

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM May 15, 2009

Preponderance of Poetry!

Vol. 6, #10

by Devon Atkins

Here, on Vashon, we know how to party; and that's exactly what we're going to do, May 21st - May 25th, Memorial Day Weekend at Vashon Poetry Fest. We're talking about a 3-day, 4night party, and poetry will be the guest of honor. Not some quiet little back-room reading; this extravaganza will include nonstop performances, open mics, and two days of workshops, all laced with great music and fabulous food.



Washington State Poet Laureate Sam Green, photo by Sean McDowell.

It begins with "Young Poets Talk Back," an Opening Mic, when five under-30 poets will perform a conversation with original poetry, challenging and entertaining themselves as well as the audience, along with the opportunity for any poet to stand up to the mic and strut their stuff,



Photo copyright Peter Murray. A Bald Eagle swoops from a Great Blue Herons nest on the Burton Hill, leaving devastation. Pete is watching another nest elsewhere hoping it escapes the same fate. See more about his photos of Africa on the page 4 article covering the Audubon Program at the Land Trust on Wednesday May 20. If you want to see many other Eagle shots etc. to to www.pmwm.smugmug.com look for the gallery that says Vashon Island Birds, 2009.

Nothing Changes Like The Loop

by Ed Swan

It's great to be back! Troy and Marie, the Loop's owners re-hired me as editor starting with this issue. In and of itself, being editor makes for a really interesting and exciting job and I get to work out of my house and available to be active in my boys' school and after school life instead of commuting off-Island. Continued on page 9



The Parriera Family - Jack, Jack and Wendy at the 2008 Low Tide Festival, photo copyright Ray Pfortner.

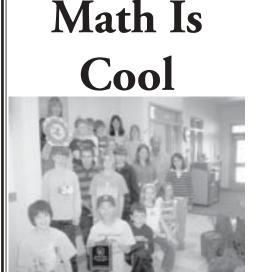
How the Other

LoAnne **Runs For** Mayor!



LoAnne Forschmiedt, courtesy photo. by Linda Milovsoroff

On Monday, May 11th, LoAnne Forschmiedt is announcing her candidacy for the Unofficial Mayor of Vashon to benefit Vashon Community Care Center. LoAnne will kick off her run for Unofficial Mayor at the VCCC All Staff meeting on Monday afternoo<u>n.</u> Cont'd on page 9



Thursday, May 21st, 7 p.m. at Cafe Luna.



Irish poet Tony Curtis, courtesy photo.

Then, it's "Knocking at the Gate," hosted by our own Michael Meade, mythologist and author, an evening of ecstatic poetry and sacred music. Meade will weave poetry with storytelling, while

Half Lives

by Rayna Holtz Many of us live with the illusion that we've heard of most of the species of animals that live on Vashon. That's because we tend to look only at our terrestrial neighbors. The other half are the numerous occupants of Vashon's 50-mile shoreline, where tides go in and out twice every day. We have an opportunity to meet them at the fourth annual Low Tide Celebration at Point Robinson Monday, May 25, 10am-3pm.

These animals live a tenuous existence, contending with natural predators, pounding waves during storms, freezing air during winter low tides, dangerous heat and dryness during summer low tides, changing beach substrates where coastal currents erode or deposit material, occasional toxins washing down on them from yards or highways contaminated with oil or yard chemicals, and -ironicallythe heavy feet of curious people who come to see them! To help us minimize the accidental damage we do, beach naturalists will teach us a few guidelines as they show us who lives in the sand, rocks, and Continued on page 7 eelgrass.

The 5th grade Math is Cool team took first place in the regional competition in April and the 4th grade team won second place in the regionals in March. Both teams will compete at the state competitions for their respective age groups. Last fall Vashon's 7th and 8th grade teams placed first in the region and went on to the state competition in December. There, the 7th grade team placed third in their 14-team division, and the 8th grade team placed sixth in their 12-team division. Members of team were: Alden Rogers, Anthony Gateman, Will Zike, Lilly Hennessey, Brett Beardsley, Simon Derrer, Sean Delargy, Molly Dillon, Mallory Breen, Emily Arnesen, Natalie VanDevanter, Simon Perrin, Gabe Reoux, Sam Cushing (not pictured in the photo), Andrew Hitchcock, Silvia Henley, Ronnie Krieger, Taryn Mulvihill, Gail Labinski (coach), Ken Larsen (coach). Photo and caption Cont'd on page 15 courtesy Vashon Island School District.

Get in The Loop

Submissions to the *Loop*

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Wake Up

Wake Up: The World's On Fire! a Truth Be Told Theatre Production Rounds Out the Drug and Alcohol Awareness Series by Vashon Island Prevention and Intervention Team. Join Vashon Youth Council and others as we highlight community perspectives about youth substance use on the island. This documentary theatre performance is meant to generate discussion about the communication, perceived norms, use and non-use around this topic. If you missed the Truth Be Told Theatre production of Now Hear This last year you are not going to want to miss Wake Up: The World's On Fire!. Public performances will be held at McMurray Middle School on May 21 and 22nd at 7pm with a discussion to follow. Free admission. For more information check out www.vashonyouthcouncil.org or call Vashon Youth Council at 206-463-7350.

Kindergarten and **Elementary Registration Still** Open

You can still register for Kindergarten through 5th grade at the Chautauqua Elementary School office. There are also still openings for the Full-Day Kindergarten program. Office hours are 8:30am - 4pm, Monday through Friday, except school holidays. Please contact registrar, Gillian Callison at 463-2882, ext 401 with questions.

The Vashon Loop Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris,

Ed Swan, Mary Litchfield Tuel, Marj Watkins. Original art, comics, cartoons: DeeBee,

VashonBePrepared is Ready to Party!

You're invited to VashonBePrepared's first Annual Meeting Party from 7-9 PM on Wednesday, May 27th, at the Land Trust. We've noticed that our volunteers like to party! We get together for meetings, trainings and drills often but don't have much time to socialize, so we're going to correct that and have some pure and simple fun before taking care of business. We'll have refresh-ments and various of our "preparednesstype" characters milling about and willing to laugh it up (which we do more often than you might think, given our somewhat dour image).

Voice of Vashon's Jeff Hoyt will do the emceeing for a program of very short, briefings by a few key team leaders informing us of what achievements in disaster preparation their people have made and of where there are gaps that need addressing. That won't start until 7:45 or so.

Here's an opportunity for you to learn what you might expect when the (un)expected happens. And do it while enjoying a beverage and an hors d'oeuvre or three. We've recently had a brush with a pandemic influenza that might return in a more deadly form in the fall and we're always expecting The Big One. Would you have any idea what to do and where to go when your world turns upside down? Do you have any ideas about what you expect of your disaster preparedness volunteers and what you'll have to expect of yourself?

VashonBePrepared's president, John Cornelison, will deliver his annual report; the Treasurer, David Sunstrom, will let us know how have elections for at-large Board members.



welcome. This legislative session was quite difficult, especially with regard to the state budget. Health care funding, revenue sources, whether to call back legislators for a special session...all these issues and many more made for a challenging session. we're doing financially; and we'll Islander Sharon Nelson, one of our state representatives, will give us her views on what this means for us. Ann Lewis is an international development consultant, with special expertise in post-conflict societies, community health, and international humanitarian law (the

on issues related to the Geneva

Conventions and torture. All are

Following her work in Rwanda, she studied IHL at the Institute for International Humanitarian Law in San Remo and is a nationally certified IHL trainer for the American Red Cross. Ann and her husband George moved to Vashon following 30 years with USAID, during which time they lived in Africa, Asia, and South America. They remain active consultants. Ann will speak to us about the basis and International formation of Humanitarian Law, grounded in the Geneva Conventions, to help us better understand our rights and obligations and how they are

- Ed Frohning, Rick Tuel, Jeff Hawley, Alex
- Soriano. Steve Krueger
- Ad sales and design: no one, really (Need
- a job)
- Email: ads@vashonloop.com
- Editor: Ed Swan,
- editor@vashonloop.com
- Publishers: Marie Browne and Troy
- Kindred
- PO Box 253, Vashon, WA 98070 Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Come eat at the Q...again and again!

Published every two weeks or so by Paradise Valley Press © May 15, 2009- Vol. VI, #10

Don't miss an issue. Really.

We are in our 6th year of publication and still not bankrupt! (Yet) Wow!

You don't need to be a member of VashonBePrepared to come to our party. Please do!





Sailing Camp

This summer, Quartermaster Yacht club and Vashon Park district will again jointly sponsor the Vashon Summer Youth Sailing Program. The program runs for five weeks: Week 1 - July 6-9; Week 2 -July 13-16; Week 3 - July 20-23; Week 4 - July 27 - 30; Week 5 -August 3-6. Register before June 1 and classes cost \$200 per student per week, other \$225.This year Tim Heryford will be the Director. Tim is a US Sail Certified Instructor reflected in today's headlines.

