is a band of bright yellow. The young birds in late summer appear a drab grayish/light brownish color, often with little if any crest. Like young cowbirds at this time of year, the drabness lends an air of mystery for a



Cedar Waxwing Photo by Jim Rosso

decades as regulations cut back DDT and forests regenerated from farm lands creating many edge areas with fruiting shrubs.

The focus on berries generally concentrates waxwings on forest edges,

riparian corridors and other brushy areas that contain fruit bearing trees and shrubs. Occasionally, they will spend time more on marshy/boggy areas where they flit out from a perch on a snag to snatch passing bugs. They generally prefer nesting in deciduous trees near berry sources but will sometimes use a conifer.

Their liking for berries propels them to be constantly moving to find a new crop of berries to harvest. From fall through mid-winter flocks leave the Island if fruit supplies plummet. Where madrone, elderberry and viburnum ripen, sudden feeding frenzies ignite, often including multiple species of birds. Part of their courtship ritual involves passing berries back and forth to each other.

Waxwings sometimes gorge on so many berries that they are unable to fly and become drunk on those that have fermented. When they are feeding young, their diet changes more to insects and insects replace berries in their diets when fruit is scarce. August provides a great chance to view waxwings close up at Mukai Pond in the Island Center Forest as they catch on the wing the many bugs flying over the water. I heard recently that a bullfrog was observed catching a waxwing perching or flying out from a low branch at the edge of the pond mud.



Cedar Waxwing Photo by Gaylord Mink

while as to just what they might be until they vocalize or provide a better look.

Cedar Waxwings live on the Islands year round, wandering widely. Frequently they absent themselves for long periods of time during the year. They seem to be most visible in mid-May through fall when summer breeders return and raise families. They breed later than pretty much all of the other birds around here, often waiting until August to nest, possibly timing nesting for the most berries to be out. Abundance across North America increased over the last few

Across

1 Entreaty

5 Rhyming verses

10 Elide

14 Royalty

15 Scrutinize

16 Challenge

17 Labor

18 Cuban, for example

19 Asian nation

20 Evade

22 Emigre

24 Angelic ring

26 Climbing vine

27 Acquire

30 Labor

32 Eras

37 Compass point

38 Extends across

40 Bed or living ending

41 Orderly arrangement

43 Cay

44 Brief

45 Labor

46 Eagle's nest

48 Delaware

49 Trousers

52 Virgo

53 Grounded airplane

54 Chewy stuff

56 After awhile

58 Caviler

63 Lark

67 Preposition

68 Seasoner makers

70 Black

71 A fox's hole (2 wds.)

72 Sugar-free brand

73 Colorado (abbr.)

74 Covered stadium

75 Speaks with a hoarse voice

76 Snaky fish

Down

1 Peter, for short

2 Country in SE Asia

3 Little Mermaid's love

4 God of Islam

5 Engine warm up lap (2 wds.)

6 French "yes"

7 Advance

8 ___ Vice (tv show)

9 Labor

10 Scent

11 Female parent

12 Persia

13 Cabana

21 Easily cheated

23 Swindle

25 City

27 Chew like a rodent

28 Register

29 ___ cotta (clay)

31 Leg joints

33 Lode yield

34 Lines

35 Water carriers

36 Small fish

39 Asian country

42 Pedigreed dog grp.

44 Vocalist

47 Misses

50 Former USSR's secret police

51 Pouter

55 Elite intellectuals' society

57 She makes you an aunt

58 Has 3 identical siblings

59 Ruin

60 Object

61 Skeletal part

62 Decays

64 Double-reed instrument

65 Lounge

66 Tails

69 Representative

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Saturday	September 9	8:00 A.M. – 4:00 P.M.
Tuesday	September 12	5:00-9:00 P.M.
Thursday	September 14	5:00-9:00 P.M.
Saturday	September 16	8:00 A.M. – 4:00 P.M.

Instructor:

Both Steve Hansen and Dan Auer are Single and Multi-family Energy Analyst/Inspector with over 45 years experience between the two. Steve also has developed Energy Software and program measure development. Both have been called upon to present classes and conference instruction and will be presenting new material from the recent Midwest Conference they both attended and were also presenters.

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Tuition for 3 credit class is \$221.08
Text "Residential Energy: Cost Savings and Comfort for Existing Buildings" (Paperback) by John T. Krigger, Chris Dorsi is \$40.74 (Includes tax)
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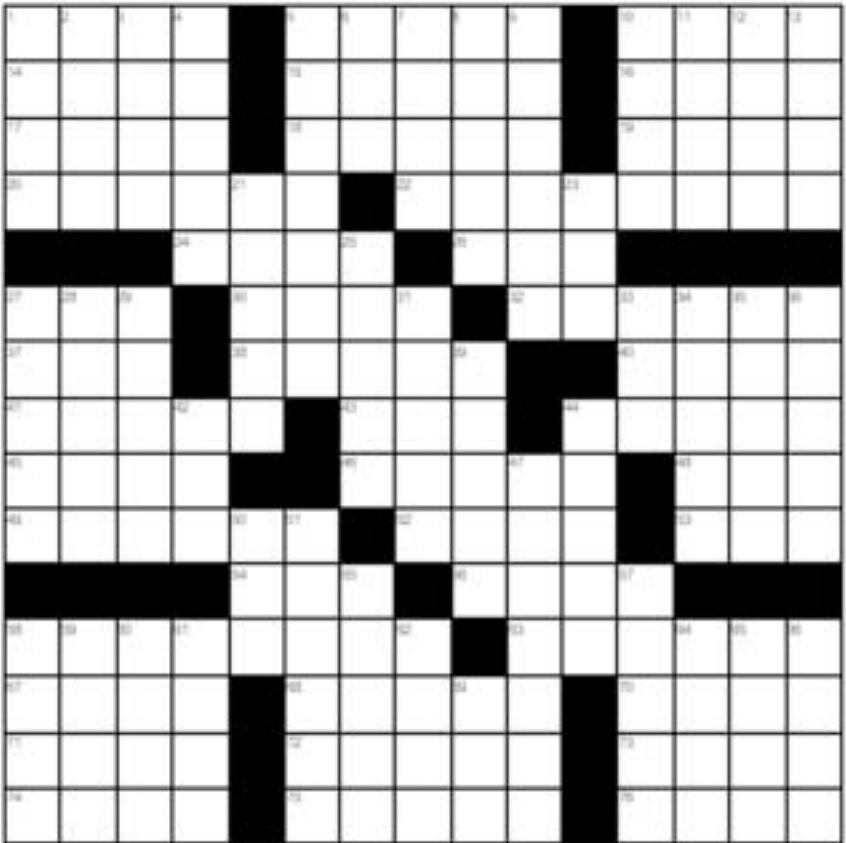
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In local birding news: Michael Perrone and Marriane Kirkland found Baird's Sandpipers at both KVI Beach and Fern Cove for somewhere around the sixth or seventh record for Vashon. Gene



Cedar Waxwing in flight Photo by Gaylord Mink

Hunn, visiting the Island, found the Baird's and a Semipalmated Sandpiper, the fourth sighting of that species for the Island. Other interesting birds lately include an early morning Barn Owl on a wire seen by Rich Siegrist in the Colvos area, migrating Common Terns off Dillworth reported by Ed Babcock and Red-necked Phalarope observed by me off the ferry. Shorebird migration is now in full swing with sandpipers showing up at Dockton, Ellisport, KVI, Fern Cove and Fisher's Pond. 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. **00000**



Solution on Page 17

Garden the World

More Food Bytes

By MEarth

USDA Announces U.S. Rice Supply Has Been Contaminated

USDA Secretary Mike Johanns has announced that domestic and exported stocks of long grain rice have been contaminated by a genetically engineered variety of rice that is not approved for human consumption. Johanns said that the contamination was admitted to be the fault of Bayer Corporation, but the USDA doesn't know how widespread the contamination is. According to Johanns the biotech rice poses no health risks, but could damage the U.S. \$1 billion rice export market, since many nations refuse to import genetically engineered rice. Japan has already announced a ban on long grain rice imports from the US. Last year, Japan and the EU banned US corn imports as a result of yet another GE contamination scandal.

Genetically Engineered "Frankengrass" Spreads into The Wild

An experimental variety of genetically engineered bentgrass has escaped from its test plot in Oregon and has been found growing in the wild as far as three miles away, according to scientists from the U.S. EPA. The biotech plant, designed for golf courses, has not been approved by the USDA, but has already been found dispersing among native grasses in six different locations. Scientists say they don't know how the grass will behave in the wild but admit it may have a strong advantage over native grasses, and could therefore irreversibly damage the ecosystem as it spreads. According to Tom Stohlgren, an ecologist at the US Geological Survey's National Institute of Invasive Species Science, the experimental bentgrass, "can tend to out-compete other species...It doesn't need to sexually reproduce — it's like The Blob. It could potentially hit rare species or national parks."

Hemp May Soon Be Legally Grown on U.S. Soil

After receiving thousands of emails and letters from grassroots constituents, including organic consumers, the California Senate has approved a bill (26-13) that would allow farmers to grow industrial hemp. Senate Republican Tom McClintock spearheaded the bill on the Senate floor and noted that hemp "bears no more resemblance to marijuana than a poodle bears to a wolf...you would die from smoke inhalation before you would get high." Industrial hemp was inaccurately equated with marijuana in a 1937 ban on the crop, despite the fact that it was a staple crop for U.S. Farmers for decades, including George Washington and Thomas Jefferson. The \$270 million U.S. hemp market is currently supplied by Canadian farmers. With the current bill, California lawmakers believe they can get around the federal ban by restricting the sale of California-grown hemp to the state itself,

thereby not infringing on any interstate commerce laws. The bill now goes back to the California Assembly.

