

In this issue: Wolftown's rams take a shot at T., learn how to make Colcannon for St. Patrick's Day, the Pottingers get plastered and much, much, more!



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# THE LOOP

Vol. 5, #6

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM March 14, 2008

## Young Women's Music Project

by Erin Durrett

Here's an opportunity for young women who are interested in music to explore their vocal and instrumental talents and learn how to put them into their own musical creations. Development of Island Teens is sponsoring this project which will be lead by local music teachers Erin Durrett and Heidi Van Harper. There is no audition and all young women with an interest in music are encouraged to attend.

This project evolved from a Vashon Allied Arts sponsored Artists in Schools residency in Medieval European Music which Erin taught in Heidi's class during January of 2008. The class happened to be all young women so the focus quickly became music by and for women with a strong emphasis on harmony in both the spiritual and audile



*Music teachers Erin Durrett and Heidi Van Harper meet with students at the Blue Heron. Photo by Carrie Van Buren.*

senses. In the course of that class the students voiced a strong interest in having a safe and fun place to do music together as an extra-curricular activity. We took this idea and wrote a proposal to the Development of Island Teens board which is very enthusiastic in its support of the project.

What: Weekly 2 hour session devoted to having fun while making music.

When: Thursdays at 2:15pm, March 21st through mid May 2008

Who: Youth between the ages of 12 and 15

Where: McMurray Middle School

Cost: \$5 per session. Scholarships are available.

For further information contact: Erin Durrett 206-463-4357



*Steve Abel and Marie Stanislaw's garden will be on the VAA Garden Tour. Photo by Janice Randall*

## Spring Gardening!

by Janice Randall

If you've never attended the annual Island Garden Tour, put it on your top ten things to do this summer! An event for gardeners and non-gardeners alike, Garden Tour is a wonderful opportunity to see some of the most beautiful private locations on the Island, get inspired and support the arts. So mark your calendar for June 20-22 and come out for Vashon Allied Arts' 18th annual Garden Tour. This year's Tour is sponsored by John L. Scott and Puget Sound Energy with additional funding by Thriftway, JR Crawford and DIG.

*Continued on page 6*



## Tall Ships Will Return This Summer

A fleet of sailing vessels will return again to Quartermaster Harbor this summer. They'll anchor for an evening and then parade out into Puget Sound. Tall Ships Tacoma@ 2008 will be held July 3-7 along the Thea Foss Waterway. More than 30 historic sailing vessels - including the USCG Eagle, HMS Bounty, the Niña and The Lady Washington - have signed up for the event. Early tickets for on-board visits and excursions are available online at [www.tallshipstacoma.com](http://www.tallshipstacoma.com).

## 6th Grade Builds Outdoor Classroom

Fundraiser and Dance March 15  
Sportsman's Club

by Kate Dunagan

Just inside of the woods next to McMurray Middle School, ground has been broken and plans are moving forward for a new outdoor classroom. It could be ready for use as early as April, just in time for the sunny weather.

This year's 6th graders, the Class of 2014, are putting their



*Students Ethan Rumburn (left) and Marquis Stendahl work with teacher Chris Anderson in the outdoor classroom. Photo by Terry Swift*

creativity and muscle into creating a permanent space that middle school students and teachers can use. The choir can send their voices up into the trees, the outdoor survival class can use it as their base, and math class clear their heads with some fresh air. The possibilities are exciting.

*Continued on page 16*

## State Transportation and Ferry Heads Visit Vashon

by Kari Ulatoski, Chair, VMICC  
Transportation Committee

On March 20<sup>th</sup> at 7pm, Secretary of Transportation, Paula Hammond, and the new head of WSF, David Moseley, are spending an evening with Vashon residents at Chautauqua Elementary School Multi-Purpose Room. A list compiling many Islander concerns and some data missing from many of the audits and surveys done by the State were sent to her last week at Ms. Hammond's request. It should be interesting to see what they have to say.

*Continued on page 12*

# Get in *The Loop*

## Submissions to the Loop

Do you have an announcement or Public Service Announcement? 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.

### Heindsmann Family Endowment Scholarship

Vashon Presbyterian Church is accepting applications for the 2008 Heindsmann Family Endowment Scholarship award. Vashon Presbyterian Church grants this award, from an endowment from Ted and the late Virginia Heindsmann, to a deserving student, based on financial need, academic promise and dependability. Consideration will be given only to students continuing a program of study at a college, university or technical school this coming fall, whether currently enrolled or returning after an absence.

Application packets can be obtained at the church at 17708 Vashon Highway SW (463-2010). Office hours are Mon-Thurs, 10:00am-3:00pm. Completed applications must be returned by Monday, April 14, 2008. As part of their selection process, finalists will be scheduled to meet with the church's Scholarship Committee on either Saturday, May 4th or Sunday, May 5th, 2008. The award will be presented during worship service on Sunday, May 18, 2008.

 Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 21**

### 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

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\$60 a year gets The Loop delivered to your mailbox every two weeks. Call (463-9207) or write (PO Box 253, Vashon) or email editor@vashonloop.com!

### Lance Morgan Plays at SC Potluck

A skillful musician, comedian and fellow Vashon Islander, Lance Morgan will entertain the party at the Senior Center on Bank Road's Sunday potluck 2-4 p.m. March 16. Seniors are invited to bring their friends and family and enjoy some fabulous food; dress is Vashon casual/creative. This month is SC Membership March, so if you're not familiar with the SC, come and learn about our trips, classes and programs—and join us. The Senior Center offers friendship, fun and feeling fit.

### Senior Fitness Starts March 19

Feel like breathing deeper; want to start walking outside again? Senior Center Fitness Instructor Willow Eaton promises that if you have the will, she can work with you to get you fit and keep you there. A new Enhance Fitness class starts at Ober Park at 7:45 a.m. or 12:45 p.m. for an hour's workout from March 19-April 25 Mondays, Wednesdays and Fridays. Get individual attention, work at your own pace, increase flexibility, balance—and mental agility while making new friends or socializing. Advance registration at the SC on Bank Road is required so your physician can be informed you are enrolled in the class. New fees are \$35 for 15 sessions for SC members; \$42, nonmembers, and free to Group Health members with Medicare Parts A and B who are in a GH HMO.

### Tax Rebates

All people who want the tax rebate MUST file a 2007 tax return. This filing requirement also applies to people who do not normally file, including low income people and seniors who receive Social Security. Carol McLean, Yvonne Kuperberg and Hilary Emmer will be at the Vashon Community Care Center on Saturday, March 22nd between 1:30 - 3:30pm to fill out the tax returns for all seniors interested. Just bring your Social Security 2007 year-end statement and the rest will be done for you. If you want the \$300 rebate check to be directly deposited into your checking account, we will need to see a check for information. Can't make that Saturday? Hilary is at the Vashon Library every Thursday from 11- 1pm until April 3rd. Just stop by and your taxes will be done. For more information call Hilary at 463-7277.



New Student  
Registration will  
begin March 26  
for the 2008-2009  
Preschool Session

Please join us at our upcoming preschool  
suction on Saturday, April 19 at the  
VFW Hall and meet our co-op families.

#### Class Schedules

2-3 class: Mondays and Tuesdays 9:00 to 11:00 a.m.  
(child must be 2 by August 31)

3-4 class: Wednesdays, Thursdays and Fridays 9:00 to  
11:00 a.m. (child must be 3 by August 31)

4-5 Pre-K class: Tuesdays through Fridays 12:30 to  
3:00 P.M. (child must be 4 by August 31)

Visits welcome! For more information, to request a  
registration form, or to schedule a visit, call Melanie  
Salonen at 567-4374. You can also visit our website at  
vmcp.org.

Join co-op preschool...where children and parents  
learn together!

### Nelson Recaps Legislative Session

The Washington State Legislature ended its short session on March 13. Just two days later, Islander Sharon Nelson will bring the news from this session to all of us at this month's Vashon Democratic Club meeting, and tell us about her accomplishments as our freshman Representative. Sharon has already made a big impact in a very short time. Come and listen to her plans for the future, and tell her what issues you'd like to see addressed by the legislature. All are welcome!

Our meeting is this Saturday, March 15, in the Land Trust building: potluck social at 6:00, meeting 6:30-8:30. Please help us accomplish our goal of a no-trash potluck by bringing your own, non-disposable dinnerware! We will also begin discussing our plans for participating in this year's Strawberry Festival. If you or your group would like to make a presentation at one of our meetings, or for general information, please contact Roger Fulton at 669-9459.

### PTSA Procurement Deadline

The PTSA "Memories of Tomorrow" Auction, held May 3 at the K2 Commons, is closing in on its April 1 deadline to collect auction items of products and services. Please support quality education on Vashon by donating your product or service the 2008 PTSA auction. All kinds of gifts are welcome. Consider services ranging from financial, to house cleaning, classes and spa/massage; and items such as vouchers for baked goods, arts and crafts, dinner parties, or a stay at your vacation home. Cash donations are also welcome and will go directly to supporting PTSA programs and purchasing needed educational materials for our schools.

To donate an item, please fill out a procurement form, available at all three public schools or online at www.vashonptsa.org. Checks may be mailed to Vashon Community PTSA, PO Box 2364, Vashon, WA 98070. Items may also be dropped off any of Vashon's three public schools. Contact Lee Ockinga, 370-0709, lee@vashonisland.net, or Lauri Hennessey: 463-1388, for more information.

### LWV Discusses Presidential Powers

Have you ever wondered about the Presidential Signing Statements and whether the way it is being used is above the law? That final flourish of the presidential pen has a certain magic to it—it is the way a bill becomes a law! Come and discuss the associated problems, and the pros and the cons of our system. Yvonne Kuperberg will be the discussion leader.

The League of Women Voters (LWV) will meet on Thursday, March 20 from 2:30 - 4:00 PM in the Vashon Library meeting room. You are cordially invited to attend.

The LWV is a nonpartisan political organization that encourages the informed and active

participation of citizens in government and it influences public policy through education and advocacy. You can always attend a meeting without being a member, so do come.



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# Check out the Garden Club

by Edna Dam

With the threat of global warming, can we still delight in early indications of spring? As I write this, my species crocuses are at their peak, and every year when they reach this stage I can't help swooning at the sudden explosion of color everywhere just inches from the ground. It's a brief, maybe two-week show, but it's first, it's the appetizer or the overture maybe, and whatever the calendar says, I know it's spring.

I'm one of 80-some members of the Vashon-Maury Island Garden Club, and I believe all of us are similarly daft about plants in one way or another. And when it's spring, our fancies lightly turn to thoughts of preparations for our annual plant sale, usually held on the first Saturday in May. For many years it has been at the Firefighters Association Building, but as that site is not available this year we are still negotiating for another central location - watch for announcements.

The plant sale is our major fundraiser and helps support school

Ottersen. Tole painting is a Norwegian style of floral decoration and Corma's painted watering cans are sure to be a hit.

Other elements of our community outreach are the summer flower fair held in August at the library, the community garden awards banquet at which we recognize three private island gardens and one landscaping at an island business, and the design and maintenance of three public gardens. These are the breast cancer awareness garden in front of the Clinic, the patio garden at the skilled nursing wing of the Vashon Community Care Center, and the small garden next to the Vashon Pharmacy.

Our internal focus takes many forms as we seek to make ourselves better gardeners. Our monthly club meetings always include an invited speaker with expertise on a variety of topics. Over the years we've heard from specialists like Helen Meeker on native plants, Sylvia Matlock, Kathy Wheaton, and Mike Lee from local nurseries, and Susie

Kalhorn on "green" gardening as well as off-islanders on a range of topics including grasses, bulbs, soils, noxious weeds, and bees. Club members Cindy Stockett and Karen Baer give regular talks at each meeting, Cindy on a

particular plant or species including varieties available and care and maintenance, Karen on biographies of noted figures in the horticulture world. We visit each others' gardens, either for inspiration from outstanding ones or to help new gardeners who wonder "what do I do with this place?!!"

The Garden Club meets on the second Monday of most months at 10:45 a.m. at the Vashon Lutheran Church. Contact Pat Nesland, President, 463-9575.