Our meeting will be on Sunday, May 17, in the Land Trust building: potluck social at 5:00, meeting 5:30-7:30. For more information, please contact Roger Fulton at 463-0079.

Trainer, a teacher at McMurray Middle School, and an experienced director of summer sailing programs. We have a core of very experienced instructors returning this summer. Please contact Vashon Park District for registration date and further information at 463-9602 or www.vashonparkdistrict.org.





R E A L T Y

www.vashondream.com

Ready for your Horses



28112 135th Ave SW

This is what Island living is all about- a lovely home, sun-filled, lightly treed acreage, room for animals, gardens - all very affordable. Property is ready for horses, with fencing and shelter. Inside, vaulted ceilings let the sun shine into the freshly renovated home with two bedrooms and two full baths - one with a huge soaking tub. The cheerful kitchen leads to a spacious living room and a cozy media room. New Pergo floors, fresh paint, and lots of homey touches make this the perfect home. **\$299,000**

Easy Living, Easy Care



Two bedrooms and bath on the main floor, a third bedrom and bath downstairs. Hardwood floors, two fireplaces, workshop, bonus room - office, media room? Picture windows let the sunshine in on the renovated kitchen - cork floors, beadboard ceilings, loads of space. Two garages, serene backyard, top of the world views.

Offered at \$425,000



Year Built: 1959 Sq Footage: 2,390 Bedrooms: 3 Bathrooms: 2 full Parking: 2 Car garage Lot Size: .62 acres MLS # 29017457





Zanzibar - Sweet Deal!

Interested in learning more about the business? Come to a chocolate party on May 17. Call Marie for details - 206.463.5478.

Zanzibar Chocolates

Sweet opportunity to own a growing chocolate business with positive cash flow and huge potential for additional growth. Located in a prime Vashon location, Zanzibar Chocolates offers quality hand-dipped chocolates to loyal Island clientele and customers throughout the country. Profitable from inception, and there is limitless opportunity for additional revenue through increased seasonal promotions, specialty orders, hand-dipping classes, and partnerships with local restaurants. \$49,000





Experience the Richness of Fresh, Hand-Dipped Chocolates



Offered at \$279,000

Look at this view! One and a half acres of rolling lawn and woods command a sweeping eastern view across Quartermaster Harbor, Dockton and Maury Island. Beyond, the Cascades frame the view, and to the south, Mount Rainier peeks through fir trees. The property includes an older but nice three bedroom, two bath manufactured home and a newer two car garage in great condition. A second tax lot of about 1/3 acre of the bluff is also included, ensuring control of your view.

Call us and ask about MLS#29035811

Rent this wonderful early 1900s house in Beautiful Downtown Burton. Perfect for office space or perhaps retail or just a great place to live in a great community. Call us and let's talk about the possibilities. \$1200 (206) 463-9177



GLENDALI ROPETY MANAGEMEN

Visit us a www.yourHTR.com. To see more listings Or call Troy and Marie at 206.463.LIST (5478). We would love to help you with your real estate



Your Home Team Realty (206) 463-LIST (5478)

www.yourhtr.com

See all rentals available at glendalerentshomes.com



Typing Blind

At 10:41 PM I have no business trying to find the Susan Boyle YouTube presentation. I ought to be hitting the shower and heading for bed. For those of you who didn't know, research has shown that a shower prepares you for sleep and a bath wakes you up. Isn't that interesting? It's the exact opposite of what we believe culturally.

So, I find it, and it leads me, after hearing it, to have a desire to find this really good version of Elphiba played by a German actress. I find it, listen to it, and then I want to hear Idina and Kirsten sing it. So I find this version of them singing it together at a Macy's promo. I don't why. I mean, why they're singing at Macy's.

As I learned with the Susan Boyle, the thing about loading YouTube is that it's rather disjointed. The only other time I use YouTube is when I'm searching out ASL interpretations of Gospel tunes.

They're not perfect creations, computers, that is. Learning to live with using one has been a lesson in patience. For example, I have this McAfee protection thingy (my technical term for any item for which I do not have the appropriate term) and when it is in use, there's a little arrow that goes around and around and around at the bottom right hand of the screen.

When that arrow is circulating, I know that if I'm typing an email, I'm going to type and nothing will show for quite a while. Since I taught myself to type, it's always a joy to know I can type with absolutely nothing showing and still be relatively accurate. Oh, I didn't learn to type in high school because my mother wouldn't let me take typing. She said if I learned to type, 'they' (the infamous they who controlled women's lives in those days) would never let me do anything else.

Well, Mom didn't know computers were going to happen. She also didn't think ahead that if I to do almost anything I wanted to. That was a good outcome.

by Deborah H. Anderson

the Island, or stayed on the Island because life on the Island could be sure thing. If you had some business acumen you could pretty certainly earn some bucks. If you knew the land, you could farm. If you liked teaching, you could usually stay. It was a sure thing. A limited audience gave a more immediate response.

But life isn't certain anymore. You could have saved for years now and ended up with less than fifty percent of what you had a year ago. Crops are more uncertain because the weather isn't as predictable. Kids, well, kids get all kinds of influences these days and it ain't easy listening to those who tell you to reign in it and save some for the long haul.

In these times, a person has to learn to type blind. You just have to keep putting forth your best effort. Live in the suspended world of typing...and then seeing the letters come up on the page in a minute or two. There are forces installing themselves on our programs behind the scenes, altering our lives.

Maybe you have faith. That adds a dimension of meaning to typing blind. A lovely dimension. But maybe you don't know about God or a faith and you're used to putting in good and getting out excellent. And that formula doesn't work so much anymore. Type blind anyway. Life is an adventure or nothing. Isn't that what Helen Keller said? And she not only typed blind, she couldn't hear.

Enjoy the possibilities of the unpredictable. It leads to wonderful new adventures. I guarantee it!

Love

Deborah

May Orchard Visit

On Saturday, May 16 at 1:00 the Vashon Island Fruit Club will be visiting Ron and Laura Weston's place off Ridge Road. Beginning in the mid 1980s, Ron and Laura have had the gift of writing, typing might assembled about 20 acres of forest, be a useful skill. Bless her heart, she ravine, and fields in which they meant well. And teaching myself to grow a very wide range of fruits and type showed me I could teach myself berries, as well as keeping a variety of farm animals - all in an intriguing combination. Come prepared to walk on hilly and occasionally muddy terrain, though there is optional vehicular access to all areas we'll be visiting. Ridge Road is accessed from the south through Ellisport and from the north on Beall Road and SW 184th St. The address is 19034 Ridge Road. Park by nosing in on the left (north) edge of the driveway. Please call Mary Ornstead at 463-0565 with any questions regarding these events.





So, when the MacAfee is working, or installing, I type blind.

I like that metaphor. I like people who type blind. They step out in faith knowing they are putting forth a certain effort or displaying a certain skill and not having anything to show for it at first.

As I type this, the YouTube is loading underneath my words. It's amazing to me that my computer, which is rather old at this point, can load and play music, save a word document or send an email virtually all at the same time.

If there is one wonderful lesson vou can learn in life, it's to type blind. Now a lot of people moved to

Find the Loop and its archives on-line at www.vashonloop.com.

Peter Murray presents The Kenya Tour

Vashon Audubon has been very fortunate to have a wonderful story teller and fabulous photographer join us for an evening of Birds, right here at home, on Vashon. Peter Murray has thrilled and delighted Vashon Audubon program audiences for at least ten years. Regarding our upcoming program, Peter Murray poses the following flurry of questions:



A Secretary Bird's plumes blow in the breeze, photo copyright Pete Murray.

*** Why are the African Savannahs huge grass lands? *** **How** does the Rift Valley lake system benefit huge flocks of flamingo, pelican and numerous other bird species?

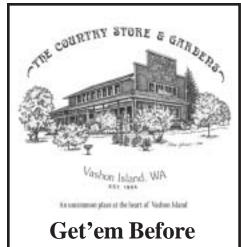
*** **How** do different types of grass affect different animals? *** How did geological events thousands of miles away help shape the savannah?