The Most Dangerous Ingredients in Conventional Foods

- 1) Sodium nitrite — causes cancer, found in most processed meats like hot dogs, bacon, sausage. Used to make meats appear red (a color fixer chemical).
- 2) Hydrogenated oils — causes heart disease, nutritional deficiencies, general deterioration of cellular health, and much more. Found in cookies, crackers, margarine and many "manufactured" foods. Used to make oils stay in the food, extending shelf life. Sometimes also called "plastic fat."
- 3) Excitotoxins — aspartame, monosodium glutamate and others (see below). These neurotoxic chemical additives directly harm nerve cells, over-exciting them to the point of cell death, according to Dr. Russell Blaylock. They're found in diet soda, canned soup, salad dressing, breakfast sausage and even many manufactured vegetarian foods. They're used to add flavor to over-processed, boring foods that have had the life cooked out of them.

Source: A new book by Mike Adams, entitled *Grocery Warning* takes a scientific look at a plethora of problematic ingredients in the everyday foods we eat.

Study Says Family Meal Is Good For Your Health

According to a decade long study from the National Center on Addiction and Substance Abuse (CASA), teens who regularly have meals with their family are less likely to get into fights, think about suicide, smoke, drink, use drugs, and are more likely to have later initiation of sexual activity, and better academic performance than teens who do not. Rutgers University anthropologist Robin Fox emphasizes the importance of positive intention in family meals. "It's like the American Indians. When they killed a deer, they said a prayer over it," says Fox. "That is civilization. It is an act of politeness over food. Fast food has killed this. We have reduced eating to sitting alone and shoveling it in. There is no ceremony in it." The CASA study also showed that eating with parents is also an important factor for the nutrition and eating habits of adolescents, with research showing that family meals and parental presence at meals is associated with higher intake of fruits, vegetables, and dairy products.

Quick Water Facts

According to United Nations figures, 2.6 billion people consume unsafe and polluted water every day. As the population blooms, the issue of access to fresh water is literally one of life or death. Last weekend's Financial Times pointed out some interesting facts about everyday water consumption:

- It takes 53 liters of water to produce one orange.
- 1 pint of milk: 250 liters
 - 1 egg: 450 liters
 - 1kg of potatoes: 500 liters
 - 1 loaf of bread: 550 liters
 - 1 kg of butter: 18,000 liters
 - 1kg of wool: 200,000 liters
 - 1 car: 150,000 liters

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Who Killed the Electric Car?

By Steve Graham

As our Great American Empire experiment unravels and disaster piles upon disaster, there has developed a lively series of documentaries figuring out whose fault it is. Finger pointing has been developed to a fine art, and although it does little to correct the screw-ups, it gives us a certain grim satisfaction and may even help us to avoid worse disasters later on. Recent entries are films like *Enron: the Smartest Guys in the Room*, or *An Inconvenient Truth*.

The latest in this series is *Who Killed the Electric Car*, appearing this weekend at the Vashon Theater. The film tells a story of a technological innovation that is needed, wanted, cheap, reliable and successful, but is then buried because it interferes with the profit margins or turf of existing technologies and/or bureaucracies. It's a compelling story, and there's plenty of responsibility to go around. It's not just the auto industry that takes a hit here. The oil industry, the federal and state bureaucracies, and the consumers all come in for some of the blame.

The plot is simple. In 1996, forced by California regulators to produce increasing numbers of zero emissions cars or stop selling in California, General Motors and other auto manufacturers began producing a small number of electric vehicles, cars which had excellent performance characteristics and produced no emissions. But at the same time, the industry began a concerted, well-financed campaign to overturn the regulations. In the meantime, they

produced as few electric vehicles as they could, maintaining long waiting lists. They also refused to sell any of them, insisting that all customers fill out elaborate lease applications. After some years, the regulations were successfully overturned. Once that happened, the leases were all canceled and the cars were picked up, crushed, and shredded. No electric vehicles were allowed to stay on the road, except a single disabled version that is in the basement of a car museum.

This seems to be yet another example of how our domestic auto industry combines excellent engineering and innovative technology with short-sighted, incompetent management. The enormous financial and political power of the industry has allowed them to manipulate political outcomes very effectively, but the manipulations have been focused on trying to avoid the future rather than charging forward to meet it.

But I don't want to give the wrong impression — the film is not a depressing one. We learn a lot about the latest developments in auto technology, what our options are for the future, and how people can and have used them. We meet some of the best technology gurus and citizen activists in the business and see what is possible. The message is that the solutions that we need are out there — we just have to assert our right to them and get them going. And that the disproportionate influence that mega-corporations have on our government and our lives needs to be reined in, for their good as well as our own, so that we can move to a world that is more in keeping with twenty-first century priorities. The solutions that are now beginning to appear need our unwavering support.

I recommend the film highly.



VAA Art Auction Celebrates 40 Years of Arts

By Janice Randall

Vashon Allied Arts’ Annual Art Auction offers the best of Island artists in a gala anniversary celebration, *Art Takes Flight*, on **September 15 and 16**, at Blue Heron Art Center. The fun begins Friday, September 15, 6 to 9 p.m., with the free Artists’ Reception and Preview Party at the Blue Heron Art Center. Preview art, mingle with artists and enjoy complimentary hors d’oeuvres and spirits.



The Art Auction will be held adjacent to the Blue Heron in a dazzling blue and silver decorated tent. All proceeds from the Art Auction benefit Vashon Allied Arts programs. Special thanks to presenting sponsor John L. Scott and additional support from Puget Sound Energy.

Friday’s auction, 6:30 p.m., will highlight “Taste of Vashon” and feature an array of delicious foods prepared by local restaurants, caterers and volunteers. Live jazz will be provided by The Jason Parker Quartet. Partake in the wine and beer bar and participate in both silent and live auctions.

Saturday’s festivities begin at 5:30 p.m. Guests will enjoy complimentary wines, appetizers, a sumptuous four course gourmet dinner catered by The Hardware Store, live music by the Island Jazz Combo featuring vocalist Maggie Laird, and both silent and live auctions. Auctioneer Larry Taylor will keep the action moving and lively as we raise our paddles in support of Vashon Allied Arts. Radio host, writer and performer Jeff Hoyt will MC. Both nights promise to present exceptional art with special tributes to celebrate the 40 years that Vashon Allied Arts has provided the foundation for Island arts.

Six Island artists were invited to create artwork especially for the event to be auctioned both evenings. Featured on Friday are Margaret Tylczk, Christine Beck, and Mary Margaret Briggs. Featured on Saturday night are Morgan Brigg, George Wright, and Hita Von Mende.

Artwork may be viewed at www.vashonalliedarts.org. For tickets, call the Blue Heron, 463-5131.



Portage Fill Plays Free Concert

By Janice Randall

Last but not least, Portage Fill, Vashon’s own big band since 1972, will play the grand finale free summer concert in the Park, **Thursday, September 7**, 6:30 to 8:30 p.m. An Island institution, the 17-piece band plays a repertoire of more than 300 songs from the big band swing era of the 1930’s and 40’s. “We are a community band,” says Tony Willing, Band director. Portage Fill is also available to play private parties, class reunions and weddings.

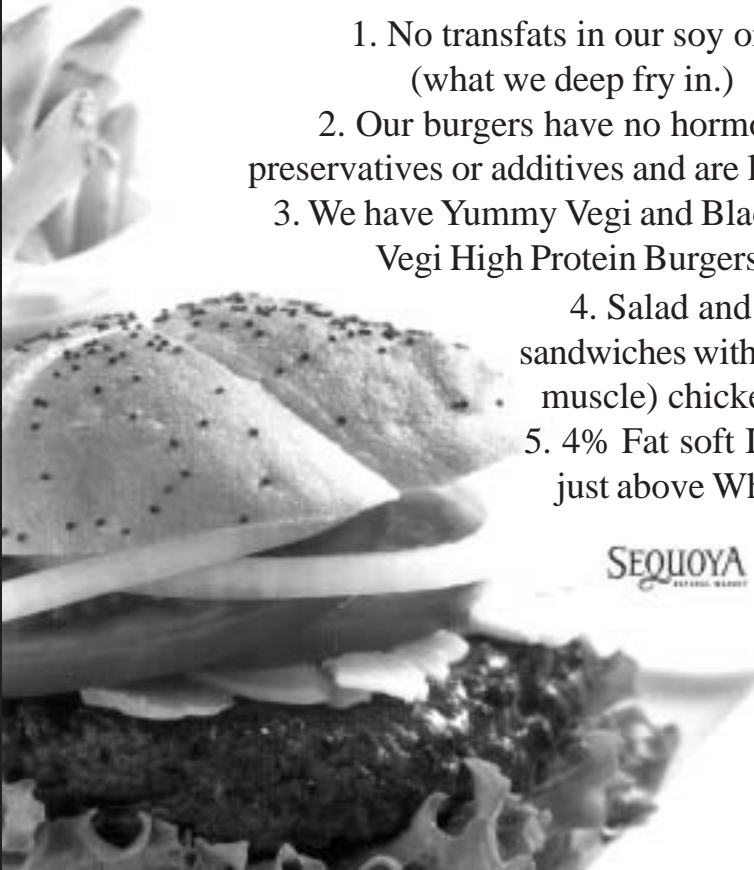
Maggie Laird adds her velvety vocals to the big band sound and Willing says they plan to play plenty of dance tunes for the Ober Park gig. The band is currently looking for another pianist. If interested, call Willing at 567-4118.

