

**In This Issue:** All about Vashon farms, the RQE goes back to banking, a new cartoon, hunt safely and much, much, much, more...



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*Grow Some Grapes!*



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*Go to an incredible concert*



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*Bill Brown and the KingBees Close the Summer Concerts in the Park*

# THE LOOP

Vol. 4, #18

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

September 7, 2007

## Vashon Y Instructors Keep Classes Alive

By Kelly Straight

With the YMCA's closure of the Vashon fitness center, participants will be glad to know that the instructors continue to offer many of the programs at other facilities as the former board of the branch continues to negotiate and explore the creation of a Vashon-owned and operated alternative.

*Continued on page 14*



## Hunting Season Off Like a Shot

by Ed Swan

Hunting season began with the Labor Day weekend, another sign that fall moved in early this year. All of the hunting seasons set for Vashon include the taking of any deer, buck or doe. The season starts with bow hunting allowed all through September and various firearm dates commencing on October 6. A late archery season closes out hunting opening on November 21 and ending December 31. For more information, check out the excellent Deer Hunting Safety flyer prepared by Rick Frye on page 16.

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Wiley Volker ready to shoot his bow, Fred Hansen photo



Farmer Richard Odell in action at the Farmer's Market, Ralph Moore photo.

## Is Farming in Vashon's Future?

By Ed Swan

Vashon seems to be at one of those times where the character of the Island may well be defined for decades by actions taken or not taken now. The impending sales of Misty Isle and the K2 building, the closure of YMCA and other businesses and the continuing concerns about the size of the Island aquifer all will have major impacts on Vashon's future. This issue features several articles on agriculture, a significant part of the Island's rural character. This begs the question of what sort of character do Islanders want Vashon to have? As the Island continues to develop, will Islanders intentionally plan for development that keeps Vashon rural and a possible home for farming? Or will the yearly creep of more houses and increasing land values be allowed to preclude any possibility of agriculture and turn the Island into just another Seattle suburb?

*Continued on page 4*

## Celebrate Art!

By Janice Randall

Circo dell'Arte, Vashon Allied Arts' 2007 Art Auction extravaganza, is slated for Friday and Saturday, September 14 and 15 at Blue Heron Art Center. Enjoy an Italian-themed ambience, complete with spectacular art donated by more than 100 artists to be auctioned both evenings, extraordinary food, wines and a special Circo dell'Arte performance both evenings. Special thanks to Presenting Sponsor, John L. Scott. The Art Auction is also sponsored by Puget Sound Energy. "Masque" sponsor is Beth deGroen, of John L. Scott. All proceeds benefit Vashon Allied Arts. For more looks at the extraordinary masques, go to the Arts Section of the Loop, Page 18-19.

Friday, September 14, Art Auction festivities begin at 6:30 pm with the traditional Taste of Vashon followed by an Italian buffet dinner catered by The Hardware Store. Complimentary beverages included. Silent

*Continued on page 19*



Marilyn Blitz's Burton Beach Goddess, photo by Sy Novak

## Island Author Launches Book and Fundraiser

by Fiona Hope

Psychic and author Ainslie MacLeod will hold a book launch party to celebrate publication of his new book, THE INSTRUCTION: Living the Life Your Soul Intended (Sounds True, www.soul-world.com). The event will be held on Friday September 21st from 7:00-9:00 p.m. at the

THE INSTRUCTION  
Living the Life Your Soul Intended



"INSTRUMENTAL AND ENLIGHTENING"  
—Dr. Mehmet Oz, author of The 100 Essential Questions

AINSLIE MACLEOD

Vashon Island Coffee Roasterie, where MacLeod has his office.

The Instruction is based on the method MacLeod uses in his work as a psychic. This unique system for achieving greater self-knowledge is designed to help individuals live a more fulfilling life by revealing the plan their soul created before they were born.

Dr. Mehmet Oz, bestselling author of You: The Owner's Manual, has endorsed The Instruction, saying "I recommend this inspirational and enlightening book to those who seek greater spiritual well-being and a better understanding of their life's purpose."

It's been five years since MacLeod began doing psychic readings in a corner of the old Minglement shop. Back then, he described himself as the "Reluctant Psychic," a reference to

*Continued on page 6*



# Get in The Loop

## Submissions to the Loop

Do you have an announcement or PSA? Do you have something to say about a Vashon issue or topic affecting the Island? If so, please email questions or submissions to Ed Swan, editor of the Loop, at [editor@vashonloop.com](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments. If you would like to place an advertisement with the Loop please contact Helen Westphal at [ads@vashonloop.com](mailto:ads@vashonloop.com).

## “Living with Death and Dying” Ven. Lama Karma Samten

Book Signing Event Sept. 21, 2007, 7 pm at the Vashon Book Shop, Cost: Free  
Weekend Retreat Sept. 22 - 23, 2007; 10-12; 2:30-4, 26514 94th Avenue SW, Vashon Island, Cost: \$25/day

This will be a weekend retreat on the subject of death and dying with Lama Karma Samten. Lama Karma Samten is a Tibetan Buddhist teacher in the Karma Kagyu tradition and resident teacher at Karma Choling Buddhist monastery in Auckland, New Zealand, for more than 20 years. Sponsored by Karma Thegsum Choling Seattle, a Buddhist meditation center of the Karma Kagyu lineage. For more information, please contact Linda at (206)463-0370 or visit [www.seattlektc.org](http://www.seattlektc.org).

## Peace Vigil on September 21

A twenty-four hour Prayer for Peace Vigil will be offered at Vashon’s Episcopal Church of the Holy Spirit beginning at Noon, on Friday September 21, and ending at Noon, on Saturday, September 22. September 21 is the United Nations International Day of Peace, and Church of the Holy Spirit will be joining churches all over the world in offering this Vigil. All the people of Vashon are invited and encouraged to join in this twenty-four hours of prayers for peace. The Vigil will begin with an Opening Service at noon on Friday, September 21; Evening Prayer will be

at 6 p.m.; and Compline will be at 9 p.m. The church building will be open for prayer and meditation for peace in between services. The labyrinth on the north lawn of the church will be open for walking prayer and meditation, as will the Meditation Trail which runs through the woods on the church’s property. The Vigil will conclude with a Eucharist service at noon on Saturday. Those who cannot attend are asked to be intentional about praying for peace during the hours of the Vigil. For information, call the Church Office at (206) 567-4488.

## Fruit Club Quarterly Meeting

The Vashon Island Fruit Club will hold its quarterly meeting Tuesday, September 18th, at the Firefighters’ Association Building on Bank Street. The meeting will start at 6:30 PM and will feature a mini fruit show and discussion of early-ripening Vashon fruits. These could range from apples to blackberries, depending on what members have available this year in their back yards and orchards. Come see a variety of interesting and tasty items. The meeting is open to members of the Vashon Island Fruit Club or nonmembers who would like to join. For further information, visit [vashonfruitclub.org](http://vashonfruitclub.org) or contact Mary Ornstead at 463-0565.

## Vashon Island Pet Protectors Dog & People Walk

Saturday, Sept. 22nd 9a.m.-12p.m.  
Burton Acres Park

Come join us at VIPPS’ annual Dog Walk. You don’t have to find sponsors, but if you’d like to-sponsor sheets are available at Pandora’s Box, Fair Isle Animal Clinic & the Pharmacy. Prizes will be awarded to the top three contributors. Hope to see you there-it’s a great way to get some exercise & help VIPP at the same time. Vashon Island Pet Protectors will host an Adopt-A-Cat Day EVERY Saturday from 11:30-2:30 at Pandora’s Box. Please stop by or call VIPP 206-389-1085.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 14**

[www.vashonhorseproperties.com](http://www.vashonhorseproperties.com)



# I WANT YOU FOR A NERO.

Join a thousand other Vashon households and help protect your home and family should a natural disaster occur. Neighborhood Emergency Response Organizations (NEROs) are forming now. Call 463-1321 for more information.

VashonBePrepared.org  
*Neighbors Helping Neighbors*

## Everyone Welcome at Jewish Holiday Services

While most people are thinking about the start of school and the end of summer, Jews the world over are thinking about the most important holidays of the year. Next Wednesday begins Rosh Hashanah, the Jewish New Year. Ten days after that is Yom Kippur, the day of atonement. Havurat Ee Shalom, the Vashon Havurah, has a full schedule of activities to offer. This is a time of self reflection and cleansing. Old debts are paid and an effort is made to fix discord or strife between people. The ten days between Rosh Hashanah and Yom Kippur are called the “Days of Awe.” It is said that in this time, people have the power to re write fate for the year ahead. By honestly appraising the year past and dedicating oneself to improvement in the one to come, anything becomes possible. The Havurah has been gathering for almost twenty years to mark these important dates and to come together as a community. It is an annual ritual that marks the passages and milestones in the lives of our members. This year, services and activities will be offered throughout the ten day period. Two local rabbis, one from Canada and the other from

Seattle will be on the island. Rabbi Itzchak Marmorstein brings a scholarly and spiritual background. Rabbi Fern Feldman brings a lovely voice and a warm presence to welcome everyone into this intimate and moving time. Expect beautiful melodies, singing, English readings, and thoughtful words from a number of our very talented community members. Everyone is welcome to attend services, discussions, and workshops. Members attend for free and guests for a small donation. Child care is available for most activities. Jews and those interested in Jewish customs are encouraged to come participate, even if they have not attended any other activities at the Havurah. We are a growing, evolving organization, and there is room for all interests to find something delightful, stimulating, and meaningful. Services will begin on Wednesday September 12, at 7 PM. A full schedule of activities for Thursday, Friday, Saturday, and the following week will be available. The schedule of events can also be found at the Havurah website: [vashonhavurah.org](http://vashonhavurah.org). If you have questions, please email the ritual committee at [awslaw@wolfenet.com](mailto:awslaw@wolfenet.com).

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





# HOME TEAM REALTY

Troy and Marie celebrated 4 years of wedded bliss on September 6, so there are no tips for homeowners or words of wisdom this week. Except that Troy has learned the two words that are the secret to a happy marriage. “Yes, dear.”

## Farmhouse Restoration Project



The Island dream - turn of the century farmhouse on 3 acres of Vashon's sunny Westside, just minutes from the beach. Truly charming, this historic house is partly renovated. Remodeled sunny kitchen and laundry, and a period bath with clawfoot tub and pedestal sink. Hardwood floors, high ceilings, and a rooftop balcony await the right handyperson to restore this home to its original state. **\$ 440,000**

- 2+ bedrooms
- 1 bath
- 2.99 acres
- Close to beach

MLS # 27162491



## Simply Gorgeous

Superbly built new Craftsman style custom home on shy five acres bordering protected Land Trust ecosystem. Just minutes from the North End ferry, you'll be home in no time to enjoy the tranquility and beauty of this incredible home. Warm and elegant finishes welcome you inside, to a spacious living area with hardwood floors, radiant heat, a gas fireplace, and exquisite art glass lighting. The kitchen is designed for cooking and entertaining, and features cherry cabinets and custom tile. Five bedrooms and 3 1/2 baths ensure plenty of space for everyone. Outside, a covered porch paved with natural slate wraps completely around the house, and a breezeway connects the main house to a separate office and guest quarters over a large 2-car garage. Quality, beauty, space, convenience, and comfort - you *can* have it all. **\$896,000**

- 5 bedrooms
- 3.5 bath
- Convenient
- Carriage House

MLS # 27157995



## Lavender Duck

16503 Vashon Hwy SW

- 3.25 bath
- 4 bedrooms
- Separate cottage
- Close to town

MLS # 27083442

Turn of the century farmhouse lovingly maintained and currently operated as a B & B. Each of the four suites in the main house includes its own private bath. The property also has separate detached living quarters surrounded by lavender fields. This vintage gem on the main thoroughfare of Vashon is only three minutes from the ferry in one direction and the town of Vashon in the other. Plenty of parking and outdoor living space complete the picture. Come see the possibilities! **\$ 499,000.**

## Pristine!



- 3 bedrooms
- 2.5 Baths
- .26 Acre
- 2 Car Garage

21710 101st Lane SW

Truly immaculate newer construction home in lovely park like setting. It's the best of everything! Three roomy bedrooms, two full baths plus a powder room in a well-thought out welcoming floor plan. Your fully fenced back yard features a spacious deck plumbed for gas and a huge lawn for playing and relaxing. All this, and within easy walking distance to Vashon Highway and the bus lines. **\$529,000.**



MLS # 27111650



## Fresh & New

- 3 bedrooms
- 1.5 Baths
- 1 Car Garage

8804 SW 184th St.

MLS # 27143323

Everything is new! Adorable single level home with cozy stone fireplace is completely fresh and new inside. Maple cabinets, energy friendly Pella windows, quality flooring, gorgeous light fixtures, CAT5 cabling, new roof, all new appliances including a gas furnace and electric water heater. Ideal location and the property is beautiful. Majestic firs grace the front providing screened privacy, and the sunny back yard is dotted with fruit trees. Easy to move in, easy to live in, easy to maintain. **\$385,000.**

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# Is Farming in Vashon’s Future?

Continued from page 1

Keeping land in agricultural production proves to be a pretty tough proposition for Vashon farmers at the moment. Land values trend ever higher such that meeting a mortgage on a farm income, especially a farm income alone, appears nearly impossible. King County developed the Farmland Preservation Program (FPP) several years back to purchase the development rights to farmland to preserve it from loss to industrial and residential development. Currently the FPP protects about 250 acres of Vashon farmland. The majority of this property centers around Wax Orchards and Augie’s tree farm. Very little, if any, has crop production occurring. While this program provides one important

strategy to keep farmland from going away, it doesn’t mean any farming will actually take place. Individual Islanders and local families can take some actions and make some choices now to encourage farmers to keep on farming and also help maintain the rural character of Vashon. With all of the talk about sustainability going on one easy step in that direction involves going to the Farmer’s Market to buy your produce or buying a share with one of the Community Supported Agriculture (CSA) farms on Vashon. The rural character of Vashon comes from many facets and will require multiple strategies to protect, supporting our local farmers is one relatively simple action available now. Check out the articles by local farmers on pages 4-5 and 8-9 to hear their views on the topic.

## Vashon Agriculture: An Overview

by Bruce Haulman

Agriculture forms only a part of the larger story of Vashon-Maury Island, and yet the part played by agriculture is essential to understanding the story of the whole. Agriculture on Vashon-Maury Island began early, perhaps as long as 3,500 year ago, and today still plays an important mythological role in the island’s process of self-identification. The history of agriculture on the island is divided into five distinct phases, each one, focusing on different “crops,” methods, and markets. The first agriculture on Vashon-Maury Island developed as early as 3,500 years ago as the riverine

largely limited to areas easily accessed by water. The primary development occurred around Quartermaster Harbor although many of the watersheds around the island were also logged. This early logging was critical to opening up the island to agricultural development.

