



Vol. 4, #19

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM September 21, 2007

Ride Your Bike to School with your Kids!

by Henry Haselton Friday October 5 will be the next 2007/2008 bike to school day for Chautauqua students and parents. This continues the monthly rides to school, which will also occur on November 9. Mark your calendars! Monthly rides will be organized in Spring 2008. too. <u>Continued on page 16</u>



This year's first bikers ready to roll. Photo by Henry Haselton

Modern Day Slavery

By Adrian Nowland

Did you know there are 27 million people working as enslaved laborers around the world? Slavery exists on every continent and in nearly every country. It is happening right in the United States, predominately in agriculture, prostitution, and domestic servitude. The term for this modern slavery is human trafficking. Don't believe it's happening? Try a Google search. You will find hundreds of organizations, individuals and survivors that work with this issue. If you think slavery ended



CERT trainees practice a rescue, photo by Catherine Cochrane

Vashon Be Prepared

Island-wide Disaster Drill Saturday October 13

by Ed Swan

Disaster strikes unexpectedly, but it's not going out on a limb to say Islanders face a significant chance of disruption to at least daily routines every year. This last winter, the big wind storm made many very uncomfortable with no power for days in very cold weather, scared the heck out of many more and cost others thousands of dollars in property damage. In the Puget Sound area, residents also face serious risk from earthquakes from several fault systems that regularly deliver sizeable, damaging events. The region regularly faces major quakes about every decade from Puget Sound area faults such as the Seattle fault. Super quakes like the one in Indonesia that created the tsunami occur every few hundred years just off our coast but prove so powerful that their effects would reach inland to the Puget Sound area and Vashon.

Experience shows that after a major disaster, especially an earthquake, there will not be enough police, fire, emergency medical, or disaster relief personnel to take care of everyone's needs as quickly as our community would like. Vashon emergency personnel also lack the expectation, especially in a major disaster, of rapid mutual aid from other jurisdictions because of the absence of means of easy

Michelle Shocked Concert Boosts VYFS Preparedness

by Kim Cunningham

Grammy-nominated artist Michelle Shocked returns to Vashon Theatre on Saturday, October 13th at 7pm in a community concert to benefit



Vashon Youth and Family Services and Vashon Island Rotary Club. VYFS will use the proceeds from the show to purchase a generator for the facility, allowing the agency to serve clients in the event of an emergency. <u>Continued on page 4</u>

Birth Comes to the Vashon Island Stage

Vashon actress part of this BOLD cast

by Lynn Hughes

What do mothers want? What do mothers deserve? These and other tough questions are explored in *Birth– the Vagina Monologues of childbirth*. Throughout September, more than 100 benefit performances of the critically acclaimed play by Karen Brody, *Birth*, will take center stage as part of Birth On Labor Day (BOLD), a global movement to make maternity care mother-friendly.

when it was abolished in 1865, you have been misled.

Continued on page 16

Stop Traffic! g is? Help Troll's Cottage poeeds Sarah Christine Benefit Free The Katie Gray **Simple Gifts** Thoriton Creek Mary Win Subconscious Population \$18 adv. \$15 door **Old Dockton** CircuitTree ALL AGES 10 AM - 10 FM Dave Hates Chico

Saturday, September 29th VASHON ISLAND EAGLES CLUB Pre-asis telestra at Books By the Way. I more information and updates, please check out our website at www.balpetoptraffic.org access to the Island.

Islanders fortunately possess many highly dedicated neighbors who formed VashonBePrepared, a community group that motivates and educates individual citizens, households, businesses and neighborhoods to be as self-reliant as possible during a disaster through advance planning and preparation. It forms partnerships with Vashon Island Fire and Rescue and Island institutions, agencies, businesses, and volunteer groups to help create a structure capable of responding to a disaster. Mark your calendar for the coming disaster drill and see how you and your neighbors can take part.

Being ready for most disturbances and emergencies in the Puget Sound area, such as last year's storm, really takes only a few simple steps by individual households. Major disasters take greater effort in preparedness, but the work required needn't be unattainable with the activity of organizing together with neighbors providing many additional benefits and fun as well. This issue of the Loop features many articles by VashonBePrepared covering how to prepare your household and get involved with community efforts. See pages 4, 5, 6 and 10 for a complete look at the creative ways Islanders plan to meet the coming challenges. Continued on page 12



Tami Brockway Joyce in Birth, courtesy photo

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. 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.

Invitation to an Autumn Retreat

Autumn is the season that evokes nostalgia, yearning, transformation and even mystery. Set aside a day for an Autumn Retreat. This day is an invitation to consider autumn spiritual practices and to be in touch with your own

wisdom. Story telling, journaling and spacious silence will feed your spirit. Nature walks and simple, healthy food will nourish your body. Choose those practices that best meet your needs. The retreat will take place on a private island sanctuary and residence on Saturday, October 6 from 10 a.m. to 4 p.m. The group will be limited to ten. Cost for the day is \$60.00.

Hosts and facilitators are Carol Spangler and Al Ross-Weston. Carol is a graduate of the Shalem Institute for Spiritual Formation and is an experienced leader of contemplative groups and retreats. Al is a therapist in private practice, writer and former Methodist pastor who has lead classes, workshops and retreats on spirituality.

For further information or to reserve a space, contact Al (206.369-1530) or Carol (206.567-5302).

Loopy sez: Deadline for the next edition of The Loop is 🌉 Friday, Sept. 28

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf

Library Discussion Group

Individual governments and the UN increasingly seek to punish war crimes-not on the battlefield, but in the courtroom. Some government bodies hold non-judicial "truth commissions" to judge political murderers. Are these effective in any way? What do you think? Bring your questions, opinions and experience to the next "Great Decisions" current events discussion at 2 p.m. Sept. 24 at the Vashon Library. A short background video prepared by the Foreign Policy Association starts the meeting, followed by the group's observations. Cosponsored by Vashon Senior Center and Friends of the Library, it's free, and participants of all ages are welcome. A compilation of background articles, published by the FPA on "Great Decisions" topics, is available at the library reference desk for reading ahead of time. Call the Vashon Library at 463-2069 for more information.

Senior Center Offers Safe Driving Class

Another two-day driver safety class for people 55 and older, "55 Alive" will be presents at 8:30 a.m.-12:30 p.m. by Al Slaughter at the VIFR Training Building on Bank Road Sept. 27 and 28. The fee is \$10, and the course is cosponsored by Vashon Senior Center and the AARP. Learn new defensive driving techniques, how to adjust to agerelated changes in vision, hearing and reaction time; how medications may affect driving; how to deal with aggressive drivers, and safe use of cell phones, antilock brakes and air bags. Many car insurance companies offer discounts for drivers age 55 or older if both days are completed. Sign up at the Senior Center: 463-5173.

www.vashonhorseproperties.com



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

Coop Preschool Provides Guidance and Discipline Class

The Vashon Maury Cooperative Preschool is offering two Guidance & Discipline Classes at the VFW Hall.

Thursday, October 25 from 7-9 for Parents of 1-3 yr olds PM

Monday, October 29 from 7-9 PM for Parents of 3-5 yr olds

interesting and helpful information on

provided, both classes are for adults only.

VMCP is a unique non-profit preschool program that involves both children and parents and includes a strong parent education component. Not only do the parents work in the classroom once per Both classes will provide week and help to run the school,

> they are also enrolled as students at

South Seattle

Guest Writers: Angela Weiss

- Original art, comics, cartoons: DeeBee, Ed
- Frohning, Rick Tuel, Jeff Hawley
- Ad sales and design: Helen Westphal
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- © September 21, 2007 Vol. IV, Issue 19 Don't miss an issue! Subscribe to The Loop! \$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!

Shall We Dance?

Fall Ballroom Dancing Sessions Beginning in October - accepting new students now! Beginners and Experienced dancers/Couples and Singles welcome! Fox Trot, Waltz, Rumba, and Swing, Salsa, more...you can dance! NONrefundable \$50 deposit per couple or \$25 per single due 9/28. Send to 11933 SW Cove Rd, Vashon 98070 w/ your contact info (email especially important!). Join other islanders who have discovered partner dancing ON the island! Contact March at 463-0870 or marchpower@yahoo.com.

child growth and development and ideas to assist parents in their quest to guide their children in positive ways, while still enforcing firm limits.

The classes are Melanie Salonen

free to all

interested parents. They will be taught by Judy Hall and assisted by Melanie Salonen, two of the Co-op's experienced preschool teachers and parent education instructors from the South Seattle Community College's Home & Family Life Department. To register for the Guidance & Discipline Classes please call 463-0939. Refreshments



Community College's Parent Education Program. This association allows parents h t opportunity to

connect with a parent education instructor once per week, as well as to attend the monthly parent education meetings. Parenting seminars are also available on campus at SSCC. For information regarding enrollment in the cooperative preschool, please call Melanie Salonen at 567-4374.



HOME TEAM R E A L T Y Troy and Marie Talk Mortgage Mess

The days of "fog a mirror, get a loan" are behind us. Unfortunately, over the last few years many borrowers throughout the land ended up with loans that they really shouldn't have had, and not surprisingly, foreclosures are on the rise. We are not seeing the magnitude of problems locally like we have seen in other parts of the country, but certainly there are some borrowers who are in trouble, and there will be more to come. We talked to Stephanie Fairweather of Seattle Metro Mortgage about the situation and how it impacts mortgages.

- **Marie**: Steph, you have a knack for explaining things in an easy to understand way. What the heck happened in the world of mortgage? American Home Mortgage closing its doors, Countrywide laying off thousands of people. Yikes!
- **Steph:** Over the past several years, many loans were made to homeowners with somewhat non-traditional or "non-conforming" situations, be it a poor credit history, inability to document income, no down payment availability, or any number of personal scenarios that do not fit within the traditional "box" for home loans good credit, down payment and full documentation of income and assets.
- **Troy:** And now those crazy lenders actually want proof that you have income, money in the bank, and that you can make your payments? They are just not the fun, freewheeling folks that they used to be!
- **Marie:** It's true. We can probably all agree that a lot of loans out there were just not appropriate for most folks. For example, a "reverse amortization" loan, where the monthly payment does not even cover the interest, so that the loan amount actually increases instead of decreases. Don't get me wrong every loan has its use, but for ordinary people wanting to buy a house, a loan like this was a recipe for disaster.
- **Troy:** Absolutely. But there are other perfectly respectable loans that felt the squeeze. I'm thinking of so-called jumbo loans, which are loans over \$417,000 not unusual in a market like ours where home prices are high. Tell us about the problem with jumbos, Steph.
- Steph: Jumbos are another type of "non-conforming" home loan. The borrower's credit and income might be perfectly fine, but the loan amount is higher than the \$417,000 maximum that can be offered using the pools of money from mortgage giants Fannie Mae (FNMA) and Freddie Mac (FHLMC). On loans in excess of \$417,000, funding money comes from private institutions, not from these large government-sponsored entities.

- Marie: Private institutions translates to Wall Street and private investors, right?
- **Steph**: Right. Even though the loans above \$417,000 are not presently suffering from increased delinquencies like the subprime loans are, rates on jumbos popped higher as well, because they are being purchased by smaller private entities that can't afford to take on any margin of risk.
- Troy: So why exactly did American Home Mortgage have to close its doors?
- **Steph**: They had a "liquidity crisis." Here is what happened. Companies like American Home Mortgage sell their loans in pools. Default and foreclosure has been on the rise. The investors who buy pools of loans are demanding a much higher "risk premium" for taking on these riskier loans. For example, instead of paying \$101K for a \$100K loan that will bear interest, they may only be willing to pay \$95K for that \$100K loan. American Home Mortgage was caught holding too many "hot potato" loans and was forced to sell them at massive losses.
- **Marie:** We have more information on the situation as well as some sound suggestions for things people need to do if they are thinking of buying a home or refinancing. Steph compiled an excellent "white paper" on the subject. It's on our website, at www.yourHTR.com, under Buyer Resources. And as a final note: the recent cut in the Fed interest rate is a good thing for consumer interest rates including home equity loans but it does not have any immediate impact on the 30 year fixed rates. Just so you know.

If you have suggestions for topics to cover in this column, or if you want a free copy of our new and improved e-newsletter, filled with hot deals, tips, and coupons for local goods and services, please write marie @kwvashon.com. And if you need real estate services, please give us a call at (206) 463-LIST (5478). We would love to work for you.

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

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.**



Fresh & New

- 🦻 3 bedrooms
 - ဖှာ 1.5 Baths
 - 🎐 1 Car Garage

8804 SW 184th St. MLS # 27143323

Land For Sale Want to know what your Shy 1/2 Acre Lot KELLER house is worth? Call us for a This .48 Acre building lot is close WILLIAMS FREE market analysis - you to town and includes a share in **Glendale Business Center** undevoloped class "B" water system. might be surprised! CAO delineation complete Call Your Home Team Realty Troy for details 206-463-5478 463.5478 (206) 463-LIST (5478) \$110,000 www.yourhtr.com

Northilla Waterfront

100 feet of pristine private waterfront near Piner Pt in Northilla Beach. Southern exposure and very secluded! Great sound, city and mountain views. Water share available. **\$99,950**

MLS # 27045308

The Big Test: Community Disaster Drill

"Disaster Tent" on Village Green Will Let Everyone Get Involved

by Rick Wallace

On Saturday morning, 13 prepare your home and family. It'll October, several hundred of your Island neighbors will test their ability to help you in a major firefighters and paramedics will be emergency. They will rush to their assigned disaster response jobs and the second annual Vashon Disaster Drill will be underway — four hours of non-stop adrenaline from 8:00 am to noon. The mock scenario calls for an earthquake hitting Puget Sound, causing major damage and injuries on Vashon. Worse yet, no

help is coming because every agency in the region faces similar, if not worse, problems and damage to the docks halts the ferries for days.

Vashon's disaster responders will face huge challenges. The scenario calls for all electricity to be off, just like during the windstorm and aftermath last December. Telephones, cell phones and Internet work service won't so communications will only be

be hands on and fun."

During the drill, Vashon's

Yield to Sirens!