Our membership roster is diverse in many ways, from beginners to expert, from youth to age (including Helen Puz, still serving on the club board at 95!), from large "estate" size gardens to a few pots on the patio, through varying gardening styles and degrees of formality and tidiness. One element of "diversity" that's conspicuously absent, though, is in the fact that our current membership roster consists of about 85 women and one man! We really regret this imbalance and are somewhat at a loss to explain it, in view of the fact that we know there are plenty of men who garden, and many of them live on this island. Our regular meetings are scheduled on Monday mornings, certainly a barrier to those who have



Islanders check out last year's sale. Photo by Rick Wallace.

programs like the Chautauqua garden and one or more scholarships for a high school senior interested in studying horticulture or a related field like botany or environmental sciences. This year as in many previous years the backbone of the sale has been contributions from club member Kay White's greenhouses, especially a huge selection of fuchsias in hanging baskets, raised for the sale and ready for Mother's Day gifts or dressing up one's own veranda. Another major contribution comes from Amy Bogard's horticulture class at Vashon High School, a quid pro quo for our financial help. The students also help us with a lot of heavy lifting of plants being transported from Kay's to the sale location.

The rest of the sale consists of seedlings and divisions from members' gardens, from tiny ground covers through perennials, annuals, grasses, and ferns to shrubs and trees in five-gallon pots. With a few special exceptions, most are offered at bargain prices. As a result, the sale is popular with Islanders and the first half hour is truly madness as shoppers come early seeking the best selections.

The sale has generally included a "boutique" of garden-related items including books, tools, and craft items. The boutique will be expanded this year and will include tole painted articles made by club members in a class taught by member Corma

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## Spring is Coming and Gardeners Prepare!

by Vy Biel, owner of the Country Store

This is being written in February and it seems like the weather will never warm. However, it is my job to advise you that you were supposed to have planted your peas by Washington's Birthday (or as soon after as you can get to it and they will do just fine).

I have a list of thirteen plants that will grow well in the winter, mostly vegetables and salad makings. Stop by and pick up a copy and get them going so next winter, at this time, you can harvest (much sooner in many cases).

What I really want to tell you about is an old planting system that has been revived here, and in many gardens now. When I first came to Vashon 50 years ago, you didn't see or buy plants from Henderson's

jobs, but nowadays that applies almost as much to women as to men. Our current female membership is thus a preponderance of retirees and the self-employed or part-time workers.

Our membership has grown considerably in the past ten years, to the point where we are almost outgrowing the Vashon Lutheran Church which has hosted us for even longer. Still, we would welcome more men as members. Where are you??

This is the place to say a huge "hurrah" for Garden Club husbands, though. Years ago Elaine Scott told me that her husband's favorite refrain was "If I have only one life to give, let me give it to my wife's garden club!" This year kudos must go to husbands Bob Dixon, Ka Luomala, and John van Buren, who built the new tool shed at the high school garden.

I'll close with a bouquet to our current president, Pat Nesland, whose efforts to mentor new members and inspire the rest of us have borne much fruit, not the least of which is that once again the Garden Club will have an entry in the Strawberry Festival parade. Look for us!

Nursery in pots. They were grown in raised beds, lifted out, wrapped in newspaper and sold to you. With the shortage of garden help this bed idea is catching on everywhere, because it gives the plant root system more space and better care with less work. Also, if the plants are a bit tender they are a lot happier in more soil and not restricted to the pot size containers in which they can easily freeze. Any two-inch lumber will make the bed, be it 2x4, 2x6 or 2x8. While ours are fastened with nails, there are plastic corner brackets available that may be easier to use, especially if you have to move them. We hope to be stocking these.

It is time to think about U-DIG for our large, mature trees and shrubs. Stop by to view them and pick up the info sheet.

In addition to the new bed style, we are happy to advise that lots more is getting started around here for the spring season. We have two women, CZ and Jamie, who are actually farming in our back field and will offer vegetable and flower starts real soon at our front steps, with salads and vegetables later on. Colvos Creek Nursery is restocking their shrubs, trees and perennials in our driveway circle bed. Our garden building is stacked inside and out with organic garden supplies.

Our biggest spring garden news is our brand new website for our plants and garden supplies at [countrystoreplants.com](http://countrystoreplants.com).

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# Early Plant Sale at the Vashon Farmers Market

by Joanne Jewell

Easter is early this year and it appears that Spring is as well as we've experienced sunshine and warm temperatures in late February and early March. Some early plant starts are read to be put in the ground already and get a jump on the season ahead. After spending the winter in greenhouses all over Vashon Island the life and energy in these little seedlings is tangible. They are ready to go!

To greet this weather and holiday challenge the Vashon Farmers Market will be holding a pre-season plant sale on Saturday March 22 and March 29 at the Village Green from 10am-2pm. Islanders are invited to come and buy locally-grown starts for the garden and landscape.

Vashon Islanders are incredibly fortunate to live within a few miles of many very lively plant nurseries. These small specialty nurseries grow a wide variety of plants that are sold on island and all over the Pacific Northwest. Since the inventory must thrive in a finite space, Vashon growers choose only the most interesting plants that are well-suited to the Maritime Northwest climate.

Many of these nurseries will be selling their plants at the Vashon

Farmers Market all Spring. Look for Pacific Potager who specializes in annual vegetable and flower starts, Black Dog Plants who will bring a wide range of plants from groundcovers to trees, Judd Creek Nursery selling Pacific Northwest native plants, Fieldstone Flowers and Trees who will be bringing a lot of trees as well as Dahlia tubers, and Lisabeula Gardens who specializes in perennial and annual flower starts that will grow into great cut flowers later this Summer.

Black Dog Plants owner Peter Ray has been growing plants on Vashon Island since 1982. Peter is drawn to ornamentals, especially plants that have bold foliage and texture. He also features plants that have fragrance, and looks for plant varieties that are fragrant at different times of year so the garden continues to entice through the season. He is also attracted to what he calls "true blue" flowers so he grows and sells a range of perennials in different shades of blue.

In early Spring Ray will bring many early-blooming shade-tolerant plants to the Farmers Market such as woodland anemones (Anemone nemorosa) in white and shades of blue. These beauties can handle open woodlands and will spread without being invasive. Also look for woodland Corydalis and Jack-in-the-Pulpit. For trees look for little-known specialties such as Handkerchief Tree (so-named for its handkerchief sized white flowers) and Dove Tree.

In late Spring Black Dog will bring more full sun, drought-tolerant plants including wine grapes such as Pinot Grigio, Pinot Noir and Gewurtzminer (sp?). Finally, Ray has lately been selling note cards featuring some of the gorgeous plants that he grows.

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Richard O'Dell of Fieldstone Flowers and Trees will be back in 2008 at the Farmers Market for his 17th year selling plants on Vashon Island. O'Dell will be bringing lots of trees 5 gallon and smaller and up to 40 different varieties of dahlia tubers. Farmers Market shoppers often know O'Dell as simply "the dahlia guy" as he has made a name for himself with these bright, long-lasting flowers of late summer. Many of O'Dell's customers ordered the tubers last Fall when they could view the blossom and will pick up the tubers this Spring for planting.

In January 2008 the Vashon Farmers Market became technically a "year-round" market as farmer George Page of Sea Breeze Farm has had fresh meat, dairy products and wine to sell all through the winter. The Winter Saturday Market continues with the plant sale described above through March 29.

April 5 for is official Opening Day of the Spring Saturday Farmers Market from 10-2 in the Village Green. For more information about

the market contact Farmers Market Manager Joanne Jewell at 267-8146 or visit the Vashon Island Growers Association web site at [www.vigavashon.org](http://www.vigavashon.org).

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## Grafting Workshop March 15

The Vashon Island Fruit Club will be holding a grafting workshop on Saturday, March 15, at 1:00 pm at the Sleeping Eye Nursery (Fred Constant and Diana Drayton's). People with all levels of skill are encouraged to attend. If you are new to grafting, you can learn how to add more varieties of fruit to your current trees or start a new tree from scratch by grafting. If you have collected scion wood you would like to graft or donate please bring it with you, if you don't have scion wood, some will be available. Rootstock for apple and cherry trees is available for purchase, though no pear rootstock is currently available. If you want to graft pears, please bring your own rootstock

The Sleeping Eye Nursery is located at 15730 - 115th Ave SW. Please park on 115th and walk in.

Coming Up: We will have two program events in April. On Tuesday evening, April 15, we'll have a presentation on soil and irrigation by Michael Laurie as well as a summary of spring season tasks in the orchard by Bob Norton. These presentations will follow the Club's quarterly business meeting, which begins at 7:00 at Courthouse Square. Doors open at 6:30. On Saturday, April 26, 1:00 at Courthouse Square, we'll have a presentation by Dr. Elizabeth Vogt on recognizing and controlling harmful insects in your orchard and berries.







# Spiritual Smart Aleck

## Easter at Last

By Mary Litchfield Tuel

In the Christian Church, Lent is a time of preparation for the resurrection of Christ. The celebration of that resurrection is called Easter, which was named after Eostre, or Eastre, the Great Mother Goddess of the Saxon people in Northern Europe, according to The Venerable Bede, (672-735 CE) a Christian scholar, in his book *De Ratione Temporum*. “Eastre” was also the ancient word for spring.

We observe Easter in the spring, when all of nature is beginning to throw her annual bash of blooming, pollinating, fruiting, mating, birthing, and bringing the young to maturity. There will be time enough to sleep in the fall. Right now it’s all life, all the time, thrusting and grunting like characters in a romance novel.

It is a time of year (at least in the northern hemisphere, so apologies to my readers in Oz where autumn is closing in fast) when you can’t miss the metaphor of life reborn out of death. Everything that is dull and brown and looks dead becomes lively and green and in some cases downright aggressive.

I’ve been out in the garden a bit the last few weeks, whacking back the brown stalks left over from last year’s abundance. I’m in a new house which I know has a delightful garden, and we moved in after last summer’s blooms had gone so this year is a time of discovery and surprise.

The heather and primroses by the sidewalk welcome us when we come home. Today I saw three daffodils and one grape hyacinth in bloom, and the big hyacinths are coloring up fast. I’m finding roses I didn’t know were there.

I thank Reva Sparkes, the owner of the house, for planting this wonderful garden, and her gardener, Shirley Burton, for tending it. There are bulbs coming up, and wallflowers, bugleweed, rose of Sharon, columbine, daisies, rhodies, lavender, and a lot of plants of which I do not know the names. Shrubs and trees are covered with buds that are about to burst. It’s going to be a riot around here in a few weeks. Reva says that when the lilies in the pots on the back deck bloom, I’m not going to believe the beauty.

I’m not much of a gardener myself, though not from lack of loving gardens. I’ve always enjoyed gardening in the abstract: reading about it, thinking about it, buying seeds, and dreaming of displays that look like the photos. But gardening, like housework, is something I do in a sporadic fashion. Usually my mind is on something other than the inside or outside chores. I was one

of those kids in school of whom teachers wrote on the report card, “Daydreams a lot.”

I’m grateful to still be here.

I’m grateful for all the good in people’s hearts that shows up when you most need it.

I’m grateful that the stone that sealed the tomb was rolled aside, showing us that our perception that death is permanent is an illusion: look, here is life again.

I’m grateful for this beautiful garden to which I’ve come.

I’m grateful for my own returning health after a long winter of not being able to do much (mononucleosis; thanks for asking. And no, I did not have any fun getting it).

I’m grateful for my good heart, and for your good heart. This beautiful world can be mean and cruel, but we are here to walk through it together.

It’s Spring. Here is life again, my friends, here is Easter at last. Now let’s get out there and live.

*Continued from page 1*

Start the weekend with a special Garden Connoisseurs event, Friday, 1 to 2:30 pm or 3 to 4:30 pm, June 20, when designer/author Terry Hershey will lead intimate groups through his extensive garden. Registration is limited, to offer participants ample time for questions. Light refreshments are included. Tickets are \$40 per person/\$55 with Tour ticket.

Celebrate summer solstice Friday evening, 6 pm ‘til moonlight at the Sunset Garden Gala, a lavish garden dinner party where guests will enjoy a sumptuous feast and cocktails, catered by M e l i n d a Sontgerath, along with live music amid towering firs and Colvos Passage views. Limited tickets available. Please call 463.5131.

Saturday and Sunday, 10 am to 5 pm, visit five diverse Island gardens. Three offer spectacular views; two feature ponds; several employ striking hard landscaping; and all demonstrate strong design, interesting plants and the personality of their owners. Tour

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## Island Birding Guide Species Identification How to Attract Birds

Ed Swan

(206) 463-7976

edswan@centurytel.net.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 21**

## Spring Gardening!

attendees will also find music, art and poetry in the gardens. Tour tickets (valid both days) are \$25/per person or \$20 through May 31.