The third stage of island agriculture saw the emergence of large-scale industrial logging, the development of substantial greenhouse operations, and the expansion of farms specializing in diverse products like poultry, dairy, vegetables, and berries. Beginning in the 1890’s this stage of agriculture dominated the island economy until



Berry pickers circa 1890, courtesy Vashon Maury Island Heritage Association

Marpole Culture evolved into the Coastal Salish Culture of the S’Homamish People who inhabited the island. Although largely dependent on the marine resources of the island, the S’Homamish People also cultivated the uplands of the islands using burning regimes to clear the land; maintaining swales for their horses, allowing root plants to flourish for harvesting, and encouraging the growth of berries. The second stage of agriculture on the island emerged with the arrival of Euro-Americans beginning in the 1860’s and was dominated by small-scale logging and subsistence farming. This stage lasted for nearly 30 years and established the basic patterns for the settlement and development of the island. Because of the lack of developed roads, the farming and logging of this stage was

war, a new professional commuter population in the 1950’s, and a back-to-the-earth counter-culture population in the 1960s and 70s reestablished the small farm on the island as either a part-time operation supported by outside income, or a subsistence operation to support an alternative lifestyle. Beginning in the 1980s and developing strongly in the 1990s, the current fifth stage of island agricultural history began with the establishment of a number of sustainable-agriculture farms, a revival of organic farming methods, and emerging markets for locally grown produce. The success of the Saturday Market and the changing demographics of the Island bode well the continued growth and expansion of this new form of Vashon Agriculture!



# BOOK LAUNCH & Fundraiser Party

Introducing Island author Ainslie MacLeod's new book,  
**THE INSTRUCTION, *Living the Life Your Soul Intended***™  
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THE VASHON ISLAND COFFEE ROASTERIE  
For more information visit [www.soul-world.com](http://www.soul-world.com)



## Vashon Farming, A Farmer’s View

by Joanne Jewell

How are farmers doing on Vashon-Maury Island? As the new manager of the Vashon Farmers market and a family farmer myself this is a question that I have spent a lot of time trying to figure out. Specifically I wonder whether farming is a viable lifestyle on Vashon-Maury Island. Though I cannot give a definitive answer, my experience at the market and conversations with friends and farmers have given me some insights I can offer to get the conversation started.

My husband and I moved to Vashon to farm organic produce in 1999. Ever since then at least one of us has worked off the farm to have enough income to build the infrastructure of the place and pay our mortgage. By 2004 we began selling at the Farmers Market. In 2004 there were more farmers that wanted to sell at the market than could fit inside the Farmers Market shelter. That means there were as many as 16 farms selling at the market regularly during the peak summer season.

Now in 2007, we usually have about eight farmers selling produce many Saturdays even in peak season. In order to draw more shoppers, two years ago the Vashon Market did sign special contracts with a fruit grower from Eastern Washington and a fisherman from Ballard to bring fruit and fish that was not available on the island. Both vendors have done very well and have brought in more shoppers.

So what happened to the farmers that have left the market since 2004? Several, like our family, have new babies or very young children and needed a larger single income than farming could provide while one spouse was home with children. Some of those families plan to return to commercial farming and some do not. At least one retired and left the island, some left because the work was too physically demanding, or too much time working for the amount of money that could be made. All of these farms have remained intact, just not producing food in quantities large enough to sell at the market.

Other farmers who left the market chose simply to market their food in different ways. These farmers have

Each year some new farmers give farming on Vashon a try. Some of these people own their land and are putting a lot of energy into their business, giving themselves a few years to make it profitable. Farming is a difficult way to make a living no matter where you are so some of the new farmers on Vashon will make it and some won’t. Those who don’t own their land face an even greater challenge as they are less likely to invest in needed infrastructure. When farmers are not secure on the land, they cannot rely on the benefit of each year of work put into the place.

It is not possible to get a down payment together for land on Vashon Island from farming alone. Safe to say you need to come to the island with a down payment in hand if you intend to buy land here and each year the land prices get more and more out of reach. I know good farmers who are leaving the island because they cannot afford to farm or to buy land here.

On the positive side, the Farmers Market as a whole is doing very well. The number of shoppers is up by as much as 60% over last year (we actually count shoppers) and total sales for the year are up almost 40%. The new Wednesday market is having good enough sales that it will likely continue next year. Possibly since there are a smaller number of farmers at the Saturday market, the remaining farmers are seeing higher sales than in previous years. Vendors also hear from more and more shoppers how important it is to them to shop locally. As the number of these so-called “locavores” increases, it makes farming a more financially viable option for a larger number of people.

Also, island farmers are zeroing in on what products people want and which are most financially viable. By the end of 2007 there will be three Grade A certified dairies on the island (up from zero in 2004) who can legally sell raw milk products, and at least one small farm is certified to sell meat grown and often processed on Vashon Island. Two island wineries produce wine with some or all



At work on Plum Forest Farm: Rob Peterson, Mira Jewell-Peterson and baby Rose Jewell-Peterson

opened farm stands on their own property, are selling subscriptions to customers using the Community Supported Agriculture model (CSA), or doing other creative direct marketing to islanders.

increase. Is farming a viable lifestyle here? It can be, but probably only if you can gain long term access to land without relying on farm income to buy it.

local grapes.

So how are farmers who grow food and plants doing on Vashon Island? I think overall the number of farmers is decreasing but those that remain have fairly successful businesses. If islanders continue to buy locally the number of farmers could begin to



# Grape and Apple Growing on Vashon

By Ron Irving

I want you to grow grapes and apples for me. I own Vashon Winery and purchased the winery about five years ago. I don't really own it yet as I am still paying on a contract. So I don't have much income to develop vineyards or orchards.

Currently I produce about 500 cases of wine per year and about 30 cases of cider per year. Most of my grapes come from eastern Washington but some come from Vashon Island. My cider apples come from WSU-Mt. Vernon and other sources in western Washington including some apples from Vashon Island.

I would like to produce about 30% of my production from locally grown grapes; if not Vashon Island grown, then Puget Sound grown. Currently I get Chasselas Doré from Stewart Vineyard, an old vineyard planted in 1950, along Quartermaster Drive. Last year (the 2006 harvest) I got my first Pinot Noir from the Monument Farm

water. Look for some general characteristics of the soil climate. The presence of Madrone trees is a good indicator of a dry, well drained soil. And look for the absence of Fir trees, indicative of damper conditions.

Most of our soils are in fact too rich causing the grapevines to grow too much. Our biggest problem is constantly controlling that rampant growth, fighting it back, thinning out the leaves, cutting off the excess fruit; doing everything possible to ripen the grapes. And even with the rich soils it is necessary to test the soil and add needed amendments.

Remember, everything you do here has one purpose: ripeness, or even minimal ripeness. Trust me; this simple goal is not easy. Grapevines will grow and grow.....but grapevines growing do not make grapes. Grapes are produced with patience and time with the cooperation (and outwitting) of nature.

In general, a third of an acre may be enough to make a barrel of wine. That is about 450 grapevines, at about \$4.00 a vine, plus trellising and deer fencing. Likely your grapevines will be grafted onto rootstocks appropriate for your site and the grape variety that you choose.

If I were planting a vineyard, I would plant a couple of different varieties: Pinot Noir 777,

or Pinot Noir Precoce (a clone), St. Laurant in red grapes and Chasselas Doré, Siegerrebe, and Madeleine Angevine in white grapes. And most will do better on rootstocks such as 101-14. My vineyard might have half Siegerrebe and half Pinot Noir 777.

Cider apples have the same potential as wine grapes. Cider apples, like wine grapes, have been cultivated over the centuries to highlight their fruits' tannins and acid, the stuff that ensures and interesting beverage once the juice is



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Tony Raugust of Monument Farm Vineyard, photo Ron Irving

Vineyard, nearby on Monument Road; a whole barrel! Tasting the wine from barrel shows an exciting wine; something Miles of *Sideways* would like.

In the process you would help keep agriculture viable on Vashon Island.

Growing wine grapes on Vashon Island is a challenge. It comes down to location, sunlight hours, and quality of sun (and perhaps lack of rain). Other important criteria include soil type, grape variety, and clonal and rootstock considerations. The ideal vineyard would face generally south, to southwest. This is known as the vineyard's orientation relative to the movement of the sun and the aspect of the vines relative to the slope of the vineyard.

Vashon Island accumulates between 1500 to 2000 Growing Degree Days (or GDDs). These are the days between April 1 and October 31 when the average of the highest and lowest temperatures in a 24 hour period are compared to the base of 50° F, by subtracting the base from the average. For instance, on August 24 the high temperature was 76° F and the low was 55° degrees. Added together one gets 131, divided by 2 equals 66 degrees, subtract the base of 50° and you arrive at 16 for that day. Add up all of the days between April 1 and October 31 to arrive at the total Growing Degree Days. Preferably you want to be close to 2000 Degree Days, a bit lower than in the city of Yakima.

Then selecting a site that is predominantly sandy soils is important. Wine grapes like to be dry. They don't do well when standing in

fermented. Most table apples won't do and even many of the old backyard varieties that are available on Vashon Island make terrific fresh cider but once fermented they are insipid.

Cider apples are classified into four categories based on the presence or absence of tannin (bitterness) or acid (sharpness): bittersharp are both tannic and acid, bittersweets are tannic but less acid, sharps are acid but not tannic, and sweets are neither tannic or acid. Most cider makers will blend from each of the categories.

A cider orchard planted for cider will have at least three or four varieties. Ongoing experimentation up at WSU-Mt. Vernon (begun by our own Dr. Bob Norton, retired) suggests planting Yarlinton Mill, Dabinett, and Brown Snout. Also consider Kingston Black and Fox's Welp. These apples are small and

often slightly blemished and they aren't good for eating but added to your cider mix, they offer a potent flavor component. Cider apples are subject to similar diseases as grapes and require considerable care and a willingness to spray, typically with organic sulphur or stylet oil.


Vashon Winery wants your grapes or apples. If I could get about 6 growers growing a third of an acre of Pinot Noir, or Chasselas Doré, or Siegerrebe that would amount to about 6 to 8 barrels of wine or between 150 cases to 200 cases. Similarly, I could get about the same

amount of cider. I would prefer to pay you in finished wine that would be based on market rates for grapes or apples. If you are interested, please contact Ron Irvine at 206.567.0055 or at vashonwinery@yahoo.com.



Chasselas Dore grapes at Stewart Vineyard

### SOOTHING SOUNDS TO RELAX BY:




BABBLING BROOK



WIND THROUGH TREES



MORNING LOON CALL



FADING SOUND OF CHILD LADEN BUS





# Spiritual Smart Aleck

## The Plan

By Mary Litchfield Tuel

Last week I opened the front door, and there on the porch was one large maple leaf, one of those platter-sized babies, the first of thousands to come. This morning I opened the door, and a half dozen brown tinged maple leaves were there. I walked out to water the plants in the yard, and everywhere I went I ran into spider webs.

So that’s it. Autumn is here. Oh, we’ll have some more good weather – I trust we will, based on past experience – but summer has definitely kicked its flip flops into the back of the closet and headed for the Southern Hemisphere.

School has started, and we’re all geared up for the bustle of fall, the stresses of winter, and the relief of spring. This is my 60th circuit around the seasons.

Yup, I will turn 60 next May. A couple of my dearest pals, who, all evidence suggests, are complete maniacs, have decided that I should go to England and Europe for my 60th birthday. The hardest part of a trip like that would be getting me on the airplane. To say that I have a fear of flying is an understatement.

The idea of this adventure has left me gobsmacked, as the British say. In my lifetime I have traveled up and down the West Coast of the United States many times. The only foreign country I’ve been to is Canada. One time the boys and I took the Empire Builder across the Country to visit relatives in Ohio, and took the Super Chief back to visit relatives in New Mexico, and I got to see some of the country east of here on that trip. But that’s about it for my travels.

I think about Jane Austen a lot: she lived a rather small life. She didn’t travel far or have exciting adventures, but she studied the people around her and in her spare time sat down and wrote a few of the great classic novels of English literature. Read a Jane Austen novel and you will meet and laugh at people you know and have put up with, although these fictional characters are set 200 years ago in England. Jane did all right for someone who didn’t see the big wide world.

I do not expect to produce any great literature, but I figure I can write a column every couple of weeks without having to go far from home. I am content.

So I did not dream of traveling around the world. A few weeks ago I decided, with a sigh, that I was never going to make it to Paris in my lifetime. I didn’t regret it; I am happy looking at pictures and hearing about it from people who have been there.

But now, these two friends – did I mention they are maniacs? – are

telling me, make your plans and pack your bags. You’re going.

Going to see the Magna Carta, and Hadrian’s Wall, and Stonehenge. Going to Kent, where the Litchfields came from. Going to London, Canterbury, and Bury St. Edmond, and Wales and Scotland. And Paris.

Is this really going to happen next spring? Right now the leaves are falling, and this winter when the wind storms come I’ll be studying Trip to Europe 101, what to pack, how to get a Eurail Pass, how to say, “please,” and “thank you,” in several languages, wondering what it will be like, how it will change the way I see the world, and if my friends and I will make it through the trip still friends. You never know.

You never know what will happen in the world between now and next May. A lot can happen in nine months. Ask any mother.

I think I’ll have an early 60th birthday party before we go. You’re all invited. I’ll get back to you with details. Meanwhile, it’s autumn. The war goes on. Winter will come, and then spring, and then, apparently, I’m going to have get on a damn airplane. That’s the plan, anyway.

○○○○

Healthy young seal resting on La Playa boat ramp. Photo by Odin Lonning

The Maleo Birds of Salawesi

Vashon Audubon program  
Thursday September 20, 2007  
Vashon Land Trust Building  
7:00 pm.

Did you know that a handful of conservation minded Vashon islanders are working hard to conserve habitat and protect the future of an endangered bird half-way around the world in Sulawesi, Indonesia?

Spearheaded by islander Marcy Summers and arising out of her bio-diversity survey work a few years ago for the Nature Conservancy in Indonesia, a small group of Vashon islanders have devoted themselves to creating an energetic organization dedicated to an exciting effort to increase awareness among local Sulawesi villagers of the intrinsic value of a strikingly colored roughly chicken-sized bird called the maleo, above and beyond the value of its enormous eggs for human consumption.

The organization, hatched on Vashon over two years ago, is called the Alliance for Tompotika Conservation or



## Do Not Disturb the Baby Seals!

By Orca Annie Stateler

Harbor seal pupping season occurs July through September in central and southern Puget Sound. Wolftown and the Vashon Hydrophone Project (VHP) have received calls recently from Islanders worried about baby seals hauled out in busy areas, such as the boat ramp by La Playa Restaurant.

We posted several NOAA Fisheries signs at the north end boat ramp to remind the public of laws and guidelines that protect seals: stay back 100 yards; keep dogs away; do not touch, feed, capture, chase, or otherwise harass seals.

When they go hunting for food, mother seals leave their babies on land, sometimes for many hours. If humans and dogs hover nearby, the mother will not return for her baby. Disrupting feeding and bonding imperils the seal pup’s survival.

Many seal pups enter wildlife rehab centers and face an uncertain future because well-meaning but ill-informed humans interfere with normal seal behavior. Humans are poor substitutes for seal moms.

