



Pastors from many denominations celebrate World Communion Sunday together: from left to right: Rev. Darryn Hewson (United Methodist-UM), Rev. Alison Buckland (Presbyterian), Rev. Dr. Jeff Larson (Lutheran), Rev. Dr. Les Peterson (Disciples of Christ), Rev. Robert Ellis (UM), Rev. Dan Houston (Presbyterian), Rev. Bjoern Meinhardt (Lutheran) and Rev. Robin Hess (UM), photo by Dan Brown.

Expanding Island Interfaith Efforts

by Darren Hewson, pastor, Vashon United Methodist Church

Last summer, there was a demonstration of solidarity in support of the Jewish community here on Vashon. Jews, Christians (protestant and Orthodox), and Buddhists, came together publically to condemn an act of hatred and vandalism at the Havurate Ee Shalom. There were probably people of other traditions there as well, but the point is that we came together as a community to show that we will not tolerate hate.

Continued on page 11



An airplane takes off at the King County Airport on Cove Road, photo Ed Swan.

Heated Airport Election!

by Ed Swan

The King County Airport District (for the Vashon field at Cove Road) has two contested elections in the August 18 Primary! This vital commission has Ron Mitchell versus Phillip McClure vying for Position 1 and Alan Paxhia and George Kirkish facing off for Position 2. Liz Otis runs against herself in Position 3. Did you know we had an airport district on the Island?

The real story is that in a time that is not business as usual but in which great changes keep occurring both nationally and locally, a community often on the leading edge dropped the ball.

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Camp Burton Celebrates 100 Years

by Aaron Calhoun

Camp Burton, one of Vashon Island's oldest, and most revered, treasures will be celebrating its centennial on June 14. The property was purchased by the Washington Baptist Convention in 1909 and initial camp sessions were exclusive to the summer and the campers, primarily Baptists, did their own cooking. In the 1920's, the Camp began a major renaissance that is still going strong several decades later; it was at this point in time that construction on many of the buildings that are still in use today started. The buildings were winterized in the 1940's and 50's, which paved the way for non-Baptist and non-profit groups to begin using the camp year round in the 1960's and 70's.

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Campers discover friendship in 1915. Photo courtesy Camp Burton.

Here Comes the Sun!

Did you notice the solar photovoltaic panels being installed on the Vashon-Maury Island Land Trust's roof last week? Soon a similar array will be going up at Vashon HouseHold's JG Commons building. This is the work of the Solar Initiative, a project of Sustainable Vashon. The Solar Initiative aims to encourage energy conservation and the use of clean, renewable energy sources to reduce our collective carbon footprint.

by Merrilee Runyun

These small scale solar demonstration projects will do more than just generate electricity for the Land Trust and Vashon Household. They bring models of renewable energy to the community to inspire us to learn more about local and global

The entire community is invited to celebrate at the Vashon-Maury Island Land Trust building on Tuesday, June 16th, at 12 Noon.

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Workers begin installation of a 1.8 kW grid-tied solar system on the roof of the Vashon-Maury Island Land Trust building, photo by Dan Schueler.



Eagle Scout Bryce Pardee, photo by Rainier Haugen.

Troop Creates a Flock of Eagles

by Rainier Haugen, Star Scout, Troop 294

On June 6, Bryce Pardee became an Eagle Scout of Vashon troop 294, a rank only three percent of scouts make. His older brother also earlier achieved this honor. Bryce has been in the troop since he was eleven years old; he went on many campouts and both he and his father have been an asset to the troop. Bryce's dad has been involved in the troop for a long while and has been helping Bryce and others advance by helping with merit badges, campouts, and mentoring.

Continued on page 10



Vashon Auto Parts Continues Car Traditions

by CiCi Carson

Currently Vashon Auto Parts stands directly in the middle of two former locations for auto parts sales. In the 80's, Bud's Auto Parts stood to the North where the Dance Academy now thrives. To the South sadly, the recently vacated NAPA. Nestled between a bustling Nail Salon and the hopping Dance Academy, Steve Luhr (NAPA's former #1 counter salesmen) is once again helping customers to find any part unique to their car! "Folks can expect their custom-ordered part to come the same or next day, 7 days a week!" says Luhr.

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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.

Zen Jam for the Solstice

Zen Jam for the Solstice begins at 7 p.m. on Saturday, June 20th at Joan Hanna's Barn. Members of Vashon's Resonance ensemble join percussion and Zen chanting to create spontaneous music for the celebration. There will also be a performance of Zen-inspired song by the Saltwater UU Choir.

Bring your attention to the present unfolding moment and celebrate the eve of the summer Solstice with a spontaneous dance all your own. There will be open space for free movement, or you can just sit and immerse yourself in the sound. This event is a fundraiser for the Puget Sound Zen Center, with a suggested donation of \$10.

Join us for this night at Joan Hanna's Barn, the beautiful dance studio located at 7712 S.W. Point Robinson Road. Call the Zen Center or Van and Karen Crozier for more information: 567-4065.

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.

The Vashon Loop

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Don't miss an issue. Really.

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

Vashon Library July Programs

Walk on the Wild Side: Creating Art with Science

Presented by Barbara Gustafson. Sponsored by the Vashon Park District and KCLS. Registration required beginning June 15- please call 463-2069. 9:30am-10:30am (ages 5-7), 11am-12:30pm (ages 7-10)

Wednesday, July 1, Chemistry Creations: Experiment and create with paper chromatography, chemical reactions and color blending.

Monday, July 13, Nature Art: Paint, weave and sculpt with leaves, berries, flowers and shells.

Wednesday, July 15, Fun with Forces: Build Calder-inspired mobiles and sculptures while experimenting with forces, balance and material strength.

Imagine Th@!

Monday, July 6, 7pm. All ages welcome. Presented by Whitman Story Sampler. Jump up and join in with lively, interactive tandem folktales from around the world. Registration not required. Sponsored by KCLS and Friends of the Vashon Library.

Toddler Story Times

Tuesdays, June 23-August 4, 10:40am. Ages 18 months to 3 years with adult. Join us for 20 minutes of stories and songs just right for toddlers. No registration required.

Brown Bag Story Times

Tuesdays, June 23-August 4, Noon. Ages 5-10. Bring a sack lunch and listen to stories. Treats will be provided! Sponsored by Friends of the Vashon Library. No registration required.

Preschool Story Times

Tuesdays, June 30-August 4, 2pm. Ages 3-5. Join us for 30 minutes of stories, songs and fun! No registration required.

The Creative Conjurer

Wednesday, July 29, 3pm. Presented by Jeff Evans. Ages 5 and older. Magic tricks, wacky inventions, toys and mayhem will mystify you! Join us for this amazing show! Registration required beginning July 15- please call 463-2069. Sponsored by Friends of the Vashon Library.



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Dance Into Summer!

Vashon Social Dance Club invites you to join in our Swing Into Summer social dance at the Grange Hall on Saturday, June 13, 2009, from 7 to 11 PM. No partner needed!! Admission \$7. Join in the fun. Bring a beverage and if inclined, a finger food to share. Music will include tunes for East and West Coast swing, Waltz, Foxtrot, Night Club 2-step, Country 2-step, Cha-cha, etc. Come alone or bring a friend. Questions? Contact Candy at (206) 463-9935 or at by email: abutchone@yahoo.com. Vashon Grange Hall is located at the top of the North end ferry parking lot.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 19.**

Celebrate summer with dancing and live music at the Grange Hall, Saturday June 27th! We're pleased to have the Vashon Ceili Band (Martin Nyberg, Marilyn Kleyn, and Steve Austin) playing traditional Irish dance tunes starting at 7 pm. And the well-known Seattle Irish dance instructor Kathleen O'Grady-Graham will teach and call all of the dances. The suggested donation is \$8 (\$6 for students and seniors). Ceili dances are "barn" style dances accessible to nearly everyone. For photos of past dances, visit www.hoilands.com. The Grange Hall is located in the ferry dock parking lot at the north end of the Island. For more information, call Shannon Seath Meyer at (206) 774-4047 or Lori Lowrance at (206) 369-9234.