Vashon Park District, Vashon Allied Arts and Windermere Real Estate cosponsor the free family concert series. The next concert will be in June, 2007.

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Vashon Teen Explores Costa Rica

Sixteen-year-old Vashon resident Jeremy Basurto pushed himself to new heights this summer by trekking through clouds and rainforests, tree climbing, waterfall rappelling, camping in remote Mestizo villages, rafting down class III rapids, and surfing warm water breaks in Costa Rica.

During his Costa Rica Rainforest Outward Bound School (CRROBS) 15-day Multi-Element, Basurto became part of a self-reliant group exploring the Costa Rican rainforest. “I loved hiking through the rainforest,” says Basurto. “We got to do so many different things. It was a life-changing experience.”

Basurto returns to Vashon with added survival instincts, long-lasting friendships and a lifetime of memories that are an integral part of the CRROBS experience.

CRROBS has differentiated itself from other Outward Bound schools by offering college credit for an array of year-round wilderness adventure courses throughout Central America since receiving its Outward Bound International membership in 1994.

For more information about CRROBS, experiential education or how to contact your local adventurer, please contact Tom Morse at 1-800-676-2018, Costa Rica Rainforest Outward Bound School, San Jose, Costa Rica; www.crrobs.org; email: pr@crrobs.org

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Cruel Cartoon

Editor, *The Loop*:

The Ed Frohning cartoon “NORMANDY BARK” was a mean spirited attack on the Normandy Park woman who wrote a letter of complaint about the noise from the July 4 hydroplanes. Whether you like it or not, the woman made a valid complaint about the extremely loud whine of the hydroplanes. Publication of a cruel cartoon ridiculing someone for speaking up about earsplitting noise doesn’t reflect well on *The Loop* or Islanders.

Jade Grace



Loopy sez: Deadline for the next edition of *The Loop* is
Friday, September 8

The Dorsal Spin

Creatures and Crests in the Last Frontier

By Orca Annie Stateler

Odin and I returned to Juneau this month so he could present artwork at a traditional knowledge camp for Alaska Native high school students. Sealaska Heritage Institute commissioned him to create three carvings to honor three clans of the Juneau area’s original inhabitants, the Aak’w Kwaan and T’aaku Kwaan. The pieces will serve as educational tools in Alaska Native studies curriculum.

Odin’s photo here shows one of the carvings, all shaped like coppers, ancient symbols of wealth and prestige. The eagle at the top represents the moiety* and the wolves on the bottom depict a crest of the Yanyeidi clan.

Bears and salmon topped the list of must-see wildlife for this trip, and we were not disappointed. Mendenhall Glacier was the black bear hot spot. We found a bear trail one-quarter mile outside the park. We watched a mother and her two cubs cross the road there. Of course, the camera was not handy when Mama Bear sauntered within thirty feet, looking at us.

As you can see, Odin finally got photos from a bridge overlooking a sockeye salmon stream inside the park. The handsome Blackies enthralled us as they foraged on grasses and splashed about hunting for sockeye. To our delight, Mother Bear grabbed a fish, a la Wild Kingdom – sweet!

Every stream we visited was an awe-inspiring sight, stuffed from bank to bank with returning salmon. Gulls, eagles, and ravens feasted on the bounty. Some streams had multiple species: chums, humpies (pinks), and cutthroats. Puget Sound streams must have been similarly abundant 200 years ago.

The grumpy humpies bit the other salmon, vying for good spawning sites. Spawned-out carcasses draped fallen trees in the streambeds. Easy to spot were signs of bears dragging fish parts into the woods. Witness an ecosystem in the making.

Stogarita found the salmon wiggling in shallow water fascinating. We did not let her get too close, as dogs can sometimes get sick from contact with dying salmon. She could not resist rolling her shoulder in dead chum on the beach, however, while the blows of mother and baby humpback whales distracted us. The little stinker – literally! What a relief that regular soap and shampoo removed the skookum stench.

Other charming critters we spied on this trip include beavers, precocious red squirrels, distant mountain goats, a sneaky weasel, American dippers, a merganser with



Black bear hunting for salmon. Photo by Odin Lonning.

three adorable ducklings, and a solitary long-tailed duck.

We heard Transient killer whales visited while we were in Juneau. Mark Sears caught up with a rambunctious group of about 15 orcas in Elliott Bay on August 16. I have yet to see his film, so I cannot say who was present.

Please support the work of the Vashon Hydrophone Project (VHP). You make a difference when you REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. We thank Islanders Richard, Susan, Annette, Simon, and several anonymous callers for their reports on August 16, 21, and 22.

“ASAP” is critical. Reporting to distant off-Island locations does not help the VHP. With fast moving killer whales, time is of the essence for us to mobilize and get into the field for ID work.

Orcas do not always announce their presence acoustically. I have watched in amazement as large groups of Residents and Transients glided quietly by the hydrophone, so Mark’s photos are essential for ID purposes.

On August 22, one caller commented that he also saw orcas on the 16th, but he presumed others had reported it. Oh, no no, I said. Please call anyway! We lost a

valuable opportunity to document IDs that day because, apparently, people at the south end of Colvos Pass assumed someone else would call the VHP. You know what they say about the word “assume.”

These Transient visits are unprecedented, and we seek to understand why seal-eating orcas are spending more time in Vashon-Maury waters while, thus far, fish-eating Residents have spent less time

here this year.

Shout out to Eva and the Vashon Island Coffee Roasterie for generously supporting the VHP, and to JWade of User Friendly Tech for helping me re-enter the 21st century recently when my computer crashed. Contact Orca Annie at Vashonorcas@aol.com.

*Tlingit society is matrilineal, consisting of two moieties or “sides,”

PANDORA'S BOX

The time has come, the time is now...Send your kids back to school, then celebrate with a new cat tree or dog bed. Just wait until you see the new colors!

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Zen Seminar

Continued from page 1

free, we must liberate ourselves. No one can do this for us.”

Charles Johnson, a recipient of the prestigious MacArthur Award, a Guggenheim Fellowship and the National Book Award for *Middle Passage*, holds the S. Wilson and Grace M. Pollock Professorship for Excellence in English at the University of Washington. A man of profound, eclectic talents, his earlier published work



Kudus House, site of Zen Seminar
Courtesy photo

was as a cartoonist—a skill he still uses. But, since it takes nearly eight hours to complete one drawing, his busy schedule as writer, teacher, speaker, father of a son and daughter, and husband for 36 years to Joan leaves him little time to draw. A Ph. D. in philosophy, he has written four nonfiction and five fiction books, as well as articles in

Tricycle and “Dharma for a Dangerous Time” in the current *Shambala Sun*. Along the way, he studied yoga and martial arts, and learned Sanskrit so that he could better understand ancient Buddhist texts. Dharma teachers from other forms of Buddhism will join Johnson for an afternoon panel discussion.

The Vashon Buddhist Seminar will be held at the same place as the last two years with early, optional meditation at 8:30 a.m. in the elaborate Javanese Kudus House, morning talk at 10 a.m. and afternoon panel in the stately Chinese House, to conclude by 5 p.m. Included in the cost (\$70; college students and PSZC members, \$60) is a catered vegetarian lunch, during which attendees will have an opportunity to relax on the lawn, meet old friends and make new ones. Some of Johnson’s books will be available for sale, courtesy of Books by the Way.

As space is limited, early reservations are strongly suggested. For registration or more information: email office@pszen.org, visit www.pszen.org, call 206-463-4332 or visit Books by the Way.

VFW: Vietnam Today

Continued from page 1

and if you say the USA, they ask, ‘Are you a vet?’ and if you say yes to that, they greet you like long-lost family. They can’t do enough for you.”

“I went over a couple of days early and took a boat up to Vung Tau,” which was his home port when he was serving on the river boats in the 60s.

The first part of the scheduled tour was by motorcycle. “That was

Eagle and Raven. Within the two moieties are clans. Odin, for example, is Eagle moiety and Shark clan — called Wooshketaan in Tlingit.

On a side note, another of the pieces he carved was for his clan, Wooshketaan, so this was a deeply meaningful project for him.

a rough way to go. We’d stop every couple of hours and visit family industries – brick makers, incense makers.”

His party rode the whole Ho Chi Minh Trail. Parts of it look like a paved suburban street now, but most of it is still a trail through the lush greenery. The tour visited the Plain of Jars, and ancient cities such as Angkor Wat.

“The most haunting part of the trip was the killing fields of Cambodia. How can people let something like that happen?”

“I’m glad I went and I’m glad to be home.”

Commander Hathaway invites the Vashon community to attend this open VFW meeting. Sharing and questions from the audience will be welcomed.

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Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

Happy Birthday Virgo!
The Sun and Moon join Mars and two asteroids in Virgo this week, marking a truly amazing start to your birthday season — that’s a lot of Virgo. She’s an Earth sign — so touch the Earth. The story of this aspect is about the balancing out of male and female within you. This will help you grow and change your relationships in the most unusual ways, you have a chance to leave all the usual nonsense behind and define yourself in an entirely new way with the people you love. It is time for you to be who you are, no compromises about it. The people who accept you will mature in the necessary ways and follow your lead.

