

In this issue: Where to give blood; where to buy pancakes; feather collecting; AIDS art; new editor; wolfies down with sheep; we remember thee; Common Book project; Bill Burby run; toons, concerts, art, and more stuff than you can imagine, some of it funny.



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other
summer
birds,
are back
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The Reigning Queen
finally gets to go
Brazilian

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Backbone benefits by Beatles at
Bishops; Redperl brings out the
new stuff; Summer of Love Redux;
what's on at the movies; more arts!

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THE VASHON LOOP

Vol. 4, # 13

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM June 20, 2007



Halstead Garden. Photo by Jenn Reidel

Garden Tour Blooms on Vashon!

By Janice Randall

Garden Tour weekend is nearly here and five exquisite gardens are ready to receive visitors, so don your shades and walking shoes and experience the beautiful private gardens that our Island hosts have graciously worked so hard to present to you. Participants will also view garden art by Island artists, hear poetry by Island poets (in the Buss garden) listen to music by Geordie's Byre (McIntosh garden)

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Author Elizabeth de la Vega Visits Vashon

By Mary Litchfield Tuel

Elizabeth de la Vega will be speaking at Courthouse Square this **Saturday, June 23**, at 7 p.m. Doors open at 6:30 p.m.



Elizabeth de la Vega. Courtesy photo

"I want to tell people...that we don't have the luxury of giving in to despair."

also, they gave incentives for long time employees to retire early," she

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My Vashon, My Maury



Lemon Sky at Raab's Lagoon. (c) 2007 by Susan Darr

Photography Show at Hardware Store All of June

By Ray Pfortner

Don't miss seeing the "My Vashon, My Maury" group photography show hanging for the month of June at the Hardware Store Gallery. And don't miss the chance to give the photographers some direct feedback by voting on the People's Choice Award. The decision will not be easy - there are 77 prints displayed. All are also available for purchase of course.

The show includes the very personal Island views of seventeen Island residents ranging widely in age (from a high school sophomore to retirees), in equipment (from film to digital, from point and shoot to sophisticated single lens reflex cameras) and experience (from novices to lifelong shooters). The photographs range equally widely in subject matter, from tight portraits of wildlife and flowers to nostalgic views of landmarks to sweeping landscapes, and show both familiar and unfamiliar views.

The class photographed their assignment for 90 days this spring, both in group shoots as part of the class and alone. Despite unbelievably frequent days of rain, the class shot over 8,500 photographs. Selections of these were presented and critiqued in class



Yellow Tulip. Photo (c)2007 by Jeanne Robinson.

and posted and critiqued in a private online share site. Ultimately over 250 were submitted to a panel of 4 jurors to become part of the final show.

The panel consisted of Melinda Sontgerath, owner of the Hardware Store and President of the Chamber of Commerce; Molly Reed, Director of Vashon Allied Arts; Christine D.

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Jane and David Shepherd. Photo by their daughter Laurie.

Mr. and Mrs. Shepherd Go to Hollywood

By Mary Litchfield Tuel

Jane and David Shepherd were teachers in the Vashon School District for more than twenty years. My older son had Jane as his first grade teacher, and both my sons had David for band when they were in middle school and high school.

Both of the Shepherds retired from teaching a few years ago, first David and then Jane. They turned their attention to what was next. Jane took some acting classes, and got some parts in commercials, and the next thing you know they were buying a trailer and truck and heading for Tinseltown to pursue her acting career in commercials.

They've been down in Southern California since last fall. Jane's acting career is taking off! I decided it was high time the folks back on Vashon caught up a little on what they're doing, so I sent some questions, and here is what they replied:

Continued on page 5

Progressive Policy and Movement Leaders Hold Summit

On **Tuesday, June 26**, more than thirty of the nation's most recognizable voices in social policy, social leadership and progressive action are gathering for a one-day Progressive Cabinet Summit at the Carter Center in Atlanta, Georgia. Held on the day preceding the US Social Forum and co-convened by the Seattle-based Backbone Campaign (www.backbonecampaign.org) and the DC-based Institute for Policy Studies (www.ips-dc.org), the Summit's attendees and agenda will tackle - and serve to amplify - the Social Forum's theme of "If Another

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Get in The Loop

VashonBePrepared.ORG

Neighbors Helping Neighbors

Did you know that only 15% of the Island's phones can work at the same time?

Our telephone system is not designed to provide service to everybody at the same time. During a disaster, don't use your phone unless it's a life-threatening emergency.



And if you haven't joined a Neighborhood Emergency Response Organization: Do it now before you need it! Each NERO meets once a year to get acquainted and learn how to check on one another in an organized way if disaster strikes. Call Joe Ulatoski at 463-1321.

www.vashonhorseproperties.com

Joe Ulatoski Is Festival Grand Marshall

Joyce Olsen announced last week that "General Joe" Ulatoski has been selected as this year's Strawberry Festival Grand Marshall. Look for General Joe and his lovely wife Edie at various events leading up to and including the Strawberry Festival next month.

Senior Center Members Gathering

Experience the unveiling of the Vashon-Maury Senior Center strategic plan for the future of the SC — with room for input from the audience — at 1 p.m. on **Monday, June 25** at the SC. Not for senior citizens and members only: everyone's welcome. And that's not all: Steven Chavey, King County aquatic supervisor, will be there to highlight the amenities of the Vashon swimming pool that will make it a place for older adults to enjoy this summer.

Life with Diabetes

"Diabetic emergencies — hypoglycemia and hyperglycemia — and short-term complications of diabetes," will be reviewed by Sally Frazee, BSN, RN, CDE, on **Friday, June 22** at 10 a.m. at the Vashon Fire Training Building as part of the free "Living with Diabetes" series, presented by V-M Senior Services. Emergencies happen frequently when you have diabetes -- we will explore these symptoms, frequency and treatment, what causes them and how to prevent them. Not for senior citizens only — everyone is welcome!

Relationship Workshop at Library

DAWN will give a presentation on **Wednesday, June 27**, at 6:30 p.m. at the Vashon Library. The presentation is titled "Are you the one for me?" It is free and open to the public. Presented by Domestic Abuse Women's Network (DAWN). If you have any questions or would like more information, call the DAWN Vashon Island Office (M-F): (206) 450-0186; 24 Hour Shelter and Crisis Line: 1-866-286-DAWN (3296); www.dawnonline.org

Kiwanis Serve All You Can Eat Pancake Breakfast at Festival

Tickets for the Festival "all that you can eat" Kiwanis Pancake Breakfast are on sale now at Books By the Way, Vashon/Napa Auto Parts, Vashon Book Shop and the Beachcomber; OR, by calling Olde John Croan, (206) 463-2852; Ray Konrad, (206) 419-1086; or Dorothy Johnson, (206) 463-9831. Cost is \$7 for those 12 years old and older and \$5 for children younger than 12. Breakfast includes pancakes using the special Kiwanis recipe, ham, strawberries, maple syrup, orange juice, coffee, milk and real butter. The breakfast will be in the parking lot in front of NAPA Auto Parts and Vashon Market, 7 to 11 a.m. on **Saturday, July 14**; and 8 a.m. to noon on **Sunday, July 15**. The Key and Builders Club and Boy Scout members will help set up and serve Breakfast. Kiwanis members will be visiting Vashon businesses, churches, and clubs to determine if they desire to buy Breakfast Tickets. The tickets are an excellent way to treat employees and members to a hassle-free meal; a great opportunity to help many students, organizations and individuals on Vashon Island. If you buy ahead you avoid a long line to pay for your breakfast during the Pancake Breakfast! The cost is the same whether you buy a ticket early or pay at the event.

Help Restore Olympia Oysters

On **Saturday June 23**, Puget Soundkeeper Alliance and Puget Sound Restoration Fund will sponsor a volunteer Olympia oyster restoration project in Quartermaster Harbor. Olympia oysters are the *only* oyster native to the Pacific Northwest and were once common throughout Puget Sound. Over-harvest, industrial pollution and parasites have greatly depleted their numbers. These oysters filter water and provide habitat and food for birds, salmon, and other animals. Enhancing native oyster beds will provide a base to expand the population and restore an important piece of the Puget Sound ecosystem.

Volunteer work will involve placing bags of oyster shell on the beach to encourage the "natural set" and expansion of the existing oyster population. The event is 9 a.m. to Noon on **Saturday, June 23** and is expected to last 3-4 hours each day. Interested volunteers call: (206) 297-7002 or email to volunteer@pugetsoundkeeper.org.

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VIPP Adopt-a-Cat Day

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

Featured Cat: Sophie



Ready to win your heart — Sophia has been living in her host home with kids, other cats, and dogs, but she would love to be adopted to a quieter setting to better match her demure personality.

VIPP 2008 Pet Calendar

Be part of Vashon Island Pet Protectors' 2008 Pet Calendar and make your pet a star. Email your pet's photo to kchappy@msn.com. All are welcome-cats, dogs, pigs, goats...don't delay, photos must be received by July 15th.

If you'd also like to have your Vipp calendar picture entered in the Vipp Pet Photo contest at the Strawberry Festival please send it in by July 6th and let Kathy know. For more information call Kathy (206) 463-9203.

Altar/Shrine Making Workshop with Ginny Ciszek

Join Island Multimedia Artist and Jeweler Ginny Ciszek for this creative and fun all day workshop and make your own personal altar honoring that special someone, thing or idea that is precious to you. The class will be from 9 a.m. to 4:30 p.m. on **Saturday, June 23**, at the Land Trust building, 10014 SW Bank Road (across from the old fire station in town).

Bring your own special small items, pictures or treasures (no more than 4" tall and 3" wide). Please bring a sack lunch and beverage as we will be having a lunch break together. Fees for the all day workshop are \$60 plus a supply fee of \$18.00 (maximum 15 people so sign up soon). You MUST pre-register by calling Ginny at (206) 463-1768 or emailing v.ciszek@comcast.net

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Blood Drive Moves to Lutheran Church

In the last issue of *The Loop*, it was reported that the Vashon Blood Drives would move to the Penny Farcy Training Center, which was the information provided at the last blood drive. Plans have changed. Blood Drive Coordinator Carolyn Amick writes:

"The Puget Sound Blood Center is very excited and thankful about the new blood drive site for Vashon Island Community events. The Vashon Lutheran Church is beautiful and I think it will be a good site for the donors at Vashon."

Please mark your calendars! The following are the blood drive dates for 2007: July 19; September 20; November 15.

The blood drive will start at 1:00 pm and it will close at 7:00 pm. The Drive will not register donors between 3:15 p.m. and 4:00 p.m. since this is the staff's lunch break.

This blood drive is sponsored through Windermere Real State. If you have any questions please call: Carolyn Amick, (206) 755-9972, or email camick@windermere.com



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The Vashon Loop

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- 2580 Sq Ft
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- 4 bedrooms
- 100' Waterfront
- 2 Car Garage

MLS # 27006933

Burton Charmer

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 - Full basement
 - Hardwood Floors
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- 3 bedrooms
 - 2 Baths
 - Wood Stove
 - Near Town
- 9330 SW 171st St**

MLS # 27071774



Lavender Duck

16503 Vashon Hwy SW

This is a beautiful 1900 vintage farm home that is currently being operated as a Bed and Breakfast on Vashon Island. This beautiful Inn consists of 5 suites; 4 in the main house and 1 in the cottage. Each suite has a private bath and a sitting area. The cottage is steps from the main home and has 2 bedrooms and 1 bath. If you love lavender this beautiful Inn has a beautiful lavender field in the back. **\$ 525,000.**

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Elizabeth de la Vega

Continued from page 1

said. Retirement gave her time to consider current events.

“Even when I was still working, it was quite obvious that the Bush Administration had deceived the public to start the war, but I had no time to analyze that while I was still working. After I retired, I had time to see how the Administration had lied, and done so with the aid of the media.”

Up until de la Vega retired, she said, “I had never watched TV. I was shocked to learn that what passed for debate was just people shouting at each other,” not thoughtful analysis and discussion of issues. “There were analytical people speaking up, but I was concerned that what they had to say might not be easily accessible to the general public. So I went about analyzing the case as if it was any case.”

She found that her analysis of what had led to the United States going to war in Iraq led her to begin writing a book. “When I started writing the book, I didn’t have a book contract and didn’t know what was going to happen.”

De la Vega wrote some articles for www.tomdispatch. “Tom Engelhardt of www.tomdispatch is an editor who took me under his wing. He helped me to find a publishing house.”

“I wanted to add something to the public discussion, and I had no job with the media to hold me back. There are so many horribly tragic

things the Administration has done. It has made us afraid to talk. If we’re afraid to talk, we have no way to stop whatever they want to do.

I wanted people to realize that in our system of government the everyday citizens are the ones who judge the behavior of all other citizens, from highest to lowest, on juries and grand juries,” and in public discourse. “They seem to have forgotten about that.”

“I get emails from people who identify themselves as Republicans, conservatives, veterans – people from all walks of life who say they find the book inspiring and that it says what they think.”

“We have had all this information for years, and we keep reporting it as if it is new. I think people are overwhelmed by information. I did the book because there is no way working people have time to analyze this.”

“The most important thing I want to tell people is that we don’t have the luxury of giving in to despair. Even though this situation is more than discouraging, hopeless at times, we can’t give in to that feeling. We need to take what action we can.”

“A lot of people don’t know how many other people feel the way they do – ordinary people who are going about their business, feeling discouraged.”

De la Vega’s stop on Vashon will be one of five she will be making in Washington State. She has been “all over California,” and has been to Boston, Minneapolis, and Ann Arbor to speak. The book has been optioned to be made into a play, and a movie. The play is written, but she does not know when and where it will be produced. The movie is in process. A draft has been written, and the project has financing.

beinga bit silly for collecting them, but it made her happy to remember the birds the feathers came from. Her granddaughter is now in charge of the feather bottles, and is happy to have them.

My stepsister and I were standing on the back patio on a clear brisk morning, stalking of events in mom’s recent life. There were no clouds in the sky, no trees in the yard, no birds flying overhead, no breeze blowing at all, but there in front of us, floating down from the sky, was one very small white downy feather. It dropped to the grass below us. I rushed down the steps to the yard and picked it up. I looked again to the sky. It was clear; it was empty. I said to my stepsister, “Mom must have had one too many feathers for her wings because she sent one back for us to start our collection. We are no longer the kids. We are now the grown ups.”