*** **Learn** why Lions don't follow the migrating herds on the great migration.

*** **Come** and see the savannah come alive!

*** Listen and watch a Masai village chanting and dancing as they have for eons.

*** Oh and don't forget the **birds:** We've got birds.



by Laura Bienen

Writes Peter Murray, "Come Geology, Grass, Rift Valley Lakes, Desert, Lions, Cheetah, Birds, Giraffe, Elephants, Very long Snakes, and Masai villagers dancing and chanting. And Birds, Cape Buffalo, White Rhino, Black Rhino (learn the difference), Leopards, Birds, Migrations. Crocs taking Zebra in the Mara, Sunsets and Sunrises on the Savannah, Baboons, Flamingos by the hundred thousands, and how this amazing show works." Come, learn, and enjoy the spectacular East African scenery and wildlife as presented by the one and only Pete Murray. The program will be May 20, 2009 (NOTE: THIS IS WEDNESDAY) at 7:00pm at the Vashon Maury Island Land Trust Building located at 10014 SW Bank Rd. The program is free and all are welcome. If you have questions or would like more information, call Laura Bienen 567-4613 or consult VashonAudubon.org.





Espresso New **Spring Hours** Monday - Friday 5:30am - 4:00pm Saturday 7:00am - 5:00pm Sunday 7:00am - 3:00pm Check out our Punch Cards "Double punch after lunch" 17311 Vashon Hwy Sw ISLAND ESCROW SERVICE Carpet & Upholstery Cleaning **Complete Escrow** Service **Randy Bruce** Licensed & Bonded (206) 463-6314 Office (206) 300-5905 Mobile **Certified Carpet Technician**

9929 SW Bank Rd. #204 206-463-3137 fax 206 463-9122 islandescrow@centurytel.net

Loopy sez: Deadline for the next edition of The Loop is Friday, May 22.



Adv Truck Mount Equipment

(Environmentally friendly Formula)

Certified Upholstery Cleaner

Oriental & Antique Rugs

Pet odor control

We Plant 'em!

Thujopsis dolabrata \$30 - Going to \$100 **Plan Your Canning** (use our books) Canning Supplies Coming Soon **Gorgeous Bird Notecards** by Dow Lambert Veggie Starts available from Farm & Store Yellow Finn & Blue Potatoes All Onions **Asparagus Roots** (Purple and White)

For landscape plants, ideas, supplies, tools, clothing: Check our website www.countrystoreplants.com **The Country Store & Gardens** 20211 Vashon Hwy SW 206-463-3655





Plavef Waves

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

are standing before a door to the universe, and you hold the key to all worlds. You might well ask what one thing you would do or create, if you could do or create anything. Let this be a mental and hopefully emotional exercise that you do as consistently as you were doing The Artist's Way. Visualize your highest ideals. Imagine how your circle of friends feels at its most beautiful. Consider what you have to offer the world, and what exactly you want to give. Imagine what you would consider the greatest rewards of a life well lived. Be clear with yourself. Revise your ideas. Visualize, visualize, visualize.

Taurus (April 19-May 20) I have by now mentioned several times that this is the year you engage with your professional aspirations. In my fantasy universe, professional and creative can be different versions of the same idea; though it can take training and adaptation to get them in alignment. It is time to do what you want to do. If it's been a while since that has happened, then consider it time to do what you need to do. Just remember: you're not in this alone. Nobody accomplishes anything brilliant considerable help. Notice who you vibe with. Notice who nourishes your spirit. Work with them consciously, and celebrate the truth.

Gemini (May 20-June 21) You know who you are, but you're about to find out who you really are. Mercury will begin its retrograde on May 7 in your birth sign, and then gradually move into Taurus, the sign of your secret self. The relationships implied by this and other astrology will help you bridge the nonexistent gaps between spirit and matter; between faith and reason; between your prodigious mind and your sometimes forgotten physical needs. You may be feeling your body hunger for all the things that it's wanted for so long. You may intuitively sense that deep healing is possible, if you will respond. Yes, this is always daring.

Cancer (June 21-July 22) What exactly does it mean to be free? You need to be free from the obligations hook. The opportunity you now feel that prevent you from being who is precisely the chance to unlatch remember: it's you. you are. You need to be free to express your potential in your own terms. You are free to be the visionary of your existence, and to embrace the truth that while we are all destined to be collaborators in this life, you have plenty of influence over whom you choose to co-create with. Get in the habit of exercising your prerogatives. Practice making decisions. Teach yourself that you are bound by nobody, and that coexistence is a privilege that is designed by nothing more or less than mutual consent. Leo (July 22-Aug. 23) If you look directly at something, it will appear one way. If you look at it with your head tilted, it will look another way. Keep gazing into the obvious until you can finally see what is appearing before you. Notice that

Aries (March 20-April 19) You someone, or something, is in a state of perpetual change. Here is the question: is your perception influencing what you see? Are you seeing things differently, or is your own witnessing actually influencing the course of events or the development of a person's growth? If the second possibility is true, then that means love is a lot more powerful than we ever imagined. But I think you already knew that.

> Virgo (Aug. 23-Sep. 22) One of the most strongly emphasized concepts in A Course in Miracles is, "When I am healed, I am not healed alone." There is no part of your healing journey that is separate from that of anyone else. The journey, however you consider it: the return to Shamballa, or a wild trek across the physical plane, is a journey that we all share. When you imagine yourself surrendering to the process that will align your life with what is healthy, beautiful and authentic, be sure to embrace that person or people you might be most likely to leave out. Healing energy comes in through one door and that door is open to all of us or none at all

> Libra (Sep. 22-Oct. 23) Liberty It begins with awareness, which reaches into the depths of the mind and out to the far reaches of the world. The meeting point that these have in common is you. Are you 'at liberty' to acknowledge what you see, what you feel, and what you want to express? How much does this change when you are in the context of different people in your life? The time has come to drop the fetters that have kept you bound to any idea but one that is truly and originally your own. You, indeed, are an original and the time to embrace and express that reality has arrived: none too soon, but not a moment too late.

> Scorpio (Oct. 23-Nov. 22) Typically the binding of the past gets us on the emotional level. We might think it's about our relationships, our ideas or the commitments we cannot get out of. Beneath it all is usually some kind of emotional something that has snagged you for a long time. It's likely to feel like something is melting: something at once durable and fragile; something that wracked you in contradictions that, as these days and weeks pass, will gradually seem like they never mattered. There may come a time when you forget they ever existed; and if that time arrives, remember how much you struggled, just one last time. Sagittarius (Nov. 22-Dec. 22) Much as you would like to be, you cannot usually be everywhere at once. Yet as Chiron, Jupiter and Neptune come together in Aquarius, you may have this odd sense that you're walking around inside a teleportation chamber. The vital thing to remember is to be absolutely where you are at all times. Remain



Dancing Bee Farm

'Teaching small hands to connect with the land"

Register now for summer farm camp!

Weekly sessions Mon-Fri, 9 am - 3 pm Children ages 4 - 11

Ca

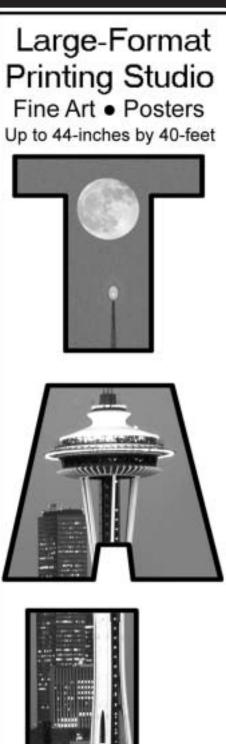
Organic gardening • Harvest and Cook Veggies • Feed and groom animals • Collect eggs • Milk a goat • Make worm bins • Ride a pony • Kid's farm stand

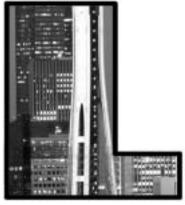
For more information call 206-579-8132 Register online at www.dancingbeefarm.com

in the present, in the present location. Make this into a game, or a yoga, or a journey, but don't underestimate the seemingly strange power of showing up and aligning yourself with your circumstances. Everything is possible from right where you are. Indeed, nothing is possible from anywhere else.

Capricorn (Dec. 22-Jan. 20) You are beginning to see the value in things, and the world is beginning to see the value in you. Take this as far as you want. Go anywhere on the hierarchy of needs you want: from the basics of food, water and shelter, to your utmost value within your community. I suggest you be first suspicious and then forgiving of any situation where you feel without is an often-misunderstood concept. isolated. Remember you are included by dint of the fact that you are human and alive. Look past the superficial social games people create to protect them from getting too close to one another. Honor yourself gently, remember why you're here, and penetrate the world any way you want to.