Aries (March 20-April 19): If you feel overwhelmed with details, surrender to your passion — the inspiration behind whatever mission you’re on. The energy in the background is every bit as meaningful as the focus and effort you’re investing into so much service-oriented work, but if you come from the center you’ll find it less tiring and more inspiring; with the Sun and Moon joining for a New Moon in Virgo this week, the details will take care of themselves. You may find yourself renewing a commitment that’s been meaningful to you going back a rather long time, but taking an entirely different approach. Family Focus: This is a great week for annual checkups and other health maintenance.

Taurus (April 19-May 20): With the Sun in your empathic sign Virgo, you’re now free to take the chances you’ve been dreaming of for so long. As you’re so fond of reminding others, all you need to do is get out of your head. You will know you’re doing that because your choices feel risky, like you might get in trouble, or like you’re concerned about being judged by others. That’s the key to knowing you’re on the right track. If you’ve come through a time when all the feelings seemed real but the opportunities didn’t show up for you, you may find this formula helpful. Family Focus: You’ll be reminded many times this week how much more intelligent most children are than most adults.

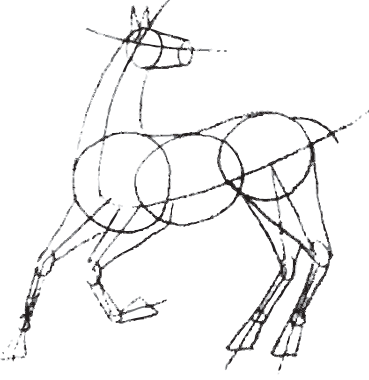
Gemini (May 20-June 21): Your perspective is changing so quickly, you may not even trust your own beliefs or ideas. Not only can you trust yourself, you must — and you have every reason to. Experience has shown that you can

adapt to pretty much anything. This week’s New Moon boldly says put confidence first on your list of personal aspirations, and waste no time going there. Speak up and notice that people trust what you have to say. Take action and notice that in response, the world gives you a chance to show what you have to offer. Family Focus: Now is a time for a spontaneous family reunion or homecoming. Start making calls.

Cancer (June 21-July 22): Practice some restraint on your financial activities; keep control by knowing where you stand at all times, and making sure you have enough cash on hand for a special project or commitment that’s truly meaningful to you. This seems to be about an investment in your future, which more than being about material property is about an idea or a project designed to help you develop on a deeper level. Recent efforts to get the word out about something close to your heart reveal that slowly and gently work much better than the fast and furious attempt. Family Focus: Get the kids out to the country this weekend, and take them to a farm store.

Leo (July 22-Aug. 23): This week’s magnificent New Moon in the self-esteem and resources angle of your chart is encouraging you to work with others more than ever. The main skill you have going for you is diplomacy, and you’re in an excellent position to negotiate anything you need, particularly for a purpose larger than just yourself. Build on a sense of mission rather than obligation. Don’t be afraid to allow your charm to get more results than your intelligence; you have plenty of both available. Family Focus: Close loved ones may be feeling some frustration this week, so don’t let it get to you.

Virgo (Aug. 23-Sep. 22): The Sun and Moon enter your sign together this week, a potent reminder that you are young and that you are at a point of beginning in your life. But they also remind you to gradually work toward inner harmony between feeling and outer expression; between your emotional world and your sense of identity. And there is a tap on the shoulder to re-center on your life mission. The image is one of balancing out opposites. As events develop in the coming days, you’re likely to feel like you have every reason to live for the moment, and you do. Remember well what you learn: you’re far stronger than your fears.



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Family Focus: Keep careful track of what your kids are up to.

Libra (Sep. 22-Oct. 23): You must balance the awesome potential of the situation with realistic expectations. Indeed, if you take a minimalist approach, even presuming that nothing special will come from so much promise, you’ll get the best results. Be clear with yourself about what you want. Let your dreams be real, and dream them out loud. That may seem presumptuous, that is, a little like you’re faking or taking the role of another, but this is simply not true: you are doing something different and unusual and that is why it feels so strange. Family Focus: Your maturity and leadership are being asked for now. Remember to see both sides.

Scorpio (Oct. 23-Nov. 22): A moment of truth is approaching, where you will be able to go with a certain plan you’ve been building for more than a year with renewed commitment — or let it go. In any event, something is changing in relationship to your past, and how you apply past knowledge today. There is also the question of a debt you seem to be owed for work or talent that you gave generously on the promise of something in recompense. You may think you’ve got too much invested to drop the whole thing, but I suggest that you at least give yourself permission to consider that possibility. You’ll feel better if you do — and the choice, either way, will be that much easier. Family Focus: You can depend on the support of your friends much more than you think.

Sagittarius (Nov. 22-Dec. 22): Jupiter in Scorpio, the strongest placement in your chart at the moment, is developing in an angle that you cannot see, but which you can definitely feel. The suggestion is that you’re at a great advantage but somehow cannot put your finger on how or why that is. At different times it shows up as different things: an opening, an unexpected opportunity, or sliding out of a problem you thought would grab hold of you. No doubt you’re protected, and enjoying the benefits. So I suggest you push your luck rather than question it. Family Focus: The concerns of one of your parents may be weighing on you; why don’t you call?

Capricorn (Dec. 22-Jan. 20): Keep clear with partners and colleagues as a contractual or financial situation heats up yet again. There seems to be so much at stake, but in truth, there is more than enough to go around and everyone has something to gain. The pressure to make a decision is on, but a factor you cannot foresee works strongly to your advantage. Maintain a high level of communication

and attention to details and the precise order in which certain events are planned. But the best thing you can do for everyone is tattoo the idea of a win-win scenario into everyone’s mind in very bright colors. Family Focus: Remember that your partner is someone with whom you can share deep concerns and secrets.

Aquarius (Jan. 20-Feb. 19): You’ve had a taste of what people really feel, and by now you should have no doubts about their depth of commitment. People are with you, and they see the need to live with intention and devotion; count on this. The important thing is that over the coming week, you not only resist any tendency to doubt or lose faith in yourself — but that you actively seek the encouragement you need. You may feel that so many others around you are so strong, that you have little to offer. But this second statement is simply not true. Family Focus: Remember that everyone needs space to themselves.

Pisces (Feb. 19-March 20): Cooperation and sharing responsibilities are first on the priority list. Important efforts simply must go right the first time, and you’re the one who needs to keep an eye on the big picture. More important, though, is keeping yourself and others grounded on the spirit of the work. In the beginning of any process is the feeling; the necessity; the sense of mission. How you get there is another question. The love you put in is the love that will come out. Family Focus: Loving partnerships really are the nucleus of a family, and you can now begin a whole new chapter. ○○○○○

Heritage Museum a Gem

Editor, *The Loop*:

I would like to thank all those volunteers who have presented Vashon a professional and very user-friendly historical museum.

My husband and I went to your exhibit opening on the ninth of July during the Island Festival. I grew up in Burton in the 1950s but knew little of its rich history. The professional photography was of the highest caliber. Anyone could see the hard work and dedication that went into this museum. I especially enjoyed reading the museum newsletter edited by Marian Spencer. School students an staff sould tour this facility. All ages can enjoy and contribute to your rich heritage. Historical articles and current news from the museum should be published in the Beachcomber and Loop newspapers. I hope Islanders appreciate and thank those who offer a gem of a museum.

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Book Review

By Rachel Bard



What It Was Really Like on the Oregon Trail

About 150 years ago, thousands of our ancestors loaded their families and their most precious possessions into ox-drawn covered wagons and set out for Oregon Territory, armed with little more than hope and ignorance. All they knew for sure was that they intended to start a new life half a continent away from everything they'd ever known.

Today, we can read their journals to get the bare facts: how far we traveled today, who's sick, what we ate, which Indians threatened us, who died, what rivers we crossed—drought and thirst and freezing. But what did they feel? How did they cope?

Now comes Karen Fisher's novel, *A Sudden Country*, structured around the journal her ancestor Emma Ruth Mitchell wrote at eleven: a summary of her family's journey from the Missouri River to the Willamette. From this, a few family letters and her own prodigious imagination, Fisher has built a mesmerizing story of real people undergoing real hardships as they forged their way westward.

The journey is seen through the eyes of Lucy Mitchell, Emma Ruth's mother. She doesn't want to take her four children into the great unknown, but her husband Israel wears her down. She's a dutiful wife, so she goes. Israel, impractical to the point of bumbling, yet upright and single-minded about his goals, becomes a leader of the wagon train.

Lucy's is not only a physical journey, but also an emotional one as she responds to the stark beauty of an ever-widening world, the unexpected hardships and the growing attraction she feels toward their guide, James McLaren.

McLaren, the book's most complex and enigmatic character, was

a Hudson's Bay Company trader who gave it all up to settle with his Nez Perce wife Lise, whom he loves deeply. She deserts him for Beal Beck, a man he'd thought was his friend. McLaren is left with his and Lise's children and watches as, one by one, they die of smallpox. Now, he's obsessed with finding Lise.