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



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Positively Speaking

Roarin’

by Deborah H. Anderson

Megan stepped forward to sing. I hadn’t heard her solo before. It was a surprise to hear the strength and passion in her gentle voicing of the first few bars of the song. She closed her eyes in prayer as she continued on.

I looked around the room. Here, at the party for the seniors in the SPU Gospel choir, was the future stepping out into the world. They were all women except for one tenor.

After everyone had eaten we gathered in the living room to sing a few final songs together.

I thought back to a few weeks before. I was sitting in the Mosaic in Wallingford with a group of people just a few years older than these young people. We were discussing the book *Home*. The comments had turned to sexism in the narrative that takes place in the fifties. The ideas in reflection had a millennium feel to them. I broke into the conversation saying, “Look, I’m going to reveal my age here, but in the fifties, that character, as a woman, didn’t have a choice but to take care of the Dad. She was the only unmarried female.” We continued on to the plot which included that character having to give up teaching because she had told everyone she’d gotten married.

Wow...it isn’t just that technology has come so far in the last half century, it’s that our lives have come so far. The group that night at the book discussion lost me after about the first two sentences. As I went on to explain that in the fifties, Rosie the Riveter had come home and put on pearls and an apron to get dinner on the table without help, their eyes just glazed over in complete disconnect. They had no clue what I was talking about. Their lives are about choices.

Megan continued singing: “...come into your season...”

We didn’t have a choice then. I was raised, all women were raised, to find a good husband. That was our career path. Sure we could have interesting hobbies and develop our skills and abilities to make ourselves interesting and serve on volunteer boards, but not to produce money or live our bliss. It wasn’t until the early to mid sixties we were told, “Be all you can be.” Those women who did otherwise were renegades or pioneers.

I realized it was pointless to go further and tell them how dozens of self-help books had helped a generation of women find themselves.

The point is, we did it. And now standing before me and all around me in the world are young women who, for all the ills left in the world to cure, have a significantly greater chance of living their lives with passion, grace and dignity than previous generations. They have choices.

If they want to have children, fine. They can have them whenever they want. If they want to make money fine. They can make it, make their own business deals without a man co-signing and have their own checking account. If they want to get free of some bad situation, they can find resources easily for help. There is a path. There is a way. And although some callings like the ministry and certain business arenas still cling to sexism, they mostly can choose whatever they like to do to earn that money or live out their calling. The can stay single their whole lives if they want and not have any stigma.

Ironically, just minutes earlier at the party for the seniors, I had relayed to one of the young women advice from a friend who told me the organization she wanted to work for was still riddled with the old boy’s network. It meant she would be propositioned and condescended to. The young woman’s eyes lit up with fire. “Oh,” she said. “No problem. That’s happened to me before. I just look them square in the eye and tell them how it’s going to be. They always listen.”

Megan’s solo slowed indicating the end of the song. “...it’s your season of blessing”.

To the women of the class of 2009 wherever you may be: Go into the world with OUR blessing knowing you are gifted and smart and we are waiting for what you have to offer.

Enjoy your careers. Enjoy your marriages. Enjoy being single. Whatever God is calling you to be, however you have been created, share it with the world. It is our gift to you.

Love
Deborah

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Don't Forget the Birds



by Ed Swan

Bobwhite!

The whistle call *Bobwhite!* of the Northern Bobwhite once again pops out of brushy wood, field and garden edges around Vashon. A flurry of reports came in over the last month or so, mostly from the north end of the Island. I've received probably a dozen reports from the very northern point down to Mukai Pond, just south of Bank Road, so I won't list all the names and locations.

This explosion of new records represents some successful hatching and release of birds rather than the arrival of a new species to Vashon. Bobwhite live in the southeastern U.S. reaching from Florida west to Texas and north to Nebraska and Massachusetts. Bird hunters and fowl fanciers often start new

out of the heavy clear cutting of woods of that era. As logging decreased, full fledged forest returned and commercial and residential development spread, that prime habitat declined dramatically and the bobwhite did as well. The sole self-sustaining population of Northern Bobwhite west of the Cascades lies around Roy and the Ft. Lewis area.

In addition to the decline in habitat, development brings an invasion of predators. Raccoons thrive around the urban/forest interface. The variety of "edge" habitat types created with all of the garbage and pet food sources insure a population explosion of raccoons. In addition feral and unmanaged cats and dogs team up with the coons to literally make life difficult for quail and pheasant.

In other birding news, the flurry of spring migration ended with a visit by a pair of Lazuli Buntings at Geri Peterson's place in Ellisport on May 20. The birds appeared in her yard off and on for several days. Willow Flycatchers along Old Mill Road provided the last migrant to return. If you have an interesting sighting or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

If you'd be interested in a guided bird tour of Vashon or an off-Island trip for ptarmigan on Mt. Rainier or down to the Nisqually National Wildlife Refuge for returning spring birds, contact me as listed above. I also do home visits to help identify birds in your yard and provide suggestions for attracting more birds and species diversity. For details contact me or visit my website: www.theswancompany.com.



A female Northern Bobwhite in a field along 220th, photo by Richard Rogers.

populations by hatching eggs and introducing them to areas. A spate of records last spring came from a bobwhite admirer releasing hatched birds from the Burton Hill. These birds spread as far as the Monument Road and Ellisport areas before reports died out over the summer, as likely did the birds. I checked with that source and found that the new bobwhite originate from a fresh, unknown source. If anyone has information on the provenance of this year's bobwhite, please email at edswan@centurytel.net.

Washington State developed a large Northern Bobwhite population in the first decade or so of the 20th Century with introductions in many Puget Sound counties and on Vashon and other islands. The noted ornithologist A. E. Kitchin recorded them on a trip to Quartermaster Harbor in 1925. John Friars, an Island native and birder, remembers bobwhites as common into the 1940's. About the mid-1940's, they began a Puget Sound-wide decline that reached Vashon a little later. Ed Babcock, another long-time Islander, remembers that the Sportsman's Club re-introduced them again in 1955 but the bobwhite failed to survive.