You'll see lots of emergency vehicles with red lights flashing on Drill day as they respond to mock emergencies. But if a vehicle has its siren on, that's no drill. If you hear a siren, please yield the road as required by Washington state law.

supported by CERTs, Neighborhood **Emergency Response Organizations** (NEROs), Ham radio operators, the **Emergency Operations Center Team** and all the other groups and individuals who participate in VashonBePrepared. Command posts will be set up at all five fire



VashonBePrepared members set up a shelter, photo by Harvey Bergman

possible by two-way radio and script calls for a major landslide to couriers, plus regular bulletins cut off an entire neighborhood. broadcast by Voice of Vashon on Hundreds of trapped residents will 1650 AM radio. Like last year, you desperately need medical help. And, will see activity everywhere, with a since the landslide will take days to of neighborhoods number designated as casualty scenes where command post and figure out how rescue skills will be tested and mock to supply the victims with food, injured will need urgent medical care

"You might be wondering how exercise has been designed to ask the you can get involved if you don't have a specific assignment. Well, we're creating a disaster day tent on the Village Green," said Lynn know some natural disaster will Buscaglia, a volunteer coordinator strike eventually, just look at Peru, for VashonBePrepared. "Everybody Katrina, Indonesia, and even our can come see Community wind storm. You will need to Emergency Response Teams depend on your own resources, so (CERTs) demonstrating rescues and there's no higher priority for disaster Red Cross-trained relief workers preparedness than putting aside setting up a mock shelter. Other food, water, medicine and other experts will teach you how to supplies."

the drill clear, we'll set up an emergency water and shelter."

Kirk pointed out that this most important question in a major emergency: Are We Ready? "It's only a matter of time," he said. "We

year, Michelle makes a special

DISASTER PREPAREDNESS

PLEASE TAKE ONE FOR YOUR FAMILY, & SHARE SOME WITH YOUR NEIGHBORS

(SIDE 1)

TOOLS

- Flashlight(s) (keep one by bed)
- Portable, battery-powered radio Extra batteries
- Loud whistle (signal for help)
- Multipurpose pocketknife
- Goggles
- Dust face masks
- 12" Rope Colls of bailing wire
- Duct tape
- Fire extinguisher
- Candles
- Waterproof matches
- Crescent wrench (turn off gas)
- Crowbar
- Handsaw
- Siedgehammer
- Screwdriver, pliers, hammer
- Garden hose (siphoning & frefighting) Can of fluorescent spray paint

SHELTER/CLOTHING

- Cold weather clothing
- Sturdy shoes (keep by bed)
- Heavy work gloves
- One complete change of dothing
- Hat (rain, sun, cold protection)
- Sleeping bags/blankets Plastic sheeting or tarps
 - Tent

our

Fire

Provide strong support & flexible connections on gas appliances

Brought to you courtesy of Vashon Disaster Preparedness Coalition. "Good preparation makes good neighbors."

For further information, before and during a disaster, consult:





(SIDE 2)

1 GALLON OF WATER PER PERSON PER DAY.

(Store a minimum 3-day and preferably a 10-day to 2 week supply. Do not use milk jugs; 2 liter pop bottles can be used or food-grade plastic drums. Rotate every six months OR purify immediately before use, as described below.)

CHLORINE BLEACH TO PURIFY WATER.

(Use only regular household liquid bleach that contains 5.25 percent sodium hypo chlorite. Do not use scented bleaches, color-safe bleaches or bleaches with added cleaners. Add 16 drops of bleach per gallon or 8 drops of bleach per 2-liter bottle right before you use it, NOT before you store it. Add drops, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand ariother 15 minutes.)

Both water and bleach must be changed out every year; strength of bleach deteriorates over time.

Store a minimum of a 3-day supply (and preferably a 10-day supply – 2 weeks supply) of foods requiring no refrigeration and little to no preparation or cooking. Be careful of high salt content, increasing thirst. Use a marker to

- **WNON-PERISHABLE FOOD** Manual can opener Large trash bags Sealable plastic bags Ready to eat canned meat, fruit & vegetables Canned fruit & vegetable juices Hand scap & liquid scap Personal hygiene products Boxed milk or powdered (in nitrogen-packed cans) Feminine hygiene products High protein diet shakes Infant supplies Compressed nutrition bars Toilet paper Granola bars Trail mbc Paper towels Pre-moistened towelettes Ready-to-eat cereals (in metal containers) Nuts (in jars or cans) FIRST AID KIT Peanut butter First aid booklet Jelly Cookies, crackers (in plastic bags & tight containers) Dried fruit (in metal container) Two pairs of latex/sterile gloves Candy bars Sterile & adhesive bandages

 - Hard candy

VashonBePrepared

leighbors delp

- Instant coffee, tea & cocoa
- Ready-to-feed baby formula

Dried pet food

Salt & pepper, sugar

September 21, '07

COOKING

Manual can opener

- Paper plates & eating utensils
- Pots & heavy-duty aluminum foil Camp stove & fuel (Do Not use indoors)

PERSONAL ITEMS

- Cash
- Copies of key personal documents
- Birth certificates Dproperty deeds, credit cards 🗌 insurance policies, etc.
- Plastic tape
- Pen
- Paper
- Seeing and hearing aids

HOME & FAMILY PREPARATION

Create a family communications plan, including an out-of-state person to contact

- Learn how and where to shut off utilities electricity gas water
- Strap water heater to studs in wall or floor
- Secure heavy furniture, especially
 - bookshelves, to wall studs
- Install clips, latches on cabinet doors



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PLEASE TAKE ONE FOR YOUR FAMILY, & SHARE SOME WITH YOUR NEIGHBORS.

WATER: If you do nothing else, stock water & encourage your neighbors to do likewise!

WATER PURIFICATION PRODUCT OR BOTTLE OF UNSCENTED LIQUID

date items. Inspect regularly for spoilage.

SANITATION Prescription medicines & medical supplies

Michelle Shocked Supports Preparedness

Continued from page 1

collaboration

VYFS provides Islanders with Telluride Bluegrass Festival. A counseling and mental health prolific songwriter, Michelle services, parenting education, and Shocked encourages members of the resources for families in crisis. In audience to participate in her with performances, making the show a VashonBePrepared, VYFS true community effort. Last year's concert inspired rave

encourages families to prepare themselves for an emergency. The reviews from Islanders who enjoyed evening concert will follow Vashon's the "jam session" atmosphere. This annual Community Disaster Drill.

The 2007 Michelle Shocked request for vocalists as well as local "ToHeavenURide" tour includes musicians to join her on stage. songs from her latest release, Tickets are \$30 for general

originally recorded live at the admission; \$100 includes premium

seating and admission to the afterparty at The Hardware Store, where Michelle will be in attendance. Tickets are available at Vashon

Youth and Family Services, Books by the Way, Vashon Theatre, or from any VYFS board member.



- Aspirin or non-aspirin pain reliever Anti-diamhea medicine

Thermometer

Evewash solution

- Antacid
- . Keep in a bin, duffle bag, or back pack

Antibiotic & burn ointments

Keep smaller, portable kits of supplies in your car and at work.



Join Michelle Shocked on Stage!

Last year many Vashon musicians and vocalists enjoyed the opportunity to play and sing up front with Michelle Shocked. The tradition continues this year. Go to Page 19 to see the list of songs and musician types needed this year.

September 21, '07 **Bad Things Can Happen To Good People**

When we think about a disaster that affects our Island or region, we almost always think othears may suffer, but we and our family will escape unscathed or with only minor difficulties. This way of thinking is simply human nature.

Should a disaster strike Vashon—experts say "When" not "If" — be it a major wind or ice storm, wildfire, or earthquake, we should be prepared and, if uninjured, be able to "hunker down" until things normalize. The key is individual, family and neighborhood preparedness.

This involves storage of sufficient food and water for a minimum of three days, but preferably, up to ten days, including food and water for pets and other animals. Individuals and families should have "go kits" clothing, extra containing prescription drugs, food, water, money and shelter items placed where they are available if needed. A go kit is critical if your home is damaged and, especially, if the ferry system goes down, as it is expected to do in the aftermath of an earthquake. Families need to develop a plan for assembly procedures and for communications.

Injuries could present serious Normally in an problems. emergency, one calls 911 and assistance is on the way. In the aftermath of a disaster that causes many injuries and much property damage, with interruptions to electricity and telecommunications, this may not be possible. In such circumstances a Neighborhood **Emergency Response Organization** (NERO) can be of significant assistance.

by Joe Ūlatoski

A NERO-and there are currently in excess of 80 of them on Vashon-is simply an informal organization of neighbors in a specific area who are prepared to help each other in a systematic manner should a disaster strike. Having a NERO in the neighborhood ensures that at least two neighbors will systematically check on the well-being of every other neighbor, summon help if needed and report this and other local circumstances via specifically designated channels. Such reports enable the Incident Commander in charge of disaster relief to set priorities for deployment of available resources.

Want a NERO in your neighborhood or more information? Call Joe Ulatoski at 463-1321.









Vashon CERT wants you!

by Catherine Cochrane

Vashon Island Fire and Rescue (VIFR) sponsors the opportunity for you to become a member of Vashon's Community Emergency Response Team (CERT). The CERT course is not only about preparing yourself and your family for disaster response; it's about how you can make a meaningful contribution to support the limited number of first responders that are available to deliver life-saving support to our community in a disaster. Moreover, you can apply CERT training to everyday, non-disaster situations such as kitchen fires, car accidents, and backcountry injuries. Many CERT graduates have used this training in such situations; some more than once.

Preparedness, Disaster First Aid and Triage, Disaster Psychology, Light Search and Rescue, Fire Suppression and the organizational and leadership skills necessary to render assistance confidently in a disaster. CERT has been adopted by hundreds of communities nationwide using the model created by the Los Angeles City Fire Department. The training promotes a partnering effort between Vashon Island Fire Rescue (VIFR) and the people that they serve. The objective of the course is to train community members in basic response skills so

The 40-hour course teaches basic

response skills such as Personal

that they may be integrated into the emergency response capability for their area, acting as "interim" responders until the professionals arrive.

Vashon CERT members can maintain and refine their skills by participating in monthly training exercises and activities. In addition, quarterly meetings give members the opportunity to gain new skills and information, share experiences and participate in drills that reinforce the course training and increase their and calm confidence in emergencies. Additionally, members can volunteer to work in other areas that improve the emergency preparedness for our island community. There are no physical requirements or background skills required for you to enroll in the CERT class. You just need a desire to learn essential skills and become part of a team that is trained to respond in an emergency. If you would like to attend this class or would like more information, please an e-mail send to certvashon@yahoo.com.

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The Vashon Loop, p. 6



Last spring a woman I didn't Long ago I was a youth know came to my door. She was actually looking for my neighbor, but we started talking. She started talking about the current administration. She got a little het up. Every once in a while she'd come to a stop as if lost for words and say passionately, "We've got to impeach the SOBs!" It was like a refrain.

A couple of days later that refrain was running through my head, and I sat down and wrote a lyric to go with it. In an honored folk tradition, I set it to the music of an old folk song, The Fox.

The Smothers Brothers turned this song into a huge comedy shtick back in the early 60s as Dickie sang that the fox "...threw the grey goose 'cross his back. He didn't mind the quack quack quack, with the legs all dangling down-o, down-o, downo..." Quack quack quack! Tommy broke in. You might remember this if you're a member of my generation.

I sent the lyrics off to a few people whom I thought might enjoy it, and more or less forgot about it. I did sing it for the Tunes at Noon concert I did in August, and it was well-received.

Last week I spoke with an old folkie friend who said, "I saw your song in the San Francisco Folklore newsletter!" You did? I said. I quickly emailed Barb Millikan, my connection to the San Francisco Folklore Society, to ask about this. She replied, oh gee – I thought you knew I was doing this. I put the song in and plugged your northwest tour.

Wow. Not only is my song in the *Folknik*, which goes all over the place, but I have a northwest tour? Yikes. I'd better start booking some gigs.

Now emails have started arriving from people who have seen the song in the *Folknik*, telling me they are going to sing it. I figured that if the song is being circulated all over the country, I might as well publish it Just impeach the S.O.B.s, S.O.B.s, here at home. I did sing it at an open mike at the Antique Sandwich Shop in Ruston, and the crowd jumped right in on the chorus. It's always the songs or columns that I feel the most embarrassed singing or writing that people love the best. Go figure. Warning: not for people who still support the Bush administration.

Spiritual Smart Aleck

Impeach the SOBs

By Mary Litchfield Tuel

Taught to love the flag and truth Taught that lying was a sin And that right must always win

Saw the world in black and white On my TV every night Lassie raised the hue and cry If we don't act, people will die (Spoken: What is it, girl? What's the matter? Is the country in trouble? And Lassie said...)

Chorus:

Impeach, impeach the S.O.B.s Kick them out of office, please We're so tired of felonies So just impeach the S.O.B.s, S.O.B.s, S.O.B.s,

We're so tired of felonies So just impeach the S.O.B.s,

When we had Nixon for our prez He made things an awful mez Couldn't do things honestly Had to resign 'cause he could see (Spoken: That the country was saying...)

Chorus

Impeach, impeach the S.O.B. Kick him out of office, please He is a crook, we all can see So just impeach the S.O.B., S.O.B., S.O.B.

He is a crook, we all can see So just impeach the S.O.B

Dubya said he was born again Took the right wing Christians in Now our kids are in Iraq Dubya will not bring them back

He won't admit the wrong he's done Thinks that killing people's fun He's lied and stolen from you and me Let's impeach the SOB

Chorus:

Impeach, impeach the S.O.B.s Kick them out of office, please We're so tired of felonies



LOGS • BOG • FROGS

FALL LAND TRUST TOURS

Saturday & Sunday, September 29th & 30th

t's Tour-Time Again! For our final round of tours in 2007, we're offering our most popular tour locations. Come discover somewhere new to you, or return to a familiar favorite.

Each tour is \$5 per family for Land Trust members or \$25 per family for non-members (includes a year's membership in the Land Trust). Reserve your space at 463-2644 or info@vashonlandtrust.org.

FISHER POND TRAIL - Saturday, SEPTEMBER 29, 9:00-10:30 p.m.