He chances on the Mitchell wagon train where Beck has been serving as guide, and gets only a sneer when he asks Beck about Lise. McLaren kills him. The emigrants think the horses, maddened by a torrential lightning storm, trampled Beck, and McLaren doesn't set them right. He becomes a guide to the party as it labors on, ever westward. His notion now is that Lise may be back with her own people in Idaho, so westward is fine with him.

The wagons toil along, beset by hostile Indians who steal their horses, fording rivers where wagons overturn and goods are lost, crossing waterless plains and climbing rocky mountainsides where the oxen strain and stumble. To lighten the load for the emaciated beasts they abandon precious possessions, and they see where others before them have done the same. A piano, a kettle, a lamp, the occasional mound of earth with a crude cross...

Lucy listens when McLaren talks of his time with the Hudson's Bay Company. "She saw the Polar Sea. She saw canoes and dogsleds, great wooden forts, the industry of men. She saw beads and scraps of fur, a pouch with a bone button...She saw his teeth, his eyes, and listened until the facts of her own life seemed not facts at all but petty doctrines and conventions. Such simple gravity as this man had was gained only by long and difficult conversance with the world. He is fearless, she thought."

Very gradually, Lucy realizes what McLaren has come to mean for her. McLaren senses this and begins to love her for her clear view of the world and her independent way of thinking. Though he's still taken up with the need to find Lise, before long their passion takes over.

The word of Lucy's infidelity gets out among the women, who ostracize

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Loop Letter

Thanks

Editor, *The Loop*:

Our August 13th WA State MISS retreat here on Vashon was an amazing experience. Pure alchemy took place that day as a room full of strangers let their guard down enough to create a safe and sacred space for sharing and learning. We screened *Losing Layla*, had a most intriguing didactic session on the topic of Ritual During Grief, and then six henna artists volunteered their time and talent to actually create ritual for us. Amazing.

Hawk and I — and all WA MISS volunteers — are grateful to all of you who participated that day — not just attended, but fully participated! We also thank HennaTribe artists Maya, Amy, Karen, Maxx, and Dagmar for their energy and tender care. And we especially thank our sponsors: Vashon Music, Vashon Bookshop, Amiad & Associates, and Vashon Thriftway — we couldn't have done it without you!

Kara Jones



Cliff Goodman, Chairman of Citizens for Vashon Public Utilities, explained the organization and its energy-saving benefits at a brunch, hosted by Joy and Chai Mann. The Vashon Public Utility District Initiative will be on the ballot in November. For more information, visit that website: vpud.org.

However the folks running for commissioner have committed to signing a pledge against using tax money to fund the PUD.

Thanks again for bringing the dialogue around the proposed PUD to your readers!

Very truly,
Meg Gluckman

Citizens for Vashon Public Utilities

When I hear somebody sigh, "life is hard," I am always tempted to ask, "Compared to what?" -- Sydney J. Harris

her. McLaren leaves and Lucy has to bear Israel's scorn. The wagon train moves painfully on. Whenever an ox dies, finally defeated by hunger and weakness, it means a feast for the whole party.

They do reach safety at last, barely escaping the massacre at the Whitman Mission and going on to Portland. Lucy and Israel, reconciled, settle into an easy affection. McLaren is not so blessed. He learns what men Lise has been with since Beck, yet still seeks her as his doom closes in on him.

Fisher knows her characters intimately. As they move through an unforgiving landscape and undergo life-threatening trials, they shed their past hesitations and uncertainties, acquiring new endurance and ingenuity. Her lyrical writing illuminates every page. The narrative glides along like a mountain stream, with ripples and whorls that delight the reader in passing but don't disturb the flow. She must have traveled the trail herself to have absorbed so many minute details and gotten the feel of the country.

This is Fisher's first book and she has already won six awards. She lives with her family "on an island in Puget Sound," but judging from the blurry picture on her website, not Vashon. Still she's in the neighborhood, so, neighbor Fisher, please favor us with another book soon.

□□□□□

PUD Corrections

Editor, *The Loop*:

Thanks very much for your article in the last edition on the proposed Vashon Public Utility District! However, there is an important correction on the issue of taxing: Washington State law gives the PUD commissioners the authority to tax. Even though PUDs have the authority to tax, none of the 28 Washington PUDs use taxes to pay for their core services, no electric PUDs use taxes for any purpose, and only a couple of the water PUDs use taxes to fund water resource studies and environmental education programs.

The Vashon PUD will not need to tax because it will depend on user fees paid by those who voluntarily sign up to become customers. Furthermore, taxing does not make sense because the PUD will be making individual improvements to individual homes.


Unfortunately, the ballot language cannot legally restrict the state law.



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Island Epicure



Potlucks of Indian Summer

By Marj Watkins

Among the pleasures of summer and Indian summer are potlucks on the patio or on the grass, and picnics in the parks, on the beach, or in the back yard. In hot weather, cold meals keep cook and diners cool.

Think high-protein chef salads, bean salads, deviled eggs, fruit or vegetable salads with cold meat plates, melons with prosciutto or thin-sliced ham.

A crowd feeder and crowd pleaser is Salad Niçoise. It’s not the collection of vegetables thrown together in one big bowl that most restaurants who offer the dish at all will present, but a wide tray or platter on which several small salads compose the artistically arranged whole.

For a smaller dinner, any one or two of the three salads below may be arranged on lettuce for a light main dish and accompanied by hearty whole-grain bread and butter. Did you know that spreading our bread with butter (not margarine, heaven forbid! Triglycerides, you know.) reduces its glycemic index number? Translation: makes it digest more slowly, therefore doesn’t cause blood sugar spikes.

Fiber in the whole grain breads helps in that way, too. So does the vinegar in the pickles and salad dressings. Its acidity counteracts carbohydrates. Of course, if weight-control or blood sugar concerns matter to you, you’ll still need to watch those portion sizes. Calories do count.

The Ultimate Salad Niçoise

Serves 15

Leaf lettuce, washed and patted dry

European Potato Salad*

Lima Bean Salad*

Tuna or Salmon Salad*

Gherkins

Stuffed green olives

Fat pitted black olives

Cherry tomatoes or tomato slices

Anchovies, optional

*Recipes below

For the best flavor, choose solid white tuna packed in water. If mercury content worries you, choose the browner tuna. It comes from younger fish that haven’t had as much time to absorb mercury. Nutritional experts say you can eat white tuna once a week without ingesting more mercury than your body can expel, so I don’t concern myself overmuch nor eat it even that often.

When using canned salmon, remove skin.

Make each salad in a separate small bowl. Arrange lettuce leaves on moisture-proof tray or platter. Heap each salad on a lettuce leaf or leaves. Arrange gherkins, olives and tomatoes around the salads. Arrange anchovies, if using, atop lima bean salad.

European Potato Salad

6 to 8 servings

6 medium-size thin-skinned potatoes

1/4 cup minced fresh parsley
Vinaigrette Dijonnaise*

Wash and slice potatoes about 1/4 inch thick. Boil in salted water no more than 10 minutes, just until fork tender. While still hot, pour vinaigrette over potato slices, lightly mix trying not to them break up. Strew with minced parsley. Chill.

***Vinaigrette Dijonnaise**

1/4 cup wine vinegar

1 tablespoon Dijon-style mustard

1/2 cup virgin olive oil

1/4 teaspoon coarsely ground black pepper

1/4 teaspoon sea salt

Combine all ingredients. Just before using, stir vigorously.

Lima Bean Salad

About 6 servings

2 (10-ounce) packages green lima beans

Italian Dressing

1/3 cup chopped red bell pepper

2 to 3 thinly sliced green onions

Cook lima beans according to package directions. Marinate in Italian dressing. Chill, stirring occasionally.

Tuna or Salmon Salad

Serves 6

3 cups canned white tuna or cooked salmon, flaked

3/4 cup sweet pickle relish, or to taste

1/2 cup finely chopped celery

1 cup peeled, chopped cucumber (optional)

2 green onions, leaves included, thinly sliced

1/3 to 1/2 cup Mayonnaise

Combine all ingredients. Chill.

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MadameTajars

Dear *Madame Toujours*,

Please help me to resolve a crisis which has arisen in my marriage. I should mention that I have been married to Richard, a sweet, dear man, for seven years, and we have two children. The problem is that recently, while scrubbing the grout behind the toilet, I received the revelation that I am actually Monumenta, Feminarch of the Megaverse. I immediately blasted the grout behind the toilet with a thunderbolt.

Richard was not amused about the thunderbolt and feels I am being unnecessarily grandiose, but the children, little Bethany the Destroyer and Jeffrey, Trasher of Living-rooms, seem perfectly comfortable with my revealed glory.

What can I do to reassure Richard that I have no intention of crushing him like the contemptible mortal he is?

Sincerely,

Monumenta, Feminarch of the Megaverse

Chere Mme. Megaverse,

Congratulations regarding your newly discovered majesty. Always I am recommending for the wives to be having the careers and interests outside of the home so that they can be expanding the minds. Clearly, you are expanding the mind more than the usual. This is being the kind of dramatic revelation you can be expecting while you are crouching head-downward and inhaling the volatile, tile-cleaning vapors in the enclosed space.

I am understanding that the omnipotence, it is the intoxication for you. You are drunk with the satisfaction of crushing entire galaxies to destroy the person who was cutting you off in traffic three years ago, but you must be remembering that *M.* Richard, he is naturally feeling the little bit

threatened by your new interests. Possibly, he is concerned that you are growing apart from him. He is not wanting to be looking for the new love at this stage of his life. He is out of shape and his hair, it is receding. It is being too much work to be getting back in the condition for the dating.

