



VASHON

THE LOOP

Vol. 6, #13

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM June 26, 2009

*John Koriath, courtesy photo.*

New Counseling Practice Opens

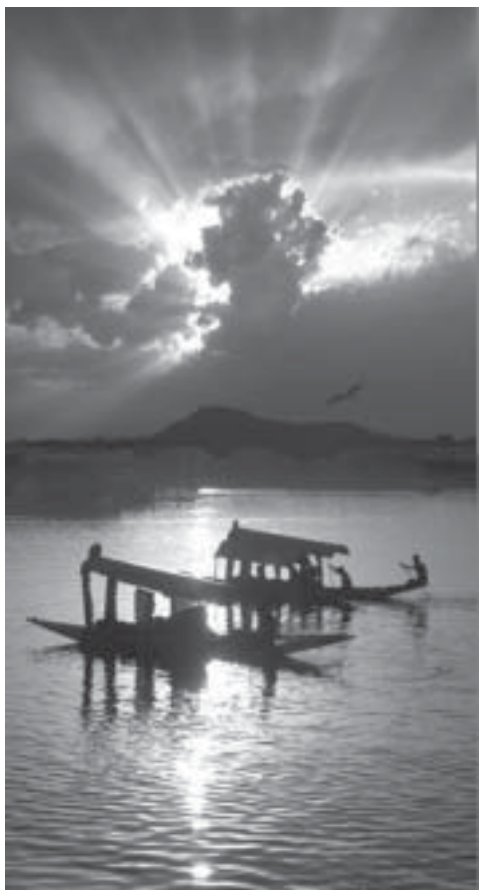
Islander John Koriath, PhD, will open a counseling practice on Vashon July 1 at Full Circle Wellness Center. He will offer counseling to individuals, couples and families looking for new perspectives to help them deal with issues and events influencing their lives, health and well-being.

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All India Café Features Mesney Art

Last year Douglas Mesney had the rare opportunity to visit the Kashmir region of India during a lull in the fighting. Several of the works are themes based on Srinigar's Lake Dal. Others feature the Golden Temple in Amristar and the Taj Mahal.

Mesney's illustrations are hyper realities portrayed in vivid colors. "It's the way I like to remember things... reality at its best." Each illustration is a limited edition. They are created as

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Shikara Sunset, Lake Dal, Srinigar, Kashmir, India. Illustration by Douglas Mesney.

Lavender Farm Tour Meets Solar Power

by Karen Dale

Imagine yourself wandering in the purple haze of a lavender field, basking in its perfume and the summer sun. You don't need to go to Provence to find it—you don't even need your car. You can find it out your back door, at Vashon's Lavender Farm Tour on July 11-12 from 10 a.m. to 5 p.m.

*A past Lavender Farm Tour at Fox Farm, photo by Ann Lennsen.*

Here you can not only wander among thousands of lavenders—28 varieties are grown by the three farms— but you can also learn how to use lavender in traditional crafts and not-so-traditional cooking. Put on by Vashon Island Lavender Growers Association (VILGA), this is their 7th annual celebration of all things lavender. They'll teach you so many ways of using it, you may want to u-pick lavender by the armful!

For instance, at Lavender Hill Farm in Burton, you can turn your u-picked lavender into a wand or wreath. At Fox Farm, you can tie-

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Just In Case

by Ed Swan

On June 17 the Washington State Department of Ecology and the US Coast Guard called for a test of the Vashon-Maury Geographic



Gabriel Felix of Vashon Fireworks found these vessels and took photos of them laying a boom as part of the oil spill response drill on June 17. The drill was designed to work the area hit by spills twice earlier in the decade. The worst case was the Dalco Spill of October 2004.

Response Plan (GSP) for oil spills. A GSP sets out specific areas requiring particular care within a region, such as eel grass beds and other environmentally sensitive locations. Each plan designates the best equipment and approach for protecting these sensitive spots first as well as providing for general containment. With a GSP, responders don't have to figure out their plan on the fly, they possess specific plans, training and possible previous drill experience for each area.

Equipment including a number of boats and a spotting helicopter deployed in Quartermaster Harbor. Personnel from Marine Spill Response Corporation laid out a boom and utilized skimmers to simulate cleaning a spill.

Continued on page 4

Make A Splash! Free Swim and Water Safety Lessons

by Gary Gray

For the second year, Make A Splash Vashon is offering free American Red Cross Learn-To-Swim and Water Safety Lessons to all resident Vashon students enrolled in second, third and fourth grades, including home schooled, for the 2008-2009 school year.

This offer is good for a ten or eight-lesson session at the King County Pool all summer. Classes will be taught by American Red Cross certified Water Safety Instructors and offered in morning or afternoon sessions.

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2004 VHS Grads Show at Vashon Theatre

Thesis Films by Andrew Franks & Alexander Atkins

Sunday, July 5th, 1:00pm - The Vashon Theatre - Free

Vashon natives Alexander Atkins and Andrew Frank return in July to show their short thesis films completed this year. Franks will be showing *Intermission*, his year long project, a seven minute short which explores ideas of recursion, the film noir genre, and selective memory. Atkins will be showing *Unearthed*, his twenty-five minute thesis film which is

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Scenes from *Intermission* and *Unearthed*, courtesy photos.

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.

✂ LoOp Letters

Fireworks Safety on Vashon

It's that time of year again where America celebrates its independence with parades, picnics, baseball and of course – fireworks. While fireworks can be a spectacular expression of independence and beauty, they must be used with care. Below are some tips to help keep you and your Island neighbors safe this season.

Be careful where you buy – illegal fireworks are illegal for a really good reason. In Washington, 90% of all fireworks injuries are caused by them. Illegal fireworks include: firecrackers, rockets and 1.3g (professional display) fireworks. Transporting illegal fireworks on a ferry is prohibited in Washington State. If your dealer is licensed by WSDOT you can be sure you are getting safe, legal fireworks.

Be careful how you use them – don't modify fireworks. Last year on Vashon a kid was severely injured by a sparkler bomb. Careful supervision and bamboo sparklers (that can't explode) can help prevent these kinds of accidents. Injuries are bad enough, but be warned: in this age of terrorism, sparkler bombs and the like are considered "improvised explosive devices" and can be a felony.

Follow the instructions – fireworks come with instructions, it

by: Gabriel Felix of Vashon Fireworks Co and Brett Kranjceovich of VIFR

is important to read, understand and follow them. The necessity for a hard flat surface to discharge fireworks on cannot be understated.

Supervise – An adult should always be supervising children when using fireworks to ensure they are used safely and according to the label.

All that being said, Vashon is a model for the safe use of fireworks. In the past four years there has only been one fireworks related incident per year. Statistically Vashon is pretty normal; in general, communities that allow safe fireworks have much lower injury and incident rates than places where fireworks are totally banned.

Be safe, and have a happy, beautiful 4th of July!

Find the Loop on-line at
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The Library To Nowhere

Surrounded by water, accessed only by ferry
On the Island of Vashon we have a loved library

Its locale is the center, known as the town core
Open to all, the rich and the poor

The disabled, the children, the elderly too
Right next to the park with a beautiful view

Off island a director met with his board
Deciding our future that was not in accord

We voted yes to a bond to help the library expand
Not knowing the outcome would get out of hand

The setting's sublime, park commissioners on board
But why have our voices been clearly ignored?

A plan was a foot we had not a clue
That our dearly loved library would be moved to K2

K2 was a factory that made fiberglass skis
Where workers got sick with a terrible wheeze

They've moved it to China, the site is for sale
Developers want it; they intend not to fail

They have scarce money of their own, that's the one major hitch
Enter the library, and here is their pitch

The library's their anchor, to make the project look real
Use our taxpayer's money to pull off their deal

Revised Version by Ann Leda Shapiro.
Rap version soon to be available on
YouTube

Month after month, six meetings we attended
Speaking each for three minutes, but the board seemed unbended

The line that we heard was" the train's left the station"
K2 seemed their choice for our library location

Our stories were compelling, creative and smart
Community voices, we spoke from the heart

A survey was sent; core the majority choice
Would the KCLS board consider our voice?

In executive session the board held a debate
We anxiously waited to discover our fate

We were stunned into silence when we heard what they chose
I kissed the director and he visibly froze

We keep our library in Ober Park where all can walk to
And hope for the best for abandoned K2

Celebrate The Big Read

King County Library System invites families to enjoy reading this summer. Celebrate The Big Read and the featured book, *The Call of the Wild*. Take a digital photo of you or family member reading to your dog(s). Submit photos to readtoyourdog@kcls.org as a .jpg photo before June 30. Check online after July 15 for a printable poster featuring our KCLS readers and their dogs.