Call Wolftown at 463-9113 or the VHP at 463-9041 if you are concerned about a seal or sea lion hauled out on an Island beach or boat ramp. We are also keen to learn of other useful places to post seal signs. Do not attempt to touch or intervene in any way with a marine mammal!

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Contact Orca Annie at Vashonorcas@aol.com.

AlTo for short. Collaboratively working with Indonesian University students and engaging individuals who had been egg collectors as egg protectors, AlTo was successful in declaring an egg harvesting moratorium last year at one maleo nesting site. Come find out how many chicks scabbled out of the sand as a result!

Marcy Summers, Director of AlTo, will present slides and her narrative about the “people to people” conservation initiative launched here on Vashon two years ago, how far they have come, what transpired on the eco-service trips to Tompotika, what is in store next for the maleo program and perhaps comments about other animals and habitats of Sulawesi.

Any questions, please call Laura Bienen at 206-567-4613.

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## Island Author

Continued from page 1

his discomfort at finding himself drawn into a career so often associated with charlatans and opportunists. “To begin with, it was kind of hard to admit I was a freak,” he jokes. “But once I accepted that this was my life’s purpose, I realized there was no going back. The system I use helped me gain tremendous self-acceptance and self-knowledge. Now I feel like the 500 pound guy who slimmed down and wants to tell the world how he did it. The book is not only my way of passing on my understanding of the way the spiritual universe operates, but also to share with others insights that changed my own life.”

Since overcoming his reticence, MacLeod’s unique perspective on the soul’s purpose has helped him develop an international clientele. Yet, he feels a special connection with his Vashon Island clients. “I want the upcoming event to be an opportunity to acknowledge the many people who’ve supported me over the last five years,” he says, “Especially all those who agreed to be interviewed for the book.”

The party will be an opportunity to meet the author and buy a signed copy of The Instruction. Guests will also have the chance to win door prizes with all proceeds going to the Hunger Project, a global movement aiming to end hunger in Africa, Asia & Latin America.

MacLeod also plans to use the party to launch his new range of Soul World™ coffees. All profits from sales on the night will go to the Hunger Project. Why Coffee? “Having my office in the Roasterie, I’m surrounded by coffee,” says MacLeod. “Being around great coffee all the time gave me the idea of creating my own blends. So, if you enjoy relaxing with a good book and a soul-satisfying cup of coffee, I’m delighted to say I can now supply both.”

Entertainment at the event on the 21st will be provided by MacLeod’s own band, the New World Shambolics. This group of Islanders will serve up a twangy mix of sixties surf instrumentals and pop tunes, including classics like Wipe Out, Surf Rider, the 007 Theme, and I’m a Believer.

For those who want to learn more about The Instruction, MacLeod will be signing copies and talking about the book at the Vashon Book Shop on Friday September 28th at 7:00-8:00 p.m. More information about both events and The Instruction is available at Ainslie MacLeod’s website: [www.soul-world.com](http://www.soul-world.com).



Youth Chorus Benefit Concert

by Lauri Hennessey

On September 20th, islanders will have an opportunity to hear an eclectic mix of musicians come together to raise money for scholarships for the Vashon Island Youth Chorus. The idea was the brain child of islander Paul Colwell, who has been making music all his life. Many islanders know Colwell as a member of the popular group, "Bob's Your Uncle." Others know him for his work in the school district. But few know of his roots making music nationally and internationally as one of the co-creators of "Up with People". Colwell answered some questions about that group, and about why he decided to raise money for the Youth Chorus.

with Marita Ericksen and the Vashon Island Youth Chorus (VIYC) and many other talented Vashon musicians and vocalists in a concert to benefit the VIYC scholarship fund.

LH: What kind of songs should we expect?

PC: Borrowing from the title of a book recently written about the Colwell Brothers and Herb Allen, the concert is called "A Song For The World" and will include a few of the songs that I have written and sung with my brothers in over fifty countries. The Youth Chorus will add their international mix with a couple of delightful numbers of their own and join us in singing some of our songs from the Up With People



The Colwells and Allen in 2004, courtesy photo

Lauri Hennessey: What is this event all about?

Paul Colwell: Since moving to Vashon six years ago with my wife, Catalina, it has been a dream of mine to bring my brothers, Steve and Ralph, and our old friend and co-musical creator of Up With People, Herb Allen, to perform here on the island. The dream will finally come to fruition at Vashon High School Theatre, Thursday, September 20th, when we team up

shows in a variety of languages. We will also revisit our country and bluegrass roots, and Herb will cut loose with his xylophone wizardry.

LH: Mostly we will be hearing island musicians. Tell us someone about Herb Allen coming here.

PC: Herb, a Seattle native, is a composer and arranger and was Up With People's music director for thirty years. As a young musical prodigy he conducted the Seattle Children's Orchestra at the age of

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five. On graduation from Lincoln High School he pursued his career in Europe and began a lifelong association with the Colwells. He is attending his sixtieth high school reunion this month and the Vashon concert is his first appearance in this area since 1947.

LH: Who else will be joining you?

PC: In addition to Herb on keyboards and xylophone the instrumental ensemble is: Gib Daman on drums; Rochelle Wolfe, banjo; Wilson Abbott, dobro; and Randy Bruce on keyboards and fiddle. Featured on vocals will be Marita Ericksen, Lauri and Emma Hennessey, Meghan Hacket, and Molly Mazor-Brown.

LH: What was "Up with People" all about?

PC: At about the age of the kids in the chorus Steve, Ralph, and I started singing and playing music together. As teenagers we recorded for Columbia Records and performed regularly on radio and TV. Soon afterwards we set out on a journey that took us to amazing places and situations over the next decades- from the villages of India with Mahatma Gandhi's grandson to the independence celebrations in the Congo, presidential palaces to the Great Wall of China. We were lucky to experience the world as we did and to be given the opportunity to use our music to try to bring people closer together. And I feel particularly lucky that the journey has now led to Vashon, this unique community so engaged in the world

and its welfare, and to have the chance to work at Vashon High School with today's young generation.

LH: Any last thoughts?

PC: We all feel privileged and excited to be part of this effort in support of VIYC, one of Vashon's and VAA's premiere youth programs. Check it out. It's going to be a fun back- to -school "jam".

Note: The concert will be Thursday, September 20, at 7 pm, at the High School theatre. Tickets will be \$10.

Be Careful with Stranded and Injured Marine Mammals

by T. Martino, Wolftown

The ONLY people that can help Wolftown staff with Marine Mammals at this time are The Vets of Fair Isle Animal Clinic, Dr Mark Thorne, Odin Loning and Orca Annie.

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Harbour seals pups are on beaches this time of year, stay AWAY from them, please keep your dogs away from them. This is the law! And helps the animals by not giving them any more stress. Wild animals burn precious calories when they are stressed. This lowers their immune system and puts them at risk.

Call us to report a stranding or injured or sick marine mammal. 463-9113

Thanks Vashon!

ACROSS

- 1 And so forth
- 4 Trouble
- 9 Restrains
- 14 Bad (prefix)
- 15 Pearl
- 16 From Asia
- 17 Wrath
- 18 Allots
- 19 Spiritual leader
- 20 It's time \_\_ (2 wds.)
- 22 Empty \_\_
- 24 Rested
- 25 Madagascar franc (abbr.)
- 27 Chinese sauce

- 29 Dot \_\_ (printer)
- 32 Go to a meeting
- 35 Pull
- 36 Pinch
- 38 Killed
- 40 What you do to a gun
- 42 Heartache
- 44 Long
- 45 Demeter
- 47 Sandwich cookies brand
- 49 Ex-serviceman
- 50 Twitch
- 52 Domestic cat
- 54 Talk
- 55 Trinitrotoluene

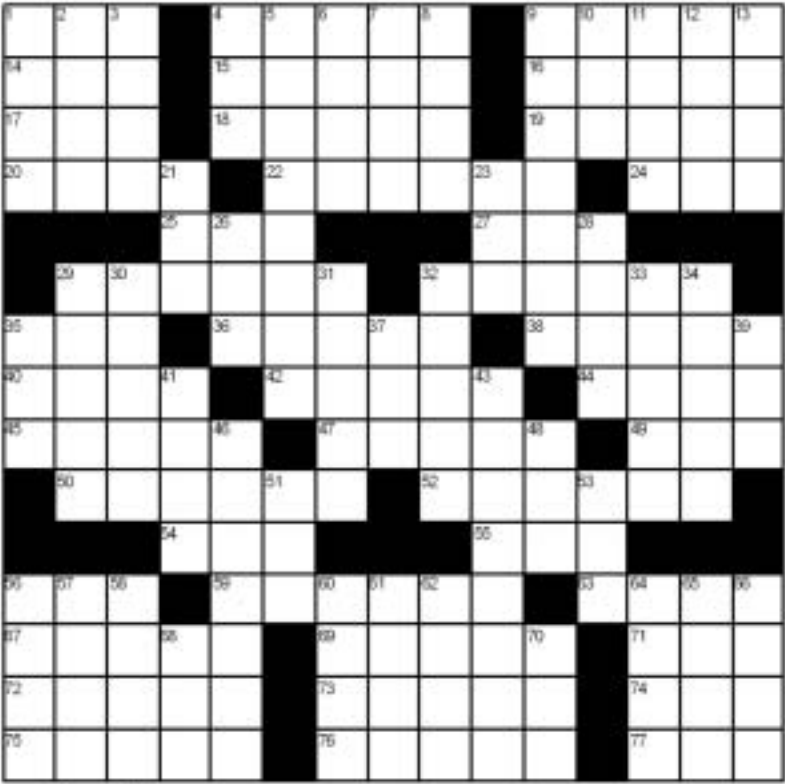
- 56 Bed
- 59 Against
- 63 Heavy mud
- 67 Stood
- 69 Land
- 71 Shaft of light
- 72 Monkey's cousin

DOWN

- 73 Afloat (2 wds.)
- 74 Genius
- 75 Entrance hall
- 76 Jumped
- 77 Proof ending
- 1 Give off
- 2 Tropical edible root
- 3 Fly
- 4 That man
- 5 Seeking revenge
- 6 Select
- 7 Mined metals
- 8 Saclike structures filled with fluid
- 9 Bugs Bunny's favorite food
- 10 United States
- 11 Chest bones

- 12 Baby's "ball"
- 13 Vexation
- 21 Often poetically
- 23 Time zone
- 26 Mr.'s wife
- 28 Bark in pain
- 29 Cow
- 30 Knowing
- 31 Copy company
- 32 BB Player Abdul Jabar
- 33 Unsuspecting
- 34 Eater
- 35 What a nurse gives
- 37 Atmosphere
- 39 Gauze
- 41 Brave
- 43 Stair

- 46 Civil War issue
- 48 Light giver
- 51 Stretch to make do
- 53 Short-term memory
- 56 Telephone
- 57 Brand of sandwich cookie
- 58 Grave
- 60 Factual
- 61 Satiated
- 62 \_\_ Major (Big Dipper)
- 64 Asian country
- 65 Speed contest
- 66 Looked at
- 68 Hero sandwich
- 70 Panama





# The Reigning Queen of Everything

## The RQE’s Career Change

By Sarah Blakemore, RQE

How did I go from having all the time in the world to no time at all? I got a new job.

Yes, yours truly, writer and stripper extraordinaire got a new job. It is sort of a new old job. 10 years ago, when I was young and naïve I took a job in Equity Research at an investment bank. After bouncing around on Wall Street for awhile I decided to go to the South of France and reevaluate my life – if only we could all go there to reevaluate our lives. The French, while annoying, are the perfect companions for this sort of activity as they embody the literal and figurative definition of blasé. Nothing matters, everything is put into a detached existentialist context, all while eating better food than most of the world.

But I digress. This comes as a shock to no one.

Anyway, after much soul searching, I quit Wall Street. I knew it wasn’t the right place for me at the time; I had other aspirations that wouldn’t be fulfilled if I kept working 70-90 hour weeks.

So now, not so young and naïve, I’m back on Wall Street. In a much, much better position. Instead of having meaningless busy-work tasks dumped on my desk by power mongering bosses I have one boss who respects me and gives me real work to do. I participate in conference calls and have meetings with relevant people. She is keeping me on her staff to work on the close of one merger and the commencement of another. I feel synapses firing that haven’t fired in years. And it’s great.

Don’t worry, I’m still dancing three nights a week so you’ll still get to read all the great sex stories. I’m not giving up dancing. Or writing. Just trying to feed another part of myself. The part that longs for a bit of stability and regularity and to be valued for my intelligence, not my ability to put on a good show.

I had forgotten all the great things about Corporate America. Like the free coffee and lack of profanity and being around highly educated, industrious people. And let’s face it, the paycheck isn’t so bad either.

I’m not sure what it is; in my early 20s I was unhappy doing anything but flying by the seat of my pants. Day planners (now Blackberries) were for sissies who needed to plan out every part of their lives. Now having one is a necessity for me; I’d be lost without my calendar.

What I think has changed is that I no longer see my complete identity being built around my investment banking job. I’ve got the sweatshirt now that I am part of the team. But I don’t live in the sweatshirt. I trade it for a corset and six inch heels three

nights a week. I love it. I love that I can have both identities and not feel as though one prohibits another. In this world of definitions and career paths I think we limit ourselves by strict designations of ourselves. Why can’t I be an investment banker who strips and produces theatre on the side? Why can’t I be a theatre producer who does investment banking on the side? Neither of these activities are mutually exclusive.

Some of this revelation is related to age, part of being young is seeing things in black and white. As you get older, as I’ve gotten older, I have a broader spectrum of perspective from which to draw. It is pleasant and in many ways makes things easier rather than harder. People always reminisce about childhood, nostalgically looking back on “simple days”. I don’t remember childhood as being easy, it is largely confusing, everything is new and your world is almost entirely out of your control. In my younger days I left Wall Street because I wanted to be the Reigning Queen of Everything and Wall Street wouldn’t let me do that. Now I understand, from experience, that I don’t have to choose between investment banker and RQE. It’s great because I get to feed both sides of myself; the loopy creative part and the part that enjoys the stability an intellectual exercise of banking.

Of course it would be great if I could marry the two; I’d love to run the microfinance wing of one of these behemoth banks. But you have to be in the game in order to play, so I’m here playing. There is nothing worse than a life unlivd.

And, if nothing else, I am finally doing something my parents can talk about with their friends and coworkers.

The RQE promises that her next column will not be self indulgent drivels. Really. She wishes to thank her readers for putting up with her during this time of bland, teenage angst writing. All artists go through this, so she hears.

ooooo



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## Community Supported Agriculture on Vashon-Maury Island:

Serving up food and keeping food dollars in our community

By Amy Bogaard

Community Supported Agriculture (CSA) has been one of Vashon Island’s effective strategies to keep farmers farming, protect our island’s rural character, feed our neighbors, and keep money cycling through our community. About 15 years ago, CSA farms were a relatively recent development on the island farm and food scene but more recently there have been up to six different farmers offering subscriptions in a given year.