It is being up to you to reassure him. Look for the ways that you can be making him to feel included. For example, give him the empty, meaningless title such as Throngar, Imperial Prince Consort to the Feminarch. Include a gold lame costume with some kind of crown.

Give him a planet — a nice one, possibly with the natives which he can be oppressing after the hard day at the office.

But perhaps you are wondering if you are even wishing to keep *M.* Richard. Perhaps you are thinking that after the long day of blasting things and supervising *les enfants*, it would be nice to be coming home to the husband who is having the appreciation for how difficult is the job of the Feminarch.

This is the foolishness. Before you were Monumenta etc., was *M.* Richard appreciating the difficulty for the job of the housewife? *Non.*


Bon Chance, Mme. Megaverse. Even if you were crushing *M.* Richard into the pits of destruction and marrying Gargantuon, Dominator of the Cosmvoid, you would still feel unappreciated. This is being the fate of the Feminarch.

00000



Macho does not prove mucho. -- Zsa Zsa Gabor

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Positively Speaking

By Deborah Anderson

Hitting a Homerun in Mudville

This last Tuesday, A -Rod became my favorite role model. That's right, Alex Rodriguez who totally sold out for money to that Texas team.

It all started with a pregnant woman and a husband who couldn't leave the Island least he tempt fate with a ferry baby. You know, those deliveries that get written up with the middle name of the child being the ferry boat on which it was born.

Long story short, my daughter and I ended sitting by first base watching guys bend over and try to steal. Scoring excellent tickets to see the Yankees get beaten by the Mariners is a memory not soon forgotten.

Better still is watching A Rod come up to bat with 47,000 people booing him...still...after all this time...because...he sold out for money...something I'm sure not one of those 47,000 people had ever considered let alone done. Right.

So there he is, up for his first at bat, hitting his shoes nervously with the bat. Slight silence after all the booing as he prepares to swing and one woman shouts "Grow up!" Not me, really...my daughter would have had a cow. We were having a great time being silly together for the first time in a long stretch that has been about the pressure of her singing thing she does. I had just put a tenuous moment in the frivolity by refusing to ask the middle schoolers in front of us to allow me to take a picture of the Weeble I'd found in my purse while digging for garlic fries money. I was not going to jeopardize anything else by doing something like embarrassing her with a public editorial comment to three hundred people within hearing distance.

Meanwhile A Rod has swung...and missed...twice. Strikes not balls. Three strikes and you're out, ya know. He was.

Second at bat...same place. Same dance. My daughter and I are now trying to decide if the couple two rows down and over four seats is a blind date, married, or brother and sister. The woman is talking constantly but the guy, who is much shorter, is listening all the time. They must be brother and sister. It's so comforting to know that when your world is full of details and stress, it's possible to forget it all with some good fun people watching and

conjecture. 'Course, on the Island, that's sometimes called social interaction. And of course there was this baseball game going on.

Third at bat and I'm thinking this guy (A-Rod) is a glutton for punishment. These people are not going to give it a rest. Randy Johnson, they'll forgive, but Alex Rodriguez is cursed for life as a turncoat.

Hmmmmmmmm. There's something different about his stance. You can see it. You can see that homerun that's about to happen. There was some talk in some newspaper about the pitch making the difference, but from our seats, it was clear that what made the difference was the determination to hit a homerun when 47,000 people were booing him. Crack...and he became my new hero.

Here on the Island we cheer a lot for each other. That's a good thing. As a life skill, it's a little shallow to practice being liked. Some of us have to do it, true.

But the greater skill, assuming that what you are doing is noble, honest and adding to peace in this world, is to decide how you will respond when no one likes what you are doing. Will you be determined to hit a home run when almost the entire world wants you gone? Can you do your best when there is but a handful of people cheering you on and everyone else is wishing you would drop dead on the spot?

The ball sailed...into the air. It soared. I smiled. I want some of that, I thought to myself.

True, the fourth at bat, he struck out again...but that homerun. I wish that for you. I wish for that if you are in the face of enormous criticism, there will be within you the determination to hit a homerun. Hit it. Hit clear out of the ball park. Create the silence that happens while everyone watches the ball go far far away. Chances are you just had a thought everyone else wanted to have and the rest of us are depending on you hitting a homerun. Swing away...focused, determined — and score!

The crack of the bat to ya!
Love,
Deborah



Photo by ny-yankees-fans.com

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Film Flam

The Three Burials of Melquiades Estrada

By Jonathan Shipley

Two words, my friends – Barry Pepper. Huh? Barry Pepper? Who the hell is Barry Pepper? Well, these are the questions I asked myself recently until I saw him in two stellar movies – *The 25th Hour*, a Spike Lee movie starring Ed Norton as a character who is about to be sent to jail for drug dealing, and *The Three Burials of Melquiades Estrada* — which I'm here to tell you about.

Here I am, telling you that you owe it to yourself to watch this movie. It's not light-hearted. Don't expect Will Ferrell to make an appearance with a variety of fart jokes. Why are all movies these days about fart jokes? It's terrifically depressing. Then, Tommy Lee Jones comes along, on horseback no less, and directs this thought-provoking, beautiful, well-written movie. Now, it's heady, serious stuff we're talking about. For one thing, Melquiades Estrada dies and has to be buried a few times. For another, Barry Pepper gets beaten, shot at, bitten, broken and all sorts of terrible things. My wife wasn't watching the movie. She was upstairs working on some graphic design stuff. Every so often, she commented, "What's all that yelling going on?!" The yelling was Barry Pepper getting beaten, shot at, bitten and broken. Terrible things.

Why, you may ask, is Barry Pepper getting beaten down? The plot: a hotshot border patrol officer (Pepper) accidentally shoots a Mexican (Julio Cedillo). Pete Perkins (Tommy Lee Jones) is the Mexican's friend and therefore kidnaps Pepper and forces him to disinter the hastily buried body, and then join him on a journey into Mexico so the body can be buried at his home. The cast of characters includes a weasely police officer (Dwight Yoakum, who seems



Barry Pepper



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to play weasels quite well [see "Sling Blade"]), the patrolman's wife (January Jones, who is possibly the most beautiful girl you'll ever see smoke a cigarette [don't smoke. It's bad for you and will kill you]), and, for lack of a better word, the noble café waitress (Melissa Leo, who is an actor in most every police show on television). The cast also includes the corpse of Melquiades Estrada. He's featured prominently. Ants eat the corpse's face in one scene.

The movie is the directorial debut of Tommy Lee Jones and it is a triumph. It's cinematically stunning (much of the movie was filmed on Jones's own ranch), well-written (Guillermo Arriaga also wrote *21 Grams*), and redemptive. Jones, an acting force in his own right, is impressive, but I think the kudos for the movie—what makes the movie work in all its facets—is Barry Pepper. Yeah, Barry Pepper. You feel so much for his character. For one thing, you feel nothing for him. He's a hotshot loser. He reads *Hustler* magazine while on duty. He breaks a Mexican girl's nose. He calls his wife his "red hot mamma." But you feel sorry for him. Sure, he killed someone, but it was a mistake. Then you cheer for him even though he's the loser you didn't care for minutes ago. Then it's the end of the movie and it's a great movie ending—a movie ending those cinema aficionados will appreciate. Just like I now appreciate Barry Pepper.



Loopy sez: Deadline for the next edition of *The Loop* is Friday, September 8



Re-fueling for overtime! Wonder why Vashon wrestlers always out-condition their opponents? Here's how: they always have a reserve on hand in case they run out of gas. From left to right: Geran Webb, Eddie Protzeller, and Alex Steamboat.


Ernesto,
I've been re-reading old sections of Ask Ernest from my scrapbook and I noticed you had some brilliant poetry by Efrem Vic. The poems were vibrant, funny, and enticing—if not a bit confusing. They made me happy to be alive. Can you ask Efrem for another poem or two? And have him dedicate it to my three lovely daughters, Linnea, Lizabee, and Shastasha? Thanks mucho amigo.
Captain Art Hoggins
Sure Captain,



Isaac Magnuson celebrates after winning the Great American Shovel-Off! "It wasn't even that tiring," Isaac said in his post-game interview. "In fact, I think it might have been easier to win this than it was for me when I won the Boston Marathon." Picture by the Great Alison Katika.



Captain Martin looking confident, as usual.



Loopy sez: Deadline for the next edition of *The Loop* is
Friday, September 8

I just ran into Efrem at the latest National Poetry Convention in Pittsburgh. Here's his latest hit:

Where Was I?
by Efrem Vic
I was lost
they needed to portage me home
from pittsburgh,
still celebrating super bowl racket.
hot sauce on my wings,
hawks on tv, holmgren smiling
in his puffy jacket—

Is it really almost football season?




State Champ Rick Wheeler shows off his little guy, Hugh. If genetics play even a minor part, lil' Hughy will likely be the next spelling bee champ of the universe!

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Vashon Rowers Sweep Pairs at Nationals

Vashon Island's Bruce Morser and Colby Atwood took gold in the Men's D Pair at the 2006 US Rowing Masters National Championship at Green Lake on August 13th. Morser and Atwood edged another Vashon pair, Derek Wegner and Jim O'Brien, by just over a second as both boats raced to the finish line, rowing away from the rest of the field. In fact, of the 140 events that took place over the course of the long weekend, only one other club accomplished a top-two finish.