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!



HOME TEAM
REALTY

Troy and Marie Recap the Market

How's the market doing? Now that we are well into the "prime selling season" everyone wants to know if real estate is on its way to a recovery locally. Read on for some interesting information...

Troy: Everyone I see asks me the same question: "How's the real estate market?" Can we give our readers some stats?

Marie: Sure we can. Earlier this year when we looked at the numbers we had very limited information, so it was truly impossible to draw any conclusions. But now that we are more than halfway through the year, the numbers are more meaningful. And they are not so great, although there are a few glimmers of hope.

Troy: As I recall, as of the end of February only five houses had closed. Now we've had 33 closings.

Marie: Correct. 33 houses have sold, at an average price of \$464K after being on the market for an average of 149 days.

Troy: How does that compare to prior years?

Marie: I was afraid you'd ask. Let's just say that the closings are down, days on market are up, selling price is down.

Troy: Oh, come on. Give us the numbers! We can take it! We have nothing to fear but fear itself! Go ahead, make our day!

Marie: OK, OK - just cut the drama, please. Take a look at this chart.

Vashon house sales Jan to June				
Closings	78	58	41	33
DOM	82	82	129	149
Sell Price	\$ 585	\$ 547	\$ 493	\$ 464
	06	07	08	09

Troy: Yikes. That certainly shows the trend that's been in the news ad nauseum. What's the takeaway for sellers?

Marie: Nothing they haven't heard before. Sellers need to price their homes very, very competitively if they want to sell. This can be hard psychologically. Everyone knows that values have come down, but when they see the actual numbers, there is a tendency to kick oneself for not selling at the height of the market. It can also be difficult if the mortgage is more than the house is worth. Then you've got the bank involved. Sellers also need to be sure the house shows its best, which adds more stress. Who wants to live in a Better Homes and Gardens house all the time?

Troy: Not me! It's a good thing we're not trying to sell our house. I'd have to pick up my socks, wouldn't I?

Marie: Yes, you would. I guess we are destined to live in our house forever. And that's fine with me, as long as I've got you and your socks by my side.

Whether you love statistics or whether they make your eyes glaze over, we would be glad to talk to you more about the market, and help you decide whether it's a good time for you to sell or buy. Please write marie@yourHTR.com or call us at (206) 463-LIST (5478).

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Horses



Open House
Sunday, June 2
2pm to 4pm

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Open House
Sunday, June 2
2pm to 4pm

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Offered at \$399,000



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



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Positively Speaking

The Apology

by Deborah H. Anderson

As I moved up the aisle after the funeral, I could see the two of them standing in the narthex. They had been divorced just a little earlier. Now they were standing apart, but together, as they greeted people mourning the death of their son in a tragic accident. What he didn't know was that the Hodgkins he had beaten as a young man was returning and he was going deaf. In just a few years, he would no longer be able to conduct and then shortly after, he himself would be dead. God bless Ron.

My arms went out to envelope him. "I'm so sorry," I said. "Those words are not strong enough but I AM so sorry." He pulled away and smiled the eyes of one who is receiving deep comfort. It was the second time I had said those words to him. As I mingled with the deeply saddened crowd, all I could think of was, what if I had not written the note?

Ron was a musician of extreme excellence. A conducting doctoral student at the "U," his crowning achievement was recreating the entire *Messiah* experience as a full day event with each section complemented by the whole audience retiring to a dining area for both a Baroque tea and a Baroque dinner, and lectures by Stanley Chapple, a noted authority giving supplemental lecture bits as we listened. It was an amazing experience.

So how do you start to hate someone who has blessed you? Well, first you refuse to see their blessings as a blessing. And then you start hanging around with a crowd that doesn't have anything good to say. People were upset that he wasn't, in their interpretation, giving enough time to the church. Over and over he pulled off these spectacular musical worship events, and yet because they didn't participate, they didn't think the hours counted. Ask anyone who's turned away from the church and 99% of the time, it's because they've witnessed a hate campaign against a staff member.

God had done some amazing work in me by the time I wrote the note.

At the Christmas following "the note," I ran into Ron at COSTCO. He gushed, "That note made my year! I was humbled to speechlessness.

It wasn't until two weeks ago I put the full cycle together twenty years later. There was a man who, five years ago, had single handedly stopped the administration of my calling dead in it's tracks. He had been mean beyond measure and joined a throng of hate mongering so strong it gave me panic attacks to be around any of them. Each time, God gave me the strength to stay standing and breath.

But in the last two encounters with this man, there had been conciliation. I could tell he was no longer on the attack. Once, he simply held the door open for me.

Out of the blue, I felt the urge to write to him. I tested the idea for weeks. Prayed. You know, those notes you're not supposed to write? I told him, in detail, of how I too had once, in my youth, gotten caught up in hate campaign. I told him about the note.

And finally hit 'send' after telling him I forgave him.

I let it go.

Four days later up pops the words. "How can I thank you?" The rest is private. Except to say it revealed the change of heart I had sensed. He had, in fact, a complete reversal of his position on my call.

Suddenly the Spirit brought to mind all the apologies I had given in my life. I thought back to a time in my life when God was teaching me to stop apologizing to furniture when I bumped into it and apologize to people. Then, in a flood, I remembered all the apologies I've received over my life. I realized those apologies, both ones given and the ones received, had given me the strength to be a woman of vision and courage. They had given me the power to reach higher, to love more deeply.

I tell my tale because there might be someone to whom you need to apologize. If there is, take the opportunity to create more love today, by killing a little evil. It is so worth it. Just say, "I'm sorry".

Love
Deborah

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Just In Case

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The shipping companies transporting and refining petroleum in Puget Sound, ConocoPhillips, Polar Tankers, Harley Marine Services, Inc., BP Shipping, SeaRiver Maritime, Inc., Alaska Tanker Co., Sound Refining, and U.S. Oil & Refining Co. must select and pay for a company such as the non-profit Marine Spill Response Corporation to respond in case of a spill in the region. The Department of Ecology and Coast Guard require a regular series of drills, both announced and surprise, such as this one, to test the ongoing capabilities and coordination of all of the responsible parties.

For more information contact Curt Hart with the Department of Ecology at 360-407-6990; cell, 360-480-7908 (char461@ecy.wa.gov).

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LA PLAYA

A Family Mexican Restaurant

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Now that Miguel is a dad, he
thinks kids should eat for free at
La Playa.
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We've Got a Lot of Kids

Some Like It Hot

by Kevin Pottinger

Attentive readers may remember that last year at this time, I reported that a peacock, or more accurately a peahen, arrived unannounced to take residence in our front yard.

Now a year later, the peahen is still in our yard, pecking at things in the grass, craning her neck and cocking her head to stare at us curiously, roosting on the roof of our car, and loitering around the screen door waiting for an opening so that she can bust in and eat cat food from the bowl in the kitchen.

The peahen eats bugs and whatever else it is that she pecks at in the grass, the odd crust of bread that we throw to her from time to time, and the filched cat food: hard, dry X-shaped kibble that she swallows whole, flexing her neck spasmodically to work the angular chunks down her gullet.

Our constantly curious peahen is a fine and unobtrusive companion for outdoor activities such as mowing the lawn, and sure, it's swell on some level to have a peahen that lives in our yard, but we've got a beef with the peahen. She drops squishy, wet coils of greenish peahen poo in the most awkward of places, like on the front porch and back patio, all over the lawn where the kids play, or oozing down the side windows and door handles of the car.

I've started hosing down the heavy traffic areas with stiff jets of eighty-psi District 19 water several times a week, blasting all those green poo pies into oblivion. Last Sunday, we had grown so sick and tired of wiping peacock droppings off of our shoes and the kid's clothes and hands and faces, that we resolutely, yet ultimately unsuccessfully tried to capture the peahen with a handful of dry cat food and a rigged plastic dog house, so that we could transport her to a more peahen-poo-friendly locale, even though we didn't have a clear picture of where that would be.

We've still not completely convinced of her gender. For a time we wondered if she was an immature male, based on seemingly knowledgeable advice we received. She seemed to identify as an immature male for most of the last year.

With the passage of time, and the peahen's lack of progress toward a more manly profile, it's becoming more apparent that she is a she. Lately, we've seen her assume what appear to be nesting positions in dry grass. Pictures of other peahens we find on the internet match her markings pretty much exactly, while photos of their immature male counterparts don't match very well at all.