I took the feather and placed it in a small vial. It travels with me where ever I go to remind me of how short life really is and how it is up to me to make the most of it. Every time I see a small bird feather on the sidewalk or in a birdcage I think of my step mother, who continues to have an impact on who I am from where she is. I tell her hello and add the feather to my collection.

Life is what you make it and my life is good. What is your feather in the world of memories? What do you collect? I’m waiting to hear from you.

A friend of mine just returned from accompanying her elderly and easily confused mother on what was probably her last trip to visit relatives in Switzerland. Through undoubtedly a clerical error, her mother’s passport was flagged as stolen. Again, this same type of mean-spirited, quasi-military procedure was practiced. They were separated and her confused mother interrogated. At one point, when my gentle friend was trying to explain they didn’t know about the stolen status, the security checker screamed at my friend, “YOU JUST SHUT UP!” This is not justice and it certainly isn’t domestic tranquility we were striving for with our Constitution.

Although my friend’s family is planning a family reunion in the states, her Swiss relatives refuse to come to America anymore. Why? Because they are treated too rudely during security checks which now include thumbprints and retina scans – yeah, retina scans. These are the Swiss, people – they’re not mad at anyone and I haven’t heard of too many terrorists in their 70’s and 80’s. They usually don’t live that long.

When we forget who granted us this bounteous land in the first place, who gave us freedom from our enemies and blessed us with

**Elizabeth de la Vega
And UMO
Courthouse Square
Saturday, June 23, 7 p.m.
Sponsored by The Vashon-Maury
Island Green Party, the Vashon
Democratic Club, UMO Ensemble,
and the Backbone Campaign**

LoOp Ed

Symbols from Heaven

By Lola Vorhies, RN
Vashon Community Care Center

We have all had experiences that make us wonder about how one life interacts with another’s. Remember the last time you had a déjà vu experience? Remember the item that triggered a memory of days gone by. Well, here is one of my stories of remembrance and wonder.

In 2006 my step mother, Christine, passed away. She was a southern lady, 89 years young. She lived alone in a small retirement apartment with many friends in her life. Evenings were spent watching TV with her neighbor and she even had a beau, with whom she would watch a movie or go for walks. I even caught them cuddling one evening. Her sight was failing as well as her heart, but her spirit was strong. I flew to Tennessee for her wake. She didn’t want a funeral, so the family gathered to remember her life.

Most of her life she had parakeets as pets. She loved them and they too had long lives under her care Christin was in the habit of collecting the little white downy feathers in the bottom of the cage each day. She had mason jars filled with them. I always thought she was

What Would Samuel and John Adams Think of Us Now?

By Susan Wolf

For what I’m about to say, you have to understand how deeply my roots go into my beloved America. My grandmother was an Adams, a direct descendant of Samuel Adams, cousin to John. As I grew up, she pointed out our revolutionary and Mayflower ancestors. Having spent most of my working career in public service, many years ago I once worked for the Justice Department, having had my background checked by the FBI and given a high level of security clearance, so I love serving my country and my fellow citizen.

What we are doing to ourselves, whether through misguided foreign policy or poorly orchestrated airport security, I reluctantly opinion, is worse than what was done to us six years ago during 9-11. Sometime after that haunting tragedy, which struck me deep in my soul, I traveled from Seattle to Salt Lake City with my elderly father. Before departing Seattle, at different security checkpoints within 20 minutes of each other, he was separated from me and required to remove his hard-soled shoes. I was not allowed to assist him, and only at my insistence was the frail man even given a chair to sit on. By the second time, he (a WWII veteran with heart problems) was so exhausted I thought he would faint.


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Interview with Sarah Herbert – former C.N.A.

Sarah is a bright young woman who worked as a certified nursing assistant for about 2 years at Vashon Community Care Center. She has completed her coursework requirements to be an RN, and will shortly begin her master’s work towards becoming a nurse practitioner with a specialty in geriatrics.

Sarah knew that she wanted to be involved in healthcare. Her goal was to become a doctor. After realizing the commitment of time and money it takes to become a doctor, she wanted to gain some experience in the healthcare field, just to be sure it was right for her. This proved frustrating. Many places wanted “experience” before hiring, and, well, how do you get this experience?

A C.N.A. training program was Sarah’s answer. She completed her training in Idaho, and was able to transfer that license to Washington when she moved here and got a job at VCCC. Sarah says, “Now that I’ve worked with elders I know that is where my heart is!”

She not only learned where she wants to focus her energies but also learned helping skills, as well as knowledge about dementia and the progression of disease processes. These valuable lessons gave her an advantage in the nursing training she undertook. She learned how to work as part of a team, and how to communicate therapeutically and with compassion and empathy with residents and families. She learned time management skills, how to work through “overwhelming” situations, and how to ask for help when she needed it. She learned from the nurses who work here. She learned that the work can be upsetting, but the bonds you create are wonderful and uplifting, and there is a lot of fun! Residents are alive with surprises, great stories, and the willingness to share love. She learned how to keep her youthful exuberance while demonstrating a mature respect for the dignity of the residents in her care.

“People come to nursing homes because they can no longer live independently,” Sarah observes. “They come to live out the rest of their lives, with help.”

Sarah is grateful for the chance to have had a positive effect on the lives of residents and their family members. She encourages individuals who may feel some attraction to helping others to try this kind of work: “You may find a new passion that can take you a lot of places!”

Mr. & Mrs. Shepherd

Continued from page 1

Loop: *What one thing would you want to say to our readers?*

Jane: It's scary to follow a dream like this. But it's worth it because I have a wonderful partner who supports me and drives me around. I really like this quote from James Joyce's The Dead: "Better pass boldly into that other world, in the full glory of some passion, rather than fade and wither dismally with age."

David: Retirement's not the time to be overly cautious. What's the worst that can happen if we try something new and fail? Go for it!

Loop: *Jane, when did it occur to you that you would like to pursue acting? Is this a dream you've had for years, or did you take a class and discover a calling, or what?*

Jane: I went to the movies regularly at an early age, taken along by my parents and my older sister, Jeanne. Our family loved entertainment, especially the humorous type, and actually gathered 'round the radio in the evenings to hear Bob Hope, Red Skelton, etc.

Being the youngest of four kids, I quickly realized that taking on the role of mascot and trying to be "cute" won me the most attention. I willingly accepted the teasing and mockery that my older sibs did so expertly, as long as I got a laugh out of it.

Everybody in my family was a comic. Meals around our tiny kitchen table with the one-liners being fired off constantly are my fondest memory. I was elated for days whenever I got off a good one and everyone collapsed with laughter.

Ironically, I was extremely shy away from my family, and this blocked any real performing until I was past 60 years of age! My mother tried, bless her heart. She enrolled me in piano, dance, and expression (memorizing and reciting poems) my second grade year. I was inept at all. I hated to practice and begged to be released from my bondage. All I wanted to do was play outside with the neighborhood kids and spend my days at the top of a tree. Cheetah (Tarzan's chimp) was my idol then.

Mother finally gave in — money was tight anyway — and I never had to take lessons again except for the violin. She coaxed me to play in the school orchestra from sixth grade through college. I was talented at faking the violin and literally spent my entire string career playing second fiddle. Mother was a gifted performer and taught piano and organ, but none of her children followed in her footsteps. I have kicked myself countless times for not learning to play piano. I certainly could have used that during my teaching career. Bless Helen Frohning's heart. She taped most of the songs I needed for our school plays.

In spite of having few skills, I found ways to express my need for attention. In elementary school I'd get my friends together at recess and direct them in little plays. Our teacher for third and fourth grade was legendary for her meanness but she loved me because I could spell — I placed 3rd place in the all-school spelling bee as a third grader, losing to two 6th graders. So when I asked, Mrs. Trotter would allow my little theatre group to perform for the class. I would write, direct, produce, scrounge for costumes, and play my favorite role, usually an offbeat one like Dopey in Snow White.

Loop: *What made you decide to go for commercials, rather than theatrical work?*

Jane: They are easier to get into, require far less memorization and rehearsal, and pay more money than live theater. And they are fun. I would love to do a TV or movie role, but that's a long shot.

Loop: *What are some of the commercials you appeared in up here?*

Jane: My Columbia Bank ad ran for about two years on Seattle TV. I also did a major commercial for Dignity Memorial Funeral Services that ran all over the US...except here. And I did a funny one that played on one of the giant Times Square billboards one Christmas. Then there were some corporate videos for Microsoft, a "mean old lady" voice used in a video poker game, a couple of radio spots and a few magazine print ads.

Loop: *When did you both get the idea to go to LA, and how, and what kind of discussion took place between the two of you that led to your acquiring the trailer and setting off on this great adventure together?*

Jane: I found that I really liked on-camera work. But all my acting teachers and friends told me that to get serious work I needed to go to LA.

David: We discussed going to LA for a couple of years, but couldn't decide how to finance the trip. We also discussed, for several years, moving back to Texas to be closer to the grandkids and other kinfolks in our dotage. Finally in December 2005 we agreed to sell our Vashon home, buy the RV, go to LA for an adventure, and then see how we felt about Texas.

The RV part wasn't new. In July of 1983 we left Texas for the Northwest in a travel trailer, arrived in Seattle with no jobs, and were prepared to spend a year or two just living in a new and beautiful part of the world and flipping

burgers if that's how it was to be. Oddly enough, by our fourth day in the state we were on Vashon filling out teaching applications. Within six weeks we were out of the RV and living on Burton Peninsula...But I digress.

We finally got the house listed in April — the market had gone cold and we had no offers. Naturally, we'd already bought the RV and were moved aboard, ready to hit the road the moment the house sold. By August and no offers, we decided to lease the house for a year and go anyway. The rest is on our website (

The selling of the house is still under discussion. We both love it, but I am ready to give up on high taxes, mounting repair costs and yard work and just take the money and run, maybe to an apartment or condo. Jane suffers much angst about losing our comfy home and fabulous view, especially if she has to trade it for a home on the range in Texas. But being down here for a while seems to have eased some of her reluctance. And we're pretty sure it won't involve a move to Texas

Loop: *How much did the passing of your daughter, Lianne, affect your decision to give acting a whack?*

Jane: Seeing Lianne face all her difficulties with such courage, and knowing that she never really got to achieve her dreams, had a very strong influence on my decision to take this chance.

Loop: *So, you're down in LA, living in a trailer park, where?*

David: Well, actually we are in Van Nuys — two blocks south of Northridge and four or five east of Reseda. But nobody up there probably much cares.

Loop: *Your contact information is on the blog page, isn't it?*

David: Yes. Our mailing address, phone number and an email link are there. And our Vashon address and phone number will still reach us, too. We're easy!

Here's the blog address: <http://home.mindspring.com/~shepherd2/sheptrek/index.html> where you can read all about the Shepherds' adventures and contact them if you wish.

And here's an excerpt from the blog:
Tue 15 May: ANOTHER NEWS FLASH: Jane got the Burger King commercial — her first national TV spot! When you eventually see four card-playing grannies who've just finished their "Wild West Burgers" and are sporting Wild West moustaches, just look for the tall one with the gray whiskers. That'd be Jane.

See it here:
<http://www.boardsmag.com/screeningroom/commercials/4427/>

Wed 16 May: ...Jane checks the email this evening and learns that she has three more auditions this week. One is for a feature-length film. The other two are student films that look very good. Now this is fun!

So tomorrow morning she will drive to the shoot, don her gray moustache and be transformed into Western Granny. She could not negotiate lifetime Whoppers as part of her compensation package. This may not exactly be Masterpiece Theater but it's progress. And profit. And that's a good thing!

Thu 31 May: NEWS FLASH: It's 6:20pm and Jane just got the call...She IS the new BRATZ Granny! There, kids! See what 31 years of teaching can get you?

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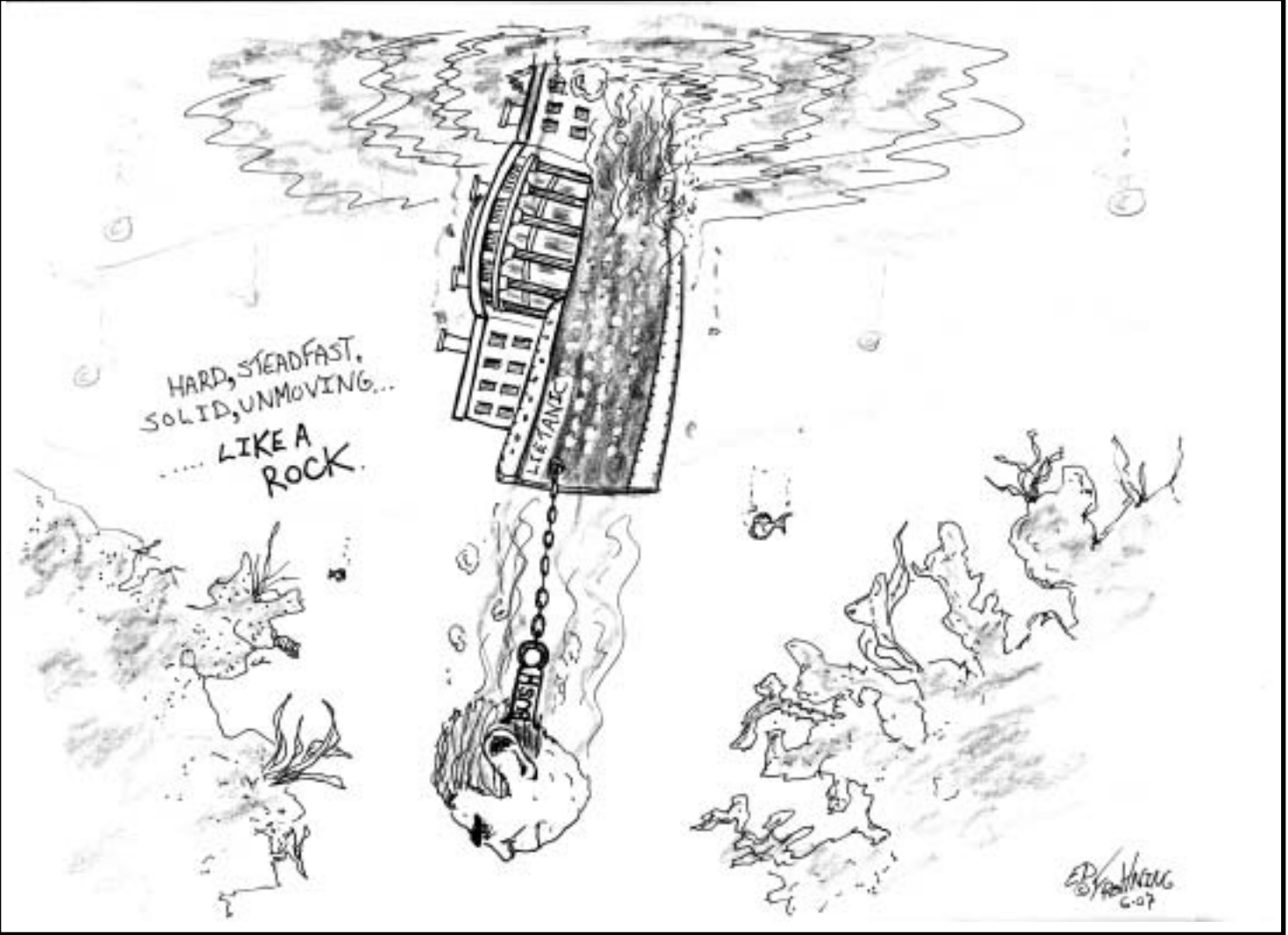
No Losers at This Bingo

Maggie, Emma Rose and Meridith, of the Carpe Diem School next door to the Senior Center, sharpen their Bingo skills with Ellen Trout, SC board member. The semi-annual party was held recently at the SC with prizes for all. When the students were asked if they want to come back and play again, the shouts of "yes" were deafening — .and the gaming seniors had a high old time, too. Photo by Deirdre Petree



And the Winner Is -- Coleman!

