Vol. 6, #14

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM July 10, 2009



The Vashon Cribbage Club in action. Photo by Mary Litchfield Tuel.

A Passion for Cribbage

by Mary Litchfield Tuel

Linton Walker is a man with a passion and a mission. His passion is cribbage, and his mission is to play in every cribbage club that is chartered with the north American Cribbage Congress (ACC). Last Saturday he and his wife, Della, came to play at the Vashon Cribbage Club. Vashon is the 134th club he has visited.

"We'd been wanting to get to the Vashon Club for years, but it's hard to get here," he said.

Continued on page 11

Women's Health Clinic Opens

by Haley Scheer

Beginning in June, Vashon Island welcomed the opening of Vashon Women's Health Center, the only clinic on-Island specializing in women's health. Opened by Kimberly Scheer, an Islander of fifteen years and a nurse practitioner, the clinic provides specialized care for



Kimberly Scheer, photo by Haley Scheer.

Pre-sale Tickets for the Carnival at the Strawberry Festival!

Tickets available at Island
Thyme for \$18.00. Tickets on
sale until the carnival opensgood for a one session wrist
band. Call the Chamber at 4636217 for more info.

Wednesday Farmers Market Begins July 15

by Joanne Jewel

The Wednesday Vashon Farmers Market opens July 15 from 2-6 pm in the Village Green and will be open each Wednesday through October 14. The Wednesday market focuses on selling the freshest Island grown food and on Opening Day there will be sweet local berries and the ripest vegetables of early summer including carrots, red and golden beets, the first summer squashes, cauliflower, the delicious crop of new garlic, fresh basil, and more. Cont'd on page 14



Sarah Lowry of Hogsback Farm right, with customer Karen Kinney left. Photo by Ralph Moore.



Riding the range on Vashon. Photo by T. Martino-Yamamoto

A Different Sort of Ranch

by T Martino-Yamamoto

What if you could visit a place where time slowed down? Where you followed sheep and dogs on horseback down the forest trails and then to the fields. You up end a sheep or two and gently sheared them by hand with blades. Then rolled the wool up to carry home to spin into clothing.

The forage the sheep utilize is free. The sheep give back to the land, by fertilizing the soil. The suburban trails of Vashon could feed and clothe many if properly utilized and if folks were careful with loose dogs.

Cont'd page 4

Tlingit Art by Lonning at The Q

by Orca Annie Stateler

Use the opening of Vashon Women's Health Center, the only clinic on-Island specializing in women's health.

During July, Tlingit artist Odin Lonning is showing fifteen pieces in diverse media at the Quartermaster Inn and Restaurant (The Q). Works include cedar carvings; framed paintings; painted elk hide drums; and a painted deerskin dance apron in the style of Chilkat weaving. The pieces embody Tlingit story designs and crest animals.

Opened by Kimberly Scheer, an Art sales benefit the Vashon Hydrophone Project for Puget Sound Whale Research and Wolftown. Islander of fifteen years and a Layaway and payment plans for artwork are accepted by arrangement with the artist.

Also in July, Odin's "Tlingit Shaman/Bear House Chief," the sculpted dance figure shown in an

accompanying photo, is on display at the Washington State History Museum in downtown Tacoma for In the Spirit: Contemporary Northwest Native Arts Exhibit. The juried art exhibit runs July 9 – August 30.

In Tlingit culture, a clan house chief could also be a shaman. Clad in regalia associated with shamanism and high rank, Odin's figure wears a Brown Bear mask, matching robe, bone amulet necklaces, and an Octopus dance apron. He holds a Loon rattle and an Octopus speaker's staff.

On July 16 at 5:00 PM, the exhibit opens with an artists' reception that includes a performance and ceremony. This event is free to the public. Several prizes will be awarded. The public can vote on favorite pieces for the People's Choice award until August 9. For more information, visit www.washingtonhistory.org/artsfestival/artists.aspx

The In the Spirit Native Arts Market and Festival is August 8 – 9, outdoors at the History Museum. The free festival features First Nations dance, music, and storytelling. Odin will have artwork and jewelry for sale at the market. Time permitting, he will dance with Alaska Kuteeyaa Dancers on August 8.

Lonning's career as a professional, award-winning Native artist spans more than 30 years. He is an accomplished cultural educator and dancer. Guided

d dancer. Guided "Tlingit Shaman/Bear House Chief," © 2009 Odin Lonning, on exhibit for the In the Spirit show.

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.

Green Party Meets

The Vashon-Maury Island Green Party's monthly meeting (second Tuesday of each month) will be at Joy Goldstein's home. Democrats, Independents, and other interested progressives welcome. Come help change the future!

DATE: Tuesday, July 14, 7:00 to 9:00 PM

LOCATION: 10329 SW Bank Road, Vashon

DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy's home is on the south side. Park along Bank Road.

Discussion issues: 1) Single Payer Healthcare. 2) Public financing of political campaigns. 3) Transition initiatives to overcome "peak oil" and "climate change" and enjoy the changes. Questions: Steve Graham, Administrative Coordinator, (206) 463-9579 or Melvin Mackey, Secretary, (206) 463-3468.

Come Join Us Again At Camp Dave

Please come join us and the Vashon High School Varsity Volleyball Coach Dave Plypic for a week of volleyball in the sun. When: July 27-31, 9 am - noon. Cost: \$100 for the week. Age: Girls 11 and up. No experience necessary but basic skills are recommended Special thanks to the K2 Sports for donating their services. For Questions and registration please call Marika at 206-963-8773.

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins.

Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Steve Krueger

Ad sales and design: no one, really (Need a job)

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Publishers: Marie Browne and Troy

PO Box 253, Vashon, WA 98070 Paid advertisements in The Vashon Loop in

no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Come eat at the Q...again and again!

Published every two weeks or so by Paradise Valley Press © July 10, 2009- Vol. VI, #14

Don't miss an issue. Really.

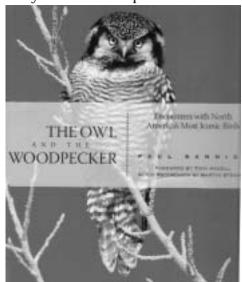
We are in our 6th year of publication and still not bankrupt! (Yet) Wow!

VCCC Hosts Caregiver Group

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm. This group is geared toward family or friend caregivers, not paid caregivers. Call Julea for details or with questions: 567-6142.

The Owl and the Woodpecker

We are fortunate to welcome award winning photographer Paul Bannick as the presenter for our Audubon program meeting on at 7:00 pm July 15, 2009 at the Land Trust Building. Those of us who were lucky enough to catch Paul Bannick's visit to Vashon Audubon three years ago know to expect an evening of spectacular photographs of North American owls and woodpeckers. Few individuals have the energy and stamina to patiently observe for hours, to detect the potential for an amazing photograph, and then to augment the quiet waiting with tremendously skilled camera wielding in order to fully realize the potential for a



Original art, comics, cartoons: DeeBee, beautiful and intimate view of an elusive wild bird.

> Paul Bannick's recently published book is "The Owl and the Woodpecker, Encounters with North America's Most Iconic Birds". It is the culmination of thousands of hours in the field and features 41 species of birds in eleven key North American habitats.