This beautiful trail walk is great for all ages! Land Trust Executive Director Tom Dean will highlight the landscape and habitat diversity along the length of the trail as in wanders around ponds and through meadows and woods. Note that this tour is one-way.





WHISPERING FIRS BOG -

Saturday, SEPTEMBER 29, 3:00-4:00 p.m. and 4:00-5:00 p.m. This is a magical place and no one knows it better than VHS science teacher, Tom DeVries. Tom will point out the unusual features and plants of this amazing natural environment, and will explain how it came to he. We are lucky to have this peat bog on the island - take this opportunity to see it in person.

SHINGLEMILL CREEK SALMON HABITAT ENHANCEMENT PROJECT Sunday, SEPTEMBER 30, 4:00-5:30 p.m.

Come view the stream restoration project continuing in Shinglemill Creek. This is not your "run of the mill" project. In fact, it was running logs down to the mill that damaged salmon habitat in Shinglemill Creek. This is the second summer that we have been putting logs back in the creek to restore healthly spawning beds. Land Steward Abel Eckhardt will show off our accomplishments and the signs that our efforts are having an impact.





Voice of Vashon Gets an FCC License

by Jeff Hoyt

VoV has an FCC license! It's not the scenario we originally envisioned, but we finally figured out a legal way to keep the island informed in the aftermath of a disaster. In the near future, Voice of Vashon will begin broadcasting a low-power, 10-watt signal at 1650 AM from our studio location on Sunrise Ridge. What you'll hear won't be the programming you may have listened to on the Internet at voiceofvashon.org or on channel 21. VoV has acquired a "Traveler's Information Service" license. It's not unlike the radio signals you pick up in mountain passes after seeing a sign that says, "For road conditions, tune to 1650 AM."

Should our island become cut off from the mainland by an earthquake, or another serious windstorm, VoV would broadcast live, up-to-the-minute emergency information over the 1650 frequency. Islanders in their cars heading into town for supplies would be able to find out about road closures, food and shelter locations, and get updated ferry information. Voice of Vashon would have a field reporter at the island's Emergency Operations Center who would keep all information as current as possible. Back at the station, VoV is equipped with generator power should the electrical grid fail, along with twoway radios in case phone service is interrupted. Granted, it's not the low-power FM of our dreams that would blanket the island with VoV's original and eclectic programming, but until Congress changes the rules

for getting an LPFM, Voice of Vashon is simply too close to Seattle to qualify. Because of the signal's limited reach, we won't really know exactly how much terrain the signal will cover until we install the antenna and fire it up. It's a relative certainty that the station will be audible up and down the highway from Burton to about Courthouse Square. Our hope, of course, is that we'll reach downtown Vashon with the first transmitter.

Ultimately, the goal is to add transmitters at the north and south ends of the island to provide a seamless stream of emergency information from one end of the island to the other. When funding becomes available, additional transmitters would be deployed on Maury Island and along the Westside Highway to further enhance the station's reach.

Impeach the SOBs © 2007 Mary Litchfield Tuel To the tune of "The Fox"

Chorus: Impeach, impeach the S.O.B.s Kick them out of office, please We're so tired of felonies So just impeach the S.O.B.s, S.O.B.s, S.O.B.s. We're so tired of felonies So just impeach the S.O.B.s,

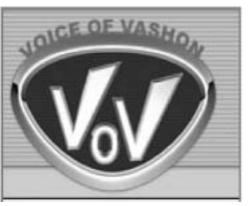
S.O.B.s, We're so tired of felonies Just impeach the S.O.B.s, They've brought the country to its knees Just impeach the S.O.B.s

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Lights Electronics Metals From your home electronics to your hazardous waste. 206.734.4815 vashonreclaim.com

We'll let you know soon when the station is up and running. In the meantime, watch for signs the highway along or announcements in the paper regarding Vashon Island first actual, over-the-air radio station!



The Vashon Loop, p. 7

September 21, '07 Don't Forget the Birds >>>

Kinglets Rule!

winter birds to watch are the Golden-crowned and Rubycrowned Kinglets that one can find all over Vashon and Maury Islands. They both utilize mixed deciduous and coniferous forests. However, Golden-crowns prefer breeding in coniferous woods and Ruby-crowns often forage out low in the brush and shrubs. Both actively glean bugs of various sorts from the leaves and branches of trees and bushes. The Ruby-crowned often looks somewhat hyperactive as it spins around and flaps its wings rapidly into the best position to nab an under-branch morsel.

Our two kinglets closely resemble each other and the four other species of kinglets around the world. Recently, the kinglet species



Golden-crowned Kinglet photo by Jim Rosso

received family status in the taxonomic order for birds with ornithologists splitting them from the super grouping of the thrushes, Old World warblers and Old World flycatchers. They all appear very small, just a bit bigger than hummingbirds, and sport green plumage. Both of our kinglets have conspicuous white wing bars. The Ruby-crown also has a noticeable white eye ring. The crowns that give the kinglets their names are quite bright. The Golden-crowned Kinglets have white and black stripes over the eyes topped by gold in both the male and female. The male has some additional orange to red at the

By Ed Swan

Two of my favorite fall and very peak of its head that can be erected when it's excited. The Ruby-crowned Kinglet's bright red crest often is unapparent on its green head until they are quite agitated, when it can flash like the ferry crossing gate coming down.

Observers find the Rubycrowned Kinglet most easily seen as it provides one of the common "scolding" birds of the forest edge and brushy areas. Kind of in a jazz rhythm, it will call "tch tch tch tch tch" as it goes along and then very emphatically "tch tch" when it finds a possible threat or intruder in its area. A little "spishing" with your lips will almost always get a little kinglet popping out of a brush patch around here. In migration, waves of Ruby-crown can be seen passing through. However, during most of the fall, winter and early spring, they are more solitary or in twos and threes when part of a mixed species flock of chickadees, kinglets, wrens and vireos. Rubycrowns show up from their mountain and northern breeding areas in mid-September and leave by late April or early May.

The Golden-crowned Kinglet is usually heard and not seen as its high pitched string of "see see" calls float down from high in a conifer or maple. Golden-crowns are definitely a species that it is worthwhile to learn their distinctive call because often they are so high overhead in the trees. They often associate with Chestnut-backed Chickadees which have a similar habitat preference. However, they will come down low into a brushy understory of a wood lot and sometimes out to the edge. Occasionally, a bigger flock of thirty or forty birds might develop including both kinglet species, both chickadees, nuthatches, wrens, Hutton's Vireos and Townsend's Warblers. Golden-crowned Kinglets may be found any time of year in

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Wednesday through Sunday

the bigger coniferous forests on had a Ring-billed Gull at Fern Cove, Vashon but many move on to the mountains to breed in April.

In local birding news, Don Norman and Andrea Wunschel saw the first Ruby-crowned Kinglets of the season while doing a count on September 15th on Maury Island at the regional park. They also saw the first fall Hermit Thrushes to be reported as well as a Common Yellowthroat and a flock of 15

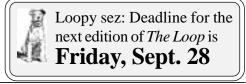


Ruby-crowned Kinglet photo by Jim Rosso

Band-tailed Pigeons. Bent and Marie Blichfeldt had 14 Band-tailed Pigeons on September 16 at their place in Dockton, perhaps the same flock as Don's. Sherry Bottoms heard a Northern Saw-whet Owl catch call and then catch a mouse at her place on Cemetery Road. Sue Trevathan saw a dozen Cliff Swallows at KVI Beach on September 14th, which is a high number for Vashon. I wonder if these were migrating by or from nests this year on Vashon. The Audubon field trip on September 8 which is rare for Vashon. On September 7 at Dockton Bob Hawkins saw 3 Red-breasted Mergansers the first for the season and very early. Common Mergansers should also be coming through right now. The last interesting birds I've heard about recently were flocks of Vaux's swifts migrating by John and Ellie Friar's place near KVI beach. Vaux's Swifts regularly come by in the fall and spring but few observers pick them out of the groups of migrating If you have an swallows. interesting sighting to report or a question about birds call me at 463-7976 email or at edswan@centurytel.net. I'm also available as a guide for finding birds around Vashon. With the winter waterfowl season beginning, this is a great time of year for seeing birds, especially if you have out-of-town visitors unfamiliar with our local birds.



A Band-tailed Pigeon begins to hog the Huggins' feeder, Alan Huggins photo



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September 21, '07

The Vashon Loop, p. 8 The Reigning Queen of Everything **Office Life**



By Sarah Blakemore, RQE

For all of my readers who were on the edge of their seats, biting their nails on my behalf in the morning ferry line, I would like to let you all know that the show went well. A few people were off key but no one died or is now suing me. So thank you for all of your kind wishes, fan mail and flowers. The RQE loves you all.

Now, back to the regularly scheduled programming instead of my self indulgent drivel about failure. I've mentioned that I'm working at an investment bank now, but don't worry, I'm still strapping on the stilettos at night. This means I will continue to bring you stories of fetish sex and feminism from the trenches. I'll just be doing it while hiding in my cubicle on the company dollar. Ha.

Actually, I'm really enjoying my return to banking. The major perks are professional respect and I can put a sweater on when I am cold. Plus I don't have to work for the mafia. So I bring you office life in two short vignettes:

Number I.

Starting out.

three minutes late before even getting out of bed.

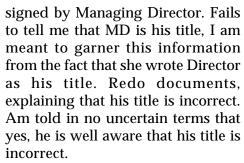
8:54am Yelled at by pissed off commuter for frantically pushing her onto the V train to avoid being caught in closing doors.

9:12am. Arrive at office, unshowered. Boss is already gone for his meeting at the Fed Reserve Bank and has been forced to call his own car.

9:37am. Realize that my shirt is wrinkled and that I am not wearing any socks.

9:38am. Become aware of blisters I developed while running for the train and three blocks down Madison Avenue to the office.

there to get Mr. C his necessary morning glass of water and place WSJ on top right corner of his desk. He has been forced to either get his Ann Taylor penny loafer. On the own glass of water and paper or arrive at his meeting parched and McCann synthetic slip on. The only uninformed. 10:53am. Mr. C complains that his new computer is not working properly. I call help desk which I discover is conveniently located in Germany. 10:54am. Mr. C reprimands me for calling help desk, pointing out that they are conveniently located in Germany, not the NY office, why would I ever call the help desk? 10:55am. I search two floors for help Joseph, desk guy extraordinaire, get locked between floors because my ID is not working.



12:15pm. Mr. C asks if I have spoken with Mr. N who stopped by earlier. No, he said just to tell you that he stopped by. Why did I not immediately call Mr. N upon Mr. C's return? Apparently this was supposed to be glaringly obvious when I told Mr. C this morning of Mr. N's visit and Mr. C gave a slight nod in response to this information.

I'm going to lunch.

Number II.

So close, yet so far off the mark. It is one of those days where everything is humming. The subways are clear, the line at the deli is short and the elevator comes right away. I briskly arrive at my desk, ready to greet the day's challenges. I've got my shiny new I've-got-anew-role-at-the-bank outfit on that I carefully laid out the night before; 8:33am Woke up, making me I've got to make sure I project a professional image now that I have new responsibilities. There are 11 new emails in my inbox from my boss. The merger is 9 days away and we've been going at it full tilt. This is my new job so I have to prove myself. I have to prove that I am capable, credible and ambitious. I have to be perfect.

I get to my desk, fielding calls left and right, I'm knockin' 'em out of the park. Is the spreadsheet done? Yes. Where's the org chart? I've got it. What does the compliance manual say about underwriting activities? Let me explain. I'm there. I'm here. I'm on it.

At 11:37am I go into the Ladies 9:47am. Realize that I was not room. As I sit down I look at my feet.

Oh. My. God. I'm wearing two different shoes.

On one foot I have a black leather other foot I have a brown Thomas resemblance they bear to each other - besides being stored adjacently under my bed- is that they have approximately the same toe width and heel height; which is probably how it is that I managed to leave the house, commute into the city and spend the morning talking to people, seeing people, meeting people and standing in the elevator with people without noticing that I am wearing two different shoes.

www.vashonhorseproperties.com



Dances with Bats

by Susan Wolf

This story gives a whole new meaning to pest control.

In a former residence, a log home, we had a family of bats living under the overhang on our roof, just off our upstairs master bedroom. We tried not to disturb them much because they are relatively harmless and kept the mosquitoes down.

One morning about 1:30 a.m., I heard a fluttering sound so I yelled at a family member, who shall remain nameless, that there was a bat in the bedroom again. They used to freak me out, but I'd gotten so used to them, I just flung the sheet over my head and tried to go back to sleep. He turned the light on and saw first one, then two more bats drop down out of the peak in the ceiling. So he ran for a broom and flung our balcony door open to the pitch-black night, using the broom to try and swoosh them outside.

As he's dancing around the room with this broom like a demented witch, he notices that headlights of a car are going up our neighbor's driveway. Suddenly the car stops, and begins backing up. He suddenly realizes 1) the door is wide open and people can see him; 2) he's naked; 3) the lamplight is silhouetting him to the neighborhood and 4) he's dancing a high-stepping bat jig as if circling the flames of Hades.

Fortunately, the bats chose that moment to retreat outside so he shut the door and, without saying a word to me, turned out the light and climbed into bed. The very next weekend a small house repair was first on his list.

Actually, according to King County Public Health, everything we did was wrong. Bats, which are known rabies carriers, are not really a laughing matter. If a bat comes into your house or you find one on the ground, don't touch it. Get away from it, but don't shoo it out of the house. "Bats are the most common way for people to get rabies in this country," said Dr. Tao Kwan-Gett, Medical Epidemiologist at Seattle & King County Public Health. "So teach children never to touch a bat, even if it is dead."

We often encounter bats during warm summer nights in wooded areas when windows and doors are left open. Five to ten per cent of bats that are tested in King County are found to have rabies. Bats have tiny, razor-sharp teeth that sometimes don't leave any bite marks. Dr. Kwan-Gett also recommended that people call Public Health immediately if a bat is discovered in a room where people have been sleeping.

11:16am. Return to desk, discover that Mr. C has found help desk guys himself. Right. Okay.