A few mornings ago, the kids came rushing breathlessly into the kitchen where I was making their lunches for school. "There's another peahen in the yard!" they all shouted at once. When my wife Maria and I walked outside, there was another peafowl grazing with our peahen, pecking at things in the grass and cocking its head to eye us curiously.

With the whole gender-confusion situation, we didn't know what the new peacock represented in terms of companionship for our peahen. The new bird had slightly different markings than our peahen; it had more blue in its neck feathers, it seemed as though its tail feathers could be an inch longer. We wondered if it could be an immature male.

The birds seemed quite fond of one another. Is this new bird a suitor, we wondered? If so, was he a she, or was our peahen a he? Was this peafowl love, or were they just fast friends? Relatives, perhaps? Do peafowl engage in same-sex domestic partnerships? Without knowing the gender of either bird, our conjectures quickly took on the flavor of Billy Wilder's classic, *Some Like It Hot*.

Regardless, Maria and I were not pleased by the idea of another feathered feces-producer making its home in our front yard. Whenever the kids ran toward the birds shouting excitedly, the new bird flew to the peak of our roof with a few muscular flaps of its wings, honking and crapping defiantly on the new charcoal-gray architectural shingles we had installed last spring.

Our oldest boy reported that later in the day, he saw both peafowl flying low in the sky, headed south. Apparently, the peafowl had eloped.

We didn't see either bird for several days. But after a few days, our peahen showed up in the front yard, without his/her boyfriend/girlfriend.

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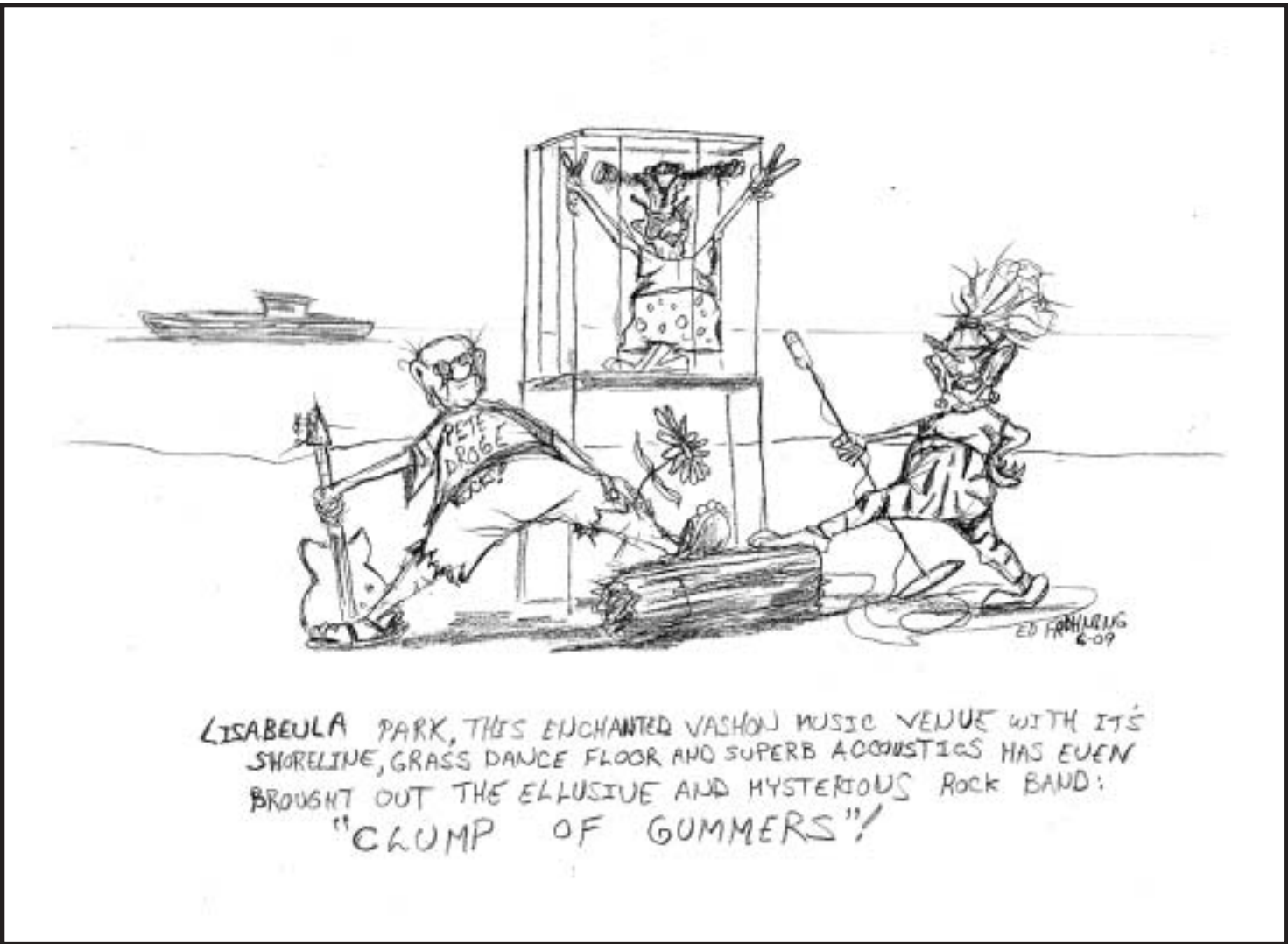
Maria and I were sorry it hadn't worked out. Perhaps her suitor was leery of commitment. Maybe it was only a one-night stand. Perhaps they had had a falling out, or he/she was too rough with him/her.

For whatever reason, our peahen was left to pick up the pieces where she had left off: pecking at things in the grass, craning her neck to stare quizzically at objects that

interest her, angling for a crack in the screen door so she can bust in and eat the cat food from the bowl in the kitchen, and crapping all over the place.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, July 3.**





Read Eric Francis daily at PlanetWaves.net.

Aries (March 20-April 19) Set aside the seeming issues of fault and blame. I know that once those circuits in our brains are turned on, they are difficult to turn off. However, if you care about the truth, you need to move to a different conceptual framework. There is indeed a cause to your present situation; and it's more complex than you may be imagining. Someone close to you is also involved in sorting out a very similar matter, and the relationships are similar, but the effects appear different. For example, what has mainly served to shut you down has served to open up someone close to you, or someone you want to be close with. You have something to learn from this person, and how they respond to their environment and inner movements of energy. Let them decide if they have something to learn from you.

Taurus (April 19-May 20) You're entering mysterious territory that may at once feel dreamy, lonely, fulfilling and empty. You may be wondering how one cluster of experience can have so many different properties. Let go of any doubt that there's something off within your own perception — this is indeed a strange dimension you're at the edges of, and you're not going to come out the same person. What will mainly be challenged is your notion of stability, which on most days tends to be wound up a little too tight to do you much good. You'll feel better, learn more and be more productive if you allow yourself to be a different person every day and perhaps from hour to hour: with a changeable concept of what you want and need, of what hurts you, and what will heal your soul. Or simply, a mutable concept of who you really are inside.

Gemini (May 20-June 21) You have a rare opening to dialog with yourself and others about events that have hurt you the most. Few people like to have this conversation; they think it's an admission of weakness. You are intelligent enough to know that keeping things shut away doesn't help you or anyone close to you. I suggest you remember that you're not a bad person because you were treated a certain way. To the contrary, what you can now address is the fact of having been made to feel bad about yourself. Start with the simple acknowledgement that something was done to you, over which you had no control. That admission will open up a world of positive ideas in response: in other words, mental and emotional movement; creativity; confidence: simply, the opposite of paralysis.

Cancer (June 21-July 22) Who is being narrow minded? Any time you are inclined to point the finger at someone else, take a step toward opening your own mind. Don't blame yourself — just open up. Look at the world a different way. There is a lot to look at. It is true that we live on a planet where most of our brothers and sisters insist on being psychologically myopic with the same care they put in their contact lenses each morning. It's true that when you're open, it takes someone else who is open to even notice, and that can be discouraging. But psychological narrowness is the next best thing to rigor mortis. It is consciousness contracting in the opposite direction of the life force. Oil your hinges. Stretch your body's muscles. Think new ways, and new experiences will come to you.