Paul Bannick writes: "My goal with this book is to increase awareness of these birds and their habitats, which in many cases are at risk. I hope the images and narrative presented in this book will inspire appreciation for the diversity of North America's owls and woodpeckers and for the extent to which they depend upon one another and the other animals and plants of each habitat.'

Myers Anderson Degroot Restoration LLC Lic. #MADRERC912B1

RESTORATION





Women's Health Clinic Opens

Continued from page 1

women's needs, as well as a teen walk-in clinic every Thursday afternoon. Though there are a variety of health clinics on island, none offer specialized care for the unique needs of women. This new clinic creates an opportunity for women to have access to care that they might not receive at a regular health clinic.

Many women on Vashon chose in the past to commute off-Island for specialized women's care, but with the opening of Vashon Women's Health Center, this will no longer be as necessary. Scheer offers a wide variety of services at her clinic. The services include consultations for young adolescents who are just beginning to experience the changes in their bodies, walk-in services for teens including birth control, infection screening and treatment, treatment for acne, and sports physicals. For the women in their twenties and thirties, services include annual exams and Paps, health screening, gynecology

services such as menstrual cycle concerns, pelvic pain, and family planning. For women forty and over, in addition to the services previously mentioned, the focus will be directed towards helping women make the transition through perimenopause/ menopause.

A registered nurse of 24 years, Scheer has a wide range of experience with healthcare, including her work at Planned Parenthood and administrator of Vashon Community Care Center. In 2007 she became an advanced registered practitioner, receiving her post graduate training at the University of Washington in the Women's Health Department.

"I'm excited to offer specialized care for women," Scheer said. "It has been a dream of mine to open my own practice on Vashon. This will be an opportunity for me to deliver care for women in a way that I feel they deserve."

The clinic is located in the center of Vashon town, between Giraffe

Continued on page 7



HOME TEAM REALTY

Troy and Marie Have Lots of Listings

Call us if you are interested in seeing any of these properties, or any others that are listed for sale. We can be reached at 206.463.LIST (5478)

Million Dollar View



Offered at \$279,000

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

Call us and ask about MLS#29035811

Got Horses??



28112 135th Ave SW

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

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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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www.yourhtr.com

See all rentals available at glendalerentshomes.com

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Two Wings or Half a Dream

by Deborah H. Anderson

From 36,000 feet, the clouds covered the ocean like cellulite on an old woman's fanny. The waves on the shoreline seemed to stand still as Route 1 snaked around the edge of Big Sur. We were beginning our descent into San Francisco.

The trajectory out of John Wayne airport in Orange County had surprised me an hour earlier. After several hours of delays, I was eager whooshed out over the ocean and suddenly I felt like I was on a carnival ride I wanted to stop. I don't mind being high up in an airplane as long as I'm looking at terra firma. Seeing the ocean stay beneath us, realizing that might be the biggest part of our journey, I glanced at the emergency card in the pocket in front of me and remembered some details from the explosive crash of that plane over the Atlantic that flew out of Brazil just a few weeks earlier.

Like only the upper echelon of Vashon Island, I had flown to LA for a power lunch. Down and back in one day. A power lunch! Wow!! I am a person who loves efficiency. In an odd sort of way, a power lunch is efficient. You get in there, you discuss, you negotiate the decision and wham bam, you're home ma'am.

For a brief second, I thought all was lost. Arriving ten minutes before the end of my colleague's keynote address, I surmised I had timed it just right. As I approached him in the lobby of the convention center and shook hands, he smiled and then blew me off, telling me he would meet me at the Hilton.

It was only in the lobby ten minutes later, he explained that just as he was being introduced that morning, the person doing the introductions dropped their entire cup of coffee on his laptop. As we took our seats in the restaurant he exclaimed, "I had ten books on that thing!" In the ultimate irony, because he summers on one of the islands to the north. conversation began with me telling him to make sure his assistant checked the ferry schedule as some runs were being cancelled due to low tides.

We finally got to, "Show me what you've got"

The two page outline I handed him also had coffee stains on it, and scribbles, and rewrites and add ons. Initiated in 1993 during another trip to Orange County, I finished and copyrighted the thing in 2001. Since then it had sat in my files steeping like one of those room fresheners with the essential oil and the wicks.

After discussing the outline thoroughly he asked, "How much of this is written?" "None of it," I answered. "I don't know how or what to do with it." And then, in a

most daring moment I did the one activity you are never supposed to do at a power lunch. I revealed my vulnerabilities. In that transmission of humanity, he directed me to what I was already doing right and cut the bands on my clipped wings.

"Look, this is your moment. If you don't take it, God will raise up someone else."

Whoa...not hardly. Not on my watch.

With that my body relaxed into my destiny. Everything was going to be OK.

Two days after I returned, I stood to return home. On take off, we on a friend's lawn and watched two bald eagles write lazy circles in the sky overhead. Over and over they tilted their wings to make yet another sweep of the sky.

We have a lot of people who accomplish a lot here on the Island. I admire that. I'm buoyed by how they share it with the community. But I have noticed that the people who contribute the most are those with strong off-Island ties. Sometimes it feels like there are two kinds of birds on the Island: good hardworking chickens pecking the ground and eagles soaring above.

We fight against a provincial mindset. Limited by land and water, we can many times fall into self indulgence and comfort instead of a life that adds to the eternal good.

But behold... we have the power to set people free. We can appear vulnerable. On the Island, that is a real no no. We are to look strong and confident and have a demeanor that is well pressed and clean. But if we are vulnerable, then we are open to the person across the table leaning in and telling us, "this is your moment."

Most importantly, we can reach higher and beyond anything we have ever done. I invite you today to, as one friend put it, live life instead of just spending it. Spread you wings. Whatever it is you've wanted to try and never have...today is your day!! Be vulnerable. This is your moment. Go for it!!

Love Deborah

Continued from page 1

I have done wildlife work for 25 years now. And the most important can't help but relax when knitting thing I have ever done is this, the slow and local food movement. This

is because the best thing we can do for wildlife is change the way we live and preserve habitat.

Wolftown has focused on sheep because in soybeans would be Martino-Yamamoto. very hard. Sheep

provide clothing, dairy, leather and meat, also soap and lanolin. All these products Wolftown is

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17407 vashon hwy sw (just south of Giraffe)

www.vashonwomenshealth.org

PLAYA

A Family Mexican Restaurant

Miguel and Ofelia have a new baby girl! Melissa was born February 25, and weighed a healthy 8 lbs 4 oz.

Now that Miguel is a dad, he

thinks kids should eat for free at La Playa.

So here's the deal:

KIDS EAT FREE EVERY DAY AFTER 5:00 PM!

Of course, there are rules... Buy two regular menu items and up to three kids get dinner on the house Kids 10 and under only Must be accompanied by a parent Kids order from the children's menu Not valid with any other offer

Spanish/English Karaoke Saturdays 9:00 pm - 1:00 am

7 Days a Week 11:00 am - 10:00 pm 10825 Vashon Hwy SW (206) 567-0020

A Different Sort of Ranch

producing by hand, with get our young lambs. This is one way compassion and great respect.

It is a way of slowing down. You while watching sheep graze, and the young interns full of computers

> and blackberries, not the edible kind that the sheep browse on, slow with you. This may help a weary, tired world.