Coleman was one of many winners at the Carpe Diem School Bingo party in the Senior Center recently. Louella Lodhahl, of the SC, checks out the winning board with Abbie Nielsen, SC director, assisting. The seventeen Carpe Diem students who were there voted to return for another party with rousing shouts of "yes!" Everyone got a prize since, as one student commented, the caller, Sunny Baldwin, was coming up "with the wrong numbers" on her Bingo wheel. Photo by Deirdre Petree





Spiritual Smart Aleck

Big Good-byes

By Mary Litchfield Tuel

Sometimes it takes a trip down the Oregon Coast to put everything into perspective. My cousin and I made such a trip last week.

Her dad passed on last September, and his ashes were scattered down on the southern coast of Oregon. We went so my cousin could make her good-byes to him, and see his memorial plaque. Then we made the drive up the coast of Oregon on Highway 101. I won't even try to describe the beauty of that coast – you need to go see it yourself. In the summer the line forms in Idaho.

We located the memorial plaque. We read a few prayers, shed a few tears, and said a few words, saying good-bye to her father, my uncle. A big good-bye.

We talked about everything as we drove north. We are ten months apart in age, and we have been close all our lives. We share genes, history, and a great love for one another. At one point, she said, "Gee, sounds like you are done with your job." I was shocked, but then I thought about it.

If you are a long time reader, perhaps you recall that about a year ago I was hauled off to the hospital with chest pains. The doctors congratulated me on coming in before I had a heart attack, and told me to change everything in my overweight, diabetic, stressed out life.

Did I listen? At first I did. You know. You get scared and you lose weight and exercise and then you have a few lapses in your program and the next thing you know you're buying Hershey bars at the truck stop in Longview and telling yourself that chocolate is good for your blood vessels.

Being the editor of *The Loop* has been a challenge I have enjoyed meeting, a job I love. The last few months I could feel the strain eroding my health. When an issue was done, it took me several days to recover physically. I went through a lot of nitroglycerin pills.

Driving up the coast last week, looking at the miles of breakers, and the dark green mountains running down to the sea, and laughing with my cousin

about practically everything, I realized consciously what I'd known unconsciously for a couple of months now: I'm burned out. My tenure as editor of *The Loop* is over. I'm done. Wow.

Time for a big good-bye.

I want to thank everyone for reading, and for all your kind words and support. I would like to express my deepest gratitude to the writers and cartoonists who make *The Loop* what it is. My favorite part of the job has been working with you, because you do it for the love of your art, and you have something to say. Thank you, all of you, for making deadlines and making *The Loop* a good read. It has been a pleasure and a privilege working with you.

I want to thank the publishers, Marie Browne and Troy Kindred, for giving me the job, and then allowing me to do it! That's rare, and wonderful.

The Loop is unique because it is local, and it is not part of a corporate chain. It is part magazine and part literary journal, as well as newspaper.

I am pleased to say that the new editor is the guy whose column is on the next page -- Ed Swan. Editor Ed. I hope he has as much fun doing this as I have, and that he's a lot better at time management than I am! I do know that the photos in his columns will now be credited correctly 100% of the time.

As for what I'm going to do next, I think I'll start by getting some rest, and then, oh, I don't know. Probably keep writing, and I've always wanted to be a singer. Watch this column for updates. I'll have time to write a column now.

If you want to write to me, you can do so at my personal email: mary.litchfieldtuel@gmail.com; or, snail mail, at P O Box 173, Vashon WA 98070.

In closing I will say: we're all in this together. We live in interesting times. Help each other out; hold each other up. Praise the Lord every day, and, of course, don't let the bastards grind you down.