Aquarius (Jan. 20-Feb. 19) Earlier in the year, the planets aligned in your sign; later this month, there is another Aquarius alignment, though this one is the real performance, not the chaotic, disorganized dress rehearsal. There is nearly no involvement of what we call 'personality', but instead everything that develops — for you, and for the rest of us — takes place on a dimension that can best be described as soul level. In a sense, everything changes, particularly because your relationship to existence changes. Even if it seems like the world is becoming a place where so much more is possible,







Pisces (Feb. 19-March 20) So much that's been happening for you has been developing behind a veil. But in a way akin to the action of Chiron, the fact that so much is cloaked has given you extraordinary powers of perception. It is this that is fuelling your confidence in yourself, and if you remember, you may remember the key: that which seems slightly out of awareness or out of reach is an invitation to come closer; to direct your intention or to expand your awareness just a little more. As you do this, you will feel the world seem to come closer to you, indeed, there are moments when it will seem to become you.

Read Eric Francis daily at PlanetWaves.net.

The Vashon Loop, p. 7



Shop Smart Eat Well for Less

By Marj Watkins

Thrift combined with gourmet cooking and nutritious meals? You can do it. For starters, bear in mind: 1. The best buys may be on the tops of the shelves or down low. 2. The most nutritious items are those on the perimeter of the store, fresh, frozen, or bulk.

3. Take inventory before shopping so you won't overstock some items, forget others, and have to make another run to the store, wasting time and gasoline.

4. Look for the items on sale and plan your menus around them. 5. Buy in quantity when practical. Break down huge packages of meat, for instance, into meal size amounts. Store in freezer bags labeled with contents and date. 6. Choose from the bulk bins for cereals, nuts, dried fruit, chocolate bits, etc. Skip the candy.

7. Buy a whole chicken and cut it up at home. Repackage and freeze parts. Make soup stock from the back and wing tips. Freeze the gizzard and save until you have several; make Louisiana "Dirty" Rice. Trust me, it's tasty! Recipe below.

8. Cook once, eat twice. Roast the whole chicken and have leftovers for later meals.

9. Save nutrients by cooking slow. 10. Bake your own artisan bread. When the loaf cools, slice it and store in one-day-supply freezer packets. Thaw in microwave or toaster as needed.

11. Cooking for a small household or just you? Team up with a neighbor or friend to buy at Costco or other bulk seller and plan a shopping trip together. When you get home, divide the spoils and the cost.

12. Invest in herbs, spices, and wines for flavor. They cheaply add the gourmet touch, plus nutrients of their own. A bottle of Madeira or Sherry wine goes a long way if you tuck it away out of sight between cooking episodes. Here's how I make one pound of lean ground beef stretch to three meals for two people, my husband and myself. First two meals for two: Madeira Meat Loaf. Third meal: Louisiana Dirty Rice or Spaghetti with Meat Sauce. Each main dish yields over 3 ounces of meat, and at least 15 grams of protein per serving.

MADEIRA MEAT LOAF 4 servings

Bake in 6x6-inch ceramic or glass ovenproof dish or in 4 Pyrex muffin cups 34 pound leanest ground beef ¹/₄ cup Madeira wine 1/2 Tablespoon onion flakes or 2 Tablespoons finely chopped fresh yellow onion ¹/₄ cup oat bran or oat flakes ground in blender or food processor 1/4 teaspoon coarse black pepper ¹/₂ teaspoon salt 2 teaspoon Italian herb mix 1 egg

Mix all ingredients well. Spoon and pat evenly into baking dish or cups. Bake 30 to 35 minutes, until meat is done clear through. Serve with Madeira Gravy if desired.

LOUISIANA DIRTY RICE 2 Servings

2 Teaspoons olive or canola oil ¹/₂ cup chopped onion 2 cloves garlic, minced

¹/₄ lb. leanest ground beef or lamb or turkey **OR**

1/2 cup cooked chicken gizzards, chopped

Dash red pepper flakes ¹/₄ cup minced parsley **OR** 1 Tablespoon dried parsley flakes 2 cups cooked brown rice Salt to taste

Heat the oil in a skillet until it shimmers. Stir fry the onion and garlic until onion is glossy. Push it aside. Add raw meat and break it up as it cooks. When it changes color, stir the onion mix back in. Continue stir-frying until meat is Add browned. remaining ingredients, including chopped gizzards if using. Reduce heat. Cook, stirring occasionally until well heated through. Taste and adjust seasonings.

> Find the Loop and its archives on-line at www.vashonloop.com.

Continued from page 1

The Qadim Ensemble offers devotional music of the Middle East. Our Washington State Poet Laureate Sam Green and Irish poet, Tony Curtis will be the guests of honor, all on Friday, May 22nd, Open Space ("O"), 18870 103rd Avenue, 7:00 p.m. Tickets (\$12) are available at Vashon Bookshop. Included are two days, Saturday and Sunday, May 23rd and 24th, of round-the-clock workshops, all free or nearly so, with some of the best international and regional poets. These workshops are for established poets, new poets, closet poets, and anyone who wants to read, share, or teach poetry. They're all located in venues in down Vashon, and they're filling up fast. So, call Stranger Than Fiction Books (408-7268) to reserve your spot. And,



Vashon Flea Market! 17311 Vashon Hwy SW • Behind AJ's Espresso Open weekends 9 to 5 Always free to visitors!

Vendor reservations available, Maury the Flea" or just show up at 7am Last weeks winner: Free weekly raffle & ווווור "Where's Maury" contest. Contact Sheila at 206-719-2691 or email: vashonfleamarket@gmail.com

A Preponderance of Poetry!

don't miss the Community Reading, cover will be just \$10 at The highlighting local and visiting poets Hardware Store, Sunday, May 24th, at the Land Trust Building, 3:30 6:30 p.m. Tickets are available at all p.m. that afternoon. Saturday night is all Irish and all fun at "Raising the Word in Song LIving and the Dead" which begins and Drink," featuring award- at 12:30 p.m., Monday, May 25th at winning Irish poet, Tony Curtis and the Veterans Memorial in Ober Park, Sam Green in a rollicking evening of and proceeds to the Poetry Pole at song, poetry, and drink. The the Village Green with readings for evening would be nothing without those who we've lost and for those the likes of Randel Bays, on Irish fiddle and guitar, a man who knows how to fill the place with high- happen here on Vashon. Check it rolling Irish tunes. Don't miss this, out at vashonpoetryfest.com, and Friday, May 23rd, 7:00 p.m. at Red look forward to a weekend that Bicycle Bistro. absolutely no cover! Coming next is "The Poets Feast," an evening of intimate readings and conversations led by our own Poet Laureate and accompanied by Tony Curtis. A Poets Dinner will be offered for \$15, in addition to a full menu, and the

Island bookstores. Finally, it's "Reverie for the who carry on. A quiet little reading? Not gonna And, there's promises to be anything but!







www.spiritualsmartaleck.blogspot.com

The Practice of **Forgiveness**

By Mary Litchfield Tuel

I saw an old boyfriend of mine yesterday. He was smiling and raising his arms to the sky and talking about what a beautiful spring day it was. Maybe a little irony there, as it had poured rain all day. I smiled and exchanged a bit of small talk in passing, and we went our ways.

Afterwards I thought about how differently I perceive things now than I did all those years ago. I was in my 20s then, and I was madly in love for a few months, and then he dumped me. I grieved the loss deeply and went around cursing men in general and him in particular for the next year or so. Gradually I moved on to other disasters, and I got over it.

When I saw him yesterday I smiled at his upbeat goofiness, which was always one of his most endearing qualities. Then I remembered his deep depressions. Almost 40 years on I felt compassion for his suffering, and whispered a prayer for his ease of mind, and marveled at how easy it is to forgive now.

What seemed like the end of the world 40 years ago is now the understandable passion of a young person who was subject to the whims of loneliness and hormones and insecurity. I was afraid no one would ever love me. I was afraid I'd never marry, or have children, or experience the fullness of family life.

I got over that, too. Forty years down the road the marriage, the children, and the fullness have all come to pass. Wow. Especially the fullness. Many people are experiencing this unexpected fullness of family life in these hard times, but that's another story. The thing is, I worked hard on forgiveness over the years. I worked at learning how to forgive and let go of old hurts and resentments. The first time I was able to say I had forgiven someone who had scarred me in childhood, I felt such a lightness of spirit and joy, and thought, boy, if people knew what a selfish act forgiveness is, they'd do it a lot more. What I had not understood is that in forgiving you are not letting someone off the hook for their sins; you're letting yourself off the hook of carrying your resentment for their sins. I've learned that you can't

Spiritua forgive out of hand, immediately or because the preacher says you have to forgive. It's a mistake to try to forgive without dealing with your feelings about what you're forgiving. Forgiveness is not an intellectual choice. It's a shift in the gravity of the heart.

> It gets easier with practice, and with time. The hormones and loneliness and insecurity lose some of their power to whack you around. When you're an adult most people are hesitant to be abusive to you, but when it happens you're more likely to realize that it's about them, not you. It still hurts, because you're human and you have feelings, but you know it's not your fault.