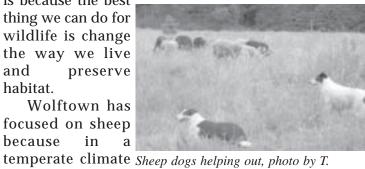
> Oh, I have had people complain a bit about farming.

why the sheep were kept up close together in our yard area. The ravens and one eagle were trying to

of protecting them, and a way of teaching non-lethal predator control. This is something Wolftown is helping with on farms and ranches east of the mountains.

Folks are so far removed from earth now that simple farming facts are a source of mystery. But luckily they delight my young interns, and some of my not so young volunteers. So my friends call and come by. Slow down, why rush? The end is the grave, enjoy this summer's day and find a few simple joys and pleasures in watching sheep and listening to the Swainson's Thrush. And creating something beautiful on our island home.

PS: Darling Pete is doing very well, thank you for your support and kind thoughts.



One neighbor didn't understand

Don't Forget the Birds

The Next New Species for Vashon?



by Ed Swan

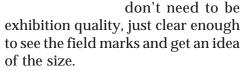
In early June, Islander Steve Caldwell joined me for the Tonasket Breeding Bird Survey (BBS) in Okanogan County. I survey one of these US Geological Survey routes each year, counting every bird heard or seen in 3 minutes at 50 stops a half mile apart over 25 miles. The BBS tracks the occurrence of birds in the breeding season across North America, giving a picture of the expanding, stable and declining bird populations (unfortunately many declining). This year we found a new bird on the Tonasket route.

As we counted the first of three stops running through the town of Tonasket, I noticed a pair of doves landing on a telephone wire and then taking off again. They just didn't look right, not the usual Mourning Doves of which several also flew by. As Steve and I got several not so good looks, the larger size and great amount of white under the end of the tail led us to

In early June, Islander Steve observations across the state. dwell joined me for the Tonasket eding Bird Survey (BBS) in locations includes the Ft. Lewis area anogan County. I survey one of and the farms just south of Sumner in Pierce County.

Eurasian Collared-Dove favor urban, suburban and rural areas with bird feeders and spilled grain or feed. Sounds like Vashon might be just right for them. appearance, they look somewhat bigger than the similar shaped Mourning Doves that occasionally show up around Vashon. Their feathers show as a lighter grey than the Mourning Dove. The tail of the Eurasian Collared Dove is squared off rather than pointed like the Mourning Dove. Stark white feathers form a broad under band on the tail of the Eurasian Collared-Dove and they have a black "collar" around the back side of the neck. As one birder put it recently, their natural habitat seems to be the telephone pole and line. That's the

mostly likely place to find them if they come to Vashon or at local feeders. If you see one of these doves on the Island, please try to obtain a photo and also contact me (see c o n t a c t information below). Photos don't need to be



Spring migration wrapped up early and fall, or the return migration, should already have started. Gulls and shorebirds often are reported in mid and late June but no sightings have come in yet. If B&B REPAIR

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c o n t a c t you have an interesting sighting or i n f o r m a t i o n a question about local birds, call me below). Photos at 463-7976 or email at don't need to be 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 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.

Island Birding Guide
Tours to the best Vashon
and Puget Sound bird spots
Species Identification
How to Attract Birds
Ed Swan
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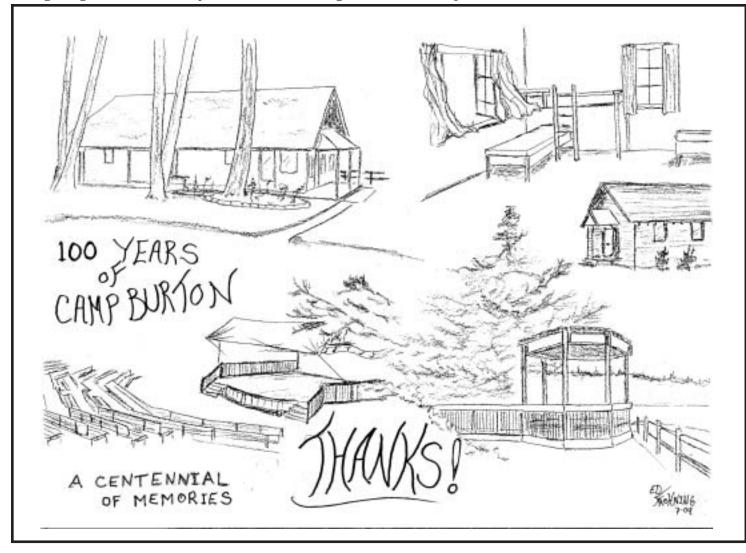


Eurasian Collared-Dove photo by Jim Rosso.

the conclusion that they must be Eurasian Collared-Dove. Unhappy to not yet obtain a clear glimpse, we went to the next stop along the railroad tracks and there another pair provided great views. And at the next one more pair showed up.

From no past sightings on the route, Eurasian Collared-Dove went to appearing in three stops, seemingly well established in These birds also Tonasket. represented the first ones I ever saw in Washington State. The first record for Washington came not long ago in Spokane in January of 2000. Their first North American observations date back to Florida in the early 1980's. According to the Cornell's Birds of North America On-line, breeders first introduced the species to the Caribbean in the Bahamas. A burglary there causing the escape of several birds and another release in the face of a volcanic eruption on the island of Guadalupe caused the birds to start nesting on their own. They spread to Florida, then to the Southeastern U.S. and now all over North America in the space of two decades.

The Washington State experience mirrors the rapid expansion of Eurasian Collared-Dove across North America. From a few sightings early this decade in Eastern Washington, the last three years recorded county first



The Vashon Loop, p. 6 July 10, '09





Aries (March 20-April 19) One of my theories about writing is, there is what you say you want to be writing, and there is what you actually write. Let's apply this to your professional life. Obviously you want to make some changes. You see a better way of doing things than they were done in the past. You want to accomplish some new things. To get there, let's assess what you actually do every day, or close to it. What do you keep coming back to, not because you have to, but because you want to? What have you said regularly, over a period of years, that you want to be doing? These are your best clues for what direction to go.

Taurus (April 19-May 20) You may be wondering if you would have the acceptance of the public if you actually followed your creative instincts. The public can be as small as your immediate circle of friends, to the people you would meet at a party, to a much wider audience. Will they accept you as you are, with your core idea intact? Or do you fear any potential judgment from them? Are you as skilled or knowledgeable as you need to be, to pursue a certain project? This fear in particular could be damaging. It's best not to keep that kind of fear in the shadows; bring it out where you can see it, and deal with it consciously. Both your talent and your calling have the ability to change the world. That's really what you're feeling; the shadow has nothing to do with ethics, per se. It's about whether you trust yourself with

Gemini (May 20-June 21) One way to handle debts people owe to you is to forgive them. Admittedly, this violates the first five principles of capitalism, but capitalism doesn't actually work, and even when it sort of works it's not sustainable. You have more than you need (or at worst, just enough), and one thing that you don't need is holding a negative attachment to someone who you feel has done you wrong in some way. This may involve some kind of non-financial commitment as well, or one where money and feelings are involved. Tuesday's eclipse says that you can safely let it go; and that letting go will help you get to the next place; a better place.