For those not familiar, CSA’s represent a direct relationship between farmer and consumer. Consumers typically sign on with a CSA farm for a “subscription” lasting approximately 5 months during the growing season. It typically includes weekly pick-ups of fresh produce like vegetables, fruit, eggs and flowers – whatever the farm happens to be producing at that particular time. We are fortunate in western Washington because we are able to grow a wide range of produce across a very long season. Most often CSA’s run from May to Oct but winter subscriptions are also sometimes available. The cost varies, but averages around \$450- \$500 per share (or subscription).

These subscriptions, which are generally intended to supply a family of four with their week’s veggies, establish a direct human relationship between the growers and the “eaters” that provide significant benefits to both. It also happens to encourage the

preservation of open space in our community and keeps money cycling through – instead of out of – our island community.

Subscribing to a CSA farm is one fantastic way not only to feast on super-fresh, nutritious, and tasty produce, but also to support local farms, island jobs and our island economy, and to understand where your food comes from and who produces it. Subscribers really appreciate the opportunity to develop this direct relationship with the people who actually grow their food.

The CSA relationship also provides farmers a benefit as they typically receive a partial advance payment that helps offset the early expense of seeds, soil amendments and workers while crops are planted and growing. It helps farmers plan the amount and types of food to grow during a given season, though of course there is no exact science, as anyone who has grown zucchini knows! CSA farmers typically plant a huge variety of crops that helps minimize the risk of a devastating crop failure in any given year.

Each season brings its own unique and unpredictable crops failures and abundance. One year we may find that corn doesn’t ear up properly, but the Walla Walla onions are all the size of softballs. In this kind of year, our subscribers will enjoy a sweet Walla Walla baked in its juices in aluminum foil on the grill (really delicious by the way!) but miss out on fresh picked corn.

CSA subscribers develop a whole new intimacy with their food. You learn to eat in season based on what is available; and to eat all types of vegetables – both the familiar and not-so-familiar. Subscribers do need to make a commitment to cooking regularly – or the food will simply go waste as it sits in the fridge. And at the end of the day, the customers who support the farmers’ ups and downs usually get a pretty sweet deal, especially if you eat everything! While the early season bags may be a little



The kids get a tractor ride at Amy and Joe Bogaard’s Hogsback Farm, a Vashon CSA



# Garden The World



By MEarth

## It's Still Up to You

As I have repeatedly mentioned, the implication behind the whole Garden The World concept is that we actively create the world we want to live in. We do it whether we want to or not. We do it whether we intend to or not.

I don't know if you watch the news, but I do. I watch as natural disasters occur, one after the other, all over the world. Lately, it seem like we are never without one. I have seen statistics that say for the 1990s and before, we have averaged 600 natural disasters a



year. Since the 90s, the average has been creeping steadily upwards and, most recently, we have been setting records in the 785+ range. 785 natural disasters per year—that includes wildfires, earthquakes, floods, mudslides, hurricanes, tornados, and tsunamis—over two a day.

Am I the only one noticing that whether it is South East Asia after the tsunami, New Orleans and southern Mississippi after Katrina, southern California after the most recent wildfires or the Midwest this week, the images are all starting to look alike? How long will it be before all human habitation looks like that? Images of refugees, whether they are at the dome in NOLA, the flood waters of Ohio, the earthquake in Peru or the drought and famine in the Sudan, begin to run together in my mind.

As of today, as this is written, wildfires threaten the ancient home of the Olympics. This is the Earth threatening the roots of

light, the veggies really begin to pour in as the season turns toward summer and fall.

Why aren't there more farmers doing CSA subscriptions? Despite the advantages to farmers, it can be a stressful venture. You promise a variety of vegetables weekly for 20 consecutive weeks. Once the season starts, the weeks roll by at what seems to be an ever-accelerating pace. There are endless decisions about what to harvest, when and what and where to plant this week and next! And despite the satisfaction of working in the soil and delivering food to one's neighbors, no one operating a small farm today is headed for riches.

All of the hard work, uncertainty and occasional disappointments are quickly replaced by the pure joy you experience when your members arrive for the pick-up. Their sense of ownership of the farm,

human heritage. Historic buildings burn, historic sites burn, sacred places flood, and archeological sites are swept away. The birthplace of jazz was all but lost—just another hurricane away from being swept away forever.

The earth cannot but speak to us symbolically. Most of us do not understand Her language—mind you, there are those of us who do and they have, to an individual, been trying to warn us about this for hundreds of years—so all She can do is hope we take the hint.

The hints are getting broader, don't you think?

We are told to be the change we want to see in the world. The world is changing quickly—and at an accelerating pace. Every indication is that this current generation will be the last to live on the Earth we know. Our grandchildren will look back at our lives, our times, and marvel at what fools we were, how arrogant and selfish, how blind and greedy we were. I won't even get into global warming, which seems like a hot button issue to people, but the changes we have wrought unto this world will have

lasting effects, lasting longer, perhaps, than the species who made them.

Two-thirds Of World's Species Threatened; Wave of Extinctions Sweeping the Planet; Entire North Atlantic Ocean on Verge of Collapse; Trees on Verge of Mass Extinction; World's Wading Birds Vanishing Fast; Sharks Suffer Population Crash.

These are headlines from such radical environmental sources as Nation Geographic, Christian Science Monitor, Nature and Science Today that show just how we are gardening the world. It is your choice—is this the gardening you want done in your name? Every day, you garden the world. Perhaps directly, perhaps in your name in places like Chile and Utah. Today, someone—a farmer, a miner, a fisherman—will do something for you. Perhaps it will be a good thing, a wise thing, a sustainable action, a green endeavor. Perhaps not. It's **Shoulder To You**

appreciation of local, fresh and healthy food, and the anticipation of opening the bag to discover what will be on the menu in the coming week can make it all worthwhile.

There are, of course, other ways to support island farms and enjoy the islands' healthy, seasonal produce. You can shop at the farmers market, stop by one of the numerous roadside farm stands, or join a farmers collective, like Shoulder to Shoulder which just started this year. Here, everyone helps with the farming and, in return, reaps the benefits of fresh produce in an atmosphere of community and partnership. Along with CSA's these alternatives also support your neighbors, promote our islands' character and economy, and perhaps most importantly, keeps the freshest produce on the table for you and your family.

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# Tom Wallace

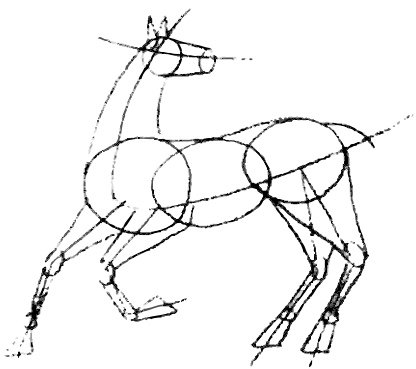
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## Feeding Ourselves

by Lisa Matthais

My family enjoys the privilege of growing food for our neighbors. Every week for the past eleven months (every other week during December – March), twenty-two families have come to our garden to pick up what is ready for harvest at that moment. The list of food distributed during just the Winter months is startling: Peppers, Chinese Cabbage, 125 pints of Frozen Berries, Rhubarb, Spinach, Radishes, Nettles, Watercress, Rutabaga, Eggs, Carrots, Dried Asian Pears, Potatoes, Garlic, Kiwi, Lemons, Chard, Beets and Leeks to name just a few.

For the wildly abundant Summer growing season, we added six more families and have been preserving food like crazy to supplement the slow growing season. All this from a ½ acre organic method garden, two adults, and two 'tween farm stewards.

The point is simple: we can to a great extent feed ourselves here on Vashon Island. While our entire family has chosen farming as a lifestyle and a business, growing food certainly does not have to be done on such an intensive

than trying to grow everything all at once, shop the Market for what these farmers do best and use your yard space for what you love most. Then, choose a theme: if you are already a fan of the Farmers Market and find yourself missing the fresh produce November through March, plan to grow a winter greens garden. Even during the crazy ice and snow last year, our baby mustards, hearty kales, and crisp Chinese cabbages remained full of life and flavor.

If you honestly know that you have good intentions to start your garden but will lose motivation after a few weeks, grow long-maturing plants like potatoes, garlic, onions, and winter squashes. These plants, if defended from weeds as young starts, will quickly grow densely enough to protect themselves. They are also excellent keepers, making even sporadic gardening efforts pay off in months of tasty meals. Perennials are another excellent choice for folks with more desire than time. Rhubarb, asparagus, blueberries, strawberries, horseradish, even watercress and nettle will reward you for years to come.

Speaking of strawberries, a worthy theme might be to grow the items the FDA has identified as most likely to be contaminated with pesticides. The Shopper's Guide to Pesticides in Produce ranks p e s t i c i d e contamination for 44 popular fruits and vegetables based on an analysis of nearly 51,000 tests for pesticides on these foods, conducted



The Matthais CSA farm field, Jeff Matthais photo

scale. Every yard is perfect for providing nutrition, flavor, enhanced health, and mealtime celebrations.

### How to get started

My first suggestion is to visit the Farmers Market. What are commercial farmers and backyard gardeners growing on the Island right now? What seems the most common, the most vibrant, the most used in your own cooking? What calls to you the most? Please do not plan a garden full of “what you should be eating” unless you really do love that food. Such a project often ends up like other to-do lists of good intentions and will only foster procrastination, guilt, and weeds.

The growers of Vashon Island Growers Association truly love to bring you the best of their efforts from the first weekend in April to mid-October. Rather

from 2000 and 2005 by the U.S. Department of Agriculture and the Food and Drug Administration. Sweet bell peppers, celery, lettuce, spinach, and potatoes are the vegetables most likely to expose consumers to pesticides. Fortunately for us, these thrive in our maritime climate. If you would like to focus on perennial plantings, you'll be doing your body a great favor as seven of the top ten contaminated foods are fruits: peaches, apples, nectarines, strawberries, cherries, grapes, and pears. Again, Vashon and Maury Island offers an excellent climate for home orchards of these varieties. The Vashon Island Fruit Club is a fabulous organization for learning every aspect of growing your own fruit. Check out www.vashonfruitclub.org for more information.





# LoOp Ed

## Here We Are

by Mark Goldman, mark@gpln.com

Here are three postulates and two questions that I offer for your consideration:

1. In order to get elected to high public office in America, you must be willing to tell people what they want to hear. If you tell the truth, or otherwise tell people what they need to hear in order to protect their freedom and way of life, you can't get elected.
2. There is insufficient national income now being generated to pay our debts. We are essentially an insolvent nation. I now believe that the powers that be have no intention of paying our debts. When our creditors come to understand this, they will stop funding our purchases and our wars, and many more of our citizens will be thrown into poverty than are there now. Many others will, for the first time in their lives, have a very hard time making ends meet.
3. We have lost many of the fundamental rights that are enumerated in our Constitution. Most of us have not yet lost our freedoms only because the freedoms we now enjoy do not exist as a matter of law, but rather they only persist at the pleasure of certain individuals.



Mark Goldman

Q1.:If a certain someone decides that you are somehow a threat to his or her plans and decides to remove you as a potential obstacle by taking your wealth or your freedom from you, who will risk their own wealth and freedom to defend you?

Q2.: And if you see someone being treated unjustly, will you risk your wealth and freedom to defend them?

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## Deer Hunting on Vashon

By Phil Mahurin

Heavy population density can and often does have a negative effect on the health of the deer population. When populations reach a certain level, the incidence of disease and parasitical infection increases, and dietary restrictions negatively affect size and health, as a result growth potential is not fully realized. Many of us who are concerned about the wildlife of our islands have observed this to be true of our deer population. Proper herd management is the answer to this problem.

Hunters play a vital role in the management and maintenance of the Black-tailed Deer herd. By harvesting some of the offspring producing animals each year, hunters help reduce the number of animals born the following year. This method is far more humane and productive than the less desirable method employed by the driver of the 44 caliber Oldsmobile. The latter method usually does not result in an instant and humane demise of the animal but rather requires the creature in question to wander off and die in pain. Car vs. deer always results in victory for the car. Although the 12 gauge Buick wins, the people involved incur financial loss, inconvenience, and, at worst, physical trauma. The deer always dies, rarely is death instant, often it is slow and agonizing.

How much property damage does our deer population cause each year? My pickup truck estimate was \$2,000. How many people have been injured in car-deer collisions? I have given up on the veggie garden. Roses just don't last. Wouldn't it be interesting to discover the economic impact the deer herd has on the human population of our community? The economics then could be balanced with the esthetic, natural, and environmental value, giving us a cost-benefit analysis. Black-tailed Deer are beautiful, expensive, dangerous and very good eating.



Phil Maturin's hunter safety class at the Vashon Sportsmen's Club, Fred Hansen photo

# PANDORA'S BOX

Hooray!!!!!!!Back to School is here. What will Fido do with the kids gone all day? He'll need a new chew toy for sure.

Cheryl's pick of the week:

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## Demand that Our Government Do Better

Editor, The Loop:

Occasionally I hear it said that "X number of people from that country aren't worth even one American life." Politicians say it on television because if it was discovered that a Canadian life was worth more to a Senator from Mississippi than an American life it would be a sticky situation. Pundits like Bill O'Hannity and Tucker Limbaugh say it to their audiences because they think it makes their candy asses look tough and patriotic. When a "regular" guy or gal says it, it means something else. It means that they all believe that the animals in their own group, whom they know and care about, are more important to them than those from another group whom they have never met. It must be natural for all walks of life to engage in this form of patriotism.

Here's something interesting to think about: to the last person, every

one of the OTHER 5.7 billion (that's almost 20,000 Americas) people on earth is quite certain that one American life is not worth one life of their fellow countryman. Natural, natural.

There is a rub here. America, unlike any other country in the world, is able to put that attitude into a working foreign policy. And the whole world knows that. And with the fun new accessibility of the internet, they all get to talk about that with each other. How do you think that's playing out?

You know what was so tragically wrong about the German people, the Italian people, the Japanese people, the Roman people, the Athenian people, the Napoleonic era French people? Not the atrocities committed around the world in their names. The average German auto worker didn't load anyone onto a train for a death camp. But the average German stood there and watched and did nothing, and said nothing (except for some, who said "hurray for my commander-in-chief") while HIS GOVERNMENT committed those acts.

I get a kick knowing that some will read this and take away only: "did he just call me a Nazi?" Since when did patriotism mean toeing the party line no matter what the party did, in direct opposition to the position of our Founding Fathers? Could it be that patriotism could involve some demand that the people around you open their eyes and begin some kind of discussion, even amongst OURSELVES? Could it involve demanding that our government do better?

Sincerely,  
John Holder

This letter has been edited for length. - Editor



## Going Green

Part II in a series.

It may help to explain the birth of our modern environmental movement by charting it through my lifetime. At 65 I've seen a lot of it happen, either from afar or from the point of view of an activist. So please bear with me.

I suppose you could say that my childhood was always green. We called it being poor. Recycling and reuse? Always. Our furniture was someone else's throw aways and we passed on to others anything we didn't need. When you have no money, reusing is the only option. But we never felt deprived. We walked or took a bus everywhere. We didn't own a car until I was in fourth grade which was also the year we finally got a refrigerator. We had an ice box before that.