Additional inspiration and garden tips may be had with free seminars offered by: landscape architect Michael Lee, owner of Colvos Creek Nursery, the use and care of natives in the garden; artist and landscape designer Jack Strubbe, Asian influence in Northwest gardens; plus amateur



Lynanne Raven’s birdhouse will be one of 16 that may be auctioned on during Garden Tour weekend.

naturalist and birders Alan Huggins and Sara Van Fleet, attracting feathered visitors. Seminars are free with Garden Tour ticket.

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March 14, ‘08



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Island-made birdhouses, available by auction during Tour weekend. Also new this year, a public plant sale will take place in one of the featured gardens, thanks to Bill Deaton and Anita Halstead. All proceeds benefit Vashon Allied Arts.

Special thanks to gardeners: Linda Rhodes and father, Bill Deaton, Shirley Bonney and Doug Shaw; Steve Abel and Marie Stanislaw; Mia McEldowney and Bill Mitchell; and Janet and Tracy Bishop and Garden Tour’s generous event sponsors.

More information about Garden Tour is available by calling VAA, 463.5131, or check the website: vashonalliedarts.org. Discount tickets will be available until May 31. If interested in volunteering for Garden Tour, please call 463.5131.



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# Don't Forget the Birds



## Gardening for the Birds

By Ed Swan

With spring coming, many people get out to their gardens and spruce up their landscaping. It's easy to do that and help out birds and wildlife at the same time. The key elements to attracting birds are food, water and shelter. The Washington State Department of Fish and Wildlife has a certified Backyard Wildlife Sanctuary program that has brochures giving tips on bird feeding and landscaping for wildlife. Much of the material can be found on the web at <http://wdfw.wa.gov/wlm/backyard/> or by snail mail at: Washington Department of Fish and Wildlife, Backyard Wildlife Sanctuary Program, 16018 Mill Creek Blvd., Mill Creek, WA 98012.



A Hutton's Vireo uses water collected in a scooped out landscaping rock for a bath. Photo by Steve Caldwell.

Most songbirds and especially the birds returning to the islands in spring eat mostly insects, so the landscaping of your property determines most the number and variety of birds coming to your place. The important factors include plant variety and creating a multi-layer structure for your yard. The monoculture, one-level grass yard attracts only robins, starlings and House Sparrows. If open grassy areas are mixed with shrubs of

different sizes and trees, the multi-story effect will bring a much wider variety of species.

What you actually plant isn't generally as important as focusing on variety in type and size. Using Northwest native plants can be beautiful as well as aiding in ongoing maintenance and water needs. Many plants don't make it through the late July through early September dry spell much of the Northwest gets without a lot of care and watering while native species will come through much easier. Most nurseries can provide a listing of native plants for you. A lot of plants can do double duty, providing shelter and food. Snowberries, hawthorns and hazelnut trees are just a few of the native species that provide both food in the form of fruit or nuts as well as shelter. Russell Link's Landscaping for Wildlife in the Pacific Northwest provides many structural ideas as well as appropriate species lists.

Bird baths or other water features complement plantings to bring in a wide variety of bird species. Birds use bird baths year-round; mine has to be completely frozen over to not be used every day. The water brings birds like warblers which often stay high in the trees or hidden in bushes down where they provide close, clear views. Bird baths can be very decorative or as simple as bowl or pan of water. They should be



# Happy Easter!



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relatively shallow, with much of it an inch or less for smaller birds.

Feeding the birds still works in spring and summer, though many birds eat more insects as the weather warms and the alternative food source becomes more available. Hummingbird feeders attract hummers all year round even though the Rufous Hummingbirds return in March to add a lot of excitement around the yard. During the spring and summer, a sunflower seed feeder will bring colorful goldfinches, Purple and House Finches and mixed seed will bring by towhees and a number of sparrows. Overall numbers will tend to go down during the breeding season but winter visitors are to some extent replaced by summer birds that winter elsewhere like the White-crowned Sparrow.

Bird reports have been sparse lately. Margie Morgan reports the first Violet-green Swallows of the season on March 9th over the co-

housing community. Richard Rogers had reported swallows of uncertain species on the 7th in the Lisabeula area. Rich Siegrist reported the first Rufous Hummingbird March 2. Jean and Gilbert Findlay have had a Northern Bobwhite recently in their Burton area yard. Introduced in the early 20th Century, they were common into the late 1940's and than died out. They pop up now again as escapees from various hatching on local farms and houses.

If you have a question about local birds or an interesting Island sighting or bird photo, contact me at 463-7976 or [edswan@centurytel.net](mailto:edswan@centurytel.net). The next three months bring Vashon's bird species diversity to its highest peak as returning breeding birds join the winter water birds before the waterfowl head north for their nesting season. If you know someone interested in guide service to find Vashon birds have them give me a call or email.

### ACROSS

1 Tons

6 Spoiled

9 Ranch guy

13 Revolve around, as in planets

14 Ermine

15 Went gently

16 Capital of Oregon

17 Friday (abbr.)

18 White poplar

19 Russian ruler

20 Excite

22 Boom

23 Put

24 Possessive pronoun

25 Children

27 Lark

29 Opposed to

33 Both

34 Terminal abbr.

35 Land mass

36 Take off the paint

39 Communication Workers of America (abbr.)

40 Tower

41 Anxious

42 Bullfight cheer

43 Her

44 Set on fire

46 Helper

### DOWN

1 Entertainers

2 Pencil remover

3 Remove by surgery

4 Landing

5 Short-term memory

6 Tender

7 Skins

8 Open omelet with vegetables

9 Dot

10 Old

11 Cafe

12 Eve's garden

15 World

20 Door ringer

21 Small particle

24 SOS!

26 Wobbled

28 Fruitlessly

30 American sign language

31 River (Spanish)

32 Change color

34 Female sheep

36 Slide on snow

37 X

38 Official

39 Relating to the clergy

40 Day-time tv's Mr. Donahue

42 Asian nation

43 Tack

49 Time period

50 Cubic centimeter

51 Not max

53 Drunk

56 Blubber

58 Comedian Jay

59 Spanish 'friend'

61 Central Intelligence Agency

62 British princess

63 Summary

64 Alternative (abbr.)

65 Zoo animals homes

66 Pen fillers

67 Nonprofessional

68 Impersonation

45 Fable writer

47 Show up

48 Dead \_\_\_\_

50 Meaningful

52 ShriII

53 Japanese dress

54 Sign

55 Clock sound

57 Capital of Vanuatu

58 Caper

60 Oxygen

62 Farm credit administration (abbr.)

Solution on page 17



## Dleit Keet

by Orca Annie Stateler, VHP Coordinator

Mark Jacobs, Jr., a venerated Tlingit Elder and Culture Bearer, came to mind when Odin and I heard that a *Dleit Keet*, white killer whale, was spotted recently in Alaska’s Aleutian Islands. Mr. Jacobs, from Sitka, AK, was highly accomplished: a noted historian, fluent Tlingit speaker, civic leader, Navy veteran, and WWII code talker. The Tlingit community sustained an immeasurable loss when he died in 2005.

As a Killer Whale Clan leader, Mr. Jacobs acquired several distinguished, evocative names in his lifetime. English translations of his whale-themed names include “Everyone Wants to Claim the Killer Whale,” “Spray Behind the Dorsal Fin,” and “White Killer Whale.” The last name commemorates an encounter he had with a white killer whale while out seining in the 1950’s.

According to a NOAA press release, scientists aboard the research vessel Oscar Dyson in the North Pacific saw an adult male white orca with his pod on February 23. The white whale and all the killer whales photographed on the expedition were fish-eating killer whales, frequently seen around the Aleutian Islands during the summer. Winter sightings suggest that they may be common year-round. The distinctive white whale serves as an indicator for killer whale travel in the North Pacific.

The fabled orca is not an albino. He appears rather marbled: white on one side, gray and brown on his other side. See photos and read, “Scientists finally see rumored white orca,” at the *Anchorage Daily News* (ADM) site, [www.adn.com](http://www.adn.com).

NOAA’s press release further states that, “Scientists are working to confirm whether or not the individual whale sighted Feb. 23 has been reported earlier.” Few white killer whales have ever been seen or scientifically documented. Other white orca sightings came from the Aleutians, the Bering Sea, and off the Russian coast.

Odin and I were poised to enlighten the non-Natives when we saw that Harold Jacobs, son of Mark Jacobs, Jr., submitted the following

comments on ADN’s article about the white orca. In Harold’s words:

“Around 1954 my father filmed a white killer whale off of Tenakee Inlet in Southeast Alaska from his family boat, the Rondout. We still have movies of this. His clan is the Dakhl’aweidi (Killer Whale Clan) of the Tlingit. He told his mom about it and years later they were going to adopt someone into their clan and give him the name *Dleit Keet* (White Killer Whale) — then they found out their clan in Klukwan already had the name (my dad’s branch is from Angoon) so they asked to use that name and they said it was o.k. but to have the adoption in Klukwan.

The day they had the potlatch to adopt that man this white killer whale showed up in a pod off Haines, just south of Klukwan! The man getting adopted said it ‘made a believer’ out of him. The other name they use is *Keet wú*, which also means white killer whale. So, the Tlingit knew of white killer whales long ago!”

Right on, Harold! To underscore Harold’s point, for a clan in Klukwan to own the name *Dleit Keet* suggests that Alaska Natives have seen white killer whales roaming their waters for generations.

In 1954, Harold’s father Mark might have seen one of the Transient white killer whales glimpsed periodically in British Columbia from the mid-1940’s until 1970. The book *Transients: Mammal-Hunting Killer Whales*, by Ford and Ellis, describes the sad, remarkable history of the T2 lineage and shows extraordinary photos of bright white killer whales near Victoria in 1958 and 1970.

A rare genetic disorder afflicted several whales in the T2 family. Also known in humans, the inherited Chediak-Higashi syndrome causes partial albinism, increased susceptibility to infection, and reduced life expectancy.

Tragically, the white people learned this when they captured the little white whale Chimo (T4) and her normally colored family in 1970. Chimo died of an infection in 1972 at Victoria’s Sealand.

It is not difficult to understand why the historic, despicable exploitation of killer whales resonates with Native peoples. Chimo’s presumed mom T3 starved to death after 75 days in the net pen while awaiting transfer to an aquarium. In 1970, no one recognized the dietary differences between Residents and Transients. T3 refused to eat fish. Nootka (T5), Chimo’s presumed sister, endured stints at marine parks all over the country until she died at San Diego’s Sea World in 1990.

Sheer hunger forced Chimo’s presumed grandmother T2 and uncle T1, famously called Charlie Chin, to start eating fish at day 79 in captivity. After seven months of incarceration, T1 and T2 were

# We’ve Got a Lot of Kids

## An Incredibly Cheerful Color

by Kevin Pottinger

As I write this, a team of foreign nationals is plastering our upstairs bedrooms, dripping trowelfuls of fast-setting, goopy plaster all over the floor, the windows, the walls and themselves. The stairs are caked with a mix of dried plaster and sawdust that I have to chip off with a chisel.

The front door has been open all day. It’s forty degrees outside, and even with the furnace going full blast, it’s only slightly warmer than that in our living room.

Over the last three weeks we’ve been having our house renovated, while we’re still living in it.

The plasterers are huddled in our driveway, puffing on Marlboro Lights and telling jokes, their hands and faces streaked with dried plaster. A little of the plaster cracks and flakes off every time they laugh at a punch line. Haw haw, fleck fleck.

The garden hose has been running for several hours, carving serpentine canyons in the driveway. There are two piles of sheetrock scraps and sawed-up lumber and garbage several feet high in front of the house where the kids are playing king of the hill

Classic rock booms from a portable radio. We’ve got plasterers, sheetrock hangers, painters, cheerful framers, finish carpenters, flooring installers, Italian hardwood floor finishers, two real estate agents, and my wife Maria and me slogging along like Iditarod huskies. There’s an escrow agent up on the roof painting the trim on the dormers. Two weeks earlier, she was helping stuff insulation in an upstairs bedroom.

The refrigerator has been humming in the living room for three days, plugged in to keep the frozen food from thawing. There are two boxes full of dirty dishes on the dining room table, packed hurriedly

mysteriously and mercifully “liberated” from their net pen.

When they regained their freedom, T1 and T2 resumed munching seals. Over the years, T2’s have been spotted from Victoria to Glacier Bay, AK. To date, the T2 lineage has yielded no more white killer whales, but how thrilling to think that *Dleit Keet* can occur in Transient or Resident orca populations!

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Thanks to Margot for the pleasing conversation and gratifying feedback on my articles.