Blessings, peace, grace, & love to you all – Mary

~~~~~

## Talent, Hopes, and Dreams for a Future

How does one put a catastrophe the size of the worldwide AIDs epidemic into proper perspective?

One way we do that is by numbers, which have their place, but dehumanize.

Or, we can meet the people behind the numbers-through art.

Every day in Africa, 6,000 children are orphaned by AIDS. Over a million of these orphans live in Ethiopia alone.

This summer, the Vashon community will have the opportunity to see a new and hopeful perspective on the crisis through the fresh and original artworks of Ethiopian AIDS orphans.

The art comes to us through a collaboration of AHOPE for Children, a Vashon-based charity that supports orphanages and community outreach programs for HIV infected AIDS orphans in Ethiopia; Vashon Presbyterian Church; and When I Grow Up I Want To Be, a non-profit foundation established by Chicago artists Charlotte and Eric Blome to provide workshops led

by local professional artists for children living in orphanages in Addis Ababa.

The resulting artworks are full of life and promise, reflections of the children that created them. Clearly, these children, though orphans, have hopes and dreams just like children in more fortunate circumstances, hence the name "When I Grow Up I Want To Be."

A traveling exhibition of the best of these works has been displayed at various venues around the country, including the Daley Center in downtown Chicago, and a number of colleges, universities and high schools. The collection will be on display in Vashon Presbyterian Church's great hall during the First Friday Art Walk, July 6, and on the Saturday of Strawberry Festival, July 13, from 9 a.m. until 4 p.m. For more information, go to [www.ahopeforchildren.org](http://www.ahopeforchildren.org) and [www.whenigrowupiwanttobe.org](http://www.whenigrowupiwanttobe.org). Email questions to VPC at [vashonpresbyterianchurch@yahoo.com](mailto:vashonpresbyterianchurch@yahoo.com).



Village with road in yellow. Courtesy photo

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Moonset, (c) 2007 by Susan Darr

## My Vashon, My Maury, Photography Show

Continued from page 1

Beck, potter and photographer; and myself, the instructor of the class. The panel did not jury student against student, but rather selected the top 3 images for each student to consider framing and up to another 3 to add to the show unframed.

This exhibition is the result of the latest incarnation of an annual spring Vashon Allied Arts class I teach originally titled "Making a Difference with Your Photography." I began the class at the suggestion of a number of students 5 years ago. The idea was to learn by doing – learn to photograph an assignment, to edit, frame and price for an actual exhibit and to be part of a juried show. The assignments have included Center Marsh for the Land Trust, Dockton for the Heritage Association, Center Forest for the Land Trust, The Glacier Northwest Property for

Preserve Our Islands and most recently Vashon-Maury views of Mount Rainier for Allied Arts. The Mount Rainer photographs hung at the Hardware Store last June. I now offer similar "Shoot and Show" classes for Bellevue and Edmonds Community Colleges.

This class impressed me for its professionalism and creativity. This assignment may sound simple, but it was a particularly difficult one, complicated by far too many rained-out group shoots. Every single student rose to the challenge as you can see in their final images. Their efforts are inspiring.

The show will move to the Daniel Smith Art Store Gallery in South Seattle for the month of October with an opening on Monday, October 1.

So be sure to get out and vote!



Latte Time, (c) 2007 by Carol Ellis

Why do chicken coops have two doors?  
Because if they had four doors they'd be chicken sedans.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 29**



# Don't Forget the Birds



Red-breasted sapsucker. Photo by Jim Rosso

## Sapsuckers

By Ed Swan

Vashon usually hosts only one species of sapsucker, a genus of birds in the woodpecker family. Sapsuckers live up to their name by drilling rows of holes in trees to drink the sap. Other birds, especially hummingbirds, use the holes afterward to drink sap and to catch bugs attracted to it. The sapsuckers create large networks of wells on a number of trees in an area, often starting with conifers and then using some deciduous trees as well. During the breeding season, they also hunt for bugs to feed their young, especially ants. Like flickers, one of the endearing habits of nesting season sapsuckers looking for a mate includes using a house's drainpipe as a territorial drumming instrument at 4:30 in the morning.

This June, a Red-naped Sapsucker recently began drumming on a pole at Nancy Rose's place on Westside Highway. Red-naped Sapsuckers breed in good numbers east of the Cascades in Aspen groves, especially in riparian areas, Aspen groves mixed in with

Ponderosa Pine forest and mixed coniferous montane forests. They rarely show up on the west slope of the Cascades in summer, and very rarely down into the Puget Trough in winter. In late November 2003, Richard and Susan Rogers found and photographed a Red-naped Sapsucker at their home near Lisabeula in a small, old apple orchard frequented by Red-breasted Sapsuckers. Until now that was the only record for Vashon.

Red-breasted Sapsuckers provide Vashon's regular representative of this genus. They nest here every year. I saw one along Paradise Valley moving back and forth from a nest tree just about every day for the last two weeks. Rich Siegrist usually finds a nest in the Colvos area each spring and the Wolczko's, off Cove Road in north central Vashon, observed a pair nesting in a tall alder snag several years in a row. These bright red birds become especially



Red-breasted sapsucker. Photo by Jim Rosso



Williamson sapsucker. Photo by Jim Rosso

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noticeable at times in late fall or winter after colder weather drives them down into the lowlands out of the Cascades or Olympics.

Red-naped, Red-breasted and Yellow-bellied Sapsuckers used to be all lumped together as one species, the Yellow-bellied Sapsucker. All three species are small to medium-sized woodpeckers. Bright red covers the whole head and breast of the Red-breasted in both male and female, making it easy to tell apart from the other two species. Red-naped sapsuckers look much the same as the Yellow-bellied, but possess a variable amount of red on the nape of the head whereas the Yellow-bellied have just an uninterrupted white stripe down the sides of the head. Yellow-bellied Sapsuckers might be possible here. A few records exist for Washington State, but their normal range lies east of the Rockies.

Other interesting birds on the Island this June include a House Wren at Amy Kitchener's place. The male came and filled a bird house full of sticks and sings and sings all morning and evening long, but struck out so far in attracting a mate. These birds probably filled Vashon's air with song back in the farming days. Now, with the return of the trees, only one or two pairs come each year. Steve Caldwell heard a Hammond's Flycatcher, another rare bird for Vashon, singing along Monument Road just north of 216th June 9th. I found a MacGillivray's Warbler

## Island Birding Guide

### Species Identification

### How to Attract Birds

Ed Swan

(206) 463-7976

[edswan@centurytel.net](mailto:edswan@centurytel.net)

singing next to the Mukai Pond parking lot in the first week of June for yet another unusual bird for Vashon. I've also heard Barred Owl babies calling from a few places around the Island. Heard for the first time this year in June, these youngsters seem very late this year. 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.

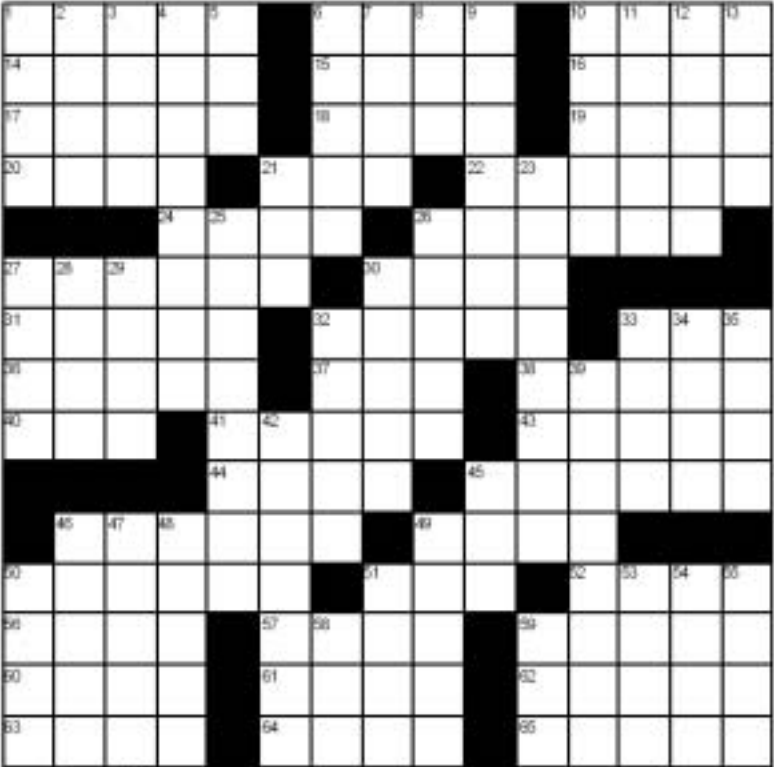
With summer nearly here, if you have visitors to the island interested in seeing Vashon's birds, I am available for guiding tours to the best birding hot spots on the Island or for finding particular species. Also, I visit properties to help identify birds present and give advice on attracting birds to one's property. Give me a call or email, I'm available both during the week and weekends.

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Yellow-bellied sapsucker. Photo by Jim Rosso

|                                                        |                          |                             |
|--------------------------------------------------------|--------------------------|-----------------------------|
| <b>Across</b>                                          | 49 Prayer ending         | 25 Workaholic               |
| 1 City                                                 | 50 Malay Peninsula       | 26 Water markers            |
| 6 Insane                                               | 51 Carry                 | 27 Christ's mother          |
| 10 Kaput                                               | 52 Entrap                | 28 Lotion ingredient        |
| 14 Embellish                                           | 56 Smooth                | 29 Surgical garment         |
| 15 Yield                                               | 57 Colored horse         | 30 Having wings             |
| 16 Organization concerned with civil liberties (abbr.) | 59 Hit                   | 32 Decorate                 |
| 17 Slow                                                | 60 Fasting season        | 33 Lad's                    |
| 18 Connection                                          | 61 Stride                | 34 Time periods             |
| 19 Chunk                                               | 62 City Boca ____        | 35 Renounce                 |
| 20 Austin novel                                        | 63 Fringe                | 39 Lead performer (2 wds.)  |
| 21 Hebrew                                              | 64 Goofs                 | 42 Expand                   |
| 22 Walnut's cousins                                    | 65 Unskillful            | 45 Madagascar franc (abbr.) |
| 24 As previously cited                                 |                          | 46 Peeled                   |
| 26 Assail verbally                                     | <b>Down</b>              | 47 With                     |
| 27 Large wine bottle                                   | 1 Fence opening          | 48 Author of "The Inferno"  |
| 30 Manner                                              | 2 Swiss-like cheese      | 49 Father's sisters         |
| 31 Lotion ingredients                                  | 3 "Cheers" regular       | 50 5280 feet                |
| 32 Polish                                              | 4 Decreed                | 51 Den                      |
| 33 Sleeping place                                      | 5 Whichever              | 53 Memorization             |
| 36 Rambunctious                                        | 6 Pimpled                | 54 A spinning toy (2 wds.)  |
| 37 Manta                                               | 7 Cat's cry              | 55 Shut up                  |
| 38 Before                                              | 8 Strange                | 58 Rowing device            |
| 40 Shekel                                              | 9 Jailers                | 59 __ Lanka                 |
| 41 Wins                                                | 10 Capital of Bangladesh |                             |
| 43 Musician Adams                                      | 11 Acclaim               |                             |
| 44 One time                                            | 12 Unaccompanied         |                             |
| 45 Stylish                                             | 13 Lemons                |                             |
| 46 Ping pong equipment                                 | 21 Mountain Man Bridger  |                             |
|                                                        | 23 Can rub out           |                             |



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# The Reigning Queen of Everything



## She Was a Showgirl

By Sarah Blakemore, RQE

Please do not read this column if you are adverse to the idea of frittering away your time hearing about someone else’s frivolous adventures. Consider yourself warned.

I’ve written a few columns about being a stripper, mostly exploring and explaining the politics of the profession. It is important to survey the issues that most people think of when they hear the words “stripper” and “gentleman’s club”. If women hadn’t started talking about feminism we wouldn’t have equal work for equal pay and it wouldn’t be acceptable for a woman to continue a career while her partner stays home with the kids. The political dialogue about women’s rights and the sex industry are a natural extension of this ongoing conversation. I applaud the women who in the world of a c a d e m i a , mainstream media and show business



The RQE struts her stuff in feathers. Gypsy Rose Lee would be proud. Courtesy photo

continue to push the boundaries of the female experience.

What gets lost in all of this high brow discussion is the single important fact of why women do this job.

It’s really, really fun sometimes.

The RQE has got herself a new job. Right in Times Square, just like many showgirls before her. The name of the club is Cheetah, it is part of a national chain. It is the latest in upscale gentleman’s clubs in Manhattan; one of those fancy clubs where I am required to wear a long gown and behave like a lady. A fun change from the grittiness of Bourbon Street, New Orleans and the Yeehaw attitude of Dallas, Texas.

Last week was a private party – the club has these from time to time for special customers – and the costume lady brought in a bunch of carnival costumes. Not the traveling clown sort either, the Brazilian sort. The kind that they wear in Rio for Car-nee-vaaaa! She had eight Brazilian girls lined up to wear these costumes but (un)fortunately two of them canceled. This left two openings.

“So I’m not Brazilian and I don’t know how to Samba, but I’d be happy to help you out,” I tell the costume lady as I gently stroke the long feathered head dress.

She looks at me like I’m nuts and says she’ll let me know.

Okay. Well. That’s showbiz. They either want you or they don’t.

By 10:45 p.m. I am dressed in my costume and can’t stop uttering the

word “Car-nee-vaaaa!” over and over again. I would love to think that my peppy can-do attitude got me in one of the costumes but realistically, she couldn’t find anyone else. The Champagne Host, Charlie, remarked that with my pale skin and reddish brown hair I must be one of the Brazilians descended from the “immigrants” who arrived shortly after the Second World War.

Ha.

For those of you who are not familiar with the “Car-nee-vaaaa!” costume, it involves a huge feathered head dress and intricately beaded thong bikini outfit and a feathered back piece. Most Vegas Showgirl outfits are a variation on the traditional Brazilian outfits. My costume was bright green and yellow with gold and green beads. The head dress dug into my scalp and I didn’t even care. I got to line up with seven other girls, parade around stage and then go out into the audience and fake a samba dance while I shimmied and wiggled for the crowd.

My mouth hurt from smiling.

In my early 20s the idea of being a Vegas showgirl had a certain appeal; I was disappointed when I found out that I did not meet the minimum height requirement. But under the dark lights of the Cheetah Club in Times Square I got to be that showgirl for one whole set, with a real audience and real applause.

Being a stripper totally rocks.

And, on another note, we spend so much time in our lives defining ourselves by our jobs and our families that we forget to live out all the parts of our personalities. I don’t want to run away to Vegas and become a showgirl; I like the life I have here in Brooklyn. But it was nice to live out the Vegas Showgirl in me, if only for one night. Everyone has a fantasy life, spend a day, a night, a hour being that part of yourself. You don’t have to commit to it forever; you only have to try it out. There are a million ways to live out your other personalities; you only have to seize the opportunity. Always wanted to be a police officer? Do a citizen ride-along. Always wondered what it would be like to be a writer? Write one piece you really like and try to get it published. Always wanted to be a Salsa dancer? Take a class. You don’t have to make major life changes in order to express your inner Vegas Showgirl. All you have to do is grab the opportunity when it presents its self.

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says “they are in danger of vanishing into the modern world.”

Their homeland, about 2500 square miles of sprawling valley near the Serengeti Plain, is being leased to members of the royal family of the United Arab Emirates as a private hunting ground.

This tribe has existed for over 50,000 years and its members are thought to be the second oldest people on Earth, but the Tanzanian government calls them “backwards” and wants them to “wear clothing and be decent.” They feel the Hadzabe will benefit from schools and modernization when all evidence indicates such things sound the death knell for such people.

The other article was headlined, “Outcry over Tibetan herders’ evictions.” It says “China is forcing nomadic Tibetan herders to settle in towns to clear land for development, leaving many unable to earn a living, a human rights spokesman reports.”

Back in the 1980s, agriculturists were excited when the last existing specimens of wild corn were discovered. That was because they knew that when our increasing habit of mono-cropping corn led to a world-wide blight or smut decimating our seed stocks, the potential existed to go back to corn’s primitive ancestors and find genetic material that could save us from ourselves.

The point I am making here is that when this mostly-failed experiment with hierarchical society crashes in failure—and any culture that supports a small privileged class on the backs of vast under-classes is doomed to—we will need to go back to our own roots to re-learn how to live in the old ways. If we allow the last hunter-gatherers and herders to be wiped away for the sake of rent and development, who will re-teach us how to live successfully on this Earth?

These people should be protected like the most valuable resources in the world because they are. If we lose them, we lose a part of ourselves that has been here since the beginning and can never be regained.



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## In Memoriam

An Essay by Alice Orr

I don't handle death very well. I can't bear the reality of someone here then gone. We are probably all that way at least a little. Nonetheless, there are times we must acknowledge death straight on and pay our respects. I believe this is one of those times. We are collectively confronted with a preponderance of death we should collectively mourn. Yet, grief is a personal not collective. Each of us must pay our respects in keeping with the way we are individually touched by our common sorrow. For me, that sorrow embraces three geographic locations.

The first is the place I lived before traveling west to my current home. Shortly after that journey, seven months and nine days to be exact, something horrible happened back there. So horrible that people in a lot of other places took it to heart with shock and grief. Last year, near the fifth anniversary of the horrible event, I traveled east. I was late, four days to be exact, because I don't handle public commemorations of death very well either. In which case, my timing was off.

The signs of mourning were still there when I arrived, in front of every firehouse. I recall most vividly and personally just one of those. It is a narrow building built of granite and brownstone probably in the early twentieth century. The crews stationed there serve the neighborhood where I live when I am back east. The flowers in front of our firehouse were withered and drooping from the September heat by the time I saw them. I wonder how long it was before someone finally took them away, along with the photographs and handwritten messages.

The next place of grief I personally honor is a shopping mall on the Kitsap Peninsula. Some say there is a direct connection between my first mourning site and this one; some say not. That debate doesn't belong here. Only the continuity of sorrow is appropriate to speak of. I was driving by this particular shopping mall on a sunny Saturday afternoon, also last year, when I noticed the large back-lit sign at the entrance where they post mall events, a car raffle on the main concourse or the appearance of a favorite children's attraction like Dora the Explorer. This

signboard announced an event in the chapel. It had never before occurred to me that a shopping mall might have a chapel. This one obviously did, and that day they were memorializing two soldiers.

I was well aware of the proximity of Fort Lewis and the Stryker Brigade and what that means these days. I'd heard the names announced on the local news over and over in increasing numbers month after month. But the signboard made proximity suddenly more real and immediate. On that very day, amidst shoppers browsing or hurrying, two lives given would be remembered. I could have found a spot in the immense parking lot, taken time out of my own hurrying day and paid my respects, but I didn't. I did wonder how many more names were posted on that signboard, before that Saturday and since.

There's been controversy recently over memorials at Fort Lewis. The base commandant, or whoever takes responsibility for such determinations, announced a plan to conduct a single memorial service each month for all the fallen in that period instead of individual services for each individual soldier. Families stricken by loss or fearful of being stricken reacted with anguish, even anger. I have a personal context for understanding why the commandant may have made his decision. I grew up in an army town.

Which brings me to the third place in my personal geography of grief. Watertown is a small city in remote northern New York State twenty-five miles from the Canadian border. Watertown is also eight miles from Fort Drum. We used to take shortcuts through military property when I was a kid. It was difficult not to since Fort Drum is one of the largest army bases in the country in terms of land mass. Those roads are closed off to civilian traffic now unless you have a special pass because Fort Drum is home base to the 10th Mountain Division. Like the Strykers, the 10th Mountain has taken the brunt of responsibility and casualties in what is sometimes referred to as the current hostilities.

I haven't asked anyone from my hometown what it feels like there now. In a community where so much of the civilian population works on base and serves base families in business and sits next to them at church. But I do wonder how many notices there have been in *The Watertown Daily Times*. They would be on the back page with the rest of the local news, each notice in medium bold typeface next to a photo. I hope those columns In Memoriam have not been moved to an inside page because, like me, my first home ground does not handle death very well.

~~~~~

Our Vets have answering machines and so does Wolftown. Fair Isle has a 24-hour emergency number. PLEASE dear Vashonites — Call us! We are here for you and the wild ones!

Remember: No matter how cute, wild animals cannot be good pets, and it is illegal to keep a wild animal as a pet. And if you do...chances are it cannot go back into the wild.

Note about SEALS: Mother seals do leave babies on beach. They will come back to them. Please stay 100 yards away! If you are concerned that the seal is sick or injured call us and we will come out! It is ok to call us if you are concerned, and we will check!

Loose dogs without their persons close injure and harass wildlife. I have had two fresh water otters come into Wolftown that both died from dog attacks! No owner was present.

The wildlife of Vashon enriches our spirits and our Island Home...Help them out! Thanks Vashon! Go out into the woods...and sit quietly and watch...love ya!

T Martino
Wolftown

Flash! Wolf Lays Down with Lamb

Hawe!
Well, the Wolf has sure lain down with the lamb here at Wolftown.

We are teaching sustainable agriculture here at Wolftown using a mixed breed of sheep that Wolftown is inventing. These sheep do a multitude of things for our internship program. First I should say now I know why my dad tied up his sheep when I was a child.

You do that to milk them! Sheep's milk is GREAT! Best cheese can be made from it and it's wonderful for lactose intolerant folks!

Our sheep are a mix of a very primitive sheep with horns, a taller meat breed sheep for size and better ability to reach browse and a milk breed of sheep. These sheep do not require

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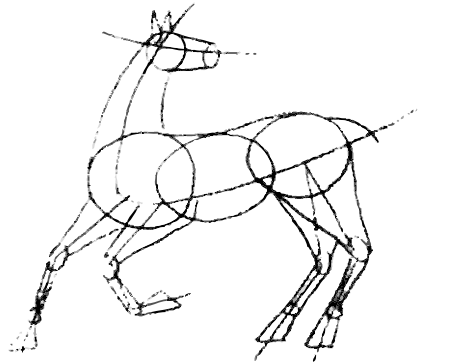
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Single on Vashon

How to Throw a Dinner Party for Singles

By Angela Weiss

How do we find other singles on the Island? That is the question.

An idea whose time has come: In January, just in time for my divorce, I started hosting dinner parties for my single friends. This has become a monthly event. They have become so much fun that a few people are calling and asking to be put on a list for the next one. One call was from a friend of a friend who lives all the way over on Queen Anne. Wow, what does this say, that single men are calling from Seattle and Tacoma for a seat at a dinner table on Vashon? One participant has come from Tacoma for three events and counting. So, I find the idea works well.

Now, the ground rules. First, the crowd is limited by seating. Eight people is a comfortable number, enough to have variety and yet not so many that you can't spend time with each person. Next, an even number of men and women, generally four each. No, I am not matchmaking, period. No joining fees, no commitments, no guarantees. If there is an interest, I can help you find each other afterwards if you don't manage to exchange numbers before the end of the evening, but that isn't the focus. The focus is in having a great time, a great meal, and discovering the other "singles" on the Island.