11:24am. Ms. M gives me documents to correct and have burden of professional credibility.

*%\$#@.

Double*%\$#@.

Back at my desk I consider going out over lunch and purchasing a bottle of whiskey and a shot glass to keep in a prominent spot, now that I have been freed of the weighty



Photo by Bruce Dale, courtesy KidZone Bat Photos

After a person is bitten by a possibly rabid animal, a series of vaccinations is recommended to prevent infection, unless the animal

is available for testing and found to be negative for rabies. Since the beginning of 2007, in King County 21 people have needed rabies prevention treatment after being exposed to bats. Two of the bats tested positive for rabies. So no shooing, and get that bat tested. **www**

The Vashon Loop, p. 9



The Gift 2.0 (from the GTW Archives)

My teachers have told me that The Creator had each of us in mind at the moment of creation. Also in that mind, at that moment, was some part of good nature's power, crafted to fit us 'better than our own skin.' Our gift. Somewhere in the warp and weft of the land and life is something for each of us—some song, dance, tool, technique, art, work, something that is exclusively our own.

This teaching makes eminent good sense to me.

false.

However, too many people of my generation grew up with low self esteem. The problem was so pronounced that we have made it a joke—and have, at the same time, produced a generation of children that has SO MUCH damn self esteem they are likely to have a surprise or two coming when they get into the real world.

Be that as it may, it occurs to me that low self esteem is really a knock on the Creator. I mean, if you have a problem with a piece of equipment, take it up with the manufacturer. To dis the gift is to dis the giver.

The rest of that teaching is that anything we are carrying around that is not part of that gift, does not support or expand that gift, anything attached to us that does not make us MORE us, more able to carry or dance in that gift, is either some burden someone else has put upon us or something we have picked up that does not belong to us.

It is well said that some of those burdens are carried voluntarily. There is nothing wrong with that, in and of itself, so long as we are done it this way? clear on the arraignment. It is the things that actually bind us that we must be clear of—the things others have placed on us, either without our knowing or by convincing us that we have to carry them—that trouble our relations to the sacred, the prize and keep moving in that that blind us to the times that gifts direction. are presented, that obscure the trails

to them that open up from time to time along our life's pathways.

I like this way of looking at things. It lets us know we are not just a random accident, a sport of nature, and that everyone is important to creation.

Does this mean the universe cannot get along without us? In a way. Certainly, for creation to be everything it was meant to be, we must be the most perfect 'us's we can be. On the other hand, it's a big plan and if some of us are unable to do our jobs, others will do theirs and creation will be whatever it's going to be and it will be good.

This way of seeing the universe and our place in it also reminds us that there is not only is there magic in the world but that some part of that magic has our name on it.

How nice is that to know?

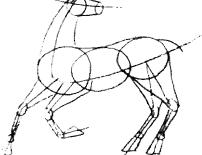
Are all our gifts exactly the same It is too true, too perfect to be size? Probably not. Some people will create monumental works of art; take part in miraculous feats of healing or earth-changing acts of magic and medicine. Some of us will gather wood for the sacred fire and bring water up from the creek; some of us will tote night soil. You see, whether we make baskets, blankets or boxes or we stand at the crux of creation with the fires of eternity consuming us while we sob and cry to be given the songs of the people, we are all part of the sacred dance.

> Many medicine songs have two or three parts. It is not that there is a 'lead' and a 'backup,' it is just that there are songs that have two or three parts. Without all the parts, it is not the song. Without all the singers, the parts cannot be sung. What piece of the song are you carrying? Do you remember your part? Will you remember your cue and know when it is time to DO your part?

A common modern lament is that nothing makes a difference anymore but I am here to tell you that lament is not only NOT TRUE, it is not even false. It all makes a difference or why would the Creator

Don't get down on yourself, pick yourself up. You are part of creation, the part still ongoing, right here, right now. Dance on. Sing on. Don't look back, something might be gaining on you. Keep your eye on





Tom Wallace

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

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Madame I cujours

Dear Madame Toujours,

I am a young man, thirty-five, single, good looking I guess. I work for a construction company-roofing, framing, finish work etc. The guys I work with are great—always joking around and pumping iron at the gym together after work.

The thing is, a couple weeks ago, I was doing some demo on a roof and I disturbed a squirrel nest. The mother squirrel got killed by a falling roof beam and left three half-grown babies. I stuck'em in the pocket of my tool belt and took'em home with me. I've been carrying those babies around in my tool belt or riding on my shoulder for two weeks 'cause I've got to feed'em from a bottle every couple hours, and the guys are razzing me something awful. They're calling me gay and a sissy and addressing me as "Mommy" and asking me how I'm gonna put the "kids" through college as a single "mother". I know this is all in good fun and they don't mean anything by it, but it's getting me a little worried. I know I'm kind of a softy, but is there something really wrong with me? Am I doomed to be one of those nice guys who never get laid?

persons are supposing that the manly persons, they are going about with the belchings and the scratchings and the cursings, and it is the females who are having the tenderness and the nurturings.

Mais non. Consider if the female persons are looking around and seeing all the fellows with the crudeness and the joking and the enormous manliness. Now they are seeing you with the little bottle nursing the tiny, helpless babies. Here is the manly fellow who is having also the tender, nurturing side. Suddenly, they are consumed with the lustfulness. Now you are more attractive than the other fellows. You are the highly desirable father for les *enfants.* You are having very many of the opportunities to become-so to say-intimate with the female persons. Possibly you are now feeling the little bit of alarm. "But Madame Toujours," you say, "I cannot be raising the little children. I am having enough of the difficulties with the tiny rodents." *Bien sur*, this is not to be alarmed. Merely be careful to use the protections and treat the female types with the respect and the considerations. Bon Chance, M. Dad, and remember that the squirrels are the extremely frugal persons by nature and will undoubtedly be supporting you in your age. Possibly you will be living in a tree and eating nuts, but you will be in the bosom of the family.

Join the Master Gardener Program

2008 Master Gardener Program, but the October 1st deadline is fast approaching. The program is open to anyone interested in horticulture, sustainable gardening and providing information to others. Participants receive twelve days of training on consecutive Saturdays starting in January. After that, they participate in Master Gardener clinics on Vashon and other Master Gardener activities.

The program opens access to a wealth of horticultural resources and continuing education opportunities. It's terrific for new and experienced gardeners alike. The local group of

There is still time to apply to the Vashon-Maury Island Master Gardeners is hoping to expand and offer more resources to our community.

> Come join a great group of island gardeners! For an application, contact Elaine Anderson, 206-205-3122 or download the application http://king.wsu.edu/ from gardening/BecomeaMG.html. If you'd like to talk about the program, call Sally Fox at 206 567-5027 or Michael Laurie at 206 567-5492.

Loopy sez: Deadline for the next edition of The Loop is Kriday, Sept. 28

Sincerely, Single Dad

Cher M. Dad,

This is the big silliness to be worrying for the manliness just because you are having the warm and nurturing feelings for the tiny, helpless babies. Yes, many ignorant

🖎 LoOp Ed

Debating Iraq

in Iraq during a recent debate, Republican Mike Huckabee, on stage with other presidential candidates, gave this as his reason why: He spoke about a lesson he learned from his mother. What he learned from don't pay full price for what you her, he said, was that if he went into a store and "if I picked something off the shelf at the store and I broke it, I bought it. I learned, I don't pick something off the shelf I can't afford to buy." He went on to say, "Well, what we did in Iraq... we essentially broke it. It's our responsibility to do the best we can to try to fix it before we turn away..." He then went on to say that he agrees with Senator McCain, that we shouldn't leave Iraq until we can leave with honor.

we must all understand that Iraq wasn't something sitting on a shelf that was for sale... something that was ours to pick up, handle, break,



Mark Goldman

or pay for. It wasn't a toy or a dish that we broke. And we didn't just break something that can be replaced. How do you buy back the missing arms and legs of thousands of innocent men, women, and children? And how do you fix the brain damage that your bombs caused or replace the eyes that your shrapnel ripped from heads? How do buy back the dead parents, the dead children, the dead brothers, sisters, aunts, uncles, and those yet to be born (possibly for generations to come) because you poisoned their country with depleted uranium? innocence of youth that you stole from millions of children who are now afraid to sleep at night for fear of the dreams they will encounter when they close their eyes? How do give back the homes, the savings, the joy that you took away; the basic human rights you stole; how do you fix the grief and insanity that you caused through torture and your blind negligence, malfeasance, and inhumanity? How do you replace killed? How do you bring back the President of the United States.

by Mark Goldman, mark@gpln.com In arguing why we should stay neighborhoods and the goodwill that once existed between neighbors? Tell me how do you fix that? What would your mother say now?

> And what honor is there if you broke? The only honor possible would require more courage than anyone on that stage of candidates or anyone on just about any other stage has yet to demonstrate.

> The only honor possible is the repudiation of the mindset and consciousness that allows people to quietly stand by while atrocities take place and the rule of law is demeaned by their own government.

To take responsibility would Well, let me say this: First of all, require that you understand and admit your crimes and be able to honestly ask forgiveness... and then lay out your plan for how you will respond once you understand what you have done.

> Figure it out... what do we all owe the Iraqi people, our own people, all people, for what we took from them without honor, without decency, without permission, without reverence for life, and without love?

> There are those who will argue that we went into Iraq for an honorable purpose and/or we did the best we could there. I don't believe either of those propositions is true. At least Huckabee recognizes that we broke it. I don't know if he understands what we broke, how bad we broke it, or what kind of people we have unconsciously become to allow ourselves to break it in the way that we did.

Before there can be any honor in action, particularly in debate, there must be a willingness to tell the truth, the whole truth, and nothing but the truth about what you know. And that includes being willing and open to understand what you currently don't know, perhaps because before you really didn't want to know.

If you go into a store and destroy the merchandise, poison the building, kill the owner and his grandparents who were murdered children, you don't get to buy your because you walked into that 'store'? way out of it. Not this time. The only How do you apologize to parents honor that is left to you is your own and their children for the birth transformation. That begins with defects of those recently born and recognizing what you have done. Until you have done at least that much, you will not even begin to understand what responsibility is. And you know what, we are all How do you buy back the in this together, as individuals, as a country, and as world citizens. Until we acknowledge what we have done; until we understand that what we did and what we are still doing is dishonorable, there is no way to leave with honor. Leaving Iraq is not good enough. Staying in Iraq is not good enough. Until we understand what is good enough, we will not have our honor back and neither will we have a chance to vote for or even understand who the years you stole and dreams you is or who is not qualified to be



Marge and Cheryl went to Vegas to shop for you!! Not sure what they think they'll find at the David Copperfield show, but hopefully something cool at the tradeshow. Cheryl might even learn something at one of the seminars (like which cocktail is best for poolside lounging).

Cheryl's pick of the week:

New heated pet beds are here just in time for the chilly nights come see Jenny for details.



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Pamela Curtin Branch Mgr./LPO

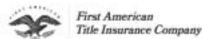
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Prepare Your Pets

by Roger Penwick

A cataclysmic event strikes the Seattle region. Perhaps it is a magnitude 8.2 earthquake. Ferry docks are shattered. Vashon is now truly an island. Power and communication infrastructure is destroyed and it will be weeks before services are restored. At the time of the event you and many other residents of Vashon are on the mainland. Your dogs are locked in the house. There is no power to your aquarium. Did the fences in the pasture and the horses survive? Efforts to contact your neighbors are unproductive and you and they have never discussed what should be done in such an unlikely

circumstance. Of course during such a disaster you can be sitting "safely" at home, survive the initial incident and still have things get pretty sticky. As I sit here writing, I have a box full of literature on generators - but no generator - even though I was without power for 8 days last December. The one flashlight in the house has no batteries since the kids harvested them for something. I don't own a radio. However since becoming involved with VashonBePrepared (VBP) I have taken steps to improve my ability to weather a disaster. I keep at least one 50# bag of dog food in reserve (wonder how long it would take the island stores to run out - if you can get to them in the first place) as well as a supply of bottled water. I have some MRE's and I will be taking more steps in the immediate future.

However if you are like me, you may want to look to those who have done your homework for you, and who have survived and learned from such devastating entities as Katrina and the tornadoes in the Midwest. Island veterinary professionals have been gathering such information to assist you in your personal preparedness, as well as working with Island and King County officials to create plans for dealing with injured, stray, displaced, or stranded animals.

Their information will be presented to the public at a free forum at Chautauqua Elementary School on Sunday, October 7, 2008 from 2 to 5PM. Presenters will include Gen. Joe Ulatoski - Head of the Vashon NERO groups and Mr. Michael Cochrane – head of CERT for King County. Veterinarians and topic species they will address are: Dr. Mark Thorne - Horses, Dr Dana Ness- poultry and other farm animals, Drs. Keith Vogel and Tim Krabol (sp?) - exotics and pocket pets, Drs. Don Canfield and Don Wolczko - Dogs, Dr. Kirk Haupt cats, Dr. Beth Fritzler - large animals, and Dr. Tag Gornall - fish and other aquatic species. There will also be discussions of first aid procedures and how to prepare "go kits" for both your animals and yourselves.

Pet Preparedness:

1. Have at least 10 days of food 2. Have an external contact who knows your pet.

3. Make a first aid "to go" kit including a pet carrier.

Going Green

Part III in a series, Emma finishes her discussion about foundational environmental books and actors in maturation of the the environmental movement.

Moving on into the 60's, there was a lot going on in the world. Civil rights, anti-war marches, economic changes and my own early involvement in local politics and community organizations. Through it all, however, my love of nature never left me. With the publishing of *Silent Spring* by Rachel Carson in 1962, the environmental movement really got its start.

That book was followed by another eye opener. Nobel Prize winning scientist Paul Ehrlick's book The Population Bomb, was published in 1968. Thoughtful people began to see that we were using up our resources and that something needed to be done. That was the year that my old VW bus sported the popular peace sign done in green for world peace and ecological awareness.

Another scientist who was trying to wake people up at that time was Garrett Hardin. His paper "the Tragedy of the Commons" published in 1968 was a serious wake up call concerning over population and the scarcity of resources. He warned of the effects of pollution and the need to limit access to important natural areas to protect them. He was the ecologist who coined the term, "spaceship earth". His ideas were extreme at the time and to some extent, still are. In 2007 we are still trying to catch up to this man.