The four-day national regatta at Green Lake featured numerous past Olympians and U.S. National team members. Going into their final on Sunday, both Vashon pairs were aware of the fact that they were up against a Dallas boat that had been the defending champion in the event several years running.

"Dallas was definitely the boat to beat, and we were really surprised to pull ahead of them," said Morser. "Maybe the rough water helped."

Off the start, Morser and Atwood trailed the field after twenty strokes, but finally pulled even with Dallas about halfway down the one thousand meter course, on their way to a first-place finish in 3:48.23.

"By necessity, Bruce and I have to emphasize technique over power in the pair, and a relaxed start helps us keep it together later in the race," commented Atwood. "Playing catch-up is pretty nerve-wracking, though. It's all about staying focused."

Originally, the second-place team of O'Brien and Wegner was registered with Vancouver Rowing Club, because the boat's stroke, Jim O'Brien, moved to Vancouver with his wife (and VIRC coxswain) Cindy earlier this year. During the gap between the Friday heat and the Sunday final, O'Brien petitioned for their boat to be re-registered as a VIRC entry.

"I didn't know Jim had changed the registration until just before the race," said Wegner. "It provided additional motivation to show everyone that little VIRC had put two boats in the final and we belonged there."

Rounding out a very successful weekend for Vashon Island Rowing Club, Island rowers Debby Jackson and Gail Brownell took third in the Women's Mixed 8, rowing for new Islander Brownell's former home club from Los Gatos, California.

Early 20th Century American Art Coming to Vashon

As of Friday, September 1, 2006, Vashon Island will have a new art gallery devoted to works by listed and notable early 20th Century American artists. Vashon Island Fine Art is pleased to announce the opening of our gallery at 17637 Vashon Highway, next to Robinson Furniture. In conjunction with the monthly First Friday festivities, Vashon Island Fine Art will be presenting works by artists including, but not limited to, Rockwell Kent, William Keith, Charles Curtis Allen and Frank Benson. The gallery will specialize in American Art between 1850 and 1950 with WPA, scene, landscapes and seascapes emphasized. Vashon Island Fine Art will be open Fridays 1:00 to 4:30 p.m., Saturdays 11:00

a.m. to 4:00 p.m., and by appointment.

Owner Kji Kelly moved to Vashon with his family (Jack, 6; Kate, 4; Davis, 2; and wife, Rebecca) in 2001. From 1996-2001, Kji owned an architectural salvage gallery in Durham, North Carolina, and later in Pioneer Square in Seattle. His art gallery has had an online storefront for the last five years. Kji works as a project manager for Historic Seattle, a non-profit dedicated to preserving the region's historically built environment. This passion for history sparked his interest in early 20th century art, and led to the evolution of Vashon Island Fine Art.

If all economists were laid end to end, they still would not reach a conclusion. -- G. B. Shaw

Loopy Laffs

God and the doctor we alike adore
But only when in danger, not before;
The danger o'er, both are alike requited
God is forgotten, and the doctor slighted.
— John Owen

Why Hollywood Squares was a hit the first time around:

Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads under water long enough.

Q. True or False, a pea can last as long as 5,000 years.

A. George Gobel: Boy, it sure seems that way sometimes.

Q. You’ve been having trouble going to sleep. Are you probably a man or a woman?

A Don Knotts: That’s what’s been keeping me awake.

Q. In Hawaiian, does it take more than three words to say “I Love You”?

A. Vincent Price: No, you can say it with a pineapple and a twenty.

Q. Paul, why do Hell’s Angels wear leather?

A. Paul Lynde: Because chiffon wrinkles too easily.

Q. In bowling, what’s a perfect score?

A. Rose Marie: Ralph, the pin boy.

Q. Who stays pregnant for a longer period of time, your wife or your elephant?

A. Paul Lynde: Who told you about my elephant?

Q. When couples have a baby, who is responsible for its sex?

A. Charley Weaver: I’ll lend him the car, the rest is up to him.

Q. Jackie Gleason recently revealed that he firmly believes in them and has actually seen them on at least two occasions. What are they?

A. Charley Weaver: His feet

Q. According to Ann Landers, what are two things you should never do in bed?

A. Paul Lynde: Point and Laugh.

WILD WORLD / Ed Frohning



What do a sperm cell and a lawyer have in common?
Both have one chance in 290 million of becoming human.

While it may be okay to lie to your spouse from time to time, it is emphatically not okay to lie to your kids about anything except your past drug use. – Al Franken

Did you hear about the dyslexic Rabbi?
He walks around saying “Yo.”

Why is it so hard for women to find men that are sensitive, caring, and good-looking?
Because those men already have boyfriends.

When you put down the good things you ought to have done, and leave out the bad things you did do, that’s Memoirs. -- Will Rogers

What is the difference between a Harley and a Hoover?
The position of the dirt bag.

One more drink, and I’ll be under the host. -- Dorothy Parker

Tough audience: If they liked you, they didn’t applaud -- they just let you live. -- Bob Hope

Cannibals are not vegetarians. They’re humanitarians.

Art is not a handicraft, it is the transmission of feeling the artist has experienced. — Leo Tolstoy

OFFSHORE



LOGJAM



Loop Arts

Girls on the Town! A Night of All-Female Comedy Improv and Music

Come to Café Luna for a thrilling evening of girl-powered entertainment! Singer-songwriter Niceol Blue will be joined by the infamous all-girl improv troupe Seattle goga, providing an exciting double-bill of live music and comedy improv on **Thursday, August 31** at 7:30 p.m. sharp.



Niceol Blue

Niceol Blue grew up in the Pacific Northwest. That environment helped to shape her unique style—"Red-Headed Acoustica." She performs all over the world, from the far west of Oregon to the far east of Ireland. In her hometown of Seattle, she performs at local hot spots including The Seamonster Lounge and the Re-Bar, as well as at outdoor events such as Seattle's Folklife and Bumbershoot Festivals. Her vibrant sound and powerful lyrics make for a riveting experience for audiences of all ages. You can hear Niceol at www.myspace.com/niceolblue.

Seattle goga (girl on girl action) perform Longform Improvised Sketch Comedy. Using character work, movement, story and song, Seattle goga takes you on a fully improvised journey of wonder and laughter. Their shows will have you on the edge of your seats, and have been described as "fresh", "side-splitting" and "beyond compare!"

Episcopalians Get Medieval: Annual English Faire

By Barb Lake
HEAR YE! HEAR YE! The Church of the Holy Spirit announces its annual English Faire, on **Sunday, September 10, 2006** on the lawn behind the Episcopal Church of the Holy Spirit, located at 15420 Vashon Highway SW. Queen Marj Watkins and her loyal Lady-in-Waiting Carolyn Price Dyer will officiate over the royal affair from noon to three o'clock.
Hear bagpiper John Dally, and see T. Martino and her noble steed. Dine on delicious fare of Fish and Chips, Cole Slaw, Lemonade and Ale (Vegetarian Fare also available), all while listening to the Innisfree Celtic Band.
Entertainment For All Ages: View a Children's Play in the performance area directed and produced by Crystal Culp. There will also be children's games in the Labyrinth area supervised by David Culp and Kimberly and Scott Benner. Take part in an ongoing Croquet Tournament directed by Mark Yelken.
Co-Chairs Priscilla Kimmel, RoseEllen Albers and their committee invite all of the Vashon Community to join in the Fun, Food, and Frolic! Old English costumes are encouraged!
Tickets are only \$5.00 for all this and can be purchased at the Church Office



Vashon Voices courtesy photo

Croon a Tune with Vashon Voices

By Joe Farmer
Vashon Voices, the Island's close harmony vocal ensemble, is looking for singers to participate in its 2006-2007 concert season. If you're interested in singing with a small chorus of friendly, music-loving folks, come join the fun!
In lieu of individual auditions, Vashon Voices is hosting open group audition rehearsals. New singers have an opportunity to sing with the group, get to know the music director, and meet current and prospective members. The next group audition will be held on **Monday, September 11**, from 7:00 to 9:00 p.m. at Vashon First Presbyterian Church. All voice parts are encouraged to attend.
Our concert season will open December 15 and 17 with a holiday show entitled *Let it Snow*, a collection of snow songs and holiday favorites from jazz and pop standards to light classics. From the familiar strains of "White Christmas" and "Jingle Bells" to our hilarious version of the "12 Days AFTER Christmas," this concert will be sure to please both the singer and the concertgoer. Visit www.vashonvoices.org for details of this and other upcoming concerts.

For more information about joining the group, contact music director Joe Farmer at 567-5640, or email info@vashonvoices.org.



The piping in of the Anglicans: John Dally and the Vashon Island Pipe Band kick off last year's English Faire

prior to the event. Call the Church Office to verify hours, (206) 567-4488. There will be a limited number of tickets for sale at the door.

Streetwise Now Available at IndieFlix

Alex Atkins and Andrew Franks of Team Beiderman Productions are very excited to announce that their new film, *Streetwise*, is now available on IndieFlix. To purchase it on DVD, follow this link: <http://www.indieflix.com/FilmDetail.aspx?tid=5522>. One-third of the profits go back to them to support future productions. If you would like to purchase a copy of the soundtrack, send an email to teambeiderman@pureawesome.com.