March 14, ‘08

when the flooring guy arrived and we had to evacuate the kitchen. The stove is on the back porch, with empty paint cans and a couple of crowbars stacked on it.

The house smells like a paint department after an earthquake, sickly sweet smells of oil-based finishes mingling with the acrid stench of latex paint. There’s sheetrock dust clinging to everything, even my toothbrush. There’s sawdust in the silverware drawer. One of my ears somehow got completely covered in white paint. The entire ear.

We’ve been picnicking on a blue blanket spread in the living room. The kids eat their peanut butter and jelly sandwiches sitting cross-legged on the blanket. Maria plays I-Spy with the kids and sings songs to try and keep them entertained. The chairs and sofa are crammed with boxes full of stuff like macaroni and pots and pans and kids books.

Outside, the grass nearest the foundation has been airbrushed Buttercream Yellow in a half-tone gradient, from the overspray of the house painting operation, making the house look like it recently erupted from the ground like a new tooth. I have a couple pairs of freshly sprayed Buttercream Yellow Romeos, and most of my Levis and tee shirts have new Buttercream Yellow accents. It’s an incredibly cheerful color.

The kids play swordfight with tape measures and hide-and-seek among the drift of four-wheel drive pickups looking like pick-up-sticks in our driveway. Most nights the kids have fallen asleep in place, while Maria and I finish up the last of the painting or fitting of the trim, and drag them back to their beds to sleep almost fully clothed.

In the morning we search for clean bowls for cold cereal, and move the chop saw and stack of VG fir so we can open the frig and get out the milk. For lunch, we’ve been conducting an experiment, seeing what would happen if we ate Subway for lunch every single day for three weeks. So far, we’ve found no unwanted side effects, except we have developed a definite preference for Sandwich Artist.

Maria and I remind ourselves that we will be finished soon. By the time you read this, we most likely will have simply given up.

◻◻◻◻

Wednesday, March 19, at 7:30 PM the ACS/PS Speaker Series topic is “Southern Resident Killer Whale Recovery,” by our valued scientific advisor Dr. David Bain. Dave Bain wrote an article for the January 4 issue of The Loop. He also provided expert testimony on hazards to the Southern Residents from Glacier’s proposed expansion of the Maury Island gravel mine and pier. Dave’s talk is at the Phinney Neighborhood Center, Room 6, 6532 Phinney Ave. N., Seattle, just north of the Woodland Park Zoo. For more information, visit [www.acspugetsound.org](http://www.acspugetsound.org) or contact Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).





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Gardening VS Shepherding

by T. Martino

I wondered where the sheep thing came into my background because BOY it sure felt right when I took it up.

I thought it was because of learning sheep shearing instead of home economics in high school. No I am not kidding. In fact recently I called the wool mill next to my old high school and they remembered those good old days! That old wool mill is still there.

I asked my Mother about it and she gave me a strange look. “Whose childhood DO you remember?”

Then she said, “Don’t you remember the sheep that your Pop had tied in the back yard?” (Milk sheep are often tied.)

At Wolftown I herd our sheep loose to browse early in the mornings on Wolftown’s trail. It keeps our little sheep dogs and horses in good practice. It also teaches my interns what to expect when we are called out to help at a ranch.

One thing I noticed about my own sheep was when one of my little stallions was lying down in his pasture and the rams were taking turns ramming him as he lay there. It was one of the buffalo ponies, Inniskim. Poor horse looked kind of irritated. After all his kind hunted BISON. My buddies on the rez tease me about the sheep.

Inniskim would bite at the rams as they whacked away but finally he had it and got up and chased the things all over. Of course they can run like antelope and flew around him.

At one point I decided to move the rams back to their ram area for the spring. We have five so they make a tidy little group as I walked them down the road. I was working with my new little rescue dog Gunny. Now Gunny was from the dog pound and frankly had bad stuff happen to her. She doesn’t like you to raise your voice and really doesn’t like it if you carry anything in your hands.

The rule with rams is, what you are told over and over again by everyone everywhere that has ever had sheep, don’t turn your back on them.

But the black ram, Rambo, had not heard of cowardly back attacks he simply came at you from the front. I discouraged this by spraying him with a light dose of vinegar and carrying a stick. But not with little Gunny as she was afraid of sticks. Rambo looked like a small woolly Spanish bull that smelled like a salad.

So while moving the rams, Rambo came at me while I was looking at another ram and hit me in the knees and knocked me down. I was rather surprised. I thought as I lay there....’I could be a gardener. No jumping horses or working with big predators.’

But then I noticed the ram was backing up ready to begin another charge and I thought, ‘oh heck if he hits me in the head how embarrassing, knocked out and in the hospital from a SHEEP! So I dodged him. He gave me three more good whacks before I managed to flip him as he went by and threw him on his back. Rambo was smiling. Gunny the dog was gone. I guess I had been yelling some choice words. Maybe Gunny thought, ‘I must be doing this wrong.’ and ran back to the cabin. I yelled for Pete. He couldn’t hear me as he was inside having lunch.

I couldn’t let the ram up as he would just start ramming me again. AS it was he was kicking the heck out of my legs as I straddled him on his back and held him down with my hands, yes around his woolly throat.

Then I remembered my tour. Poor gentle souls from NYC they are going to drive up and see me here straddling a ram on the road and freak completely out and drive away and be damaged for life.

I really yelled for Pete. But he couldn’t hear me because my darling Pete is DEAF!

Well Rambo passed out. I mean he fainted. Maybe because of my choke hold. I am half Italian you know. My grandmother could have written the Godfather.

Rambo fainted and I got up. Gunny finally came back realizing that she was not at fault. Rambo got up.

Gunny and I chased Rambo back to the ram house and Gunny rounded up the other four rams on the way. Rambo didn’t look hurt. Only his pride was a little damaged. However he was no longer smiling. Thank the Heavens the tour did not show up!

So when you look at your garden think of me. Oh and sheep manure is 20% nitrogen!



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Madame Toujours

Dear Madame Toujours,  
I am eager to breed my AKC champion male Pughuahua Miniature Labrador Duke. He is an outstanding specimen of his breed, and everyone agrees that he should be bred. I have selected a suitable mate for him. She is a mature female Pughuahua Minilab just like Duke, so they should have similar interests—such as home defense and savaging the mailman—and she has had puppies before. She will be flying in from Maine in a week. My question is this: how does one ensure that an arranged marriage will work out? I know there have been many mail-order brides who were happy with their new husbands, but what if they aren’t compatible? I would like for them to be soul mates. I would hate for them to endure a loveless marriage, staying together only for the children. What if the female is a bitch? Is there some way for a parent to make sure an arranged marriage works?

Sincerely,  
Mother of the Groom

Chere Mme. Mother,  
Bien sur, you are having the legitimate concerns with the son and the new bride. First of all, many of the doting parents of the canine persons are celebrating the marriages of *les chiens* with the tuxedos and the elaborate dresses and veils and the champagnes. Do not be succumbing to the big silliness. The bride who is expecting the puppies should absolutely not be drinking the champagnes. Also, while the canine types are enjoying to dress up in the amusing costumes and be the center of all the attentions, they are mostly not caring about the fancy marriage rituals. However, they are usually enjoying to eat the wedding cake, so if the wedding is being very amusing to you then certainly you should be having the big fun.

You are already ensuring that the marrying persons are having the compatible interests such as pursuing the “frizbee” disks and relieving themselves out of doors. This is good. However, the dog persons, they are mostly not caring about having the soul mates. They are liking to have the little romance, and then mostly they are being interested in the foods and the affections and the sleeping on your bed. So long as you are petting everyone and allowing them to take turns to sit on the lap, they are liking each other perfectly well.

Also, I am liking to suggest that when *Mme. le* Bride, she is having all the puppies, then it is time for *M. le* Groom to be having the little operation. Vasectomy: she is the gift that is always giving, *n’est pas?*

*Bon Chance, Mme. Grandmere,* and remember that when the daughter-in-law is living in your house and giving you the grandpuppies, you are having the big responsibility to be babysitting the children so that *Maman*, she can be having the little time for herself. This is not the easy task. They are very small. There is the big danger that you are sitting on them by accident. *Quelle horreur!*

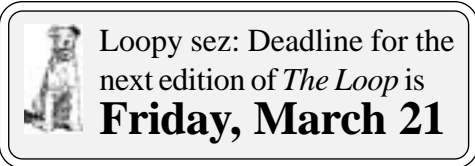


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Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 21**



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# LoOp Op Ed

## Solar Heat: A Progress Report

by Tom Herring

This is written coming out of a cold shower I took at the Seattle Home Show, booth 5XX, Solar Radiant Heating. As it descended, the fine solar prose I had been “running in on” long time Loop editor Mary suffered a retroactive conversion to wet pulp: I had argued that solar space heat was feasible, and could become affordable once “handy persons” got interested. Similar thoughts had appeared about that time in Beachcomber letters that opposed the energy PUD because it did not institute a solar movement. And recently, similar thoughts appeared on the Vashon Green Party’s web site for which the Party should not be held responsible. Well, I am now sorting out my warm clothing, because for my tiny home the solar estimate was \$30,000.

Actually, I am sorting not my clothing but convention and invention. I think it reasonable to judge that foolproof application of solar to conventional space heating practice is not overpriced at \$30,000. But why stick to a convention based on flame temperature? And why assume that handy persons will not be fired up over the coming prices of natural gas? Here we go.

Starting with the feeling of warmth, it turns out that it depends not on the temperature the skin is exposed to, but instead on sensing whether heat is lost or gained. A matter of energy, not temperature. Now reflect that the skin does this by conduction and by radiation. It follows that you don’t necessarily have to heat the air in the room in order to feel warm. Warming the walls or floor or ceiling is sufficient. This may require less energy than warming the air, but more significantly, warming those surfaces can be done using solar energy while warming the air cannot. So far so good, but we are still at the \$30,000 level. Invention can start chewing on those dollars by simplifying heat transfer. Some of the cost lies in the conventional inclusion of two heat exchangers in the plumbing sequence from solar collector to room radiation; these serve to isolate collector fluid from room fluid (and these from tap water). Why not combine collector and room fluids? Think of that soon-to-be-dinosaur, the automobile. The coolant takes energy from the engine block and gives it directly to the radiator which radiates it, no intermediate exchangers. Further, in addition to eliminating the cost of those exchangers, the common fluid can be made more efficient than water because it can be a glycol mix. For most efficient heat transfer the fluid temperature wants to be midway between that of source and receiver. Straight water runs too cool and so radiates less, while a glycol mix runs hotter and radiates more. Proof? Try running your car on

straight water. Now, using glycol mix as the single fluid means buying about fifty gallons of glycol. So? Buy it. On to the major cost item, the collectors, my cold shower was based on ninety collector tubes, whereas a simple tap water heater needs only thirty tubes. This brings the polemic to the matter of capacity. Is your home a menage á douze? I make the case that forty thousand btu/hr is plenty for two people. That’s the size of the cooker in our modest water heater. Unlike hot air, hot water energy can be focussed to as little as one room. Absent the need to scamper around in your birthday suit, one should be comfortable with thirty tubes. With electric boost. For those who had managed to avoid those Loop advisories, the economics are that solar with electric boost is cheaper than gas. That is, once installed; but initial cost is being addressed, is it not? That cost is now \$30,000 less a couple of heat exchangers and sixty tubes. But hold on, those exchangers were not just exchangers, they were in a tank specially built to accommodate exchangers, and *that* tank costs three times what an ordinary hot water heater tank costs. Subtract those turtle doves, along with the partridge, from the tree. For more invention think now of the radiating surfaces, the walls. I’ll skip the floor here because that is a mean retrofit. All surface radiation now practiced uses plastic tubing instead of the traditional copper. As this plastic (PEX) is a poor conductor and poor radiator there has to be more of it, and even then its radiation must be enhanced by touching a better radiator, conventionally metal plate. Manufactured wall assemblies are now available, but a handy person might be able to find a way to build himerherself the equivalent in that the idea is so simple. This brings us to the concluding cost item, labor. Installation, particularly in retrofit, wants person hours by the week full. But person hours are a gift, just like sunshine. I see no reason why an island like Vashon-Maury which has an accredited sixty-five percent density of handy persons, cannot become proficient at installing solar space heat.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 21**



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## Going Green

by Emma Amiad

Recently a local group asked me to create a list of simple steps they could take to begin to reduce their carbon footprint and do their share toward sustainability. There are many such lists, but I thought I’d like to share with you the list I put together for them.