It's striking that in today's renewed efforts to work toward a sustainable future little is being said about aggressive population control, which many believe is the most important issue of all. More than anything else, over population is what's killing the earth and over using it's resources. The political climate has become very difficult on population control issues and that's a major tragedy.

While in graduate school in the 70's I heard British born economist and social activist Kenneth Boulding speak and discovered that ecology and economics do go hand in hand. Even today that concept is difficult to grasp. He was one of the founders of an entire school of thought and inquiry called Ecological Economics. He warned that nothing can grow forever and that we were going to run out of all of our critical resources someday. His line of thought as well as Garrett Hardin's are still studied in many organizations as well as academic circles all over the world. I had started back to college in 1971 after years of working and being in business. It was there that I was introduced to Barry Commoner's amazing book The Closing Circle. He was called the "Paul Revere of Ecology" and his work formed the backdrop for me to a year long set of science classes called Ecology. The instructor I had national and international news

by EmmaAmiad

was a newly graduated scientist and one of a small handful of teachers around the world introducing this new discipline to the college curriculum. I began to understand the interconnectedness of all things and the impact we make on our world with every decision we make.

In 1973, one of the great successes of the early environmental movement came to pass; the Endangered Species Act. Finally the government and the public had to come to grips with the fact that our activities in the world had caused the degradation of habitat and endangered many of the earth's animal and bird species. The danger of DDT was well documented and the far reaching legislation that created the EPA also opened the door to decades of activities that not only saved and restored many animal and bird species, but created a nationwide momentum that gave birth to hundred of land trusts and other organizations seeking ways to protect valuable habitat.

That was also the time, in the bay area of California that I got a harsh lesson about the importance of water. "If it's yellow let it mellow, if it's brown flush it down" was the mantra for several years of drought conditions in Northern California. Saving water and being aware of all the ways I could minimize water usage was a lesson I learned well.

Why the comment about water? Because that's what our future wars will be fought over. There are already skirmishes in other parts of the world over this scarce and absolutely required resource. Once we get solar power on line everywhere we will have

free,

sustainable

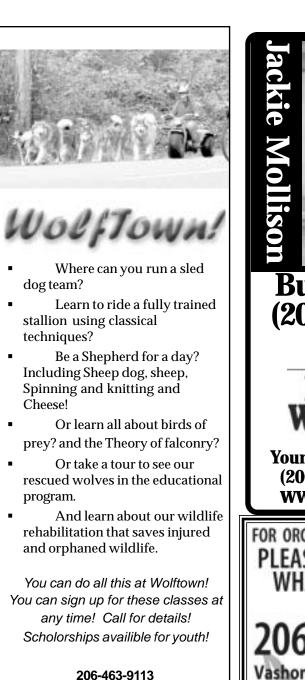
look

seriously.



Emma Amiad



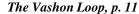


wolftown@centurytel.net

concerning toxic waste, nuclear power issues, population explosion, environmental degradation and a growing sense that it was time to do something. Those of us paying attention were also learning about the loss of the Amazon rainforests. But it was not until the 1990's that we began to see a huge growth in awareness and activism.

energy In 1992 the UN convened one forever. of the most important international But water events ever planned. is another The story and Conference on Environment and one that Development in Rio de Janeiro, also called the Earth Summit. It was we must then that we began to see that others at in the world were also waking up to the problems. In fact it is amazing

In the 70's I to realize that many countries are decades ahead of us in sustainability also joined the and conservation. If you really want Sierra to know what's happening in business, academia and social/ policy change as it relates to the environment, look at Europe, New Zealand, and the Scandinavian countries. We have a long way to go. Among the leaders of the new environmental consciousness in the early '90's was Hunter Lovins. Co founder of the California **Conservation Project (Tree People)** she and her husband, physicist Amory Lovins, founded the well known Rocky Mountain Institute in Colorado. She was named Hero of the Planet in 2000 by Time Her book, Natural Magazine. Capitalism, which she co-authored with her husband Amory and with Paul Hawkins, shook the academic and political world. Respected award winning scientists as well as





environmentalists, these three individuals, in great part, introduced the modern concept of sustainability. Meeting her and hearing her speak has been a real inspiration to me.

The following edition of the Loop will complete this article. The entire piece may be found at Emma's blog 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

Harmeling Thanks **Community for** Support

Club, Audubon Society, Greenpeace, and many other organizations struggling to get the attention of a distracted nation. One triumph of that period was the birth of Earth Day which raised awareness and is still an annual event.

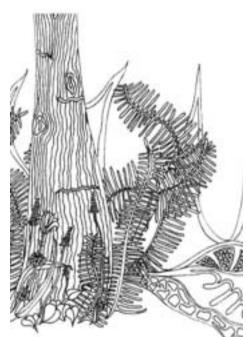
I also learned about organic gardening, worm bins, integrated pest management, composting, mulching, raised bed planting and animal husbandry in the early '70's. I studied dome homes, sod houses, use of solar energy, rainwater reuse, recycling of building materials and cluster housing in the 70's too. So much of what is talked about today has been around since the 60's and 70's. It's just higher tech now.

The 1980's brought us more

To My Fellow Islanders: I would like to extend my sincere thanks to all those who supported me in running for Fire Commissioner during the recent primary election. It is with deep appreciation that I acknowledge the public endorsements received from my neighbors and business associates and especially that of Paul Stoddard who, though withdrawn from the race, has generously endorsed my candidacy.

The position of Fire Commissioner is key to the development and execution of a vision for the future of emergency services in our growing community. I encourage all residents to participate in the selection process by getting out and voting on November 6th. Thank you very much for your support.

Sincerely, **Craig Harmeling**



Apples, Oranges, and maybe a few **Blueberries**

By Kathy Abascal

The flu season is approaching in the Northern hemisphere although it will be a while before it hits the island – we usually get our heaviest clusters after Christmas. There are a few interesting new items on the flu front. For the first time, human to human transmission of the bird flu has been confirmed. Eight Eating Consciously class beginning people in Indonesia got the bird flu from each other; seven of them died. Bird flu is still not especially infectious but it is mutating in a way that suggests that some day it could trigger another flu pandemic.

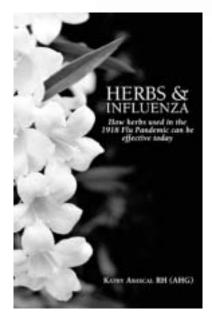
Secondly, there was a spike of flu in Australia this summer. Flu experts monitor how the flu is doing in the Southern hemisphere in order to predict how the season will be later in the Northern hemisphere. For the most part, this year's influenza has been mild. But in Australia, the incidence of the flu has been much higher than usual, and at one hospital 20% of the nurses were stricken at one time. In addition, several adults died very quickly from this flu, as did a number of children. The experts are not predicting a really bad flu season this year but the truth is that you never know. And, frankly, even a mild case of the flu feels awful. The good news is that now is the right time to tonify your immune system to increase the odds that you will be one of the lucky, flu-free people this year. It is also a good time to learn what the flu is and how it can be treated. I wrote a book on the people to achieve the best weight for subject that is available at island their bodies. In one class, using the bookstores. It is a good handbook same eating plan, one woman to read and then tuck away so you gained 5 pounds while another lost know what to do for a difficult case 15. The role plants play in health is of the flu. Lastly, now is a good time truly fascinating! If you are to stock up on some tinctures that interested in the class, please can help you feel better, should you preregister at the Roasteriebe unfortunate enough to come Minglement. down with the flu. I'm off to teach the Sixth Annual And, speaking of tinctures: I Intensive Seminar on Botanical have been selling my own Medicine at the Green Farmacy handmade tinctures for close to a Garden in Maryland. See you next decade at Minglement. I love week!

choosing the plants, chopping, macerating, and pressing my tinctures. I also enjoy putting together herbal formulas made from those tinctures. Unfortunately, however, it is really not viable for me to continue selling my tinctures at Minglement given the amount of time I invest in the process. In addition, a new law will be coming into effect over the next three years that adds a great deal of laboratory testing and paper work to the sale of herbal supplements, the Good Manufacturing Practices Act. Essentially, trained herbalists will only be able to sell individually formulated tinctures as part of a direct relationship with a client. So, after much internal debate, I have decided to only sell my tinctures directly as part of my practice at Full Circle Wellness Center. I will include a mini-consult with each tincture sale that will allow me to make sure that the tinctures are working well and are well chosen to support your health. The part of herbal medicine I enjoy the most is seeing people and knowing that my medicines work, so I think this will be a good change. I will provide the details about how you can continue buying my tinctures - and I hope you will.

Finally, I will be starting another on September 25th at 6:30 PM for 5 Tuesdays at the Roasterie. My original "pilot eating group' continues to meet and we are doing well. One of us has lost close to 50 pounds since we began meeting in late January. I myself am down 25 pounds and am 7 inches slimmer around my waist. Those are good things, of course, but the best part is learning how to eat to quiet inflammation and to support health. I think that learning what inflammation is and how it affects the body is the key to our success. It is one thing to know that sugar and junk food are bad for you. It is quite another to fully understand why they are bad for you. And it is really something else to experience how sleep improves, how joint aches dissipate, and health improves as you begin to eat properly. If you have been thinking about losing weight and getting healthier, this class can help you accomplish your goal. And the class is of value even if you do not want to lose weight or if you instead want to gain weight. It turns out that quieting inflammation in the body allows



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.

Birth Comes to Vashon

Continued from page 1

A BOLD group of Puget Sound area actors including Vashon resident, Tami Brockway Joyce, will bring this top-notch production to the Vashon Island High School stage on September 28th at 8:00 pm. After a very successful sold-out performance in 2006 (where Brockway Joyce performed while 8-1/2 months pregnant), the local cast of Birth regrouped in May and made plans for a bigger and BOLDer series of events for 2007. Brockway Joyce and her fellow actors were passionate about reaching more women and men, so the decision was made to bring the play to communities throughout the Puget Sound area. Since August 31st, Birth has been performed in Edmonds, at the Bathhouse in Seattle, in Everett and for a group of inmates at the Washington Corrections Center for Women. Still to come are South Seattle, West Seattle, Vashon and Tacoma.

Created by mother, BOLD founder, and playwright Karen Brody, Birth delivers a theatrical experience that melds the unbridled hilarity, the unexpected poignancy, and the tragic truth about power in maternity care today. Moving between first-person monologues, some dialogue, and the voices these women heard on the day they gave birth, the play Birth confronts "The naked truth about childbirth in America." "Maternity care today simply isn't mother-friendly," Brody says. "In many communities, pregnant നനന mothers are faced with few options that support low or nointervention birth choices; in other communities, women feel they went with the standard medical care and were treated poorly. BOLD encourages all people attending performances to learn the truth about childbirth, understand where power lurks in

their maternity care system and make informed birth choices."

Brody adds, "Can a play improve maternity care? It not only can—it is."

Throughout September, Birth is being performed in cities around the world including Amsterdam, Boston, Chicago, Houston, Maui, Ontario, San Diego and Seattle. Proceeds benefit local, national and international charities working to improve maternity care. Puget Sound BOLD is made possible through the generous support of Seattle Midwifery School, Baby Diaper Service and other local businesses and individuals.

Remaining performances of Birth:

9/21 – Rainier Valley Cultural Center, South Seattle

9/22 - Youngstown Cultural Arts Center, West Seattle

9/28 - Vashon Island High School Theatre

9/29 - Theatre on the Square, Tacoma

tickets and For more information, visit http://

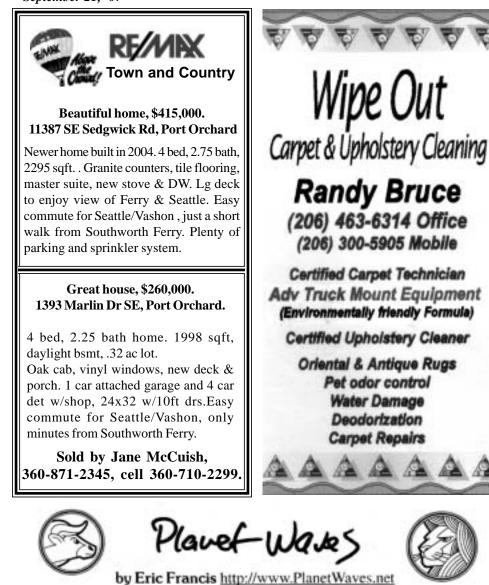
New Class Starting: Eating for health & weight loss

Learn more about quieting inflammation. Being overweight is an inflammatory condition that takes a toll on your health. In this series of 5 classes you learn how to use diet and herbs to quiet inflammation and improve your health. Significant benefits include a relatively effortless weight loss, improved sleep, and the disappearance of annoying aches & pains. A new class series begins Tuesday September 25 at 6:30 pm. Advance registration is required. The fee is \$60.00 and you can sign up at the Roasterie. For more information, contact Kathy Abascal at 463-9211 or anemopsis@yahoo.com.

www.boldinseattle.com

The Red Tent

In addition to performances of Birth. BOLD includes BOLD Red Tent events where a safe space is set up in the community for women to gather and share birth stories. There will be a Vashon BOLD Red Tent on Sunday, September 23, at the Vashon Island Coffee Roasterie from 2-5 pm. Space is limited, so women are encouraged to register in advance http:// at www.boldinseattle.com/boldred-tents.html or by calling 800-385-9704.