Leo (July 22-Aug. 23) You are now in the usually hidden dimension of how

you really feel about your relationships. What's the most helpful is that you can see them for what they are; you can see people for who they are; and this way, when you love them, you know you're loving the real person and not your own image of them. This is perhaps the greatest step we can take on the way to being someone devoted to truth. It is the essential thing that divides romance from relationship. As part of this process, there is the necessary recognition that in addition to love, we are joined with people by those things that are sometimes called the ties that bind. The way of the lover is to see those for what they are, and to keep loving.

Virgo (Aug. 23-Sep. 22) You need to depend on your popularity as much as your message. You spend your life taking care of people, or so it seems. Many of the people you have nourished and helped to grow have become strong in their own right, and you can depend on them to help you. If you are struggling to take leadership of a situation, take a step back. You need to work specifically with a feeling of ease. You need to spin psychologically difficult, or difficult to grasp, subject matter in an easy way. If you do this, you will be able to help people open up in a way that frees their energy and by extension wastes less of yours. The truth is that most of us don't know how much we have, which is why we're so reluctant to share. Get clear about this one yourself.

Libra (Sep. 22-Oct. 23) You seem to be working to reconcile your two different concepts of sex: one as something recreational, playful and creative; and the other as something deep, dangerous and transformational. Your psychic chemistry is just about right for this experience of reconciliation. Is one of these aspects a lure into the other? Are they really the same thing, but divided by a world that loves to put everything into categories? The thing that gives all of your experiences meaning is specifically you. You are the one thing that they all have in common. So this process of reconciling two 'concepts' is really about allowing aspects of yourself to make friends with one another, and also about recognizing how diverse you truly are.

Scorpio (Oct. 23-Nov. 22) Move carefully through the relationship territory of the next week or two. A partner may seem more willing to experiment, to dare or to be thrown wide open than you are. This may be unsettling, particularly if you are in the mood to be cautious, to weigh every emotion and to doubt your right to feel passion. If you're not fully conscious (which is an abundant possibility), the differences between you and others could result in an actual fracture or split. You can help by maintaining your flexibility, and knowing when you're reacting instead of responding (that is easy — reactions are fast and responses are more gradual). Take the opportunity to follow instead of lead.

Sagittarius (Nov. 22-Dec. 22) Think of all the things that were done to cram you into your gender role. Yes, there are nice things about being a girl, and nice things about being a boy. But I don't think they should be compulsory, the conditioning should not start when we're fetuses, and it would be nice of someone to mention the damage that being treated this way causes us. Most of your healing process at the moment involves working out various aspects of your gender identity. As a Sagittarius you are a natural



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at bridging the gaps between very different things, and it's entirely natural for you to draw wisdom, energy and ideas from many sources. Open up just a little and you will have a rare opportunity to give your male and female sides equal rights within your own life.

Capricorn (Dec. 22-Jan. 20) There would seem to be some titanic inner struggle between your desires and your sense of security. This is often the case, when real desires enter the picture. I suggest you take the opportunity to ask yourself why exactly you might be having this response. Is there actually something threatening about what you want or need, or are you hyper-sensitive? Is it possible that you're feeling guilty? And if so, why would that be? Remember how much of your psychology is determined by the stories that you tell yourself. Remember how much of your inner nature was inflicted on a child who was told things about himself or herself that simply were not true. To the extent you are in conflict, you are believing very old lies. This is the perfect chance to cast them off.

Aquarius (Jan. 20-Feb. 19) Good art is usually born of conflict; that is, the process of resolving conflict. You have just enough of the right kind of emotional turmoil to give you something worthwhile to say, or to show, the rest of us — and there is a very wide door open

to being able to express yourself in precise terms. I would not worry if you don't feel like you're actually coming across, should you attempt to describe, write about or illustrate your experience; the essence of what you are feeling will come across clearly. It may take you a little time to catch up with your own message, too. If the process is unsettling, embarrassing or seems dubious, you're in the right place at the right time. It just may take a few weeks or months for you to catch up with yourself.

Pisces (Feb. 19-March 20) This continues to be a time in your life when you can visualize your way into reality. There is a message coming through about your relationships. Usually when creating a relationship, we envision the kind of partner we want. I suggest you take a long moment and envision the kind of partner you want to be. Reach for something beyond what you may be capable of today, but which you aspire to. Consider your best traits and how they can be nourishing to others. Use role models if necessary. And remember, since this is an experience of imagining, the rules and limitations of the past do not apply. Along those lines, this is not about who you're supposed to be, but who you want to be; in truth, who you really are.

Island Epicure



Cooking Yunnanese

By Marj Watkins

This summer we’re enjoying a visit from son Steve and his wife Xiao Ning (Syow Ning). She is teaching me to cook Yunnanese dishes and learning to cook “like Steve’s mama cooks.” She likes potato salad, tenderloin steak, polenta, dairy yogurt, clams and mussels, strawberries and blueberries, and the Greek and Italian dishes we’ve cooked together.

I like everything she cooks—the cold rice noodles with spicy sauce and chopped cilantro and parsley, the slivered lean pork cooked with Oriental spices, and especially the things she does with chicken.

Inexpensive and delicious, this spicy, long-simmered meat dish is an example of thrifty Chinese cooking. Most of the ingredients listed can be found at Thriftway.

HONG SHAO JI ROU

Red Cooked Chicken Meat
4 servings

- 8 chicken wingettes
- 2 Tablespoons minced ginger, about 1 inch gingerroot
- ½ teaspoon fennel seeds
- 2 teaspoons Sherry wine
- 1 rounded teaspoon hoisin sauce
- ½ cup water
- ¼ to ½ teaspoon red pepper sauce (ground red chilis)
- 1 teaspoon teriyaki sauce
- Dash Hua Jao Powder, optional
- 2 teaspoons soy sauce
- ½ to 1 teaspoon salt, to taste, added when meat is half done

Brown gizzards in a heavy-bottomed pan. Add remaining ingredients. Bring to a boil, reduce heat, and simmer until very tender, about 1 hour. Serve with steamed brown rice and a vegetable dish.

*Hua Jao Powder and red pepper sauce are available at any Chinese grocery store. The flavor is more numbing than hot, actually quite different than cayenne but similar.

This vegetarian dish is an American Chinese recipe adapted from the Guanzhou (Cantonese) style of cooking, mostly by leaving out the cloying sugar.



VEGETABLES WITH CASHEWS

4 servings

- 2 Tablespoons peanut oil or canola or light olive oil
- 2 fat or 4 slim garlic cloves, sliced
- 2 slices gingerroot, minced
- 4 to 6 ribs bok choy
- 1 long carrots, slant sliced very thin
- 4 green onions cut in 1 1/2-inch lengths
- 1 teaspoon sesame oil
- 1 cup water
- Dash red pepper flakes
- Salt to taste

Cut bok choy leaves into squares about 1 ½ inches across. Slice stems 1/2 -inch thick.

Heat the oil in a large skillet or wok. Fry garlic and ginger just until fragrant. Add carrots. Stir fry 5 minutes. Add bok choy stem slices. Stir fry about 3 minutes. Add remaining ingredients. Reduce heat. Simmer until vegetables are nearly done and retain some firmness. Push them aside and add more water if needed to make 1 cup.

Thicken with:

- 1 Tablespoon cornstarch mixed with
 - 2 Tablespoons water
- Stir into the liquid in the pan and stir-cook until clear and thickened. Mix with vegetables. Transfer to a serving bowl.

Free Friday Music

Continued from page 15

rock & roll. The night before the 4th of July holiday is ALWAYS a great night to get out on the town and party down! Make the Red Bike your first and last stop! All-ages ‘til 11pm! 21+ after that! Free cover!

Things have been busy here in Koutiala even though it’s been 103 plus degrees every day for a while. The good part is that I have been waiting nine months for mango pancakes and finally along with the hot season comes mango season. We eat mangos for breakfast, lunch, and dinner. I haven’t experienced anything like this since I was a kid in Hawaii.

As for my work I am still very busy. When I first came here there was no way I could see how I could help the people I was meeting. I didn’t know the language, the customs, the office politics, when the holidays were and I didn’t need to go to work. I barely knew how to buy and cook the food that was available.

Months later the work is overwhelming. The bogolan artisans need to do some work to get export ready. The UAAK has asked for help with a literacy formation, the women at the NGO that does Gender and development would like to do a joint project and if that won’t keep me busy there is an NGO here that does AIDS/HIV work that has been wanting a volunteer for some time. (And all volunteers are



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Postcard from Koutiala

supposed to be working on this issue.)