Cancer (June 21-July 22) Is the sequence of events unfolding in a relationship an opening, or is it a long time, even a sibling, a cousin or warning? It depends on the extent to a neighbor. Trust that your intuition which you believe that history must repeat itself. In actual fact, if you want to explore intimacy in a way that you have not done before, history needs to go in a new direction. You have seen the detrimental effects of holding expectations, of trying to structure your feelings and of exerting any form of control over someone. You may not have seen the beneficial results of refusing to do these things, despite not necessarily knowing quite what to do. If you start with ceasing what has not worked in the past, other options will be obvious.

Leo (July 22-Aug. 23) You may be looking in the wrong direction for what you want. I say this only because there is some obviously stressful astrology unfolding in a place where you're likely to trip over it, and some truly interesting, enlightening astrology developing in a place where you are much less inclined to notice it. This translates to: look for support in unlikely places. Remember that any problem you face is not necessarily what you think it is. Therefore, the solution is likely to be something different than you're expecting. This will be particularly true with any health-related issues.

Virgo (Aug. 23-Sep. 22) We build the future in the present. This is the main fallacy of thinking that the past must determine the shape of things to come. It is true that people lean heavily on precedent for determining what is possible, but that's largely because relatively few of us depend on our creativity; that is, have actual faith in our ability to create something that is actually new. You can do this, but you need to look inside yourself for the answer. That would mean, stand back from the opinions of others; learn from what happened in the past, but recognize that you are in a new situation calling for an entirely new approach. Then, having set the main obstacles aside, allow your creativity to take over.

Libra (Sep. 22-Oct. 23) In many ways you are being called upon to deepen your roots into experience. I would suggest at this point in your life you be grounded in everything that you do. Grounded means in contact with the ground that a particular idea, project or commitment is based upon. If you make a decision, know the basis upon which you are deciding. If you make a commitment, have a clear plan for how you intend to fulfill that commitment. It may be difficult to embrace the fact that you need certain situations more than they need you. That can lead you to feel insecure; or it can lead you to invest yourself in them, and make your dependability a commodity that everyone can benefit from.

Scorpio (Oct. 23-Nov. 22) It's one thing to say that Agatha Christie sold more books than anyone or anything besides the Bible; it's another to acknowledge that people love a mystery. For some time a situation has been developing that has perplexed your mind and your feelings, and continues to do so. Over the next 24 hours, look for a clue. It will come in the form of someone acting 'out of character', which will in fact reveal their true character. This may be someone you've known for a is guiding you, and if you get the feeling that the idea would make a good book, start writing.

Sagittarius (Nov. 22-Dec. 22) You seem to have money on your mind. That's not surprising; we all need the stuff, and you seem determined to make sure that your livelihood is not something that other people can mess with. However, nobody but the government can print money; we need one another to make the stuff. Tomorrow's lunar eclipse suggests that you get over your phobia of business. I suggest you deal with your fear of financial structure, and any fear of financial commitment. When you get to your place of economic independence, it will be because you created a business, worked with structure and embraced the idea and the experience of commitment; going in at least two directions.







Capricorn (Dec. 22-Jan. 20) Tomorrow's lunar eclipse in your sign might seem trivial in comparison to the outer planet activity affecting your sign: Pluto having arrived, Saturn making its long opposition to Uranus, and other portents of inevitable change. But this eclipse is the one and only Full Moon in your sign this year, and it comes with a promise of releasing you from an emotional entanglement that felt like you were tied to someone or something. When that thin veil of the eclipse is pulled back and the truth is revealed, you will discover that your shoelaces were tied together. How and why that happened is another story; for now, enjoy the freedom of having untangled them, and remember how easy it was.

Aquarius (Jan. 20-Feb. 19) In the past year, you've become more interested in sex; both your own sexuality, and a general curiosity about what motivates people to be who they are and do what they do. This is another way of saying you are making friends with the shadow side of your nature. It is true that we have veiled sexuality in so many shrouds, taboos and layers of denial that practically all we have left is shadow; so this can work for you quite well.

But don't forget that the deeper process here is making friends with yourself; with all the unknown facets of your nature — in particular the ones that have freaked you out, seemed embarrassing or even a bit disgusting. The thing you're discovering is that there's incredible pleasure behind those doorways; and with the pleasure, significant opportunity for personal growth.

Pisces (Feb. 19-March 20) You're working with a lot more creative mojo than you give yourself credit for. The thing to do is stop worrying about what 'will work' or 'what people want' and to stick to what you do the best; and what you want to do the best. I suggest ceasing all comparisons to others; all advice-getting from people who supposedly know more; and stick to brainstorming and taking action on your own ideas. If collaboration is not working, forget it; you have everything you need. With that in mind, remember that the right collaborator can be crucial, but in this particular case the form that interplay will arrive in is likely to be intuitive; a hint, a clue, an inference. Indeed, if I had to sum up Tuesday's eclipse for you in one word, it would be subtle.

Island Epicure

Hot Weather Dinner: Cook Early, Eat Later

By Marj Watkins

Coming home from a day's off-Island shopping on a near-80 degree day, the house feels wonderfully cool contrasted with the heat in the car waiting in the ferry line. But after a few minutes, I begin to notice that the kitchen is pretty warm even before turning on a burner. This calls for a meal where the cook spends some time chopping vegetables but only a few minutes cooking. Meatless, it's a meal well savored by both omnivores and vegetarians in our family. And it's fairly fast.

Prep and cook the vegetables and the eggs in the cool of the morning, or in the evening for the next day. The peanut sauce may be made ahead and rewarmed for the meal. You'll be amazed at how many vegetables people will eat when they can cloak them with peanut sauce.

GADO GADA SALAD Serves 4 to 6

Gado Gado (Peanut) Sauce: Makes about 3 cups

½ red onion, chopped small 1 cup water

Cook the onion in the water at a fairly high heat until the water is nearly gone and the onion done or almost done.

½ cup creamy peanut butter Dissolve peanut butter in the hot onion mixture. Add:

1 can coconut milk

1 teaspoon curry powder OR dash red pepper flakes, OR cayenne to taste

Broth from pre-cooking vegetables

Stir sauce occasionally while you cook the vegetables, one kind at a time, in the same pot of boiling water. A tasty by-product of this process, the vegetable broth may be added to the peanut sauce as it thickens to bring it to gravy-like consistency. When it has lost its raw-peanut flavor and achieved the right consistency, and the vegetable platter is ready to serve, add

Juice of 1 lemon



Stir. Transfer the sauce to a bowl or gravy boat. Serve warm.

4 eggs, boiled, cooled, peeled and halved. Reserve for garnish.

Vegetables
2 large or 3 medium size potatoes,

cooked and peeled 1 small head nappa cabbage

2 cups sliced carrots

2 cups cut green beans3 celery ribs, sliced

Microwave the potatoes 6 to 8 minutes, until tender when fork pierced. Set aside to cool.

Start boiling a large saucepan three-fourths filled with water.

Make sure the nappa head has no dirt hiding between its outer leaves. Cut it in half lengthwise, then halve the halves lengthwise. Slice across each quarter-head at 1-inch intervals. Immerse the nappa pieces in the boiling water. Stir. Cook no more than a minute or two. The thick parts should still be semi-crisp. Scoop out the nappa and drain it. Mound it on a large platter.

In the same water, cook the carrot slices 10 to 15 minutes, until tender. Scoop them out and with a large slotted spoon. Arrange them on four piles around the nappa mound.

Cook the green beans in the same water about 6 minutes, adding more boiling water if necessary. Scoop out the beans, crisp-tender and still bright green. Arrange them in four piles between carrot piles.