Aries (March 20-April 19) You have one idea about how to proceed on a health-related issue, which may take a while. However, you may be handed information this month that reveals a more direct route to the solution. Notably, it may seem like bad news at first, but will turn out to be helpful. Of all the places you've lived in your life, you have inhabited your body through all of them, and it is your true home. This relates to the Earth herself, which is part of your body and vice versa. The best solution to any issue, question or situation you face will be found out of doors. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) You are free. You are free from the thoughts in your mind that tell you that you're not free; you're free from the sense of burden that was laid on your chest as a child including the burden of being promised a life where others would take care of you, or the other side of this, the pain of being told you would never be taken care of. Just remember, self-sufficiency has its limits; once you really start to live in the world of people, things and art, you will see that we are all deeply and intricately interdependent on one another. This is good news. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) Saturn is about to cross the sensitive home and security angle of your chart, and this often relates to a physical move, changing houses or cities, or completely rearranging your security base. Sooner or later it's going to happen; the truth is you have outgrown many of the physical spaces and the ideas that have contained you for so long. A combination of factors this month accelerates what could otherwise be a slow, arduous process, and will help you set your feet on a path to greater independence and prosperity - as long as you welcome change and don't fear it. Eric Francis has more of your astrology for you at PlanetWaves.net. Cancer (June 21-July 22) During eclipse season (at the moment, late August and early September) I believe people born under the sign Cancer have a little greater influence. Yes, your life may pick up that feeling of being fated in an odd way. There is a kind of drama that seems to unfold. And from one side of the eclipse to another, you are a different person. The

focus of this round of eclipses (in Pisces and Virgo) involves your beliefs, your thought patterns and what you do in your local area. Local involves where you put your feet during the day, where you are sleeping at night, and where your roots are slowly sinking into the ground. Pay attention: progress is in progress. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) You now have the strength and determination you need to resolve a difficult financial crisis. Certain changes are inevitable; others are subject entirely to your creative will. You have a gift for keeping an even keel, and for coming up with solutions at the last moment. You now need to be thinking long-range, and you need to be thinking structurally. Money responds directly to structure. You need to be an engineer now, and plan a structure that will take you long into the future. Every problem, question or goal you encounter where money is concerned needs to have this one concept applied to it: structure, as in shape, form, and construction plan. Eric Francis has more of your astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) Virgo is one of the hidden dynamos of the zodiac. True, you spend too much time hung up on the details, and then every now and then, you remember that a good, wholesome explosion takes care of the details beautifully. What changes somewhat suddenly this month is changing specifically to make room for something that is on its way. You had a clue as to what that something was back in July, and that set the process in motion, hooking it specifically to your desire for a better life. Fear is powerful, but there is nothing like the positive desire for change, put into action, to create solid and lasting progress. Eric Francis has more of your astrology for you at PlanetWaves.net. Libra (Sep. 22-Oct. 23) You may be feeling an ominous sense that "something is up" — and you are right. The first thing you may need to address is, however, an odd sense of contradiction: one side of your personality is being pulled out into the public eye, while another side is being pulled deep into the inner spaces of your being. You may feel equally isolated in both situations; you may feel an odd sense of not being able to relate to your

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friends, and not being entirely at home in your skin, or in your home. Stick with this sense of something missing; it is into the missing space that a new reality will gradually flow. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) The heavens are opening the way for you to dream bigger dreams. You may at first experience this as being backed into a corner or pigeonhole of some kind; you may feel you have to commit to a narrower course of events than you currently want to. In fact, you are being called upon to refine your vision, and to gradually take the steps you need to take, one at a time, to make that vision into something tangible. This really involves one exercise: making sure you believe there is room for you in the world. Remember, this is more a matter of belief than anything else. The world is plenty big; we need our minds to match. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Twists and turns in your home life have forced you to keep career plans on hold the past few years. Now, you are gaining a level of mastery over your private environment, and your public life will again begin to enter the spotlight. You're entering a phase where you have something of the Midas touch: you are taken seriously, you are seen as someone doing a true public service, and you can connect with your long-term dedication to what may in fact be a very difficult goal. What you now have going for you is persistence, momentum and a true understanding of what you need to do, and how. But mostly, you have stability. Eric Francis has more of your astrology for you at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20) You seem to be weighing two contradictory sets of evidence, for and against a certain key long-term issue in your life. You may feel some hesitation over just how longrange you need to be thinking, and you may get a little shock how close the future

really is looming. But don't forget that eternally true truism about the future being right now. It is right now, and the quality of your particular moment is determined substantially by what beliefs you possess and what changes you determine you need to make in your beliefs. When in doubt, check in with the most basic ethics of the matter. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) The time has come to wedge yourself out of a deal you don't want any part of. It may be a relationship, a contract, a family situation involving more than one generation and possibly an inheritance; it may be a frame of mind that has kept you trapped in an environment that does not feel entirely of your own making. The past plays heavily into the situation: the affairs of a dead relative may be involved, and there may also be a big discussion about a will, estate or trust in which you are involved. Here, I defer to A Course in Miracles: accept no compromise in which death plays a part. Eric Francis has more of your astrology for you at PlanetWaves.net. Pisces (Feb. 19-March 20) You have been waiting years for a shift in your relationships, for focus and clarity and to live out the commitment that is so natural to you. Meanwhile, you've managed to wage a revolution within yourself: to be free at any cost, including the freedom to be yourself within the context of a relationship. Now comes an extended time of applying the gains of that revolution to your actual, living relationships. Remember, you are free, and nothing can change that. The key to happiness is making decisions consciously, from that awareness of freedom, which is always about the right to make a choice. And, if you've made the wrong decision in the past, to choose again. Eric Francis has more of your astrology for you at PlanetWaves.net.

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September 21, '07

The Vashon Loop, p. 14 Island Epicure



A Ginger Peachy Pie

By Marj Watkins

Now is the time to enjoy fresh peaches, apricots, plums, nectarines, and early apples, all of them good sources of boron, a trace mineral essential for metabolizing calcium. Fresh peaches have a short and glorious span between too green or too ripe, and unavailable.

The crust for this fresh peach tart may be made a day ahead. Actually, any of the above fruits may be made into a fruit tart like this one.

FRESH PEACH PIE

Makes a 9 inch pie, 6 servings

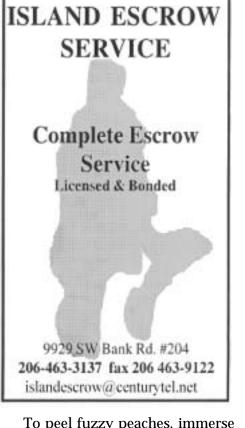
Sweet Pastry:

1 ¹/₂ cups flour—all purpose, barley, or quinoa
¹/₄ cup sugar or Splenda®
6 Tablespoons butter, softened
¹/₂ teaspoon salt
Mix in small bowl and add:
1 egg, beaten with
2 Tablespoons water
Grated rind of 1 lemon
1/2 teaspoon vanilla

Sift dry ingredients into mixing bowl. Make a well in the dry ingredients. Pour in egg mixture and blend with fingertips or fork to form a soft ball. On a wax paper, pat dough to a thin circle 1 inch larger all around than your pie pan. For an even thickness, cover with more wax paper and apply a rolling pin. Holding the edges of the wax paper, transfer to a round platter or a baking sheet.

Because of the large amount of butter, chill a few minutes. Peel off the wax paper and invert the pastry disk over the pie pan. Peel off the second wax paper. Let rest a few minutes so dough will relax into the pan.

Preheat oven to 375 degrees.



To peel fuzzy peaches, immerse in boiling water for 20-30 seconds. Promptly chill in cold water. Skin will slip off easily if the peach is ripe. If it doesn't, you'll need to peel it thinly with a knife. Smoother peaches and nectarines need nod be peeled.

Halve the fruit and remove the pit for easy slicing. Thinly slice the peach and arrange in concentric circles in the baked piecrust, tucking in ginger slivers. Sprinkle each layer with sugar or Splenda[®]. The amount will depend on how ripe the peach is. Sprinkle top with a dash of cloves, cinnamon or pumpkin pie spice and a final tablespoon of sugar or Splenda[®].

Serve as is, or warm thus: Turn down the oven heat to 350. Bake the pie 12 minutes, just long enough to heat the peaches through, but retain the fresh peach texture and flavor.

Serve with ice cream, vanilla yogurt, or whipped cream if desired.

Note: Nectarines need not be peeled.

Nutrition Tip: Peaches, plums, apricots, nectarines, and apples and pears, all provide the trace mineral boron. It's essential for full metabolizing of calcium. Of course, you need magnesium, Vitamins D and C, and silica, too.

A menu to supply all these nutrients and more: Braised or grilled wild salmon; a salad of green leaf lettuce, bell peppers for silica, diced or grape tomatoes for Vitamins A and C, and slivered or diced red or sweet onion for cancer and diabetes preventing and fighting; brown rice or wild rice for B vitamins and Vitamin E, finished off with Peach Pie for the boron and yogurt for calcium.



17804 Vashon Hwy SW

Open llam to 8pm Monday-Saturday 12am to 5pm Sunday



We've Got a Lot of Kids One of the Best Parties Ever

by Kevin Pottinger

Last weekend, our eldest daughter Meredith turned five, and on Sunday we had a party for our birthday girl and entourage.

My wife Maria hired a pony with a handler and two assistants. The pony and his attendants took each kid on a leisurely circle around the back yard. The kids were fascinated by the animal, and especially by the weighty mounds of pony flop it produced at flatulent intervals, scooped up quickly by one of the pony's handlers and tossed still steaming into the blackberries.

Twice, a fawn darting through the woods spooked the pony. The little pony whinnied and stamped its feet just like mighty stallions do in the movies, except on a much smaller scale, of course. The handlers quickly calmed him down, luckily. I have no idea what one does when ponies stampede at birthday parties.

Last November Maria invited our oldest son Colin's entire kindergarten class, which was almost entirely boys, to his birthday party. Maria had won an auction item that offered to plan a Mad Scientist birthday party for a gaggle of kids and their buddies. At the direction of Mrs. Mad Scientist, our eighteen celebrants noisily mixed up tubs of oobleck, a quivering mixture of water and cornstarch, with food coloring and glitter. She shouted that oobleck is a polymer, and has properties of both a liquid and a solid. The kids slammed their fists in it and poked it and made prints of the Sunday Comics with it. They shoved it into each others faces like pies, made it into drooping nooses to hang one another and flattened it on their heads like jiggly pimp hats. Mrs. Mad Scientist brought out an ingenious method of making ice cream in baggies, using one sealed inner baggy filled with cream and sugar, and an outer sealed baggy filled with ice and rock salt. She

explained that the rock salt causes the ice to drop in temperature, freezing the cream and sugar. A few young scientists had the patience to actually make the ice cream by working the baggies with their hands; most of the boys just quickly ripped them open and drank the contents.

She pulled out something she wanted to try: a toy volcano that spewed rivulets of delicious red candy instead of molten rock. As I remember it, the picture on the large box showed a group of kids, apoplectic with joy, gathered around a realistic looking volcano with miniature trees and green grass, and possibly tiny terrified natives fleeing the boiling red rivers of delicious candy that cascaded down the sides of the Tiki-God volcano.

When it was removed from the box, it was a lot smaller than the picture, rather plain, made of beige molded plastic. We stared at it in silence. At length Mrs. Mad Scientist said quietly, "Oh." When the red powder was mixed with water to make the bubbling red lava, it smelled like antifreeze. As it oozed down the volcano's sides the boys double-dog dared one another to taste it. None dared. It was one of the best parties ever.

A few weeks ago we'd attended a lovely Little Pony birthday party, where all the party favors and matching cups and napkins and streamers featured images of the sticky sweet pony doll with the flowing hot pink or lavender mane and exaggerated eyelashes; a bizarre totem that appeals to preschool girls on a primitive, elemental level. Rather than play with them like ordinary dolls, apparently the girls simply worship them in a state resembling religious ecstasy. One of the grandmas in attendance described the birthday parties on the Eastside as completely out of control. Apparently some of the Bellevue and Redmond moms are in frank, open competition to have the most memorable party within their children's circle of friends, and have the necessary funds to wage worldclass campaigns. The grandma warned that the competition could soon spread to Vashon. I had a mental picture of the map showing the slowly advancing swarms of Killer Bees. I watched a group of kids playing what looked like kickball with the remains of a piñata. I decided she was wrong. തതത

Trim the dough to the edge of the pan (if it hasn't broken off by itself). Roll the scraps into a thin snake. Moisten the rim of the pastry in the pan. Apply the dough snake. With knuckle of one hand and forefinger and thumb of the other, flute the edge prettily.

Bake until golden brown, 13 to 15 minutes.

Filling:

2 large peaches or 2 or 3 small peaches or nectarines 2 to 3 Tablespoons brown sugar or brown Splenda® Dash cloves or cinnamon or pumpkin pie spice mix

2 or 3 large slices sugar ginger, slivered

Nicotines Anonymous

Nicotines Anonymous starting September 27th. A twelve step group for smokers and other users of nicotine. Meetings will be at the Presbyterian Church – 17708 Vashon Highway SW – Thursdays from 7 to 8:30. There will be smoking breaks.



"He' Not a Prince, He Just Likes to Wear Hats"

By Deborah H. Anderson

There are some moments in time that, apparently, cannot be taken back. As we speak the Indian government has ruled the Blue Lady can be scrapped. Her demise began when, as the SS Norway, she blew a gasket in port in Miami and seven workers were killed from the steam explosion and seventeen were injured. A true tragedy. Now because of asbestos and radiation hazard she's been towed all over the world to a place where they will destroy her.

What makes her special is that before she was the SS Norway, she was the SS France. It was on that ship that a seventeen year old girl made her way to England for her first nanny job. That would be me.

It was as elegant a crossing as anyone could ever imagine. Magical, mystical, enchantment of haute everything. And the big excitement was that Telly Sevalas was crossing in first class. Oh joy...oh rapture...oh what were we all thinking?!! A bald head with a lollipop?! Obviously pre Magnum PI. Thank you Tom Selleck for bringing us all to our senses.

So, I never got to make the sailing after she was refurbished. There's a place in my heart that will not be filled, like when Duke Ellington died right before I was going to see him perform his Sacred Mass at Stanford and the same with Artur Rubenstein at the Opera House and shucks has everyone heard the news that Ray Brown just died. It's the reason I trekked in to see Michel LeGrand at Jazz Alley last week. You can do it without dinner and see the icon up close and personal.

Since I am a train and big ship aficionado, these passings are hard for me. Obsolescence is best avoided in transportation issues for me. If you have not taken the Empire Builder to Chicago, do so. Oh my what a way to see America.