My schedule goes like this: Monday’s I meet with Omar to speak English, Tuesday morning Omar and I do Jr. Achievement at a fifth grade class, Tuesday afternoon I go to the NGO for the women’s group,



The Shea Butter workers sing, photo by Maridee Bonadea.

Wednesday I spend the morning at the Bogolan workplace, Thursday is market day here in Koutiala and language class, Friday morning is language class. In my spare time I visited the Union of Associations of Artisans of Koutiala and planned a formation on Shea Butter, wrote

by Maridee Bonadea, Vashon Peace Corps Volunteer in Mali, West Africa

articles on Gender and Development for the Mali Rag (the volunteer newsletter), attended Gender and Development Committee meetings since I was elected as the Training/ Research coordinator for the committee.

It isn’t just work, the people have found their way into my heart. When the women at the Shea Butter formation broke out into song I was almost in tears.

In my travels around the world I have searched for the words to express the joy found even in the poorest countries. Reading Thoreau’s Walden I found

them:
However mean your life is meet it and live it; do not shun it and call it hard names. It is not so bad as your are. It looks poorest when you are richest. The fault-finder will find faults even in paradise. Love your life, poor

Continued on page 10

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Treasure: My Father's Letters

By Mary Litchfield Tuel

My mother passed on in 2001, and my brother and sister-in-law have had eight boxes of miscellaneous stuff stored in their garage since. The idea was that I would go down to New Mexico to sort through the boxes with my brother, but I never got around to it. They are moving house now, and are sending me boxes.

Yesterday I opened a box that contained all the letters my father wrote to my mother during World War II. My mother kept them meticulously, numbered in the order they arrived, with the date she received each one written on the envelope in her careful bookkeeper's handwriting. There are 247 letters.

In April, 1942, right after his thirtieth birthday, my dad enlisted in the Army in San Francisco. His first message, a postcard, has a picture of the Golden Gate Bridge on it. He wrote:

"Dear Nita: It's now 8:45 A.M. & we'll be leaving at 9:00. I guess we'll go thru town about noon. You'll address me as pvt. until further notice. Your private, John" The post card is canceled with a postmark that says: "San Francisco, Calif. Apr 27 5:30 PM 1942." They must have been traveling by train. The main line does pass through Watsonville.

His second letter is dated May 1, 1942, from Camp Sutton, North Carolina. "Dear Nita: Well, here I am in camp, and is it a dirty dusty hole. We had a good trip across the continent...We came in Pullmans, three in a section. I was lucky to get a pair of brothers as partners and they wanted to sleep in the lower together. So I had the upper all to myself all the way.

"This outfit seems to be a swell bunch of guys, but they're having a little trouble getting used to the army, so you hear quite a bit of grousing. I really don't know what to write you as I haven't seen much of this deal yet. But, anyhow,

maybe I'll have more to tell. Until then, All my Love, John"

On May 2, he writes: "Dearest Nita: I just came in from my first day of drill, & what a mess...My writing is kind of shaky but we have no desks & I have to write in my lap. This camp wasn't even here a month ago & it shows it. All the comforts of hell."

Reading that one I pictured my father writing on this piece of paper in his lap. I've done a little lap writing in my time, and am amazed at how that image made me feel connected to him as I held in my hand the letter he wrote in his lap in May, 1942.

He says he doesn't know how long he'll be at Camp Sutton or where he'll go after. "They don't tell us anything and when they do, they change it." He says they are spending a lot of time making sidewalks with gravel, using large rocks for borders. In letter #3 he writes, "We live six in a tent, and I happened to get a swell bunch. They're all common working scrubs, like me. There are quite a few fancy pants city guys in this outfit, but I steered clear of them."

On May 12 he wrote two letters. The first one begins: "My Dear Wife: I got three letters today. They were all very nice. You mentioned hearing Kate Smith singing 'Rose of No Man's Land.' I was listening to her at the same time I guess, from the Charlotte station. They must be on the same network...I was on Regimental guard duty along with about 40 other men from H.Q. Co. from 1 P.M. yesterday to 1 P.M. today...I volunteer on almost everything

once, just to learn the ropes. But I haven't had any K.P. or extra duty, on acct. of I'm too good-? Some change. I volunteered in this mess tho, so I have no one to blame, so I might as well do it right."

Postmarked the same day is a second letter: "Dear Nita: I just wrote you a letter, but I forgot to ask for a few things I should have. I'd like to have my slippers. All of my medium weight dress socks like I wore away. Maybe you'd better send all but the lightest ones including which work socks are good, then I can throw away what I don't want. Also I want the soap box out of that other kit. That's about all I can think of. So goodbye again. All my Love, John. P.S. G.I. Socks are strictly N.G. Love, John"

That's a sampling of letters 1 through 6. They give me a look at my father and a first hand report on what it was like for him during the war. I'm grateful that my mother kept these letters, these treasures. Stay tuned for more!

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

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Fireweed

by Kathy Abascal

I cannot resist writing about fireweed (*Epilobium angustifolium*) again. It is just about to bloom along many of the roads on the Island and you will soon be able to gather the plant and save it for tea. Beginning some time in July, its purple flowers begin to open at the base of its stem, then work their way up until finally the tips of the plant are in bloom. When that happens, summer is just about over. So you can watch summer progress and fade into fall by keeping an eye on this plant.

Fireweed is found in all parts of the world but the further north you go, the bigger and more abundant it gets. I used to gather it in the Colorado Rockies where it was a knee-high plant. It was a joy to come to Vashon and find plants towering over the blackberries along the island side roads. As you go further north, to places like Sweden or Alaska, you can find meadows of large fireweed plants. Fireweed is a perennial, and its flowers range from lavender to pink to carmine-purple, and its pods are long, narrow, and filled with feathery seeds. Here on Vashon, it seems to like the sunny side of roads where the invasive, large, sweet blackberries also ripen.

Fireweed has been widely used as a medicine and as a food in many parts of the world. Young shoots were eaten and used as fodder for animals. I am told that the shoots taste a bit like asparagus but I keep forgetting to gather them so I cannot confirm that. The seed fluff was used as a fire starter – some say the plant’s common name comes from the ease with which the fluff catches fire – but it was used to weave cloth and make thread as well. The Swedes call the plant *mjoelke* or ‘milky’ based on their observations over centuries that cows fed on fireweed produce more milk. At

Minglement, we often add fireweed to our galactagogue tea mixes for new mothers.

The Native Americans used fireweed for burning urination, male urination problems, coughs and sore throats, stomach aches and intestinal discomfort, bowel hemorrhages, gastritis, tuberculosis, and as a panacea for pain. They also used it as a poultice for boils, abscesses, bruises, infected sores, cuts, wounds, and other skin ailments. Various Eskimo and Siberian tribes used the plant similarly. Different species were used in both Egyptian and European folk medicine to treat inflammation, adenoma, and prostate tumors. The Europeans also used the plant to treat skin disorders such as eczema, dandruff, as well as for menstrual disorders.

The Eclectic physicians considered fireweed unequalled as a treatment for diarrhea including cholera and dysentery. According to the Eclectics, fireweed can be tinctured but works best as a tea. They preferred frequent small doses of the tea for diarrhea, recommending a dose as often as every ten minutes. Consider: You may be very glad indeed to have gathered this plant for tea if swine flu (which often causes diarrhea) becomes a problem this winter.

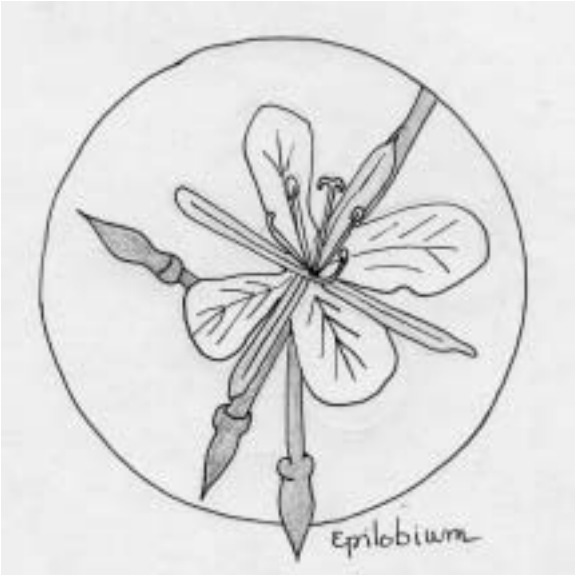
Although there is little clinical research on the plant, studies show

that most species of fireweed have analgesic, anti-inflammatory, antimicrobial, anti-tumor, and prostate-related activities. Thus, infusions of fireweed strongly reduced inflammation in animals, and worked

as well as non-steroidal anti-inflammatory drugs (NSAIDs) at preventing edema. Researchers speculate that fireweed is safer than the drugs, and works by inhibiting the production of leukotrienes that sustain inflammatory reactions in the body.