I wanted to start them out with the most basic behavioral changes. For some of you this is old stuff but it’s all worth repeating.

1. Use a cloth bag for groceries. Both of our local grocery stores offer inexpensive, reusable cloth bags for sale. It’s great to recycle paper bags but even better not to use them in the first place. Plastic bag are even more detrimental to the environment so it’s always good to avoid using those.

2. Switch to compact fluorescent bulbs. If everyone in the US replaced just one bulb with a fluorescent we would save \$600 million dollars a year and would save energy enough to light three million homes for a year!

3. Recycle everything! Compost your garbage, recycle all paper, plastic, bottles and cans. Buy recycled and recyclable products. Reuse everything you can. See who in your family can be the most creative in reusing and recycling.

4. Turn down that thermostat. It will save energy for the planet and save you money. It’s not that hard to get used to wearing a sweater or throwing a nice afghan on your lap if you’re reading or watching TV.

5. Buy local. The cost of trucking food from other parts of the country, and even worse, other parts of the world, adds a great deal to the degradation of the planet. How much oil and gas did it take to bring you those out of season strawberries? Plan your menus

around locally grown, preferably organic food.

6. Put all of your electronic equipment and small appliances on power strips and turn them off at night. Contrary to popular belief this saves a great deal of energy and does not harm the machines. You probably have a television, VCR, CD, stereo system, computer, printer; and several small appliances like microwaves and coffee makers that all suck energy even when not in use. According to the US Department of Energy “75% of the electricity used to power home electronics is consumed when they are turned off.”

7. Taking shorter showers and baths with less water is a great way to save energy and water. Choosing to wash clothes in warm or cold water will save energy and extend the life of the clothes.

8. Speaking of water, using drip irrigation and not over-watering in summer can save a lot of that precious commodity. Your lawn needs only one inch of water a week to stay green. Native plants often manage without irrigation.

9. Don’t use bottled water! It is not better or more healthful than tap water. It uses close to 50 million gallons of oil to produce those bottles and 80% of them are not recycled creating 1.5 tons of toxic waste. The oceans of the world are filling up with this plastic which degrades the environment and is a danger to wildlife. Filter your tap water instead.

10. Last but not least, read labels. There are always greener choices in everything you buy.

Emma Amiad’s articles may be found at her blog at [www.vashonislandrealestate.com/blog.html](http://www.vashonislandrealestate.com/blog.html). She is the broker/owner of Amiad and Associates on Vashon Island. Contact her at 206-463-4060 or her website: [www.vashonidslandrealestate.com](http://www.vashonidslandrealestate.com).



Emma Amiad

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 LoOp Op Ed

What the World Needs Now

by Mark A. Goldman

What the world needs now is love. What the world needs now is you. But what is love? Not so easy to define. Review in your mind all the possible human attributes that give you hope, add to your joy, inspire you to think, to be creative, to give thanks, to offer a helping hand, to tell the truth, to do something right, to try harder, to share what you know, to be willing to learn or to teach, to express yourself, to have compassion, make peace, be vulnerable, stay true, be thoughtful, and brave... Complete this list, then add them all up, divide by three, multiply by seven, close your eyes, pick any one or three and you will be thinking about love.

Everything on your list will be something you can do or be. You love. This is you. Why do you hide or pretend it is not? You're so funny. You're so beautiful. Don't you know that? I'm starting to get old now. And in many ways I'm still a child. Don't you feel that way sometimes? How long it took to even begin to understand how little I really know... But some things I do know. I know you're beautiful. The world needs us now. Our children do. All our children do. 'What the world needs now is love, sweet love.' That's what I've been thinking of... Find more by Mark Goldman at <http://www.gpln.com/theanswer.htm>.

Granny's Elects New President

by Jeannine Emery, Past President

The Health Center Volunteers (who operate Granny's Attic Thrift Store) held their final meeting of the current fiscal year on February 29, 2008. Officers and Trustees were elected to serve for the upcoming year. New officers are: President: Donna Klemka; Vice President: Margaret Buechel; Secretary: Kathy Wennstrom, Treasurer: Mary Jo Barrentine; Trustees: Jo Ann Bardeen, Janet Kime and Pam Tregoning, and Volunteer Coordinator: Nan Caskey. We are fortunate to have these women to guide us. Our biggest challenge this next year will be to manage increasing sales and donations in an overcrowded space. We are looking at the best way to manage our growth and continue to provide excellent services to our customers and donors. Granny's Attic was closed for 10 days in February for a thorough spring cleaning. We painted, waxed floors, and restocked to a terrific Grand Opening on February 7.

Thanks to all of our hard-working staff and volunteers for their extra work during this cleanup. We are still looking for volunteers at Granny's Attic, especially for Saturday. We need volunteers in all areas—clothing, books, kitchen goods, linen, appliances and hardware. Volunteering is a great way to get involved in the community and meet new friends. We also welcome all vehicle donations from the community. Anyone wishing to donate a vehicle to Granny's Attic should call 1-800-404-8284. I have truly enjoyed my two year tenure as President of the Granny's Attic Board. It has been a real privilege to work with the most dedicated group of volunteers I know. My special thanks to Richard Lipke, our Business Manager, and his wonderful staff, who cheerfully serve the community every day. I also thank you—our donors and customers whose generosity helps the Vashon Health Clinic serve all of us on the Island.



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Marie and Troy





# Is Vitamin E Bad For You?

By Kathy Abascal

Last week the news headlines announced that vitamin E increases the risk of lung cancer. A while back, headlines announced that vitamin E supplements increased overall mortality. Should you quit taking the vitamin? Not necessarily. The lung cancer study found that people who took high doses of synthetic vitamin E for many years had a slightly increased risk of cancer. People taking more moderate amounts did not. The mortality study only looked at trials in which at least ten people died. That means it excluded trials where the vitamin may have prevented death. So neither found that the vitamin per se is bad for you. Moreover, other studies show that extra vitamin E can benefit many chronic ailments such as restless leg syndrome, Alzheimer’s disease, Parkinson’s, and rheumatoid arthritis.

To make sense out of these seemingly conflicting studies, you need to know something about vitamin E and have some understanding of how antioxidants like vitamin E work in our bodies. The vitamin E in foods like avocados, olive oil, and nuts consists of a mixture of many different tocopherols and related compounds

that work synergistically with each other. They also work synergistically with other antioxidants like Vitamin C and selenium. When scientists discovered that enough vitamin E in the diet protected people from heart disease, cancer, and other chronic illnesses, they began looking for the “active” part of the vitamin. They soon decided that alpha-tocopherol was the magic bullet. It was not long before a synthetic vitamin E, DL-alpha-tocopherol, appeared on the market. This vitamin E is quite different from the vitamin E you get in your diet. In fact, alpha-tocopherol is not the magic bullet. Some of the compounds that make up “true” vitamin E are better antioxidants and have a better effect on cancer cells and LDL (the “bad” form of cholesterol) than alpha-tocopherol does.

Further, the body cannot use half of the synthetic vitamin E. The ‘D’ and ‘L’ tell us how alpha-tocopherol rotates when hit with light. In nature, how a compound rotates is very important to its function. Natural vitamin E is in the D-form only; our bodies cannot use the L-form. Scientists assumed that this unusable portion (the L-form) is ~~harmless~~ If this were true, you would simply have to take double the amount of D L - vitamin E to equal the “natural” D - vitamin E. However, you need more than that which means that the L-form is somehow reducing the effectiveness of the D-form. In high doses, vitamin E thins the blood causing bleeding. It takes a smaller dose of synthetic vitamin E to cause this side effect, once again showing that the synthetic vitamin is not harmless. So, there are real differences between the synthetic and natural supplements which may influence the study results.

Years ago, a study showed that men who ate a lot of fruits and vegetables developed less lung cancer than men who did not, even if the men eating well smoked. The scientists decided that betacarotene was the magic bullet and designed a study where men took betacarotene as a supplement. Unfortunately, the beta-carotene supplement slightly increased their risk of lung cancer. Plants are amazing and they contain an enormous variety of antioxidants. You simply cannot reduce this wealth of compounds to a few synthetic supplements and expect them to be as good for you as real



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 ongoing 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](mailto:anemopsis@yahoo.com).

food. In addition, these studies strongly suggest that we need to use greater caution in choosing our supplements. Vitamins are not squeezed out of plants and put in capsules; even food-based vitamins are not produced that way. Most are synthetic chemicals often produced in laboratories in China. There are “natural” synthetic vitamin E supplements that provide a mixture of properly rotating tocopherols and tocotrienols. They do not equal the “true” vitamin E found in foods but they are a much better choice than a synthetic version of a single part of the vitamin.

In many respects, the latest study simply shows that we cannot rely on supplements alone to cure our ills. If you want to stay healthy, you need to eat wisely and, if you do, you will easily get enough vitamin E from your diet. Nonetheless, 70% of Americans are deficient in vitamin E because we choose to eat refined grains, sugar, factory-farmed animal products, and processed foods that are deficient in vitamins and minerals. As a result, most of us should continue taking moderate doses of vitamin E because even synthetic vitamin E is better than none at all. At the same time, we should work on using supplements exactly as their name suggests: As a supplement (or aid) during periods when we may be eating unwisely or if we have a chronic condition that is benefitted by extra vitamin E. And to sum it up: All of these studies simply stand for the proposition that we should not be using supplements day in and day out as a substitute for real foods.

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## Tranportation Heads Visit Vashon

Continued from page 1

The invitation to Vashon occurred after Southworth monopolized Ms. Hammond’s time on the 6:25 am boat during the 2-boat crisis in February. The Transportation Committee decided Vashon’s isuess also needed to be presented and finally a date was agreed upon. It is the committee’s hope that this conversation with these two leaders may result in a better understanding of the Island’s needs and how important it is to have reliable, reasonably priced service. We hope this first visit will provide groundwork for developing a continued dialogue with transportation officials. The island will have further opportunities to talk with Mr. Moseley and address additional issues when he comes to visit on April 3<sup>rd</sup> for the Ferry Advisory Committee’s general public meeting.

The VMICC Transportation Committee has its hands full of ferry issues this year and into the next. The upcoming legislative sessions and information coming out of ESHB 2358 (the Ferry Bill) that froze fares will impact all ferry users. We need to monitor those actions, check data and get it out to the public for comment or rebuttal. If you are interested in helping, please contact Kari Ulatoski at [kulatoski@centurytel.net](mailto:kulatoski@centurytel.net) or 567-0587. We have tasks to fit whatever time you have to participate.

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



**Aries (March 20-April 19)** You have it in you to take a refined, well-planned approach, both to your life as a whole and in particular to a professional question whose time has come. Please don't make the mistake of thinking that the step you need to take involves some kind of worldly recognition, however. Nobody can give you anything you don't already have. The situation or perhaps imminent crisis involves taking the more meaningful step of becoming someone you've been reaching for inside yourself for a long time. The progress you make this month depends on the confidence you allow yourself to feel. Nothing is stopping you, but only you have the power to take the first and most important step. Eric Francis has more to say at PlanetWaves.net.

**Taurus (April 19-May 20)** Your friends are pulling for you. Do you believe me? Or are you having difficulty understanding why anyone would go out of their way to support you? You may feel like you're not in a position to give the things that people want most. If there's an element of truth to that, don't take it as a mantra. To the contrary, work to understand the positive role you play in the lives of those who care about you, and consciously respect what you provide. If you make a point of seeing your worth to others — no matter how challenging that may be — you will come a long way toward realizing the kind of self-respect that has been missing from your life for so long. Eric Francis has more to say at PlanetWaves.net.

**Gemini (May 20-June 21)** How strong is the foundation you're standing on? Is it strong enough to support the many ambitions you are building on top of it? The emphasis seems to be leaning strongly toward the outer world, when several key factors in your solar chart suggest you need to be building on the inside: your emotional space, your kitchen, your bedroom. Look around your house. What words would you use to describe it? What qualities does it possess? Your real work is at home, no matter what success the world is bestowing on you — and it seems to be offering some pretty rare morsels at the moment. Work from the ground up, from the closets outward, and from the corners to the center of the room. Eric Francis has more to say at PlanetWaves.net.

**Cancer (June 21-July 22)** Many factors are now allowing you to take some longer, bolder steps into the world. The winter seemed to be one long negotiation session, but you could only make out every other word. But you made an investment in life, and you got a lot done despite many episodes of imperfect cooperation. You can safely forget about those things now, and take a chance on something more daring. Allow yourself to plan for how your life would be, if things were to go truly well. Most planning involves

preparing for contingencies, shortfalls and assorted potential disasters. You have earned an opportunity to write the script of your future on a different basis. Eric Francis has more to say at PlanetWaves.net.