Even after most folks had a TV we got by without one. I do remember having an old, second hand television briefly during part of my years in high school. But without a TV, I never got hooked into hours of television watching the "boob tube".

I was raised by a hard working, divorced mom who had survived the depression and "waste not, want not" was our total way of life. Hand-me-down clothing from older cousins or clothes made by my mother was the norm. We almost always had a garden. I earning what money I could do chores for the neighbors. That was my life.

I laugh now at the "discovery" of walking, bicycling, reading vs. TV, recycling, reusing and organic. We always raised stuff organically, because manure was free and we would never have wasted money on pesticides when we could just pick the bugs off. I was lucky that my mother had taken a year of college nutrition classes before she married. She was a great cook. In addition, my grandmother lived with us and since she was diabetic we never had too many sweets. Meat was expensive so we ate lots of fruits and vegetables as well as casseroles and soups with a minimum of meat stock. I was raised on a very healthy, organic diet.

Before you feel sorry for my poor family upbringing let me say that I and my sister never felt poor. Our life was rich in so many ways and we believed in the "waste not, want not" philosophy. My mother believed in education and the importance of bringing culture into our lives. I had piano lessons and dance lessons, regardless of the financial sacrifice. We took advantage of every free concert and lecture available, and there were many in those days, and we all spent many hours in the library.

We were encouraged to take part in the community and expand our knowledge in every way possible. The "nose bleed" sections of the opera and symphony were cheap enough in those days that even my family could afford it. For people wanting to become greener, those are good activities to do with your family today instead of video games and expensive, gas guzzling trips.

Many summers we camped out and traveled the west coast, harvesting fields at u-pick places and canning up our food for the winter. Nothing ever got wasted. We returned bottles for the deposit and bought our food as close to the source as possible. It was simply cheaper that

way. I helped out at a chicken farm so that we always had eggs and for a time we lived next door to a dairy so milk was never a problem.

I always loved nature and by the time I started high school we had camped out and hiked in almost all of the national parks (they were free then) in the western United States. In the early 50's I became a Junior Ranger in the National Park Service. It is still an active program for children today, but was far more challenging then. We learned to identify birds, animals, flowers, trees, and scat. We had outdoor classes on the geology of the region and the influence of the ice age on the fantastic formations and dramatic vista we were seeing. We went on long hikes with rangers and naturalists. I learned about men like John Muir and other farsighted naturalists who helped save those great natural treasures for us to enjoy.

One exceptional summer in Yosemite they offered a photographic workshop and I met an old, gray bearded man who kindled my love of photography and photographing nature. His name was Ansel Adams.

I was introduced to the writings of naturalists Aldo Leopold and Henry David Thoreau. I read the poems and ideas of Ralph Waldo Emerson. The work of these and others like them set the stage for the early environmental movement and are still well worth reading today.

In the late 50's I began to become acquainted with another stream of thought that would lend itself to environmentalism in the future. The beginnings of the "natural food"



Emma Amiad

phenomena. It was these early pioneers who first began to raise alarm about additives in food, use of pesticides and the lack of nutrition in our "white bread" American society. One fortunate day I had lunch in one of California's first health food restaurants with an enthusiastic man who has been called the "godfather of exercise". He talked to me about natural food, exercise and nutrition. I have tried (not always successfully) to follow his lead for most of my life and will never forget my lunch with Jack Lalane.

These experiences and books of my childhood and young adulthood built the foundation for my involvement as an adult in the first flowering of the environmental movement in the 1960's and onwards. The next segment in the Loop will look at the period when the modern environmental period of activism really began to grow.

The following editions of the Loop will continue this article. The entire piece may be found at Emma's blog at [www.vashonislandrealestate.com/blog.html](http://www.vashonislandrealestate.com/blog.html).

Emma Amiad is the broker/owner of Amiad and Associates on Vashon Island. Contact her at 206-463-4060 or her website: [www.vashonidslandrealestate.com](http://www.vashonidslandrealestate.com).



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# MadameToujours

Dear Madame Toujours,

I need to consult with you on a matter of interior decorating. My daughter Elsbeth is a brilliant, beautiful, woman, a model of efficiency, gentle and generous and generally delightful. She and her husband Corin recently decided to remodel their house and my friend Ginny recommended a contractor.

About a month into the remodel, Ginny called me in a tizzy to report that Alvin the contractor had called her and told her that he couldn't work with Elsbeth and she was going over budget on the remodel and would go bankrupt and he, Alvin, was afraid Elsbeth wouldn't be able to pay him.

I, of course, told Ginny it was nonsense and forgot all about it. Soon after, I got a call from Alvin. He told me I had to do something about Elsbeth because she was completely out of control. I told him he should talk to Elsbeth about it, but he said he couldn't talk to her. She wouldn't listen to him, and the house was turning into a disaster. I told him I was sure he was exaggerating, but I would talk to Elsbeth and see what was going on.

When I went to Elsbeth's house to see the remodel—which was charming, by the way—Elsbeth was livid. The moment I arrived, she lit into me, telling me I had no right to talk about her behind her back and spread rumors about her. She actually cried. She said she couldn't believe I would betray her that way. Bewildered, I asked her what she was talking about. She told me not to lie to her: Alvin had told her everything I had been telling him behind her back.

Now Elsbeth isn't speaking to me or to Ginny who, it seems, has been tarred with the same brush although Alvin still calls her and tells her everything that Elsbeth is doing wrong, and since Elsbeth is angry at her, Ginny has started to believe these things, and I can't convince her Alvin is the one really causing trouble.

My question for you is: When you have hunted your contractor through the city streets, torn him to pieces like the maenads of Greek mythology and hung his testicles by your front door as a tasteful bell-pull, how do you deal with the problem of odor and decay?

Sincerely,  
Vengeful Mom

*Chere Mme.* Vengeful,

You are observing the very unfortunate issue that is troubling the beleaguered homeowners throughout the centuries. In the old days, when the contractor persons were behaving in the excessively difficult fashion, the homeowners were tastefully mounting the heads on the pikes in the front of the castle. *M.* Vlad the Impaller had the terrible troubles with the general contracting type persons. Eventually, however, the carcasses and so forth were decaying and causing the hazards to the public health.

Fortunately, the modern technologies are presenting the solutions. The trophies removed from the undesirable persons can be inexpensively and conveniently bronzed before being hung proudly beside the front door.

*Bon Chance Mme.* Vengeful





## Feeling Anxious?

By Kathy Abascal

Anxiety is very common in the United States and almost a quarter of the adult population suffers from some form of anxiety disorder. Typically, anxiety also appears with a wide range of physical symptoms such as indigestion, heart palpitations, and muscle pains. Western medicine, however, tends to treat anxiety as a strictly mental condition and often views the physical symptoms as psychosomatic, or not “real” because they cannot diagnose a disease that is causing the physical symptoms.

In fact, in my experience, anxiety is best treated by also addressing the physical issues that arise, rather than writing them off as a fiction of the mind. In quite a few cases, there are real nutritional deficiencies that make people anxious and adding the right supplements and foods can reduce the nervous as well as the physical symptoms.

As with many health problems, anxiety is frequently the result of gut issues. Gut issues are a particular problem in the elderly because they often



have low levels of gastric acidity. Lack of sufficient saliva (often a side effect of prescription meds), inadequate bile production, and low stomach acidity can cause an abnormal gut flora which in turn leads to poor absorption of nutrients. Increasingly, due to a poor, highly processed diet, this is true of younger people as well. So, a lack of minerals and essential fats in the diet along with the wrong gut flora often plays a big role in anxiety.

The typical GI symptoms that often accompany anxiety are abdominal pain, belching, diarrhea, dry mouth, flatulence, heartburn, upset stomach and nausea. Often, these symptoms can be overcome by using bitter herbs. Bitter herbs promote better GI function by increasing salivation as well as gastric and bile secretion if taken 5 minutes before meals. Many bitter formulas are available on the market and can be very helpful in anxiety combined with GI symptoms.

Most Americans are deficient in magnesium, a mineral that has been shown to have a calming effect in both human and animal studies. In one study, patients given 200 mg of magnesium showed decreased levels of nervousness and insomnia. Another study found that people with a magnesium deficiency had increased anxiety symptoms. Finally, a



# Wipe Out

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French study combined 75 mg of hawthorn flower (*Craetagus laevigata*), 25 mg California poppy (*Eschscholzia californica*) and 75 mg of magnesium and gave 2 tablets twice a day to patients for 3 months. This combination formula was found an effective and safe treatment for mild to moderate anxiety.



Hawthorn is primarily used as a heart medicine. It has a strong ability to slow heart rate and often has a calming effect. It may well counter anxiety by helping to alleviate nervous heart palpitations. California poppy is a lighthearted calmer with mild analgesic effects. Although not studied much in humans, it reduces anxiety, acts as a mild analgesic, and helps prevent drug-induced memory loss in mice. It is a very safe herb except in pregnancy. In fact, Native Americans claimed that even the scent of California poppy was bad for pregnant women.

After reading the French study mentioned above, I began making a formula that combines fresh hawthorn and California poppy tincture and suggest that people take a magnesium supplement along with the tincture. This formula seems to work very, very well, especially in people who are sort of jittery, scattered, and a little unhappy.

The premier herb in anxiety is kava (*Piper methysticum*). Kava also has anesthetic properties that can be highly useful in interstitial and run-of-the mill cystitis where it strongly decreases the sense of urgency. It can also be useful, internally and topically, for fibromyalgia. So kava is an excellent choice for the anxious individual also complaining of muscle pain or urinary urgency. It seems that kava works better for younger adults and women. Kava for a while was feared because it might cause liver damage. The current view, based on clinical studies, is that it is no more harmful to your liver to take kava than it is harmful not to take kava


Lemon balm (*Melissa officinalis*) leaves have a long history of use for anxiety and for memory support. In Germany, it is approved for nervous sleeping disorders and as an antispasmodic for digestive problems. One small, but relatively well designed, study showed that it improved accuracy of attention and calmness in health volunteers. It also seems to reduce agitation in patients with Alzheimer’s disease. Lemon balm is also used as a treatment for various viruses such as herpes infections. I like combining kava and lemon balm in people with anxiety whom also have trouble concentrating and suffer from stomach cramps or upsets.

There are many other calming herbs that work well for the various types and symptoms of anxiety. The best part of these herbs, and there are many more than I have described here, is that they calm but at the same time can address many of the troubling physical issues that are part of an anxiety disorder. While these issues may be labeled psychosomatic, they are very real and people’s moods improve greatly when these symptoms are relieved. So, if you are feeling a little anxious, you might want to explore the world of calming nervine herbs.



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 has written two books on medicinal plants: *Clinical Botanical Medicine* and *Herbs & Influenza – how herbs used in the 1918 flu pandemic can be effective today*.

She is now available for health consultations at the **Full Circle Wellness Center**. These consultations will help you choose herbs and supplements as well as make dietary changes that will support your health. An evaluation of how these changes might affect prescription medicines you may be taking is included in the consultation. She teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie and will be adding classes on perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.





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## Land Trust offers Forest Stewardship Course

September is “forest focus” month at the Land Trust, when islanders can take advantage of educational programs relating to forest health and management.

September 19th starts the Forest Stewardship Course, held at the Land Trust building for eight Wednesday evenings, 7 – 9:30 pm, continuing through November 14th. This popular course, taught annually on Vashon by WSU King County Extension and sponsored by the Vashon-Maury Island Land Trust, is an excellent program for owners of 3, 30, or more acres of forest. As well as covering an array of topics, ranging from improving wildlife habitat to controlling invasive weeds, participants are also guided through the process of developing their own written forest stewardship plan. This plan can be submitted to King County to qualify for property tax reduction programs. There is a course fee, which covers materials and an individual site visit from a forester. Pre-registration is required and space is limited. Register with Amy Grotta at 206-205-3132 or Amy.Grotta@metrokc.gov.

As a lead-in to the Forest Stewardship Course, Washington DNR’s Forest Health Program Manager, State Entomologist and Vashon resident Karen Ripley will be giving a public presentation on Wednesday, September 12th at 7pm, entitled “Forest Health: Insects, Disease, and Fire in Eastern



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*Death isn’t just something that happens on one particular day. Death is happening constantly, and that’s why this teaching is called “Living and Dying,” because that’s what it means. In our situation birth and death are coexistent; they always go together. It’s like we are living and dying at the same time.” - Lama Karma Samten.*


Lama Samten will be presenting a weekend program on the subject of death and dying from the Buddhist perspective. Lama Samten is a Tibetan Buddhist teacher in the Karma Kagyu tradition and is the resident at Karma Choling Buddhist monastery in Auckland, New Zealand.

Sponsored by Karma Thegsum Choling Seattle, a Tibetan Buddhist meditation center in the Karma Kagyu tradition. For more information visit [www.seattlektc.org](http://www.seattlektc.org) or contact Linda at (206) 463-0370.

Washington”. Karen, an extremely knowledgeable and engaging lecturer, will speak on how changes in eastern Washington’s forest structure and composition, due to harvesting practices and fire suppression over the last 100 years, have created consequences such as insect and disease outbreaks and severe wildfires.

Karen sees an importance for western Washington residents in understanding what’s happening on the other side of the mountains. “The forest health problems in eastern Washington are a story that has an interesting history, makes ecological sense, and potentially has some real win-win outcomes for taxpayers, conservationists, landowners, and others interested in all aspects of natural resources,” she says, while stressing that these are very serious problems and that it will require focused and dedicated efforts to resolve the present conditions. All are invited to this free presentation, and to take advantage of the educational resources offered this month, whatever your level of forest appreciation.