Tinctures of fireweed are antimicrobial and inhibit many types of bacteria, yeast, and fungi. In various studies, it very strongly inhibited *Microsporum canis* (a cause of fungal skin problems), strongly inhibited *Staphylococcus aureus* and *Escherichia coli*, and weakly inhibited *Candida albicans*. These test tube studies suggest that folk uses of fireweed for skin problems and diarrhea may some day be validated as effective – if these uses are ever studied, of course.

Finally, fireweed has some potentially very interesting benefits for the prostate. Tinctures of various fireweed species inhibit aromatase, an enzyme that converts testosterone into estrogen. In one



Fireweed, 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.

study, two of fireweed’s constituents had a considerably greater inhibitory action on 5 alpha-reductase than the prostate drug Finestride. This, of course, strongly supports European and Egyptian folk uses of the plant for prostate tumors, and Native American uses for “male urinary problems”. Unfortunately, there are no clinical studies on fireweed which is a shame, given that fireweed may be more effective than drugs such as Finestride and Indomethacin.

Fireweed has no known toxic effects, a fact borne out by its world

wide use as food for both humans and animals. It is a lovely plant that makes a quite pleasant tea. I strongly suggest you gather and dry some this summer. Then, later in the season, you might want to gather some seed fluff and plant the seed in some sunny spot on your property to remind you to enjoy summer while it lasts.



Loopy sez: Deadline for the next edition of *The Loop* is
Friday, July 3.

All India Café Features Mesney Art

Continued from page 1

assemblies of image pieces he calls “fractals.” The fractals are made from pictures, photos, airbrush work, and darkroom magic. A simple looking scene might involve a hundred or more image fractals.

“People use pictures to decorate in any number of ways and for any number of reasons.” Mesney explains. “A restaurant like All India Café presents an opportunity to spread your wings.”



Taj Reflections by Douglas Mesney.

Mesney prefers to work in large sizes that command attention in their environment. However, big might be small. “It depends on the place you show it. A four-foot-wide panorama would dominate a condo living room, but be dwarfed in a large office. One size never fits all. In this show you’ll see very large canvases, although smaller-sized versions are included in every collection.”

Mesney’s career began in New York where he opened his first studio in 1969 after a brief stint as an advertising copywriter. Until 2003, his work was seen on the screen. His specialty was very large audiovisual spectaculars, mostly for corporate meetings and events. Magazines and corporate publications also featured his work.

In 2003, Douglas expanded into fine arts. Today there are 13 collections, presented as giclée canvases and prints, as well as illuminated light boxes. Prints in the

show are giclées produced by Vashon Island Imaging, a large-format printing studio specializing in custom fine-arts work that Mesney recently opened to provide custom printing services for Islanders wishing to present their work in the finest way.

More information about Douglas Mesney and Vashon Island Imaging is available at www.mesney.com and vashonislandimaging.com.

New Counseling Practice Opens

Continued from page 1

Koriath’s unique background blends three decades of experience in science, psychology, the therapeutic processes of indigenous people, and the wisdom of world religions and philosophies. Early in his career he worked with people facing life-threatening illness, and helped them experience healing whether or not their disease could be cured. Koriath studied how to use relaxation, mental imagery and biofeedback training to improve

health, and applied these skills in therapy at St. Joseph’s Hospital and Medical Center in Phoenix, Arizona.

During 10 years on the faculty of Arizona State University’s Department of Psychology, he studied the mind/body relationship. Koriath conducted research studies focused on communication between the heart and the brain, and brings what he learned to his practice through Coherence Biofeedback Training, an innovative approach to stress relief based on learning to change the heart-rhythm pattern.

Over the past decade, Koriath has worked with businesses in leadership training. He currently serves on the faculty of the Bainbridge Graduate Institute, teaching Leadership and Personal Development as part of an MBA degree in sustainable business. He is co-author of Executive Coaching for Results (Berrett Koehler, 2007).

For more information or to schedule an appointment, call 206.463.2945, press 4, then press 3. Full Circle Wellness Center is located at 18017 Vashon Highway SW; and on the web: <http://www.vashonfullcircle.com/>.

Postcard from Koutiala

Continued from page 7

as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poor-house. The setting sun is reflected from the windows of the almshouse as brightly as from the rich man’s abode; the snow melts before its door as early in the spring.

This sums up what I see in the poorest people of the world. Through what lenses is poverty defined and how do you know when something is acceptable and when it is intolerable is a question I ask myself everyday.



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Lavender Farm Tour Meets Solar Power

Continued from page 1

dye a tee-shirt all shades of purple. At Lavender Sisters, you can learn to distill lavender oil and use it in aromatherapy (as well as get a massage and tattoo your hand in henna).

Each farm will have chefs demonstrating cooking with lavender. Kris Dews and Denise Kitchel will be back with treats like Lavender Palmiers, Triple Berry Lavender Cobbler, Lemon Lavender Scones, and Lavender Granola. At Lavender Hill Farm, you can try lavender honey c r e p e s , Snoqualmie ice cream, or veggie eats from the Monkey Tree. Sip l a v e n d e r lemonade on the bungalow porch and enjoy a “Kodak moment” overlooking Quartermaster Harbor and Mt. Rainier.

Chef Lorelle Shearer returns to Fox Farm at 11 a.m. on Saturday; you might get to try her Fresh Mission Figs with Goat Cheese & Lavender, or her Nectarine & Red Onion Salad with Lavender (cookbook for sale on site). BJ Duft, founder of West Seattle’s Fresh Bistro, will demo on Sunday. And the Hardware Store Restaurant will serve its sell-out honey lavender waffle cones.

Sustainability is a big part of VILGA’s mission; tickets will raise money for Sustainable Vashon’s Solar Initiative project, which just installed solar panels on the Land Trust building. Speakers from PSE, Artisan Electric and the Solar Initiative will talk about regional

solar power all weekend. Tom Watson, Seattle Times’ eco-consumer, will talk at Fox Farm about going green at home and garden.

And YOU can go green by taking the free “Lavender Buses” that will loop among ferry terminals, the farms and downtown Vashon. Invite your off-Island guests:

shuttles will meet ferries arriving from 9:30 to 1 p.m. from Fauntleroy and Point Defiance, later returning guests to the ferries from 1:30 p.m. to 5:50 p.m. Islanders can catch a shuttle from any farm or in downtown Vashon.

Tickets are \$5, payable at the first farm you visit and good for the weekend. Kids are

free and there are plenty of games and activities geared for them. Brochures with maps can be found at local stores or downloaded from VILGA’s web site at www.vashonlavender.com.

Thanks to Presenting sponsor DIG Floral & Garden and to Contributing Sponsors PSE, John L. Scott Real Estate, Island Lumber & Hardware, Vashon Thriftway and an anonymous donor. Thanks also to Vashon Electric, The Hardware Store Restaurant, The Beachcomber, Kronos, The Little House, Movie Magic, Windermere Real Estate, Trigg Insurance Agency, Bergin Construction, Vashon Athletic Club, Vashon Island Coffee Roasterie, Giraffe Global Gallery, Rock Island Pub & Pizza, Vashon Market, Vashon-Maury Island Land Trust, and Vashon Household.

Make A Splash!

Continued from page 1

“This program is in response to an alarming risk to children between the ages of 1-14 years,” says Gary R. Gray, Program Director for Make A Splash Vashon. “According to the Centers for Disease Control, nine (9) people drown every day in the United States. DROWNING is the second leading cause of unintentional injury-related death in children of this age.”

The Vashon’s Seals Swim Team became the third program in the U.S. last year to partner with USA Swim Foundation to kickoff a nation-wide initiative to reduce the risk of drowning. The Vashon Park District is one of the original local partners and helps provide local financial support.

In the programs first year, twenty-seven second and fourth graders took advantage of this opportunity. In 2009, Grays says he hopes the number will increase to around 45. “I believe that’s a realistic number since we included all

second graders this year - that makes over 310 students eligible for this free offer”.

These grade levels were chosen using guidance from the American Academy of Pediatrics and American Red Cross who say this makes the ideal age for kids to comprehend and apply the course of swim instruction and water safety lessons. “We are not trying to teach kids to be competitive swimmers, teach the perfect swim stroke or provide play dates. “This is about teaching kids how to swim and safety in and around water”, says Gray. “Even if a child already knows how to swim, they can always improve their skills and learn water safety,” Gray said.