Bobwhite tend to be somewhat secretive for a quail-like bird and generally lurk in more woody brushy areas as opposed to more open fields. The Puget Sound area and Vashon in particular would have provided excellent habitat in turn-of-the-twentieth century Western Washington as brushy area and rejuvenating forests grew back

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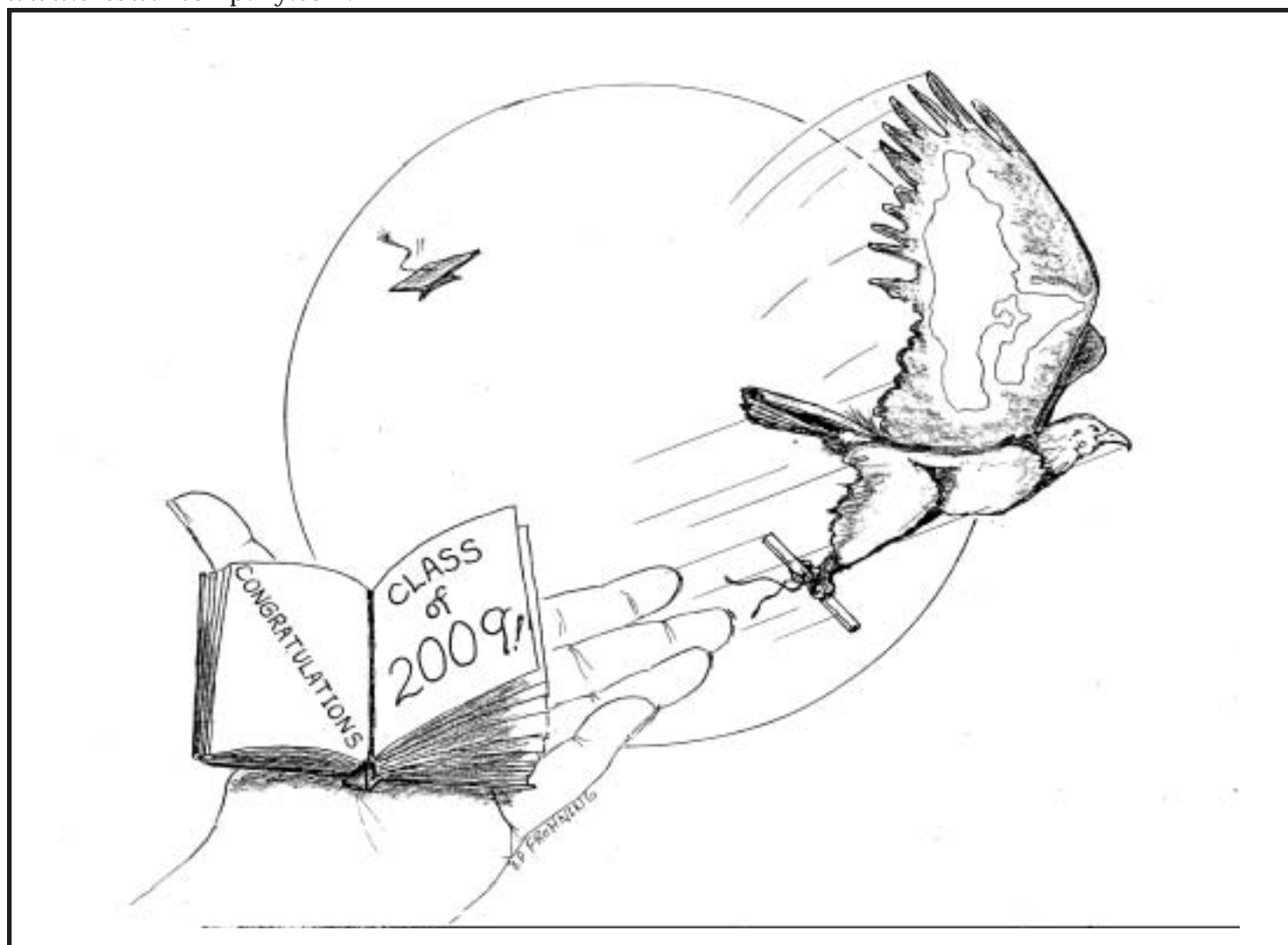
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Planet Waves by Priya Kale
Aries (March 20-April 19) The heavens seem to be opening up their wisdom to you now and I suggest you do all you can to be receptive and listen to the messages coming through. There is an idea which can open your mind to a whole new world of very real possibilities. You've been perhaps disillusioned in the past and although painful this has only brought a priceless awakening to reality through the fog. The rewards for your courage are beginning to come through in spades and if you haven't seen tangible proof yet you won't have to wait too much longer. But whether love or success, remember it is quality and quantity that you are after. You are a person of impeccable taste, so why settle for anything less than pure gold?

Taurus (April 19-May 20) "What the caterpillar calls the end of the world, the Master calls the butterfly..." Your life right now is truly an embodiment of this phrase. After recent life-and-death battles, you are now in a phase of resurrection and coming into your own. As you dare to venture out into this world, you may feel divided within yourself, but there is a truth staring you in the face regarding a deeply personal or financial situation that you would do well not to deny. Recent events may have brought you a deeper understanding of where your wounds lie, healing and releasing you from their grip. Be proud of who you are and what you have to offer. This is the story of your becoming — but who you are and what you are made of may even surprise you, if you can let go of old beliefs that dare to limit your success.

Gemini (May 20-June 21) Events this week bring you a moment of truth asking you to be honest with yourself how you feel about an important business or personal relationship. But more importantly this is asking you to be honest about who you truly are and what you identify with on the deepest, most core subconscious level. You are recognizing deeper desires that you haven't dared acknowledge before, but what is awakening now within you is so real that it is impossible to deny. It may be scary to let go of your inhibitions to the extent of having to deal with heavy emotions when your natural tendency is to keep things light. But I suggest now the deeper you are willing to go, the higher the peak [of ecstasy or success] you are likely to reach. Be true to yourself and all else will be revealed in the light of that.

Cancer (June 21-July 22)
You've been spending more time undercover and discovering there is another side to you that you often don't reveal to yourself, let alone others. But events now are asking you to come back out into the light of day to see how this affects your daily life and relationships. You've been searching for something to stabilize you but this will only come when you are ready to be honest with yourself above all of your deepest, sometimes divided, desires. You may fear that the truth is too much to handle but truly this is about letting go of the darker fears that control you and threaten to have you living a double life. Be willing to be honest within an important conversation without allowing yourself to feel judged. Your ability to confront your fears head on is more likely to bring you solid proof of what is real, and that this is nothing to be afraid of.

Leo (July 22-Aug. 23) Whether you realize it or not you are making a huge shift this week, turning a corner toward recognizing the true depth of your worth.

But this will only come when you can resolve your own criticism of yourself that stands a tall wall in between you and the dream in your heart. You may be trying to be rational about this, but don't forget every great dream that has ever manifested began with a leap of faith. If you can acknowledge your desire to be bold and take a chance on something you feel passionately about you are more than likely to see a way this can become a reality. You are entering a phase when the world is catching on to your gifts and what you have to offer. Perhaps it's time you woke up to this too.

Virgo (Aug. 23-Sep. 22) Your professional life seems to be in focus right now and there may be an issue you feel deeply divided about. But I suggest you recognize your deeper need for emotional fulfillment to be recognized for being exactly who you are — no pretenses. This will prevent any misplaced feelings of resentment or emotional anxiety that can arise for not having your needs met. If you can acknowledge your own insecurities you can move past them, releasing any feeling of being stuck regarding a difficult choice. You have more power than you give yourself credit for. But your true strength lies in your wisdom and ability to stay true to a greater selfless dream you've been working patiently to manifest. The rewards are not too far over the horizon as you will soon see.

Libra (Sep. 22-Oct. 23) After months of learning yourself in the light of your relationships, you are being called upon to take a bold move into the unknown. Surprisingly or not so surprisingly this is actually about to show you just how much you have allowed past demons to control your current reality, which is nowhere near as shaky as you may feel. As scary as it seems, if you can let go of your emotional fear and be honest with yourself about a great hope you carry, you can gain the higher perspective you need regarding a deeply intimate or financial partnership. Recognize your core values and be willing to use your imagination. A partner is leading the way but if you can trust, this is leading to a meeting place of equals in the most real sense of the word.