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The Vashon Youth Chorus sings at last year's Kiwanis Christmas dinner

Vashon Island Youth Chorus Pairs Up with Chorale This Fall

By Lauri Hennessey
This fall, the Vashon Island Youth Chorus will have a wonderful opportunity to sing with the popular Vashon Island Chorale at their holiday concert this year. The youth will be joining the Chorale and an orchestra to perform the *Mass of the Children* the first weekend in December.
Beyond performing with the Chorale, the Chorus will also have its own recital in December for family and friends, perform at the lighting of the Christmas tree in Vashon, and at the community caroling at the Vashon Theatre. They will also be doing some secular songs, in addition to the *Mass of the Children*.
Long-time Islander Marita Ericksen is the Director of the Vashon Island Youth Chorus. Ericksen recently moved back to Vashon after several years based in Everett, during which she commuted to teaching the Youth Chorus. She is excited about being back on the Island again, and continuing her work with the Chorus.



Marita Ericksen

"Many Island youth love singing, and they look forward to auditioning for musicals and other singing opportunities all year," Ericksen said. "But what some of them don't get is a chance to continue working and refining their voices all year long. The Youth Chorus gives them that chance to be in a singing chorus all year 'round. And partnering up with the Chorale this year is going to be that much more of an opportunity to be seen by a larger audience," she said.
High school students can receive two elective credits for singing in the Youth Chorus. The Chorus can take up to 40 kids. Last year, when the Chorus presented the popular *Charlie Brown's Christmas* there were 37 kids in the group. The first rehearsal is on September 12 at McMurray. Rehearsals are every Tuesday at 3:30 p.m. at McMurray. There is tuition to be in the Youth Chorus. It is \$120 for the entire semester (\$30 per month).

August 30, 06




I am an artist new to the island with a background in illustration and fine art. If you would like to explore your creative side in drawing, painting, color, and design, please call Tim Huhn
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However, there are partial scholarships available, too.
Ericksen leads the group with the assistance of Islander Randy Bruce. The Parent Coordinator is Dianna Ammon. Ericksen taught music in public schools for 11 years, directed the Sno-Isle Youth Chorus, is Music Team leader for the Everett Our Saviour's Lutheran Church, and also teaches private voice and piano. She also sang in the Vashon Island Chorale, sings in the Everett Chorale, and is a member of the Music Educators National Conference and Washington Music Educators Association.
"I have been working with youth and music education my whole life," Ericksen said. "I love to teach them the fundamentals of music, and see the lifelong love for music at its beginning. It's exciting to watch, and I never get tired of it," she said.
If you know of someone between ages 5 and 18 who loves to sing, or who has wanted to try, please pass this along! You can have them either get in touch with Ericksen at meric13147@aol.com, 715-7126, or go to the Vashon Park District, or call them at 463-9602. Rehearsals begin on September 12th.

Two Wall Gallery:
Father and Daughter
Examine Art,
Writing, and History

By Ben Meeker

The Two Wall Gallery would like to announce an exhibit of block prints, drawings and sculptures by the father/daughter team of Rachael and Ben Meeker from **September 1 through September 30**, with an artist's reception **Friday, September 1**, from 6:00 to 9:00 p.m.

Great stories consist of moments stacked upon each other. Rachael and Ben Meeker pull out individual sheets from these allegorical stacks and present them framed on the wall. These linoleum and woodblock prints display everyday objects such as artifacts of incidents in someone's life—without the someone.

Rachael Meeker's lino-prints depict scenes of the activity of writing. There are hand written letters or stories, surrounded by teacups and pencils resting under the gentle glow of a candle. These absent writers are from an older time, before writers toiled, bathed in the chemical pallor of a computer monitor. She also does drawings and prints based on the summer activities of a ten-year-old girl, which she is. In addition to her narrative themes, Rachael has a definite sense of pattern and



Writer's Afternoon Coffee Block print by Rachael Meeker



Friday Evening Block print by Ben Meeker

perspective that creates a very precarious space around these common objects and activities.

My prints and drawings focus on the ominous in the ordinary. Romance, remodeling and dinner are interrupted; the people are gone, but their artifacts remain, and a strong light illuminates the scene. Spilled red wine, a reclining boning knife, a steaming Sawzall and a partially butchered chicken testify as to what has happened recently and infer something is happening now. These compositions are not still-lives as much as they are movie stills. Viewers are invited to invent their own narratives and place themselves into these stories.

I will also be exhibiting a series of cast iron tablets that are reminiscent of tablets containing ancient writing or pictographic stories. The rusted surfaces look as if they just came out of an archeological dig to tell their cryptic tales, hopefully providing a historical/pre-historical form of story telling. In addition, I will have a wall of small white charcoal on black board drawings, which are thematically similar to the prints, but their subjects are much more wide ranging and arbitrary. They are images pulled out of a life in progress.

For more information, please call 463-1930 or e-mail meekarts@centurytel.net.

Johnson and Graham Teach and Perform

Vashon Island Music will host Harmonica and Bottleneck Slide Blues Guitar workshops on **Saturday, September 9** at the Vashon Island Music Studio (above the music store), followed by a concert that night in the same space.

The Harmonica Workshop, taught by Mark Graham, will be held from 12 to 1:30 p.m. Graham's harmonica virtuosity is well-known regionally where his performances and recordings are legendary. His songs have been recorded by many, including the Austin Lounge Lizards, Bryan Bowers, and the Limelighters.



Mark Graham

The Bottleneck Slide Blues Guitar Workshop with Orville Johnson will be held from 2:30 to 4:00 p.m. the same day. Orville Johnson is a lifelong music veteran and internationally known proficient and proponent of slide guitar. He has taught

at many major music workshops and has CDs and instructional DVDs available. His playing is well known around the Pacific NW as well, as evidenced by his entry in James Bush's *Encyclopedia of Northwest Music* (Sasquatch Press 1999).

Pre-registration is required and space is limited to 15 students per workshop. The cost is \$40 per class, or students may attend both for \$75.

At 7 p.m., **Saturday, September 9**, Orville and Mark will also perform a concert in the Vashon Island Music Studio—tickets are \$10 in advance and available at Vashon Island Music. For more information, registration, and tickets contact Karen at the music store (206)463-0552.



Orville Johnson

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Thursday,
September 7
6:30-8:30 pm
Ober Park,

FREE FREE FREE
Did we mention that its a free concert?



Buddha Meets
Quantum Physics

Continued from page 1

Apart from being a humorous and good natured fellow who loves talking to children, and makes friends while walking down the street, he's a profound teacher who can swiftly guide you into contemplating the non-existence of time...except for an infinitesimally small present moment...the absence of any real self or "I," and the non-existence of atoms, and therefore matter, quickly enough to make your head spin.

But then he's coming from a tradition that's explored these matters for over two thousand five hundred years before the words quantum physics ever coagulated into the western vocabulary.

Born and raised in Tibet during the Chinese occupation, Khenpo Choga was something of a surprise when he strolled into a monastery in Kathmandu, having walked over the snowy passes from Tibet, and displayed acute prowess as a master scholar and practitioner of the highest levels of Tibetan Buddhism. It was commonly believed that the greatest scholars and practitioners were all in exile, so nothing was known of this Tulku, or re-incarnate lama, who began training in secret at age five, finished a seven year long solo cave retreat by his early twenties, and was awarded the title of Khenpo as the youngest person ever to receive such high status at centuries-old Dzogchen Monastery. One of the first westerners to meet him in Katmandu was Andrea

Kretschmar, a German translator who's worked with numerous high lamas for 30 years in Nepal. He expresses awe at the depth and precision of Khenpo Choga's scholarship, and in his eloquence in



Dzogchen Khenpo Choga Rinpoche

transmitting pithy instructions. In the ten or so years since leaving Tibet, Khenpo Choga has taught in 40 countries, founded Dharma centers, and created projects to support the monastery and children's school back in Tibet. He's authored over 30 books in Tibetan, and his first in English, *The Buddha Path*, and is working on a massive ten volume commentary on the famous text *Entering the Conduct of the Bodhisattvas*, by Shantideva.

It's clear from his incessant teaching schedule all over the US that he wants to establish

centers for study and contemplation here in America, where the political and economic conditions favor the long term transplantation of the Dzogchen teachings to the West. Having someone of Khenpo Choga's abilities showing up to teach in places like Vashon Island, Pt. Townsend, and Las Vegas, is a little surreal; like having Einstein drop in on your neighborhood Tupperware party. He can save us all lots of Asian airfares in search of mystical spiritual masters, and bring our spiritual inquiry home, as close as our next thought.

For more information on Khenpo Choga's schedule, phone Dave @ 463-1490, or e-mail DharmaIsland@hotmail.com, or visit Dzogchen Buddha Foundation's web-site:

www.dzogchenlineage.org.


Courtesy Photo
Dzogchen Khenpo Choga Rinpoche
Thursday, September 8
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Call for location (206) 463-1490



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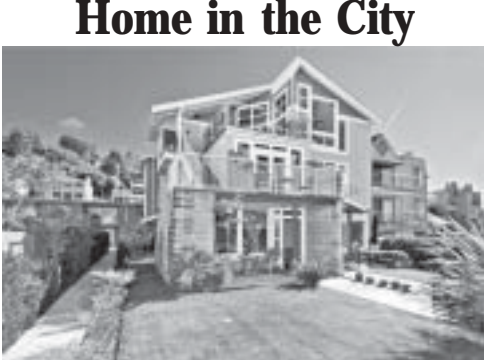
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