Next, the menu is preset depending on the food requirements of the crowd attending. An example: Some are vegetarian and some can't

Tom Wallace

Farrier
Licensed Massage Therapist
Practicing on both humans and equines
*Because there was a crooked rider
who rode a crooked horse*



eat garlic, so you can just imagine the complications of planning for a crowd of eight strangers with different dietary needs! Anyone who comes must commit with ingredients for the meal or a specific dish so an interest in food and wine along with a desire to participate is helpful. So once the eight people commit to the date and all food allergies and limitations are explored, the menu is set, and everyone participates in some way. If you like to cook, then you can bring something creative. If you don't, you can either bring ingredients and assist once you are there or bring the non-cooking items like wine, bread, a purchased desert, or even something like a simple cheese and crackers appetizer. This takes lots of email and phone calls to work out and the entire process takes several weeks. One good thing is that everyone enjoys the meal and another one is that there is always another dinner if you can't make it this month.

That takes care of everything technical. The rest is up to learning about who is out there. Participation is key. First step is to get on the list. The next step is to show your talent and bring something with you. Finally, talk about your work, your home, your kids, or your life. Learn about the others there. Relax and feel safe. It isn't hard in a room of strong and independent people who have like interests gathered in someone's home. You might end up knowing half the people in the room or find yourself a stranger to your "neighbors" but I guarantee you will have a good time and a great meal. So, are you willing to leave your comfort zone?

~~~~~

## Loop Letters

### Two from Wolftown: Dos and Don'ts for Baby Animals in the Wild

Hawe folks!  
This is your neighborhood wildlife sanctuary Wolftown with a baby wild animal update. This is the time of year that Wolftown receives the most calls. Injured and orphaned baby animals come to us from Vashon and all over the state.

Please make sure you help the wild animals that you share the land with:

— DO NOT take home a healthy unhurt baby wild animal because you think it was abandoned by its mother. Move it back into the brush into a safe area...then over the next couple of hours watch it from at least 100 yards' distance. If the mother does not return, call us. Let us come out and ascertain the situation.

— Please do not do major tree/brush work during the spring. Mother wild animals have nests or dens in your yards that you DO NOT SEE! If it can't be helped and you find an injured or baby wild animal call us ASAP. Be prepared that we will always try to reunite them with their mother, first. That is always a wild baby animal's best chance.

— DO NOT FEED! Say as Mantra! I will not feed even if they are so cute that my brain is going to be squeezed out my eye sockets! I will not feed until I talk to Wolftown...or one of our vets or another Wildlife Rehab facility. I recently had a call where the wild baby was fed inappropriate food and he scoured (severe diarrhea). And it killed him.

No, we will not euthanize a baby wild animal. Wolftown tries to teach compassion and empathy. We only euthanize where an animal is suffering with no chance of recovery.

**Horse Logging**  
The other thing Wolftown is doing is teaching horse logging. The little stallions will come and help at your land if you need some thinning done. This is better for the land as horses do not impact the soil like a tractor can. And the little stallions can fit in places that tractors cannot go! This helps the land considerably and also teaches our interns the partnership between species.

So call us and we can help with that too!  
(206) 463-9113

Wolftown started doing this work because how we live affects life and Wildlife in the world, what better way than to start at home here on our Island!

I also want to add, Mary, Thanks for all you've done! Love ya!  
T Martino and Wolftown

There's a nudist colony for communists. Two old men are sitting on the front porch, and one turns to the other and asks, "Say, have you read Marx?" And the other says, "Yes.I believe it's these wicker chairs."

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO  
**206-463-9041**  
Vashon Hydrophone Project  
Orca Annie Stateler and Mark Sears  
Vashonorcas@aol.com  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats



## Steller’s Sea Lion Dies at Pt. Robinson

By Orca Annie Stateler

In early June this pitiful, starved young Steller’s sea lion died at our feet. S/he was on the beach at Pt. Robinson. Notice the protruding bones. This is a developing story, so check for updates in The Dorsal Spin. Call Wolftown first at (206) 463-9113 or the Vashon



### The Dorsal Spin

The Dorsal Spin is undergoing a major transition and will return soon. Please continue to report whale sightings to the VHP at 206- 463-9041. Thanks to everyone, especially ferry commuters, for recent reports.



Photos by Odin Lonning

Hydrophone Project at (206) 463-9041 if you encounter a marine mammal in distress. These animals are protected under the Marine Mammal Protection Act. It is illegal to touch them without explicit authorization from NMFS or WDFW. Photos by Odin Lonning



## Loop Letters

## Thanks on Behalf of the Heifer Project

Editor, *the Loop*:

We would like to thank the many people in our community who attended the movie *As It Is in Heaven* and generously donated to Heifer International. You donated \$3600!!!! That’s a lot of chickens, piggies and bees, and a heifer or two. THANK YOU! We also want to thank Eileen Wolcott, the theater owner, for donating the cost of the rental to Heifer, and of course, Kay Pollach, the director of this sensational movie who gave us permission to use it at no cost.

Many of you asked why the movie has not been distributed in the USA though it was nominated for Best Foreign Film in 2005. Well, good news! A distributor has been found and it is coming to the US in September!! Kay especially wanted to know the name of our town so he can be sure the distributor puts us on the list.

Once again, thank you Vashon for your generosity, and we are happy you enjoyed the film as much as we do.

Louise Olsen  
Katherina Hirsch  
Kate Packard

## Live the Dream

Editor, *the Loop*:

Cowardice, Incompetence, Irresponsibility, and Treason among Citizens is Killing America and the American Dream — Now we have to live the dream, if we expect to save the dream.

Chances are, whether you see yourself as being on the political left, middle, or right, you may have

already decided to sell out your country and your children. You may have already decided to betray your ideals, the Constitution, and your freedom. Don’t do it.

You might believe that the only people who have a chance of winning the next presidential election are those who have already announced their candidacy. And at this moment in time you might be intending to vote for one of them. If you intend only to vote for someone whom you currently believe has a chance of winning, chances are you will be betraying your country. Don’t do that.

Under the 14th Amendment, Section 3 of the Constitution, not one of the candidates you have seen on TV is qualified to serve another term in Congress, let alone as president...at least not without a vote of two-thirds of the each House of Congress.

The balance of this article is continued at <http://www.gpln.com/livethedream.htm>  
Mark A. Goldman  
*Mark A. Goldman is a resident of Vashon Island, a frequent contributor to this paper, and a candidate for President of the United States.*



Stephanie Barbee, LICSW, Vashon Youth and Family Services, presents a program entitled “Mindfulness over Matters: Helping Ourselves and Others” to students.

## Thanks, PIE

Editor, *The Loop*:

With the help of Partners In Education this year, StudentLink

# PANDORA'S BOX

It is with great sadness that we announce the passing of Horus, your much beloved shop cat. He went peacefully on June 6 surrounded by friends. The Pandora’s Box family appreciates your many kindnesses and well wishes.

---

Begin planning now for pet safety on the 4th of July. Homeopathic calming aids are available. ALSO - we will be closed that day.

**(206) 463-3401**

\$8 Nail trimming with no appointment  
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



## We’ve Got a Lot of Kids

### Meet Alec

By Kevin Pottinger

On a sunny spring morning a few weeks ago, I was sipping some really strong coffee and looking out our dining room window at the sun skipping across the harbor. A tanned and athletic-looking couple in kayaks paddled in the distance. A bald eagle, the neighborhood tough, sketched graceful, confident circles in the sky at the water’s edge.

A skinny-legged boy in a big red and yellow floral-patterned bathing suit ran into my field of vision. He tripped, flopping face-first into the dirt. He pulled himself up, smacking his head on the picnic table. He staggered backward, rubbing his head and looking around to see what had hit him. He tottered off out of sight, muttering. This is my second beloved son, Alec.

Alec is our youngest son, a twin. Alec and his sister Gracie, Their Twin Majesties the Babies, are not quite three. Colin and Meredith, the older kids, are six and four, respectively. I love each one of our kids the best.

Alec’s my shadow. Most of the time, Alec follows me around the house, two steps back, muttering. As I work he’s usually playing with a stick or a Lego guy by my feet, muttering, or singing a quiet song that’s missing a few of the important words. “Macdonno has a cow, ee-eye-oh.”

Now that Colin is in school, Alec spends his mornings playing with his two sisters. They often play dress up. His sisters put on flowing, puffy-sleeve Snow White dresses and plastic jewelry and play “I’m the Mom.” Alec has heard from his older sister Meredith that only girls wear dresses. That’s apparently as far as Meredith got in the gender-appropriate clothes lecture. We often see him clacking carefully around the house in slippery hard plastic high-heels, his skinny rubber

students enjoyed the benefit of a guest speaker and many new books to foster effective teen communication and address the emotional and relationship aspects of health curriculum.

On May 10, Stephanie Barbee, LICSW, Vashon Youth and Family Services, presented an interactive program entitled “Mindfulness over Matters: Helping Ourselves and Others” to our students. A third of our students attended the presentation. They were able to ask questions, share their opinions with others and participate in some role playing and “mindfulness” techniques. At the end of the presentation, students had learned to better understand their own lives and to help their friends.

band legs poking out from a pink-and-blue sequined baton-twirler’s suit, with an orchid feather boa draped around his neck. Last week my wife Maria painted his fingernails hussy pink. Alec’s not quite three; we figure we can fill in the rest of the gender identification story later.

Alec has bumps all over his head, because he loves to climb things, but he falls off a lot. It would be much better, I think, if he loved to climb things and didn’t fall off a lot. At his two-year checkup, our doctor asked, perplexed, “Does his head look like a sail to you?” He was wondering aloud if Alec could be developing one of the various types of craniosynostosis, a condition where kids’ heads grow in odd shapes because their skull plates fuse together too early in their development. In Alec’s case, it was just a bad haircut and a couple of huge lumps on the back of his head. His head looks quite round now.

I’m known as “Dod.” “What you doing, Dod?” he asks. I tell him, sometimes the actual truth. “Want to go with you,” he decides, pulling on his magenta Merrells, which are too big and actually belong to his older sister Meredith. He puts them on the wrong feet, so that they curve in the wrong direction, looking sort of like hobbit shoes.

We both like to sleep in; Alec is usually still asleep by the time breakfast is over and his brother and sisters are washed and dressed and playing outside. Dressed simply yet effectively in forest green underwear and a red fireman’s hat, he’ll polish off the bowls of cold, gooey oatmeal and lifeless toast strewn about the deserted breakfast table.

If one attached an air hose to Alec’s belly button and blew him up like a big beach ball, he’d probably look just like me, although Alec is clearly the snappier dresser.

So Alec and his sister Gracie, Their Twin Majesties the Babies, will turn three at the end of this month. We’ll have a little birthday party with cake and paper hats and invite Grandma and aunts and uncles; partly to celebrate the babies, and partly to mark the milestone for Maria, home all day with four little kids.

□□□□

In addition to funding the speaker, the PIE grant allowed StudentLink to purchase about 15 books for our resource library that deal with topics of particular interest to our students: social and emotional intelligence, non-violent communication, building healthy relationships, establishing boundaries, managing anger, and issues of self-esteem.

We are grateful to PIE for their support this year. The speaker and books benefited this year’s students and will be available for future students’ use. Thank you.

Yve Susskind, Julie Hanger, and Janet Chapman, StudentLink Staff  
(*StudentLink is Vashon Island School District’s self-directed learning program open to students in grades 9-12.*)

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Vashon Library July 2007 Programs

Marvelous Mysteries of Science:  
Mystery Mixtures

Monday, July 2, 11 a.m. to noon (Ages 5-7)  
1 to 2:30 p.m. (ages 7-10)

Presented by Barbara Gustafson

Join us in exploring the mysterious world of science. Learn some basic chemistry, physics, biology and magic! Lots of hands-on building, experimenting and fun! This week we'll learn about some of the chemical and physical properties of liquids, solids and gases by making mixtures and solutions using harmless kitchen chemicals. It'll be messy fun! Registration required beginning June 18. Please call (206) 463-2069. Co-sponsored by the Vashon Park District.

Preschool Story Time

Tuesdays, July 3, 10, 17, 24 ~ 10:30 a.m.  
Ages 3 to 6 with adult, younger siblings also welcome. Please join us for stories, songs and fun! Registration not required.

Brown Bag Story Times

Tuesdays, July 3, 10, 17, 24 ~ 12 p.m.  
Ages 5 to 10

Bring a sack lunch to eat while you enjoy great stories read aloud! Registration not required. Sponsored by Friends of the Vashon Library.

Marvelous Mysteries of Science:  
Mammal Mysteries

Thursday, July 5  
11 a.m. to 12 noon (ages 5-7);  
1 to 2:30 p.m. (ages 7-10)

Presented by Barbara Gustafson

Join us in exploring the mysterious world of science. Learn some basic chemistry, physics, biology and magic! Lots of hands-on building, experimenting and fun! This week we will investigate our favorite mammal — ourselves! We'll examine our skin and fingerprints closely, as well as challenge our five senses. How well do you really know yourself? Registration required beginning June 21. Please call (206) 463-2069. Co-sponsored by the Vashon Park District.

Computer Class at Vashon Library  
Microsoft Word, Level 2

Saturday, July 7, 9 to 10:30 a.m.

This is the intermediate level class for the MS Word program. Topics include: changing fonts, spacing, selecting and formatting text, paragraphs and margins, cut, copy and paste. Prerequisite: Word Level 1 or some basic knowledge of word processing. Registration is required and begins June 23. Call 463-2069 to register.

Who Stole the Queen of Heart's Tarts?

Saturday, July 7 ~ 2 p.m.  
Presented by Last Leaf Theater Productions  
Ages 5 and older

When Alice tumbled down the rabbit hole, she met a lot of strange characters, including one thief. Now she needs you to help solve a crime! Program will be held in the Ober Park performance room next door to the library. Registration not required.

Marvelous Mysteries of Science:

Mystery Machines

Monday, July 9  
11 a.m. to 12 noon (ages 5-7);  
1 to 2:30 p.m. (ages 7-10)

Presented by Barbara Gustafson

Join us in exploring the mysterious world of science. Learn some basic chemistry, physics, biology and magic! Lots of hands-on building, experimenting and fun! This week: machines that make music, machines that lift loads, machines that are powered by stored energy- we'll build them all. Put on your engineering cap! Registration required beginning June 25. Please call (206) 463-2069. Co-sponsored by the Vashon Park District.

Marvelous Mysteries of Science:

Magic Mysteries

Thursday, July 12  
11 a.m. to 12 noon (ages 5-7);  
1 to 2:30 p.m. (ages 7-10)

Presented by Barbara Gustafson

Join us in exploring the mysterious world of science. Learn some basic chemistry, physics, biology and magic! Lots of hands-on building, experimenting and fun! This week: be ready to amaze and amuse your friends and family once you learn these secrets of chemical reactions, magnetism, energy and more. Bring your magic wand! Registration required beginning June 28. Please call (206) 463-2069. Co-Sponsored by the Vashon Park District.

Thinking Outside the Box

Friday, July 20 ~ 2 p.m.  
Presented by Eric Herman

All ages welcome. Learn to solve puzzles, create jokes and think in creative, new ways at this show bursting with comedy, fun and music. Show will be held in the Ober Park performance room next door to the library. Registration not required.

Friends of Vashon Library Meeting

Saturday, July 21, 9 a.m.

The Friends of Vashon Library is a group of avid bibliophiles who meet four times a year to discuss how to best support the Library. The Friends sell donated books in the library lobby; funds collected are used to sponsor library programs for all ages. New members are welcome! Light refreshments will be served.

The Shoemaker and the Elf

Sunday, July 29 ~ 2 p.m.  
Presented by Mary Shaver's Marionette Theater All ages welcome

Who could be making shoes for the elderly shoemaker? Maybe you can solve this "whodunit" tale, which features a magical elf, a devoted daughter with baking issues and a Queen who collects shoes! Show will be held in the Ober Park performance room next door to the library. Registration not required.

Who Stole Minnie and Moo's Donut?

Tuesday, July 31 ~ 11 a.m.  
Presented by Ursula Schwaiger, Children's Librarian ~ Ages 5 to 8

Solve the mystery, make a disguise and get ready for super silliness! Registration required beginning July 17. Please call (206) 463-2069. Sponsored by Friends of the Vashon Library.

I would like to go to Holland someday. Wooden Shoe?

~ Troy Vocals ~ Kevin Keyboard ~ Luke Guitar ~ Bill Bass ~ Brian Drums ~ Charlie Sax ~ Tony Trombone ~ Jim Sax ~ Meri Michalof Vocals ~ Lori Vocals ~ Troy Vocals ~ Kevin Keyboard ~ Luke Guitar ~ Bill Bass ~ Brian Drums ~ Charlie Sax ~ Tony Trombone ~ Jim Sax ~

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Vashon Education Association Statement  
June, 2007

The members of the Vashon Education Association believe that teaching children is our paramount duty. As we work diligently to help our students become educated, responsible, well-rounded citizens of our community, we find that many of Vashon School Board's actions, throughout the entire 06-07 school year, are creating a negative learning environment.

As a result it has become increasingly difficult for us to carry out our responsibilities to our students and to our community. We ask the Vashon School Board to address the following issues and behaviors:

Role Clarification and Leadership

We believe:

- \* The school board needs more training and understanding of its role and responsibilities.
- \* The board needs to hold in high regard long-standing district policies.
- \* The school board needs to take responsibility for the consequences of its decisions and actions.

Financial Management

We expect the board:

- \* To choose to spend precious education tax dollars wisely and call on in-district expertise and avoid expensive legal counsel and outside consultants.

- \* Consistently oversee district budget reports and carefully monitor district spending.

- \* Solve financial problems with staff and administrators in a respectful, collaborative manner in the future.

Communication

We expect the board to:

- \* Communicate with district employees in a consistent and timely fashion.

- \* Follow due process.

- \* Answer the questions of district employees and the community through proper channels.

- \* Speak respectfully about all teachers and district employees in public.

The VEA will continue to work with our School Board to rectify these issues and reestablish a positive atmosphere in which to teach and learn.





# Herbs to Make You Feel Better

By Kathy Abascal

Last week, I taught an herb class at Bastyr. It was a lab where the students tasted the herbs we were discussing. This particular class was on nervine herbs, herbs we use to balance moods and emotional states.

The semester is almost over and my third year students were talkative, energetic, and completely distracted. At the outset of the class, few were listening to me and instead were engaged in their own lively conversations. We passed around the first nervine tea, a strong brew of passionflower (*Passiflora incarnata*). The students paying attention described it as yummy and interesting. Those not so attentive drank the tea but continued chattering amongst themselves. The second tea was also passionflower, dried in a

wine right now. So I had some passionflower tincture instead. It was really quite nice.

As I sat and went over the day in my mind, I realized that nervines should play a greater role in my life as well as in the lives of most people. Used properly, they can keep us from getting frazzled from too much input. They can keep us from getting anxious or stressed out or too revved up from our social interactions and stresses like traffic and ferry lines. These herbs are gentle, non-addictive, and quite fun to play around with. Each has their own profile and they blend together in interesting ways. Right now, I am working on a blend that will keep me alert but calm; a frazzle-dazzle mixture. You might also want to try combining some of these herbs in your own personal tea mixture; something to sip on when you feel a bit bent out of shape or need some emotional support.

One of the herbs I expect to be in my mixture is immature oat seed (*Avena sativa*). Right before oats mature, they produce a white latex. When tinctured at this stage, you end up with a sweet medicine that takes the edge off moods that might express themselves as angry outbursts. Many herbalists think oat seed tincture is nourishing to the nerves and is useful taken long term. When you dry the immature seeds

for tea, you lose many of their actions on moods but do retain the nerve nourishing aspect of oats.

I am also very fond of St. John's wort (*Hypericum spp.*). We tend to box this herb in, thinking of it only as an herbal anti-depressant, but it has a much broader range of action and

enhances the nervine effect of other herbs. With oat seed, it helps prevent depletion which is another way of describing the emotional state of being "fried." Of course, St. John's wort may interact poorly with prescription anti-depressants and other prescription medicines so it is best for a person not taking any other drugs. St. John's wort makes a delightful tea ingredient and adds a lovely red color and nice taste to a tea mixture.

Another favorite of mine is skullcap (*Scutellaria spp.*). It is a bitter herb that stimulates the liver and also has strong anti-spasmodic properties. It helps prevent tension from settling in the muscles. I am also going to add a little lemon balm (*Melissa officinalis*) to my mixture. In low doses, lemon balm improved both accuracy of attention and calmness in healthy young adults. Lemon balm makes a nice tea ingredient but I prefer the fresh plant tincture because it captures more of the mood elevating lemony scent of the plant.



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There are many nervine herbs to choose from and unfortunately I cannot describe them and all of their nuances here. However, if you want to make a personal tea mixture, you might also want to try experimenting with passionflower, California poppy (*Eschscholzia californica*), vervain (*Verbena spp.*), low doses of valerian (*Valeriana officinalis*), hawthorn (*Crataegus spp.*), damiana (*Turnera diffusa*), kava (*Piper methysticum*), chamomile (*Matricaria recutita*), and/or lavender (*Lavendula spp.*). And, if you do, I am certain you will have a more peaceful and pleasant week.