Scorpio (Oct. 23-Nov. 22) You've dared venture to the 'other' side and may feel torn about whether you are making the right choice, but ask yourself how much of these are your own worst fears. You are more grounded in reality than you've been in the recent past and stand on solid ground. A partner is coming into their own after a deep phase of introspection and is willing to offer you the stability you've been looking for. Indeed you may have to get over your own sense of mistrust in the situation and more importantly recognize your own infinite potential in the light of a deeply intimate or financial situation. In all conversations and communication speak from the heart and be willing to let go of old mental patterns. There is a divine truth revealing itself to you and what you have to offer. This is more real than any demons of past fears you could conjure up.

Sagittarius (Nov. 22-Dec. 22) With a Full Moon in your sign, it seems you are learning an important truth about yourself in the light of a relationship. You may be feeling fairly disillusioned at this point that things could ever move forward within a partnership situation. But what you are learning is the need to stay true to yourself even in the face of changing reality. You have always been a step ahead of the rest when it comes to your vision, but please realize just how much your mind tends to play tricks on you,

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bringing you more pain than pleasure in the long run. Stay in the present and stay with what is real. If you can let go of your desire to control the outcome of a situation, it is more than likely to bring you more of the real harmony and pleasure you seek as a part of your daily life. Everything you do, be it work or play, if you do it with love — the action itself will be your reward.

Capricorn (Dec. 22-Jan. 20) You've been working hard lately toward a long-time personal goal or ambition, but I suggest you find some quiet time now to pay attention to a deeper, wiser message coming through. If you feel like a slave to your routine, recognize these are usually your own high expectations rather than anyone else's judgement of you. Find a balance now within your daily life to accommodate your need for a sense of accomplishment as well as the need to follow your soul passion. Something has the potential to touch your heart deeply this week, but for that you may first have to take a leap of faith and live your truth wholly. You can be your own worst critic — and you know what they say about all work and no play...

Aquarius (Jan. 20-Feb. 19) A creative or sexual partnership reaches a crucial turning point this week. You may feel two ways about a situation that seems risky to begin with, without the added pressure of someone else's critical thinking, so don't fall into that trap. But remember you

are known as the revolutionary of the zodiac because you have the rare combination of optimism and luck that allows you to take a risk on a dream and have it pay off. In an important conversation surrounding your security and your inner well-being, be honest and bold. You have not yet reached the bottom of the barrel and you are about to find out its real depth is as limitless as your soul. There is more comfort and security making its way to you if you are willing to speak up for what you know is true in your heart.

Pisces (Feb. 19-March 20) It may have felt like you're talking around in circles in an endless debate and now you may feel like you've reached a fork in the road. But you turn a corner this week within a close personal situation. Partners have been slow to come around to recognizing your deep vision, but your honesty and truth has not gone unnoticed or unheard as you will soon see. Your imagination is your greatest gift. You are a visionary, who has the magical ability to manifest thought and word into tangible creations of untold value — but this is because your dreams are rarely selfish. Wishful thinking may be a phrase for some; for you it is a very real way of life. Use your powers now and use them wisely...

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Island Epicure



A Season for Seafoods

By Marj Watkins

The Washington Fish and Wildlife website tells us of beaches all over the Sound that are closed to clam digging and mussel harvesting. In my neighborhood it’s Burton Park’s beach, a favorite site for digging cockles, sand clams, and little necks. Not to worry, says King County. Just don’t bring home any butter clams. Mussels aren’t great anymore, either.

Can’t tell the clams apart? Just log onto www.kingcounty.gov and click on [environment/animalsAndPlants/clams](#). You’ll get a chart with photos and descriptions of seven kinds of similarly shaped and sized clams. The currently safe-to-eat, legal size clams need to be two inches across. Leave littler guys to grow up and bigger ones free to produce more clams.

Steamed Clams: Boil up about an inch and a half of water in a wide kettle, toss in a handful of chopped onion, a few pinches of dried dillweed or chopped fresh fennel fronds, a teaspoon or so of salt and a smashed clove or two of garlic. Put in well washed clams and boil until all the shells open, 15 minutes or less. Eat the clams, then the clam-flavored soup.

Not into clam digging? Grab a couple of cans of minced clams at the grocery store and make better chowder than you can get anywhere else.

New England Clam Chowder
Prep & Cooking Time: 35 minutes
Servings: 4

- 1 Tablespoon butter or light vegetable oil
- 1 large onion, chopped
- 1/2 teaspoon dried dill weed
- 2 medium size pink or yellow potatoes, peeled and chopped
- 2 (6.5 oz.) cans chopped clams
- 1 cup whole milk
- 3 drops Tabasco sauce, or to taste

Heat the oil. Stirfry the onion sprinkled with dill weed until onion is transparent, about 5 minutes. Add potato and liquid from canned clams. Reserve clam meat Bring soup to boiling, reduce heat to medium low, cover and cook 10-15 minutes, until potato pieces are tender.

Add milk and heat to steaming. Add clam meat and Tabasco. Stir and serve. Garnish as desired with crumbled crisp bacon, soy bacon-flavor bits, or minced parsley.

Variations: 1. Thicken if desired with a handful of dried potato flakes or buds.
2. If using skim or 1% milk, add 2 or 3 tablespoons half-and-half cream.

Manhattan Clam Chowder
2 to 3 servings
1 (7 ounce) can chopped clams
¼ cup white wine, optional
1 Tablespoon olive oil
½ cup chopped onion
¼ teaspoon black pepper
A few bits of bay leaf
½ cup diced celery
¼ cup diced green bell pepper
1 cup canned diced tomatoes (reserve liquid)
or 1 ripe tomato, skinned and chopped
1 medium size potato, peeled and diced
2 cups water
1 Tablespoon butter
2 Tablespoons minced fresh parsley
Garlic bread or oyster crackers
A few drops lemon or lime juice, optional.

In a heavy kettle, heat oil and sauté onion, parsley, and celery about 5 minutes. Add bell pepper and bay leaf. Sauté about 10 minutes. Add liquid from clam can, reserved liquid from canned tomatoes, and water.

Bring to boiling, reduce heat, cover and simmer 15 to 20 minutes, until potatoes are tender. Add tomatoes and clams. Heat to steaming, but don’t allow to boil or clams will turn to rubber.

Taste and season with salt and pepper. Ladle into soup bowls. Add a half-tablespoon of butter to each bowl. Let each diner add lemon or lime juice if desired.

Nutrition Note: Clams, like all seafoods, contain very little wicked Omega 6 fat. That promotes inflammation within our bodies. Clams rate only 10 grams in a 3 ounce serving.

Milk has an Inflammation Index rating of 0. For a low carb, healthy helping of Omega 3 fat, make a Scandinavian chowder using salmon, canned or fresh, instead of clams and omit milk.

Vashon Auto Parts Continues Car Traditions

Continued from page 1

Researching the history of auto sales and service on Vashon, you quickly realize Islanders tend to be a bit nostalgic. Not to say that things never change. John Gregg, having lived on Vashon since 1943, ran a gas station next to Bob’s Bakery from 1965 to 1974. Autos, and the need to keep them maintained, have been responsible for much of the historical commerce/construction of Vashon. Gregg recalls: “Many of our service stations where scattered: Colvos, Cove, Dockton, Talequah, the North End so as to be close to passenger ferry docks for the mosquito fleet.” In Vashon Center the old McFeeds (currently the Chilkat Trader) housed an Auto dealership! The pharmacy parking lot housed Buds Auto Parts until it burnt down! Many

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La Pinata

buildings are still standing that were once associated with Auto parts sales or service: Margaret Koch’s legal office, Everett Clark (proprietor), Quilt Shop, Brenno’s Auto Parts, Movie Magic, Brenno’s Service Station, Kimmco, Al Spencer (proprietor), Monkey Tree, Al’s Auto, the list goes on and on.