> I'm not saying you never do anything wrong - don't go down that road. You and I and all the world will be screwing up until the day we die. That's another thing I've learned in 60 years. When I screw up, I try to make amends, except for the times when I really don't give a rat's patootie. Not giving a rat's patootie is another gift of age, by the way. At long last I do not have to be responsible for everyone and everything. Ah.

> It's always a good day to stop carrying around something that's weighing you down. Start small. Forgive someone for getting in your way in the grocery store. Not out loud – that would attract attention you don't want. Work your way up to old lovers and abusive family members. It won't undo anything, it won't erase the scars, it won't make life easy, but it will make your heart lighter and your life a little happier.

> And that's worth a whole lot more than a rat's patootie.

Loopy sez: Deadline for the next edition of The Loop is 10 Friday, May 22.

Live Music at the Red Bike



Bistro Hours Sunday thru Thursday 11am - 9pm Friday & Saturday 11am - 10pm

MONDAY NIGHTS: FREE POOLALL DAY. POOL TOURNAMENT AT 6PM. 1st PRIZE = \$20, 2nd PRIZE = \$10

TUESDAY NIGHTS: POKER TOURNAMENTAT 6PM & 9PM

WEDNESDAY NIGHTS: ALLYOU CAN EAT CRAB NIGHT FOR \$25, PLUS LIGHT PIANO DINNER MUSIC 7-9PM

THURSDAY NIGHTS: LADIES NIGHT -**DRINKS HALF OFF, PLUS** KARAOKE NIGHTAT 9:30PM

> **FRIDAYNIGHTS:** LIVE BAND NIGHT - 8:30PM

> SATURDAY NIGHTS: LIVE BAND NIGHT - 9:30PM

SUNDAY NIGHTS: LOCALLIVE BAND NIGHT - 7:30-9:30PM

Sushi Bar & Live Entertainment Weekends

Open for Breakfast Weekends at 8am

Poker Tournaments Tuesday and Thursday 6pm www.redbicyclebistro.com



New to Vashon and Tacoma!

Resonance Release CD at the Red Bicycle

Bistro on May 22nd at 8:30 PM. musicians and traditions from Fletcher and Andrews on drums and percussion. "The music is nearly all original, instrumental, and very eclectic," said Jacobsen. "We started playing together over a year ago after an impromptu performance

The Island-based instrumental where we had a great time and ensemble known as Resonance will decided to keep it going." Everett debut its new self-titled CD at a continues, "When we compose, we Release Party at the Red Bicycle draw our inspirations from

by Jason Everett

play and we hope is satisfying to listen to."

Resonance was often heard playing outdoor venues on the Island last summer including the Strawberry Festival and the First Annual Vashon Music Festival and recently performed at the Sacred World Music Festival in Olympia, WA. The performance on the 22nd will be free and all ages are invited to attend.

Resonance is made up of multi- around the world, and often talented islanders that include Ken combine the tones and rhythms of Jacobsen on guitar and cello; Chip Flamenco, Middle Eastern, Indian, Lamason on mandolin, mando- and Eastern European styles with cello, and guitar; Jason Everett on the more American styles of Funk basses, Carolyn Candy on flutes; and Jazz. Our music is exciting to



Resonance, photo by Ric Peterson.



Bring this coupon in for 20% off drycleaning only.

🖎 LoOp Ed

So what?

ask about the musical chairs game in the local business community now that some failed and others teeter on the edge. Who cares besides the owner? Fewer businesses shrink the vibrancy of the town. Our growing number of volunteer organizations here which ask our businesses for help with their causes may shrink. We all are affected somehow.

Why? The multiplier effect works in reverse, too. The multiplier effect is the number of times your dollar circulates in your local community when you shop local. Dollars spent locally instead of on the internet yield two to four times the multiplier benefit as comparable to non local businesses according to The Small Mart Revolution author Michael Shuman. As long as delivery services bring you products you can't get on the Island, he agrees you'll shop off the Island. Just remember, he says, your cost is higher than just the dollars you spend because it includes the time and transport costs getting that product or service.

However, a mainland business isn't likely to ask an Island accountant to work out their tax returns nor is a Bellevue home owner apt to ask an Island heating and cooling contractor for a bid. And thus the heating contractor's church may suffer a loss. In time the accountant goes away or gets mainland clients, the contractor goes away, and we all feel the loss of the church and the children's groups it supports.

Recently I sat with 12 business owners talking about the loss of Island businesses and what can be

"So what?" That's what some done. We've had these discussions here before. But for the first time in 30 years a large number of business operators agreed publicly that businesses here are in competition with mainland businesses. That's important. There are no more locked in markets, even with our ferry imposed isolation. Not since globalization and the internet.

Several agreed that visitors from the mainland and relatives of Islanders visiting keep their local businesses afloat. Thus, by logical extension of the multiplier effect a lot of the myriad volunteer groups we enjoy are dependent to some degree on how well these businesses compete with the rest of the world and its Fred Meyers, its Wall Marts and Costcos, and their "We sell for less" strategies.

The outlook isn't grim if we do things to attract more customers to those already here. All of the dozen agreed they must work harder than ever to earn your business. If you spend \$100 at a Borders book chain store \$13 circulates awhile in the local community, a Maine study showed. If you spend that same \$100 with local bookstores there's \$45 circulating locally, buying groceries, buying attorney and doctor time, buying auto services, helping pay taxes, etc. before going away to get the next books you want.

A dollar spent locally has 25 percent more impact overall than a dollar spent with a chain, according to another study, reports Shuman. Shop local first, is Shuman's motto.

—Jay Becker, former Chamber of Commerce president, Former President of the Small Towns Institute, former nosy reporter.

LoAnne ForUnoffical Mayor!

Continued from page 1

LoAnne works as an Activities Coordinator at VCCC and says, "I'm running for the Unofficial Mayor of Vashon as my own Labor of Love for Vashon Community Care Center and the residents who live there." LoAnne has been

affiliated with both the old nursing home and then VCCC since 1990, beginning at the old nursing home as a volunteer. Vashon Community Care Center has been the focus of LoAnne's volunteer work since LoAnne and her husband, Rik, moved to Vashon in 1989.

LoAnne says she is pleased to be running for the Unofficial Mayor of Vashon at such a time of great need for VCCC. Vashon Community Care Center has been hit hard with state cuts to the Medicaid reimbursement rates to nursing homes and is struggling to cover its daily operational costs. "I plan to wage a competitive campaign for the Unofficial Mayor position so I can raise as much money as possible to help the remarkable senior living facility we have here on Vashon,' said LoAnne. Donation jars to support LoAnne's campaign for Unofficial Mayor have been placed around Vashon. It costs one dollar per vote. The run for Unofficial Mayor will conclude during this year's Strawberry Festival with the winner being announced Saturday night, July 18 at the Beer Garden.

AWARD WINNING AUTHOR AND JOURNALIST FOR HIRE.

Let Blaze Writer help you make your work shine.

- Editing and copywriting
- Ghost Writing
 - Journalistic Articles, Playful Stories, and Rewrites
 - Mentoring

206-300-2392 itzaqueen@gmail.com

PERRY'S VASHON BURGERS 17804 Vashon Hwy SW

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



Loving care for animals, plancs and homes

567-0560

The Loop Isn't Out of the Woods Yet

Continued from page 1

The re-hire comes thanks to the great amount of community support that helped pay down much of the Loop's debt. The Loop can't thank Islanders enough for their encouragement and financial backing. However, the paper still is not anywhere near out of the woods financially. It's receiving an infusion of support from Troy and Marie's new business at the Quartermaster Inn and Restaurant. The Loop is still not self-sufficient. To carry on for the long-term, the paper will likely continue to build a subscriber/supporter base and look for other means such as fundraisers to pay off the rest of the debt. We still need your help! The Loop also hopes to hire an advertising person to help bring in the core portion of the budget. For an experienced advertising person, because the Loop remains a fairly small operation, this position could make a nice part-time on-Island job with flexible hours. Please give us a call at 463-7976 or email at editor@vashonloop.com if you have some experience and this sounds interesting. Even though I never faced the pressure of having the critical salary

for our family as the editor, I can't express enough the relief to no longer line up for unemployment. I don't enjoy job hunting much and this time, landing a job paying enough to make up for transportation and childcare costs would likely mean commuting off-Island.