In the same water, cook the celery until it changes color and transparency, about 4 minutes. Put it atop the cabbage.

Peel the potatoes and cut them in half-inch thick slices. Arrange between the carrot and green bean heaps, or on another plate. Arrange the boiled egg halves on either the vegetable platter or the plate of potatoes.

Quick Borscht: Should there happen to be a few vegetables left over from the Gado Gado Salad (known to happen if the peanut sauce runs out before the vegetables), combine them with a can of diced beets and some beef broth or consommé for borscht. Boost the borscht's protein content with any leftover meat bits, chicken pieces, or a couple of chopped hardboiled eggs.

Women's Health Clinic Opens

Continued from page 2

and Luna Bella's. The hours of the clinic are Monday from 10-6, Tuesday and Wednesday from 9-4, Thursday from 9-1 as well as a teen walk-in clinic from 1-5, and Friday from 9-4. Women of all ages are welcome. For questions or to schedule an appointment, please call (206) 463-2777. More information can also be found on the website, at www.vashonwomenshealth.org.

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The Vashon Loop, p. 8 July 10, '09

Spiritual Smart Aleck

www.spiritualsmartaleck.blogspot.com

Montana, Part 1

By Mary Litchfield Tuel

Greetings from Kalispell, Montana, where the sun is shining, the wind is blowing, and a local directions than MapQuest. My cousins Nancy and Charlotte and I are on the road again.

Before setting out I made a list of what I needed, and yesterday morning the three of us were dancing around each other, packing ("I'm ready!"), and unpacking ("On

sparse exhibits. The altar is there, as are two side altars with iconographic paintings and decorations. The hand-hewn floorboards are shiny with age and care, and behind the altar you can see the mud and straw construction that is covered by wood elsewhere. There are two pews up front facing the altar, and one kneeler. Engravings of the Stations of the Cross were hung around the walls of the church, as is customary in a Catholic church, and there were a few iconic paintings of saints.

One painting is of a happy priest or brother and a happy nun, with joyful saints fluttering above them in heaven and tormented souls capering in the flames of hell below. This one bothered me because I have problems with "scare the hell out of them" theology. Just my opinion.

At several places both inside the resident can give you much better church and scattered around the property were stations where you could push a button and hear recordings of Coeur d'Alene storytellers. Charlotte and I listened to one tale of going up the mountain with grandmother to gather huckleberries and make jam over the campfire. Inside the church an



The Big Sky Country. Flathead Lake and the Rockies, photo by Mary Litchfield Tuel.

that, or those"), and doing last minute laundry. Then we packed the car ("We're ready!") and then we repacked it ("Wait - this will fit in here").

Finally we were off, heading east on I-90, bound for adventure, old friends, and relatives unseen for forty years who live in Montana.

We stopped in Idaho to see the Old Mission east of Coeur d'Alene, "the oldest building in Idaho." The oldest structure partially built by white people in the four-walls-anda-roof style, that is. It is a Catholic Church that was built between 1850 and 1853 by the Coeur d'Alene Indians, and the Jesuits who came to settle there.

The Old Mission is a state park now, and the church building is almost empty inside, with a few



The Old Mission, photo by Mary Litchfield

second thought, I don't need this, or endless loop played liturgical music and Indian prayer and song.

The Mission has a public restroom which turned out to be an outhouse. Clean, well constructed, well maintained, and if you sit down, a nice cooling updraft. The first, but not the last, of this type of facility encountered on the trip.

Mission and stopped for a late lunch in St. Regis, Montana, where we discovered we had cell phone reception for the first time since leaving Coeur d'Alene, and like E.T., we called home. We also discovered in St. Regis that we had crossed into the Mountain Time zone. I had not thought about this happening. Suddenly it was one hour later. Cousin Charlotte assured me that I would get the hour back on the way home. Good. I'm getting older fast enough without dropping odd hours here and there. Another thing I did not know was that cell phones KNOW what time zone you're in and adjust their clocks to local time. This gave me a little bit of a heeby-jeeby.

From St. Regis we headed north up the Clark River, and then up the west side of Flathead Lake. Flathead Lake is a large body of heading home.

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water with miles of shoreline, waterfront cottages, little marinas filled with boats, and scenic roadside We kept going east from the Old lookouts. To the east beyond the lake stand the Rocky Mountains.

> At the north end of the lake sits the city of Kalispell, in a broad grassy valley with the Rockies on the east side and the Bitterroot Mountains on the west. I would say it is beautiful there, and it is, but beautiful seems such a worn-out, overused, and inadequate word to describe the area. This was a problem I would continue to have in Montana. Words can't describe the scope, the magnitude, the sheer drop-dead gorgeousness of the land. We went when the weather was sunny and fine and not too hot, so that may have enhanced the impression of heaven on earth.

> We stayed in Kalispell for a couple of days, catching up with friends and family, and then we went to Glacier Park.

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Tickets available at Island ■Thyme for \$18.00. Tickets on ■ sale until the carnival opensgood for a one session wrist Next time: Glacier Park and band. Call the Chamber at 463-■6217 for more info.



by Kathy Abascal

It is mosquito time again and time to worry a bit about avoiding mosquito bites as West Nile virus continues to spread. For most, the virus may pass almost unnoticed but in some people it causes a devastating illness. The unlucky few will have meningitis-like symptoms and after-effects that may interfere with normal life for many years. There is no known treatment for the virus and no reliable way of predicting which people will suffer

the more serious symptoms although those with chronic illnesses and weakened immune system are more likely to suffer the worst cases. have gotten several calls asking me how m a k e herbal bug sprays, and



Eucalyptus, by Kathy Abascal

so decided to go over herbal bug sprays again.

The primary insect repellant today is DEET. It is a chemical that irritation has been the most frequently reported adverse effect but there have also been reports of central nervous system problems, more frequently reported in children than adults, ranging from slurred speech and confusion to seizures and coma. The risk of adverse effects increases the longer you use DEET or the stronger the DEET product.

The CDC also endorses the use of an herbal essential oil as an effective mosquito repellant. The essential oil of lemon eucalyptus (Eucalyptus maculata citriodora) proved equally effective to DEET in those trials. The study I read compared a 40% and a 75% lemon eucalyptus/oil blend to similar concentrations of DEET and found that both the essential oil and DEET

deterred mosquito bites effectively. Interestingly, both the essential oil and the DEET may work better at the lower dilution. And in case you were wondering: In mosquito repellant studies, volunteers cover their legs with a repellant and sit in lawn chairs and let mosquitoes bite them. A monitor stands next to them to make sure all bites are recorded. After a few hours, they total the number of bites to determine the effectiveness of the repellant. Some of the volunteers end up testing the placebo, suffering numerous bites (150 or more).

Most of the lemon eucalyptus oil sprays on the market appear to contain about 30% eucalyptus oil with the remaining 70% a mixture of water, alcohol, emulsifiers (to keep the oil suspended) and preservatives. Should you prefer, it should be fairly easy to make up your own blend at home. In the study, the lemon eucalyptus oil was diluted with coconut oil but rubbing alcohol might also be a good solvent for the oil. I am going to try the 40% blend in coconut oil this year as I think the essential oil will dissolve better in the oil than in the alcohol. If you use alcohol, remember to shake the bottle before spraying to keep the oil in solution.