**Leo (July 22-Aug. 23)** You're working your way toward a breakthrough — don't worry about that. Life has been so complicated lately that you have every right to expect that nothing is ever simple, or ever will be. If you look at where you stand today with the people who are the most important to you, you may recognize that there is indeed something that you can both understand and explain. You are long overdue for some experiences of all that you've given out coming back to you, and I mean this primarily on the human level. Money will take care of itself; you have pretty good luck that way. As you know, there are greater rewards in life. Practice being open. Literally, hold the energetic doors inside yourself wide open; be open; breathe in and receive. Keep doing it. Eric Francis has more to say at PlanetWaves.net.

**Virgo (Aug. 23-Sep. 22)** Many people long to be met — that is, to be met face to face, and have their energy matched by a living human or by an opportunity that they deserve. Yet observe what so often happens when that occurs. You are fast approaching such a moment. Life, the universe, the gods or however you wish to characterize them, are lining up to hand you what you want, what you need, and what you believe in. All you have to do is connect, receive, embrace. Or, you can freeze up; you can experience some version of not feeling worthy of, or equal to, what is being offered. You get to decide — though you may not see it as a decision. That would be the first challenge. Eric Francis has more to say at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23)** Why do you do what you do? Well, you chalk many things up to altruism. It's a great motive, as long as it's an authentic one. The Oxford English Dictionary defines the word as, "Devotion to the welfare of others, regard for others, as a principle of action; opposed to egoism or selfishness." Now, this is possible, for one thing, how can a person subtract themselves from the equation of their life? I suggest you aim for taking actions that you are sure enough have mutual benefit for everyone involved. Not necessarily exactly equal benefit, but mutual. You have a heck of a lot to offer right now, and just as much to gain. Eric Francis has more to say at PlanetWaves.net.

**Scorpio (Oct. 23-Nov. 22)** The Sun is in Pisces now, and as the month progresses, Mercury and Venus will also arrive in your fellow water sign; your first cousin. Mars is in Cancer, another water sign. For a Scorpio, it really doesn't get much better, that is, if you have a nice boat to float in, or a beach umbrella to get underneath. Remember, you're going to be in



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deeply emotional mode. To harness all this love, passion and imagination, you need some discipline — and I suggest you get it sooner rather than later. Discipline is another word for focus, and in this sense I mean focus on what you want and need the most, rather than what is expected of you. Eric Francis has more to say at PlanetWaves.net.

**Sagittarius (Nov. 22-Dec. 22)** If you forgive yourself for all the persona, inner and unspoken gripes you usually hold in your own face, you're heading for one of the most fulfilling moments in a long time. The rampant instability in your home looks like it's finally settling down. The nearly constant sense of not knowing how you feel is bearing fruit — discovering how you feel about someone or something that will stun you in the most pleasant way. This is another way of saying that if you're absolutely honest with yourself right when you feel the urge to be that way, you will love it. Eric Francis has more to say at PlanetWaves.net.

**Capricorn (Dec. 22-Jan. 20)** You can take a vacation this month without taking a day off of work, buying an airplane ticket, or putting more than 25 miles on your car. You're in one of those cosmic nanophases where you find things; where they find you; where you just bump into what you want and need. None of this is an accident. You are seeing the world through entirely different eyes than you were one year ago, or even three months ago, and this new vision is something you worked for with diligence. Besides work it's partly the result of acknowledging your actual influence on your environment, and

part of it is about not being afraid of yourself. Eric Francis has more to say at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19)** Gradually you are coming to understand something about yourself, though you might not have the word for what it is. But you are collecting documentation, which seems to be supporting some profound intuition you've had for a long time. While you're collecting facts, don't tune out the primary source of your information — the deeper parts of your mind, particularly those that speak in images. Indeed, if you want something, find a picture of it, draw it, or assemble it in a collage. There is a difference between fantasy and reality; much of that difference is bridged by constructing a visual representation, and then building on it. Eric Francis has more to say at PlanetWaves.net.

**Pisces (Feb. 19-March 20)** If things go well, please don't expect them to go worse. The only thing that could possibly stop you now is your own tendency toward negative expectations — which, thankfully, you've been doing quite well at toning down in recent years. You've learned something about trusting the unknown and the improbable. True, you meet the occasional asshole, but notice how rarely that actually happens. Don't decide for people who they are in advance. Keep your focus and feel the strength of optimism. As the next few weeks unfold, give yourself room to make a series of radical decisions that feed your heart, your soul and your hunger for deep contact. Eric Francis has more to say at PlanetWaves.net.

# Island Epicure



By Marj Watkins

## The Year of the Potato

Who besides me remembers Grandma Lydia Stoltz and her ½-acre garden? She planted potatoes in December and harvested her new potatoes when most Island gardeners were just putting their seed potato chunks into the ground.

The United Nations has declared 2008 the Year of the Potato, reports the March issue of *The Economist*. The article credits the 1845 potato famine with fathering Britain’s industrial revolution. Because the potato crop died of blight, Parliament had to repeal the Corn Law that forbade importation of wheat to the British Isles. You don’t hear about the potato growers of northern England losing their potato crop to blight, but their plight may have influenced Parliament more than Ireland’s. Southern England’s farmers could not grow enough wheat to provide the calories for the factory workers that cheap, easily grown potatoes had fed. So over the loud protests of wheat farmers, the importation of wheat became legal, the workers were fed and the industrial revolution burgeoned.

My own personal year of the potato came when I was, I think, six years old, and visiting my father’s parents on Mountain Top Farm in Oregon. About this time of year, I watched Grandpa Brunson cutting up the best of the potatoes from the past year’s crop. All winter his seed potatoes had waited, safe from frost and snow, in the potato house’s one dirt-floored room, the back end of it dug into a hillside that insulated it from the north wind.

“Always be sure each chunk has one eye,” he said. “That’s where the sprout will grow. No eye, no potato plant.” He demonstrated and I watched closely.

Later in the field I followed the horse as it ploughed a trench a hand’s length deep. As Grandpa directed, I dropped Burbank potato chunks about one foot apart into the furrow. I felt as much a farmer as the grown-ups working with me, and that I was learning skills that could serve me well when I grew up.

We ate less perfect potatoes. Grandma cut out the potato-fork scars from the past fall’s harvesting, and any rotten spots. She boiled the remaining good parts unpeeled, then stripped off their “jackets”, and mashed them with milk and butter I’d helped her churn. Grandma showed me that the quickest way to boil any potatoes was to leave them in their jackets (unpeeled), but to

peel a strip from each end so heat could reach their insides better.

Neither St. Patrick, nor anyone else in Ireland of his time (385-461), ever tasted a Burbank, a Russet, or any other potato. More than a thousand years would pass before the Spanish brought potatoes from Peru to Europe. But by the year of the potato famine, several generations of Irish people had been enjoying Champ, a dish of potatoes mashed with milk, butter, and chopped green onions, and topped with butter.

### CHAMP

4 to 6 servings

- 8 small or 4 large potatoes, thinly peeled and cut in chunks
- 1 cup milk
- 6 to 8 onions (a small bunch) chopped finely
- ¼ cup minced fresh parsley or a generous tablespoon of dried parsley
- Salt and pepper to taste
- Pat of butter per person

Steam the potatoes, or boil until tender but not mushy. If boiled, drain them, and then return them to the heat to dry somewhat before mashing. Keep them hot while you cook the onion in the milk for 5 minutes.

Add milk and onions to the potatoes. Beat until fluffy. Whip in minced parsley and salt and pepper to taste.

Spoon a mound onto each plate. Put a gob of butter to melt onto the top of each mashed potato mound. To eat, dip each forkful into the melted butter.

An egg or two was often whipped into Irish mashed potatoes for more protein and to divide a few eggs among many family members.

A more elegant dish, Colcannon, combines potatoes, green onions and cabbage. Melted cheese provides beauty and protein.

### COLCANNON

Preheat oven to 350 degrees  
4 servings

- 4 small potatoes
- 4 to 6 green onions, tops included, thinly sliced
- ½ cup milk
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 Tablespoons soft butter
- ½ small head cabbage, cooked and finely chopped
- Top with
- 1x 2x2-inches piece Cheddar cheese, grated

Thinly peel potatoes, cut in chunks and steam. Cook onions in milk. Mash potatoes with onions and milk plus butter and salt. Stir in cabbage.

Transfer to 12-inch by 10-inch baking dish. Brown in oven until the cheese melts.

Nutri-Tip: Whole milk and butter contain valuable Omega-3 fats. Potatoes contain high-quality protein, but little of it. Milk and cheese together yield about 5 grams of protein per serving. Potatoes provide carbohydrate. Pink or red potatoes are lowest on the Glycemic Index, Russets the highest. ☺☺☺

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## Gluten Free

Islander Writes New, Realistic Cookbook

by Susan Wolf

When Vanessa Burgess was diagnosed with Celiacs, a gluten intolerance, she had a difficult time finding food that was gluten free. Gluten is a protein found in wheat, rye, barley and oats. Many food products contain modified food starch which has gluten. The gluten-free diet is difficult for most to master. After Vanessa had figured out the gluten free diet, things were still not easy. Gluten-free food was often highly processed, having little inherent nutritional value and most prepared gluten-free food did not really taste good.

Gradually, Vanessa learned how to bake gluten free, but the food had little nutritional value and was made up of a lot of complicated mixes. Expensive gums such as xanthan and guar, almond meal, dough

very few cookbooks had a lot of whole grain recipes and many of them contained one recipe involving quinoa or amaranth and claimed to be multigrain. Failing to find a gluten-free, whole food cookbook, she wrote one to fill that need.

“I wish I could have fancy photos and a great nutritional analysis, but I didn’t have time and I think it would be almost hypocritical. A deep part of my ethic is eating in a manner that has the least impact on the earth. Producing a book with a lot of extra paper and ink for pictures flies in the face of that,” chuckles Vanessa. Another goal was to provide a means for her husband and mother to cook a gluten-free meal without a struggle.

The name of her book is “The Gluten Free Pantry: Gluten Free

Vanessa Burgess shows off here new book the Gluten Free Pantry.

conditioners and expensive, processed flours like tapioca, potato and garbanzo and fava bean flours were required for decent results. Being a wife and young mother – including three boys in less than three years - she had to find quick and inexpensive alternatives.

Vanessa developed a diet based on whole foods, especially whole, gluten-free grains. Unfortunately,

Cooking in the Real World Where Time and Money Have Limits.” You can meet Vanessa at the Vashon Bookshop on Saturday, March 29th at 11:00 a.m. or order her book online through Amazon.com.

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 21**



# Positively Speaking

## Seedtime and Springtime

by Deborah H. Anderson

If you have smiled at me from a distance at Thriftway or the Post Office or walking along the center of town and I gave you one of those vague smiles, please don't take offense. I couldn't see you.

About two years ago, the bifocals broke and since I couldn't see with them and couldn't see without them, it seemed easier to just do without them. One of the greatest disappointments in my life was losing ease and flexibility in sight. I used to just put the glasses on and the lenses and the prisms within them did their thing and that was that. I knew I'd never be able to wear contacts because of the prisms, but what the heck! I could see.

My lazy eye treated properly until I was in my first year of graduate school. Heaven only knows how well I would have done in school if I had been able to see without the words jumping all around on the paper.

The new glasses are ordered including a pair of seventeen inchers for use only with the computer and playing the piano. I'm so excited.

Actually I'm excited about a lot of things. Happily so. Lots of people thought I just couldn't find my niche these last fifteen years, but not so. I had found it but didn't have permission from a very old boys network to play in it. Stalling out was not an option. Finding a way to go around the wall and play ball anyway was. Now the game is in play again and there's so much to make up for. So much lost time.

This brings me to the Today Show. Matt Lauer was reading this list by a guest of reasons that people start to feel depressed in middle age. Number one was realizing you were probably not going to be able to make any of your dreams come true.

Now just a goll darn minute!!!! Who on earth says the years from fifty to one hundred are not more productive than the previous fifty? Why can't your dreams come true in the last half of the lifespan?

One of the aspects of the Island that thrills me the most is the wonderful examples of people once considered senior who are living way out of the box on the activity scale of creative ideas.