For more information on these events, contact Beth at the Land Trust 463-2644 or [beth@vashonlandtrust.org](mailto:beth@vashonlandtrust.org)



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 14**





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## Planet Waves

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



**Aries (March 20-April 19)** Key decisions on the work front are upon you faster than you anticipated. Use the coming few weeks to help establish the pattern you want to carry with you. This is a moment of discontinuity, and while you may not exactly be welcoming that, you can use the current changes as a way of breaking free of the psychological ruts that have held you to a particular course of action for longer than you care to admit. Now you must choose consciously and carefully what you do with each day, because those choices will establish the physical and mental pattern of your life for the foreseeable future. Anything or anyone that attempts to provoke you to do what you don't really want to do is merely an opportunity to hold to your new direction — and to ask yourself again if it's what you really want. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Taurus (April 19-May 20)** You are not known for taking extraordinary risks all that often, but now you seem prepared to take an enormous chance. You've probably noticed by now that certain past decisions were based more closely on a past vision of yourself than a vision of the person you are rapidly becoming. The question now is whether you persist in living out circumstances that point you toward an outmoded identity, or reach into the unknown and, consequently, make many necessary adjustments to your life. Clearly, you were counting on certain developments to take a lot longer than they have, but it seems that once you stuck one toe in the water, you were suddenly sailing on the high seas. That's what can happen when you let yourself dream a little. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Gemini (May 20-June 21)** You now have the example of someone close to you; they are demonstrating there are different ways to make decisions than the ones you typically employ. Yes, it's necessary to try several options, or to alternate between two of them; yet it's possible to give each option longer than you are accustomed to doing. At the moment you are deliberating over the data you've accumulated, and you're headed for a development that is likely to tip the scales. I would caution you, however, that you want to do everything in your power to ensure that you can take full credit for what you decide. If you are provoked by someone else, and then react suddenly, you may in the end be left with the feeling it wasn't really you who made this crucial choice. Therefore, take it slow. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Cancer (June 21-July 22)** The ideas you have are, on one level, your own property,

but they are worthless unless you share them. No have is not quite the right word; they pass through you, with a purpose. Share does not necessarily mean give away, it just means that you don't need to covet them. The inspiration that others have so generously offered at many points in your life has spurred you forward, and you now have a chance — indeed, many chances — to pass that energy on. You will profit by your choice to do so, yet the greater reward will be the opportunity to do more with your talents than you have ever imagined, if you will confront your fears honestly and give yourself over to the experience. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Leo (July 22-Aug. 23)** Part of living in tune with oneself (something that, by the way, is not something that Westerners are particularly good at) is letting go of your mental patterns, ideas and beliefs that work against you. This makes room for adopting and putting energy into the ones that support you and advance your purpose. This is a moment of clarity. You may have the idea that you can take your time doing these things, and it is true that generally it takes a lifetime or more. Yet at the moment, a diversity of factors are conspiring to make sure you are living, loving and loving life from a place that is close to your roots. What other people believe, and the ways they may deceive themselves, matters entirely less than that place where your feet make contact with the solid ground of your soul. Remember, all wealth comes from the Earth. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Virgo (Aug. 23-Sep. 22)** Saturn transiting one's birth sign (which began for you Sept. 2 and extends through 2010) rates among the more meaningful events in our astrological story. You are, by chance or circumstance, being compelled to see the whole horizon of your life. Maturity has never been something you resisted, but now the challenge is to consolidate the gains and lessons of the past few years and moreover, to take your own goals seriously. Others can do that for you, but in the end you are the only person whose respect can propel you forward on your cosmic journey. With so much emphasis on your professional life, I would remind you of this: you have two distinct missions. You must recognize them as clearly as a mother recognizes identical twins as different people, but never forget what they have in common. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23)** The 12th house of astrology addresses things that are too large to conceive of. Do we walk down the street conscious of the fact that we are in a galaxy? Can we even conceive of being part

## Joanna Gardiner

Loving care for animals,  
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of a city or country? Do we have any idea how many people our individual choices may affect, or how many people we are not conscious of are pushing us to do things that are entirely out of accord with our inner truth? An eclipse of the Sun in this sensitive angle of your solar chart will pull back the veils on all the ways you are intimately connected to the world, and open a dimension of yourself you generally cannot see. You tend to get trapped in certain details of that dimension; what you really see are the distortions created by your beliefs. Something else is about to happen. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Scorpio (Oct. 23-Nov. 22)** Close partners seem to be taking their sweet time coming to certain decisions, an effect that has spilled into your professional and personal spheres of life. You can trust one thing, which is that someone you care about is not intentionally dragging his or her feet; rather, they are assessing the patterns of their life and searching for a new source of energy to help them on their quest for their personal identity. You are clearly not accustomed to these kinds of struggles; it's usually a lot easier for you to make up your mind than it is for the people you associate with. Not everyone possesses Scorpionic intuition. Stand back, though, and give the situation some time — at least a week. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Sagittarius (Nov. 22-Dec. 22)** Next week's eclipse of the Sun promises to open a door where your highest ideals or mission in life are involved. You are entering a phase where you have the Midas touch, and can use your power to make the world a better place. Because you live in the world, your life will become a better place, but you don't really need to think about yourself. On that dimension, you are strong, indeed, superlative. What you are being called upon to take up is leadership, and to lead effectively, you must lead by example. It often seems that the only way to get the truth across is by words, but take it from a writer: words only get you so far. Existence is much more potent. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Capricorn (Dec. 22-Jan. 20)** Carl Jung remarked that most religion is the substitute for religious experience. While your birth sign tends to be associated with established

dogma and strict rules, you as an individual possess a direct connection to the deep and distant past that at least allows you to see ideological bullshit for what it is. The next step is embracing your direct perception of what you know is true as your personal truth. Forget the seeming conflict and divided loyalty that preoccupies most people capable of thinking. Once you decide something is false, throw it away. Once you observe something is true, live out the experience and see whether it is actually true. "Belief" has no place in this discussion, except as an impediment. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19)** A significant block to your progress seems to have melted into the ground. It took long enough, I am sure you agree. In the new environment you occupy, there are new rules of the game. One is that commitments and agreements need to be established in writing. Even if something is a long-standing pattern from the past, set it down in words, because those words and the process of creating them will teach you something about the commitments you are involved in. What you are seeking is the potential for change and refinement, and to write a good second draft you need at least some form of a first draft. That is the point of ink and paper, precisely to encourage you to begin the process of revisioning and evolution. Eric Francis has more of your astrology for you at PlanetWaves.net.

**Pisces (Feb. 19-March 20)** You may feel under pressure, or worse, like someone is putting you under pressure. I can assure you that what you are feeling is but a shadow of what someone close to you is experiencing, for reasons that, on one level, have nothing to do with you. Yet on another level, they have everything to do with who you are and the influence you have on your environment. Uranus in your birth sign has you cast in the role of the person who pushes everyone to be free by the mere fact of your existence. You could walk around with a bag over your head doing nothing more innovative than playing checkers and people would still get that odd, nervous feeling that you're pushing them to deal with their hang-ups and get on with their lives. They may not like it today; tomorrow is another story. Eric Francis has more of your astrology for you at PlanetWaves.net.





### Favorite Breakfasts at Our House

By Marj Watkins

Here we are at the start of another school year, a time when it's especially important for kids to start the day with healthy, satisfying breakfast. All of us function better when our days begin with a good breakfast. It doesn't have to be conventional eggs, toast, and orange juice. It does need to provide protein, carbohydrates, some kind of fruit, a source of fiber, and flavor to savor.

#### Unconventional breakfasts favored by members of our family:


(Number 5, the high-protein cookies, etc. makes a great after school or bedtime snack, too.)

1. Apple pie with cheese or yogurt and a cup of tea
2. Sliced oranges, or half a grapefruit, Bhutanese red rice bread, toasted, with peanut butter and jam, plus warm almond milk
3. Brown rice noodle soup based on chicken broth, with a handful of cooked shrimp or diced, cooked chicken, and slivered ginger, chopped green onion and red bell pepper added for the last 3 or 4 minutes cooking time. This is a favorite breakfast or lunch dish of mine and of son Steve's
4. A small glass of orange or cranberry juice; an onion, chopped and cooked in curry sauce, a sausage and a fried egg cooked alongside curry egg mixture, and a couple of cups of café au lait, my husband/official tester's favorite.
5. Two or three high protein cookies or muffins, apple slices, and almond milk for a quick breakfast. Put the milk in a small thermos and the cookies and apple slices in two plastic baggies for breakfast on the ferry.
6. Rice and Egg Patties (Recipe below), kiwifruit halved and eaten out of its skin with a demitasse spoon, green tea.

#### Less speedy breakfasts that meet nutritional requirements and are liked by all:

1. Orange juice, fresh preferred; Cornmeal Pancakes or Waffles (Recipe below) with cottage cheese or yogurt and jam; milk, coffee, or tea.
2. Grapefruit, scrambled egg, toast with peanut butter and jam, milk, coffee, or tea.
3. Mushroom Omelet: Chopped mushrooms and green peppers, lightly fried in butter or olive oil and reserved, 2 eggs beaten and friend in same pan. Top eggs with mushroom mixture and fold over it. Roll from pan onto plate. Complete the meal with toast, juice or fresh fruit of your choice.

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#### Low Gluten or No Gluten CORNMEAL PANCAKES

Makes 16 (3 1/2-inch) pancakes or 4 large waffles

- Sift:**
- 1 cup whole cornmeal from Thriftway's bulk foods
  - 1/2 cup barley flour or quinoa flour from Minglement
  - 1 teaspoon baking powder
  - 1/4 to 1/2 teaspoon salt
  - 1 teaspoon cinnamon (optional)

- Whisk and add:**
- 2 eggs
  - 1 cup milk

**Add:** 1 Tablespoon olive or canola oil

**Stir briskly.** Let rest 15 to 30 min.

Bake on hot griddle or wide, heavy-bottom frying pan. Serve with cottage cheese and jam or yogurt and jam.

Waffles: Spray cold waffle iron with cooking oil. Heat and cook according to your waffler's instructions.

Cornmeal pancakes or waffles may be stored in plastic baggies in your refrigerator for 4 or 5 days, or frozen for up to two months and rewarmed in a toaster or skillet.

#### RICE PATTIES

Makes 2 servings

- 1 cup cooked brown rice
- 2 eggs
- 2 green onions, thinly sliced
- Small handful bean sprouts, chopped (optional)
- 1/2 bell pepper cut in 1/4-inch dice
- Dash salt
- 2 quarter-size slices gingerroot, minced
- 1 to 2 Tablespoons light olive, canola or peanut oil

With a fork, beat all ingredients together. Heat oil in a wide, heavy-bottom skillet. Spoon gobs of rice-veggie mixture into pan to make small pancakes. Reduce heat to medium low. Cook until bottom is solid. Turn with wide spatula. Cook until solid clear through.

Serve with hoisin sauce if desired. Or top with slices of cheddar. Turn heat to lowest. Let cheese soften. Serve.

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### Y Classes Continue

Continued from page 1

Firstly, our staff would like to thank all of you for being part of our family here on Vashon. Thank goodness we will all see each other out and about on our lovely island. For those of you interested in continuing on with classes, we wanted to send you a list of where our instructors will be teaching and their contact information. We are very excited to be able to continue our cycling and strength classes at Ober Park. Please check out the parks website for more information at [www.vashonparkdistrict.org/adult.htm](http://www.vashonparkdistrict.org/adult.htm).

**Kelly Chevalier** – Ober Park Classes: Cycling (begins the week of the 10th of Sept): Mon. & Fri. 11:00am-12:00pm / World Step Dance Aerobics Tue. & Thur. 9:00am-10:00am / Strength & Stretch Tue. & Thur. 10:15am-11:15am. She will also be personal training – venue to be determined. [kellyhc@centurytel.net](mailto:kellyhc@centurytel.net)

**Dari Haffie** – Ober Park Classes: Cycling (begins the week of the 10th of Sept): Tue. & Thurs. 6:30am-7:30am / Mon. & Thurs. 7:00pm-8:00pm. Dari will also be personal training and offering massage at her home studio and plans to have more class options in the future. [darisweetfeet@yahoo.com](mailto:darisweetfeet@yahoo.com)

**Amy Huggins** – Vashon Athletic Club Classes: Yoga: Mon & Wed. 10:30-11:45am (Lynelle teaches Friday at the same time) and starting the 10th of Sept., Tue. 7:45am-9:00am. [amyhugs@comcast.net](mailto:amyhugs@comcast.net)

**Cindy Morrison** – Cindy will continue to teach her Equestrian Fitness Class at her studio and offer her ever so popular talents to the community. Contact her for more information! [cindy198@centurytel.net](mailto:cindy198@centurytel.net)

**Lynanne Raven** - Ober Park Classes: Cycling (begins the week of the 10th of Sept): Mon. & Fri. 10:00am-11:00am. She will also be helping her sister with her soup business. [ravensong@comcast.net](mailto:ravensong@comcast.net)

**Sam Scherer** – Dockton Yoga Circle: Sam will continue to teach at his studio in Dockton on Mon.& Wed. & Fri. 8:30am / Tue. & Thur. 6:00pm. Please contact Sam at 206.463.2776 or 206.633.4230 for information about yoga instruction or massage.

**Sandi Silagi** – Will continue to personal train at the Village Center 24 hour gym, at homes, and other clubs. She designs fitness programs for at home, outside and for travel. She often use exercise bands and other equipment that don't require a dedicated fitness room. She plans to continue classes on the island. More on that will be available in the island papers and posted on flyers and sent via any email contacts. [silagi@comcast.net](mailto:silagi@comcast.net).

**Kathy Snyder** - Ober Park Classes: Express Cycling (begins the week of the 10th of Sept): Mon. & Wed. 12:00pm-12:30pm. Kathy is also available for bike fits and is a physical therapist assistant at Vashon Physical Therapy. [snyderkathym@aol.com](mailto:snyderkathym@aol.com).

**Kelly Straight** - Ober Park Classes: Strength Training (begins the week of the 10th of Sept): Mon. & Fri. 6:30am-7:30am / Mon.& Wed. & Fri. 9:00am-9:50am. She will also be continuing her personal training business in many venues and offering small classes and training in her full service studio. [ksstraight@centurytel.net](mailto:ksstraight@centurytel.net).

On behalf of all of us, thank you again for your support. We hope to see you at one or several of our classes in the near future!



# Positively Speaking

## “McLife”

By Deborah H. Anderson

Remember this for the end of the article. A Minolta XG1, a Pfaltzgraff Village butter dish, and three Golden Books: Mr. Dog; the Dog who Belonged to Himself; Noises and Mr. Flibberty Gibbet, and Brave Cowboy Bill.

A source of amusement, at first I tried to decipher why all my debit purchases were listed online as “Mc...whatever”. Then “Mc...whatever” (which really



meant MasterCard debit) became THE commentary on life.

When I came to the Island my world consisted of three places.

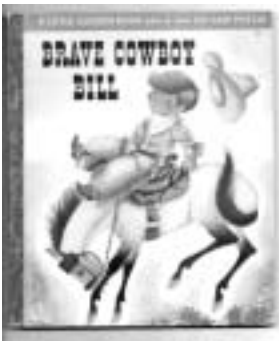
University Presbyterian church is a church of four thousand that has ten thousand people on Easter and Christmas Eve. Can you imagine? That means it takes every single person on the Island to be in church on Easter and Christmas Eve? The Sunday school for elementary kids is the size of our entire school district. Can you imagine every single child in our district from K-12 including Family Link and Student Link going to Sunday school?

The Island seemed a little small and laid back to say the least.

The rest of my world consisted of St. Benedict’s Catholic Church in the Wallingford District. The kids were in school there. I was cantoring the five o’clock Saturday mass and doing my fifty hours of mandatory volunteer work in various capacities mainly around the Wallingford Wurst festival

Babysitting Coop was the third place. Twenty three families joined together so that no one ever had to worry about childcare. We had common rules for our homes. We inspected newcomers to make sure knives and drawers were set properly. We laughed together and played together knowing all the intimate details of each others lives.

Let’s see.....church of thousands, school that holds a three day carnival for families and a consortium of almost two



dozen families who were completely honest and open with each other. Yup, I was as far from Island culture as it comes.

Much to my dismay and discouragement soon after I lost almost everything: my husband, two of my children who were special needs emotionally disturbed older adoptions which disrupted (that means – in social workerese—they wouldn’t bond , and chose to leave the family ), my house, my mother, my world I lost it all. I took a job that couldn’t have been a worse match working for people who had absolutely no idea who I was and weren’t the least bit interested in me serving them. I was a failure at McLife.