At Mom’s Deli look for the bay shaped mural on what is now the Vashon Athletic Club, forever immortalizing GL Spencer & Co.’s three bay doors that once hopping busy with car-care. The aerobics work-out room, held Spencer’s Auto Parts.

The recently opened Vashon Auto Parts invites you to call or stop by with old stories or photos (and inevitably corrections). To the history of Vashon! Call us at 463-9158.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

The Farmer’s Daughter Gets Back to Her Roots

By Mary Litchfield Tuel

Many people are planting vegetables this year, some of whom have never gardened before. I gardened with great passion and little skill before I had children. We had a near-sunless, sodden little yard, but I planted in faith. There were squash: zucchini, yellow crookneck, and patty pans, my favorites. The squash did well, and covered the yard with foliage. I also tried to grow lettuce, cabbage, carrots, beets, broccoli, tomatoes, onions, garlic, and corn.

One year I planted two rows of corn. At harvest each stalk had one

was, and I resented having to pay for all that beer. One organic gardening book advised going out in the morning or evening and picking the slugs up and putting them into a container and then...what? Dispose of them, somehow. I'd throw them into the ravine but their numbers never diminished in the garden.

One morning I went berserk and starting impaling slugs on a paring knife. “Die, die, you slimy sonsabitches!” I caroled as I wreaked my havoc. Within minutes I was sick to my stomach and sick at heart. I just don't have what it takes to wage a successful war, I guess. It was soon after that I gave up on vegetables. I realized that I enjoyed communing with flowers in my yard a lot more than the losing battle that was growing vegetables, and decided to buy my produce at the store and grow flowers.

After that I assuaged my gardening longing by buying plant starts. I developed a method which I have learned is quite common among gardeners: you bring home a plant, you put it into the yard or pot, you water it and if you really like it you give it a shot of fish emulsion now and then. You say, “OK, pal, you're on your own,” and then you wait to see if it makes it. If not – well, it had its chance, and you've had your learning experience.



Farmer inspects crop. Photo by Rick Tuel.

perfect luscious ear. That small crop was worth all the effort – there is nothing in the world that compares to sweet corn on the cob fresh from the garden.

I heard that horse radish was easy to grow, and mail ordered a root. Turns out that horse radish isn't easy to grow – it's impossible to stop. My husband hunted it down and killed it with a shovel after a year or two, muttering about clogged drain fields and warning me sternly that I'd better not plant any more of that damn stuff.

The lettuce and other greens were clear cut by slugs, so I put in marigolds to repel the slugs and the slugs ate the marigolds, too. Then I tried putting cups of beer out, and the slugs obligingly crawled in and drowned, but then I had to dispose of the slug-slimed beer, clean the cups, and refill them with fresh beer. I began to feel like the dead slugs were having a lot more fun than I

After the babies came I gave up gardening. I would read magazines in which strong young women were pictured, working in their beautifully tilled gardens, smiling broadly, with sturdy compliant infants bundled into packs on their backs. I envied those women, and hated them. I wished I had that kind of energy and organization and will, and that kind of cheery easy child, but I didn't, so I'd sit on the rug on the living room floor with the boys and stack blocks with them and try to keep them from killing each other, and left the yard on its own.

This spring I decided to grow vegetables again, but on a scale I could handle. I bought four wide, shallow pots and placed them up on a shelf on the back deck where only the flying slugs could get to them. I filled them with soil, and planted lettuce, spinach, green onions, and radishes.

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The lettuce, spinach, and green onions are coming along. Today for lunch I went out and thinned a few sprouts to throw into my turkey wrap. Not bad. I felt the warm glow of the farmer enjoying the fruits, or in this case the vegetables, of her labors.

I've got my eye on the first radish that is plumping up in the radish pot. It will be ready soon, and I'm watching closely because I don't want to miss the peak of its perfection. Which is odd, because I've never really liked radishes.

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Prebiotics Trump Probiotics

by Kathy Abascal

Humans are a walking ecosystem. Our bodies are composed of trillions and trillions of cells and our intestinal tract houses tens and tens of trillions of microbes. This ecosystem has developed and been refined over the eons, resulting in a dominance in our intestinal tract of “beneficial” microbes that are vital to our health. These bacteria help us digest our food, provide necessary compounds, and have a calming effect on our immune system. For example, beneficial bacteria have been shown to produce butyric acid which helps prevent the growth of colon polyps and generally enhances our innate ability to fight cancer.

We have much to learn about the influence that these microbes have on us. We know that we host over 500 species of microbes but most have not been cultivated and their role in our health is poorly understood. Only a few are well studied, primarily *Lactobacillus* and *Bifidobacteria* species that are found in fermented milk products. This focus is likely due to research funding by the dairy industry. The result has been that many think of yoghurt bacteria as the end-all, be-all of intestinal health, something that is not true. Be that as it may, these microbes are beneficial and have been shown to reduce respiratory symptoms and diarrhea in children in day care, for instance.

Probiotics are supplements that contain billions of a few of the better known ‘beneficial’ intestinal bacteria. Probiotics have long been used to maintain health while a person is taking an antibiotic that will kill both good and bad microbes. Antibiotics set the stage for an intestinal overgrowth of less beneficial strains that is especially likely to happen to a person eating an average Western diet. They are

also used to avert traveler’s diarrhea caused by the immune response to foreign strains of beneficial microbes. Today, probiotics are increasingly being added to a variety of foods to allow additional health claims to be made for those ‘functional’ foods. And, increasingly, producers are creating genetically modified probiotics that can be patented and marketed to the public.

This is a cause for concern as intestinal microbes are vital for our health and we know so little about what they do and how they work. Patents are pending in the US for lactic acid bacteria that will be added to yoghurt to allegedly reduce allergies. The biggest problem, of course, is that bacteria and viruses are generous when it comes to sharing information. That is why antibiotic resistance can appear in areas where the antibiotics are not even in use: Microbes exposed to them have arrived before the medicines themselves. There is no reason at all to expect the GM (Genetically Modified) information to remain in the patented species.

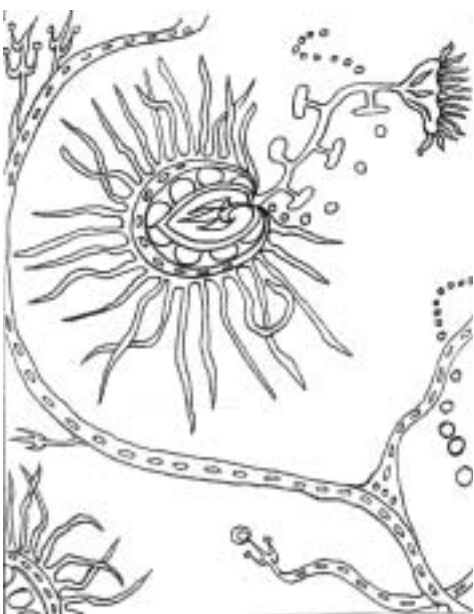
I think this development means that we need to be more observant of our probiotics and more careful about their use. Take Dannon yoghurt with its advertised *Bifidus regularis* that ads say will make you more ‘regular’ if you eat it for two weeks. There is a huge internet debate about whether Dannon has simply renamed a common yoghurt strain or whether it is using a patented microbe in its yoghurt. The fact that Dannon markets the bacteria using a different name in other countries (such as *Bifidus digestivum* in England) suggests that

it is a naming gimmick. Its claim that the strain is proprietary and its refusal to unequivocally deny that it is genetically modified supports the latter claim. Certainly, as I look at probiotic supplements, “proprietary” strains are very common. I am not sure whether they simply have a right based on identification

(“it’s mine, I published data on it first, and the legal system does not care if you and your ancestors have been growing it in your gut for eons”) or whether these are manipulated creatures.