If you do not want to make your own, be careful choosing sprays on

> the market to make sure they contain enough essential oil. Some online recipes recommend 28 drops essential oil to 8 oz of solvent - a much. much weaker solution than used in the study. And some people say that just dabbing the essential oil on various spots on the body also works but again, that type of use

has not been studied and may not be as effective. The repellant effect should last for around 4 hours.

Of course, neither DEET nor damages plastic and also has lemon eucalyptus have shown potential for side effects in users. Eye 100% effectiveness but deter 92-93% of the mosquito bites (based on a comparison with the number of bites the person without repellant suffered). This means that no matter what you use, you may still get a few bug mosquito bites but dramatically fewer than without a repellant.

Herbs can also help reduce the itching and inflammation of those occasional bites as well as bites and stings from other insects. common home remedy is to put mashed plantain on the bite. Plantain grows abundantly on the Island, and many of my colleagues swear by it. Unfortunately, it has never soothed my itchy bites very well. Instead, I first try an echinacea tincture which I drip directly on the bite. It usually abates the itching

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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: Thursdays beginning July 16 at 7:00-8:30 PM. The class runs for 5 consecutive weeks. Advance registration at the Roasterie/Minglement and prepayment (\$75) is required. There is also an online class beginning Sunday July 19 at 3:00 PM (\$90). For more information, contact Kathy Abascal at anemopsis@yahoo.com.

and is nearly miraculous for spider deter bites: The research is not bites or other venomous bites that eat away the flesh. I also use echinacea in a spray form combined with several other herbs for dog's itchy, gooey hot spots and similar afflictions in humans.

So, get out there and empty out all containers with water in them. Not growing mosquitoes goes a long way toward not getting bitten. Slather on some herbal bug spray, and you should be good to go, but keep some echinacea tincture on hand just in case. And, in case you heard that taking B vitamins will

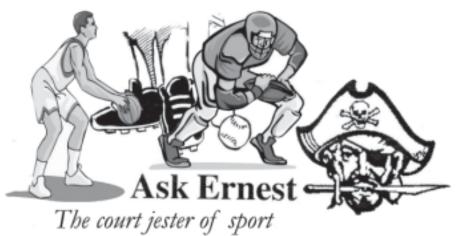
definitive but the mosquito experts say that taking extra B vitamins will not affect how desirable you are to a female mosquito.

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The Vashon Loop, p. 10

July 10, '09



Rockbusters Summer Wrestlers



Owen Wrestling Camp Takedown Champ Chase Wickman checks out a WIN wrestling magazine with his workout partner, Ryan Lenea. Hunter Burger and Logan Nelson also competed in summer camps at Lake Stevens and Camp Owen—learning valuable techniques and gaining experience for next year's Rockbuster season.

Lake Vashon Goes 9-2 at Oregon State Team Wrestling Camp



Lake Vashon (a combined team of Lake Stevens and Vashon Island) went 9-2 and placed 5th in the 20 team Oregon State Team Wrestling Camp. The team really found their groove the last two days, winning their last seven matches. Highlights include: Geran Webb went 14-4. Geran wrestled on two teams, also helping Orting to win the team title. Fellow senior workhorse, Graeme Britz, went 7-3, showing that he will be a gritty force next year. Maximo Mandl was 8-6, locking up opponents in his patented cradle and displaying relentless fight in every match. Ian Mattingly was 8-7, beating plenty of competitive high schoolers and volunteering to wrestle anyone, any time. Preston Morris wrestled 15 matches and added a key come from behind victory in the varsity



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4736 California Ave SW • 206 935-1212 www.libertybellprinting.com only girl present at camp, wrestled 19 matches, a camp record. She won nearly half her matches and her tenacity was observed by Oregon State coaches, Jim Zalesky and Kevin Roberts.
Other wrestlers who have participated in summer camps are: Logan Nelson, Hunter Burger, Chase Wickman, Kevin Thomas, and Dominik Stemer. Maximo Mandl will go to two more camps and Geran Webb will represent the State of Washington at Junior

Nationals in Fargo later this month.

line-up to beat Prairie. Iris Spring, the



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Chips and salsa \$1.99

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№ LoOp Letters

On a beautiful afternoon recently, my husband and I realized that our two children were far too quiet. We went to look for them and found them both in our newly planted garden, one happily using the hoe to fix the rows and the other with pen and paper, writing a poem. It was a beautiful scene and we thought it would be lovely to share her words with others on Vashon.

Proud parents -Kristen and Vince Green

My Garden

by Keeley Noel Green

the sun is just setting the beans have broken out shells of them gone for food

the leaves tender, scales dry, not the slightest movement the poppy growing inch by inch lettuce and pumpkin leaves spread wide young and old newborn sprouts will grow big beautiful pumpkins round

LETTUCE CRUNCHY! POPPIES GOLDEN! tomatoes' flower almost spread

broccoli in a line pepper strong and powerful rhubarb pie strawberries Yum.

Dow Gets Stimulus Cash

With politicians in D.C. jabbering about when the massive government stimulus will start yielding results, we're already beginning to see the fruits of their efforts. As the Ballard News-Tribune reported, King County recently received \$79 million of federal stimulus. While of course welcome in today's dire economic straits, the distribution of these funds and the very means of their procurement offer a glimpse at one of the candidates fighting to become our next King County Executive.

The acquisition of these vital funds as well as millions more currently pending are "part of an organized effort to maximize the benefits to King County from federal stimulus funding sponsored by council chair Dow Constantine" as reported by the News-Tribune. In fact, Mr. Constantine has even authored legislation to create post that will be in charge of "identify[ing] appropriate grant opportunities and communicate timelines...to ensure timely submission of applications" in an effort to maximize the effect of the government stimulus in King County.

In a race muddled with four Democratic candidates and a single closet Republican running largely on name recognition, King County voters should take note of Mr. Constantine's diligence in acquiring and distributing resources to the benefit of our community.

Evan Turner



Bill Burby, courtesy photo.

Top 10 Reasons to Do The Burby Run

by David Litterman

- 10. You get to strut your stuff in those colorful shorty-shorts
- 9. You get to wear a snazzy headband to hold your comb-over in place
- 8. You get the satisfaction of knowing you can still out-run the in-laws
- 7. You get to burn enough calories to make room for Festival curly fries
- 6. You get to practice wearing an electronic surveillance ankle bracelet
- 5. You get a July 18 reprieve from mowing the lawn
- 4. You get a T-shirt so you don't forget the race name
- 3. You get a chance to ask Aaron Burby for an autograph
- 2. You get a complimentary Vashon (not Maury) wedgy from going up and down the hills
- 1. You get a chance to be immortalized on the web: www.BillBurbyRace.org



A Passion for Cribbage

Vashon Cribbage Club

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At the Eagles

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information

Continued from page 1

George, British Columbia. After Linton retired from the railroad he began to travel to cribbage tournaments with friends.

travel, and the friends, "...but then I realized that I had no record of the places I'd been and games I'd played, so I started keeping copies of my score sheets." Now he keeps those copies, numbered in as cash prizes," Sudduth said. "We chronological order, in

plastic page protectors that are in three-ring binders.

His wife, Della started to travel with him after she retired.

"At first I would travel, but not play, Della said. "I'd sit in

the camper and read, but then Vashon Club in the summer. The Linton said that I should come in and play. I was so nervous. The first couple of years I couldn't win anything. There was one guy who was aggressive and critical, telling me I'd missed points. When I got better, I enjoyed beating that son of a gun."