~~~~~



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She recently started a blog which you can read at www.herbsandinfluenza.com/blog.

You can email her if you have questions about herbs (Anemopsis@yahoo.com) or you can stop by the Roasterie on Friday afternoons to discuss any aspect of herbal medicine with her in person.

You can buy Kathy Abascal's book *Herbs & Influenza - How herbs used in the 1918 flu pandemic can be*

effective today at local Vashon stores. For more information on the book and on the 1918 flu pandemic, visit Kathy's website at <http://www.HerbsandInfluenza.com>.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 29**

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Planet Waves

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



Aries (March 20-April 19): Bear in mind what of your emotional landscape is the product of past influences and what is the product of current ones. They may be impossible to discern, so you may want to do one of those exercises where you walk around your house, pick up various objects and say, “This is mine, I am not in my parents’ house” and “This kitchen is my kitchen, I am allowed to leave my dirty dishes in the sink.” Of course if you have a partner, you would need to be aware of that, but the illusion of living in the depths of history, with all its insecurities, may persist until you and the people around you are fully aware that you simply are not there — you are here.

Taurus (April 19-May 20): Mars is firing up your desire nature, yet the movement of your ruling planet, Venus, has been sending an odd message that you may never get what you want. The two emotions are not mutually exclusive. In truth, you are becoming aware of the larger realities of the world, and it often seems the case that the world cares little for whether we are happy or not, or whether we sink or swim. If you can guard against your past sense of loss, and be aware that others (for now) may be deeply enmeshed in their own sense of loss, you will go a long way toward allowing that Martian surge of fire to push you where you need to go. Just remember, you are flying the airplane. It is not flying you.

Gemini (May 20-June 21): You must allow your concerns about your finances to be clear enough for you to take action. That is the measure of clarity; is the response obvious? Think in words and concepts, not emotions. How you define your problems will determine whether you are able to solve them; whether they have solutions can help tell you whether they are truly problems at all. Life at the moment is a setup for thinking things are wrong when they are in fact going well, so I suggest being careful about what you allow yourself to believe, and being fully aware of what you do in fact believe. Indeed, we could say at the moment, particularly where cash flow is concerned, belief is nine-tenths of the law.

Cancer (June 21-July 22): This has been a turbulent moment, but it’s going all the better for your recognition that you are at the center of your life. Don’t be

surprised if people accuse you of just this; don’t laugh at them; just remember, the statement “it’s my life” is not so much a privilege as it is a responsibility. Part of that responsibility at the moment means being extremely realistic about finances. This has three prongs. Save your pennies when you can; spend when you need to; and to succeed where money is concerned, you must have a vision. Clarify that vision a little at a time and soon enough you will be able to see the light of day.

Leo (July 22-Aug. 23): Life is not a conspiracy to stretch your emotional resources, though it surely may feel like one. Be aware that astrological factors are taking you places in your psyche that are both exhausting and at times frightening, while your physical-world reality may not be offering you enough of what you need. I will tell you that one of the most important things you can give yourself is time alone. You need space to reflect, less in the cognitive way and more in that groggy, wordless underwater way. Be careful not to make the mistake of defending your space. That will only make it seem smaller.

Virgo (Aug. 23-Sep. 22): Right and wrong are particularly slippery territory at the moment, and you will not necessarily be able to tell by the reward of your choices. What is right for you may cost you something, and what is wrong for you may offer a substantial profit. However, there is no rush to make a final decision on these matters. Mercury in Cancer still has a ways to go before feeling its way through to anything resembling the truth, and you may want to wait till well past the first week of July before you make any final determinations or firm commitments, particularly if you are questioning someone’s loyalty. That will take some extra patience, and it will be worth your while.

Libra (Sep. 22-Oct. 23): This is not the time to take a casual approach to life, but you don’t want to take things too seriously, either. If you keep an open mind, you’ll discover that what looks like a difficulty or loss presents a gift, and what seems to tax your resources is actually pointing to how much you have to offer. A set of circumstances beyond your control may seem to indicate that a

Joanna Gardiner

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relationship has reached a kind of final turning point, but you would be well advised to avoid hasty actions or emotional outbursts that will only turn out to be based on partial information. The whole story will come, in its time.

Scorpio (Oct. 23-Nov. 22): You may not fully understand the pain of a person close to you, even though you can feel it. Note that there are moments when it will seem to make perfect sense to you, but have little to do with their inner reality. For their part, someone you care about is indeed going through a process that you don’t understand, much of which is not really your business anyway. Their struggle involves a variation on a theme that is affecting many people’s lives at the moment, which is distinguishing ourselves from our parents, and the related fear associated with declaring one’s independence from a tribal group. This is no longer a death penalty: today, it is usually the best hope for having a life.

Sagittarius (Nov. 22-Dec. 22): Others process the world differently than you do, and swoon under the influences of different impassioned scenarios than you do. I suggest you give everyone sufficient space to work out their issues, their own way, and learn as much as you can as an impartial witness. Your own dramas seem more destined for Broadway or Hollywood and less for a local access soap opera, but they contain many of the same basic genetic codes. The more you learn from others in these weeks, including from listening to the details of their emotional reality, the easier and more creative your own life will be when your story takes its eminently interesting turns later this summer.

Capricorn (Dec. 22-Jan. 20): Give a name to the distinct phase of your life that is rapidly drawing to a close, and you will take away some of the power that your personal affairs seem to have over

you. It is not easy to disillusion a Capricorn; you are already so committed to a realistic perspective. But hopes and dreams have snuck up on you, and some romantic ideals, and a sense of the way you want the world to be. At this juncture, it’s clear that reality has not confronted you: you have confronted it. The lesson you will take away from this long chapter of your life is that everything is not merely about commitments, but also how we feel about them.

Aquarius (Jan. 20-Feb. 19): You may be asking how you got involved in such a complicated situation, but you would be wise to give the whole thing time to work out before you roll up your sleeves and start trying to clear pipes and re-route wires. That may take a couple of months; bargain, borrow or buy yourself time, and use that time to observe and gather your facts. There are the kind of rational, functional responses to this situation that you need, but they will not necessarily present themselves until Saturn enters Virgo much later this summer. Until then, spend your time patching the roof, closing the cracks in the foundation and reducing the impressive load you are carrying.

Pisces (Feb. 19-March 20): Saturn opposite Neptune, which was exact for the third and final time in late June, has seemed like one endless and pointless test. Yet if nothing else, you have become accustomed to yet another phase of being called upon to respond to necessities before you respond to your need for pleasure. This policy has its limits, and you have begun to honor them. Most of the business world takes care of its affairs between the hours of 9 and 5, and people walk away without a second thought. You may at this stage of your growth want to paint the lines between business and pleasure in red, rather than your usual invisible ultraviolet.

Eric Francis has more of your astrology for you at PlanetWaves.net.




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Island Epicure



Power Foods:
Fruits, Veggies,
Beans, and Grains

By Marj Watkins

A little booklet came to me this week from the Center for Science in the Public Interest. It's jam-packed with information about healthy foods, fruits, vegetables, cereals, and legumes, grains, and meats. Fish and nuts, deserve the Power Food title, too, especially wild salmon, almonds, walnuts, also sunflower and sesame seeds.