Coupons for the free offer can be picked up at the Vashon Park District Office during normal business hours. Coupons can be presented at the pool when parents register their children for a class.



A Lavender Farm Tour family photo, photo by Ann Lennsen.

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2004 VHS Grads Show at Vashon Theatre

Continued from page 1

centered around a man who moves to the country to write, and happens upon a strange discovery in his back yard.

Intermission's story follows a character whose memory is disassembled after a traumatic experience. He must understand the clues in order to piece everything together. In *Unearthed*, the initial distraction caused by the main character’s mysterious find becomes an obsession marked by visions and nightmares that ultimately become his inspiration. The showing of the two films will be followed by a Q&A with the filmmakers. Joining them is Daniel Menges, another Purchase College conservatory student, and first-time visitor to Vashon, who produced Atkins’ film, *Unearthed*.



For more information about Make A Splash Vashon visit: www.swimvashon.org. Or check out the USA Swimming Foundation at: www.swimfoundation.org.

Alexander Atkins and Andrew Franks started making their first movies together in 1997 when they were in the sixth grade. In 2003, they showed their comedy/horror, *Just One Bite*, at the Vashon Theatre. They returned in 2006 to show their coming-of-age comedy, *Streetwise*. Since then they have both been pursuing educations in film and video. Atkins will be a senior next year in The Conservatory of Film at Purchase College, State University of New York. He is a Dean’s List student and the recipient of a two-year national scholarship from The Charles and Lucille King Foundation for students in television and film. Franks, also a Dean’s List student, graduated from The University of Washington this year with his bachelor’s degree in Digital Arts.

Atkins and Franks are extremely excited to share their latest efforts with the community that helped raise them. As they reach the ends of their undergraduate studies, they look forward to the opportunity to collaborate again, but are very pleased to be showing their two separate films together. For youth and adults alike, this event will be a great opportunity for islanders to see and experience the efforts and achievements of Vashon High School alumni. The event is free to the public, and the filmmakers will be accepting donations at the door to support current and future productions.



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Lo'py Laffs

A Polar bear walks into a bar and says to the bartender, "I'll have a gin and tonic." The bartender asks, "What's with the big pause?" The bear says, "I dunno, I've always had them."

I read an article that said the way to achieve inner peace is to finish things I had started.
Today I finished two bags of potato chips, a chocolate pie, a bottle of wine, and a box of chocolate candy.
I feel better already.

After years of using the same perfumes, I decided to try something different and settled on a light, citrusy fragrance. The next day I was surprised when it was my little boy, not my husband, who first noticed the change. As he put his arms around me, he declared, "Wow, Mom, you smell just like Fruit Loops!"

A Catholic goes into the confessional box. He notices on one wall a fully equipped bar with Guinness on tap. On the other wall is an array of the finest Cuban cigars.
Then the priest comes in.
"Father, forgive me, for it's been a very long time since I've been to confession, but I must first admit that the confessional box is much more inviting these days."
The priest replies "Oops, you're on my side."

Anything is possible if you don't know what you are talking about.

What do you call an anxious green ogre?
A nervous shriek.

Shepherds sometimes have staff meetings.

My mother always said don't marry for money, divorce for money.

My decision to become a pilot is up in the air.

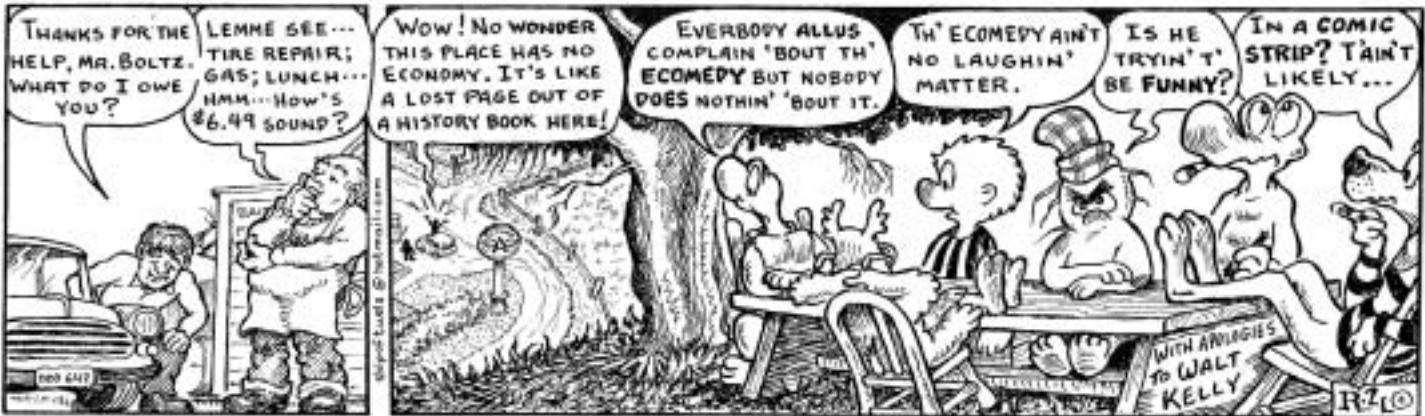
What do you get when you cross a dog, a bird, and a car?
A flying car-pet.

What do you call cheese that isn't yours?
Na-cho cheese!

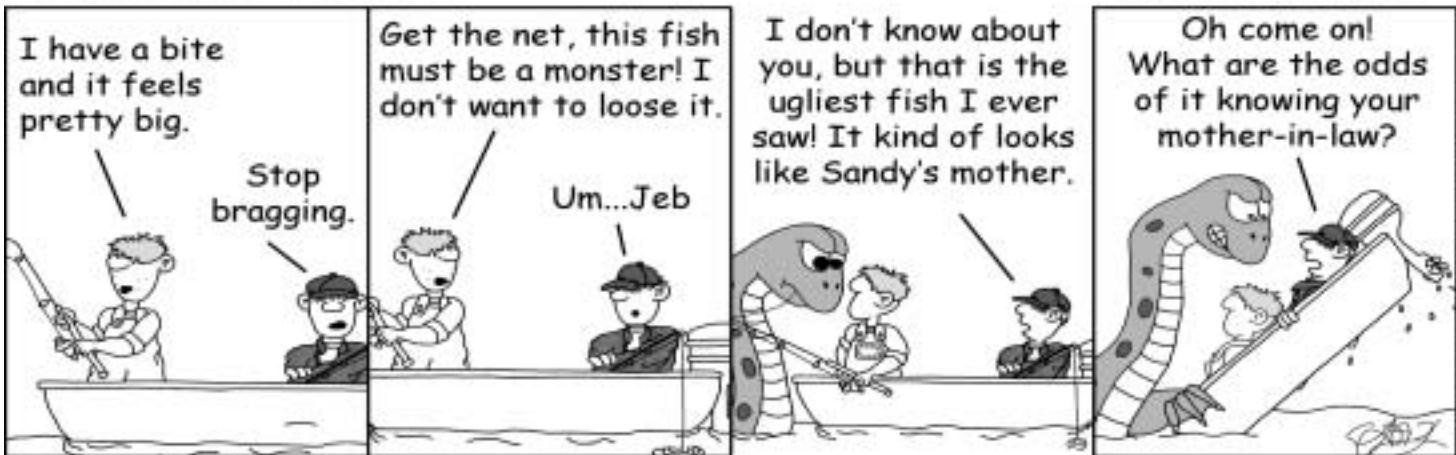
"In a recent poll, one in four people said they'd donate a kidney to a complete stranger. Yeah, sure.... 90% of people won't even let a stranger merge in traffic!" ~Jay Leno

Little Johnny wasn't very good at spelling. During an oral spelling exam, the teacher wrote the word "new" on the blackboard. "Now," she asked Johnny, "what word would we have if we placed a "K" in the front?" After a moment's reflection, Johnny smiled and said, "Canoe?"

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VAA Launches New Chamber Music Series

What better opportunity to hear the beautiful strains of Beethoven, Debussy and Rachmaninoff than following a day of strolling through lush Island gardens? Include Music for Two Cellos and Piano in your Garden Tour weekend plans, 8 p.m., Saturday, June 27, when VAA introduces a new Chamber Music Series. Showcasing the musical acumen of Island cellists, Rowena Hammill, Doug Davis and Los Angeles-based pianist, Francoise Regnat the group will perform works by Beethoven, Menotti and more. In addition they will premiere Music for Two Cellos and Piano written expressly for them by contemporary composer, Frank Campo.