A miracle happened which at first I thought was the worst. Not one effort to

get off the Island panned out for me. Not one. My children got off, but not me. My son got to Germany and then back overtown to school. My daughter made it to Arts boarding school in Michigan.

I was forced to work every blue collar job there was on the Island from pushing cones out the window at Dairy Queen for six something an hour to throwing freight at Thriftway swing shift and night crew for nine bucks an hour.

And then ANOTHER miracle happened. Like the little birds and mice in Cinderella, good solid Island hearts came around what was left of our family and draped us in love and provisions. I graduated into caregiving jobs where I worked in people’s homes to help them with their loved ones. It morphed into one of my all time loves, caring for children and supporting parents in their efforts to be the best and supply the best emotionally and socially for their children.

Everybody keeps their failures off the radar screen if they can. But I share all this with you because some of you are failing at McLife. Its’ a good thing but it feels bad. Failures will deepen and enrich your life. They ARE the substance of life. Anybody can succeed. Not everybody can fail.

A couple of years ago a pastor overtown prayed that “Vashon Island would be a place where people really live life and don’t just spend it.” It brings us back to McLife

It is possible to have a McLife; a life determined by the line items of your spending patterns. Or it is possible to choose life: I have set before you this day blessings and cursings, life and death.....therefore choose life! That’s the choice God gives us. We can have a McLife or we can choose life. Which are you choosing?



Which brings me to the Minolta XG1, the butter dish and the three Golden Books. Facing the end of my fifteen year journey, I, ritualistic person that I am needed some things restored. They were my ebenezers of redemption.

For less than fifty dollars on eBay, I found a replacement for the Minolta XG1 a colleague had broken; the colleague who had deliberately attempted to end my career because I dared say no to him.

I found the butter dish broken just before we moved to the Island never realizing all that was yet to be broken that I might be free to choose life, and the three books that meant the most to me as a child :Mr. Dog the dog who belonged to himself, who wanted order and pleasant encounters in his life and eventually found a boy who wanted the same thing to share his house; Mr. Flibberty Gibbet who moved to the country for peace and quiet and ending up eating roast beef and wearing mittens, and Brave Cowboy Bill who had his name written one letter each on four cupcakes.

If you are failing at McLife and want to go deeper this column is for you. If you have chosen life and found the narrow way a challenge.....keep going. It is so worth it. The process. The Ending. The New Beginning. It’s all worth it. “That your days may be long..... Choose Life”

Love,  
Deborah

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## Don’t Forget the Birds



### Fall Migration

By Ed Swan

Fall migration delivered a nice surprise in late August with the appearance of a Short-billed Dowitcher, rare in King County and only the fourth record for Vashon. Gene Hunn, one of the state’s top birders and author of Birding in Seattle and King County, called me and said he found the bird at KVI Beach. I joined him and Gene proceeded to show me the dowitcher plus a Semipalmated Sandpiper, another rare shorebird. A mixed flock of Western and Least Sandpipers also utilized the pond as well as many Killdeer. Semipalmated Plovers (not to be confused with the above sandpiper) scooted around the pond and also along the shoreline of the beach. I was excited to note several Sanderling that Gene mentioned, the first of the season. Gene also spotted first of the season Northern Shoveler at Fisher’s Pond. The only other rare bird report lately consists of a Brown Pelican observed by Richard Rogers from the Pt. Defiance ferry.

Out in Tramp Harbor, the loons, grebes and scoters came back in small

numbers in late August. Several small flocks of Western, Red-necked and Horned Grebes showed up along with a few Common Loons. Only a dozen or so Surf and White-winged Scoters of the coming hundreds were present the last time I checked. Surprisingly, no one has reported any American Wigeon yet, they usually appear in late August.

Emma Amiad called with a real pleasant surprise of Osprey building a nest on the cell tower along the highway north of town. I think this is the first time that Vashon has had three nesting pairs at one time since their population started to make a come back from DDT and shooting. This pair probably represents a young pair just starting out and either practicing or doing some preparation for next year because their work began so late in the season.

If you have an interesting sighting to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.



Steve Caldwell photo of Short-billed Dowitcher





Alright Ernie,

The Mariners are in the midst of a losing streak and my voice is still gone from last year’s State Wrestling Tournament. The Seahawks are winning, but who really cares, at least for the pre-season. The Storm are out of the playoffs (which breaks my big heart) and the Sounders keep winning but I have no clue of any of their players’ names. At least (according to myspace.com) they have a first rate physical therapist. High School Sports start this week with a home football game from vs. Highline. Could you please— pretty, pretty please— put a few pictures of the teachers who finally have to go back to work?!! In all seriousness, Robertito Katika ps. And let me add one more please to your list: Please, no more news on Michael Vick. Amen!



Humanities Department Leader and Super Scholar, Colleen Carlson (center), leads the department meeting. Michaeloti Zecher (left) and Karie Sears (right) pay attention like the intellectuals that they are!

Robertito,  
Ain’t no thang but a chicken wang. Or something like that. You summed up the sporting news very

### Pendergast Benefit at Back Bay

Sunday September 16,

5:00 - 900 pm

By Wally Bell

Hi folks, I am hosting a benefit concert (traditional Celtic and contemporary American folk music) at the Back Bay Inn on September the 16th for a much loved family on Vashon. Steve Pendergast, a self employed contractor had a bad fall recently and damaged both arms. He will be out of work for some time as he heals, so I thought the folk musicians and friends of the family could do something to help.

The concert will start at 5pm and will continue until at least 9pm and weather permitting, will be on Stormy’s deck. The concert is free, but a donation will be asked for. So far, we have a line up of local and off Island musicians, including Larry Murante, Julie Mainstone, Bruce Singleton, Vashon Celtic Players, Gold Ring, and new island band Eelgrass. Food will be available from the menu, as well as the usual array of fine beverages and it promises to be a great party.




Literary Masterminds Harrison Levi (aka Dr. Lottle) and John Rees Junior IV take a momentary break from their planning to gaze longingly at the camera person. Susie Haworth, never one to take a break, takes notes in the background.

nicely so all I need to do is hit you all with a few pictures of some VHS teachers. Keep in mind that most of this column is usually humorous and sometimes a joke. The following pictures may be humorous (in fact they are) but they are not jokes!

In Earnest,  
Ernest



Mr. Penguin! How many people can say that they have an extinct species named after them? Not many, but Vashon Science Teacher, Dr. Tom “Mr. Penguin” Tom Devries (aka TeShawn Prince), can. The species Perudyptes devriesi lived about 42 million years ago off the southern coast of Peru and now bares a title linked to the brizilliant left handed scientist and science teacher.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Sept. 14**



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# DEER HUNTING SAFETY

And Related Information for the Hunting Season of

Deer Area  
- 4013 -

## 2007

GMU  
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### on VASHON-MAURY ISLAND (A FIREARM RESTRICTED AREA)

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- Wear Fluorescent Orange clothing when hiking or riding in the woods during and around hunting season (September through December)
- Post your land if you do not wish hunting there. Though NOT REQUIRED, it makes your wishes unmistakable and aids in law enforcement.
- If someone is hunting on your property without your permission: Inform them that they are on private property and ask them to leave NOW; If they do not, call 911 and report an armed trespasser on your property; Write down the descriptions of people, vehicles, license number(s), etc.

---

#### HUNTING RULES

- Vashon-Maury Island is a restricted firearms area - NO hunting with rifles allowed at any time!
- Hunting on private property without written permission actually carried on one’s person is **illegal**.
- Hunting is legal only between one half hour before sunrise and one half hour after sunset.
- Hunting with artificial light, spotlights, or from motor vehicles is **illegal**.
- Shooting a firearm from, across, or along a public highway is **illegal**.
- Shooting a firearm within 500’ of any building is **illegal** (KC Code).

#### HUNTING SEASONS

- Early Archery Deer Season**  
Sept. 1<sup>st</sup> - Sept. 30<sup>th</sup> (any Deer)
- Late Archery Deer Season**  
Nov. 21<sup>st</sup> - Dec. 31<sup>st</sup> (any Deer)
- Early Muzzleloader Deer Season**  
Oct. 6<sup>th</sup> - Oct. 12<sup>th</sup> (any Deer)
- Firearm Restricted Hunts:**  
(Archery, Muzzleloader, Shotgun, & certain revolver-type handguns.)  
Oct. 13<sup>th</sup> - Oct. 31<sup>st</sup> (any Deer)  
Nov. 15<sup>th</sup> - Nov. 18<sup>th</sup> (any Deer)

---

**Respect your Neighbors - A hunting license is NOT a license to TRESPASS**

---

Courtesy of: **Rick Frye**. Get to know your neighbors and actively participate in the greater community. Resist unquestioned allegiance to authority. Ask hard Questions & be skeptical of easy, self-serving answers.

The **Sportsmen’s Club** loans Orange Vests to Islanders at: Island Lumber & True Value Service Center.

For more information, contact: **Rick Frye** at 463-9851 (rickfrye@wolfenet.com) ©2007

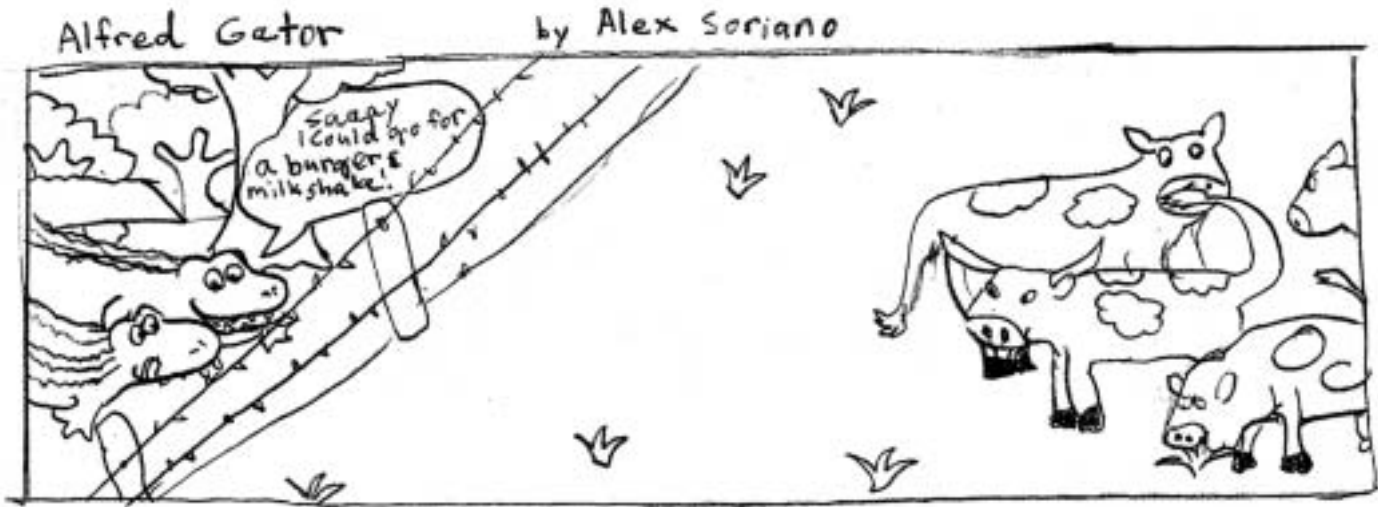
## Hunting Season Begins

*Continued from page 1*

Settlement and development of Vashon Island over the last 150 years eliminated all but hunting, motor vehicles, disease and starvation as means to limiting the deer population on the Island. Hunting seems preferable to the large number of vehicle accidents that occur every year for the deer, vehicle owners and drivers and bystanders left to deal with wounded and dying deer on their property by cars that hit and run. The Vashon Sportsmen’s Club holds hunter safety courses every year for hunters of all ages that create quite a pool of knowledgeable hunters familiar with the Island. If you would like information on the course or would like a hunter to help this season with the deer population around your garden and fruit trees, call Phil Mahurin at 408-7009.

## A New Loop Cartoon

Welcome “Alfred Gator” and his friend “Hoppers” the frog. They will appear from time to time in this area of the Loop. Alfred Gator is the creation of Alex Soriano. Alex writes: “I am thirteen and drawing is my life.” That says it all. - The editor.





Loopy Laffs

Q. How do you grow chickens?  
A. On eggplants

There is so much sand in Northern Africa that if it were spread out it would completely cover the Sahara Desert.

Human (n.): Useful domestic animal popular with cats.

One Liners

It takes real genius to be more ignorant than I am.

I'm going crazy - want to come along?

It's not the heat, it's the stupidity.

It doesn't work, but it's pretty.

A boiled egg is hard to beat.

Indecision is the key to flexibility.

Why is abbreviation such a long word?

I'm sorry, reality is not in service at this time.

You can be stuck with your debt if you can't budge it.

The first step to getting what you want out of life is this: Decide what you want. —Ben Stein

Part of my job as a 911 dispatcher is to question callers who are in various states of panic so I can send the appropriate emergency equipment. One day a woman called to say that a family member had fallen and needed to go to a hospital. After finding out where she lived and assuring her that the paramedics would arrive shortly, I asked her, "Do you know what caused the fall?" "No," the woman nervously replied. "What?"

ETC	HAVOC	CURBS
MAL	IVORY	ASIAN
IRE	METES	RABBI
TOGO	NESTER	SAT
	FMG	SOY
MATRIX	ATTEND	
TOW	SNEAK	SLAIN
LOAD	GRIEF	PINE
CERES	OREOS	VET
REFLEX	MOUSER	
YAK	TNT	
COT	VERSUS	MIRE
AROSE	EARTH	RAY
LEMUR	ATSEA	ACE
LOBBY	LEAPT	QED

Solution to puzzle on page 7

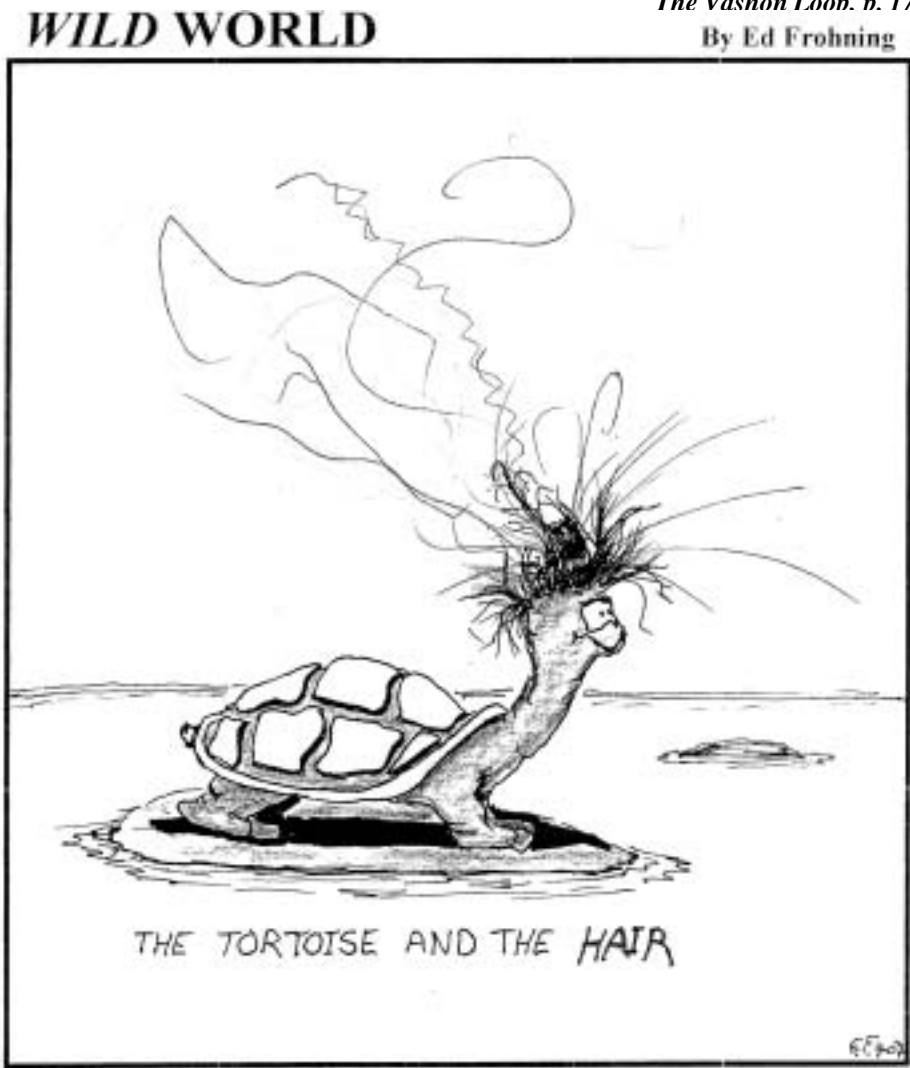
Cowboy Wisdom:  
A tumbleweed has no social life.