Why, I myself still have twenty books to write, a couple of plays, two screenplays, a CD to record called "Ageless," a musical on the life of Alexander Graham Bell and his wife, several languages to master fluency, to say nothing of taking care of future grandchildren and gardens that don't exist yet.

For all of our flaws, and there are many on these Island we can honestly say, the glorious creativity that runs rampant way into the upper years is one of our most delightful life situations we get right.

So....I end this short and sweet. Live your dreams till your body won't move anymore and then try harder!!

If you are feeling stalled in life and stale and worn out, there is only one solution: It's springtime.....pick a new dream and run, don't walk, towards it!!!

Me? I'm off to spend the weekend with seven of my friends from college. We will talk about all the dreams we have yet to climb towards and urge each other on, arthritis and bad eyesight be hanged!!!

Don't just weed this Spring.....plant a new variety.....YOU!!!

Love  
Deborah

~~~~~

## Laughing At Death

March 23rd Sunday Morning Conversation with Dr. Neil Elgee, "Can Laughter Reflect an Advanced Stage of Faith and Grace?" It is Elgee's thesis that religion and humor are both essential to human survival. We are unique in our ability to appreciate the wonder of our existence and love it, while being conscious that we are doomed to lose it to death. Based partially on the works of the existentialist, Ernest Becker, Elgee explores the premise that laughter reflects an advanced stage of faith and grace. He will use cartoons to present an enriched understanding of fundamentalism and how humor might offer insights in helping fundamentalist religion to evolve progressively.

The Unitarian Fellowship meets in Lewis Hall behind the Burton Community Church at 23905 Vashon Highway.

Religious Exploration offered for children 3 and older. Coffee and tea provided.

For more information, call Wendy Wharton 206-799-9433

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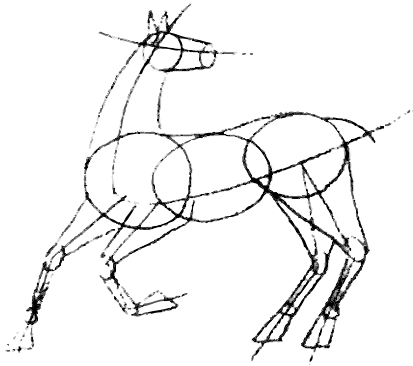
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## Contemplate This! Teaching meditation in schools.

Dr. Keno Hal Roth, professor of religious studies at Brown University, will talk at 7 pm, Sunday March 16, at the Puget Sound Zen Center, 20406 Chautauqua Beach Rd. in Ellsfort. Cost is \$5, free for members.

Dr. Roth is a leading light in the relatively new field of contemplative studies. Imagine a 4 year college curriculum taught by a diverse faculty united around one common interest—contemplative mental states. Deep concentration. Focused attention. Complete absorption. And, using neuroscience, humanities and creative arts to bring the students to fruition.

The World Health Organization defines health as a complete state consisting of the positive states of well being as well as the absence of disease or infirmity. Contemplative studies is a cutting-edge field that focuses on the use of contemplative states and mental training to promote such complete health.

The use of contemplative practices, such as mindfulness, has been integrated into psychiatry and is now considered part of a third wave of psychological treatments and a standard technique used in behavioral medicine.

Dr. Roth is also director of Scholarly Concentration in Contemplative Studies at the Warren Alpert Medical School of Brown University. His other areas of scholarship include Taoist Studies



Dr. Keno Hal Roth, courtesy photo.

and the comparative study of mysticism. In addition to writing four books, Roth has published many articles in leading academic journals, including the Harvard Journal of Asiatic Studies.

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Applications may be picked up at Vashon High School or at the office of David Cooper, Attorney at Law, Courthouse Square. You may also apply online at [www.hmcsf.org](http://www.hmcsf.org).

DEADLINE FOR ALL APPLICATIONS: APRIL 11th, 2008



So, the sun is out and some of my friends are starting to wear shorts. Hence:

- Vashon High School Sport Shorts**
- The Girls Basketball team finished one game away from placing in the top 8 at state. They beat Bellevue Christian in thriller before losing to Zillah.
  - Henry Porter was voted Girls Basketball League Coach of the Year



Madeleine “Mad Dog” Wolckzko grinds and eventually turns and pins her opponent from Kiona-Benton, securing a 5th place finish at state.



State Champ Sylvie Shiosaki celebrates her finals victory by pointing to the fans in the Tacoma Dome.

- The Boys Basketball Team finished one game away from placing in the top 8 at state. They beat returning runner-up Toledo in the 1st round before being eliminated by Brewster.
- Andy Sears was voted Boys Basketball League Coach of the Year
- John Gage was voted Nisqually League MVP



Sylvie and Madeleine style uber-cool mustachios.



A totally normal Vashon Wrestling Team poses totally normally with their 4th place at state trophy!!

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## Not Just a Great Burger

### 6th Grade Builds Outdoor Classroom

*Continued from page 1*

The idea came about when several middle school teachers were talking about what a terrific group of kids this year's 6th graders are. The challenge of how to get the kids to work together to “give” back to their school evolved into the outdoor classroom project. If the kids could do as much hands-on work as possible, and if the entire project extended throughout their three years of middle school, they would hopefully feel pride and connection to the place. They would know how it feels to leave a place better than when they came.

The clearing in the woods has a grotto-like feel to it, enclosed in trees and salal. A 10' by 16' poured concrete slab will serve as the stage at the lower end of a gently sloping circular area. Split-log seating for 40 with a floor of wood chips will enhance the feeling of the being in an amphitheater in the woods.

Because this phase of the project depends on heavy machinery and construction skills, the 6th grader's parents are working with staff members to complete the large-scale tasks. Karen and Jay Stendahl cleared the space in the woods and will supply the split logs for the seating, and Vashon Sand and Gravel will donate the cement and gravel after the footings are built. The 6th grade students will finish this year's work by spreading a generous layer of wood chips on the forest floor. During

their next two years at McMurray, they will continue to add artwork and enhance the space

This project is being spearheaded by the parents of 6th grade students. The idea is to enhance the middle school in a creative way that costs the school district no money and will need no maintence. Most of the materials will be donated and the work done by parents and staff.

A party/fundraiser for the McMurray Outdoor Classroom will be held at the Sportsman Club on Saturday, March 15th, at 7:00 pm. This informal event is sponsored by the parents of the class of 2014. Everyone is invited to dance the night away to House Engine, a new island R&B band consisting of Wilson Abbott, Chris Anderson, Tom Bean, Gib Dammond, Greg Mcelroy, and David Salonen. You'll be all warmed up when The LaLa's hit the stage with lively Cajun-zydeco dance music played by three generations of the talented Lang/ Salonen family.

Finger food will be provided by 6th grade parents, and you have to supply your own beverages, 21 years and older only. Admission is free and open to the public. Pass the hat donations will benefit the McMurray Outdoor Classroom and the Riptide. Come and celebrate with us and help to support this project. If you would just like to donate, please stop at Studio 202 and Deb will help or call Rebecca at 567-4924.



Loopy Laffs

The real measure of your wealth is how much you'd be worth if you lost all your money.

You cannot depend on your eyes when your imagination is out of focus. — Mark Twain

Q. How many Chiropractors does it take to change a light bulb?  
A. Only one, but it takes 10 visits.

Interesting 'A' words

ABSENTEE  
ABUNDANCE  
ACME

A missing golfing accessory.  
A local hop usually staged in the barn.  
Pimples on the face running towards the top.  
The very first insect.  
What comes after the darkest hour.  
Something that makes you think you've longed for it for years, but never heard of it before.  
A mistake by two people paid for by one.  
Not quite the complete wager.  
When you don't talk to your uncle's wife.  
The female of the gorilla species.  
An automatic longbow.  
A painting exhibition.  
The car's logbook.  
When the driver moves closer to his girlfriend.  
Helpful for ugly women.  
Being hit with a paddle.

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AVAIL  
AWESTRUCK

Capt. C. H. Brown released a bottle on June 12, 1914 as part of a survey of currents. It was found August 21, 1996 in the nets of a fishing trawler 5 miles from its point of origin!

I am thankful for laughter, except when milk comes out of my nose.  
—Woody Allen

Nobody is perfect, until you fall in love with them.

Marriage - nature's way of stopping people from fighting with strangers.

On a scale of 1 to 10, 4 is about 7.

My mind is now so crowded with valuable information that I can't think.

The road to success is marked with many tempting parking spaces.



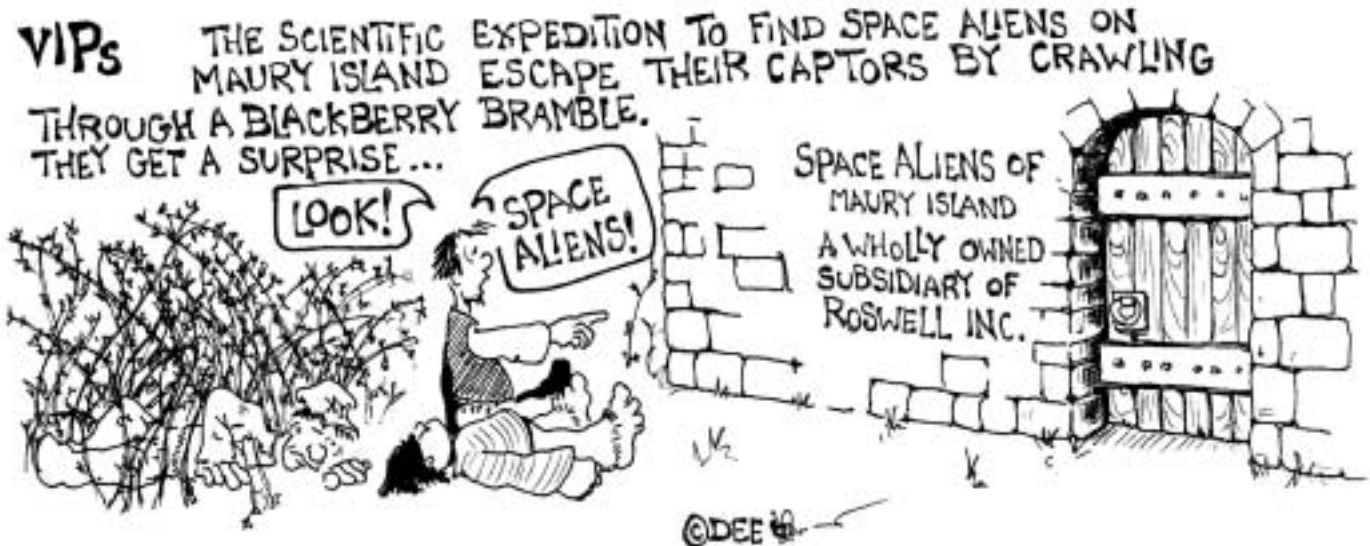
OFFSHORE Classic



I was talking to someone about being a Mac user and he told me he was against it because no one supported it. I told him I liked the fact there were no viruses on Macs and he said, "See, even virus writers don't support Macs."



Solution to puzzle on page 7





Loop Arts

Kilgore and Ritz bring American Jazz to Heron

by Janice Randall

PANACHE JAZZ 2008  
Rebecca Kilgore Trio  
Saturday, March 22, 8 PM  
Tickets: \$14/\$16, (Includes complimentary champagne & dessert)



Rebecca Kilgore, courtesy photo.

Portland-based jazz guitarist/songstress, Rebecca Kilgore loves the songs from the Great American

Songbook and is passionate about preserving tunes by Cole Porter, Duke Ellington, the Gershwins and all the rest of our contemporary jazz greats. Kilgore's captivating voice has brought her to stage with Dave Frishberg, Bucky Pizzarelli, John Sheridan and more; she has appeared multiple times on NPR's Fresh Air and Prairie Home Companion. She will be joined by legendary jazz ukulele (and bass) player, Lyle Ritz who played bass on the Righteous Brothers' "You've Lost That Lovin' Feeling," the Beach Boys' "Good Vibrations," on Herb Alpert's "Taste of Honey." In 25 years as an LA studio musician, Ritz recorded with everyone from Sinatra to Sonny and Cher and Ray Charles. Bassist, Dave Captein, who has appeared with the likes of Wynton Marsalis, will join in so plan to come, have a glass of champagne and take in the great jazz music of our times.

Folksingers In Hell with Special Guest Hamish Todd

by David Fewster

David Fewster met Hamish Todd in the spring of 1992. Hamish, as one of the founders of the Seattle Writers' Guild, produced showcases that tried to mix the literary and music scenes at the Crocodile Cafe, O.K. Hotel, Weathered Wall and other now-defunct locals. Fewster was soon a regular at these soirees, performing his song about the Seattle Weekly ("Here's a story on page 10/Lesbians with guns shooting innocent men") along with other uplifting ditties like "The Quaalude Song" and "Blind Babies." The culmination of Fewster's Seattle career was no doubt his inclusion in the anthology "Revival: Spoken Word from Lollapalooza 94" (Manic D Press, 1995.) From there, it was off to Tacoma, where he settled in 1996.

The next few years were a time of trial and tribulation, as chronicled



David Fewster and Heidi Fosner of Folksingers in Hell, courtesy photo.

in his book of poetry "Diary of a Homeless Alcoholic Suicidal Maniac & Other Picture Postcards," published in 2003 through a grant from the Tacoma Arts Commission. While writing it, he was staying at Guadalupe House (run by the Tacoma Catholic Worker.) It was there he met Heidi Fosner, a community activist from the Bay Area with an abiding love for Joan Baez, who had been involved in Urban Gardening projects in San Francisco and had come north to work at the Guadalupe Land Trust. They started playing music together in the Guadalupe House Band, then began playing as a duo, taking the moniker 'Folksingers in Hell' from a cartoon strip Fewster drew for Victory Music Review from 1988-89. Fosner's influence shows most in the increased musicality of Fewster's guitar playing (it had no place to go but up) and a wider emotional range in the material they write and perform together. They were married in November of 2005.