Together they have gone to Alaska, Hawaii, Florida, the East Coast, the Midwest, and the Rocky Mountains in the United States, as well as traveling extensively in their native Canada, and they have played cribbage with many other enthusiasts.

There are two types of cribbage The Walkers are from Prince tournaments, Grass Roots clubs that meet once a week, and open tournaments, where you pay to play.

Walker said that most of the He enjoyed the cribbage, the income from entry fees goes into prizes awarded to players.

> Mike Sudduth, the contact for the Vashon Cribbage Club, which is a Grassroots club, agreed. "100% of the entry fees go back to the players

don't make a dime."

The Vashon Club members enjoyed meeting Linton and Della Walker, and would enjoy meeting you, as well.

There is no fee for playing at the

club invites young people and beginners to come in now. It's a great way to meet people and keep your mind sharp. Students can have fun and hone their basic math skills.

The Vashon Cribbage Club meets every Saturday at the Vashon Eagles Club at 1 p.m. "We're usually done by 4:30, and we're patient with beginners," Sudduth said.

For more information about playing cribbage on Vashon, see the club's website at http:// home.comcast.net/ ~vashonislander/tidepool/, or call 930-1379, or vashoncribbage@gmail.com.



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By Ed Frobning

There are some advantages to living in a mobile home. If it caught on fire, you could meet the fire department halfway there.

Woman's Poem

He didn't like the casserole And he didn't like my cake. He said my biscuits were too hard.. Not like his mother used to make.

I didn't perk the coffee right He didn't like the stew, I didn't mend his socks The way his mother used to do.

I pondered for an answer,
I was looking for a clue.
Then I turned around and smacked him.
Like his mother used to do.

A listener called the disc jockey on the air at our radio station to ask about the upcoming lunar eclipse.

"The eclipse can be seen at 1:30 in the morning," the DJ told her.

"That late?" she snapped. "Why can't they schedule these things earlier so kids can enjoy them too?"

If you spread out all the sand in North Africa, it would cover the Sahara Desert.

Energizer Bunny arrested, charged with battery.

After spending all day Sunday watching football on television, a man fell asleep and spent the night in the chair. His wife woke him in the morning.

"It's twenty to seven," she called.

"In whose favor?"

There are some advantages to living in a mobile home. If it caught on fire, you could meet the fire department halfway there.

Re: sex education in schools: "Let them teach it! If the schools teach sex the way they teach everything else, the kids will lose interest anyhow."

Many wise words are spoken in jest, but they don't compare with the number of stupid words spoken in earnest.



After spending all day Sunday watching football on television, a man fell asleep and spent the night in the chair. His wife woke him in the morning.

"It's twenty to seven," she called.
"In whose favor?"

How do you fix a broken pizza? Tomato paste!

During a museum tour, the guide explains, "Here you can see the beautiful statue of Athena..."

"Excuse me, madam," the old professor interjects. "Who is that man behind her? Is he her husband?"

"No, Athena wasn't married," said the tour guide. "She was the goddess of wisdom."

Offshore

OFFSHORE





JURASSIC

WILD WORLD



BARK

Moose Lake

What

is

that?

It's a

new camo

design

They call it "Daisy Dukes". It allows





What?! I would have had to pay \$125 more for the pansy

By Steve Krueger

design. What do I look like, an idiot?

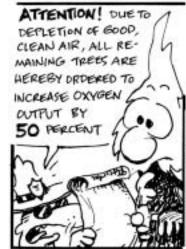
Voston I stand People'S - AN E.MT. (ELECTRO MEDICAL TECHNICIAN) IS MAKING REPAIRS TO T-4,2

...OK. I'VE RESET HIS MY GOSH!

DELICATE SERVERS, RECHARGED WHAT'S THAT

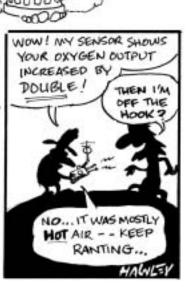
FINE ADJUSTMENT











Loop Arts

Free concert at Ober Park

The Summer Concerts in the tradition, thanks to Vashon Park District and Vashon Allied Arts. Free to the public, everyone's invited to show up at Ober Park, with picnic baskets, beach chairs, kids, parents and friends for great, free music. No alcohol in the Park please.



Lindsay Tomasic, courtesy photo.

Tuttle on upright bass and Tom Brighton on percussion.

Wednesday Farmers Market Begins July 15

7PM to 9PM. Joining Lindsay will be musicians, Novi Novog, on viola, Larry

Lindsay Tomasic, will also perform at Cafe Luna, Friday, July 24th from

Continued from page 1

This year the Wednesday market will also feature prepared foods shoppers can take home for dinner or eat at the Village Green. Island farmers Joe and Celina Yarkin of Sun Island Farm will make your dinner out of Island grown produce so you can spend the evening relaxing with friends or family over an Island prepared meal.

continues each Saturday from 10-2 in the Village Green with the exception of Strawberry Festival July 18, (see below). Beginning in May 2009 both the Wednesday and the Saturday Vashon Farmers Market take EBT (food stamps), credit and debit cards. Most farmers also take WIC checks, (USDA Women, Infants and Children's program). For more information go to the Vashon Island Growers Association (VIGA) web site at www.vigavashon.org or call the market manager at 206-267-8146.

Pre-Strawberry Festival Farmers Market, FRIDAY, July 17

The Vashon Farmers Market will be open Friday, July 17 from 10-2 in the Village Green for a special pre-Strawberry Festival market. in the number of vendors. Many

by Janice Randall

Park Series has become an Island singer/songwriter/composer Lindsay Tomasic who creates acoustic music to make her audience members laugh and think. She has headlined such Southern California landmarks as The Troubadour and penned theme songs to a variety of television and films, including Mark your calendar for July 21, NBC's Mysterious Ways, Queer Eye 6 to 9 pm, for Los Angeles-based For The Straight Guy, Malcolm In The

> Middle and Desperate Housewives.

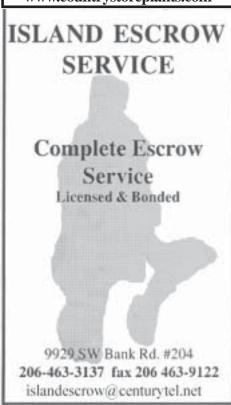
> Compared to vocal divas Norah Jones and Bonnie Raitt, Tomesic is also accomplished acoustic finger style guitarist and her albums, What in The World (2007) and A Slice Of Life (2008) have received world wide accolades. These along with her newest release, The Most Amazing Dream, will be available evening of the show. Guitar collector, world traveler. studio recording owner and champion rescue dogs, of Tomasic's music offers rich textures and possibilities. See you at the Park!

Farmers will be selling all the fresh berries and vegetables of summer and some island artisans will also be present. The Farmers Market will be closed Saturday July 18 due to the street closure. For more information go to the Vashon Island Growers Association (VIGA) web site at www.vigavashon.org or call the market manager at 206-267-8146.