It all makes me quite nervous and leery of both these “functional” foods as well as probiotic supplements. Fortunately, you do not need either to maintain a healthy digestive tract and a healthy immune system. And, actually, you are better off without them.

Nature provides us with many foods that are prebiotic as opposed to probiotic. We are seeded with all of the various microbes we need for health. All we have to do to grow these beneficial ‘microbial seeds,’ is



Microbe, drawing by Kathy Abascal.

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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.

New Classes, New Times: Eating for
Health & Weight Loss. By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this class you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains. New series: Wednesdays beginning June 24 at 9:30-11:00 AM and Wednesdays beginning July 1 at 7:00-8:30 PM. Each series runs for 5 consecutive weeks. Advance registration at the Roasterie/ Minglement and prepayment (\$75) is required. For more information, contact Kathy Abascal at anemopsis@yahoo.com.

eat enough prebiotic foods. Basic prebiotic foods consist of fruits, vegetables, mushrooms, whole grains, and legumes. Those foods formed our original diet and are far better for ‘regularity’ than any proprietary sugar-enhanced yoghurt. And we can eat yet more interesting prebiotic foods from a microbial point of view: Those exotic starchy or mucilaginous vegetables used in ‘indigenous’ cooking ranging from okra to nopales to seaweed to wild mushrooms. Many contain the polysaccharide inulin, a complex

sugar that we cannot digest but that feeds beneficial microbes. Inulin feeds a microbe that is not yet on the radar of the functional food manufacturers. That microbe is *Faecalibacterium prausnitzii*. Recent research shows that people with Crohn’s disease — a difficult digestive disorder — improve when they grow this microbe. Just another example of the dramatic effect that eating the right food can have on your health.

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

Madame Toujours

Dear Madame Toujours,
I think my husband Ted is a retard. I guess the politically sensitive term is “slobbering twit” or “village idiot.” Anyway, my husband Ted is the most totally oblivious person I have ever seen. He can watch me stagger across the driveway with both arms full of groceries and our bull mastiff Grendel sees a cat and takes off, yanking his leash out of my hand, and I can’t drop the groceries because there are eggs, and I can’t run screaming after Grendel with the groceries in my arms, and I can’t open the front door to set the groceries down, and Ted stands on the front porch and makes helpful remarks such as, “Grendel is getting away,” and, “Oh hey, you bought groceries.”

Is there a medication that can make him a little more useful?
Sincerely,
Aggravated

Chere Mme. Aggravated,
Quelle dommage! Unfortunately, there is not any medication that can be making *M.* Ted to know what it is that you need him to do. What you are not understanding is that *M.* Ted, he is actually not having any idea whether or not you need the door to be opening for you or the groceries to be carried into the house. He cannot read your mind.
“But Madame Toujours,” you say. “I have the hands full of

Camp Burton Celebrates 100 Years

Continued from page 1

The Burton Lodge, a major centerpiece of the camp, was built in 1966 and took over the food service from then Fellowship Hall (renamed Grisham Hall in 1994), which needed a furious fundraising effort from the Board to keep it from being the stage for a fire department burning drill; the hall serves as a meeting place to this day. Most recently, a new retreat center was completed last summer; the facility offers housing that is more adult-friendly and private.
Camp Burton has long prided itself on the many advances it has made over the years while still staying true to its roots. The summer camps are still Christian-themed as they were one hundred years ago. It celebrates diversity through the many different kinds of groups it welcomes, and employs a handful of Islanders year-round. Serving over 5,000 a year, many of them returning guests, it has long proven itself to be a place open to the masses, to the heart, and to dreams.
The centennial celebration on June 14 will begin at 3:00 pm at the Lodge; it will be open to the public and feature refreshments, a prize drawing, an authentic campfire, and special music.

Q. What’s the difference between at cat and a comma?
A. One has its claws at the end of its paws; the other has its pause at the end of its clause.

groceries, and the door is closed. What for is he needing to read anybody’s mind?”

There is being no answer to this question. It is the mystery of the universe that the male type persons are not having the ability to know what everybody else is needing. However, in the old days everybody was recognizing this deficiency in the male type persons, and their mothers were teaching them to open the doors and carry the heavy packages for all of the female types no matter whether they were needing any help or not. This way, the men, they are not tiring themselves out with the tricky thinkings and observings. Unfortunately, after a few centuries of having the male persons treat them like the tiresomely fragile flowers, the female persons started saying they could open their own doors and carry their own packages thank you very much, and now the masculine persons are back to not having any idea when they should make themselves useful.

Bon Chance, Mme. Aggravated. Have the pities for *M.* Ted. He is feeling very anxious and insecure because he is not having the clear rules and boundaries for the behavior. You can be giving him the kindness by issuing clear instructions such as, “Oh my god, go get the dog before he is impregnating all of the neighborhood bitches!” *M.* Ted, he will be grateful.

Troop Creates a Flock of Eagles

Continued from page 1

Bryce recently turned eighteen and will be graduating from the Vashon high school. He played football, soccer, tennis, and track during his years at Vashon high. After he graduates he plans to go to college at Wyotech in Wyoming. He wants to be a diesel mechanic.
Bryce’s favorite part of scouting was going to camps and earning merit badges and learning to shoot shotgun. One of his favorite memories from scouting was going to a Seabase boat camping trip when scout Ed Zapel tried to ride his bike into the ocean. Bryce believes scouting affected his job choice by showing him what you could do and that there would always be work for a diesel mechanic. He believes scouting is a good experience for everybody because it teaches good life skills. He thinks it affected his life by teaching him these skills and learning to help others. Bryce’s project was replacing the grave markers in the Vashon cemetery. Bryce says “my eagle project was influenced by doing Memorial Day services and comforting those who’s family or friends have died.” Way to go Bryce! I hope your life is all the excitement it looks to hold.



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Expanding Island Interfaith Efforts

Continued from page 1

In President Obama’s speech on June 4th, in Cairo, he said, “So long as our relationship is defined by our differences, we will empower those who sow hatred rather than peace, and who promote conflict rather than the cooperation that can help all of our people achieve justice and prosperity. This cycle of suspicion and discord must end.” On that day last summer our relationship was defined by our ability to come together around an issue of justice. Our differences didn’t matter. My hope is that we can expand on the feelings of unity that existed last summer and come together not only around issues of justice, but that we might find ways to learn more about each other and stamp out the ignorance that leads to hate.

We live in a diverse world and we need to celebrate the gifts that each culture and tradition brings with it rather than let our uniqueness be a barrier that divides us. In that same speech in Cairo, Obama went on to say, “All of us share this world for but a brief moment in time. The question is whether we spend that time focused on what pushes us apart, or whether we commit ourselves to an effort – a sustained effort – to find common ground, to focus on the future we seek for our children, and to respect the dignity of all human beings.” This coming July in Geneva Switzerland a group of around 30 young religious leaders from the Jewish, Muslim and Christian faiths representing different cultures around the world will spend four weeks trying to find that “common ground.” We will live together, worship together, and study together as we try to learn more about each other; building an interfaith community based on mutual respect and a common regard for humanity and social justice. The ultimate goal is that as young leaders we will be able to come back from this experience bringing with us a deeper understanding that will lead our

faiths into a future not just of co-existence, but also of cooperation, respect and even love for our neighbors.