One hopeful factor for Islanders in the same situation is that there appear to be a regular supply of parttime employment around Vashon, though full time jobs are few and far between. One great job I took on inbetween consisted of substituting for the teacher's aids of various kinds at Chautauqua Elementary. Not only did I make a few extra dollars, I also came away with a much greater appreciation for the work and challenges of all the Vashon Island School District employees. Another ameliorating aspect came in the change from when I last received a pink slip. Twenty years ago, I spent several months unemployed and found the state unemployment program workers this time to be vastly more sensitive and helpful. I'd be interested in how others are finding the job search grind if you'd like to share your experiences for some potential articles in the Loop.

WET WHISKERS GROOMING SALON **PROFESSIONAL INTERNATIONAL** TRAINED GROOMER CERTIFIED WE OFFER: WASH AND GO BATH AND BRUSHOUT THIN AND TRIM AND FULL GROOMING CALL TODAY FOR AN APPOINTMENT! (206) 463-2200 17321 VASHON HIGHWAY SW CONVENIENTLY LOCATED INSIDE PANDORA'S BOX



Coordinator

First, Mark Sears and I need your help to identify the unknown whales roaming the Island. We appreciate belated reports, but to positively ID fast-moving wild whales, we need timely calls from y'all while you are looking at the whales! Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041.

Send photos to Orca Annie at Vashonorcas@aol.com. Even if photos are fuzzy, we can probably determine the species. In May 2008, we had Minkes and Humpbacks in our waters. We are eager to see who returns this year.

Join us for the Vashon-Maury Island Low Tide Celebration on May 25, from 10:00 AM to 3:00 PM at Point Robinson Park. Odin and I will talk about traditional ecological knowledge (TEK) and killer whale conservation. First Nations are the original environmental educators. We embrace both western and Native traditions in our conservation work. This Dorsal Spin introduces our theme.

movements of women in traditional Coastal Native dance.

On a blustery day in late December 2003, a tight cluster of about eight K Pod whales cavorted within 100 feet of the beach south of the Quarters. Odin and I saw that the female orca closest to us had a tiny, floppy baby casually draped over her rostrum (snout)! The calf still had fetal folds. Excited relatives did the "Baby Nudge," vigorously nuzzling the infant and celebrating their new podmate. Mom Sequim (K12) presented her newborn son, Rainshadow (K37), to the oh-so-lucky, shivering two-leggeds on shore.

In December 2007, K Pod visited Pt. Robinson nearly every day during the last half of the month. The orcas were gregarious, savoring the exceptional abundance of chum salmon. We observed 37-year-old mother Skagit (K13) sharing a succulent chum with her sons Scoter (K25) and Cali (K34). Elder female Georgia (K11), about 76, flirted with her young male escort and honorary K Pod member Onyx (L87), age 17. Is Georgia a "Cougar?"

Our final encounter with precious, beloved matriarch Lummi (K7), c. 1910 — 2008, was at Pt. Robinson on January 6, 2008. Odin and I greeted her as she swam close to shore, a route she traveled often. With her eye patches and, thus, eyes raised above water for a better view, she seemed curious about the conduct of humans and dogs scampering on the beach. I felt I should mind my manners because an Elder was watching! I daresay Lummi's death contributed to K Pod's absence from Island waters this winter.

Witnessing significant milestones in the lives of J, K, and L Pods is an



Supreme matriarch Granny (J2), age 98, holds court at Pt. Robinson. Photo © 2007, Mark Sears.

Pt. Robinson is an advantageous unparalleled honor for Odin and me. Vashon-Maury waters are critical orcas' winter haven. The point is a habitat for these endangered whales. Remarkably intimate exchanges occur at Pt. Robinson, where life and death unfolds for our orcas. Killer whales are the Salish Sea's apex predators. Despite their power and vitality, our 86 Southern Residents are extremely vulnerable. Imperiled by vessel disturbance, increasing underwater noise, depleted salmon runs, oil spills, persistent toxins, disease, and climate change. Southern Resident orcas face extinction in this century if we do not seriously commit to eradicating these threats. Watching wild killer whales is a rare and joyful privilege. With this privilege comes a mammoth responsibility for us to become competent stewards of the orcas' habitat.



Explore the Beach – Gently!

by Erin Durrett

Want to save the planet? Start at this year's Low-Tide Celebration by learning some new and important ways of enjoying our wonderful beach habitat areas and preserving them at the same time. Professional naturalists will be out on the beach to point out all the plants and animals that live in the tide-pools and the 'intertidal zone'. The main focus of this year's celebration is on learning to walk lightly in these areas and how to have fun without disturbing the fragile tide-pools and their inhabitants.

Ever wonder how it feels to be a

water animal left high and dry when the tide goes out? Try

our hearts to our fellow creatures and to understand how to treat them when we encounter them during a low-tide.

You can use your imagination in other ways, too. There will be an area set up for creating sculpture using found materials; driftwood, shells, feathers and sand. Using natural materials ensures that when the day is done, the tide comes in and the Salish Sea takes back its own.

So come out to Point Robinson on May 25th at 10am to have fun and learn how to save the planet one beach at a time.

Handle the animals carefully!

feature of the Southern Resident Kéet Gu'ni, Tlingit for "Killer Whale Crossing Place." At Pt. Robinson, orcas of J, K, and L Pods cross paths with salmon, seals, sea lions, other whales, porpoises, sea birds, countless fish, and a multitude of tiny creatures. For fifteen years, I have watched Southern Residents interact with the sublime underwater contours of Pt. Robinson.

One sunny day in December 2000, I gawked in awe as an elder J Pod matriarch rolled over on her back a few feet from shore. She was in astoundingly shallow water on the north side of the point. She appeared to be doing a quick rub on the gravelly bottom. She gently raised her pectoral flippers in a reverential-looking gesture that evoked the elegant

this: Stick your Rease, no collecting. tongue way out so you can feel

the air on it. Now stay like that for one whole minute while you 🔟 imagine that your entire body feels just like 🗌 your tongue

and you are

lying on the sand in the sun and wind for hours until the cool waters finally come back to cover you. Yep, that is just how a sun star feels! Amazingly, tide-pool plants and animals have adapted to these stressful conditions but a simple exercise like this can help us connect

Leave the animals in place. Beach creatures specialized to their own homes



Be Gentle. Never lift a rock bigger than your head. You might smash the animals on the underside

Use wet hands. Dry hands can hurt animals.









A girl enjoys finding algae at the Low Tide Festival. Photo copyright Ray Pfortner.

My own preference is a small and pithy publication called, "Dot's Fishing Guide, the larger the dot, the better the fishing." Although I am not a fisherman, I still have frequent need to know the state of the tide. whether on the ebb or the flood, and the times of high and low water. So I happily each year go to True Value (start right, start here, so says the cover) and pick up a copy.

I learned many years ago, when I was a Cadet at the Coast Guard Academy in New London, Connecticut, what causes the tides, how they are predicted, and the effects of the currents generated by these tides. The text for all of this information was a publication called by professional seamen "Dutton's" after the first author, who titled his work "Navigation and Nautical Astronomy". And "Dutton's" it remains today, through many editions and authors, even with Benjamin Dutton long ago having gone to the Great Seabag in the Sky. It contained such definitions as-"vulgar establishment-the interval from the meridian transit of the full or new moon until the next high tide". This is an indicator of how complex tidal prediction is, and here I will do a little simplification. All bodies in our universe exert a gravitational pull on each other. The big bodies, i.e. the sun and the moon, and the close bodies, i.e. the moon, exert the most pull on our planet. Of these, our moon has the

Since man has gone to sea, he has been watching and recording the celestial bodies. So it was that prediction of high and low tides was tied early on to the moon and the sun. Over the centuries, average levels for many places were determined, and these averages were used to establish datum points, from which tide levels are measured. That is why Dot's has plus tides and minus tides-these are measured from datum points listed in the tide tables. For our purposes, a large minus tide gives us the max exposure of the tide flats, for our festival. For the purpose of the ship captain, a quote from Dutton is appropriate: "A knowledge of the times of high and low water and of the amount of vertical rise and fall of the tide is of great importance in the case of vessels entering or leaving port, especially when low water is less than or near their draft". And to that this old sea captain can only say "Amen"!





Kindergarten Registration Open

You can still register for Kindergarten through 5th grade at the Chautauqua Elementary School office. There are also still openings for the Full-Day Kindergarten program. Office hours are 8:30am - 4pm, Monday through Friday, except school holidays. Please contact registrar, Gillian Callison at 463-2882, ext 401 with questions.





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 available for herbal and nutritional consultations at Court House Square. The 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 any prescriptions medicines you are taking is included in the consultation. Kathy also teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.

Live



The Quartermaster Inn & Restaurant is now open!