It's alright to talk to yourself. It's even alright to answer yourself. It only becomes a problem if you're talking to yourself and you go "Huh? What did you say?"

Have you ever noticed how the contents of a box are much more interesting before the box is opened?

"When we get home," I lectured my three young sons in the backseat of the car, "I want you all to clean your rooms because Uncle Ed is coming over. He's never been to our house before, and I want it to look tidy." My nine-year-old finally broke a lengthy silence. "But isn't that kind of like lying?"

Faith must be enforced by reason when faith becomes blind it dies. — Mahatma Gandhi

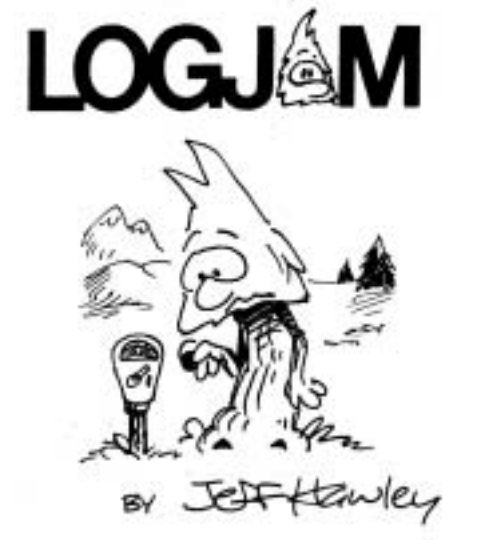


Actual Answers given in a Bible knowledge test:  
Moses went to the top of Mount Cyanide to get the 10 Commandments.  
The first commandments were when Eve told Adam to eat the apple.  
Unleavened bread is bread made with no ingredients.  
Solomon had 100 wives and 700 porcupines.

OFFSHORE



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





# Loop Arts

## Bill Brown and the KingBees Close Summer Concerts in the Park

Thursday, September 6,  
7 pm-9 pm  
FREE

“I’ve been doing music since third grade and professionally since 1969,” says Bill Brown, who started the KingBees in 1986. Listen and dance to R & B tunes such as *Pink Cadillac, Flip, Flop, Fly* and *Unchain my Heart*, when the KingBees will serve up a lively grand finale to the free Summer Concerts in the Park Series, Thursday, Sept. 6, at Ober Park.

Bill Brown on lead vocals and harmonica, will be joined by current band members: Michael Stango on bass (Stango toured with CC Riders); John Gaborit, guitar (played

with Chrome Circus); Tony Handy, drums (played with disco, funk band Rose Royce known for platinum-selling song, *Car Wash*) and keyboardist, Dave Cashin (who opened for Tower of Power, BB King, Barenaked Ladies and more).

“I played as a road musician throughout the 70’s,” said Brown, who now sells insurance for a living through his Island business, The Brown Agency. “I toured with a marching band, playing trumpet and played in a Seattle jazz band, but my heart was always in blues and rock and roll.” Brown and Stango have been playing together since the 70’s. “We were regulars at Doc Maynard’s and Larry’s. But we got tired of the club scene. Now we play a lot of private parties and outdoor festivals like Salmon Days and of course Strawberry Festival.”

The KingBees have a sold out CD and Brown is considering a re-release and possibly a new release. Summer Concerts in the Park is sponsored by Vashon Park District, Vashon Allied Arts and Windermere.



Photo courtesy of Vashon Allied Arts

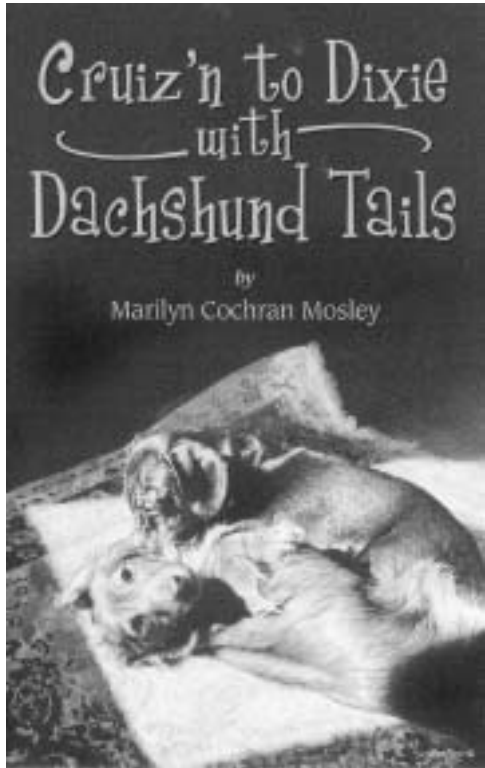
## Cruiz’n to Dixie with Dachshund Tails

Island Author Marilyn Cochran Mosley Releases New Book

This is the true story of four dachshunds traveling by car across the United States to attend two separate dachshund rescue picnics in Tennessee. They travel a total of 6,516 miles leaving from Vashon Island; Marilyn provides the transportation and the four mischief makers provide the entertainment. They deliver a fifth longhair

chocolate dapple dachshund puppy to his new home in West Virginia. Bound in an attractive soft-cover, Cruiz’n to Dixie with Dachshund Tails is the sixth book in a series about dachshunds “written” by dachshunds (Island author Marilyn Cochran Mosley). Their waywardness is unending. Some of their friends join them to bring you this latest tale. A map of the route taken is included so you won’t get lost. Sueellen Ross, a professional artist for 26 years, completed the original art work “Partners in Crime” for the front cover.

Books are available at both the Country Store and Books by the Way.



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### Upcoming Events!

Friday, September 14, 7:30 – 10:00  
Straw Dogs  
Roots Music with a Leetle Twang

Saturday, September 15, 7:30 – 10:00  
Cesar Medel  
Classical - Acoustic Solo Guitar

Thursday, September 20, 7:00 – 9:00  
Open Mic Poetry Night

Once  
and  
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9/7 - 9/13

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**Our 60th Year!**

## Great Music at Café Luna

Cesar Medel Saturday,  
September 15  
7:30 - 10:00

Music has played an important role on the life of guitarist and composer Cesar Medel, who began to experience music himself at a very young age. He entered the Hizidor Handler K Conservatory of Music of Viña del Mar; there he began his study of classical guitar, there he developed a style and an identity of his own for interpreting the guitar. Cesar resides in the beautiful Washington State, in the USA, along with his family, in a place that he recalls “Celtic Land”, because of the impressive landscapes, the islands and its culture. He has released three albums of guitar music, recorded and published in the USA, music that has been acclaimed by the public and followers of the artist. With a busy Schedule, Cesar

continues giving concerts and recitals, delighting audiences with his performances. He has been endorsed by Barthell guitars, a local Luthier from Sequim, WA. For more information on Cesar Medel check out his website at [www.cesarmedel.com](http://www.cesarmedel.com).



Dave Von Beck and Darren Warren of  
Stray Dogs, courtesy Cafe Luna

Straw Dogs Friday, September  
14, 7:30 - 10:00

Seattle musicians, Dave Von Beck and Darren Smith bring “righteous roots music with a leetle twang” to Vashon Island. Their band, Straw Dogs, sound sort of like someone you love - Counting Crows, Ryan Adams, Oasis before they got too drunk - but mostly like themselves: award-winning songwriters with their own sound. Alt-country pop songs that love to be listened to over and over.



Photo of Cesar Medel, courtesy Cafe Luna







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Masque artists festoon Circo Dell Arte

By Janice Randall

“When we selected the masque as the logo for this year’s Art Auction and started thinking about table centerpieces, it became obvious that masques would be the perfect centerpiece,” said Molly Reed, Executive Director of Vashon Allied Arts. “We chose authentic Venetian masques so they would be uniform in quality and heft and also we knew these would be works of art that would last a long, long time. We are overwhelmed with the artistic quality and variety.”

Thirty Island artists were invited to bring their imagination and artistry to the project resulting in a magnificent tableau of color, whimsy, culture and art. All masques may be viewed in the Blue Heron Gallery until Art Auction weekend, September 14-15. Masques will be auctioned Saturday, Sept. 15. Special thanks to Beth DeGroen, of John L. Scott Realty for sponsoring the masque project. All proceeds benefit Vashon Allied Arts.

Masque artists are: Anne Gordon; Arlette Moody; Carol Schwennesen; Carolyn Buehl; Carolyn Price Dyer; David Erue; Deborah Vaughan Castle; Donna Romero; Dorothy Shaylor; Hita Von Mende; Jennifer Hawke; Jerry Balcom; Jiji Saunders; Jon Rader Jarvis; Joy Mann; Kaj Berry; Kira Bacon; Kristin Reitz-Green; Lynanne Raven; Marilyn Blitz;

Jerry Balcom described his masque process, “I started with watercolor, since that’s my main medium, did five or six washes to build up color, used soft pastel and fixative between layers and finished with a luminous watercolor paint. I also highlighted with my prisma color pens.” Balcom’s masque is embellished with gold-painted parrot feathers and ribbon in case the recipient chooses to wear it. “I had fun doing it; it was interesting working with 3-D. I used the materials I know best.”

Marilyn Blitz, who created a white, sea green and turquoise “Burton Beach Goddess” said, “It was fun—I wanted it to be part of the beach, a real Vashon masque. The beach glass and clamshells are from Burton Beach. The crushed shells are from Pt. Robinson. The dangly beads are sea-weed like and the silk came from Dova Silks.”

Kira Bacon tells about creating her “Venetian Princess,” a process of more than 20 hours. “I wanted to evoke the feeling of old Venice, like something that has been around for hundreds of years. I looked at a lot of traditional Venetian masques and wanted to recreate the symmetrical designs. I’m also driven by the materials. You never know what the fabric will do.” The headdress was hooked on a separate frame with rich, earth-tone hand-dyed silk strips from Dova Silks, then cut out and glued to the masque form. “The rest is many different techniques, gold leaf, model paint, antiquing glaze,” she said.

Jiji Saunders visceral masque was inspired by her ongoing encaustic series, “Tree Worship.” “I’ve been painting a single untamed tree, which to me is a symbol of life, knowledge and singularity.” Using the ancient art of encaustic was, Saunders melts beeswax and paint on a heated palette and then creates many layers of paint for texture and motion. “The layers are nearly transparent to see through the encaustic. As a landscape painter, it’s fun to work on something more sculptural.”

Joy Mann brings an element of whimsy to her masque “Support Your Local Barista,” pays tribute to the baristas in her life. “I love cups and I love my baristas, so I felt this was both my muse and my ode to them.” Fortune-cookie like messages adorn the black and white figure, comments about tipping not being a city in China and Einstein’s quote, “Great spirits have always encountered violent opposition from mediocre minds.” Mann used found objects and materials including: Styrofoam cups, coffee grounds, crystals, gold buttons, coffee beans, lots of pennies, black plastic lids and Mann’s own gold coffee filter. “How many hours? Tons and tons! And I loved doing it,” she said.



Joy Mann’s “Support Your Local Barista,” photo by Sy Novak

Martha Enson; Mary Margaret Briggs; Nancy Foster-Moss; Odin Lonning; Paul Motoyoshi; Rebecca Wittman; Roxy Hathaway; Sharon Munger; Sy Novak; Terri Jarvis.

Chinatown Looking for Gigs

Long time island resident and artist/musician Joe Mundy has joined “ Chinatown: a tribute to Thin Lizzy “ as lead - rhythm and harmony guitarist and background vocalist. Mundy, who graduated from Vashon High School has played guitar in bands on and off since age 14. Primarily known as a martial arts instructor on Vashon over the last 15-16 yrs, Mundy has also taught a few teens to play guitar here as well as in Kitsap Co, where

After being inspired by his kids he auditioned for and became the main guitarist, then he quickly added friend and co - martial arts instructor Charles Parker as the second guitarist to fill out the 4 man line up. Chinatown played its first Pub on August 25th and plays in Silverdale for 2 Harley-Davidson Legends Showcases on Sept 6th and Sept. 27th as well as the Harley Legends Battle of the bands on Saturday Sept 22nd. Mundy hopes to find a venue



Charles Parke and Joe Mundy of Chinatown, courtesy photo.

his other martial arts club is located. Chinatown was formed merely 1 month ago, when at the urging of his son and daughter to “join a band and play guitar professionally,” Mundy ended a 10 yr semi retirement from live music playing.

here on Vashon to come play at soon for his many Island friends and acquaintances. Anyone wishing to contact Mundy for booking info, upcoming dates and locations or for fall lessons, he can be reached immediately at 463-5649.

Celebrate Art!

Continued from page 1

Auction and Silver Raffle precede live auction. Commissioned Artists for Friday are Dean Hanmer, mixed media sculpture; Brian Fisher, monotype; and Mike Urban, recycled steel sculpture. Tickets are \$40, \$20 for contributing artists and \$20 for Saturday guests.

Saturday, September 15, Art Auction starts at 5:30 pm with Silent Auction, live performance,

Silver Raffle and an exquisite gourmet dinner catered by The Hardware Store with a selection of fine wines. Saturday’s Commissioned artists are Elaine Hanowell, lighted sculpture; Karen Hersh-Crozier; oils; and Terri Fletcher, mixed media. Carnevale tickets are \$100. For more information check out website: www.vashonalliedarts.org or www.circodellarte.org. Call Blue Heron to reserve tickets, 463.5131.





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