Here on Vashon ecumenical efforts within the Christian community have grown substantially in the past year. On October 5th of last year the United Methodists, Presbyterians and Lutherans celebrated “World Communion Sunday” together in a joint service held at the high school. The three churches along with the Episcopal church have been joining together for Vacation Bible school for years, but it had been some time since they had worshiped together on a Sunday. Next year the hope is that even more of the Island churches will join together for this service. The spirit of cooperation continued with a Thanksgiving Eve service that involved the pastors from those same four churches and the choir from Bethel hosted by the Holy Spirit Episcopal Church. The pastors who share a common lectionary are meeting weekly for prayer, study and camaraderie and lately a group of Island church leaders from a wider spectrum of Christianity have started meeting monthly with the simple goal of getting to know each other. We are a part of one community and it is great to see that there is a willingness to develop better and richer relationships.


We have a long way to go and I am sure that some people feel left out and that we haven’t done nearly enough to reach out, but a great step forward is the realization that we can accomplish so much more together than we ever could apart. We can and must come together with integrity and without sacrificing or diminishing our own traditions. When I return from Geneva my hope is that I will be able to initiate more interfaith dialog, education and worship here on Vashon and in the Northwest as part of my role in this Conference of the United Methodist Church. I invite you to follow along with me through my blog www.interfaithgeneva.blogspot.com while I am in Geneva and to join with all people of faith in trying to create better communities and a better world.

Vashon Opera Season Tickets

Go to vashonopera.org and check out the great new website and buy your tickets online for La Boheme and The Tender Land. The venues have limited seating and there are only two performances of each opera.

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Heated Airport Election!

Continued from page 1

While the airport race is hot the others are not. Vashon Island School District with major budget shortfalls, lay-offs and a failed levy has only one person, Bob Hennessey running for re-election in Position 2 and the sole other Island contested race, Steve Ellison versus Jake Jacobovitch running for Position 4. Similarly, Vashon Island Fire and Rescue, climbing out from one fracas after another (perhaps this is why?) has only Rex Stratton going for Position 3 and David Hoffmann in

Position 5. King County Water District 19, the largest water purveyor, the lifeblood of growth or not on the Island, faces no one signed up to run for its Position 3. King County elections have extended the filing period on this race by three days, hopefully a couple of concerned citizens will have put their names in by the time this paper hits the street. Vashon, the island that has a committee for everything, where everyone seems to be involved in at least one civic endeavor, might

want to think about prioritizing where that civic time should go. Come on, Greens, Democrats, Republicans and others! Many of these positions can be at least reasonable starter positions for new blood and leadership opportunity. The community council and other major community organizations might want to think ahead about recruitment of good candidates instead of just letting the cards fall how they may.



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Loopy Laffs

In wine there is wisdom, in beer there is strength, in water there is bacteria.

In the land of the witless, the halfwit is king.

Carob works on the principle that, when mixed with the right combination of fats and sugar, it can duplicate chocolate in color and texture. Of course, the same can be said of dirt.

My mind works like lightning. One brilliant flash and it is gone.

Why does a chicken coop have two doors?
Because if it had four doors it would be a chicken sedan.

Be like a duck - keep calm and unruffled on the surface, but paddle like crazy underneath.

At the end of our particularly severe winter, we removed the protective covers from our cabin cruiser and found that the weight of the snow had broken the windshield. I drove to the local glass shop, where I paid \$110 for a replacement. The owner asked if I'd like them to install it, but I said I could handle it myself. I managed to climb up the ladder to the deck before dropping the glass. Sheepishly I returned to the shop. The owner showed no emotion as he cut the second glass. When I saw another \$110 charge, I said, "I thought I might get a break on the second piece of glass." "I did give you a break," he replied. "How so?" I asked. "I didn't laugh, did I?" he answered.

"It all began with Adam. He was the first man to tell a joke— or a lie. How lucky Adam was. He knew when he said a good thing, nobody had said it before. Adam was not alone in the Garden of Eden, however, and does not deserve all the credit; much is due to Eve, the first woman, and Satan, the first consultant." — Mark Twain

What kind of garden does a baker have?
A flour garden!

Where do bees go after they get married?
On their honey-moon!

Q: How many consultants does it take to change a light bulb?
A: I'll have an estimate for you a week from Monday.

Q: How many brewers does it take to change a light bulb?
A: One-third less than for a regular bulb.

Q: How many mystery writers does it take to screw in a light bulb?
A: Two: One to screw it almost all the way in and the other to give it a surprising twist at the end.QQ.

OFFSHORE



Moose Lake

By Steve Krueger



Vashon Island People



LOGJAM



Loop Arts

Looking for something to do this summer?

by Janice Randall

It's been heard in many circles that "there's nothing for kids to do on Vashon." While there may not be everything to do that a kid (18 and under) might want to do, there are more choices than they may be aware of. Vashon Allied Arts has offered year-round activities for

Brenno will offer a glass intensive July 20-23, from 11 a.m. to 3 p.m., and again August 17-20. A teen photography workshop will take place August 25-27, which will include an opportunity to work with two professional photographers, Ray Pfortner and Christine Beck. Musical Theater for teens with Marita Ericksen happens July 27-30. And for younger teens (up to 14) Art Camp offers a different activity every day for a week, August 10-14. Blue Heron Dance also offers summer dance opportunities from July 7 to August 20. See more info about



Teens in glassblowing intensive at the Brenno studio. Photo by Janice Randall.

youth since 1966. Over the years the offerings have changed and evolved, but there's always something going on at the Blue Heron. This summer is no exception and even in difficult times, there is plenty of scholarship money available.

VAA has several options just for teens. Glassblowers, Brian and Tara

all workshops and camps at VashonAlliedArts.org. Scholarship and registration forms available online.

For the younger set, there are many day camps still open, and again, scholarships are still available! Call VAA for more information or check out the website for a complete listing. We're here because of you and FOR you.

Ian Moore Plays For All

by Janice Randall

Singer/songwriter/guitarist Ian Moore will play one night only in an all ages show at the Blue Heron, Friday, June 19, at 8 p.m. He will be joined by a trio of regional talents to include Islander, Jason Staczek, accordion, keyboards and vocals; Barb Antonio, cello; Darren Loucas, banjo, mandolin, lap steel and vocals.

Moore says as a quartet, they're letting the music develop naturally. "It has its own life; at times it sounds very Baltic. That's the most significant change." The quartet will play new material and acoustic cuts from Luminaria, his 2004 release.

Moore is currently recording his seventh CD (Justice Records) slated

for 2010. "In the new recording, there are a lot of classic rock references, but I look at that and find my own truth in it—lots of harmony." All star bass player Matt Smith, who toured with the likes of REM, Elliot Smith and others is working with Moore on the CD.

When he emerged at age 16 into Austin's clubs as a performer and bandleader a few years after taking up the guitar Moore was labeled and marketed as a prodigy....the next Stevie Ray Vaughn. His writing and strong, soulful voice won him quick national acclaim. Opening for The Rolling Stones and ZZ Top, sitting in with Bob Dylan and acting with Billy Bob Thornton in Sling Blade, gave Moore a glimpse of a lifestyle he knew wasn't for him.

While he still tours several times a year, Moore and his wife, Jolene moved to Vashon more than a decade ago. "We love living here; it's a great place to raise our boys." He participates in many community activities, including a recent gig with McMurray's eighth-grade Exploratory Week, Community Council and VAA Board of Trustees.