The top ten veggie champions are collards, spinach, kale, Swiss chard, red bell peppers, sweet potatoes sans skin, pumpkin (canned), carrots, broccoli, and okra. You get more Vitamin C from raw carrots, but more usable fiber from cooked carrots. (You also get a superior amount of beta carotene from cooked carrots). For folate, look to green leafy vegetables, though you get some from many fruits, too. Spinach outranks collards for potassium.

Gold medalists in the fruit bowl: guava (though light on folate, it's tops for carotenoids and Vitamin C), watermelon (ditto), grapefruit—pink or red, kiwifruit for high Vitamin C content though it's light on folate; papaya, cantaloupe (right up there with guava for beta carotene and Vitamin C), apricots—dried or fresh, oranges, and strawberries. Peaches are high in carotenoids, but low on Vitamin C and folate.

Blackberries score surprisingly well in Vitamin C, have up to 20% of the Daily Value of folate, and up to 40% of the fiber you need each day. We should have a good crop on the Island this year.

Fruit Salad of Champions — 4 servings
4 cups greens: baby spinach, shredded romaine, arugula, etc.
2 nectarines or peaches, well washed and diced
2 or 3 ripe kiwis, scalded, peeled

and sliced or diced
1/2 to 1 cup blackberries in season
1/4 cup toasted sunflower seeds or slivered almonds
Arrange greens on a platter. Create a mandala of fruits and sprinkle with sunflower seeds or slivered almonds. Serve with ranch-style dressing.

The best of the beans, with at least 50% of the USRDA for fiber and folic acid are pinto beans, garbanzos (chickpeas), black beans, small white beans, baby lima beans, and lentils. Garbanzos, black beans, small white beans, and lentils also yield between 25 and 49% of the USRDA for protein, as do soybeans and tofu.

Quinoa is queen of the grains. Whole wheat pasta ranks next, with amaranth and buckwheat groats nearly as high ranking, followed by bulgur, barley, wild rice, millet, and brown rice in that order. Quinoa yields at least 10% of the USRDA of iron. And it's the only grain that supplies all the essential amino acids (proteins). Other grains need to be augmented with beans of some sort to create a dish with complete protein.

Tomato and Pea Curry — 4 servings
2 tablespoons olive or canola oil
1 large onion, chopped or slivered
1 ribs celery, sliced
2 cloves garlic, minced
1/4 teaspoon cayenne
1 teaspoon ground coriander
1/2 teaspoon cinnamon
1/4 to 1/2 teaspoon turmeric
1 cup hot water
1 (14.5-ounce) can diced tomatoes
1 cup frozen peas
Quinoa pilaf

Heat oil in a wok or skillet, preferably an iron pan. Stir-fry onion, celery, garlic and spices until onion is shiny but not browned. Add water and let the vegetables cook until onion and celery are tender, 7 to 10 minutes. Add tomatoes. Bring to boiling. Add peas. Reduce heat to medium low, cover, and cook 5 minutes. Serve over quinoa pilaf.


Quinoa pilaf
Combine 1 cup quinoa, 1 teaspoon salt, 1/4 cup raisins (optional) and 2 cups boiling water. Bring back to boiling, reduce heat to medium low, and cook 20 minutes, no peeking. Fluff with fork.

ooooo

How do you make an elephant fly? Well, first you get a 48-inch zipper...

Madame Toujours

Madame Toujours is on special assignment. Her column will return in the next issue.

 **Loop Letters**

**Support the
School Board**

Editor, *The Loop*:

First, I want to thank the school board for the handling of the very difficult situation with Mimi Walker. Second, I want to apologize for not having written this letter sooner, since the board deserved the support. Next, I am waiting to hear from the community and *the Beachcomber* who wrongfully attacked this board throughout these proceedings. Witch hunt indeed! This was not the Republicans chasing Clinton or the Democrats trying to crucify Bush. These board members are unpaid, elected officials who also happen to be our neighbors, some of whom were serving the Vashon community long before Mimi Walker was hired in 1999. For a former board member to say "...I'm not privy to all details...it is unfathomable for me to understand putting a superintendent on administrative leave...."since "...we served together ...and her ...accountability is above reproach", only exacerbated a difficult situation and ultimately proved him wrong.

While the *Beachcomber* and others continue to provide suppositions as to Dr. Walker's actions, no one has mentioned why the board might have acted as they did. Perhaps, they knew that despite the overwhelming evidence supporting dismissal, they were in a no-win situation. They were going to ruin the career of a beloved member of our very small community and were looking for a way to avoid this train wreck. Maybe that is why she was given a paid leave, versus a quick dismissal. This week I read a quote that said, "Don't forget that we haven't heard from Mimi yet" Excuuuuse me! Where was this person and her ilk when the board was going through this process? Not enough people said, "Let's wait until the board is finished before we judge their actions." Furthermore, it is very challenging for a public employee to be dismissed/fired. Since the board chose this action, I am confident the decision will stand, regardless of what Mimi has to say.

What the community refuses to accept is that a hard working, dedicated, motherly, likeable marathon runner may also have poor judgment or lack integrity, which makes her unsuitable for certain jobs, including public school superintendent. While Thriftway might give a shoplifter a second chance, there are no second chances for government employees, especially highly placed managers, who betray the trust of their community. I remain dumbfounded as to why a highly intelligent (Ph.D), salaried, government employee earning over \$100,000 per year would believe she was entitled to additional compensation, month after month, while her teachers received no such benefit when working equally long hours. The former school board member who stated this was a numbers game, with only three members needed to oust a superintendent, implies this was a subjective decision which a different board might not have taken. The fact is, this is about the money! Not petty cash receipts that could be quietly repaid, but thousands of dollars which would have been better spent in the classroom, or at least used to shore up our shrinking reserve fund.

This school board has demonstrated extraordinary leadership. It is time to move on, with the community squarely behind these public servants. While I have had challenges with several of the board's decisions in the past, I hope they will all choose to continue to serve Vashon as the fall elections approach.

Scott Harvey

Progressive Summit

Continued from page 1

World is Possible, Another US is Necessary."

"For too long, Progressives have been defined according to what we oppose, neglecting to identify what it is we actually propose," explains Bill Moyer, Backbone Campaign's executive director. "As a country, we need innovative, articulate and principled leaders who can communicate a new direction for our country. At this Progressive Cabinet Summit, progressive policy, movement and media leaders will work together to develop a framework for communicating the Progressive movement's proposals."

"It's our goal," Moyer said, "to transcend party politics and positions and cut to the core of common issues that involve all Americans and the globe. We're looking forward to preparing a strategy for the US Social forum and Assembly sessions on June 27 to July 1 that will help establish Progressive priorities for 2008."

Stephen Zunes, Professor of Political Science at the University of San Francisco and one of the event's attendees, calls the Summit "...an essential project at a critical time."

The Summit was launched when Backbone Campaign and its sister organization, Progressive Government, initiated an interactive "Shadow Cabinet" to the current presidential administration through a roster and nomination process. As a result, progressive policy and movement leaders from around the nation were nominated to fill specific positions – and gaps in positions – that mirrored the current administration in titles but turned current-day policy on its head. Throughout 2005, 2006 and early 2007, nearly 60 podcast and webcast conferences were held with the nominees allowing for policy proposal, policy debate and lively discussion on how to change our current political culture.

More information about Backbone Campaign and regularly updated information about the Progressive Cabinet Summit can be found online at www.backbonecampaign.org.



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Positively Speaking

Paying Attention and Moving On

By Deborah H. Anderson

Long term care of a loved one is probably the best example. Although living through chemo and radiation and living with the fear of death also gets brought up a lot.

Some of the kids who just graduated exemplify it. They definitely forded some streams and climbed some mountains.

Newlyweds looking at each other for the first time when the light bulb goes on about “‘til death us do part” certainly understand it, as they utter “What have I done!”

People with new disabilities, new widows and widowers and divorcees are so wrapped in it they can’t even acknowledge it.

Some get burned by it in adolescence, some in mid-life.

“IT” is endurance. Endurance is living through difficult times with a greater vision and some small shred of hope no matter what the circumstances reveal to the contrary.

There are two keys to living with endurance: the first is paying attention; the second is letting go when it’s time.

June 30th I finish a journey I began 15 December 1982. Someday you can read about it when my spiritual autobiography is published. I use to call it, “All the Way to the Promised Land.” For a while it was called “Crazy in the Right Direction” because everyone who had not chosen my path thought I was crazy. Now I call it “Every Second Sacred” because that was the truth I found out. Who knows what the editor will call it?

The last chapter has always been called “Fade to Joy: the Creation of a New Thing” If we endure, pay the cost of getting there, life will be about continuous new joyous opportunities. Courage is an aftertaste.

And then it’s time to let go. It’s the only way to move on. Open you hand that has fossilized shut from hanging onto the baggage and blow at your palm. Take you fingers and dust off that load from your shoulders...and...move...on.

When you read the book you’ll discover, my “besettin’ sin,” as they say in the south, was believing everyone else knew what was best and discounting my own wisdom. About a year ago I stopped believing that and started listening to myself. Life has been immeasurably better since. I don’t defer my good judgment anymore. If you are a boomer woman you totally get that. If you are a man or were born after 1965, you’re probably thinking “What a weenie!”

Your burden, that one you’re carrying now, is very individualistic. Keep walking until it isn’t a burden anymore because you don’t own it anymore (not because you’ve gotten use to it.) Every day turn your face to heaven and say, “Transform my life for the better please.” God loves that prayer and, if you are willing to change any or everything necessary, it will be honored.

The first pink of dawn is coloring the deep green leaves now. The \$49.95 fifteen-year-old espresso machine has just made the perfect latte that I will pour into my favorite brown, cream and pink Liz Lewis mug.

Packing to move on is blissful and exhilarating. May your day be as blessed.
Love
Deborah

ooooo

The optimist sees a glass that is half full. The pessimist sees a glass that is half empty. The engineer sees a glass that’s twice as big as it needs to be.

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Vashon Reads and Leads: The Common Book Project Comes to the Island

Editor, *The Loop*:

This summer Vashon College, Vashon Public Library, Books by the Way and Vashon Book Shop are introducing our first Island Common Book Project, “Vashon Reads & Leads.”

After much debate and discussion with our librarians, book sellers and others, our common book was chosen: Elizabeth Kolbert’s *Field Notes from a Catastrophe: Man, Nature, and Climate Change*.

The modern idea of a Common Book Project has been around for several years now and is used across the country by hundreds of college and university campuses, public library systems, neighborhoods, towns and entire cities; in fact, Kolbert’s book was chosen as the University of Washington Common Book for 2007. Interested Island readers are invited to attend some of the special events planned on the UW Seattle campus. Keep track of UW events on the UW Common Book website at <http://www.washington.edu/uac/commonbook/>

Our Common Book Project is designed to bring together everyone on the Island who ordinarily might not meet and converse. There is still plenty to debate on how best to adjust our lives to the massive climate change that is overtaking us — the whys, hows and ways of it, so there is no worry about being at a loss of words.

Look for several complementary Island events throughout the summer, the first being an art exhibit and discussion in July with artist Maria Coryell-Martin, who has studied and painted ice Greenland and Antarctica. Using an artist’s vision to help tell the story of melting ice sheets, Maria brings new perspective to what is predominately seen as a science-based topic. And find out how helpful a shot of vodka can be when working in freezing conditions (and it’s not in the way you might assume).

Reads & Leads includes two public potlucks to build an appetite for discussion. A list of additional recommended titles is being developed and will be posted on the Vashon College website, www.vashoncollege.org. Submit your own favorite climate change books to info@vashoncollege.org and let’s build a community-based Recommended Reading List.

Global warming is already here and it’s already changing our Island environment. Find out more now. Join your friends and neighbors this summer and be a part of the Vashon Reads & Leads Project.

Glenda Pearson
Vashon College Librarian

Vashon Reads and Leads! — Is the Summer 2007 Common Book Project brought to you by Vashon College in cooperation with Vashon Public Library, Vashon Book Shop, and Books by the Way and sponsored by Puget Sound Energy and Vashon Island Energy

Read the book – *Field Notes from a Catastrophe: Man, Nature, and Climate Change*, by Elizabeth Kolbert, journalist and staff writer for the New Yorker Magazine, and available locally at a 20% discount at both Vashon Bookshop and Books by the Way. Or, get it on loan at our local Public Library.

Visit the exhibits – of expeditionary artist, Maria Coryell-Martin. Contemplate paintings of melting icescapes from Greenland and Antarctica at Courthouse Square and The Hardware Store Restaurant Gallery beginning July 6. Attend a presentation by the artist relating her work to climate change at Courthouse Square on July 16.

Enjoy Sunday Potluck Discussions – July 29 and August 26. Led by Dr. Christine Ingebritsen, summer Islander and professor at the University of Washington. See our website for location and sign up details.

Tell us your thoughts in the Vashon Reads & Leads blog at www.vashoncollege.org.

Go to www.vashoncollege.org for event details, announcements, and a bibliography of other recommended books on the topic of Climate Change. Or send us your suggestions on titles for the bibliography via email at info@vashoncollege.org

Take the lead. — Help make Vashon a leader in reducing our carbon footprint. Start by changing out your incandescent light bulbs for compact fluorescents (CFs) as part of the Vashon College 10,000 bulb challenge.

Most importantly, learn what you can do beyond changing light bulbs as our world heats up. Visit our booth at Strawberry Festival.



Ms. Berliner's Multi-Age Class shows Mr. Blomgren's Creative Writing Class a thing or two about poetry. Haikus and Tonkas were written, chocolate strawberries were eaten, and a new Republic of Poetry was created!

Big High School Athletic Award Winners. Congrats to them all!

- Jay Matthews Award:**
Taylor Butz
Kaitlyn Twietmeyer
- Bacchus Award:**
Zac Andrus
Meg Thorn
- Scholar Athlete:**
Shane Davis
Amanda Zheutlin



D-Dub and his Burrito Locitos!

These pictures and captions are not from any sporting event. Nevertheless, these individuals are all masters in word play, a new type of sport in this column!



The first ever outdoor barbecue and concert series was created this June at VHS: Vasquatch, Part I. Thanks to the F Building teachers and the Literary Journal Club for making this mastermind idea a concrete reality!

Knock, knock. Who's there?
Saul. Saul who?
Saul there is, there ain't no more.