Recent shows have included the two-hour spoken word/music extravaganza "Ballad of the New Tacoma." When excerpts of this were broadcast on KUOW's The Beat, the raves immediately started pouring in on exit133.com, the local blog financed by a consortium of developers, including their favorite review (reprinted in its entirety): "WHAT A COUPLE OF JERKS. I REALLY DON'T UNDERSTAND PEOPLE LIKE THIS." But folks on Vashon should come to the show anyhow.



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See full ad on page 11 for more details

Jami Sieber Performs at the Grange

by Mary G. L: Shackelford

"Jami Sieber plays music on electric and acoustic cello with a passion that translates into soul-baring poetry," according to *Conscious Choice Magazine*, and Jami Sieber is performing on Vashon, Saturday, March 29, 7:30 PM at the Grange Hall. Every so often a musician emerges who manages to speak to the spirit by way of their instrument. Electric cellist, vocalist and composer, Jami Sieber reaches inside the soul with compositions that are contemporary, timeless, lush and powerfully evocative.

Recognized internationally, she is a celebrated pioneer of her instrument and received the

place or your own backyard, this music will play back every scene."

Her most recent release, *Only Breath*, is a revolutionary meeting between poetry and music that joins the words of Neruda, Rumi, Rilke, Tsvetaeva and others with music that moves from vibrant stillness to irresistible worldbeat rhythms. The CD is available with spoken words by Kim Rosen and in instrumental version titled *Unspoken*.

Woman's Way Red Lodge is proud to present Jami Sieber, performing with Island musician Geoff Johns for a Friendraising concert that is more than a benefit. The March 29 event begins at 4 PM



Cellist, vocalist and composer Jami Sieber performs with drummer Geoff Johns on Saturday, March 29, 7:30 PM at the Vashon Grange Hall in a Friendraising Concert presented by Woman's Way Red Lodge.

Northwest Area Music Association Award for Best Rock Instrumentalist (no easy feat for a cellist), when she was part of the Seattle band Rumors of the Big Wave. Jami is also recognized in wider folk-pop and women's-music circles for recording and performing with singer-songwriters Jennifer Berezan and Ferron as well as for her musical work in theater and film.

Jami's playing style grew out of her childhood classical training and has expanded to embrace jazz, folk, rock, improvisational and avant garde music. Her music has taken her to China, Russia, Croatia, Kosovo, Bosnia, Italy, France and Thailand where, while working on a film score, she found herself improvising with the Thai Elephant Orchestra. This music appears on *Hidden Sky*, her third CD after *Second Sight* (1998) and *Lush Mechanique* (1994). Victory Music says, "...(Jami's) musical paintings hang, framed in her own passion and dreams. If you've ever taken a journey of the soul, be it to another

with a community drum circle and a chance to experience the medicine and music of WWRL's new Mother Drum. Men, women and children are invited. There is a community potluck (bring your own bowl, cup, napkin, and utensils, please) at 5:30 PM, and the concert begins at 7:30 PM. Tickets for the concert are available at

Vashon Bookshop. For more information about Red Lodge, visit [wwrl.org](http://wwrl.org).

Says Kristina Turner, vice-chair of WWRL, "She's a treat, a world-class artist and full of soul. We are thrilled to host Jami on Vashon. Listen to songs from *Hidden Sky* at [jamisieber.com](http://jamisieber.com). Then round up your friends, get tickets, and come to Grange Hall early to drum, sing, dance, and connect with friends. See you there!"



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, March 21**

# The Propagation Project

A cross-pollinated evening of art, science, performance and discussion

Visual artist Nancy Lowe (Atlanta) has brought together five academic scientists from around the nation and the multi-disciplinary performance company Lelavision (Vashon) to work collaboratively on a series of hybrid lecture demos that double as theatrical performances. Each piece melds new discoveries in science, sculpture, visual art, dance and music. In the coming months, each scientist will present on the topic of “Propagation” in his or her field. Lelavision (comprised of sculptor/musician Ela Lamblin and choreographer, Leah Mann) will weave these ideas into original Physical Music™pieces, on kinetic-musical-sculptures. The scientific perspectives on Propagation include those of: Anna Edlund (Reproductive Biologist at Spelman College), Steven Vogel (Biomechanician at Duke University), Kathy Barker (HIV

Presented by Lelavision Physical Music and The Program in Science & Society of Emory College

Featuring Lelavision, Dr. Anna Edlund (Spelman College, Reproductive Biologist), Nancy Lowe (Visual Artist) and Dr. Arri Eisen (Program in Science & Society of Emory College)  
March 29, 7PM at the Lelavision Studio, 22608 111th Ave SW, Vashon, WA 98070  
Tickets: \$15. Reservations required due to limited space. Call 206-329-3724. Cash or Check only. (Directions upon reservation.)  
Contact: Leah Mann, 206-329-3724 or 206-463-9548

present technical and poetic renderings of current research on Pollen Biology, accompanied and interpreted by Lelavision and a new musical-sculpture modeled after the forms of pollen grains. Also incorporated in the piece will be Nancy Lowe’s illustrations of pollen cell processes and micrographs of pollen structures and behaviors.

The performance will segue into an audience and panel Q&A, facilitated by Arri Eisen of Emory University. The panel will be composed of both artists and scientists taking part in “The Propagation Project”.

Audience members will have the opportunity to pose questions and nosh on ideas (as well as edible flowers, honey teas, and pollen-rich sweets and savories).

This project is sponsored by 4Culture for the Arts and the Program in Science & Society at Emory College.



Lelavision= PLAY to the third power; (playing with sound + playing on sculpture + playing through space), courtesy photo.

Virologist at Seattle’s System Biology Lab), Arri Eisen (Biochemist at Emory University) and Scott Gilbert (Developmental Biologist at Swarthmore College).

The first piece to be presented through these collaborations addresses Propagation in the context of Plant Reproduction and Pollination. Anna Edlund will



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# Vashon Theatre

## 463-3232 for more



## Conviction at Vashon Theatre

by Peter Ray

On Sunday March 30th at 7pm, the Vashon Film Society will present *Conviction*, the third documentary in this year’s For Word Film Series at the Vashon Theatre. Through the film work of public minister, mom and filmmaker Brenda Fox, we are told of the events of October 6, 2002 at an isolated spot in northeastern Colorado, and of the repercussions from what happened there. On that day, Dominican Sisters Ardeth Platte, Carol Gilbert and Jackie Hudson cut one link in the chain that locked the gate at the N-8 minuteman missile silo, allowing them to enter and “inspect, expose

and symbolically disarm” the site, an act for which they were arrested and imprisoned. This short, 43 minute film tells a powerful story, and Sister Jackie Hudson will be here to tell of her part in these actions and to answer questions afterward. As an introduction to this film and the ongoing issue of nuclear weapons, we will also show the short film *Nuclear Weapons and the Human Future* from the Nuclear Age Peace Foundation. Admission is by donation. For more info contact Peter Ray at 567-4542 or pgr42@att.net, or Leslie McMichael at 567-4768.



The Sisters in action, courtesy photo.

## Salish Sea Concerts 2008 Spring Festival

The Vashon Island chamber music series Salish Sea Concerts presents a concert as part of its Spring Festival: The Flute Sonatas by Johann Sebastian Bach on Friday, April 4, with baroque flutist Jeffrey Cohan and harpsichordist George Shangrow. The program takes place at 7:00 PM at Vashon United Methodist Church at 17928 Vashon Highway SW, and will be performed on period instruments. The suggested donation (a free will offering) will be \$15. Youth 18 and under are free. “[Cohan and Shangrow] give new meaning to the intimacy implicit in the genre of chamber music... They have forged not only an exquisitely subtle

collaboration but also a common scholarly interpretation of how Bach would have had the music performed. The music [Bach] produced was exuberant, joyous and lyrical. It was these qualities that Cohan and Shangrow communicated.” — Joan Reinthaler Over the past three decades, the Cohan-Shangrow Duo has often performed the Complete Flute Sonatas by J.S. Bach, which includes all seven sonatas for flute and harpsichord by Johann Sebastian Bach, as well as the Partita for solo flute, or this shorter program, which does not include three of the sonatas which may in fact be

by one of Bach’s sons or pupils. Several of the sonatas are written for flute with obbligato, or fully written out, harpsichord, with Bach providing an additional melody line for the right hand of the harpsichord in addition to the bass line. Bach was the first to make extensive use of this format in his sonatas for solo instruments. The remaining three sonatas are for flute with continuo, or a bass line for the left hand (and other accompanying bass instruments if desired) with numerical figures implying harmonies which are “realized” by the keyboardist in an improvised accompaniment.





# HOME TEAM REALTY

More details on page 3... and check out [www.yourHTR.com](http://www.yourHTR.com) to see pictures, virtual tours, and open house schedules

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9225 SW 274th St

## Brick Rambler

Daylight basement w/ separate entrance Brick exterior, retro chic kitchen, hardwood floors Top of the world views, close to public dock and park 3 BR, 1 3/4 bath, 3420 sq ft **\$565,000**



9515 SW 268th St **MLS 28036327**

## Cute cottage!



- 2 Bedroom
  - 1 Bath
  - 2 Garages
  - Full Basement
- \$329,000**  
**MLS # 27192127**

14605 Bethel Ln SW

## North End, All New



Partial view, 2.3 acres 100% remodeled with contemporary style Bright, inviting, affordable 3 BR, 1 3/4 bath, 1200 sq ft **\$349,000**

10682 SW Cedarhurst Rd

## Vintage Classic



Convenient location, loads of possibilities Separate cottage, recently renovated Sunny yard, mature landscaping 6 BR, 5 bath, 2020 sq ft total **\$439,000**

**MLS # 28037749**  
16503 Vashon Hwy SW

## Hear the water



- 3 bedroom
  - 2 Baths
  - .30 Acre
  - 1472 SQFT
- \$359,000**  
**MLS # 27191401**

13536 SW 171st St

## Attention Builders!

- 3 Watershares
  - 4.27 Acres
  - Zoned R-4
  - On Sewer Line
- \$525,000**  
**MLS # 27206954**



18704 103rd Ave SW



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

## RR Ties- 4 Grades

\$5.00 - \$22.50 ea Vashon p/u  
**463 5161**

## Sojourn House Vacation Rental

4 bedrooms, 2 baths, sleeps 8  
Luxuriously furnished  
2 night minimum, weekly, monthly  
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## House Cleaning and Yard Care:

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**10 yrs.exp.**  
**Licensed**



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Vender Space Available

And remember, "You don't have to be rich, just funqui."  
17311 Vashon Highway - on the North side of downtown by Pandora's Box.

**463-0895**

## MEADOW HOUSE

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**Gay Jungemann**  
**at 463-5193**

*Serving Vashon Island since 1981*

## Be Heard Be Involved

## Be an official Citizen Councilor

Vashon residents, use ORG CODE 070 during registration

Register online or by phone  
(206) 296-1633, Toll -Free (800) 396-2584, TTY: (206)296-1024

[CountywideCommunityForums.org](http://CountywideCommunityForums.org)

See full ad on page 11 for more details

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**Needs used "The Total Gym"**  
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