Tickets are \$12 for ages 18 and under, \$14 for VAA members and seniors, \$16 general and are available at Books by the Way, the Blue Heron, Heron's Nest, and brownpapertickets.com.



Ian Moore, courtesy photo.

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VAA Garden Tour Offers Weekend Treat

by Janice Randall

Now is the time to buy those Garden Tour tickets! The Tour is coming up June 27-28, 10 to 5 p.m. Every year (for the last 19) generous Islanders open their private sanctuaries for public view. Why? Gardeners want to share their love of plants. When you have a beautiful garden, it's a delight to see fellow Islander's appreciation; and very importantly, the Tour raises much needed funds for Vashon Allied Arts programs and ongoing operations.

Each year the Garden Tour is different and you can come away with inspiration to

put into your own garden. Who knows? Maybe someday you'll be on the Garden Tour! So whether it's art in the Gardens, live music in the gardens, the fabulous plant sale or simply the gardens themselves, treat yourself to a leisurely day meandering down tranquil wooded paths, eyeing spectacular Puget Sound views across expansive lawns and strolling through a plethora of colorful blooms. Tickets, only \$25, are valid both days.

Included with the ticket, Jonathan Morse offers hands on demonstrations about the "Beauty of Fruit and Vegetables in the Home Garden." Morse will discuss ways to combine food crops with ornamentals for design and function. Offering unusual plant varieties and a love of plants and landscape design, Morse inspires the gardener in everyone. Seminars take place Saturday and Sunday (Tour

days) from 10 am to 11 am, at Blue Heron Art Center.

Before the Garden Tour, find out about the stories behind taxonomic names of plants when Karen Baer hosts a special event, Who's Who in the Garden Friday, June 26, 1 to 4



Six spectacular gardens will be showcased in this year's Garden Tour. Tickets available now, 463.5131. Courtesy photo.

p.m. An intimate group will meet at Lewis Hall for a slide show, then take a short stroll to Baer's garden to see some of these plants.

Following an informative slide show and walk through two sunny landscaped gardens, participants will delight in lavender scones and tea, compliments of Sweet Eva's of Vashon Island.

Group limited to 40. \$45 per person; \$60 includes weekend Garden Tour ticket.

Sponsored by Island Lumber and Hardware, twenty one Island artists have turned ordinary mailboxes into awesome works of art. Preview mailboxes at the Heron's Nest, Island Lumber and Hardware and in one of the gardens during the Tour. These art pieces are available by silent auction or 'buy it now' option. Auction proceeds benefit Vashon Allied Arts programs.

Nick Vigarino Slides into The Red Bicycle

by Pete Welch

“That slide is naaasty!!” – Bo Diddley. On Friday, June 19th, you’ll have an opportunity to see what Bo was talking about. Nick Vigarino accompanied Long John Baldry with the “Flying Blues Circus” tour, which led to an enthusiastic

of the blues masters, he also brings his intense interpretation to covers, both obscure and classic. With an incendiary slide guitar style, Nick holds audiences enthralled. He is the winner of numerous Washington Blues Society awards and performs in venues and festivals all over the Pacific Northwest.

From his humble beginnings in Ohio to his waterfront home on Camano Island, Vigarino is an accomplished songwriter as well as a commanding performer. With that unmistakable baritone voice and his slide making those six strings sing, Nick Vigarino will make you dance and smile and forget about those blues.

“We are comfortable shoes. Dancing is not exactly mandatory, but you might want to check for a pulse if this doesn’t do it for you.”

follow-up tour with acclaimed national recording artist Kathi McDonald.

Nick’s original music captures the expressive passion

- Anacortes American

Join Nick Vigarino at the Red Bicycle Bistro & Sushi on Friday night, June 19th at 8:30pm as part of the ongoing legacy of free cover shows. All-ages until 11pm.

Buzzing Vashon

by Pete Welch

Bill Brown will be bringing his Kingbees to Vashon for a return visit at the Red Bicycle Bistro & Sushi on Saturday night, June 20th. After the absolutely packed show last February, this band has been in high demand for a repeat performance. Many folks in the Northwest are familiar with Bill’s high energy ‘rockin’ blues show that he’s been performing since 1986. Islanders will remember Bill from his performances at the Beer Garden during Strawberry Festival in years past.

Bill has been likened to Paul Butterfield in his use of the harmonica and his vocals have garnered many a discussion concerning his cultural background. Bill grew up in a farming area outside of Columbus Ohio, listening to his mother’s Lionel Hampton records. Later on, his tastes went to Paul Butterfield’s Blues Band. He actually learned how to play harmonica from a

guitar player, Gary Watson, while hitchhiking from San Diego to Seattle in 1969. Bill was also heavily influenced by Muddy Waters, Little Walter, and Sonny Boy Williamson.

Bill’s love of this genre is evident in the players he surrounds himself with. John Gaborit toured nationally with a band called Krome Circus and Mike Stango toured Asia with a band called Cece Rider. Tony Handy toured with Rose Royce from Los Angeles; many know them from their #1 hit Car Wash. From time to time, they are joined by Dave Cashin on keyboards.

All of these road veterans of the music business are sure to entertain you at this upcoming show at the Red Bicycle. Says Pete Welch, promoter of the music events at the Red Bicycle: “Bill

Brown is an entertainer in every sense of the word....a class act backed by an incredible band. If you like to dance, this man will deliver.”

This is a 21+ event that starts at 8:30pm and is part of the ongoing legacy of free cover shows at the Red Bicycle.



Nick Vigarino, courtesy photo.



Bill Brown, courtesy photo.

Hourly rentals at the Jensen Pt. Boathouse at Burton Acres Park:
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Here Comes the Sun!

Continued from page 1

energy issues in a practical, hands-on way. “Solar energy works in the Northwest, and Sustainable Vashon’s Solar Initiative will demonstrate this technology,” said Patti McClements, manager of PSE’s customer service office on Vashon. And, said Jennifer Williams, one of the Solar Initiative Coordinators, “we hope these installations will inspire the community to develop even larger and more extensive solar projects in the future.”

The two systems, 1.8 kW each, will generate approximately 1560 kW of electricity each, per year. Permanent educational signage will be on-site along with real time energy production information available on the web. We’ll be able to drop by the Land Trust or JG Commons any time and read the production meter, or the total kW hours produced by the system.

The Solar Initiative was made possible by a broad collection of funders. Puget Sound Energy made a grant of \$20,000 through their Green Power Program. This program encourages PSE customers to purchase electricity from certified renewable energy sources in the Northwest and supports renewable energy projects such as wind, solar and biomass, above and beyond the

renewable energy sites owned and operated by the utility itself. And as Vashon has the highest percentage of subscribers in PSE’s electric service territory - 7% of all electric customers on the island - it just made sense that some of that support would come here.

Additional funding was generously provided by the Hendrix Foundation, IBEW Local 46, Artisan Electric, Inc., Ted Alumbaugh Roofing, the Northwest Solar Center, the Vashon Island Lavender Growers Association, and material donations from Focused Energy.

It’s time to celebrate this remarkable collaboration. The entire community is invited to the Vashon-Maury Island Land Trust building on Tuesday, June 16th, at 12 Noon. Please join members of the Solar Initiative, The Land Trust and Vashon HouseHold, representatives from Puget Sound Energy, local community leaders and funders as we share stories and watch the meter spin backwards as the panels begin generating electricity from the sun. We will all hope for a spectacularly sunny day!

Loopy sez: Deadline for the next edition of *The Loop* is **Friday, June 19.**

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