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 29**

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Before Indulging in Festival Food, Join the FUN RUN

By Susie Kalhorn

The K2/Bill Burby Inspirational Fun Run, to be held on **Saturday July 14 at 9 a.m.**, honors two Island icons: Bill Burby and K2 Sports.

Bill Burby was a beloved teacher and coach on the Island. He worked tirelessly in the 1970s to get health education incorporated into the school district's K-12 curriculum. He skied, took leading roles in Island musicals, and climbed mountains. He believed in personal growth and in mentoring others as they worked to achieve their own goals. He not only coached youth, but his colleague and friend, Russ Brazill noted, he was a "coaches' coach," too.



An Island runner training in the rain

In 1983, Bill and Doug Kloke co-founded the K2/10K Strawberry Festival Run. Prior to that, Russ Brazill had organized an annual informal run on trails behind the post office.

Bill Burby died suddenly in 1989 and the race was renamed in his honor. Since that time, the race has taken on new dimensions. It now has a 10k and 5k run and a 5k walk. It starts and finishes adjacent to the YMCA and is certified and sanctioned by U.S. Track and Field Association, drawing runners from all over the region and some international

contestants as well.

K2 Sports has sponsored the race since 1983, providing T-shirts for participants and skis as prizes for the winners. K2 was founded in 1961 by Islanders Bill and Don Kirschner and was best known for pioneering fiberglass ski technology. From these humble and innovative beginnings, K2 Sports is now a subsidiary of K2 Inc., a publicly traded company based in Carlsbad, California with a first quarter earnings this year reported at over \$372 million. Jardin Corporation announced in April they were acquiring K2 Inc. and the transaction is expected to be complete in the third quarter of 2007.



Kevin Ross, VHS track coach and last year's 10k winner, stretching before he takes a run

Last year, after 17 years of participation, Kevin Ross, VHS track coach and Thriftway shopping cart drill team commander, won the 10K race. He'll be there again to defend his title. Proceeds from the K2/Bill Burby Inspirational Fun Run support Vashon High School athletic programs and the Vashon Community Scholarship fund. This Strawberry Festival, enjoy a competitive race or leisurely walk and honor our icons.

Detailed information can be found at:
www.hometown.aol.com/burby10k/5k.
Register at:
www.signmeupsports.com
or look for registration forms at many Island businesses like The Little House, Zoomies, Windermere, Northwest Sports, YMCA, and Vashon Athletic Club.



The Bill Burby Memorial Garden, on the west side of the gym at Vashon High School.

Lopy Laffs

"I'm sorry, Mr. Kipling, but you just don't know how to use the English language." - The editor of the San Francisco Examiner, rejecting a 1889 article by Rudyard Kipling.

Eye of newt, toe of frog,
and a side of fries, please.

One Liners

Epoxy can be cured.
Every silver lining has a cloud.
Entropy isn't what it used to be.
Everyone is entitled to my opinion.
Desperate times call for cheap shots.
Everyone hates me because I'm paranoid.
Courage is the fear of being thought a coward.
Doing nothing is tiring, 'cuz you can't take a break!
Climate is what we expect, weather is what we get.
Do schizophrenics think twice before doing anything?
Did you really expect mere proof to change my opinions?

It is much easier to be critical than to be correct. —Benjamin Disraeli

Someday we'll look back on all
this and plow into a parked car.

Why was Jesus born in a
manger? Because Mary
belonged to an HMO.

An international law firm
advertises for a secretary. A
Golden Retriever comes in and
applies, and she passes the typing
test. In the interview, the personnel
manager says, "But how about
foreign languages?" And the
Golden Retriever says, "Meow."

Lawyers get disbarred and
clergymen defrocked. So doesn't
it make sense that ballplayers
would be debased, politicians
devoted, and cowboys deranged,
models deposed, Calvin Klein
models debriefed, organ donors
delivered, and dry cleaners
depressed, decreased, and
depleted?

A man was in front of me coming out of church one day, and the preacher was standing at the door to shake hands. The preacher grabbed him by the hand, pulled him aside and said, "You need to join the Army of the Lord!" The man replied, "I'm already in the Army of the Lord, Pastor." The pastor questioned, "How come I don't see you except at Christmas and Easter?" The man whispered back, "I'm in the secret service."

Liberty means responsibility. That is why
most men dread it. —George Bernard Shaw

New Company Mottos:
+ We put the "k" in kwality.
+ The beatings will
continue until morale
improves.

Everybody is somebody else's weirdo.



A juggler, driving to his next performance, is stopped by the police. "What are those knives doing in your car?" asks the officer. "I juggle them in my act," says the juggler. "Oh yeah?" says the cop. "Let's see you do it." So the juggler starts tossing and juggling the knives. A guy driving by sees this and says, "Wow, am I glad I quit drinking. Look at the test they're making you do now!"

On the first day of school, the Kindergarten teacher said, "If anyone has to go to the bathroom, hold up two fingers." A little voice from the back of the room asked, "How will that help?"

The aloe, used as a medicine since ancient times, has been found by modern medicine to be the only remedy for X-ray burns.

OFFSHORE

It's not the pace of life that concerns me, it's the sudden stop at the end.



Solution to puzzle on page 7

VIPS

How HAD IT COME TO PASS THAT THE MAURY ISLAND SPACE ALIENS
DISLIKE THE BAGPIPES...



More VIPS at: <http://vashonislandpeoples.blogspot.com/>

LOGJAM



Loop Arts



Redperl. Photo by Sandy Burns

RedPerl Premieres New Music at Blue Heron

By Janice Randall

RedPerl will perform mostly new material at the **Saturday, June 23, 8 p.m.** Blue Heron concert and CD's will be available.

Celtic, Bluegrass or Cajun, RedPerl fills the bill. "Each song is a

short story, but there's a flow—each has a different color. The goal is that emotion drives the tune," said Daryl Redeker, half of the RedPerl duo. Guitarist/songwriter Daryl Redeker and violinist/songwriter Sarah Perlman, jokingly use the word "nectarine" for the unexplainable, eclectic music recorded on their new CD, *Pearls before Swing*. "We like that we can't really explain it," said Perlman. The new CD commemorates a decade of successful musical partnership, which both say has greatly enhanced their music and their lives.

"You can't think and swing at the same time—it's about going with the flow," said Redeker. Surprising new tunes from the self-produced CD reveal evolution of both individual and combined musical styles. They share credit for the new CD with sound engineer Scott Ross. CDs will be available at the concert. Tickets are \$13 and \$15 and are available at Heron's Nest and Blue Heron Art Center, (206) 463-5131.

World Music and Dance on the Rock
Saturday, August 11
5 to 8 p.m.
Camp Burton Outdoor Amphitheater
\$12VAA members, seniors, students
\$14 general admission

Plan Now for World Music Fest

By Janice Randall

Celebrate diversity through the arts! Islanders and guests alike anticipate VAA's annual Camp Burton concert, the perfect venue for an outdoor summer music event. Celebrating a different genre of music every year, this year VAA will host some of the region's finest world musicians and dancers.

World Music and Dance will take the stage in late afternoon with Correo Aereo (Latin music) Maya Soleil (traditional African) and the Nritti Ensemble (Indian). African, Indian and Middle-Eastern dancers will also grace the stage. Henna artist, Subhashinin Santhanam will be on hand to demonstrate the ancient body art of mehendi,



African dancer Lora, of Maya Soleil, kicks up her heels in a traditional African dance.

sponsored by King County Performance Network. World wraps, salads desserts and beverages will be available by Island Gourmet. Special thanks to festival co-sponsors Boeing and Vashon Park District for their wonderful support to help make this event happen. Tickets available now at Blue Heron and Heron's Nest soon.

Summer Youth Orchestra for Island Musicians ages 12-21

A Vashon Summer Youth Orchestra has been organized for Island musicians ages 12 to 21. This program offers an opportunity for an exciting and rigorous orchestral experience for students, including those who are home from college. Vashon Alliance of the Musical Arts, a subsidiary of Vashon Allied Arts, is sponsoring this program. Mr. William Sibbers will be conducting the group as they tackle Sir Edward Elgar's *Enigma Variations*, a very demanding piece that has juicy parts for everyone in the orchestra. Each movement is a musical evocation of one of Elgar's friends. The variations are based on a beautiful and haunting theme.

Section coaches including Liz Gue, the violinist from *Oliver!* and Brigid Fitzgerald will help guide the string sections.

The rehearsals will be held in the VHS band room on Thursday evenings from 6:30 to 9 p.m., starting on **Thursday, June 28**. Rehearsal obligations will take into account other summer plans. The tuition will be \$60 for the six-week session, with scholarships available.

The program will end with a public performance on Thursday, August 2 at 8:00 in the VHS Theater. More information, call or email Gaye Detzer, (206) 567-5193; detzerubicz@comcast.net

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Peace and Love Never Sounded So Good

Island band Simple Gifts will play a *Summer of Love 40th Anniversary Human Be-In* at Point Robinson on the first full day of summer, Friday, June 22, in conjunction with Elizabeth Klob's art installation, *The Eve Project*. Music starts at 8:30 or 9 p.m. after Elizabeth finishes her presentation.

In addition to regular members Tan Cahill, Charles Reed, Philip Seward, Rod Smith, and Richard Waits, there will be special appearance by Vashon's own Einstein clone, Patrick McManus, who will sit in on a piece called "Beyond Spacetime."

"This event is not about nostalgia, not that there's anything wrong with that," says event organizer, Rod Smith. "This event is about us, here, now in this

Backbone Benefit Rocks!

Islanders proved once again they know how to party for a good cause, at the recent Backbone Beatles Bodywork Benefit — at Bishop's, naturally! Beatles songs were performed by more than 30 local musicians – some old enough to have lived through (if not remember) the sixties, and many born long after the group split up. Island bodywork practitioners also generously donated over 40 services for auction. The inaugural batch of Vashon Roasterie's "Backbone Blend" was also auctioned off, sparking a heated bidding war.

This evening was filled with the spirit of hope and the power of regular people to make a difference, and it was a giant success. Emceed by the inimitable Steffon Moody and auctioneered by Jason Everett, the Backbone Campaign netted


Knocked Up Ocean's 13

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(Rat-a-tooey)
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Coming on July 11: Harry Potter!



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Or, for show times and info,
check www.vashontheater.com

Our 60th Year!



community. We hope to create a context where we can integrate the lessons of the so-called past, in hopes of being more resourceful, open and compassionate in the so-called future. It's time."



Emcee Steffon Moody introducing Chris Hayward and Devon Sullivan, who performed the Beatles' "What You're Doing." Photo by Heather Brynn

\$5,000 for its Progressive Cabinet Summit in Atlanta on June 26. Backbone Campaign's Executive Director, Bill Moyer, said simply "Yeah Vashon! Thank you Vashon!" Special thanks to Pete Welch, Bob Krinsky and Pam Bredouw for organizing the event.

Don't forget to send in those Lumbar Club pledges to provide continued financial backbone to the progressive movement! We count on you.



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Some good ol' foot stomping southern gospel singing was in store for audience members during Vashon Voices rendition of "This Little Light of Mine," one of many folk songs showcased in their recent concert "An American Quilt." Photo by Arthur C. Lee.

GARDEN TOUR INFO:

The Garden Tour is this Saturday & Sunday, June 23 & 24, 10 a.m. to 5 p.m.

Tickets are \$25/per person available at Blue Heron, Heron's Nest, DIG and in the Gardens.

Pre-Tour Gathering: Secrets of the Garden -- Friday, June 22, 1 to 4 p.m. Tickets: \$55 or \$70 (includes weekend ticket) available at Blue Heron

Garden Seminars (included in Garden Tour ticket):

1. "Garden Bones" by Terry Hershey. Saturday, June 23, 5 p.m. & Sunday, June 24, 10 a.m., at the Blue Heron.
2. "Drought Tolerant Plants" by Michael Lee. Saturday, June 23, 10 a.m.. at the Blue Heron.
3. "Summer Tasks in the Orchard" by Dr. Robert Norton. Saturday, June 23, 1 p.m. & 2 p.m., at the Dunncliff garden.
4. "A Complete Meal in a Pot" by Patty J. Campbell. Sunday, June 24, noon, at the Buss/Simons garden.

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Art Consignments Wanted

Vashon Island Fine Art is accepting consignments of early 20th century American art (paintings, prints, sculpture) to showcase in an upcoming two month show beginning August 3 and running through September 29. This show is limited to Vashon residents and is intended to highlight the strong collections of historic works of American art accumulated by fellow Islanders. The Island not only has a strong interest in contemporary art but a deep tradition of collecting work created during the early 20th century. Consignment terms and details will be structured to encourage participation. For more information, call Vashon Island Fine Art at (206) 227-6147.

Garden Tour

Continued from page 1

and hear sweet strains of harpist Leslie McMichael (Halstead garden).

Garden Tour makes a big difference for Vashon Allied Arts, according to Carol Eggen, VAA Board of Trustees treasurer and Garden Tour committee member. "After the Art Auction, Garden Tour is VAA's most important annual fundraiser," she said. "Like most art organizations, VAA only covers about 50% of its costs through class tuition, ticket sales and gallery sales. We fund the remaining gap through grants, sponsorships, individual donations, memberships and special events so we can continue to fulfill our mission to provide affordable, quality arts programming."

This year two new events are being hosted in two additional gardens. "We're also especially grateful to two additional garden owners," said Molly Reed, VAA Executive Director. "...The Carharts for hosting the Sunset Garden Gala and the Stocketts for 'Secrets of the Garden.'"


The watering can project, made possible by Island artists and SPLASH, is another fun, new event for Garden Tour. These beautifully embellished watering cans have been displayed at The Hardware Store and Heron's Nest and will be out in the gardens this weekend. Each is available to the highest bidders. Winners will be announced 7 pm, Sunday, June 24 at the Blue Heron. Special thanks to Irene Otis



Tile by Irene

for creating a beautiful commissioned tile in honor of the Tour. Tiles will be available for purchase at each garden and at Heron's Nest.

Special thanks to Garden Tour presenting sponsor, John L. Scott and additional sponsors, Thriftway, Puget Sound Energy, DIG, Splash and JR Crawford. For more information about Garden Tour, please call Blue Heron Art Center, (206) 463-5131.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 29**



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