Since the editor said this issue was to be devoted to emergency planning, I suppose I could do a segue to Titanic like images. But the fact is that's a stretch. So I did the next best thing. I googled myself. Well...it was a slow weekend and I'm actually setting up these new seminars in this new teaching venture so I needed to find out who there is with my name out there in preparation for setting up a website. Guess what I discovered? There's a black woman named Deborah Anderson in Tennessee who has just completed hazmat training for bus drivers and was pictured receiving her certificate on behalf of all transportation drivers. Wow...what a tie in. Isn't that great? Talk about hitting the jackpot. I've often thought about being black. As a white person I frequently feel out of place in this world. My son said, after he started working at Trader Joe's in Alexandria and was working with a practically all black crew serving rich white people (oh we so don't want to go there except during February) "hey mom...you know how we've always said we were black? It's true. These guys are just like us."

obvious why we feel that way. It's a faith issue not a race issue. Black people are the only ones who do not have to worry about separation of church and state. It's the most helpful hopeful last vestige of racism we have going in this country. OK.....that's the February column. Let's not jump ahead of ourselves.

But the tie in is supposed to be with the HAZMAT side of the story not the race side of the story. Her certificate is the story. And I thought to myself, "Are our bus drivers trained in hazmat stuff?" Just curious.

As the leaves start falling my mind again turns to the trauma of last winter. OHMYGOSH I so don't want to go through that again! But am I more prepared for it than last winter? Not yet. It's time for the ant to do some grasshopper action. Or was it the other way around in the fable. Oh yes, it was the other way around.

Anyway, as I put the pieces together of the Blue Lady/SS Norway/SS France being taken apart because of her hazardous material, and the African American Deborah Anderson in Tennessee safely in charge should those kids on the bus be exposed to a spill, I was drawn to my young friend who takes his naps with a big green frog.

It's a delightful frog really. About the size of a regulation football with a jersey like textured cloth for skin and a wonderful gold plastic crown on his head above his big googly eyes. And as I tucked them both in and said "Good Nap", I told the prince he had to go right to sleep and not talk to Z. And Z said, "He's not a Prince he just likes to wear hats".

I cannot tell you on how many layers or how many ways that is one of the most profound statements I've ever heard. I shall write about it for many years to come.

Underneath all our shiny exteriors is perhaps a simple truth. Underneath the Blue Lady/SS Norway/SS France, was not a state of the art, era of elegance, mode of transportation; she was a vessel of memories that was a boat. Behind my name is another who wants to care for the kids in her charge by keeping them safe in a spill. It isn't noble, it's necessary.

And during that great leveled playing field called a disaster, we become not the yuppies and the hippies and the suburbanites and the businesspeople and the blue-collar workers and the artists and musicians and the farmers. We are all, during that time, people who are interested in being warm and hydrated, and fed and safe in our homes and wishing the same for our neighbors. Emergency preparedness is basic functioning. We are supposed to anticipate the time when we are thinking not about our royal crown but just the hat. So, I will go shopping and figure out which closet to store things in. I will do the basics and connect with my neighbors who are also preparing for that time when a crown becomes just a hat. Let us do this now. When we are warm, and hydrated and well fed with summer veggies lest we loose our perspective as we wear our crowns in the winter or during an earthquake.



Haulman Conducts Class on Oral and Video Histories at Vashon College

Learn how the professionals conduct oral and video histories. Starting October 15 and continuing on Monday evenings for a total five sessions, Dr. Bruce Haulman will conduct, Introduction to Taking Oral and/or Video Histories, a class at Vashon College covering the fundamentals required to record oral and video histories.

documenting personal family stories or their own audio and/or video equipment joining with other islanders to record Vashon history, this will be a class worth taking. Bruce Haulman holds a Ph.D. in History, is completing a book on the history of Vashon and Maury Islands, is a professor specializing in History at Green River Community College, and

teaches two sessions of Vashon 101 at Vashon College. Dr. Haulman has invited other professionals with experience in oral history taking and video interviewing techniques to present material to the class as well. Each student will have the opportunity to complete a short project and make a ten minute presentation at the last class session on Whether your interest is in November 19. Students must provide for their individual projects.

It's not politically correct and way too revealing for this column to delineate our family's thinking, but I can say this...if you see me singing Gospel with my home Gospel choir overtown, it's

Love

Deborah

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Tuition is \$150. Enrollment is on a first come, first served basis. For more information and to download applications visit www.vashoncollege.org. Or email info@vashoncollege.org. Or call 206.408.8000.

Radio Missionaries Give Presentation

On Sunday, September 23, Nick Siemens, a radio program producer with "Trans World Radio," will talk about his mission work to countries in the former Soviet Union during the worship service at Vashon Lutheran Church (located at 18623 Vashon Hwy. SW). Worship starts at 10:30 AM. A powerpoint presentation follows immediately afterwards in the fellowship hall. "Trans World Radio"

(TWR) is a Christian radio network that offers inspirational programming in various languages around the world. Nick joined TWR's Russian department as program producer in 1977. He was born in Siberia and eventually immigrated to Germany, where he lives with his wife Debbie Steward, a native of Tacoma, WA. They have three grown children. For more information contact Pastor Bjoern Meinhardt at 463-2655.

Modern Day Slavery

Continued from page 1

Human trafficking means to take a person out of their community for purposes of exploitation through force, coercion, or violence. No borders need to be crossed, although quite often people are taken out of their communities and into our much more wealthy communities. A vast majority of people are trafficked out of Southeast Asia and taken to "destination countries" such as the United States, Japan, and Australia.

Today's slavery is much different than the slavery we know from the American south in the 1800's, although more common and more severe. In the 1800's, a farmer would pay the equivalent of today's \$40,000 to acquire a slave. It was in this farmer's best interest to keep their slave healthy and working, even bearing children to enslave. Today a person can be purchase for the small sum of \$1,500. At this rate, with an enormous pool of people living in poverty and searching for a better opportunity, many slave owners abandon or dispose of their slaves when they are sick or injured. Why not purchase a new, healthy one when they are so abundant and easily accessible?

human trafficking is that many people have no idea it exists. Millions of people around the world are working in slave conditions, threatened with their lives, or their families' lives, if they try to escape and we have no idea that it is happening. What do you think fair trade is all about? This isn't simply a business owner that treats their employees poorly. This is an issue of valuing money over the lives of people living in poverty. This is an issue of people being beaten daily at their job, or chained to their carpet looms. This is an issue of children as young as 5 being forced to work 16 hour days without food or permission to use the bathroom, and then given a concrete floor to sleep on. This is an issue of cocoa workers being whipped until patches of red flesh are exposed and then going back to work in the hot sun.

Being aware of this issue, however, doesn't mean feeling guilty. By knowing that this is happening, we are able to discover see their wedsite at how privileged we are in this society. www.freetheslaves.net. തതത

We enjoy daily an abundance of food and clean water. We are able to spend money on entertainment and fun, something that some communities couldn't even fathom. Many of us don't blink an eye at spending twenty or thirty or even fifty dollars at a restaurant or bar. Being aware means we now have the insight to be thankful and do what we can to make a difference.

The easiest way to make a difference is to look for fairly traded products to purchase. Also, by supporting local designers and artists, you are guaranteeing that your merchandise was made in a joyous manner without the use of slave labor. Check the label of the sweater you are about to purchase - if it was made in the Philippines or Taiwan, you might think again. Researching where sweatshops and slave labor are commonly used will help you to be an informed consumer. Sometimes it is not easy to determine where or how a product was made, but your effort can make a difference. We need to get the message out to companies that use slave labor that it is not something our communities support.

Join us Saturday, September The most interesting fact about 29th at the Vashon Island Eagles club for an event to raise awareness of this important issue! Provided will be music by Troll's Cottage, Sarah Christine, Old Dockton, Katie Gray, Simple Gifts, ThorNton Creek, Mary Win and Subconscious Population among others, as well as guest speakers from the Asian Pacific Islander Women and Family Safety Center. Also featured are fair trade retail vendors, information booths from local organizations that deal with the modern day slave trade and complimentary fair-trade tea provided by Minglemint. Festivities begin at 10 AM and will wrap up around 10 PM. Help spread awareness! All proceeds from this event will benefit the nonprofit Free The Slaves, who works to end slavery forever.

> For more information, updates, and a schedule of event, please see our website at www.helpstoptraffic.org. For more information on Free The Slaves and their approach to this issue, please



Hunt

By Orca Annie Stateler

Odin and I regard whales as our sacred brethren. Our First Nations heritage teaches us that whales are allies and wisdom keepers, not food. The heinous poaching of a gray whale by five Makah tribal members pains us deeply.

On September 8, five poachers cruising in the Strait of Juan de Fuca slaughtered a friendly, Resident gray whale with 9 harpoons and up to 21 rounds from a high-powered elephant-hunting rifle. They acted without consent from the Makah Tribe or a permit from National Marine Fisheries Service (NMFS).

No tribal tradition we know of would condone the ruthless slaying of this whale. Inflicting mortal wounds that cause an animal to bleed to death over ten hours; killing out September 21, '07



tribal whaling commissioners until forced to resign several days after the incident. Three participated in 1999's nefarious yet NMFS approved hunt.

Judging by the remorseless, blaming, and excuse-laden statement issued by whaling captain Wayne Johnson (see "Makah tribal member in illegal whale hunt issues statement," Seattle Times, September 14), the perpetrators make no distinction between a sanctioned hunt and their reprehensible conduct on September 8. They pummeled their victim from motorboats, desecrating an ancestral whaling legacy and compromising it beyond redemption. Their selfish, cruel act betrayed whales and the Makah Tribe.

If whaling is still at the core of Makah culture and identity as some tribal members claim, these five thugs committed a spiritual breach of the highest order. Except from two tribal judges, both older women, we do not hear much moral outrage from tribal leaders. We see little awareness that the dishonorable whale killing poses a spiritual crisis for the tribe, not just an embarrassment requiring political damage control. We see no evidence that today's Makah whalers maintain their ancestors' hallowed connection to whales.

The equivocation expressed in the tribe's public comments thus far suggests the time is overdue for of frustration with bureaucratic Makah elders, culture bearers, and delays; putting ego and self above tribal leaders to reassess the viability of whaling in the 21st century. Treaty rights do not transcend natural law or our timeless covenant with the Creator on how to interact respectfully with other creatures. Imperiled by global warming, habitat destruction, and other monumental threats, fragile whale populations will not endure for the next seven generations if only select groups of humans commit to protecting whales, while others persist in exploiting whales. 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. Note: some of this text appeared in a letter to the editor by Orca Annie and Odin, published in the September 14 Seattle Times. തതത

Bike To School Day

Continued from page 1

These are informal fun rides. Parents or guardians are responsible for accompanying children. It is recommended that participants have functioning bikes, helmets, high visibility clothing and roadriding experience.

Riders will meet on the above dates at 8:15am at the former VES Gym located next to Harbor School on Vashon Hwy. The group will leave around 8:30 and ride in to school together. Bikes may be stored in the Chautauqua gym. Parents are responsible for making questions.

arrangements for the return trip from school in accordance with school policies. If it is not possible for students to ride home after school, Ms. Wolfe (Chautauqua PE teacher) will allow you to store your bike in the gym until it is possible for you to pick it up.

Come on out and encourage your kids to bike for fun, good alternative health and transportation! Contact Ms. Wolfe at 463-2882 (Ext 134) or Henry Haselton at

henry.haselton@gmail.com for തതത

community – such behavior mocks traditional Native values. In the ultimate insult, the whale sank in 500 feet of water. Do not mistake this atrocity for a valid assertion of Native sovereignty or treaty rights.

The perpetrators' blatantly illegal actions warrant full prosecution in Makah tribal court and under the Marine Mammal Protection Act (MMPA). Legitimate hunters do not hunt in restricted areas without licenses and permits. Federal charges are pending, but if poaching a whale is not an egregious violation of the MMPA, what is? Does this law have any teeth?

A whaling permit from NMFS would not allow whalers to target Resident whales or to hunt in the Strait of Juan de Fuca. A first strike would be by harpoon from a canoe.

The poachers cannot claim ignorance of these rules. Two were September 21, '07



When I stopped to pick up a pizza on the way home, they asked if I wanted it cut into four pieces or six. *I told them to cut it in four pieces* because I didn't think I could eat six.

No one does as much harm as one going about doing good.

Junk - stuff we throw away—stuff - junk we keep.

For as long as I can remember I've had amnesia.

Nobody notices when things go right.

I've had a difficult past few lives.

Last night I dreamt I had insomnia.

I wanted to be a barber, but I just couldn't cut it.

I've missed you... but I'll try to improve my aim.

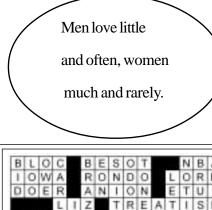
Nobody can be just like me-even I have trouble.

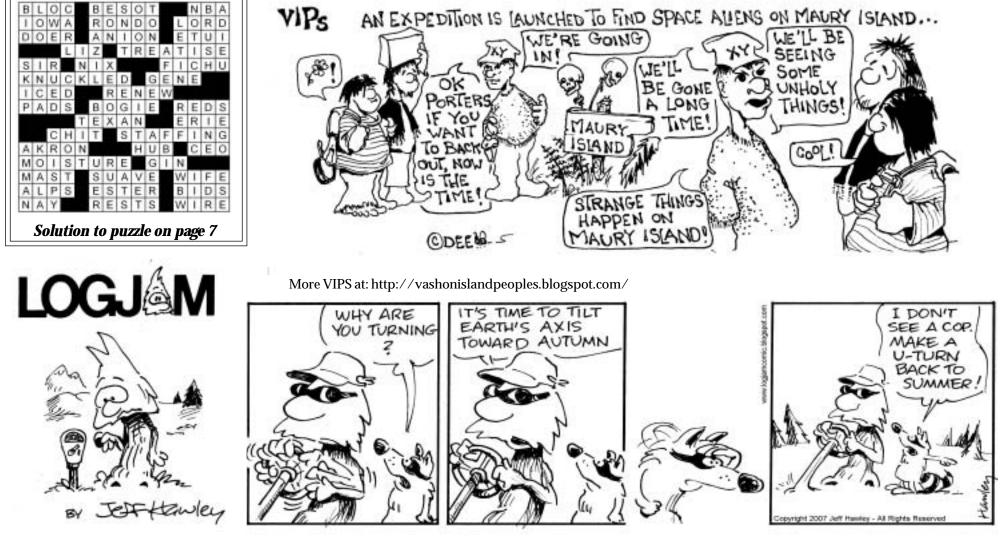
No sense being pessimistic, it probably wouldn't work anyway.