Sun Island Farm is adding value The Vashon Saturday market to its own farm-raised goods by grilling some of them at the market including frittatas made with their own free-range eggs. Long time Islander and chef Emily Vogt is new at the market preparing delicious wraps with fresh cheeses and island grown vegetables stuffed inside as well as salads, and rice dishes. Paul Motoyoshi of Sol Source has returned with his tasty Asian specialties such as miso soup, hum bows and Spring rolls as well as (new this year) fresh pies.

> So far this year the Vashon Farmers Market is not seeing the double digit growth in sales it experienced in 2008 and 2007. Craft sales, which make up between 30 and 40% of market sales have been lower this year, despite an increase







Harry Potter

and the Half **Blood Prince** July 15th-30th



Tlingit Art by Lonning at The Q

Continued from page 1



"Totem Eagle," © 2008 Odin Lonning, on display with other pieces at The Q in July.

Saturdays all the useable vendor space at the market is filled and up to 50 vendors are present. Food sales remain strong and an increase in the number of farms should boost sales in summer after a slow Spring. On July 4, 15 different farms and nurseries were represented up from an average of 10 in 2008.

by their First Nations ancestry, Odin and his partner, Orca Annie, created Kéet Shuká: Indigenous Tribute to Killer Whales, and other programs that weave together Native culture, science, and art.

Says Odin, "As my artwork evolves, I feel a greater responsibility to honor both culture and nature. My mission is to show respect for ancestors, the natural world, and artists who have gone before me. The problems endangering our killer whales, salmon, and other wildlife stem from mainstream society's loss of relationship with Mother Earth. Traditional Native values, reflected in our cultures, art, and spirituality, are crucial to strengthening our bond with fragile species and preserving irreplaceable natural resources.'

Visit www.OdinLonning.com or call 206-463-9041 to learn more about his work.

Red Bicycle Rocks the Strawberry Festival

Featuring an All Ages show Sunday and 21+ Friday by Pete Welch and Saturday

Friday night, July 17th, starting at 9pm, the Red Bicycle has a triple header you won't soon forget with McDougall, Hillstomp and Trolls Cottage.

McDougall, out of Portland and a good friend of Hillstomps, will perform an acoustic set to open the show. In a time where many find more and more slipping from their grasp, McDougall points to a simpler life where hope is prevalent - his story walks the path away from the dismal, material-minded world and towards a place of peace among friends, family and the Almighty.

Portland Oregon junkbox blues duo Hillstomp is a Vashon favorite, known for their distinctive brand of do-ityourself hill country blues stomp. North Mississippi trance blues, a bit of Appalachia, and

If that wasn't enough, on Saturday night, July 18th, starting at 9pm, the Red Bicycle has another triple header lined up that will keep the dance floor packed with Sidestreet Reny opening up for Ska bands Natalie Wouldn't and The Georgetown Orbits.

Reny and Bell blend bluesy/funky finger-style and slide on National Resonator guitar, original poignant songwriting and solid straightforward grooves. Drawing mostly from pre-war blues, roots and folk music with a little old school rap, calypso and dancehall reggae, SSR manage to forge their own sound and push musical boundaries in an era when many other musicians strive to sound the same. The SSR sound is one that Reny has spent the last 12 years cultivating; producing a gumbo of originality, where Delta Blues simmers with urban and Caribbean accents, completing this rootsy stew with wordy lyrics that showcase his unique "side street" perspective. The

> result of their efforts is seemingly organic blend of the elements, sewing 100 plus years American music into a rich tapestry of eclectic yet s o m e h o w familiar sounds all their own... Like everything, nothing

Formed by members of Moon Ska Records recording artists Steve Mandl, Aaron Simms and Rick Dybvad of Easy Big Fella, Natalie Wouldn't entered the music scene in Seattle in 2001. The song writing flowed, and the quite original blend of Ska, Soul and Rock-and-roll was born. Combined with in-your-face, tongue-in-cheek lyrics, Natalie Wouldn't's material soon had the band working the larger clubs in and around



Trolls Cottage, courtesy photo.

a dash of punkabilly come you've ever heard, all at once. clanging and tumbling from assorted buckets, cans and BBQ all drenched rambunctious slide guitar. Somehow it works, especially in our neck of the woods. Despite their homemade instruments and novel approach, Hillstomp is no novelty act. Hillstomp's memorable live performances tap into a magic that cannot be rehearsed, converting outlaws and traditionalists alike from skeptics into preachers.

Trolls Cottage packed the house last January like no other bands have ever been able to, thanks to the warm welcome by friends and family that came out to support the hometown boys. While they have mostly stuck to larger clubs around Seattle and neighboring cities, Trolls Cottage has never forgotten their roots and love to come back to the Island to party with their friends and family. Summer is the best time to experience this band...let's roll up the garage door and widen the dance floor out into the street because the Red Bicycle plans on pulling out all the stops for this one.

This is a 21+ event, the music starts at 9pm, the cover is \$8 and the Red Bicycle recommends getting your wristbands early For real.

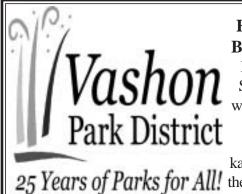


Natalie Wouldn't, courtesy photo.

Seattle. From Seattle's Fenix Underground to the Folklife Festival and Victoria Ska Fest, Natalie is on the move. The current 6 piece line-up is sharp and sophisticated as the live show proves; not only a stunning collection of talent, but a shared vision of the direction Natalie Wouldn't is taking as a band.

The Georgetown Orbits boast a because this event will sell out. heavy regimen of traditional Ska and upbeat, roots-influenced Reggae. They

The Vashon Loop, p. 15 Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom & Gifts-Albums" Photo Posters" Do-it- Yourself-Tues-Sat, 10-5 463-3933 9926 Bank Road (next to Cafe Luna) Ready-made frames- Prints- Cards- Mirrors- Good ideas- Custom &



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kayaks@vashonparkdistrict.org and visit 25 Years of Parks for All! the website: www.vashonparkdistrict.org.



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are turning heads in the Northwest as one of the few bands to pay tribute to the old sounds of Jamaican Ska, a style which has gained notable popularity in Seattle since the band's conception in late 2004. In their relatively short career, the Georgetown Orbits have already

played with such prominent names as Skatalites (Jamaica), Clinton Fearon (Jamaica), the English Beat (UK) and other local and touring bands. Fans of reggae, dancehall, funk, soul, jazz, ska, and rock are now singing along to choruses while they dance to the hardhitting rhythms and tastefully harmonized

horn lines of the Georgetown Orbits. **S8 COVER!**

This is a 21+ event, the music starts at 9pm, the cover is \$8 and the Red Bicycle recommends getting your wristbands early because this event will sell out. Be at the best show to hit the Island in years!

Then, on Sunday night, July 19th, the Red Bicycle has an All-Ages show from 7:30 to 9:30pm with Marilyn Kay & Company.

Marilyn Kay & Company is an organic blend of acoustic musicians that deliver an energetic mix of Americana, bluegrass, country, and blues. They unite tradition with modern sensibilities through the honesty and charm of Marilyn Kay's original compositions, chilling harmonies and an innovative approach to acoustic music. Come on out and support Islander Rochelle Munger's stellar band! This is an All-Ages show from 7:30-9:30pm and will not have a cover!

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



The Vashon Loop, p. 16

July 10, '09

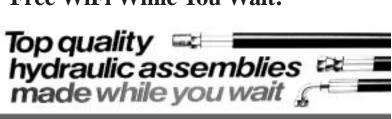
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