Dinner Wednesday through Sunday, 5 to 9

Entrees from \$12.95 to \$21.95 The best fish and chips on the Island Juicy rib eye steak with garlic mashed potatoes Vegetarian lasagne with roasted vegetables Salads, soups, desserts to die for

Daily specials Smaller bites under \$10 Sweet potato fries with aioli Beecher's mac and cheese Chicken pot pie **Gorgonzola fries** and much more...

Lunch served on Saturday and Sunday, 11 to 5 A delicious selection of sandwiches, salads, quiche, soup and desserts

"Delicious food, wonderful, efficient service - a lovely experience!" "Great food, good prices. I'm coming back!" "Excellent food - the best Caesar salad I've ever had."

Live music every Wednesday night! Mellow acoustic guitar by the talented Steve Amsden. Open 11 am to 11 pm seven days a week starting Memorial Day weekend. We got our liquor license! The bar is open - cocktails, beer and wine are flowing!

Call for reservations 206.463.5355 info@quartermasterinn.com

In the heart of beautiful Burton by the Sea... Proofreading and Editing... from A to Z Mailers Online docs Mission Plays Manuals Poetry statements Order forms Maps Music notation Packaging Press releases Marketing News copy Pamphlets Pricing Memorials Newspapers Personals Product tags Menus Novels Photo captions Programs Placards EAGLE EYE PROOFREADING and EDITING Nancy Morgan onvash@hotmail.com 206/567-5463 206/819-2795 PO Box 2393 Vashon, WA 98070 Open 7 days a week 6am till 2am Featuring: Family run business Sto DecorTex for over 30 years ACRYLIC FINISHES Breakfast 17611 Vashon Hwy SW With Integral Color We Deliver No Painting Required Lunch



Dember Plays Café Luna

Greg Dember, a former islander the mainland, returns to Cafe Luna at 7:30 p.m. Saturday, May 16. A listener to his recent music on the web at www.myspace.com/ gregorydember will hear him sing "I want to shout but not too loud," in his song "Balloon," and that's a good description of what his songs



Greg Dember, courtesy photo.

sound like: the voice playful and restrained coming from somewhat far away, the pain of relating abated with the quiet rhythms of accompanying instruments like guitar and piano. His music claims attention and grows on a listener, and is well-suited to an intimate venue like Café Luna.

Dember said that his music, which he calls "indie-poporchestral-singer-songwriter-rock," bears some resemblance to the work of artists such as Paul Simon, Elliott Smith, Ben Folds, The Flaming Lips and Sufjan Stevens. But Dember adds, on his My Space site, "My newest project is finally just called Greg Dember. It feels more streamlined this way, rather than having a band with its own name. I can perform on my own, or with any different combo of the amazing musicians I'm fortunate enough to know. In terms of the music I've recently recorded, it is fairly diverse in style. The one thing that holds it all together is me."

"Making music is a miracle," Dember said. "I push some keys or pull on some strings or push air out of myself and something cool happens. When music is amplified

Fireside Hearth Dry Wood

The only guaranteed dry fuel for your woodstove is at the Fireside Hearth Shoppe. Our by Eric Horsting

who says he is currently in exile on through the channels of mega-and-micro culture, somehow small or large groups of people can feel like they share something that would otherwise be private. That is Magic."

> Dember has invited his new drummer Moises Padilla and his favorite violin player Thorn Michaels to join him.

> Dember's music has been played on Seattle radio stations KEXP and KMTT, East Coast College Radio, and his song "Salesman" was featured in the 2008 Hollywood Indie film Outside Sales. The film is a lighthearted, but intelligent romantic comedy that goofs on the culture of a "typical" American sales department. It stars Lucas

> Fleischer and Tricia O'Kelley (of TV's "The New Adventures of Old Christine") and was written and directed by Blayne Weaver. Dember has released (August 2008) a 12-song CD, called I Don't Know I Think I Fell From The Sky on his own Hieronymus Records label.

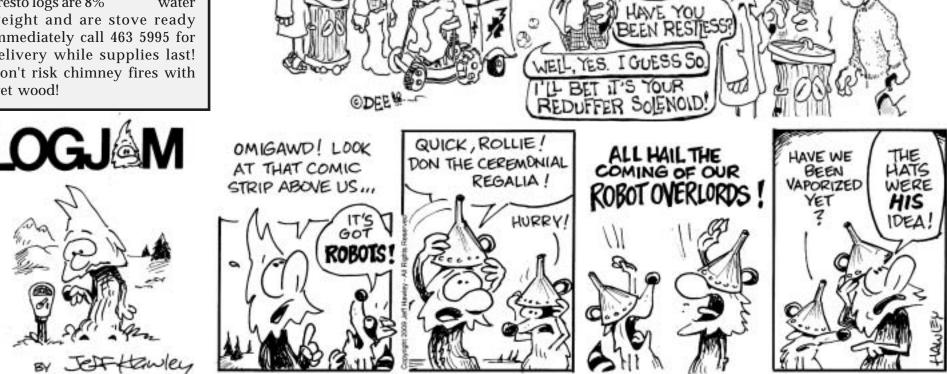
WILD WORLD BY ED FROHNING UNSOLICITED E-SNAIL

OFFSHORE



presto logs are 8% water weight and are stove ready immediately call 463 5995 for delivery while supplies last! Don't risk chimney fires with wet wood!

BY





Loop Arts

Music Events abound at Blue Heron

There's no excuse to stay home during May with all the great events a musical journey, through time and to experience right here on the Island! Vashon Allied Arts offers three musical options coming up.

Heralded as "One of North America's finest practitioners of traditional Scottish music" internationally-known fiddler, Jamie Laval will play one night only, Friday, May 15, 8 pm. He will be joined by sensational, self-taught 20 year-old Atlanta based, Zac Leger on guitar, bouzouki and pipes. Tickets: \$12 students/\$14 VAA members, seniors/\$16 general admission.



Jamie Laval, fiddler, May 15, courtesy photo.

Saturday, May 16, at 8 pm, a VAA New Works double bill will feature Island talent. First up, guitarist Ken Jacobsen will present "Lachrymae" (literally meaning tears) a diverse collection of works through the ages inspired by John Dowland's signature work and an inextricable part of life...loss. Jacobsen will be joined by several other string players and possibly a vocalist.

After intermission enjoy the upbeat, energetic duo, Clave de Sol with violinist, Danielle McCutcheon harpsichordist/melodica and player, Dawn Corl. Named for the Blue Heron, Books by the Way, fiery music they most enjoy Heron's performing, they'll take listeners on brownpapertickets.com.

by Janice Randall

cultures from Germany to Argentina. The duo will pay homage to music of Northern Europe with part of Bach's Brandenburg Concertos and Brahms Hungarian dance, followed by a movement from *Carmen* and a beautiful, romantic Romanza Andaluza piece.

World Flute Master Gary Stroutsos will perform an evening of World Flute Music, Saturday, May 23, 7:30 pm. Percussionist, David Revelli, who toured the world with music superstar Jewel, will join Stroutsos on frame drums, clay pot udu drums and tabla. Stroutsos will also lead a flute workshop, Winds of Honor, open to all ages and levels 11 am-2 pm Saturday, May 23, at the Blue Heron. Call 463.5131 to register.



Gary Stroutsos, World Flute master, May 23, courtesy photo.

Tickets for all shows available at Fats Waller standards, Bob Nest and Call 463.5131 to reserve by phone. Find information more at VashonAlliedArts.org.

DO YOU NEED AUTO PARTS?

ISLAND LUMBER IS NOW STOCKING -INTERSTATE BATTERIES-FRAM OIL FILTERS--MAJOR BRAND MOTOR OILS-AMSOIL SYNTHETIC--LIGHT BULBS-WIPER BLADES-WASHER FLUID--AUTOMOTIVE WASH AND WAX ACCESSORIES--ALL ESSENTIAL CHEMICALS AND FLUIDS--AMSOIL FULLY SYNTHETIC MOTOR OIL-



Earl Van Buskirk, Inc.

If We don't Have It We Can Get It! All Other Automotive Parts and Accessories Available The Next Business Day!