A mother mouse was out for a stroll with her babies when she spotted a cat crouched behind a bush. She watched the cat, and the cat watched the mice. Mother mouse barked fiercely, "Woof, woof, woof!" The cat was so terrified that it ran for its life. Mother mouse turned to her babies and said, "Now, do you understand the value of a second language?"

Cowboy Wisdom: Always drink upstream from the herd.

A Sunday school teacher asked, "Johnny, do you think Noah did a





Did you hear the one about the bachelor that had a problem with his bed? He couldn't find a knife large enough to apply the bed spread.

I heard a wife chew out her husband at a community picnic. "Doesn't it embarrass you that people have seen you go up to the buffet table five times?" "I just tell them I'm filling up the plate for you!" he replied.

WILD WORLD

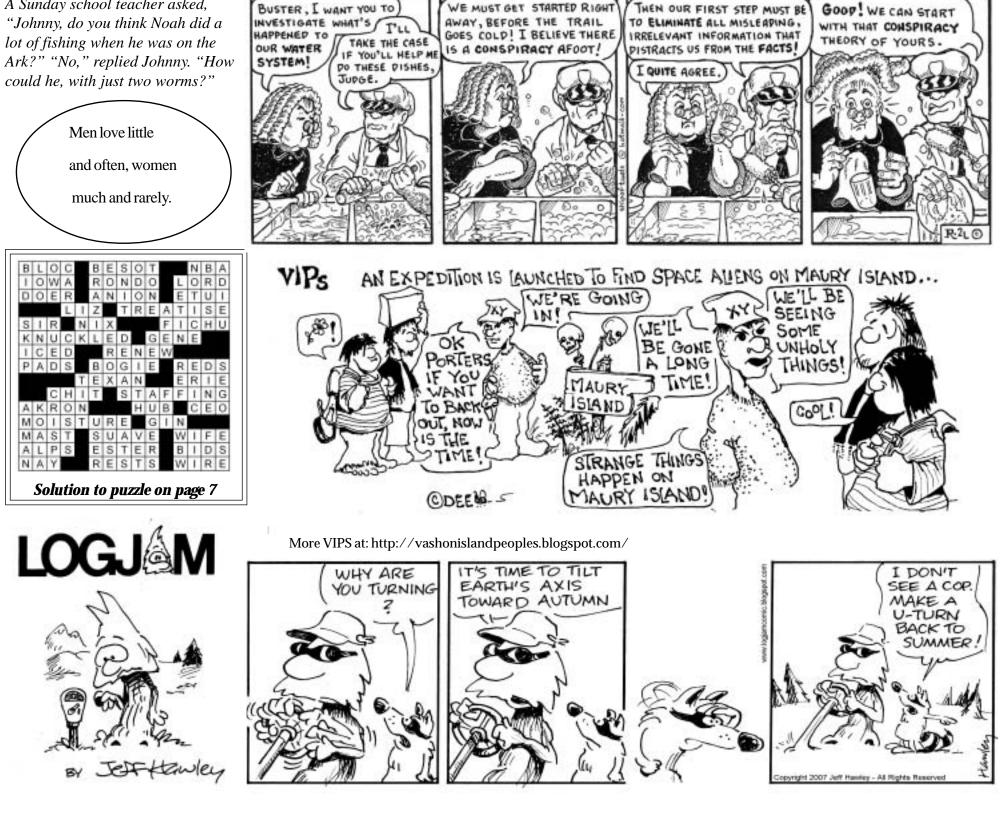
The Vashon Loop. p. 17 By Ed Frohning



If you need time alone, try cleaning the house.

There's a book that tells you where you should go on your vacation. It's called your checkbook.

A man and his wife are sitting in the living room and he says to her: "Just so you know, I never want to live in a vegetative state dependent on some machine. If that ever happens, just pull the plug." His wife gets up and unplugs the TV.



If motherhood was going to be easy, it wouldn't

> start with something called labor!

FSHORE



Blood moves into **Blue Heron**

By Janice Randall

What is blood, but the movement of life, ponders Artistic Director and choreographer, Stacey Hinden about her VAA New Works Series performance, *Blood*. Her two-evening dance/movement collaboration will include more than a dozen movers, some professional and some novices, but primarily, Hinden (Registered Movement Therapist and certified practitioner of **Body-Mind** Centerings) says her New Works project 'explores the nature of blood as it represents the embodiment of life force energy and human experience.' Performance will take place Friday and Saturday, Sept. 28 and 29, 7:30 pm, at Blue Heron Art Center.

"It's all about taking personal story and translating it into universality and the rhythm and flow of life...connecting and disconnecting as individuals and as a culture," she says.

stimulates and shapes; the movement comes from the dancers."

Audience members can expect a 'transformed, womb-like environment' thanks to twenty-one feet of red silk cloth set and the creativity of designer Kathy Zbryk (also a mover). Photographs, by Jenn Reidel, spoken word and live sound (vocalists, violin, cello, harp, drums and more) will add to the theater inthe-round installation. "The whole piece breathes," Hinden says. Musical director and harpist, Jane Valencia created a North African sound for the work.

Cast includes: Stacey Hinden, Artistic Director/Choreographer; Jill Bulow, Darryl Caldwell, Siona Caldwell, Maya Krah, Jochelle Perena, Evan Schueler, Mark Schueler, Mary G.L. Shackelford, Amy Wolff, Sarah Wright, Djuna Wright-Schuerholz,

Kathy Zbryk, Sarah Zimmerman. music and vocals by: Jane Valencia, musical director, harp/vocals/bells/ chimes: Fletcher Andrews, percussion; Maeg O'Dohoghue-Williams, vocals/shruti box; Rob Peterson, cello; Yvonne Pitrof, vocals; Kim Thal, violin. Lighting design by Josh Randall.

"The performance is about celebration. We see the past, present and future. There are elements of



Just Fiddlin' Round 7 - 9 PM Saturday, September 29 at Cafe Luna

Just Fiddlin' Round, a local performed their fiddling tunes Vashon group, will perform at Café together for the past 4 years, Luna on Saturday, September 29, including recent appearances at the 2007 from 7 – 9 PM. Please join these Seattle Folklife Festival, Kitsap two talented young cowgirls - County Fair, Vashon Island Hannah Scheer and Megan Hackett Strawberry Festival, and at Vashon (both age 12) and their back-up posse Community Care Center, a benefit (Lanora Hackett, Stan Voynick and concert. New to the group is the Dan Brown) as they perform their addition of the girls' younger siblings toe-tappin' repertoire of songs, Merideth Hackett (vocal) and including old time gospel favorites, Preston Scheer (cello and vocal). American bluegrass, and country Come on down to Café Luna on rock tunes. Hannah and Megan have Saturday, September 29th to hear some old time favorites.





Photo by Jenn Reidel

Hinden will choreograph the talents and stories of more than a dozen multi-age dancers in an emotionally charged, multi-media performance. Hinden says, "There are quiet moments exploring empty spaces to cacophony."

Hinden conceived *Blood* more than 9 months ago. "Life is all about movement—yet it's not something we think about."

Hinden has included performers with a wide variety of skill levels and ages, from professional dancers to computer technicians, ages five to 50. "Each section tells a personal story of healing and coming more into balance." Solo, trio and group pieces will be included. "I imagine myself as a composer, the person who

ritual theater. It's all about getting to the core and celebrating passion for life." *Blood* is accessible for all ages. "The audience will choose how to perceive it."

Hinden worked for nearly a decade in professional performance/ choreography in New York City and the East Coast. She began exploring movement as a healing art and embodiment as gateway for personal transformation and has facilitated healing and creative expression through movement since 1994.

Tickets available now at Blue Heron and Heron's Nest, \$12 VAA members, seniors and students, \$14 general admission; call 463.5131 to reserve by phone.

Just Fiddlin' Round



THE

HUNGER

PROJECI

Join Michelle Shocked on Stage!

Singers/Musicians welcome!

Michelle Shocked wants to make this as fun a community event as possible. Last year, many Vashon musicians and vocalists played and sang along up front. Don't miss your chance to share the stage with a Grammy-nominated artist!

Musicians needed:

When I Grow Up (percussion) Prodigal Daughter (fiddle, mandolin)

Memories of East Texas (mandolin, banjo, guitar)

Come a Long Way (guitar, harmonica, accordion)

Vocalists needed: The Weight Quality of Mercy God Bless the Child Good News Wade in the Water Uncloudy Day Study War No More We're Blessed Psalm Can't Take My Joy Liquid Prayer You Take the Cake Anchorage Lucky Dog Forgive to Forget That's So Amazing

Cafe Luna hosts Vashon's Songwriters

pm will be an evening of original music and song-sharing with three of Vashon's finest songwriters Robyn Landis, Mark Wells and Kevin Almeida.

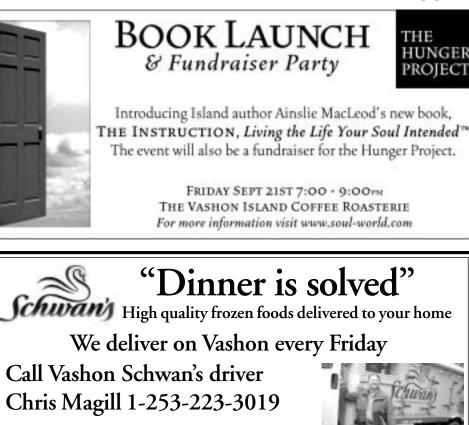
Robyn Landis is a gifted wordsmith and award-winning songwriter with a deft and powerful command of language. From 2005-2007, she has accrued over 30 songwriting honors in competitions, showcases and festivals These have included first place at the Woody Guthrie Folk Festival and second place in the Unisong International Songwriting



September 28 from 7:30-10:00 current attempts...subtle and indicting lyrics." The Peacedriven Songwriting Competition said, "While Trees Fall...takes a shot at leaders who are aiming for heaven, but might not get there if this songwriter beats them there first...Finally, a song that says what it means, performed by a singer who appears to mean what she says."

> Mark Wells is a singer/ songwriter and guitarist from Vashon Island, Washington. His vocal style is dynamic and light, with hints of James Taylor, Paul Simon, and assorted other influences. Mark's songs feature penetrating lyrics with themes ranging from the deeply personal to social commentary. In addition to his solo work, Mark performs with various combinations of other island musicians, notably 5:01 (countryrock), and Geordie's Byre (Celtic).

Kevin Almeida grew up in Los Angeles during the 1970's, where he learned to play the Double Bass, electric bass and enough guitar to get himself in trouble. He moved and played up and down the west coast, attending the Musicians Institute in Hollywood and spending additional years in LA doing studio demo work, learning to sing better, joining every band he could and perfecting his role as a "professional auditioner". He apprenticed with a banjo maker in 1976 and was good enough at it to become a real Luthier and later work for Tobias Basses, Ernie Ball, Taylor Guitars, National Resophonic and others. He was never complete though until he landed on Vashon Island and was astounded to find more talented musicians per capita than any place else he had lived. He currently plays bass, sings and writes music with his Seattle based prairie-rock band Jackson Sundown, The Elementals, Watermark, The Lisa Marshall Band and additional other stints with varied Vashon Island artists. His influences include Brahms to David Bowie, Little Feat, Buffalo Springfield and the Eagles.



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The Hayburners "On Fire" at Café Luna **October 6th**

Jennifer Spector, Phoenix Arizona's popular independent acoustic folk musician, moved to the Puget Sound last year to begin taking the Northwest by storm. She performs as a newly named powerful duo "The Hayburners" with her husband David Tieman a highly respected Arizona jazz musician & fellow acoustic composer. These long-time music partners take their audiences on a bicycle built for two of awardwinning music, strong vocal harmonies and wedded bliss. They perform all-original rootsy Americana, Folk and Jazz tunes with excellent musicianship and lively banter. On Saturday, October 6th, Café Luna is hosting this free concert at their location 9924 SW Bank Road Vashon, WA 98070. A donation to the artists is encouraged.

They will release their self-titled CD, The Hayburners in November. It features 5 songs from each of this talented pair and features special guest artists from both Arizona and Washington. This includes Mike Smith, pedal steel (Gatlin Brothers)



Jennifer Spector of Hayburners, courtesy photo

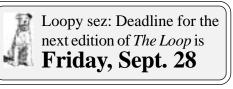
(Gammy Nominated Kate MacKenzie, Rachel Harrington) among others.

This year, Jennifer Spector received her first songwriting award in her new home state at the Tumbleweed Music Festival in Richland, WA. She was a national finalist at the 2004 prestigious Telluride Bluegrass Festivals' Troubadour Competition for songwriting and twice at the Tucson Folk Festival's national honors. She has shared the stage with folk-greats David Wilcox and Christine Lavin and toured regularly around the Besides being Southwest. recognized a great songwriter and Zak Borden, mandolin himself, David Tieman's guitar playing was high in demand live and in the studio around the Phoenix Valley. For a preview of their music, please visit www.thehayburners.com, www.jenniferspector.com and www.davidtieman.com.

Robyn Landis, courtesy photo

Competition. Noted for her honesty, depth and intelligence, Robyn delivers literate insights with pure, intimate vocals and pleasing melodies. She performed from 2001-2006 in Vashon's award-winning acoustic duo Short & Sweet with Steve Amsden, and has performed with such local songwriting luminaries as Linda Waterfall and Larry Murante.

CDREVIEWS.com says "While Trees Fall... Landis' political ecological statement...comes off ten times better than some of the





David Tieman of Hayburners, courtesy photo





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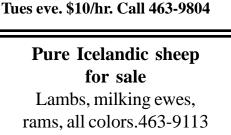
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