Diane Allencraig photo of Hammill and Davis

Hammill, originally from Sydney, Australia, came to United States to study at Northern Illinois University. Moving to California, she taught at California State University Northridge, and joined Los Angeles Chamber Orchestra as Assistant Principal. She assumed the same job at Los Angeles Opera. Hammill has performed in many summer festivals, including Chicago's Ravinia Festival, the oldest outdoor music festival in North America, the Bach Aria Festival and on hundreds of movie and television soundtracks.

Funkscribe Family Affair Plays at the Red Bicycle

Saturday, June 27, 9:30 p.m. the Funkscribe Family Affair plays at



the Red Bike. It's comprised of some of the most filthy uncut "funk playas" on the West Coast. Led by Funkscribe on clavinet, analog synthesizers, and talkbox- this is a team of musicians dedicated to being the soundtrack of your party. You can count on icky keys, screaming horns, and deep bass over dirty breakbeats.

Funkscribe, courtesy photo.

by Janice Randall

Douglas Davis, California native, has held principal positions with St. Louis Symphony, Los Angeles Chamber Orchestra and



Francoise Regnat, courtesy photo.

Pasadena Symphony. Davis also played principal cello for Oregon Bach Festival and at the Bach Academy in Stuttgart. He has played first cello for many film scores, including Jurassic Park and Apollo 13. He currently performs as guest principal cellist for Seattle Symphony Orchestra.

Francoise Regnat, graduate of the Paris Conservatory with first prizes in both piano and chamber music, has won multiple awards including the Grand Prix du Disque Franz Liszt in Budapest for her recording of Liszt's complete works for piano and violin. Regnat performed with Los Angeles and Santa Barbara's Chamber Orchestras among others. She has taught on faculty for California State University Northridge since 1972 and is currently Professor of Music.

Tickets for the concert are \$13/ \$15 and may be purchased at Books by the Way, Heron's Nest, Blue Heron, by phone: 463.5131 or at brownpapertickets.com.

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Garden Tour is here!

Don't miss the 19th annual Vashon Island Garden Tour 10 a.m. to 5 p.m. Saturday and Sunday, June 27 – 28. Featuring six fabulous



Vashon Island Garden Tour, June 27-28;
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brownpapertickets.com to reserve.

gardens, seminars, art and live music in the gardens, plant sale and more, tickets are \$25 per person and valid both days. Group rates are also available. Groups will receive light refreshments in a private garden

by Janice Randall

separate from Tour. Bring friends, lunch and enjoy! You may also want to bid on several of the 21 Island-artist-embellished mailboxes (sponsored by Island Lumber). Any of them would make a fabulous addition to a garden or porch! Call Vashon Allied Arts, 463.5131 to purchase by phone or order on line at brownpapertickets.com. Tickets are also available at many Island businesses and both days of the Tour. Presenting sponsors are Puget Sound Energy and John L. Scott with additional sponsorship from Thriftway and DIG. All proceeds benefit Vashon Allied Arts. For more information go to VashonAlliedArts.org.

Eat at the...



Urinetown the Musical

Yes’ the title is awful, but it’s well worth the effort!

Why go to a play called Urinetown? While not the most appealing appellation, the play offers over-the-top humor, spirit, intelligence, fantastic music, and colorful characters. It’s a winner for sure....a Tony award winner!

Urinetown will play Thursday-Sundays July 9-19, the weekends before and during Strawberry Festival. It’s a great addition to the usual line up of Strawberry Festival activities, but will be a great alternative for those seeking terrific entertainment while avoiding the crazy festival crowds.

The non-traditional aspects of the show will appeal to teens and young adults, and hip grandparents will be laughing right along. “If you love musicals you’ll love this show. If you hate musicals, you’ll love the way this show makes fun of



Urinetown’s villain Caldwell B. Cladwell (Rich Wiley) faces off against the hero, Bobby Strong (David Katz). Photo by Hawk Jones.

them. We like to say that “Urinetown...the Musical” is rated “G Whiz!” says director, Stephen Floyd.

With a cast of Vashon theater veterans and newcomers, Urinetown blends hysterical satire with a strong musical score to take a swing at well known musicals. The play uses an outlandish plot as the basis for this terrific send-up of American musical theater. Savvy musical fans will spot elements of shows such as Les Miserables, West Side Story, Guys and Dolls, Fiddler on the Roof, Gilbert and Sullivan and more.

Not much is right in Urinetown’s world of ecological disaster and corporate greed. The setting is a decaying city in the midst of a 20 year water shortage. In Floyd’s vision, the poor are situated in a ramshackle carnival site. The government has enforced a ban on private facilities, forcing all citizens to use “amenities” operated and controlled by one villainous corporation. This monopoly regulates the ‘privilege to pee’ by charging for toilet use. When this inequity hits home, rebel hero Bobby Strong (played by David Katz) leads the encumbered citizens in an uprising.

by Shannon Flora

The show debuted in 1999 at the New York International Fringe Festival. From there it got picked up moving ‘up’ to off-Broadway and finally landing on Broadway itself in September 2001. The show was scheduled to open September 13, 2001 with the most important press review schedule for Sept. 11, 2001. Of course that performance never took place. After some delay due to the events of 9-11, the show formally opened on Sept. 20, 2001. Urinetown went on to be nominated for 10 Tony awards, winning three.

Urinetown is a genuine ensemble endeavor with numerous speaking roles, energetic dance numbers and a rousing chorus appearing in virtually every scene. The cast of characters includes long-time Drama Dock veteran, Rich Wiley, as greedy corporate CEO Caldwell B. Cladwell; Drama Dock favorite Louis Mangione as crooked cop Officer Lockstock; Coriel O’Reilly-Silkett as beautiful ingénue Hope Cladwell;

Cornish bound David Katz as hero Bobby Strong; Megan Hackett and Lizzie Schoen sharing the pivotal role of Little Sally; Shannon Flora as P e n e l o p e Pennywise; Phil Dunn as Hot Blades Harry and Calen Winn as Officer Barrel. Rounding out the talented cast is

Dianna Ammon, Brian Beebe, Sue DeNies, Meme Garcia-Cosgrove, Lanora and Meridith Hackett, Debby Jackson, Max Lopuszynski, Jar and Roxanne Lyons, Olivia Mangione, Anne Moses, Gretchen Neffinger, Tom Quackenbush, Jim Roy and Paul Schoen.

Urinetown the Musical

Shows times July 9-19, 2009 (Thurs-Sun). All shows at 7:30 pm, except Sun. July 12/matinee at 4pm Thurs. July 9 discount performance (\$5 off all tickets)

Tickets available at Vashon Book Shop, Books By the Way and www.brownpapertickets.com

Directed by Stephen Floyd
Music direction by Elizabeth Ripley
Set Design by Phil Dunn
Costume design by Lillian Ripley

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Free First Friday Music at The Red Bicycle

First Friday July 3 at the Red Bike will be full of some great music, starting with Islander Daryl Redecker at 7pm. Daryl Redecker has opened and shared the stage with Phoebe Snow, Cheech and Chong, John Denver, Taj Mahal, and The New Riders of the Purple Sage. He has performed with Danny O’Keeff, Chris Leighton (percussion of the Laura Love band), and his sister Renee. For 15 years, Daryl and Renee produced 9 albums (1975 thru 1986). Daryl has performed solo and as “RedPerl” with Sarah Perlman (Violinist) and has received Kudos from Newsweek and the Wall Street Journal regarding a children’s interactive CD.

Canadian singer-songwriter Eva Tree will follow Daryl at 8pm. Eva has just released her second full length CD called “Sail Away.” She has been compared to other pared down confessional singers like Mindy Smith, Natalie Merchant, and Kasey Chambers. Eva Tree hearkens from the same deep mountain woods of British Columbia as The Be Good Tanyas. She often crossed musical paths with Sam Parton and Frazey Ford (of The BGT’s) as she honed her music at tree planting camps, living

roots and open mics throughout Canada.

To round out the night’s entertainment, the Bike will present “The Spotlights” at 9:30pm. These guys have performed for years on the Island in this band and many other bands before that, so many people will enjoy the great dancing atmosphere that they create. Join Danny Cadman, Loren Sinner, Scotty Johnson, Mike Nichols and John Lund for a great night of classic

Continued on page 7



Eva Tree, courtesy photo.

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