OPEN 7 days a week! MON-FRI 7AM-7PM SAT 8AM-6PM SUN9AM-5PM WWW.ISLANDLUMBER.COM 206-463-5000

Baby Gramps and Mad Tea Party at the **Red Bicycle**

Saturday - May 16 - 9:30 PM

Baby Gramps. Behind a beard that may not have been trimmed since the Nixon administration hides one of the most perceptive musicians in Seattle. Armed with a National

steel guitar, Baby Gramps is a mixture of everybody he's ever seen or heard filtered through a somewhat twisted musical brain into a singing voice that sounds like the love child of Louis Armstrong and Walter Brennan. Gramp's amazing repertoire includes Dylan favorites, material from dusty old 1920's 78rpm records, and lately, his variations on sea chanteys. Says Pete Welch, promoter for the event, "When Gramps was here last February, I asked if he'd like dinner before the show and he told me no....that eating before a show makes him sound funny." A jokester at heart, BG likes to poke fun at himself as well. Opening up for Baby Gramps will be The Mad Tea Party, on tour all the way from North Carolina. Mad Tea Party brews up rock 'n' roll, retro-pop and honky-tonk to create a fresh and intoxicating sound. "It's B-52s meets Buddy

by Peter Welch

Holly with a lot more thump." Musical conspirators Ami Worthen and Jason Krekel serve up an exciting live show to music lovers thirsty for upbeat, original





FOR ORCAS AND FOR ISLANDERS PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO 6-463-90 Vashon Hydrophone Project **Orca Annie Stateler and Mark Sears** Vashonorcas@aol.com Support Vashon-Maury Island Whale Research Sightings NOT Disclosed to Whale Watch Boats

Mad Tea Party, courtesy photo.

refreshment. Delicious harmonies glide over electrified ukulele, jukejoint guitar, scratchy fiddle and pulsing foot percussion. Catchy songs about love, life, sex and dancing are steeped in raw rockabilly with shreds of doo-wop and devilish blues.

I'll Have Snow White With A Twist

It used to be my daughter who would rush home from rehearsals for an upcoming Dance!Vashon production, excited about the dance or the This year it's my props. husband! Well known to the soccer community as coach and VISC president, David will don a costume, not a soccer kit, this May 29, 30 and 31st in the 2009 production, Snow White. I am proud that he is supporting our daughter, Ellie, by joining the corps of dancing dads who delight audiences each year with their antics.

unique rendering of the classic story, which provides a modern update, while remaining true to the essence of the original. In most parents' minds Snow White could and should - lose the "someday my prince will come" theme, and they will be delighted with the humor and ingenuity of this version of the story of a vain, evil queen and her desire to destroy the "prettiest" girl. Of course, this takes place a long time ago, before reality TV, when the only way to knock someone out of the competition was by murder or poisoned apple. In this Snow White,

trumps vanity in the *Photography*. most entertaining

of teen vanities through a big twist of the old tale.

When I asked Sam Lanier, co-producer, to describe Snow White, she said, "irreverent." **Co-producer Annette Spencer's** description was "Snow White with a twist," which initially I pictured as a frosty ice cream drink, served with a little dentist's mirror instead of a straw, but what she intended was merely an apt description. From start to finish, this nonaudiences of all ages, with a huge cast of characters starting with the smallest "bunnies" and rounding out with a "babbling brook" and "time passing," en Pointe. Vines and flowers, butterflies and fireflies will grace the stage in fantastic costumes. Over one hundred dancers will bring new life and talent to make "everything old new again." Despite modernizing the story, some elements of the show will remain forever charming but not in a Prince Charming sort of way. The younger children's performances are lovely and thoughtful of their developing skills. At rehearsals, guided by their sensitive

demonstrators, the children are empowered to express themselves while learning dance movement. The older students perform essentially their own choreography, guided with the strength and vision of artistic director Cheryl Krown. Rather than trying to download her vision into the students' brains, Krown gives them the big picture and then allows them to express themselves and lead others. The most common question I hear in rehearsals is: "Can we try this?" and the most common statement is "I have an idea!" That process starts at a young age at Vashon Dance Academy and carries through brilliantly and organically to the stage. He joins a great cast in a Artistic credit also goes to dance teachers



humanity Rebecca Snyder as Snow White, photo by Kathleen Webster

ways, even taking on the subject and mentors Julie Gibson, Sarah Mercer, and Geoff Reiman.

Two casts will perform Snow White, as there are over 120 dancers, including seventeen principals. Rebecca Snyder will play the lead role in the Friday night and Saturday matinee shows; Chelsea Wagner will play Snow White Saturday night and in the Sunday matinee. Other strong performances to watch on Friday night and Saturday matinee are Nelle Horsley as Evil Queen, and Emma Strong as Evil Stepsister. Those roles go to Laura Hicks and Simone Wood on Saturday night and Sunday. Also look traditional rendition is designed for stand-out performances from these to entertain and surprise other principals: Aleythea Dolstad, Lisa Mitchell-York, Anne Dulfer, Madeline Osborne, Lizzy Schoen, Carlie-Sue Anderson, Chloe Zimberg, Rachel Taylor, Anna Hicks, Graham Peet, and Amelia Wilke. Maria Osborne, Silvia Henley, Audrey Benner, and Jarrod Swenson are also featured in supporting roles. John "Oz" Osborne, David Wilke, Mark Lacina, Jim Westcott and my husband, David Leonhardt -who has added his own humorous creativity in the props department, will perform the bumbling huntsmen. The building of a production such as Snow White starts many months earlier. You won't see them on the stage, but the work of Jenna Riggs and crew (on sets), Sharon Schoen and her costume team, and Josh Randall on all

by Sally Leonhardt

in, and plan ahead (as the Nadine Cadman shows do sell out) to catch another Dance!Vashon Kevin Joyce production that takes an old Norma Stevely story, adds a few new twists, Judy White and comes out as purely Orca Annie magical

the Saturday Terri Allman seats is matinee. Adults/\$12, Children 18-under/\$10, Claudia Campbell Tickets available at Books By Barb Duntley The Way or at the door.

Flowers will be available for purchase in the lobby.

Find the Loop on-line at www.vashonloop.com.

How the **OtherHalf Lives**

Continued from page 1

Here and there, bright signs on small sticks will alert beach walkers to the presence of an animal or its eggs. Since beaches call out to children to play in the sand making canals and castles, an area will be marked for sand play near the lighthouse. Its soft, moist sand has few animals and looks perfect for molding into shapes.

Beach walks will leave from the big tent at 10:30, 11, and 11:30am, and the tide will reach its low of minus 3.8 feet at 12:05pm. Paul Motoyoshi will sell food back at the booth area, among interesting shoreline-related displays. At 1pm Patrick Christie will talk about human ecology and the incredibly different ways people see the beach. His audience may choose to continue talking for an hour. Meantime, at 1:30 two other walks depart, one led by Gary Shugart to look at birds and one led by Helen Meeker to look at native beach vegetation. (There will also be an 8am bird walk led by Sue Trevathan, starting in the upper parking lot.) Odin Lonning and Annie Stateler will present a 2pm finale on native traditional ecological knowledge.

Loop Rock Stars

by Sany Leonnardt things technical, help bring this show to life. Their dedication to detail never ceases to amaze the audience and the dancers themselves Ask your forcerity. 1 Ask your favorite dancer which cast they will perform Margaret Rothschild and Geo Ieidorn family Jerry and Judy Tonkin Stuart and Catholeen Tribble Stuart and Catholeen Tribble
Stuart and Catholeen Tribble
John and May Gerstle
John and May Gerstle
Bent and Marie Blichfeldt
Karina MacDonald
Yvonne Kuperberg
Jim Warren and Vashon Island Energy
Yia p.m.; Saturday May 30,
Sunday, May 31, 1:30 p.m.;
Sunday, May 31, 1:30 p.m.;
Tickets sales begin May 11;
Early ticket purchases are
suggested; best chance for
Sunday, is the Saturday Reeney O'Reilley Jodie OKelly Jobie Fairchild Jay and Joan Becker Phil and Annette Spencer Sharon and James Price Gordon Fisk Judy Olson Susan Keatts & Steven Caldwell Susan Keatts & Steven Cald John Dally Allen & Bonnie de Steiguer Zubin Goldman John & Merrilee Runyan S.B. Stead Lisbet Sell (hi mom!) Gregg Rechtin CC Stone Rosemary Harper Ann Hamlin Karen and Vashon Island Music Gary and Marion Preston Nancy Fox John Frink **Chris Purpus** Frank and Deborah Jackson Frank and Elizabeth Burke

Join the list! Mail your contribution - any amount -to The Loop, PO Box 253, Vashon WA 98070. Thank you!









Bring this coupon in for 20% off drycleaning only.

Organic Soap Drycleaning

Alterations

Phil Spencer

I'm here for all your real estate needs...



Seattle Metro West

(206) 679-9859



pets welcomed. 206-651-6095

Share office suite/

waiting room

with Acupuncturist at Courthouse

Square. Available Tues, Thurs, Fri, Sat, Sun. Ann Leda 206-463-3967



PANDORA'S BOX

Celebrate with us - Jenny has returned a month early and Avo has extended their big Lamb & Rice 35# dog food sale. Coincidence? I think not.

Cheryl's Pick of the Week: Stuffed sea creatures going fast. At just \$4.95 they're cute and functional.



(206) 463-3401 \$8 Nail trimming with no appointment